



The Nerdy Farm Wife's
Things To Do With
ROSES



Things To Do With Roses

by Jan Berry of TheNerdyFarmWife.com

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About the Author

Jan Berry lives on a seven acre hobby farm in the middle of the Blue Ridge Mountains of Virginia. She spends her days homeschooling her two children, hanging out with her handsome husband, wrangling three rascally goats and keeping up with the antics of thirty-five chickens, four ducks, three bunnies, three dogs and one cat.

She enjoys growing a variety of herbs and flowers and loves coming up with creative, new ways to use them.

Her sweet tooth drives her never-ending experiments in the kitchen which sometimes produce yumminess and, due to her perpetual scatterbrainedness, occasionally a fire, or three.

She likes to while away her spare time playing Word Hero, Tetris and Skyrim, among other games.

You can find her at TheNerdyFarmWife.com!



“Do what you can, with what you have, where you are.”

Theodore Roosevelt

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Introduction:

Roses are one of the most loved and recognized flowers around. In addition to their beauty, they possess an array of medicinally useful properties.

Besides the flower petals, the leaves, stems, bark and rose hips are all edible and have various benefits and uses.

In this little book, I'm going to share some of my favorite ways to use roses. Many of the recipes call for fresh roses, but in most cases, dried petals can be substituted.

Rosehip seed oil and rose essential oils are also touched upon and included in some of the recipes.

Roses are regarded as generally safe for most people, but if you are pregnant, nursing, or on medications, it's a good idea to check with a licensed professional before consuming medicinal amounts of **any** herb or flower internally. Rose stem & bark should not be used internally by pregnant women or animals & other contraindications may apply.

While roses from a florist are wonderful to receive and admire, they usually have been sprayed with toxic pesticides that make them unsafe for topical and especially edible use. Be sure to use only organic or unsprayed roses in these projects.

Drying & Freezing Roses:

Rose petals can be dried in a dehydrator, but I dry most of my herbs & flowers by collecting them on a dry & sunny mid-morning and spreading everything out in a single layer on paper towels or flattened brown paper bags on my kitchen table.

I occasionally stir around the petals or flip buds over, but otherwise leave them undisturbed for several days, or until completely dry. I then label and store in tightly closed mason jars in my storeroom pantry that stays cool and dry year 'round.



Fresh petals are only available for such a short time, so I like to freeze them in single layers in heavy duty freezer bags. They keep nicely for at least another month or two (or longer) and this way you can extend your wild crafting fun well after all of your blossoms have faded away.

The leaves from a rose also have anti-inflammatory benefits. Since they are readily available until cold weather hits in the fall, I only dry a small amount of those at that time, just to have on hand as a backup source.



About the Ingredients:

Many of the recipes in this book call for fresh roses. If you don't have a supply of organic roses at home, you can order dried petals online as a (less fragrant) substitute. Two of my favorite places to buy high quality herbs are [Mountain Rose Herbs](#) and [Bulk Herb Store](#), or you may be able to get your local health store to order you some.

Other projects call for various oils such as olive and jojoba. You may be able to find suitable oils at your local grocery or health store. If not, [Mountain Rose Herbs](#) or [Bramble Berry](#) are two good sources.

Vinegar, can be any type that you prefer. Apple cider vinegar (for extra health benefits), white distilled vinegar (for general use and household cleaning) or white wine vinegar (for culinary use such as salad dressing) are all good choices.

I like to buy my essential oils from Mountain Rose Herbs or my local health store. Cheaper oils tend to be more diluted & less potent, so keep that in mind when measuring.

[Rose essential oil](#) is a precious thing. It takes around 10,000 pounds of rose petals to distill one pound of oil and the price reflects that. If you find rose essential oil too expensive to purchase, you can try using [Geranium Rose](#) or [Palmarosa](#) as more cost-effective substitutes.

Essential oils are very concentrated and can be toxic if taken internally. Never apply to your skin undiluted or let children handle them. If you're pregnant, check with a doctor first. Rose Absolute is not recommended for pregnant women & other contraindications may apply.

Using Roses For Pets:

Rose is a gentle remedy for inflammation that is suitable, in many cases, for your pets as well.

The flower petals can be made into a tea and used as a rinse for animals with itchy or dry skin. If strained through a coffee filter so that no tiny and potentially irritating particles remain, it can be used as an anti-inflammatory eyewash as well.

The astringency of the tea makes it useful for mild stomach irritation, colic and diarrhea.

To make a rose flower tea, place a handful of fresh petals (or tablespoon of dried petals) into a small jar or mug and pour around 1 cup of simmering water over them. Let this infuse until cooled, then strain and use.

The oral dose of rose tea for dogs and cats is around 1 tablespoon of tea per 20 pounds of weight. You can try adding it to their drinking water or mixing with a small amount of diluted homemade broth to encourage drinking.

You can make a stronger acting external rinse for inflamed flea bites or intensely itchy skin, by using rose leaves instead of the petals.

Rose leaf decoction is a more powerful medicine useful for urinary & digestive tract inflammation and should only be used internally for about four days, so consultation with a holistic vet is recommended before use.

As with people, if your pet has pre-existing medical conditions or is pregnant, check with a qualified professional before dosing herbs.





Rose Petal Vinegar:

Rose petal vinegar, made from fresh roses, is such a stunning color that it's almost too pretty to use!

Be sure to use unsprayed, organic roses for this. If you don't have a pure source, you can buy dried petals online via [Mountain Rose Herbs](#) and [Bulk Herb Store](#), or your local health store may be able to help you find some.

To make: Gather fresh rose petals and let them sit out for a few hours to allow any little bugs to crawl away to safety, then fill a jar quite full of them. (Alternatively, you can fill the jar about half way with dried rose petals.)

Heat up some vinegar to almost a simmer and pour over the rose petals in the jar. I like to use a light colored vinegar for this so that the color shines through, however, you can use any type of vinegar that you prefer. Let cool, cover the top of the jar with plastic wrap, then cap and store in a cabinet for four to six weeks, shaking periodically.

After that time, strain out the plant material and it's ready for use.

If you don't use a plastic cap or layer of plastic wrap between the metal lid and vinegar, the acidity will eventually eat away at the top and lend a yucky metallic taste to your concoction, so be sure not to overlook that important detail.

You can keep this vinegar for at least a year, just be aware that the color will fade over time. Sunlight hastens the loss of color, so store in a cool, dark place.

On the next page, I'll tell you a few uses for this beautiful vinegar!

Uses for Rose Petal Vinegar:

Roses are soothing and cooling, so keep those attributes in mind, when thinking of other ways to use your rose vinegar.

You can use it in several ways:

- Dilute the vinegar with 5 to 10 parts of water. (Do a test spot to determine the best ratio for your skin.) Pour into a small spray bottle and store in the fridge. Spritz on sunburn or inflamed skin as needed.
- Dilute and soak a cloth in the vinegar. Lie down and drape across forehead to help ease the pain of a headache.
- Use rose petal vinegar in salad dressings. (Top your salad with a sprinkle of rose petals as well!)
- Dilute with water and use as a hair rinse for itchy scalp. (Start with 1 part water, 1 part vinegar & experiment to see which ratio you like best.)
- Dab on insect bites with a cotton tipped swab.
- Use in homemade deodorant spray. (See page 36.)
- Use to make “pink lemonade.” (See page 52.)
- Pour a cup or so in your bath water, add a handful of Epsom or sea salts and take a relaxing, detoxifying bath.





Rose Water (Quick Method):

Traditionally, rosewater, or hydrosol, is the liquid left over after distilling roses into essential oil. It's quite lovely and luxurious and wonderful to add to your cosmetic recipes. It can also be pricey.

Our rose water is a quick and easy homemade imitation, that will work beautifully for our purposes. To make this you'll need:

- fresh rose petals
- water

There are no exact measurement given here, because it can vary depending on how many roses you have available. If you only have a few, use a small jar. Conversely, if you have a lot of petals, use a larger jar or container.

Gather the petals and spread them out to inspect for bugs. Relocate any critters back to the outdoors then place your petals into a heat proof glass jar, stuffing the jar as full as you can.

Heat water to an almost simmer and pour over the petals. Cover the jar with a saucer and let this steep until the water has cooled. You should be left with a richly scented, deep pink, magenta or red water (depending on the varieties you've used.)

Strain out the rose petals (you can compost them) and store the rose water in your refrigerator for around five to seven days.

We will use this water in a variety of ways throughout this book, but first let's talk about storing it so that it lasts longer.

Freezing Rose Water:

The singular drawback to fresh rose water, is that it has such a short shelf life. You can keep it in the refrigerator for about a week, but how about in the autumn or early winter, when you want some for a recipe or project, but no roses are in sight?

To solve this problem, I figured out that I could freeze my rose water in ice cube trays, extending its usefulness by at least a month or two.

To do this, just pour into a clean ice cube tray and freeze until solid.

Remove from the tray and store in a heavy duty freezer bag that has had as much air removed as possible. Don't forget to label with the contents and date!

When you're ready to use your rose water, place a cube or two in a small mug or cup, cover, and let thaw in the refrigerator overnight.

Our homemade rose water is wonderful as a facial toner. It can be dabbed or spritzed on the skin, straight from the refrigerator, to help cool flushed, overheated skin. It's a classic hot flash helper, when used this way as well.

Rose water also makes a lovely addition to your bathwater!





Marshmallow Rose Facial Cleanser:

This recipe was inspired by a similar, but more complex, one that I found in [The Complete Illustrated Book of Herbs](#). (One of my instant favorite books!)

Marshmallow root acts as a gentle cleanser while the rose water tones and soothes sensitive skin. Aloe is added for extra moisturizing and skin healing purposes.

To make, you'll need:

- 1 tablespoon [dried marshmallow root](#)
- ¼ cup boiling water
- ¼ cup rose water
- 1 tablespoon [aloe vera gel](#)

Pour boiling water over the marshmallow root and cover with a saucer. Let cool, then strain. Combine the resulting liquid with rose water and aloe vera gel.

To use: massage into face, then rinse off. Follow with a lotion or cream to lock in moisture.

Store leftover cleanser in the refrigerator and use within 3 to 5 days.

Rose Infused Oil:

By letting herbs and flowers infuse in oil for a certain amount of time, we're able to extract many of the beneficial-to-your-skin properties into an easier to use and apply form.

I like to let my rose petals wilt for a day or two until they are **almost** dry. This way, I don't have to worry about high water content making my oil spoil faster. (You can use completely dry petals as well.)

To wilt/dry the petals, spread them out in a single layer over white paper towels or other absorbent material and let them air dry for a day or two (or more), stirring occasionally.

Once dry, add them to a jar and pour olive or some other light oil, such as sunflower or sweet almond oil, over them – all the way almost to the top of the jar.

You can set this jar down into a pan of almost-simmering water for an hour or two, to jump start the process. Usually though, I just cover the jar with a few layers of cheesecloth and secure with a rubber band around the rim. Tuck this away in a dark cupboard for about 3 to 4 weeks, then strain.

If you have the rose supply to support it, double infusing the oil makes for an even better end product. To do this, repeat the initial steps with a fresh supply of wilted petals but reuse the same oil that you just finished infusing & straining.

After 3 or 4 (or 6 or even 8!) weeks have passed, strain again and label, cap and store the oil in a cool, dry place for about a year.





Rose Salve Recipe:

This recipe uses the infused oil we made above. Rosehip seed oil is excellent for treating scars, wrinkles and dry, weathered skin. You can dab this on your face, neck and around your eyes for anti-aging benefits, but can also use anywhere on your body that you have dry skin.

If you wish, you can add a few drops of rose essential oil before pouring into tins or jars.

To make you'll need:

- 3 ounces of rose petal infused oil
- ½ ounce of [rosehip seed oil](#)
- ½ ounce of [beeswax pastilles](#)
- several drops rose essential oil (optional)

Add the oil and beeswax pastilles into a heat proof container. Set it gently into a pan containing several inches of water, just like we used when we infused our rose oil.

(If you'd like to make a vegan version, use half as much [candelilla wax](#) instead of beeswax.)

Gently bring the temperature up to medium-lowish heat and let the container stay in the makeshift double boiler until the wax is melted.

Remove from heat, add essential oil if desired, and pour into tins or jars. This sized batch will fill two 2 ounce glass jars or tins. I buy my tins and small jars from [Specialty Bottle](#) or [Mountain Rose Herbs](#).

You can use my tutorial on [How to Create Your Own Round Labels](#) if you wish to make pretty labels for gift giving.

Peppermint Rose Lip Balm:

This refreshing lip balm recipe also uses the infused rose oil we made above. Alkanet root lends a lovely pink glow that will lightly tint, but not stain your lips.

For a vegan version, you can use [candelilla wax](#); just substitute roughly half as much as the amount of beeswax called for. (So, in this recipe, you'd use around ½ tablespoon candelilla wax.)

To make this lip balm, you'll need:

- 1 tablespoon [shea butter](#) (.5 oz by weight)
- 2.5 tablespoons (or 1 oz by weight) rose infused oil
- ½ tablespoon [castor oil](#)
- 1 tablespoon [beeswax](#) (.4 oz by weight)
- powdered [alkanet root powder](#) (for natural color)
- 15 or so drops of [peppermint essential oil](#)

Pour a tiny amount of the required rose oil into a small bowl or cup and mix a small bit of alkanet powder at a time into it, to form a thick, dark red paste and set aside.

Place the remaining oils, wax and butter in a heat proof jar or measuring cup. Place into a pan filled with a few inches of water and bring the water to just under a simmer. Heat until melted.

Remove from heat and stir in the alkanet paste a dab at a time, until desired color is reached. (Use more for red, less for pink.)

Add peppermint oil then pour into tubes, tins or lip balm sliders.





Rose Petal Honey:

Raw honey is a healing food, all on its own. It's soothing to the throat and GI tract, inhibits the growth of *H. pylori* (that nasty organism associated with ulcers), it can be used on the skin for acne or burns, and daily use of raw, local honey may help seasonal allergies.

We're going to combine this with the soothing, inflammation-cooling power of rose petals to make an infused honey that's useful for sore throats or to mix with your herbal tinctures, vinegars & teas.

To make this, you'll need fresh, organic rose petals and some raw honey. (You can use dried rose petals as well, in a pinch.)

Stuff your clean rose petals into a small jar and slowly pour your honey over them. Stir with a knife to remove air bubbles. Cap, and let this sit in a cupboard for several days, or even several weeks, to allow the flowers to infuse into the honey.

Once sufficient time has passed, you can strain the flowers from the honey by slightly heating the mixture (don't go above 110 degrees F or the benefit of raw honey is negated) then straining through cheesecloth.

Alternatively, you can do what I do and just leave the flowers in and spoon around them. You can actually eat the honeyed flowers by the spoonful too. Some find them delicious!

The shelf life of this honey (strained) is around a year (or longer), but if you don't strain the flowers be sure to check for freshness each time before consuming.

Remember, the American Academy of Pediatrics does not recommend honey for children under the age of one.

Rose Foot Scrub:

This foot scrub is very customizable. If you have cold feet that need warming up, add $\frac{1}{4}$ teaspoon of powdered ginger to the mix. If you want to freshen and cool your feet, add several drops of peppermint essential oil.

To make this you'll need:

- 2 tablespoons oatmeal
- 1 tablespoon cane sugar
- 1 tablespoon fresh rose petals (or $\frac{1}{2}$ tablespoon dried)
- 1 tablespoon yogurt
- optional: $\frac{1}{4}$ tsp powdered ginger (for warming version) or 2 to 3 drops peppermint essential oil (for cooling version)

Combine the oats and roses together in a small mini-food processor and blend until petals are in tiny pieces. Stir in sugar, yogurt and optional add-ins.

To use:

Massage the mixture thoroughly into your feet. Rinse and dry completely, then moisturize with your lotion or cream of choice.

This is a make-and-use recipe, do not store for future use; discard any leftovers.





Rose Scented Powder:

This sweet smelling, moisture absorbing, silky powder is great for dusting under your arms after bathing or on your feet before putting socks & shoes on.

To make this, you'll need:

- ¼ cup baking soda
- ¼ cup arrowroot powder (or you can use cornstarch instead)
- 1 tablespoon [white cosmetic clay](#)
- 5 to 10 drops [rose essential oil](#)

Stir together the baking soda, arrowroot and clay, breaking up any lumps as you go. Add the essential oil and stir again. Put into a container and dust on as needed with a powder puff or cotton ball.

Close tightly to retain the rose scent and store in a cool, dark place.

Strawberry Rose Freezer Jam:

For a while, I've resisted the urge to make rose petal jam because, frankly, I couldn't imagine a mouthful of rose petals being all that tasty. But still, it sounded so pretty and I knew I'd have to make a batch eventually, just for the sake of trying.

When our strawberries came in this year, I went to make some jam with them and was suddenly struck with the idea of adding roses to the mix. My family members were slightly suspicious as I presented each of them with a spoonful for tasting, but were 100% in agreement that the resulting jam was delicious!

I used the quick freezer jam recipe that came with my box of Low Sugar/No Sugar Needed Fruit Pectin. I think the concept can be carried over to most any other favorite strawberry jam recipe you have though. Just slurry up some rose petals and balsamic vinegar (or lemon juice), add to your strawberries, then proceed with your recipe as normal.

For this recipe, you'll need:

- 2 cups of chopped strawberries
- 1 cup of fresh rose petals (pack them in the cup fairly tightly)
- 1 tablespoon balsamic vinegar (or lemon juice)
- 1 tablespoon of water
- 1 ½ cups of sugar
- 3 tablespoons no sugar/low sugar fruit pectin



The white base of each petal can be bitter, so we want to make sure to leave that part out. The easiest way to handle this is to grab each rose as you're picking and snip the base off with a pair of scissors. You can compost these ends or if you have goats – they **love** snacking on these!

Place the rose petals in the bowl of your food processor. Drizzle in the balsamic vinegar (or lemon juice) and water and blend until smooth. Make sure you don't leave any large pieces of petal, you want a nice, evenly pureed mixture.

(continued...)

(Strawberry Rose Freezer Jam continued...)

Throw the strawberries in the food processor and pulse for just a few seconds at a time to chop up the strawberries and make sure they are thoroughly mixed into the rose petals. Don't puree the mixture, you should still see bits of fruit.

Measure your sugar into a heavy duty saucepan. Stir in the pectin then add 1 cup of water.

Bring the mixture to a boil over medium-high heat, stirring constantly.

Boil for one minute then remove from heat.

Add the strawberry/rose mixture to the hot pectin and stir thoroughly for one minute.

Quickly ladle the jam into freezer safe containers. I used freezer safe small jelly jars; you can also recycle a variety of small plastic containers for this purpose.

Be sure to leave a ½ inch headspace to allow for expansion that happens during freezing.

Let the jam stand at room temperature for 24 hours, until set.

Refrigerate for up to 3 week or store in the freezer for up to a year.

To thaw, just place in the refrigerator overnight.





Rose Petal Bath Salts:

These rose petal bath salts are quick and easy to make and smell so wonderful!

To make these you will need:

- 1 cup Epsom salts
- several drops of [rose](#) or [geranium \(rose\) essential oil](#)
- a handful of dried rose petals
- optional: ¼ cup sea salt

Combine the Epsom salts with sea salt, if using.

Rub the dried rose petals between your fingers to crush into tiny pieces. Stir into the salt.

Add several drops of rose essential oil. (Or, geranium (rose) for a less expensive alternative.) Let your nose be your guide as to how much you use.

Stir well and pour into a pretty jar. Tie with a ribbon and tuck in a small dried rose bud in for decoration.

To use: Sprinkle in your bath as the water runs. Seal tightly between uses to retain the lovely rose scent.

Rosa Rugosa Soap:

Gather up a jar of fresh rose petals. (You can use dried as well.)

I like to let mine sit uncovered for a few hours so that any bugs I may have inadvertently gathered have time to escape. Once you've ensured the safety of any little critters, pour simmering hot water over the petals and cover with a saucer.

Let this steep for several hours and you will have a richly scented pink water. Strain and use in the recipe below.

- 28 ounces [coconut oil](#)
- 42 ounces [olive oil](#)
- 12 ounces [sunflower oil](#)
- 11.73 ounces lye
- 26 ounces strained rose petal infusion

- At trace, superfat with 1 tablespoon each of [rosehip seed oil](#), [jojoba oil](#) and [shea butter](#).
- Also at trace, add a few teaspoons of [rose essential oils](#). These tend to be expensive, so you can stretch them out with [geranium \(rose\) essential oil](#) which smells very much like rose, but is far cheaper. (I tend to prefer lightly scented or unscented soap, so if you want a stronger scented soap, use more than the one or two teaspoons that I suggest.)

Instructions for making soap can be found on my blog in my post [Soap Making 101](#).

I also recommend [The Natural Soap Book by Susan Miller Cavitch](#), which is the book I used to learn soap making.





Calendula Rose Eye Compress:

Calendula and rose team up to form a soothing and anti-inflammatory antiseptic rinse for eyes that are red and irritated from allergies, wind, pool water, dryness, dust and so forth.

Remember, this is a gentle home remedy for mild irritation. If you have severe eye pain, colored discharge or other serious symptoms, it's prudent to consult your eye doctor or other medical professional for treatment advice.

Before beginning, make sure your hands and work area are scrupulously clean.

Add a large pinch (tablespoon or two) each of dried or fresh calendula flowers and rose petals in a heat proof cup.

Pour boiling water over the flowers, cover the cup with a saucer and let steep for 15 to 20 minutes. Strain through a coffee filter to ensure you remove any small particles that could lead to further eye irritation.

You can use the tea in a few ways:

1. Fill the palm of your hand (or an eyecup) with the liquid, hold it tightly over your eye and let the liquid swish directly over your eyeball. OR, if you're squeamish about having your eye opened under water like I am then...
2. Dip small, clean cloths into the liquid and use those as compresses on your eye. Squeeze a bit of the tea into your eye if you can tolerate it. It will help heal things up faster.

Repeat several times a day, with fresh cloths, until your eye feels better. Don't store this tea; make a small, new batch each day.

Quick Rose Poultice:

When you spend a lot of time outdoors, you're bound to get an occasional bee sting, bug bite, splinter in the finger, or other such minor ailment.

One of the handiest ways to treat these skin irritations is with a “spit poultice.”

Basically, all you need to do is find a beneficial leaf or flower, chew it up a bit, then spit it out and place on your injured area for a while until it feels better.

If you have a splinter or thorn that you can't see, but can feel – place a spit poultice on the spot, hold it in place with your fingers, a strip of cloth, or even a sock for a while and it will pull the irritant right to the surface of your skin where it can easily be scraped out.

It may sound gross to some, but this is a highly effective and often used method for many people, including me!

The trickiest part comes in knowing which plants are safe to chew and which are not.

Roses are safe for most people to ingest (of course, ask your doctor first if pregnant, nursing, or on meds) and are easily recognizable when in bloom.

You can chew either the leaves or petals (though be aware, some types of rose leaves are prickly and make for not so pleasant chewing!)

The bonus for using rose as a spit poultice is that it naturally has cooling and anti-inflammatory properties, making this basic first-aid-in-the-field technique even more effective!





Rose Scented Detangling Spray:

When my sisters & I were young, my mom made homemade detangling spray for our long hair, by putting a small amount of conditioner in a spray bottle and filling the rest of it with water.

It worked like a charm!

These days though, we don't use a lot of store bought conditioner, so this easy-to-whip-up spray makes a fine replacement.

I like using jojoba oil in this recipe because it's most similar to our own skin and scalp's sebum. (Sebum is what your body produces to keep your skin and hair soft and supple.)

To make this, you'll need:

- ¼ cup water
- ½ teaspoon [jojoba oil](#)
- 2 to 3 drops rose essential oil

Mix all of the ingredients together and pour into a small spray bottle.

Shake vigorously before each use, then spritz on hair before brushing or combing.

Rosemary & Rose Hot Oil Treatment:

This recipe is great for restoring shine and smoothness to dry hair! [Jojoba oil](#) is similar to the substance our bodies produce to keep our hair and skin soft and supple, and the rose and rosemary helps fight flaky & itchy scalp.

There are **two ways** to create this oil: the slow way & the quick method.

To make this the **slow way**: we'll need to infuse our jojoba oil with roughly equal parts of rose petals and dried rosemary for several weeks. (See page 15 for directions.)

If you're crunched on time, you can use the **quick method**: combine 1/8 to 1/4 cup jojoba oil (use less for shorter hair), 1 or 2 drops [rosemary essential oil](#) and 2 or 3 drops rose essential oil.

Store your oil in a small, heat proof jar or bottle. When ready to use your hot oil treatment, set the jar down into a bowl of very hot water. Let heat for a minute or two, then starting at the ends of your hair, massage a small amount throughout your hair.

Be moderate in how much you use, a little bit goes a long way!

Let this sit on your hair for around 5 minutes, then wash and shampoo as normal.

For a super intensive treatment, apply then tuck hair in a shower cap. Wrap with a warm towel and let the oil stay on your hair for up to an hour. Shampoo as usual.

In either case, a finishing rinse of half vinegar and half water helps to further clarify and add additional shine to your hair.



Rose Face & Body Cream:

This luxurious and rich cream is ideal for dry, aged skin in need of deep moisturizing and pampering. It makes a terrific homemade gift as well!

To make this, you'll need:

- a handful of fresh rose petals (or you can use [dried rose petals](#))
- around 5 ounces of distilled water
- 2 1/2 ounces [sweet almond oil](#)
- 1/2 ounce [rosehip seed oil](#) (a bit over a tablespoon)
- 1 1/2 ounces [mango butter](#)
- 1/2 ounce [beeswax pastilles](#)
- 2 tablespoons [stearic acid](#) (palm-derived emulsifying agent)
- [rosemary antioxidants](#) (a natural preservative)
- [rose essential oil](#) (or [this less expensive version from Amazon.com](#))
- [alkanet root powder](#) (for pink coloring)

To begin, place a handful of [dried rose petals](#) (or fresh, if available) into a small heat proof jar. Pour simmering hot water over them, cover with a saucer and let this steep while you gather your ingredients together. (You can also use your homemade rose water from page 12.)

Measure out 2 1/2 ounces of [sweet almond oil](#) into a heat proof measuring cup. If possible, use your rose petal infused oil from page 15, but you can skip that part if you don't have any or you're crunched on time.

(continued on next page...)



(Rose Face & Body Cream continued...)

Add the [mango butter](#), [beeswax pastilles](#) and [stearic acid](#).

Set the cup into a saucepan filled with a few inches of water and heat on medium-low heat until everything is melted.

Remove from the pan and let cool to body temperature then add the 1/2 ounce of [rosehip seed oil](#) and a few drops of [rosemary antioxidants](#).

Strain the rose petals from the water and measure out four ounces of liquid. Make sure it's about body temperature then pour into a mixing bowl.

Using a hand mixer, turn the beaters on low and slowly drizzle in the sweet almond oil mixture. As the oils start to thicken, increase the speed to high.

There are a few things to remember when making homemade creams: First, since they lack the preservatives and chemicals common in store bought creams, they are quite perishable and have a short shelf life of two to three months at the most.

Use the utmost care in sterilizing everything that touches the cream. I use the sanitize cycle in my dishwasher to pre-wash all utensils, bowls, jars, everything!

Use clean fingers, or better yet a sterile spoon, to scoop out your finished cream, avoiding any "double dipping."

Refrigeration is suggested; it occasionally may affect the texture, if so, just stir before use.



Oatmeal Rose Bath Bags:

These naturally scented bath bags are a great way to relax and soothe both your skin and your nerves at the same time!

If you don't have suitable scraps of material on hand to use, just tuck the mixture into a white sock and make a knot at the top. It might not be as fancy, but it's still just as effective.

To make this, you'll need:

- 1 to 2 tablespoons dried rose petals
- ½ cup oats (I use gluten free oats)
- 5 to 10 drops rose essential oil

Combine the ingredients together, then divide between squares of scrap cotton or muslin material.

Gather up the sides and tie tightly with a pretty ribbon.

In order to preserve the scent, you'll want to store these in an air tight container until you're ready to use them.

To use: throw in your bathtub while you're running the water and let float around while you take your bath.

When finished, untie the bag (or sock) and discard the used filling. You can wash and re-use the material (or sock) and re-purpose the ribbon for future uses as well.





Rose Infused Witch Hazel:

Besides being gorgeous to look at, rose infused witch hazel has many uses!

To make this you only need two items:

- fresh rose petals
- witch hazel extract

Gather the rose petals, make sure they're bug free and then stuff them into a jar.

Jar size will vary depending on how many petals you can gather. You want to fill the jar rather full, but not packed too tightly. (If you don't have fresh rose petals, try dried. It might not be as stunning of a color, but it will still work!)

Pour the witch hazel extract over the petals until the jar is completely filled.

Cap with a non-metallic cap and let sit in a cool, dark place for about two weeks. Strain and pour the resulting colored liquid into a glass jar for storage. It should last at least a year, though the color will fade some over time.

Because witch hazel is not usually recommended for internal use, be sure to clearly mark it so that no one confuses it for what it is. If there's any concern that a small child could get into it, just use vinegar instead. (See page 12.)

Uses for Rose Infused Witch Hazel:

- Rub on bruises several times a day to help speed up healing time.
- Witch hazel is an astringent and antiseptic, so is helpful for spot controlling acne or used as an overall facial toner.
- Put some in a small spray bottle and store in the fridge for cooling relief of sunburn.
- Use for diaper rash. (Patch test on a small area first.)
- Carefully dab under your eyes to help firm up the skin and reduce the appearance of under-eye bags. (Do not let any get in your eyes!)
- Witch hazel is an active ingredient in preparation H, so can be used for treating hemorrhoids as well.
- Apply to itchy skin and rashes caused by poison oak and poison ivy.

These are just a few ideas. A quick google search will likely bring you more uses for witch hazel!



Rose Deodorant Spray:

This light spray is perfect for those days where you won't be doing lots of physical activity, but still want a bit of odor protection.

It's also an ideal first deodorant for tweens since it's gentle, mild and doesn't have all of the harmful aluminum and other additives that store bought versions usually contain.

To make this, you'll need:

- $\frac{3}{4}$ cup [witch hazel](#)
- 1 tablespoon rose petal vinegar (page 12) OR 1 tablespoon rose tincture (page 41)
- 10 drops rose essential oil
- 1 to 2 drops peppermint or tea tree essential oil

Place all of the ingredients in a small spray bottle and shake well to combine.

To use:

Spray under arms and allow to dry. You can also dab on with a cotton ball. Reapply occasionally throughout the day, or as needed.

(Note: The vinegar version also makes a great after shave for men!)





Rose & Clay Facial Mask:

Here is another great way to use the homemade rose water we made on page 14.

[Cosmetic clays](#) are useful for pulling extra oil and dirt from your pores and are great for spot treating blemishes.

Dabbed on dry or mixed with another liquid, clay also excels at relieving the itch and pain of bug bites. The relief is so profound that my children call our white kaolin clay: “bug bite powder!”

To make a rose and clay facial mask, mix half a tablespoon or so of cosmetic clay with enough homemade rose water to make a thin paste.

Spread over your face, avoiding the sensitive areas around your eyes and lips. You may also want to use on your chest and upper back, if you are prone to breakouts there as well.

Let this sit on your skin for 5 to 10 minutes then rinse off with lukewarm water.

Follow with a light moisturizer, especially if you have dry skin.

Those with oily skin may want to use this up to two to three times a week while those with dry skin may want to only use once or twice a month to help deep clean and purify the skin.

Rose Steam:

This is a luxurious spa style treatment that you can do in the comfort of your own home!

Stems are great for hydrating skin cells while opening up the pores to remove dirt and toxins. They increase the blood flow to your face, lending a healthy & rosy glow to your skin.

They are especially helpful during the winter months when the air tends to be dry. (Bonus: your sinuses benefit from the steam as well!)

To set up your rose steam, add a few freshly picked roses to a heat proof bowl. If you don't have fresh roses, you can substitute a few tablespoons of dried rose petals instead.

Boil some water then pour over the flowers in the bowl.

Immediately cover the bowl with a plate (or towel) to prevent the therapeutic oils in the roses from escaping.

Set the bowl on a table or counter, at a height that easy for you to lean over comfortably.

Uncover the bowl, lean over it and cover your head with a large enough towel to form a little tent of sorts over your head so that the steam stays within.

Let the steam work on your skin for about ten minutes, remembering to breathe deeply so that you're inhaling the uplifting aromatherapeutic properties of the roses at the same time.





Rose Shower Soap:

Rose shower soap is a quick-to-throw-together cleanser for your entire body.

You could even use it as a shampoo, though the reviews are mixed when it comes to using castile soap on the hair. (Some people love it, some people hate it.)

To make this, you can use your homemade rose water (see page 14) or just make up a quick rose infusion by steeping a handful of fresh (or dried) rose petals in a one-third cup or so of boiling water.

Cover and let sit until cool.

Strain and measure out 2 tablespoons of rose infusion. Stir in 1/2 tablespoon of vegetable glycerine and then around 1/3 cup of liquid castile soap.

If desired, you can add a drop of rose or geranium (rose) essential oil for added scent.

Gently stir together and place in a small container or pump style soap dispenser.

Because of the fresh herbal infusion in this recipe, you should keep this in the refrigerator when not in use.

Make up small batches at a time and discard leftovers after a week or two.

Rose Petal Scouring Powder:

Scouring powders from the store are usually filled with heavy duty toxins and a strong smell that's intolerable to many people with chemical sensitivities.

As an alternative, this homemade herbal scouring powder is pleasantly scented and completely non-toxic.

To make this you'll need:

- 1/2 cup baking soda
- 1 tablespoon ground rose petals
- 3 to 8 drops rose or geranium (rose) essential oil

Mix all ingredients together and store in a covered jar or recycled shaker container.

To use: Sprinkle a small bit in your sink or tub and scrub with a sponge or old rag.

Rinse thoroughly to avoid any residue. If you need a stronger version for tough jobs, add a tablespoon or two of borax to the mix.

If you've never used a scrubbing product on your sink/tub before, be sure to do a tiny test patch first!





Rose Tincture:

Rose's benefits include a mild nervine action making the tincture suitable for use as a gentle way to uplift the spirits, gladden the heart and stabilize the emotions.

Roses also exert a mild astringent affect upon the body which can be helpful for treating diarrhea and congestion. It has also been recommended as being helpful for regulating menstrual cycles.

Use 5 to 10 drops under your tongue or mixed with juice or water, up to three times a day.

Important: If nursing, pregnant, on medication, or suffering from any chronic condition, check with a medical professional before using therapeutic levels of **any** herb internally.

A dropper full of tincture can also be diluted in a cup of water and used as a mouth rinse or gargle for sore throat and blisters.

To make rose tincture, fill a jar almost full with clean rose petals and pour 80 to 100 proof alcohol over them. Stir around with a non-metallic utensil to get out any air bubbles. Make sure the roses stay covered by the liquid.

Cap tightly. Shake daily. After four to six weeks, strain off the rose petals and decant the liquid for storage in a cool, dark place for up to a year (though shelf life can be much longer.)

For a non-alcoholic version, see Rose Glycerite on page 44.

Rose Yogurt Face Cleanser:

This fun facial cleanser contains yogurt, which helps tone the skin, and honey, a classic nourishing and antiseptic face wash.

To make this, you'll need:

- 1 tablespoon fresh rose petals
- 2 tablespoons plain yogurt
- 1 teaspoon of honey
- optional: 2 drops rose essential oil

Place the rose petals, yogurt and honey in the bowl of a [mini food-processor](#).

Blend until the rose petals have been pulverized into tiny pieces.

If desired, add the essential oil and pulse the mixture a few more times to incorporate.

To use: spread the mixture over your face then rinse off with lukewarm water.

Follow with a moisturizer suitable for your skin type.

Rose yogurt face cleanser is perishable. Store any leftover mixture in your refrigerator and discard the unused portions after 2 to 3 days.





Rose Milk Toner:

Milk is a moisturizing treat for your skin. It also contains lactic acid which is dynamic at gently ridding your face of dead skin cells.

Roses are great at soothing away redness and inflamed areas from your skin.

To make this, you'll need:

- a handful of fresh rose petals (or a tablespoon or two of dried rose petals)
- ½ cup of milk

Fill a small jar with rose petals and then cover with milk. Cap tightly and let steep overnight in the refrigerator.

To use: Shake well and dab over your face with a cotton ball. Rinse thoroughly then follow with a light moisturizer, suitable for your skin type.

Rose milk toner should be stored in the refrigerator and used up within 5 days or so.

Rose Glycerite:

Rose Glycerite acts as a mild nervine, calming anxiety and jitteriness.

Many people find it an uplifting and gentle anti-depressant. It's also anti-spasmodic, so is a useful treatment for stomach or pre-menstrual cramps.

Because of their antibacterial, anti-inflammatory, cooling and calming properties, roses, and therefore rose glycerite, can be quite helpful for feverish, flushed and upset children (and adults!)

Glycerine is a very sweet, colorless and odorless liquid that is useful for those who want the benefit of an herbal tincture without the alcohol. I buy my palm-based version from [Mountain Rose Herbs](#).

To make rose glycerite, you will need:

- glycerine
- fresh rose petals

Using roughly double the amount of glycerine than fresh flower petals, blend the two in a [mini-food processor](#) until thoroughly macerated.

Pour into a jar, cap and store in a dark cabinet, shaking daily. After two weeks, remove and strain your glycerite through a fine mesh sieve and/or several layers of cheesecloth.

You will be left with a lightly tinted, rose scented and flavored glycerite that should last around a year. You can dose a few drops directly under the tongue or dilute in glass of water or tea as needed.





Roses in Tea:

Rose tea is a calming agent that is great for bedtime or any other time you need to settle down and relax. As an added benefit, rose hips are high in vitamin C and other nutrients.

In essence, the simplest rose tea is made by placing either 2 teaspoons of chopped rose hips OR 2 to 3 teaspoons of crumbled dry rose petals OR a large handful of fresh petals in a container and pouring 1 cup of boiling water over them.

Let this steep for 10 to 15 minutes (longer range for the hips, the shorter time for the petals.) Strain, sweeten with honey to taste and then drink.

(You can also use it as a hair rinse for itchy scalp!)

Many people though prefer to use roses in mixtures. They combine well in tea recipes calling for chamomile and lemon balm to accentuate those herbs' own anxiety reducing properties.

One easy way to rosy up your regular run-of-the-mill black or green tea is to measure it out like normal, only add a few extra teaspoons of rose petals before steeping.

Steep as normal, sweeten to taste then drink!

If you are pregnant, nursing or on medication, be especially careful with using herbal teas. Many types are contraindicated for these conditions so do diligent research and check with a qualified professional before use.

Rose Ice Cubes:

Floral ice cubes are always a fun way to dress up a drink!

Making these are super simple.

Just fill an ice tray about 1/3 full of water, add a rose bud or flower petal or two in each compartment and freeze. (This makes sure the flower stays in the middle of the ice cube instead of floating to the top.)

Once the water has frozen solid, gently fill the rest of the tray with cold water and return promptly to the freezer.

Once they are completely frozen, turn out and freeze in a single layer in heavy duty freezer bags.

One February, I found a stash of rose, calendula and borage flower ice cubes that my daughter and her cousin had made the July before! They were still in great shape! So, these will keep several months in your freezer.





Candied Rose Petals:

This is a super fun activity to do with kids! Rose petals (along with lemon balm leaves as shown here) are easier and less frustrating to handle than smaller, more delicate flowers such as violets.

To make these, you first need to gather fresh rose petals.

Preheat your oven to 250 degrees Fahrenheit or as low as it will go.

Dip the clean, dry petals in lightly beaten egg white, then sugar, then place in a single layer on a parchment lined baking sheet.

Pop the pan in the oven, checking every 5 minutes or so as they begin to dry out. You don't want them to turn brown.

Turn off the oven, crack door and let cool. Yummy, fun & easy!

Note: Most candied flower recipes skip the oven step and instead have you air dry the egg & sugar covered petals for several days. You can certainly do that way too. (This way just gives quicker results for the kids!)

Rose Oxymel:

An oxymel is just another name for a sweet and sour medicinal syrup. It contains: honey, vinegar and herb(s). They are particularly beneficial for respiratory conditions.

Roses help dry up congestion and have mild anti-viral properties making them ideal to use in an oxymel preparation.

To make your own rose oxymel, fill a jar about half way to three-quarters full of clean rose petals.

Cover the petals with honey, weighing them down until the jar looks about half full again.

Fill the remainder of the jar with apple cider vinegar.

Stir well then cover the top with a piece of plastic wrap. Store in a cool, dark cupboard for two to three weeks, shaking daily (when you remember to do so.)

Strain and store in a cool place for around a year (or possibly longer.)

Take by the spoonful as needed for sore throats and coughs.





Whiskey Rose Cough Remedy:

This recipe is well loved and used often around here, not just for us, but for various friends as well.

I based this recipe on one that I found in several places around the internet, but was most commonly attributed to Kiva Rose. It called for brandy, but I used whiskey instead. I also added a little bit of lemon for a color, flavor & nutrient boost.

If you have a cold that just won't go away, give this powerful concoction a try!

To make this, fill a pint jar with layers of rose petals (fresh is best, dried will work) and slices of lemon.

Next, fill the jar about one-third to one-half way full with honey, enough to saturate the petals and lemon slices.

Top off the remainder of the jar with whiskey.

Put a layer of plastic wrap over the jar and then cap. Store in a cool, dark place for four to six weeks, shaking occasionally.

After that amount of time has passed, strain and store for about a year. (I have some batches that are much older and are fine though.)

This is a remedy for adults only. Don't take before driving!

Use by the spoonful as needed for pesky coughs and sore throat. Mix with equal parts of additional honey, to cut the burn.

Sore throat and a cough that won't go away can be a sign of a serious medical condition. Consult with your doctor, if symptoms aren't relieved with home remedies.

Peppermint Rose Candy Drops:

These peppermint drops were inspired by a recipe for Herbal Candy Drops contained in [A Kid's Herb Book, written by Lesley Tierra](#). It's an enchanting tome filled with facts, folklore, ideas & recipes aimed at introducing children to the wonderful world of herbs. I highly recommend it (for grownups too!)

I took their basic recipe, reduced the sugar a bit, and used rose petal & lemon infused water instead of the herbal tea called for.

Roses have cooling, anti-inflammatory properties and can also be helpful in treating colds and flu, making these perfect for soothing sore throats.

To make these peppermint drops you'll need:

- fresh roses
- one lemon, sliced thinly
- boiling water
- 1 1/2 cups of cane sugar
- 1/2 teaspoon of peppermint extract (you can also use other flavors such as lemon)

First, you'll want to prepare your infusion. Layer thin slices of lemon and fresh rose petals in a jar or heat proof measuring cup until you reach near the top.

Pour boiling water over the layers and immediately top with a saucer to keep in all of the rosy/lemon vapors. Let this steep for about 30 minutes then strain.

(continued on next page...)



(Peppermint Rose Candy Drops continued...)

Measure out 1 cup of rose-lemon water and put in a large deep pot (you will need the extra room to keep the candy from boiling over.)

Add the 1 1/2 cups of sugar and stir until dissolved. Boil this mixture over medium to medium-high heat, without stirring, until it reaches 300-310 degrees Fahrenheit. Periodically wipe down the insides with a pastry brush and water or a dampened rag to prevent crystallization from occurring.

Here is where the book & I differ. They say to let it cool until 110 degrees then stir in the peppermint extract and pour 1/4 teaspoon sized drops onto a well buttered board or cookie sheet.

I find it easier to make these in powdered sugar molds. Fill a large cookie sheet or cake pan with powdered sugar. Using something small, like your peppermint extract top, make tiny indentations in the sugar.

After removing from the heat, stir in your peppermint extract then pour teaspoonfuls of the hot mixture into the powder sugar forms and allow to harden.

You can either gently wipe off the powdered sugar (tedious, but pretty!) or you can flip the candies over so that the entire drop is coated. My kids like that way best and I find it prevents sticking together.

I keep these single layered between pieces of wax paper in the refrigerator, or freezer for longer term storage.

You can vary the type of extract depending on the flavor you desire. You don't have to use lemon slices, you can use orange slices or leave them completely out if you wish!



Rose Lemonade:

I love making homemade lemonade! I usually use the recipe from the old Betty Crocker cookbook I have, just using a bit more sugar than it calls for.

One night, I had the inspiration to make “pink lemonade” by adding a bit of rose petal vinegar to the usual recipe.

It was delicious! I found that it offered up just a tiny hint of twang and a lovely rosy color – just what I was looking for.

You should be able to use this technique for your favorite type of lemonade, but here's the recipe I use, if you'd like to try that:

- ½ cup freshly squeezed lemon juice
- ¼ to ½ cup cane sugar
- 1 ½ cups cold water

Mix all of the ingredients together and serve cold.

To turn your lemonade into rose lemonade, just add rose petal vinegar a teaspoonful at a time, stirring after each addition, until desired color and taste is reached.

If needed, add a bit more sugar to balance the flavors.





Goats love roses too!

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