

# Essential Oil (Singles)

## Rose Bulgaria, Stock No. 3892-8

Rose is commonly known as the queen of the essential oils. Steamed distilled from the flower petals, the aroma is flowery, earthy and sweet. Rose is sensual, balancing and uplifting, as well as calming, relaxing and comforting in matters of the heart. Blending note: Middle.

*Mixes well with:* Bergamot, Geranium, Lavender Fine, Roman Chamomile, Sandalwood, Ylang Ylang Complete.

*NSP companion products:* AD-C, C-X, Women's Formula, FCS II, HTP Power, F.E. Formula, Digestive Enzymes, IF-C, HS-C, LBS II, MC, Pro-G-Yam Cream, STR-C, STR-J, St. John's Wort, Wild Yam & Chaste Tree.

### *Did you know?*

The essential oil produced from roses in Bulgaria's Kazanlik Valley are considered the best and most fragrant. 5,000 kilos of *Rosa damascena* yields 1 kilo of essential oil of a golden yellow to orange colour.

### *NSP Advantage*

Pure essential oil. 2 mL

*Ingredient:* 100% pure *Rosa damascena* oil.

*Suggested dilutions:* For a 1% dilution, mix 3 drops of Rose in 1 tablespoon (15 mL) of Massage Oil; for a 2% dilution, mix 7 drops of Rose in 1 tablespoon (15 mL) of Massage Oil; and for a 4% dilution, mix 15 drops of Rose in 1 tablespoon (15 mL) of Massage Oil.

1% dilution is for children and the elderly.

2% dilution is for general massage.

4% dilution is for concentrated, local massage.

**CAUTION:** For external use only. Not for use during pregnancy. Do not use near eyes or mucous membranes. Dilute before applying topically. Keep out of reach of children.

## Features & Benefits

### **Physical Benefits:**

- Frigidity (B; C; M)
- Menopause (B; C; M)
- PMS (B; C; M)
- Postnatal depression (B; D; I; M)
- Skin conditions (B; C; M)

### **Emotional Benefits:**

- Anxiety (B; D; I)
- Depression (B; D; I)
- Grief (B; D; I)
- Nervous tension (B; D; I)
- Stress (B; D; I)

*Abbreviations of the uses:* **B** for bath; **C** for cream, gel or lotion; **CC** for cold compress; **D** for diffusion; **H** for household; **HC** for hot compress; **I** for inhalation; **M** for massage; **O** for outdoors; **S** for shampoo.