

WILD ROSE PETALS



NUTRIENTS

VITAMINS A, B5, C AND E THEY CONTAIN LOTS OF MINERALS AND ELLAGIC ACID WHICH IS VERY GOOD FOR YOU

Rose petals are full of Vitamin C and so they help make your body strong against illnesses. They can help to stop our joints from getting damaged and are good for your skin and eyes. They cool you down too

Rose petals can be used in teas and cooking or dried so you can use them all year round. You can make them into powder to use in soap or add them to elderflower cordial or cakes. You can make rose water to use on your face.

MAGIC

Rose petals are said to help stop nightmares and to help you love yourself and your family. They help you feel confident and find the truth in your heart. They can help you to find beauty when you can't see it too

SCIENTIFIC NAMES

Rosa rugosa *Rosa canina* L.

NICKNAMES

Dog Rose, Gulab, Hipberry, Hop Fruit, Persian Rose, Satapatri, Satapatrika, Shatpari, Wild Boar Fruit

WHERE YOU FIND IT

Rose petals grow from April to July. They can be pink, white or dark red. When the flower drops off, the rose hip forms behind it. The stems have lots of sharp thorns

MEDICINE