

12 Benefits of Rose Water



Roses are red, water is blue, and when you blend the two together, you get a powerful ancient beauty potion that hydrates, heals, and maintains the skin's pH balance just for you.

THESE WERE SOME AMAZING BENEFITS OF ROSE WATER. HOPE YOU ALL LOVED IT.

1) Control Oily Skin and prevent acne:

Rose water is used to treat acne and acne prone skin. Use rose water to mist on your face throughout the day, to prevent acne and control oily skin. Use as a cleanser to remove makeup keeping skin clean from clogged pores thus prevent acne and pimples.

2) Reduce facial redness:

Spray rose water over your skin to reduce redness and swollen spots, while it's calming properties can help to soothe eczema and rosacea.

3) Puffy eye Remedy:

Rose water's anti-inflammatory and cooling properties not only leaves your skin feeling refreshed, but it also tackles puffiness, especially under your eyes. By simply placing two cotton pads saturated with cold rose water over your eyes, you can tackle puffiness within minutes.

4) Shrink pores:

Use rose water mist on your face to restore the suppleness and tighten the skin pores leaving you with a glowing complexion.

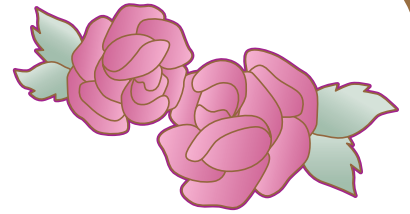
5) Toner:

Unlike traditional alcohol-based toner, rose water helps to leave your skin smooth without drying it out. While most of us are aware of the importance of the CTM (cleansing, toning, moisturizing) routine, we tend to neglect the toning part. What most people don't realize is that it is one of the most crucial parts of any skin care routine. Toning helps remove residual dirt and oils, preparing your skin for optimal hydration. Rose water is an excellent toner, thanks to its pH balancing properties. It helps remove oils and dirt from your skin, preparing it for skin treatments that are to follow.



6) Shiny hair:

Washing your hair with rose water adds instant shine and softness to your hair. While in the shower, add rosewater to your shampoo. Massage the shampoo into your hair and leave it on for a few minutes. Not only it is known to help with hair growth, its antiseptic qualities will help soothe an irritated scalp, getting rid of dryness and dandruff.



7) Hair Softness:

Or rinse your hair with rose water. Dilute rose water with equal quantity of water and use it a for a final rinse. It's excellent to add softness to your hair and add a delicate scent to make your hair smell lovely.

8) Rose water can (and should!) be added to your laundry:

A few drops alongside an unscented detergent would work, too. Or when you do press your clothes, add it into the water chamber of the iron.

9) Rose water can be added to your bath:

You don't have to be Egyptian royalty to drizzle a few drops into a steamy tub. A few drops of rose water will leave your skin feeling soft and smelling great.

10) Rose water DIY face masks:

Because of elixir's healing properties, it's ideal for calming irritated skin. Mix chickpea flour with sandalwood powder, turmeric, and rose water for the perfect mask. If you want to make an astringent, mix apple cider vinegar with a few drops of rose water.

11) Rose water as a makeup remover:

Add a few drops of coconut oil to rose water and you have the ultimate cleanser. If you struggle with makeup removal, this works great to both remove makeup while still hydrating the skin.

12) Rose water can be used to destress:

Spray a bit of rose water on your pillow and dose off to sleep. The idea is that you'll relax and wake up feeling totally ready to stop and smell the roses.

