

Rosa (many species)
Family: *Rosaceae* – rose, apple
Parts Used: petals, fruits (hips)

There are more than 10,000 varieties of cultivated roses and thousands of wild varieties. They are not only beautiful to look at and fragrant to smell, but as a bonus, they are loaded with healing properties. Rose is a two for one plant, with petals during the summer and hips in the fall and winter.

Properties

Antibacterial, anti-inflammatory, aperient, astringent, nutritive, tonic
petals: alterative, hemostatic, nervine, cleansing
hips: antioxidant, antispasmodic, carminative

Energetics: cooling, toning
Systems Affected: skin, urinary, uterine

Petal Uses

- Sedative and calming qualities make it good for sleep issues, stress, and anxiety.
- Hormone balancing and female tonic.
- Can help ease PMS symptoms such as headache, bleeding, and irritability.
- Helps with depression, mood swings, broken heart, and grief.
- Aids the body in cooling fevers, heat rash, sunburn, and inflammation. (Hydrosol, vinegar, toner or tea in a spray bottle or use a compress).
- Acne, boils, rashes, wrinkles, burns, scars, helps heal any type of skin condition.
- Shrink capillary redness and inflammation, good for thread and varicose veins and capillary damage.
- Mouth sores such as cankers (swish tea around mouth before swallowing)
- Helps with hemorrhoids (bath or spritz)
- Affinity for the skin so use away in personal care products such as toner, facial masks, creams, steams, etc.

Hips (fruit) Uses

- High in Vitamin C, A, B, and K
- Immune support and strength
- Aids absorption of nutrients
- Help fight infection and inflammation in the digestive tract.
- Assists in the elimination of waste through the urinary tract.
- Kidney tonic
- Cough, cold, flu, fever, sore throat, sniffles, chest congestion, etc.
- Rose hips have many of the same properties as the petals.

Emotional Support

- Balances the energetic body.
- Emotional stabilizer and balancer.
- Opens heart to give and receive, softens the heart.
- Promotes healthy spiritual and emotional boundaries and protection. A soft yet strong heart that is open yet protected.
- Encourages action and purpose, self-love, patience, compassion, love, and cheerfulness.
- Gives comfort and familiarity, like a nurturing hug.
- Soothes vulnerability, anger, grief, broken heart, fear-based emotions.
- Enhances mood

Herb Preparations

- Food; chop both hips and petals and incorporate into culinary dishes. Hips can be made into jam, jelly, syrup, and beverages.
- Extracts
- Tea, drinks, smoothies
- Syrup, honey (makes a great face mask and ointment)
- Herbal oil, salve, balm
- Powder, sprinkle
- Facial toner (soothes skin inflammation)
- Washes; gargle, eye wash, mouthwash (sore throat and mouth sores)
- Baths, soaks, steam
- Compress, poultice
- Essential oil or hydrosol (rose water)

Care/Foraging/Harvesting

Roses love sunshine! Give them fast draining, moisture retentive soil. These can be planted anytime during the season and any variety. Wild roses are found in dry to moist, open, or shaded forest, scrubland, field sides and parks. Make sure any variety you use has not been treated with pesticides or chemical fertilizers.

- Dig a hole 2 feet wide and deep enough to place the plant with the bud union 1-2" below soil level to protect from freezing.
- Rose petals can be gathered as they bloom during the summer months. Snip off the entire flower head to dry for future use or remove petals for immediate fresh use. If you want to harvest the hips in the fall don't cut the flower head.
- Rose hips are ready to harvest in the fall when they turn deep orange or red and begin to soften, usually after the first frost. Twist and pull or snip off hips. Cut in half and scoop out the seeds and "hair" for drying. Those hairs can be fine and pokey, so strain very well when preparing.