

Rose Health Benefits

Roses are not only beautiful and smell wonderful, but they also provide some health benefits.

Rose hips have antibacterial benefits, are high in vitamins C and E, and contain beta-carotenoids. They can be brewed to make a tea to help treat respiratory ailments and colds.

Additional health benefits include help for:

- Stomach problems
- Fatigue
- Improving sleep
- Mood swings, irritability
- Menstrual cramps

How? Aromatherapy, massages with essential oils containing rose oil, tea made from rose hips

References: <https://www.colorado.edu/asmagazine/2019/12/10/wild-roses-are-nutritional-medicinal-and-aesthetic>
<https://pmc.ncbi.nlm.nih.gov/articles/PMC10758878/#sec2>
<https://www.webmd.com/diet/rose-tea-good-for-you>



UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources

UC Master Gardener Program

ROSE BATH SALTS

Materials

- ¼ cup Dried Rose Petals - light exfoliation and soothing aroma
- ¼ cup Epsom Salt - relieves muscle aches and detoxifies
- ¼ cup himalayan Pink Salt - mineral absorption, exfoliation
- 3 tablespoons Baking Soda --softens water
- 20 drops Rose Essential Oil - enhances therapeutic benefits, fragrance

Instructions

1. Add all the salts and baking soda to a mixing bowl
2. Next add the essential oil
3. Then add the dried rose petals
4. Stir to combine all ingredients, store in an airtight container.

Notes

When taking a bath, add about 4 tablespoons to the bath and swish the water around to mix it into the water.

If you don't like the clean up, consider using a mesh bag to keep the petals in.