

ROSA: A SOURCE OF VALUABLE PHYTONUTRIENTS AND THEIR PRO-HEALTHY EFFECTS

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Abstract- Roses belonging to the *Rosaceae* family are rich in natural molecules with recreational properties and are widely used in the food industry, perfumery and cosmetics. In this review, it was determined that *Rosa damascena* Mill., *Rosa foetida*, *Rosa centifolia* L. and *Rosa gallica* L. are important materials for the production of rosewater products. It implements (i) botanical features; (ii) phytochemical profile; (iii) Toxic products of essential oils and extracts of so-called "old roses" grown in Bulgaria, Turkey, India and the Middle East. Sources taken from PubMed, Science Direct and Google Scholar databases. Rose has good medicinal properties because it is rich in beneficial substances, metabolites such as flavonoids (such as flavonoids, flavanols, anthocyanins) and aroma compounds (such as citric acid). G. flavonoids, anthocyanins). For example. monoterpenes, sesquiterpenes) and hydrolyzable and condensed tannins. Essential oils and Roses have therapeutic properties for respiratory diseases, anti-inflammatory, mucolytic, expectorant, decongestant and antioxidants and can be used as symptom prevention and pain relief to reduce the suffering of major diseases.

Key Words: *Rosa damascena* Mill. (Damask rose), *Rosa centifolia* L., Rose.

Introduction

Health and disease have been two major human concerns since ancient times. Since the beginning of human civilization, the most important part of medicine has been plants. Despite the great developments in the field of allopathic medicine in the 20th century, plants continue to be one of the basic elements of modern medicine along with the medical system all over the world today. More than 60% of drugs are herbs. Many raw materials in traditional medicine can work in the treatment of various diseases and ailments, one of the *Rosaceae*, commonly known as *Gulab*, *Satapatri*, *Rosapoo*, *Troy*. The herb is traditionally used to soothe vata, pita, inflammation, burns, conjunctivitis, cough, skin diseases, heart failure, fever, and malaise.

Rose is a bushy, strong, tall, erect, flowering shrub perennial with repeating flowers. The name comes from the Latin *Rosa*. The scientific name of the rose is *Rosa rubiginous*. There are approximately 360,444 species of roses in the genus *Rosa*. It is called the king of flowers. Roses are ornamental shrubs with erect or climbing stems. Rose plants can be shrubby, climbing or quivering with or without thorns, depending on the cultivar. The rose is the most beautiful of the protected cut flowers sold in the world's wonderful shape and size, captivating colour and excellent quality, attracting people all over the world.

Roses are mentioned in the Bible and are believed to have been known before biblical times. Archaeological finds suggest that Palestinians cultivated roses long before the birth of Christ. According to Greek mythology, Aphrodite is the goddess of beauty. There, the rose became a symbol of mystery, inspiration, purity, happiness and beauty. silence and love. It has an ancient history and began to be used at least 1500 years ago. There is a deep connection between the Iranian people and this plant and there is a special belief in it in Iran. According to Shakespeare, any rose by any name smells as sweet as rose water, whether it be *gulubjal* or *goolub*. Rose water is a pleasantly scented liquid made from roses (a type of fragrant flower). Rose water is an infusion of rose petals prepared in various ways.

Area and Distribution

Roses have cultural significance in many societies. Species, cultivars and hybrids are widely cultivated for their beauty and natural fragrance. Rose water has a long tradition of medicinal use in Iran and other parts of the Middle East dating back to the 7th century AD. Most species are distributed in Asia and some are distributed in Europe, North America and Northwest Africa. There is also evidence that Native American people used it for healing. In India, many species are found in the wild, mostly in the Himalayas. Its fields are in Aligarh, Kannauj, Ghazipur, Ballia and Jaunpur in Uttar Pradesh and Haldigati in Rajasthan. It is the national flower of the United Kingdom, and some states in the United States have also adopted the rose as their symbol. Rose water is popular in Middle Eastern, South Asian and Mediterranean cuisines.

PLANT PROFILE

Morphology

Rose petals are soft and tender. The plant is a shrub from 6.15 cm to 3 m tall. Branches have thorns. The edges of the leaves are toothed.

Flowers come in a variety of shades. The fruit is oval and turns red when ripe.

The leaf direction is pinnate with 5-7 leaflets. The rose is a shrubby plant with many strong spines of unequal length, and the leaves are ovate and heavy, divided at base. The flower buds are oblong and the sepals are folded back after the flowers open. The tube is rectangular and often widens upwards. The fruit is ovoid and fleshy. Calyx and peduncle are pointed and dotted like lines. with pale red flowers.

Soil

The soil is prickly.

A well-drained, loamy with a pH of 6.0 to 7.0 and good organic matter is good for growing roses. Sandy soil is the best environment for rooting.

Climate

Adequate sunlight for at least 5-6 hours is essential for plant growth and reproductive growth.

Day Temperature -26 degree Celsius

Night Temperature of -15 degree Celsius

are ideal } for growing roses.

Planting Time

It can grow all year round.

Roses can be planted after the rainy season, but September to October is best in the plains.

February to March is the best time for sowing in hilly areas.

Chemical Constituent

Volatile concentrates obtained by liquid-liquid extraction from standing water with dichloromethane were measured by GC (gas chromatography) and GC/MS (gas chromatography/mass spectrometry). The main chemicals isolated from flowers are geranyl acetate (15.6%), benzyl alcohol (3.3%), benzaldehyde (1.5%), nerol (5-10%), geraniol (10.0%).5%), Linalool (6.9%), Phenylethyl Alcohol (43%), Citronellil Acetate. It also contains tannins, oligomeric proanthocyanidins, saccharin substances, mineral salts, malates and tartrates, pectin, riboflavin, sugar and laxative glycosides (Multiflorin A and B).

Cultivation

It is widely cultivated for its fragrance. The flowers are commonly harvested commercially to produce rose water which is used in a variety of water. Therefore, the cultivated plant is recommended because of its high flowering rate. *Rosa damascena*, *Rosa foetida*, *Rosa chinensis*, and *Rosa gallica* are important species used in rose cultivation.

Propagation

Roses are mainly propagated by cuttings and cuttings. T-shaped buds are considered the most suitable for breeding roses.

- **Cutting:** Climbers, Tramps and Polyanthus are grown this way. Cut ripe cuttings 20-30 cm long and remove the leaves. The cuttings are then immersed in an IBA solution to stimulate root growth.

These cuttings are used both for planting and growing stock for sprouting.

- **Budding and Grafting:** It is the transfer of buds or tissue fragments from one plant to another by a variety of suitable methods. The main goal is to use the best characteristics of the variety, the variety that provides the root system, called as 'Root Stock' and the variety grafted to the root is called 'Scion'.

Types of Roses

1. Multiflora rose
2. White rose of York
3. Damask rose
4. Bourbon rose
5. French rose
6. Beach rose
7. Knock out
8. China rose
9. The fairy
10. Cabbage rose
11. Rosa peace

12. Gertrude Jekyll
13. Dog-rose
14. Mr. Lincoln
15. Rosa moschata
16. Lady banks' rose
17. Evergreen rose
18. Rosa 'Great Maiden's Blush'
19. Woods' rose
20. Sweet brier
21. Rosa Persica
22. Rosa 'KORbin'
23. Julia child rose
24. Portland roses
25. Golden celebration
26. Rosa 'Queen Elizabeth'
27. Rosa 'Boscobel'
28. Eden rose
29. Climbing rose
30. Rosa 'Old Blush'
31. Rosa 'American Beauty'

Important Variety of Rose for Rose Water Formulation

Rosa Damascena (Damask rose)

Rosa centifolia

Rosa gallica

Rosa foetida

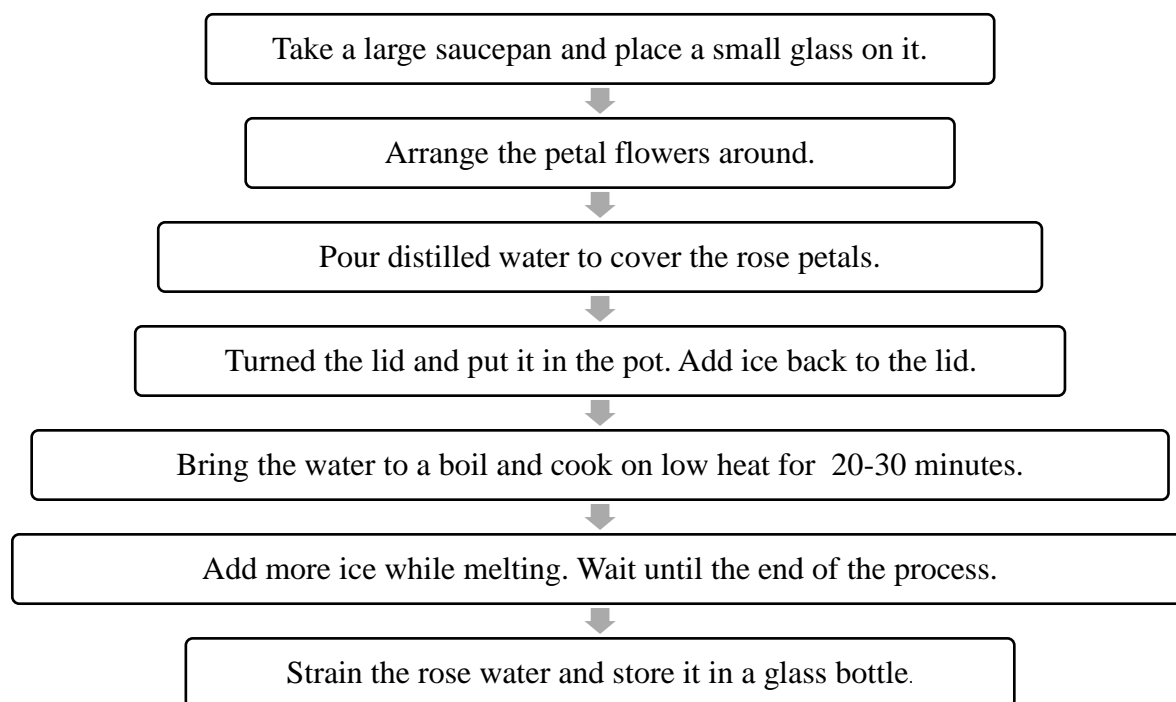
Method of Preparation

There are two ways to make rose water.

The Heat method {also known as simmer method} on the stovetop and the Steam method {also called distill method} which can also be done on the stovetop.

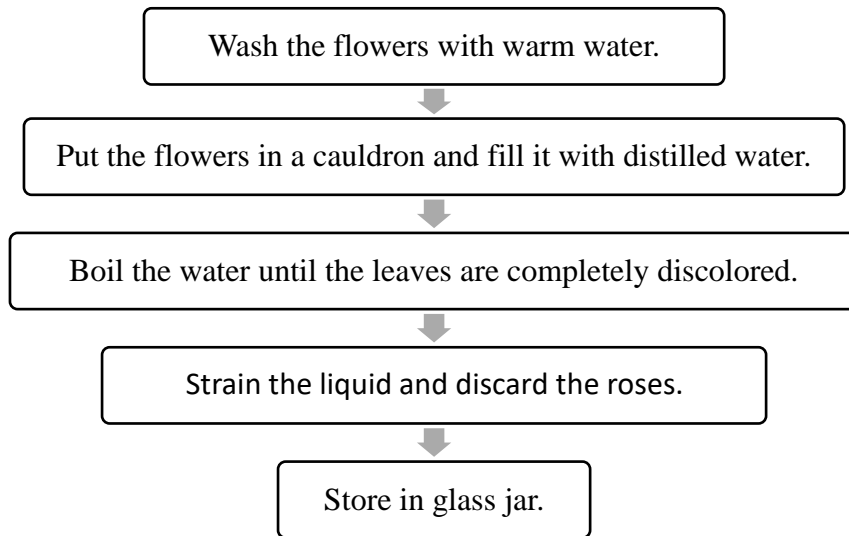
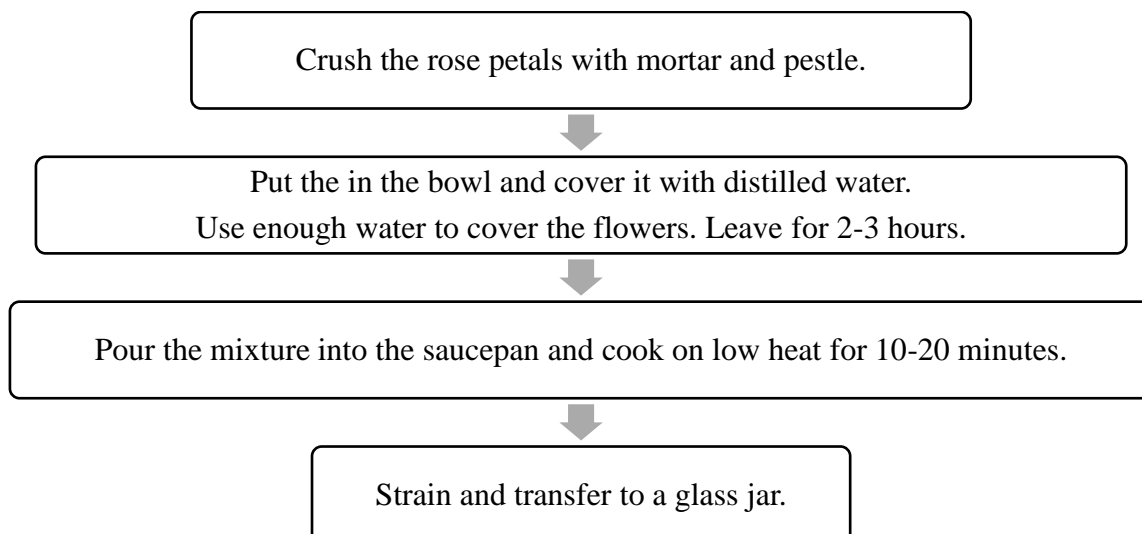
1. The Simmering Method (Heat Method): The steam method produces rose water by distillation (converting it into a hydrosol). It also works with heat sources and is slightly more complicated to set up.



Procedure :

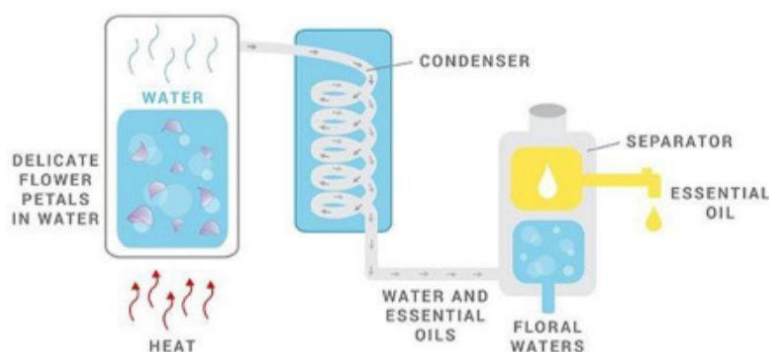
2.The Distilled Method (Steam Method): The steam method is formulated by distillation. It works also over a heat source and has a slightly more complex step.



Procedure:**3. The Crushing method:****Procedure:**

Laboratory Equipment Instrument (Distillation Method):

Rose water can be made by laboratory equipment instrument using distillation equipment with water condenser.



Procedure:

Cut the corolla into strips and put them in a pitcher of water.

Turn on condenser and heat it at mild temperature.

Collect the distillate into a recipient flask.

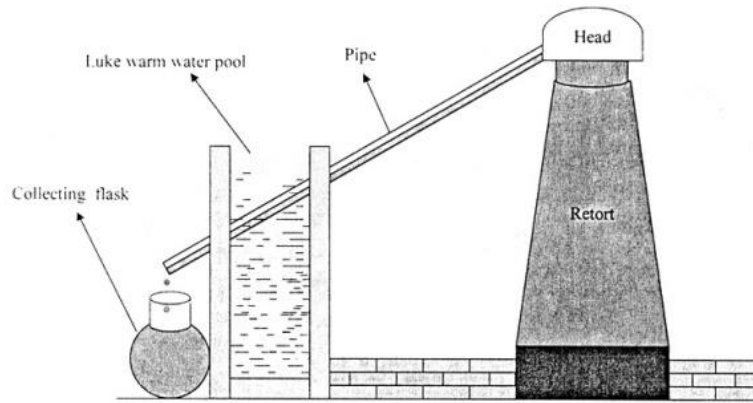
The fills the first three portions and the receiving glass is changed every six minutes because different blends with have different blends will have different hotspots, in which case the portion that evaporates the most is distilled first.

Traditional (Ayurvedic Term) Method of Rose Water

Rose water is also used to prepare several important Ayurvedic formulas such as Ratnapishti, Pravalapishti, Mukta Pishti, and Manikyapishti. Pishti is nothing more than a powder prepared from Bhavna Rose Water for a special Ratna Bhasma.

Rose water greatly increases the efficacy of drugs.

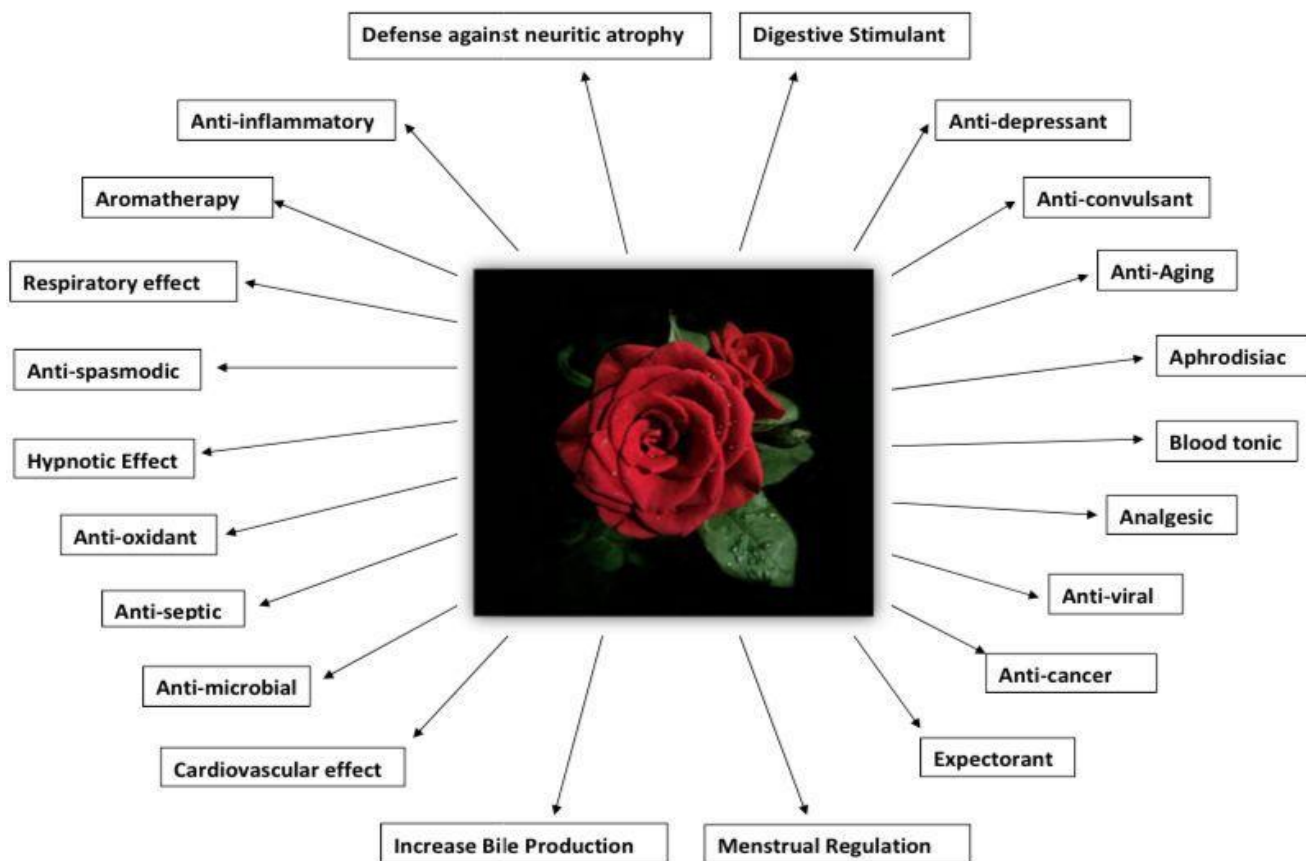
Pishti is a very valuable expression. Some of its uses include: o Pravalapishti is a medicine made from rose water coral.



It is used in the ayurvedic treatment of coughs, colds and pitta-related diseases. o Mukta Pishti is a medicine made from pearls with rose water and is used to treat diarrhea with bleeding, mania and psychosis. o Manikyapishti - Rose water, a medicine made from rubies, used to treat oligospermia and boost immunity.

Traditionally, the herb has been used to soothe disturbed Vata, Pitta, inflammation, burning, conjunctivitis, cough, skin disorders, heart failure, fever and general weakness. Generally, several rose products are used in various cosmetic preparations such as creams, lotions and other beauty products. It has also been used in toiletries, lozenges and perfumed toothpastes.

Key Actions of Rose



Medicinal Properties

Anti-inflammatory Effect

The anti-inflammatory properties of rose water can help reduce redness, prevent further inflammation, and relieve acne discomfort. According to studies, rose water is rich in vitamin C and phenolics, making it a natural anti-inflammatory option for acne treatment.

The study also concluded that the antiseptic and antibacterial properties of rose water can help heal cuts, burns and scars faster. The anti-inflammatory properties of rose water can also help reduce rosacea irritation. Rosacea is a skin condition characterized by a red face, visible veins, and red bumps that often contain acid. Although the bioactive chemistry of RPE has not yet been determined, our research shows that 70% ethanol extract from flowers exhibits activity through MAPK activation. This reduces swelling that can be caused by drugs that cause severe pain.

Anti-oxidant Effect

Natural sources of antioxidants are phenolic compounds found in various parts of plants such as fruits, vegetables, seeds, leaves, roots and bark. According to the Journal of Clinical and Cosmetic Dermatology, free radicals can cause skin inflammation, clogged pores and acne. Antioxidants like rose water stop free radical oxidation. *R. damascena* has antioxidant properties. FF extract (fresh flower) has more antioxidant content than SF extract (ripe flower). Inhibition of lipid oxidation was evaluated in in vivo studies. Kumar et al. (2009) demonstrated the presence of phenolic compounds in the ethanol extract of *R. damascena*. They measured the antioxidant activity of the extract with 1,1-diphenyl-2-picrylhydrazine (DPPH) compared with the standard antioxidant L-ascorbic acid by the free radical method. This study shows that *R. damascena* has high antioxidant properties. Inhibition of lipid oxidation was evaluated in in vivo studies. The results showed a strong antioxidant and lipid peroxidation inhibitory effect compared to α -tocopherol; This suggests that the plant can be considered a medicinal and anti-inflammatory agent against many free radical diseases.

Anti-microbial Effect

It has broad spectrum antibacterial activity. Essential oils, essences and hydrosols are essential ingredients to achieve these results. *E. coli* is also sensitive to essential oils. However, hydrosol did not show any anti-inflammatory effects. Pure essential oil has also been shown to be antibacterial against Gram-negative and Gram-positive bacteria. The antibacterial activity of flowers against three species of *Xanthomonas axonopodis* spp was evaluated. *vesicatoria* Fifteen bacteria from live (FF) and dead (SF) extracts of *R. damascena* flowers: *Aeromonas hydrophila*, *B. Bacillus cereus*, *Enterobacter aerogenes*, *Enterococcus faecalis*, *Escherichia coli*, *Klebsiella pneumoniae*, *Mycobacterium smegmatis*, *Proteus vulgaris*, *Ps. Nkauj*, *paj huam Floresan*, *Salmonella enteritidis*, *Salmonella typhimurium*, *Staphylococcus aureus*. *Staphylococcus aureus* or *Yersinia enterocolitica*. Both extracts were effective against all bacteria except *E. coli*. *coli*, although FF extracts were found to be more effective than SF extracts. FF and SF extracts were found to be effective against *S. enteritidis* and *M. smegmatis*, respectively. In vitro antibacterial activity of *R. damascena* essential oil also against *E. coli*, *Staphylococcus aureus* and *Ps. Pseudomonas aeruginosa*. *R. damascena* showed antibacterial activity against *Staphylococcus aureus*. *Staphylococcus aureus* in this study. Aqueous extracts of *Psidium guajava*, *Rosmarinus officinalis*, *Salvia fruticosa*, *Majorana syriaca*, *Ocimum basilicum*, *Syzygium aromaticum*, *Laurus nobilis* and *R. damascena* prevent five staphylococcal infestations using effective diffusion and microdilution methods. Isolated *Staphylococcus aureus*; a methicillin-resistant staphylococcus. *Staphylococcus aureus* (MRSA) and four methicillin-susceptible *Staphylococci*. *Staphylococcus aureus* (MSSA). In conclusion, a synergistic effect of antibiotics and plant extracts was observed in both susceptible and resistant strains, but the inhibition magnitude in resistant strains (especially MRSA strains) is at least several times that of susceptible strains. Antibiotic testing against gram positive staphylococci. *Staphylococcus aureus* (ATCC 25923), Gram-negative *Escherichia coli* (ATCC 25922), Gram-negative *Ps. Pseudomonas aeruginosa* (ATCC 27853) and yeast *Candida albicans* (ATCC 14053). The essential oil has been shown to be antibacterial and bactericidal against all tested bacteria at low concentrations. The antibacterial properties of the main components of rose oil (citronellol, geraniol and nerol) have been reported. Antibiotic properties of the main components of rose (citronellol, geraniol, nerol) have been reported. Therefore, the antibacterial effect of rose oil can be treated with this product. The antibacterial effect of pure oil may be due to its phenylethyl alcohol content. The antimicrobial properties of alcohol have been known for a long time.

Aromatherapy

In Ayurvedic medicine, people use rose water to soothe the heart and mind. Rose water is a powerful mood booster that can reduce stress and make you feel better overall. Although damask rose aromatherapy can reduce stress and improve sleep quality under different conditions, no studies have examined its effects on operating room (OR) workers. Considering that the high workload of Iranian OR workers during the COVID-19 outbreak may affect their stress and sleep quality, this study evaluated the effect of Damascus Rose aromatherapy on the stress state and sleep quality of Iranian OR workers during COVID-19-19. Pandemic. According to this research, aromatherapy for dysmenorrhea using topically applied lavender, sage, and rose is effective in reducing the severity of menstrual cramps. Aromatherapy is effective for dysmenorrhea or dysmenorrhea. Dysmenorrhea and dysmenorrhea are considered "anemic" and are caused by insufficient blood flow due to an overactive uterus. It is well known that colds can be reduced by increasing circulation and using antispasmodics and drugs that regulate hormone levels. Aromatherapy can be used as part of treatment for women with dysmenorrhea or dysmenorrhea. This helps improve the patient's quality of life. State anxiety and sleep quality were considered the primary outcome, and the occurrence of side effects was recorded as the secondary outcome. In recent years, aromatherapy using different products of damask rose (eg oil, essences and extracts) has been said to reduce anxiety and promote good sleep. Research has demonstrated the inhalation ability of damascena rose in reducing the stress associated with childbirth, hemodialysis, burn dressings, surgery, and menstruation. In addition, the study identified the benefits of Damascus Rose aromatherapy in improving sleep quality in cancer patients, hospitalized heart patients, and acute hemodialysis patients. These studies have been done on patients and there are some studies on healthy individuals, especially healthcare professionals. Additionally, most existing studies were designed to evaluate the effects of Damascus Rose aromatherapy on sleep quality or anxiety. Few studies have simultaneously evaluated the effects of Damascena Rose aromatherapy on sleep quality and anxiety.

Cardiovascular Effect

There is little research on the effects of rose on the cardiovascular system. A hydroalcoholic extract of *R. damascena* will increase heart rate and force of contraction in isolated guinea pig hearts in one study. The mechanism of these effects is unknown. However, it is thought that the plant may have an effect on adrenergic receptors in isolated guinea pig hearts. Recently, a new compound called cyanidin-3-O-beta-glucoside was isolated from rosebuds. The combination may affect the activity of angiotensin-I converting enzyme (ACE). Damascus red is used to improve the cardiovascular system, as ACE is an important enzyme in the production of angiotensin II.

Anti-HIV Effect

HIV virus was studied in vitro. Methanol and water extracts of flowers have been shown to have anti-HIV activity by acting on various stages of HIV infection. Kaempferol and its derivatives affect bacterial proteases and gp120/CD4. In resistant *S. aureus*, *S. Typhimurium*, *Bacillus cereus*, *Candida albicans*, *Escherichia coli* and *B. pain*. This activity is higher than water extraction. *A. Niger* is less sensitive to ethanol extraction from flowers. In this study, the anti-HIV activity of nine compounds, including 2-phenylethanol-O-(6-O-haloyl)-D-glucopyranoside, Novel compounds purified from drugs. I did. cells. T-cell lymphoma H9 cells infected with HIV-1MN are infected with HIV-1IIIB. Kaempferol 1 and its 3-O-a-D-glucopyranosides 3 and 6 showed the highest anti-HIV activity in C8166 cells, while kaempferol 7-O-a-D-glucopyranoside showed no effect. Similarly, quercetin-7-O- α -D-glucopyranoside is inactive compared to quercetin 2. A novel compound, Compound 8, showed some anti-HIV activity, which may be due to its haloacyl moiety. - β -D-glucopyranoside will not work. In this study, the authors compared the activity of nine compounds against HIV and found that the activity of the raw material is due to the combination of different drugs that cause different stages of the disease.

Effect on Respiratory Effect

Rose water has soothing and anti-inflammatory properties, so it can treat a sore throat. Additionally, Scientific Research shows that it acts as a neck relaxer. Relaxation of adrenergic receptors and bronchodilation of H1-blocking drugs have been previously observed in the airways of guinea pigs. These results show the efficacy of the plant on adrenergic and/or blockade of histamine (H1) receptors. The inhibitory effect of this herb is based on the bronchodilation effect of calcium channel blockers. Fresh flowers have a soothing effect on the body and can be used as an alternative to essential oils. The ethanolic extract of *R. damascena* flowers has been shown to have a potent depressant effect on the central nervous system. Some of the effects evaluated are hypnotics, anticonvulsants, antidepressants, sedatives, pain relievers and nerve stimulants.

Hypnotic Effect

The effect of Rose on the central nervous system in its hypnotic effect. Another study evaluated the hypnotic effects of three parts of the plant (a source of ethyl acetate, water, and n-butanol). Pentobarbital has been shown to induce sleepiness during this period. Among them, ethyl acetate has the best hypnotic effect. Pentobarbital-induced sleep was found to be longer than diazepam. It contains many flavonoids and terpenoids. Many studies have shown that flavonoids have anxiolytic and/or antidepressant properties. This effect can be explained by its affinity for central benzodiazepine receptors. Nogueira and Vasiliev showed that different Rosaceae plants exert hypnotic effects through the GABAergic system. Thus, this system will change the hypnotic effect of stagnant water.

Analgesic Effect

The analgesic effect of rose petals has also been reported. However, the hydroalcoholic extract, acetic acid, and formalin did manage to increase potency in the test, but had no effect on tail movement. Based on the analgesic effects of hydroalcoholic and ethanol extracts, it has been shown that the water-insoluble plant may be responsible for the analgesic effects. Therefore, water-insoluble quercetin and kaempferol may be associated with this effect. Based on the analgesic effects of hydroalcoholic and ethanol extracts, it has been shown that the water-insoluble plant may be responsible for the analgesic effects. Therefore, it is thought that water-insoluble quercetin and kaempferol may be related to these effects. Antioxidants have recently been reported to reduce inflammation in the formalin test. Thus, it is seen that these substances play a role in the analgesic effects of the plant. It has beneficial effects on brain function, such as in the treatment of dementia. The activity of rose extract related to neurite outgrowth has been demonstrated.

Protective Effect on Neuritic Atrophy

It induces neurite outgrowth activity and inhibits amyloid α (A β). A β is the size of the negative A α peptide produced in the brain of Alzheimer's patients. A β causes neuronal cell death, neurite atrophy, synapse loss, and memory loss. The active ingredients of the chloroform extract are classified as long polyunsaturated fatty acids (VLFAs) with the molecular formula C₃₇H₆₄O₂. The isolated drug inhibits A β (25-35)-induced atrophy and exhibits strong neurite outgrowth activity. The composition of dendrite length in treated cells is similar to that of nerve growth factor (NGF). Therefore, it will be useful for people with dementia.

Anti-Cancer Effect

The antitumor, anticancer and cytotoxic effects of *R. damascena* on cancer cells have been confirmed. Geraniol, the major compound of *R. damascena*, acts by a different mechanism. It induces apoptosis in cancer cells, increases the expression of the

apoptotic Bak protein, arrests the G0/G1 phase of the cell cycle, reduces cdk2 activity, 3-hydroxy-3-methylglutaryl-CoA (HMG-CoA) Inhibits reductase 49 and ornithine decarboxylase. Activity that ultimately results in the death of cancer cells.

Relaxant / Anti-Depressant Effect

Rosa rosea shows activity by stimulating alpha adrenergic receptors, inhibiting histamine H1 receptors, blocking tracheal chain calcium channels, inhibiting KCl contraction and electrical stimulation. Water extract and ethanol extract inhibit the effect of tachykinin on the lungs, reducing the mucus caused by citric acid, thus having bronchodilation and antitussive effects. Other subfractions, such as the ethyl acetate fraction, have an inhibitory effect on muscarinic receptors and a relaxing effect on tracheal smooth muscle. Therefore, Rose can be used as a cough medicine in the clinic. Confirmation of this effect requires further clinical research. Additionally, the essential oil improved sexual function and depressive symptoms over a 2 to 8-week period in men with major depression (taking a serotonin reuptake inhibitor) compared to a placebo. Rose extract for its anti-depressant and libido-suppressing effects.

Anti-Tussive Effect

The alcoholic extract of Chiba rosehip has a significant anti-cough effect. It has been reported that the essential oil obtained from the Rosa rosea plant has a relaxing effect on the digestive system. Therefore, the bronchodilator effect is responsible for the anti-cough properties, and the tachykinin inhibitory effect can affect the anti-cough effect.

Other Effects

Citronella oil and farnesol isolated from the plant may be responsible for this phenomenon. Flower buds are often used to treat heart ailments and as a tonic and laxative. Scientists attribute malic and citric acids to their laxative and diuretic properties.

Utilization of Rose Water (Available Marketed Formulations)

Roses are one of the best-selling flowers on the international market.

Rose Water: Rose Petal & Rose Oil



Rose Perfume: (Rose Oil)

1. Body Mist: The Rose Water Body Mist gives freshness and freshness, allowing you to experience an explosion of floral fragrance. Spray on your face to keep your skin hydrated and balanced. Spray on Body immediately after showering, then finish with Body Moisturizer to keep feeling refreshed and rejuvenated throughout the day. It can also be sprayed on rashes and sunburns to heal and cool the skin.

2. Room Spray: Use Rose Water as a natural air freshener. Spray on furniture, curtains and cushions to give off a subtle scent. Rose water is a great alternative to chemical fragrance release agents and is generally considered safe for those sensitive to fragrance.

3. Hair Spray: Spray rose water on your hair to tame frizz and wavy hair or to refresh a sweaty or itchy skin. Mix rose water with coconut, almond or jojoba oil and massage the scalp to relax, moisturize and strengthen the hair follicles. After shampooing, you can rinse your hair with rose water.

It works as a mild conditioner and keeps my hair shiny and smells nice. Spray Rose Water on your hair before going outside to create a natural hair perfume that leaves a subtle scent.

4. Ironing Spray: While ironing, you can use rose water to freshen up your clothes. Instead of plain water, simply pour rose water into the steam iron.

Mouth Rinse: Rose Petal & Rose Water

Face Cream: Rose Petal & Rose Water

Rose Jam: Rose Petal

5. Cosmetic Use: Rose products are used in various cosmetic preparations such as creams, lotions and other cosmetic products.

Facial Toner: The Rose Water Toner is a great alternative to expensive Facial Toners, especially those that contain alcohol that can dry out your skin. Using Rose Water as a toner removes excess oil and dirt and helps balance the skin's pH.

Facial Cleanser: Wash with rose water.

Moisturizer: (Used by mixing with coconut oil or glycerin)

CONCLUSION

Rose water is not just surviving, but it's thriving.

Rose has been used in ethno-medicine for many diseases and is also described in this article. Rose is a famously beautiful plant that can be used as a home remedy to overcome many health problems. Get serious about the easy access, availability, variety and cost effectiveness of these drugs. This makes it very useful in dealing with stress caused by its different characteristics.

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