



AROMABOOK

by p h e n o g e n o

p h e n o g e n o ROSES

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All our employees both in Serbia and the Netherlands, as well as all those that inspired and supported us through this creative process. A lot of hard work and creativity were invested into this second edition and this book would just not be the same without their contribution.

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All photographs by: Aedske Bonnema, Isidora Ludoški, Miloš Živković & Mirjana Mirić unless stated otherwise.

Design by: Borislav Ninić.

Cover photo by: Isidora ludoski

Pheno Geno Roses b.v.
Witveldweg 33,
5971 NS Grubbenvorst,
The Netherlands

info@phenogenoroses.com
www.phenogenoroses.com

Pheno Geno Roses d.o.o
Maršala Tita 75,
23326 Ostojićevo Serbia

AROMABOOK

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SENSE OF LOVE
The aroma collection

INTRODUCTION

Pheno Geno Roses (PGR) deals with science in a creative and innovative way. Planning and making new varieties of roses is a long-term process with a multidisciplinary approach and represents the form of art.

We are very proud and would like to present you the Pheno Geno roses Aromatherapy Manual. The manual is intended to keep our roses at hand and at your service so you can enjoy them through all senses.

Aromatherapy means fragrance healing. The average human has 600,000 olfactory sensory cells in their nose. Stimulation of these cells works on the key-lock principle, olfactory signals are transmitted to the limbic brain system which is the center of emotions, motivation, breathing, digestion, heartbeat, etc. We can easily link that scent can stimulate and potentially heal all those centers it has an impact on.

More than 400 different components are involved in creating the scent of a rose, and it is one of the most fragrant flowering species. With our dedication and scientific approach, we managed to recognize and select roses that can be used in aromatherapy.

This Handbook is designed as a guide to show how you can use our roses and their beneficial scent to improve your physical and emotional health and well-being. The wonderful thing about aromatherapy is that it is easy to use and pleasant to apply. We will follow you with our recommendations and tips to inspire you to take some time for yourself and your rose in a Little Prince style. Turn on all your senses while enjoying the beautiful fragrant notes of our roses and feel the joy and the benefits of various preparations obtained from the petals of Pheno Geno Roses.

Biljana Bozanic Tanjga & Pheno Geno Roses team





ROSE BREEDING

Pheno Geno Roses is a garden-rose breeding company. We bring you roses in various colors, fragrant notes, and flower shapes, as a perfect gift for all the senses. We are applying a new and unique approach to breeding that supports new trends in science as well as in marketing, with full respect for nature and the environment.

We strive to become a leader in the application of modern techniques and technologies by combining them with the art of breeding, in order to bring the rose and everything that rose is closer to you. That is the essence of our breeding of roses from the very beginning. As a result of many years of work and rose testing in field and laboratory conditions, and through scented panels, we found out that some of the roses have a high concentration of different scent components and that as such can be used not only as decorative and fragrant plants in our gardens but also for aromatherapy purposes.

Knowledge about the importance of aromatherapy for human health has inspired us to create a collection of roses with petals that we can use to establish body balance and improve mental and physical health. As such, our fragrant roses have wide use in everyday life, in the field of cosmetics, perfumery, baths, cosmetics, inhalation drops, aroma massage, etc. Our collection of aromatic roses is the result of long and patient research work and aims to help us preserve and improve the health of the modern man through the power of the scent.

A SHORT HISTORY OF GROWING AND HARVESTING ROSES FOR AROMATHERAPY

Rose is entitled as a masterpiece of nature for a reason. Although found in nature only in the northern hemisphere, it quickly became a cosmopolitan species and found its home on all continents except Antarctica. Since ancient times, rose flowers have been used medicinally, nutritionally, as a decoration, and as a source of perfume. Officially distilling rose essential oil started in the 11th century, and rose water was made earlier- in the 10th century.

Today, the rose is one of the most widespread plants on the planet. It would be wrong to claim that only her beauty brought her there. Rose essential oil, obtained by distilling fresh petals, has antimicrobial, anxiolytic, antidepressant, and antispasmodic effects. Science has confirmed what people have known for millennia- fragrant rose flowers are the most beautiful gift for the soul and the body.





TAKING CARE

Before you start picking the petals, it is very important to check if the roses are treated with pesticides and herbicides. Also, pay attention when picking not to take all the roses for yourself, various insects and hardworking bees depend on them for their survival.

When harvesting, make sure that there are no insects left in the rose petals, if there are any, help them find their way out. Then, gently, pick the petals, taking care not to damage the rose. When you have enough petals, leave them on the plate just as long enough to make sure there are no more insects.

For the recipes we have prepared for you, choose only the most beautiful and purest roses and of course, let's not forget that they are the freshest in the morning. The flowers are picked when the weather is dry and warm, from April to late autumn.

CONTENT

Introduction

Rose breeding

A short history of growing and harvesting roses for

Aromatherapy

Taking care

A. BASIC RECIPES 12

Rose water	14
Mila's rose water	17
Concentrated rose water	18
Rose oil	21
Dried petals	22

B. PHENO GENO ROSES FOR INNER USE 25

Rose inhalation	26
Steamed rose petals inhalation	29
Dried rose petal tea	30
Rose syrup	33
Rose sugar remedy	35
Rose petal medicinal honey	37

C. PHENO GENO ROSES FOR EXTERIOR USE 38

FACE

Face toner	41
Rose tonic	42
Rose brandy	45
Rose care oil	46
Cleansing face lotion	49
Cleansing milk	50

Tired eyes remedy	53
Rose oil and honey face mask	54
Night care rose lotion	57
Rose lip balm	58
Rose almond peeling	61

BODY

Rose body oil	62
Rose glycerin soap	65
Rose body cream	66
Rose butter	69
Heel cream	70
Rose water and glycerin for cracked heels	73
Rose sugar peeling	74

HAIR

Rose shampoo	77
Rose hair balm	78
Rose water hair mask	81
Rose water hair mask for damaged hair	82

D. LUXURIOUS PHENO GENO ROSES WELLNESS AT YOUR HOME 85

Rose petal bath	87
A nourishing rose bath	88
Rose bath salt	91
Dried roses candle	92
Rose bath bomb	95
Rose potpourri	96

WEIGHTS AND VOLUMES 98

A. BASIC RECIPES

In this chapter, you will find basic recipes. These recipes could be used to prepare some rose products to enjoy them as they are or as a further compound of more complex recipes.



ROSE WATER

🕒 30 min

Rose water is one of the oldest rose products. It is used in cosmetics as a tonic and as an ingredient in skin care products. Rose water has antiseptic and antibacterial properties and it is mild so it is safe to be used daily as a care tonic for all skin types and as a remedy for redness, burns, and irritations.

Good to know:

It is very important to use only fresh petals of roses that are not chemically treated, use one type of rose for rose water, and choose ones with an intense scent.

Ingredients:

½ cup fresh rose petals or
¼ cup dried rose petals
1.5 cup water

Preparation:

Preparation: Pick, wash, and place rose petals in an enamel bowl. Pour distilled water over the petals, put it on low heat, and simmer it but don't let it boil. Boiling is not good for the quality of rose water. About twenty minutes later rose petals will release their color into the water. When it happens and the water becomes pale pink, remove it from heat, strain it and let it cool. Pour it into a bottle and enjoy!

PGR tip for longer shelf life:

After straining it is the best to place it in a glass bottle. It could be kept in the refrigerator for about 7 days. Shelf life can be extended by adding 3% of alcohol or glycerin-based propolis to the total amount of water.





MILA'S ROSE WATER

🕒 30 min

Ingredients:

100 g rose petals

600 ml water

Ice

Preparation:

For homemade rose water production, you will need two separate pots-one bigger in which you will put distilled water and rose petals, and one smaller that goes in the middle of the bigger pot and that will be used to collect the water condensation e.g. rose water during the boiling process. A smaller pot, especially if it is shallow, can be placed on a stand (rock or some other pot), point of this is to lift it out from the mixture of water and petals so it wouldn't overflow into it.

Place everything on the stove, cover it with the upside-down lid, and bring it to a boil. The reason the lid is placed upside-down is to enable rose water drops to go easier down the lid and drip into the bowl. After the water had boiled, place the abundant amount of ice on top of the lid. This aids in creating condensation.

Reduce temperature to low and simmer for 25 to 30 minutes. Do not open the lid as the rose water vapor will escape and the point is to capture all these drops in the smaller pot. Change ice if necessary. After 30 minutes, remove it from the stove and let it cool. Collect any ice leftover from the lid with a spoon and throw it away. If there are still some remaining rose water droplets on the inside of the lid, shake them into the smaller pot. Pour the rose water into a clean jar or bottle and store it in the refrigerator. Rose water can be added to meals and cakes, but it is also good for homemade beauty products.

CONCENTRATED ROSE WATER

🕒 30 min

Concentrated rose water can be used for making your own care products. It has a rich revitalizing effect on your body and mind.

Ingredients:

500 g rose petals

Preparations:

Mash 250 g of rose petals with a pestle and let it rest in a ceramic bowl for a couple of hours. Add the remaining 250 g petals, mix well and leave it to rest for another day. Boil a ceramic pan at low temperature and immediately after boiling remove from heat, strain through gauze to obtain a clear liquid. Put a glass jar with rose water in the sun for a couple of days and after that store it in the refrigerator. Use this concentrate diluted in a ratio of 1:5 parts.

PGR tip for different usage:

Combine with glycerine for moisturizing use, or dilute with distilled water for a facial toning mist. It can be used as a makeup setter for a natural dewy look. In a combination with almond oil use it to massage and moisturize the scalp before hair washing. It can be also used as an air or clothes freshener when diluted with water or combined with lavender or lemongrass.





ROSE OIL

🕒 15 min

Rose macerate has a wide application use in cosmetics. It can be added to homemade skincare products or used as a body and hair care oil. It is recommended for the treatment of wounds that are difficult to heal, frostbites, and cracked skin. It can be used daily as dry and sensitive skincare oil.

Ingredients:

40 g fresh rose petals

400 ml almond oil

Preparation:

Wash the rose petals well, dry them and then put them in a glass jar. Pour oil over the rose petals. Close the jar and leave it in the sun for 40 days. Then strain the macerate through gauze.

Good to know:

Essential oils and infused or macerated oils are both aromatic but there is a big difference. Essential oils are directly extracted, very potent, concentrated, and expensive. Infused oils are created by soaking rose petals in an inexpensive oil base. The shelf life for macerate is one year. For best results keep it in a dark glass bottle and away from heat and sunlight.

PGR tip for a richer use:

Use this oil as a healthy body and hair care oil, or as a rich, aromatic massage oil. Also, you can add it to your homemade creams, cleansing milks, hair and skin masks, as a soap ingredient, or as a cuticle care oil after a manicure and pedicure.

DRIED PETALS

Choose fresh roses that are in full bloom. Avoid withered roses because their petals will turn completely brown when dry. Remove the rose petals from the stem using scissors or pluck the petals by gently pulling.

Air drying

Put the rose petals on a tray in one layer. Place the tray somewhere with good air circulation, avoid direct sun as it will make your petals brittle.

Also, avoid placing the petals in a humid place, as moisture in the air can cause them to rot. Petal drying usually takes a few weeks. During these weeks, they should be gently mixed at least once a week-this will help both sides of the petals to dry properly.

After a few weeks, you can use them. If they are not completely dry, they will get moldy, so be careful.

Microwave drying

Place one layer of petals you want to be dried on a double layer of paper towels on a plate, cover them with another layer of paper towel and cover it all with another plate.

Place the plates in the microwave. Keep the heat high, and leave the petals inside for about 40 seconds. Not all microwaves work the same, so you will have to experiment a bit with the petals until you understand exactly how long it takes to dry the petals. If you want your petals to be crispier, place microwaved petals on a plate and dry them on air until you are satisfied.

Pressing with a book

Place the petals on a paper towel and put them in a book. Press the book with some heavy object or more books and leave them to dry for about two weeks.

To keep your dried petals protected, keep them in a jar.





B. PHENO GENO ROSES FOR INNER USE

ROSE INHALATION

🕒 10 min

Inhalation in aromatherapy is the simplest method that provides powerful and fast results.

When aromatic rose oil is inhaled the olfactory system triggers the brain to produce neurotransmitters such as serotonin and dopamine.

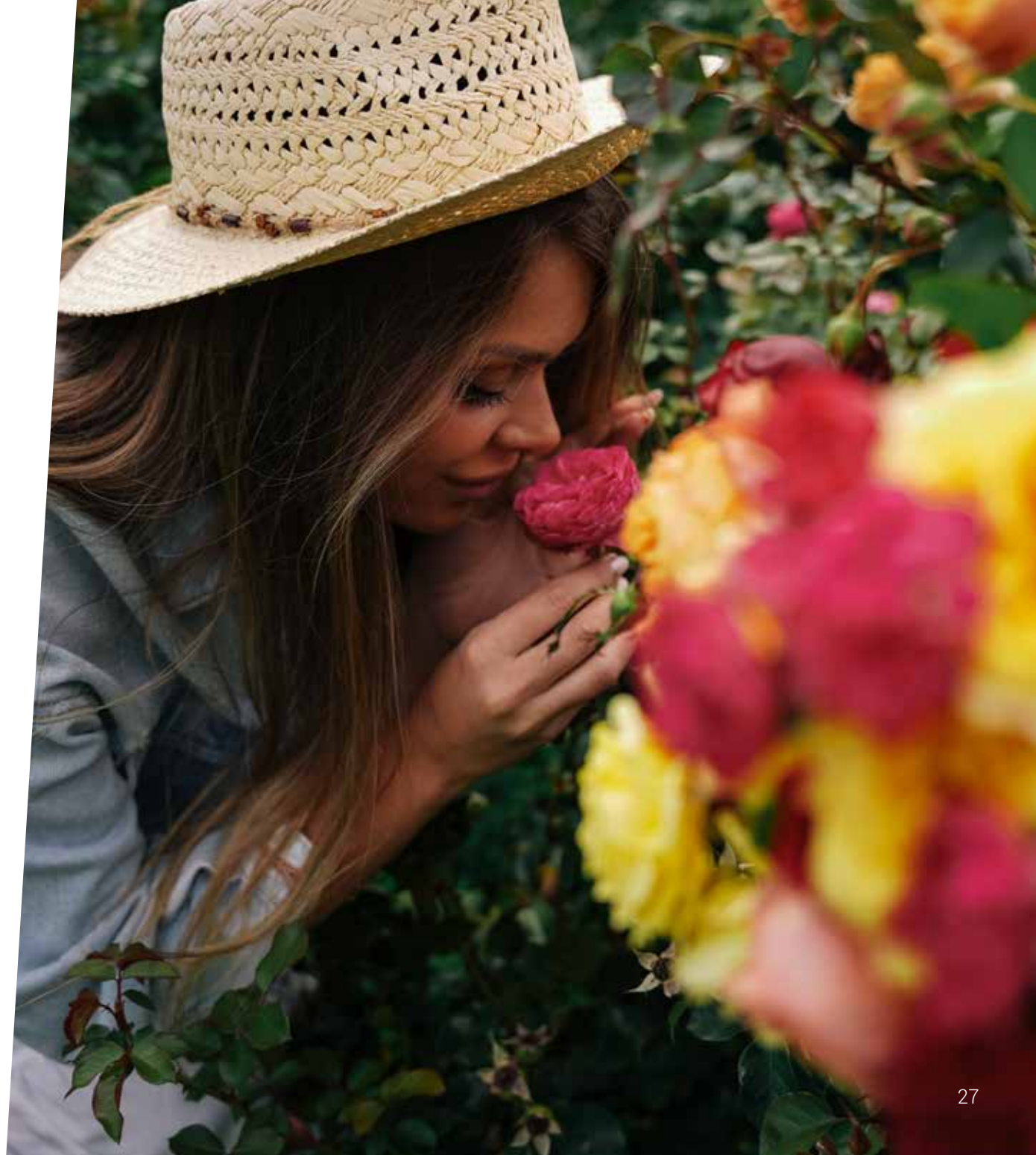
It influences the nervous and endocrinological system, brain activity, it affects behavior, and mental well-being.

Rose inhalation is usually recommended for relaxing and pulse regulation, it is a powerful tool against anxiety and mood disorders in general. Rose aromatherapy is often used against insomnia and to help with burn pain.

It could be done by inhaling roses directly or by steaming rose petals. Direct inhalation is done from a freshly cut bouquet of aromatic roses. It provides a pleasant smell but also is a very powerful yet often underrated tool for healing the mind and the body.

Harvest your roses carefully and check them for insects. Inhalation should be done in a place where you can relax, as it will soothe your body and mind.

Make deep and calming breaths and enjoy this simple but effective form of aromatherapy.





STEAMED ROSE PETALS INHALATION

🕒 30 min

Ingredients:

50 g of rose petals
300 ml of distilled water

Preparation:

Put petals in a large ceramic or glass bowl, pour boiled water over it and wait for a few minutes until the steam is pleasantly hot. Put your face over the bowl, optionally cover it with a towel and make deep, slow breaths. This healthy steam can help you with a blocked nose, painful sinuses, fever and cold, or it can simply help you feel calmer.

Good to know:

Steaming can naturally prepare the skin for further care as hot steam will open your pores.

PGR tip for a rich aromatic experience:

Rose petals can be combined with calendula and camomile flowers or a small number of mint leaves for different care effects. Make your own combination of roses and other aromatic plants and enjoy this healthy treatment at home.

DRIED ROSE PETAL TEA

🕒 15 min

This tea is traditionally used for centuries. rose petals can have a relaxing effect, helping to lower stress levels and encourage better sleep.

It has a wide range of beneficial effects on the body. It is good for stomach and digestive problems, it detox and refreshes tired body and nerves, and relieves menstrual pain and mouth infections.

Ingredients:

1 teaspoon dried rose petals

2 dl boiling water

Preparation:

Pour boiling water over rose petals, cover and leave to soak for 10 minutes before straining.

PGR Tip for richer taste:

Instead of tap water, use filtered water. The quality of the water affects the taste of mild teas. Rose petal tea goes well with a pinch of lavender and spices such as vanilla and cardamom. It could be mixed with hibiscus tea and naturally sweetened with licorice, honey or agave syrup.





ROSE SYRUP

🕒 15 min

Rose syrup is used for heart and lung strengthening. It is a delicious and healthy winter remedy used throughout history.

It helps with boosting the immune system and can be an additional remedy for dry cough.

Ingredients:

60 g rose petals

500 ml water

0.5 g tartaric acid

500 g honey

Preparation:

Boil water, cool it a bit, and pour it over rose petals, add tartaric acid and leave it to rest for two days. Strain it through gauze, mix it with honey and pour it into the smaller bottles.

Take 2-4 tablespoons of rose syrup per day.

PGR tip for better use:

Store it in a glass jar, close it tightly between the uses, and keep it in a cool place.

Rose syrup can be used as a sweetener for lukewarm drinks.

ROSE SUGAR REMEDY

🕒 15 min

A natural way, slow way of this remedy preparation allows all healing ingredients to be drawn from the rose in order to create a powerful health ally. It is used as an immunity booster and an additional coughing remedy.

Ingredients:

Unrefined yellow sugar

Rose petals from unopened buds

1 l bowl

Preparation:

Cover the bottom of your bowl with one centimeter of unrefined sugar, add five centimeters of tightly packed rose petals, push it with some lid or weight, add another layer of sugar, press it again, and close your bowl firmly with a lid. Leave it in a dark place for two to three months. Unrefined sugar will draw moisture from rose petals, and its place will be taken by the healing rose sugar oil.

PGR tip for safe use:

In case of colds and flu, stir two teaspoons of the prepared mass into a glass of boiling water and stir. While pleasantly hot it can be used for throat rinsing.





ROSE PETAL MEDICINAL HONEY

🕒 15 min

A very powerful remedy for reducing emotional and physical pain, as well as for calming systemic inflammation such as arthritis.

Ingredients:

Rose petals

Pure homemade honey

Preparation:

Fill a smaller jar with enough petals to fill it to the top. It is very important not to tear the petals, just stack them one over the other. Fill the rest of the jar with slightly warmed honey. Leave the jar to rest for a week. Strain it and keep it in a glass jar.

Good to know:

Different roses will give different aromas to the honey and also keep in mind which honey you choose for this remedy- light-colored honey is usually milder in taste and dark-colored honey has a more distinctive taste.

PGR tips for effective and tasty use:

Take one teaspoon of medicinal honey in the morning. It is best to melt it in your mouth slowly. Use it to sweeten lemon-infused water, homemade fruit juices, or golden turmeric milk.

C. PHENO GENO ROSES FOR EXTERIOR USE





FACE TONER

🕒 5 min

This mild yet effective toner is good for sensitive or inflamed skin. In combination with other two powerful ingredients-lavender and witch hazel, it soothes irritations, heals, and prevents further inflammations. Continual use of this face toner can help with pore shrinking and will provide a healthy skin glow.

Ingredients:

- 1 teaspoon distilled witch hazel
- 5 drops lavender essential oil
- 5 drops rose essential oil
- 250 ml rose water

Preparation:

Mix witch hazel and essential oils in a bottle and shake well. Add rose water and shake again.

PGR tips for longer shelf life:

Keep it in a cool, dark place, preferably in a brown glass bottle. A spray bottle will enable the easier application. If possible-pick only organic essential oils.

ROSE TONIC

🕒 5 min

Naturally soothing and rich in caring nutrients, this tonic will tone your skin, it will balance its pH, it can help minimize redness, and will gently calm or refresh your skin.

Ingredients:

200 ml of rose water

1 teaspoon vegetable glycerol

Preparation:

Mix ingredients well, pour into a glass bottle, and spray it or pad it on the face.

PGR tips for everyday use:

This rose tonic is so easy to make and very safe to use as a part of your daily care routine. You can use it after a shower or skin cleaning, to prepare your skin for further care-serums, creams, oils, etc. It can be used as a soothing remedy after sun tanning or simply to refresh your skin during a hot day. You can use it on your hair and scalp to rehydrate it after the hair wash.





ROSE BRANDY

Rose brandy is used for massage as it has a beneficial effect on sprains, and rheumatic pains. It could be helpful with first aid for high fever lowering. It has antimicrobial and disinfecting properties, which can be beneficial for sore throat and face cleaning.

Ingredients:

50 g dried rose petals

1 l 70% alcohol or vine brandy

Preparation:

Mix roses and alcohol and leave it to rest for 9 days, strain through gauze and store in a glass bottle in a dark and cool place.

PGR tips for safe and effective use:

Massage gently onto sprained or painful place, rest and repeat after 3-4 hours.

As a first aid for high fever-massage gently onto joints, forearms, palms, and feet.

For a sore throat- drip some rose brandy on a cloth and tie it around the neck. It should be kept until it dries. For occasional face cleaning-put some brandy on a cotton ball and clean your face and neck, wash your face and hydrate with some rose face cream or rose oil.

Important:

Using brandy every day would dry out your skin, use it occasionally and carefully.

ROSE CARE OIL

🕒 5 min

The combination of rose petal and rosehip oil makes this oil a perfect ally for making your skin hydrated, plumper, and more luminous. It helps with refining your skin texture, it is good as an antiaging product and it can help with regenerating dehydrated and flaky skin.

Ingredients:

- 100 ml of rose petal oil
- 1 drop vitamin E in oil
- 1 tablespoon wild rose fruit oil
- 3 drops essential oil according to skin type

Preparation:

Mix all weighed ingredients and pour them into a glass bottle.

PGR tip for richer face care:

Before each rose oil application, pre-spray your face with rose water. Apply a few drops of the oil mixture on a damp face. Use it twice a day, as a part of your morning and evening skincare routine.





CLEANSING FACE LOTION

🕒 5 min

Suitable for all skin types, this lotion has a soothing, cleaning, and moisturizing effect. It is very effective against skin impurities.

Ingredients:

60 ml distilled hazelnut extract
60 ml rose water
1 teaspoon dried elderflowers
1 teaspoon dried marigold
1 teaspoon dried chamomile
60 ml vegetable glycerin

Preparation:

Leave the plants in the hazelnut extract and rose water in a covered glass jar for a week. Strain and pour into a clean bottle, add glycerin and shake well.

PGR tip for proper use:

When using, moisturise the face with warm water and gently rub the lotion. Rinse with lukewarm water. A dab of wet cotton can be used for rinsing and mild face scrubbing.

CLEANSING MILK

🕒 15 min

This natural, caring, cleansing milk cleans the skin without drying it out. It is good for makeup removal, and It can help with cleaning dry-prone skin during winter.

Ingredient:

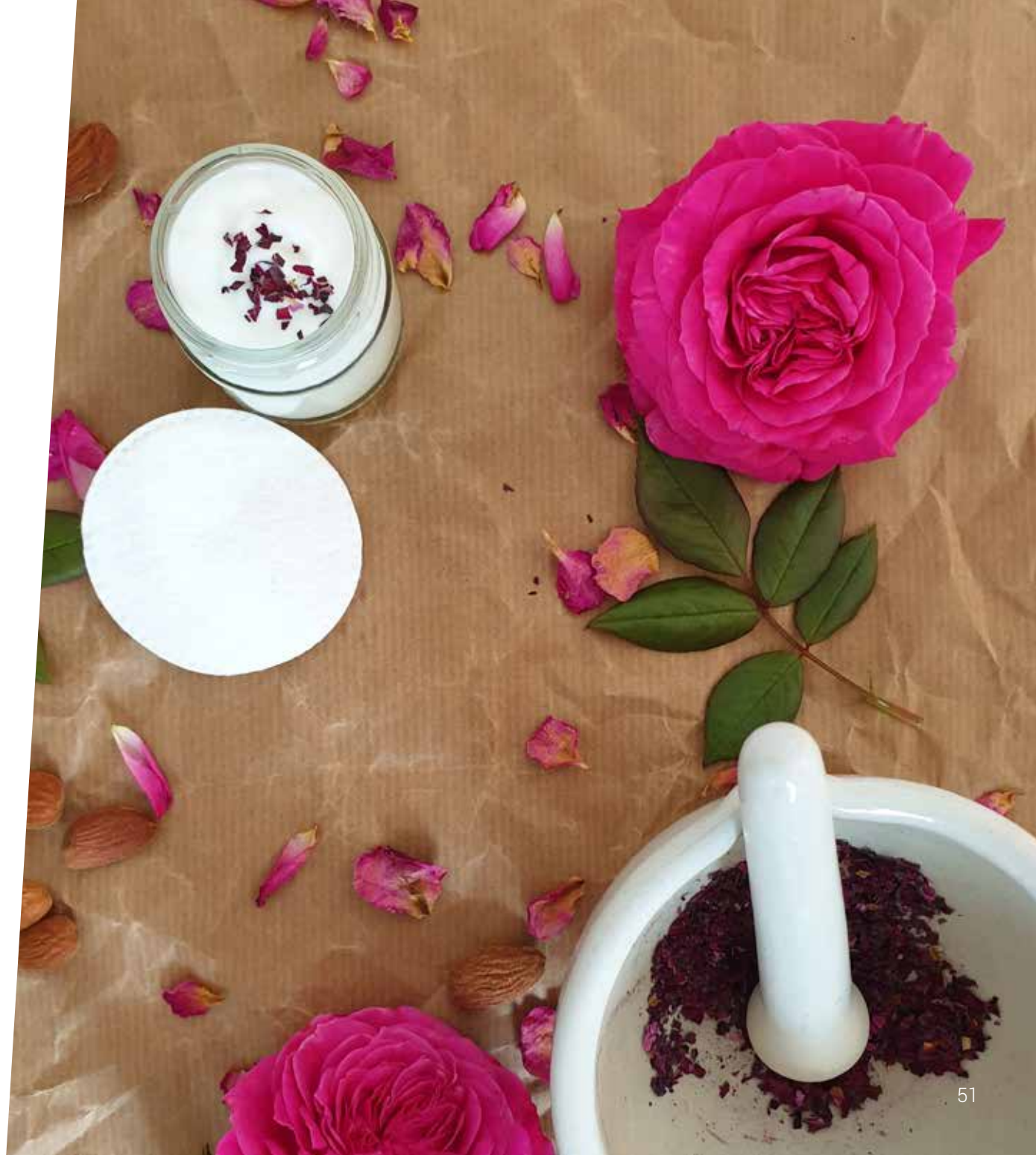
250 ml of coconut butter
1 tablespoon dried marigold
1 tablespoon dried chamomile
1 tablespoon dried rose petals

Preparation:

Mix the ingredients in a glass jar. Leave the mixture in the refrigerator overnight. Filter it, put it in another bottle, and keep it in the fridge for a week.

PGR tip for effective use:

When using, moisturize the face with warm water and gently rub cleansing milk. Repeat until makeup is removed and rinse with lukewarm water. Gently spray rosewater toner on cleansed skin and leave it to dry.





TIRED EYES REMEDY

🕒 15 min

An excellent rinse for calming tired eyes. It can be used as a cool eye pads by simply soaking a cotton pad or a ball and placing it on your eyes for about 10 minutes.

Ingredients for 3-8 eye rinses:

30 ml rose water

240 ml water

9 rose buds

Preparation:

Put rose buds and water in a small enamel pot, cover, and bring to a boil. Reduce the heat, remove the lid and simmer for 1-2 minutes, until some water has evaporated. Strain the liquid into a clean container, allow it to cool, and place it in the refrigerator. When cool, add the rosewater in 120 ml of prepared liquid.

PGR tip for extending the shelf life:

Use the liquid prepared in this way within 3 days. You can also add 30 ml of rose water directly to 120 ml of distilled or boiled water, without the use of rosebuds, pour and keep it in a glass bottle. This type of preparation extends the shelf life of a product.

ROSE OIL AND HONEY FACE MASK

🕒 5 min

This fresh mask rejuvenates and regenerates the skin, it is easily absorbed and it will leave your skin soft and hydrated. It is not hard to rinse and it smells heavenly.

Ingredients:

- 2 teaspoons honey
- 1 teaspoon almond oil (refined)
- 5 drops essential rose oil
- 1 drop vitamin E oil

Preparation:

Simply mix honey, almond oil, and essential rose oil in a small bowl.

Good to know:

This face mask is the best when used right away. Gently massage it on the cleaned face and neck with your fingertips. Leave it for 15 minutes and rinse with lukewarm water.





NIGHT CARE ROSE LOTION

🕒 15 min

An excellent moisturizer for normal, dry, and sensitive skin. It can be used as a night care cream or as a face cleanser. If it is used as a cleanser, massage it into the skin and rinse it with lukewarm water.

Ingredients:

600 ml almond oil

480 ml rose water to which you have added 30 grams of dried rose petals.

Leave the petals for 3 days, soak, strain and remove.

100 g beeswax

Optional: rose essence drop

Preparation:

Mix beeswax and oil, melt it over the steam, stir and remove from heat. Slowly add the enriched rose water, and stir until the mixture has cooled. You can now add a drop of rose essence if you wish. Stir creamy lotion until cool, pour into a bottle, and set aside for later use.

PGR tip for different uses:

Besides the rose petals, you can add dried camomile, lavender, immortelle, or calendula flowers. Different flowers will provide a bit different night care and in a combination with rose will deeply nourish your skin during night time.

ROSE LIP BALM

🕒 30 min

This rose lip balm will regenerate your lips naturally. You can use it as an everyday lip balm or as an overnight remedy for chapped lip skin.

Ingredients for 125 ml of balm:

- 4 tablespoons coconut oil
- 2 tablespoons butter
- 2 tablespoons beeswax
- 1 teaspoon rose powder
- 3-4 drops of rose essential oil
- Small can with lid

Preparation:

It is best to warm it up in a bowl with a double bottom. Put coconut oil, shea butter, and beeswax in it and melt at a lower temperature. Stir until all ingredients are completely melted. Remove from the heat and gently stir in the rose powder.

Finally, add the rose essential oil. Transfer the balm to a container. After 20 minutes, when cool, cover it with a lid and store it in a cool place.

Good to know:

Adding two drops of essential oil by your choice can give it a different aroma. You can use peppermint for a cooling effect, lavender for a calming scent, orange and cinnamon for a winter scent.





ROSE ALMOND PEELING

🕒 5 min

This simple recipe works wonders for dry or dehydrated face skin. Almond is a gentle exfoliant, it removes dead skin cells without damaging your skin. Rose water soothes and cleans your skin, while rose oil moisturizes it.

Ingredients:

- 2 tablespoon rose water
- 1 tablespoon finely ground plain almonds
- 3 drops rose oil

Preparation:

Combine rose water with almond powder until you make a well-blended paste. Add rose oil and mix it well. Apply it with a circular motion on your face and neck, and massage it gently for a few minutes. Rinse off with warm water or a wet cotton ball.

Good to know:

The longer you massage your face the better. Gentle massage will help boost your face circulation, it will gently remove dry skin cells, and will benefit skin firmness. This scrub can safely be used for gentle body peeling. For more nourishing results-add half a teaspoon of honey.

ROSE BODY OIL

🕒 5 min

This oil is used to naturally hydrate and nourish your skin. It is used for relaxing, aromatic massages and it can help with stressed skin healing, frostbites, and cracked skin. It can also be part of your dry skin care routine during the winter months.

Ingredients:

250 ml olive oil

50 g rose petals

Preparation:

Mix your oil and petals in a dark, glass jar, store in a warm place for a month, and stir daily. Strain after a month and pour into a dark glass bottle.

Good to know:

Oil rose care will give the best results after mild skin peeling and if massaged gently into the skin. Look for olive oil that doesn't have a strong natural odor, search for fresh, extra virgin olive oil-its scent will enrich the smell of roses and its usage will have the most aromatic effect.





ROSE GLYCERIN SOAP

🕒 10 min

Glycerine in this soap will leave your skin moisturized and rose oil will nourish it.

Ingredients:

200 g solid glycerin base

Soap molds

Fragrant rose oil

Preparation:

Cut the glycerin base into cubes, and melt it on a stove or a microwave. If you are melting it in a microwave 40 seconds of microwaving is enough, after 40 seconds take out your bowl, stir it well, and microwave for another 10 seconds.

When the glycerin has melted and evened out, add 5-10 drops of fragrant rose oil, dry petal pieces, peeling salts, glitter, or natural pigments. Pour the mass into the appropriate molds and leave to cool.

PGR tips for easier making:

If you are a beginner, silicone molds are the best because soaps are easier to remove later. The soap mass will harden very quickly, you don't need to refrigerate it. In order for all the bubbles in the mass to disappear, spraying them evenly with alcohol will completely eliminate them.

ROSE BODY CREAM

🕒 20 min

This rich rose water body cream is an excellent choice for every skin type. It hydrates, regenerates, refreshes, and feeds your skin while giving it a fresh, healthy glow.

Ingredients:

200 ml organic coconut oil
3 tablespoons almond oil
3 tablespoons glycerin
1 tablespoon vitamin E in oil
150 ml rose water

Preparation:

Melt coconut oil in steam, add almond oil, vitamin E, and glycerin to the dissolved oil, and mix it well. Put it in the refrigerator to tighten a little, just enough to start the transformation into a solid state. Stir it with a mixer until you get a fine buttery cream, add cooled water and stir for another 10 minutes until the water and butter are completely combined into the cream. Pour into suitable containers and enjoy your rich body care.

PGR tip for richer body care:

After a bath, pat your skin dry gently and spray some rosewater tonic on your skin before applying this cream. It will help the cream to lock the moisture and it will nourish it intensively.





ROSE BUTTER

🕒 15 min

Shea butter is a proven body moisturizer. When combined with dried rose petals it soothes dried and irritated skin, especially skin exposed to harsh conditions such as strong sun and wind.

Ingredients:

250 ml shea butter (unrefined)

3 tablespoons dried rose petals

Preparation:

Mix the ingredients in a glass bowl and heat gently in a water bath. Leave the butter overnights to extract the rose petals in the butter. Reheat the mixture in a water bath, strain through gauze, and leave in a glass bottle or box.

Good to know:

This rose butter is pretty universal and safe to use. It can be used on your whole body-from chapped lips, dried out skin, elbows and knees, cracked heels, as a rich treatment after hair removal and skin peelings and of course as a part of your regular skin care.

HEEL CREAM

🕒 15 min

This rich heel cream will leave your feet soft and nourished.

Ingredients:

3 tablespoons shea butter unrefined
1 tablespoon evening primrose oil
1 tablespoon rose petal macerate
10 drops lavender essential oil

Preparation:

Melt the shea butter in a steamer, then add the rest of the ingredients. Mix all the ingredients, pour into a glass jar, and place in the refrigerator to set.

PGR tip for stronger treatment:

Apply the heel balm every night before bed by massaging a rich layer of it into the skin. Put on cotton socks and leave the cream overnight. In case of cracked heels, good feet filing and scrubbing are recommended before applying.





ROSE WATER AND GLYCERIN FOR THE CRACKED HEELS

🕒 5 min

Glycerin has great positive effects on the skin, and in combination with rose water, it's a real hit for heels! Rose water is rich in vitamins A, C, D, and E which regenerate the skin, while glycerin softens it. This mixture has antibacterial properties, it will help with the unpleasant foot odor or athlete's foot.

Ingredients:

1 tablespoon glycerine
2 teaspoons rosewater

Preparation:

Mix your ingredients well and massage thoroughly on your feet before going to bed.

Good to know:

Before adding any remedy to your feet soak them in a warm bath with bath salts. Bath salts will help you remove dry skin and will leave it soft and hydrated. Skin filing and scrubbing are also recommended before applying rose and glycerin as they will ensure that it penetrates deeply into your skin and heal it. Wear cotton socks for the best result and complete regeneration during the night.

ROSE SUGAR PEELING

🕒 5 min

Gentle and moisturizing sugar-based body scrub with a mild scent of a rose can be used as often as you need it. It will leave your skin clean, glowing, and hydrated.

Ingredients:

2 cups refined cane sugar

2/3 cup organic coconut oil

1 cup dried rose petals

2-3 drops rose essential oil

Food coloring: optional

Preparation:

Grind dried petals in a food processor and mix them well with sugar, add your oils, and mix thoroughly.

PGR tip for storing and using:

Put your sugar scrub in an airtight container-it will prevent it from melting in case of high air humidity. Use it on water-moistened skin as often as you need it, rinse with lukewarm water and hydrate with some rose cream or oil.





ROSE SHAMPOO

🕒 5 min

A gentle rose shampoo for natural hair care. It helps improve scalp health, restores its natural moisture, and it gives a silky glow to all hair-types.

Ingredients:

¼ cups of rose water

¼ cups of liquid castile soap

1 tablespoon cold-pressed jojoba oil or grapeseed oil
shampoo bottle

Preparation:

Mix all ingredients well with a stick mixer and pour into a bottle.

Good to know:

You can supplement this basic shampoo recipe with various essential oils or cold-pressed oils.

ROSE HAIR BALM

🕒 5 min

This rich rose hair balm will leave your hair silky and moisturized, it will help detangle damaged and colored hair. It helps tame curly hair without making it heavy or oily. Prolonged use of this rose hair balm will heal your skin and will help you grow long and strong hair naturally.

Ingredients:

- ¼ cups of rose water
- ¼ cups of liquid castile soap
- 1 tablespoon cold-pressed wheat germ oil
- 1/2 tablespoon vitamin E in oil
- 1 tablespoon dexpanthenol solution
- balm bottle

Preparation:

Mix all ingredients well with a stick mixer and pour into a bottle.

Good to know:

To treat split ends apply this balm on damaged hair before washing your hair and wash your hair after 10-15 minutes.





ROSE WATER HAIR MASK

🕒 5 min

Rose oil, coconut oil, and rosemary oil are powerful ingredients for healing, regeneration, and hydrating not only your hair but scalp skin also. The highly restorative properties of this hair mask will help you with dandruff, strengthening the hair follicles and hair growth.

Ingredients:

25 ml coconut oil

25 ml rose petal macerate

5 drops rosemary essential oil

Preparation:

Mix all ingredients thoroughly and apply to the hair by massaging it gently for 10 minutes.

PGR tip for stronger use:

This hair mask works wonders but it will give the best results if covered with a shower cap. Leave it covered for about 30-60 minutes, massage your scalp for at least five minutes and wash it with a mild shampoo.

ROSE WATER HAIR MASK FOR DAMAGED HAIR

🕒 10 min

Use this natural rose water mask to repair your hair and regain its shine, or as a part of your care routine. It is very easy to prepare and the effects achieved in this way are truly amazing.

Ingredients:

½ cup rose water
1 egg yolk
1 tablespoon honey

Preparation:

Whisk the egg yolks, and add one tablespoon of honey and ½ cup of rose water. Mix all the ingredients well to get a compact texture. Apply to hair along its entire length and for the best results, cover your hair with a shower cap. Let it nourish your hair for half an hour, and wash your hair with mild, natural shampoo.

PGR tip for the best effect:

This rose water hair mask will give the best results if you put on a shower cap, and massage your hair additionally for at least 5 minutes before rinsing. Letting your hair air dry is a plus!





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AT YOUR HOME



ROSE PETAL BATH

🕒 20 min

Tones and cleanses your skin while it relieves your body from fatigue and anxiety.

This rose petal bath is good for your whole body- for skin and hair, it is a powerful mood enhancer also. It will help you sleep better.

Ingredients:

1/2 cup of rose petals

2 l boiling water

Preparation:

Pour half a cup of rose petals with two liters of boiling water, cover, and leave covered to rest for 20 minutes. Pour the extract together with the petals into the warm bath you prepared.

PGR tip for spa at home:

Sea salts are great to add to a warm rose bath. It stimulates circulation, eases muscle cramps and pains and it leaves your skin soft and nourished. Be sure to have peace and quiet for at least half an hour so you can truly rest your body and mind.

A NOURISHING ROSE BATH

🕒 10 min

This gentle, nourishing bath will tone and moisturize your skin and soothe your tired body. Coconut milk is a great dry skin moisturizer as it helps your skin to keep its natural moisture. In a combination with a rose, it is a true gift for your whole body.

Ingredients :

1 cup rose petals or 1 cup of rose water
1 cup coconut milk

Preparation:

Prepare a warm bath. Add rose ingredients and coconut milk. Enjoy your rich bath for at least 10-15 minutes.

PGR tip for spa at home:

Be sure to have peace and quiet for at least half an hour. Light some candles, play some pleasant music, read your favorite book, try to evoke all of your senses, and enjoy the peace and care a warm bath ensures.





ROSE BATH SALT

🕒 10 min

Natural bath salts are well known for detoxifying your skin, stimulating circulation and relieving muscle cramps and joint pain, they will soothe your tired body and will help you to have a better sleep during the night. In combination with rose petals this bath salts will have a strong aromatherapy effect on your body and soul.

Ingredients:

- 1 cup bitter Epsom salt
- 1/2 cup Himalayan salt
- 1/4 cup baking soda
- 1/2 cup dried rose petals

Preparation:

Mix all the ingredients and shake well to combine them thoroughly.

PGR tip for storing:

Pack it in a dry, airtight container and use this mix as an addition to your relaxing baths. Combining it with different essential oils and natural soaps will give you a true spa feeling at home.

DRIED ROSES CANDLE

🕒 15 min

Ingredients:

Soy wax
Candlewick
Oil for the mold
Dried and ground rose petals
Mold

Preparation:

The amount of soy wax depends on the size of the mold. Dissolve the measured soy wax in a water bath. Oil the inner surface of the mold, place the wick in the middle of the mold and hold it or secure it while pouring. Pour wax and dry petals layer after layer. After the wax has hardened, remove it from the mold.

PGR tip for creative candles:

Use interesting mold shapes, and play with combining different colors of ground petals. You can also play with glitter, by adding different scents (but please be careful, use only those specified for candle making) and candle colors.





ROSE BATH BOMB

🕒 20 min

A refreshing rose bath bomb will enrich your home spa moments. It moisturizes your skin leaving it fresh, soft and silky.

Ingredients:

- 1 cup baking soda
- ½ cup citric acid
- ⅓ cup starch
- 1 tablespoon essential rose oil
- ½ tablespoon rosehip or coconut oil
- Dried rose petals
- 1-2 teaspoon water
- Food color (optional)
- Bath bomb mold

Preparation:

Mix all dry ingredients well in one bowl, in another bowl mix your oils, water, and food coloring. Add wet ingredients to dry ones a bit at a time until consistency is good, not too dry and not too wet-it should form a cast when you squeeze it.

Form ball shapes with your hands or use a bath bomb mold. If you use bath bomb molds fill each half of the mold until it's overflowing and then press it tightly together, leave it for a couple of minutes to form, and take out your bath bombs carefully. Leave it to dry overnight and pack it in a jar or a gift bag to preserve its pleasant smell.

ROSE POTPOURRI

🕒 120 min

Potpourri is always a good natural choice for refreshing your house with pleasant scents. It will evoke your senses and help you to relax. And yes it is pretty decorative too!

Ingredients:

Rose flowers and petals

Fragrant flowers of your choice - marigold, chrysanthemum, carnation, jasmine or English dogwood, violet, lilac, etc

Fruit peels of Cape gooseberry, love in a mist, poppy, paulownia, chestnut, etc.
for decorativeness

Cinnamon stick

Vanilla stick

Lemon balm, mint, thyme, lavender, or any other aromatic herb

Fragrant spices - coriander, fennel, anise, cardamom

Thin rings of orange, lemon, and lime

Preparation:

Preheat oven to 150 degrees. Prepare the flowers and herbs by removing the stems.

Place the baking paper in a wide baking tray. Arrange all the ingredients except cinnamon, vanilla, and fragrant spices in a thin layer on a baking sheet and put it in the oven for about two hours until the potpourri becomes completely dry.

Mix all ingredients, including crushed cinnamon, vanilla sticks, and fragrant spices, and place in a decorative bowl.

Good to know:

It will be fresh for about two weeks, you can refresh it by adding a few essential oil drops.



WEIGHTS AND VOLUMES

1 tablespoon = 8 ml

1 teaspoon = 5 ml

1 cup = 250 ml

DISCLAIMER:

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Aromabook

Pheno Geno Roses Witveldweg 33, 5971 NS Grubbenvorst, The Netherlands
Daughter company: Pheno Geno Roses d.o.o. Maršala Tita 75, 23326 Ostojićevo, Serbia
Visiting Address: Sečenji Zemlje bb, 21235 Temerin, Serbia
Info@phenogenoroses.com
www.phenogenoroses.com