

Rose Petals – Heart Opener, Emotional Healer & Feminine Balancer

Botanical Profile

- Latin Name: Rosa spp. (most commonly Rosa damascena, Rosa centifolia)
- Alternative Names: Damascus Rose, Cabbage Rose, Wild Rose
- Plant Family: Rosaceae (Rose family)
- Parts Used: Petals (fresh or dried)
- Origin: Native to Asia, widely cultivated globally for beauty, medicine, and perfumery

Rose Petals are among the most ancient and beloved herbal medicines—imbued with softness, strength, and sacred beauty. They gently open the heart, soothe the emotional body, and offer anti-inflammatory, astringent, and nervine support. At Peridotflow Wellness Centre, we honour Rose as an emblem of grace, wholeness, and the power of gentle medicine to restore balance across mind, body, and spirit.

Gently Opens the Heart and Eases Emotional Tension

Rose Petals are soothing to grief, heartache, and emotional turmoil. They help release stored sadness, soften defensiveness, and support emotional healing. Rose is an ally for those recovering from trauma, heartbreak, or burnout, bringing a sense of calm, safety, and inner peace. It allows us to feel more deeply—without being overwhelmed.

Tones the Skin and Cools Inflammation

Rich in anti-inflammatory and astringent compounds, Rose Petals help soothe irritated tissues, reduce redness, and tone the skin. Internally, they support digestive and urinary tract health, and externally they are used in toners, steams, and compresses for hot, inflamed, or sensitive skin. Perfect for Pitta-type imbalances or heated skin conditions.

Balances the Feminine Cycle and Uplifts Mood

Traditionally used to support women's hormonal rhythms, Rose helps ease PMS, emotional lability, and cramping. Its gentle toning and mood-brightening properties make it a beautiful addition to womb and heart-based herbal blends. It's particularly helpful for those who feel emotionally 'ungrounded' during their cycles.

Soothes the Nervous System and Calms the Spirit

Rose Petals act as a mild nervine, gently relaxing the nervous system and reducing anxiety, agitation, or restlessness. They promote emotional harmony and mental ease without dulling awareness. A wonderful support during meditation, grief work, or any time nervous energy dominates the heart space.

Offers Antioxidant and Cellular Protection

Rose is rich in flavonoids, vitamin C, and polyphenols that nourish and protect tissues from oxidative stress. These compounds support cardiovascular health, immune resilience, and graceful ageing—both inside and out. Rose speaks not only to emotional resilience, but also physical beauty and renewal.

Folklore & History

Rose has been honoured in countless cultures as a symbol of love, divinity, purity, and rebirth. Used by the ancient Greeks, Romans, Persians, and Egyptians for medicine, ritual, and beauty, Rose has always held a place close to the heart and sacred rites. In medieval herbalism, Rose was prescribed for melancholy and spiritual weakness. She has long been carried in ceremonies, anointings, and funerals to mark passages of the soul.

Traditional Usage

Infused as a tea, tincture, glycerite, or oil; also used in baths, compresses, and ceremonial offerings. Traditionally combined with herbs like Hawthorn, Lemon Balm, or Lavender to soothe the heart, womb, and nerves. Valued in both Eastern and Western traditions for its harmonising influence on emotions and hormones.

Herbal Actions

Nervine, Antidepressant (mild), Astringent, Anti-inflammatory, Cardiotonic, Antioxidant, Mild Antispasmodic

Energetics & Tissue States

Temperature: Cooling

Moisture: Slightly Moistening

Tissue States: Hot, Tense, Dry, Atrophic, Stagnant

Active Compounds

- Flavonoids – antioxidant, circulatory support
- Vitamin C – tissue healing, immune support
- Tannins – astringent, anti-inflammatory
- Geraniol & Citronellol – mood-brightening volatile oils

Dosage & Preparation

- Tea: 1–2 tsp dried petals per cup, steep 10–15 minutes
- Tincture: 1–2 ml up to 3x daily
- Glycerite: 2–4 ml up to 3x daily (especially for children or sensitive constitutions)
- Infused Oil: for skin healing, massage, or ritual anointing

Safety & Contraindications

- Very safe for most individuals, including children and the elderly
- Avoid heavily sprayed roses (use organic or wildcrafted)
- May be too cooling in excess for very cold or depleted constitutions

Herbal Pairings

- Hawthorn – for deeper heart support
- Lemon Balm – for emotional balance and joy
- Lavender – for nervous system calm
- Nettle – for grounding and blood building
- Raspberry Leaf – for womb-based emotional support

Peridotflow Perspective

Rose is the medicine of the heart’s remembering—of how to feel deeply, heal gracefully, and live in softness without fragility. At Peridotflow, we use Rose to open, protect, and nourish the heart field—especially for those who have known pain, grief, or emotional shutdown. She is a gentle guardian of boundaries and belonging, a flower that reminds us beauty is sacred and softness is strength.