

Rose Petals

A delicate floral botanical traditionally used for beauty, calm, and heart-centered wellness rituals.

Official Botanical Name: *Rosa spp.*

Brief Description: Rose petals are a fragrant botanical traditionally used in teas, skincare, baths, and wellness rituals. Loved for their soft floral aroma and naturally soothing properties, rose petals are commonly used in calming blends, beauty rituals, and nourishing self-care practices.

Benefits

- Traditionally used for calming wellness routines
- Supports luxurious self-care rituals
- Naturally rich in antioxidant plant compounds
- Popular in skin-focused herbal blends
- Gentle floral support for emotional wellness rituals
- Adds aroma and beauty to teas and botanical preparations

Ways to Use

- Herbal tea blends
- Bath soaks and floral baths
- Botanical skincare preparations
- Infused oils and waters
- Decorative culinary use
- Aromatic self-care rituals

Instructions

- Steep 1–2 tsp of rose petals in hot water for 5–10 minutes.
- Blend with hibiscus, chamomile, lavender, or lemon balm.
- Add to bath water for a floral herbal soak.
- Store tightly sealed away from moisture and sunlight.
- Use food-grade petals only for culinary or tea preparations.

Suggested Adult Use: 1–2 cups tea daily or topical use as desired.

Medication Warnings & Safety Notes: Generally considered gentle when used appropriately. Use caution with severe plant allergies, pregnancy, breastfeeding, or highly sensitive skin when using topically. Discontinue use if irritation or sensitivity develops.

Educational use only. These statements have not been evaluated by Health Canada or the FDA. This product is not intended to diagnose, treat, cure, or prevent disease. Consult a qualified healthcare professional before using herbal products if pregnant, nursing, taking medication, or managing a medical condition.