

Homemade Rose Water

Vegan Homemade Beauty & skincare

By: Madison Margaret



Benefits:

Hydrates skin

Tones skin, evens the color on skin

Helps to manage acne and lessen scarring

Helps to awaken your skin and brighten your complexion

Provides an ample amount of vitamins A, B, C, and E

Contains antioxidants, which help to prevent aging

Protects skin from free radicals and oxidative stress

Ingredients:

Roses

Water

Coconut oil

Other uses:

I have used rose water products for a long time. When I was younger I used to buy rose spray bottles for setting my makeup and hydrating my face. My skin is very sensitive so after some time these sprays would strip my skin of moisture and break me out severely. I knew I loved the smell of the distilled rose but wanted a product that was not mixed with other things and chemicals. I learned how to distill roses and their petals by simply boiling them in steam and then transferring to a mason jar. It is super simple to make this amazing beauty and skincare product. Rose water has been used by people for their face, skin and hair for centuries. There is evidence that rose water is something we learned from the ancient Greeks & their beauty secrets.

Homemade Rose Water

How to make:

First you will need roses. In this recipe I used a bouquet of mixed flowers my dad had given to me about a week prior. The flowers stayed very well in my apartment, but I carefully monitored them each day to make sure they had fresh water and no mold was growing on their stems or leaves. **YOU DO NOT WANT TO USE ROTTING/MOLDING FLOWERS!** Once you have your roses, set them out of water, on a paper towel, to dry. Acquire a pot big enough to boil all your roses with the desired amount of cups of water you want to add to the pot (the more water you add the more rose water you will create). Roses have hearty stems so you will have to snip the rose buds with scissors - be sure not to cut yourself or get stabbed by a thorn. When you have all your roses snipped, you can place them in the pot and boil right away, or you can pull them apart and boil the rose petals while loose. Either way, assemble your beautiful, aromatic roses into the pots and add a few cups of water. I did 4 cups of water. Get the pot on the stove & bring to a boil. Use a wooden utensil to stir and squash the roses/petals. Once the pot comes to a boil, add 1 tbsp of coconut oil. Then, let the roses continue to steam by lidding them and lowering the pot to a simmer. After a few minutes you should see water that is toned more pink/red or whatever color your roses are! Safely transfer to a glass jar & seal if storing otherwise place in the fridge to contain freshness. Use a towel or cotton pad to help distribute on skin. Or pour into a spray bottle to mist onto your skin, or use to seal your makeup as a setting spray. Keep refrigerated if not sealed fully & yes you can drink rose water! I like mine hot with a little agave and cinnamon.

My personal experience:

Recently I have been dealing with acne breakouts from stress. My skin has been very dry and the coloration has been off - blotchy spots on my cheeks and dark circles around my eyes. I used the rose water for the past two weeks, applying it after I washed my face or before putting on makeup. I find it to be extremely refreshing & I am curious if the addition of tea tree oil will enhance the experience it brings to the skin especially the benefits of clearing acne.