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What Is Rose Water Good For? Expert Guide 2025



The rose has a history that dates back thousands of years. Chinese gardeners first domesticated the rose about 5,000 years ago. Romans scattered rose petals at celebrations, dabbed themselves with rose oil, and established huge public rose gardens[1].

There are over 150 species of rose around the world. *Rosa damascena* (also known as the Damask rose) is the source of “attar of roses” (rose oil), which is among the world’s most sought after and expensive fragrances.

Besides its storied history, rose water has a variety of potential benefits, including in skincare and as food. With help from our certified nutritionist, I’ve consulted the latest research to learn more. Read on for an overview of all the things rose water may be good for.

Health Benefits of Rose Water



Anti-Inflammatory

Rose water's anti-inflammatory properties help reduce skin redness and irritation. It is effective in soothing conditions like eczema and rosacea by calming the skin and alleviating discomfort[2].

A 2011 study found that rose water had anti-inflammatory properties in skin cells[3]. An ophthalmological study in 2010 found that rose extracts helped reduce eye inflammation[4].

Anti-Bacterial

The antibacterial properties of rose water make it useful for treating wounds and preventing infections. It can help accelerate the healing process for cuts, burns, and scars, promoting healthier skin[5].

In a 2021 study, researchers found that there were potent antibacterial and antimicrobial qualities in rose water.

Anti-Oxidant

Rich in antioxidants, rose water helps protect cells from damage. These antioxidants, including vitamins C and E, contribute to reducing signs of aging and maintaining a youthful complexion by neutralizing free radicals[6].

Rose extract contains antioxidants like Vitamins A, B, and E. A 2020 study found that the antioxidant flavonoids in rose water had an antioxidant and skin-protecting effect[7].



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Rose water may offer health benefits due to its anti-inflammatory and antioxidant properties. More research is needed to fully understand its effects, but studies suggest it can help reduce skin irritation and protect cells from damage.

Other Possible Benefits

There are numerous studies on the potential benefits of rose water and other rose products. While further studies are needed, this research is promising for future medical uses.

Multiple Sclerosis

Although there is limited direct research, the anti-inflammatory properties of rose water, which have shown promise in other inflammatory conditions, could potentially benefit MS patients by reducing inflammation and possibly easing some neurological symptoms.

A 2023 double-blind Iranian study found that Jollab Monjez, a Persian syrup made with saffron, rose water, the aqueous extract of lemon balm, lavender and borage, helped reduce fatigue symptoms in patients with multiple sclerosis[8].



Pain Relief

Rose water is effective for pain relief, as is rose essential oil aromatherapy. A hydroalcoholic extract of *Rosa damascena* petals showed significant analgesic properties in mice.

Studies have shown that inhaling rose essential oil can significantly reduce pain levels in various conditions, such as labor pain and post-surgical pain. This analgesic effect is likely due to the combined anti-inflammatory and soothing properties of rose compounds[9].

Liver Tonic

Traditional uses suggest that rose water can help improve bile flow and support liver health. Its antioxidant properties may help protect liver cells from damage caused by free radicals, though more clinical research is needed to confirm these effects.

A 2021 animal study found that R. damascena might alleviate nonalcoholic fatty liver[10].

Menstrual Headaches and Bloating

Rose water's anti-inflammatory and mild diuretic effects can help reduce the severity of headaches and the discomfort of bloating associated with menstrual cycles. Additionally, its soothing properties can promote

relaxation, further alleviating menstrual symptoms[11].

Adding Rose Water to Your Diet

Rich in vitamins and antioxidants, rose water can enhance various dishes and beverages with its subtle floral taste and health benefits. Rose water is popular in many Middle Eastern and Persian desserts and savory dishes. Here are some ways to incorporate rose water into your daily meals.



Smoothies

Smoothies with rose water offer a refreshing and floral twist. Adding a few drops of rose water to your favorite smoothie can enhance its flavor with a delicate rose essence. This not only makes your drink more aromatic but also imbues it with the antioxidant and anti-inflammatory benefits of rose water.

Salad Dressings and Marinades

Rose water can elevate your salad dressings and marinades with a unique taste. A small amount of rose water added to vinaigrettes or marinades imparts a subtle floral note, making your salads and grilled dishes more intriguing. Its antioxidants also add a healthful boost to your meals.

Jams, Jellies, and Compotes

Incorporate rose water into your jams, jellies, and compotes for a floral aroma. Rose water can be mixed into fruit preserves to enhance their flavor profile. This addition not only enriches the taste but also provides mild digestive benefits and helps with bloating and constipation.

Splash in Your Tea

A splash of rose water in your tea is soothing and fragrant. Adding rose water to tea can make it more aromatic and pleasant, providing a calming effect. This practice is beneficial for reducing stress and promoting relaxation, making your tea time even more enjoyable.

How Is Rose Water Made?



The quality of rose water depends significantly on the type of rose used and the distillation process. While rose water isn't cheap, a little bit goes a long way. The best rose water available in America comes from Bulgaria's Rose Valley, but Iran traditionally has been the world's center of rose water production and continues to make the world's finest rose water.

Today, you'll find many different types of "rose water" for sale. Some of these waters are made by soaking and filtering rose petals. Others are simply distilled water to which natural or synthetic fragrances have been added. True rose water is prepared according to a centuries-old tradition.

The quality of rose water depends significantly on the specific type of rose used and the meticulousness of the distillation process. The Bulgarian *Rosa damascena*, known for its superior oil-bearing properties, is often used for high-quality rose water.

In Bulgaria's Rose Valley, the petals are harvested early in the morning to ensure the highest concentration of aromatic compounds. These petals are immediately subjected to steam distillation, ensuring that all beneficial properties are retained without the addition of chemicals or additives.

Author's Tip: If you prefer your consumables to be made with the highest quality standards, check out our ranking of the best organic meal delivery services!

FAQ

Is drinking rose water good for you?

Yes, drinking rose water in small quantities can be beneficial. It contains vitamins A, B, C, and E, as well as antioxidants like flavonoids and tannins, which support overall health. Adding 1 tsp (5 ml) rose water to 1-4 cups (250ml - 1L) may help reduce inflammation, improve skin hydration, and aid digestion.

Can you cook with rose water?

Rose water is a versatile ingredient often found in Middle Eastern, Indian, and Mediterranean cuisines. It adds a unique flavor to both sweet and savory dishes. Common uses include flavoring desserts like baklava and rice pudding and enhancing the taste of salads and marinades. Start with small amounts and adjust to taste.

Should rosewater be refrigerated after opening?

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Kenaz Filan is a writer at Delivery Rank. Kenaz has been reviewing the meal delivery service industry for 2 years and counting and looks forward to many more years of sampling meal kits. He is also an enthusiastic amateur historian who has written well-reviewed books on Haitian and New Orleans spiritual practices. In his spare time, Kenaz is a voracious reader, proud parent, and aspiring kitchen wizard.

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