

Rose Oil Buying Checklist and Dilution Chart

FitInFlow.space · For cosmetic and fragrance use by healthy adults. Not a treatment for any condition. Updated October 2026.

1. Before you buy: label checklist

- ☐ Latin name: Rosa × damascena or Rosa centifolia (not "rose fragrance oil")
- ☐ Type stated: rose otto, rose absolute, or a dilution such as "3% in jojoba"
- ☐ Country of origin named (usually Bulgaria, Turkey, Morocco or Iran)
- ☐ Seller can share a GC-MS test report for the batch
- ☐ Price makes sense: genuine undiluted Damask rose oil can cost up to \$11,000 per kg
- ☐ Watch for geranium or palmarosa oil sold as "rose"

2. Dilution chart for adult skin (stay at or below 0.5%)

Carrier oil	0.25% (face, sensitive skin)	0.5% (body)
10 mL (2 tsp)	make a larger batch	1 drop
30 mL (1 fl oz)	1 to 2 drops	3 drops
50 mL	2 to 3 drops	5 drops
100 mL	5 drops	10 drops

Based on about 20 drops per mL. If your rose oil is already diluted (e.g. 3% in jojoba), it is much weaker, so do not add it on top of this chart. Maximum skin level for rose oil is low because of methyleugenol (Tisserand and Young, Essential Oil Safety).

3. Patch test (24 hours)

Apply a small amount of your diluted blend to the inner forearm and cover it. Wait 24 hours.
Redness, itching, swelling or bumps? Wash it off and do not use that blend again. An allergic reaction can last for life.
Patch test date: _____ Result: ☐ no reaction ☐ reaction (avoid)

4. Safety rules

- ☐ Never apply undiluted. ☐ Never swallow it (rose WATER for cooking is a different product).
- ☐ Children: ask a pediatrician first; much lower dilutions; never on a pillow or skin undiluted.
- ☐ Pregnant or breastfeeding: talk to a doctor first.
- ☐ Pets: never apply to animals. No diffusers around birds; take care around cats. Ask your vet.
- ☐ Bath: mix into a carrier or gel first, never drops straight into water.
- ☐ Store cool, dark, tightly closed, child-proof cap, away from flames.

Poison control (US): 1-800-222-1222 ASPCA Animal Poison Control: (888) 426-4435

Research on rose aromatherapy for anxiety and sleep is promising but uncertain (Xu et al., 2025). Rose oil does not treat any disease. See a doctor for health concerns.