

# Rose water

**Rose water** is a flavoured water made by steeping rose petals in water. Additionally, it is the hydrosol portion of the distillate of rose petals, a by-product of the production of rose oil for use in perfume. It is used to flavour food, as a component in some cosmetic and medical preparations, and for religious purposes throughout Asia and Europe.

**Rose syrup** (not to be confused with rose hip syrup) is a syrup made from rose water, with sugar added. Gulkand in South Asia is a syrupy mashed rose mixture.

Central Iran is home to the annual Golabgiri festival each spring. Thousands of tourists visit the area to celebrate the rose harvest for the production of golāb.<sup>[1][2]</sup> Iran accounts for 90% of world production of rose water.<sup>[3]</sup>

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## Rose water



Rose water is produced manually in Meymand city, capital of Meymand, Firuzabad, Fars, Iran

<b>Type</b>	Flavoured water
<b>Place of origin</b>	Ancient Iran
<b>Region or state</b>	Asia and Europe
<b>Main ingredients</b>	Rose petals
<b>Ingredients generally used</b>	Water
<span><span></span></span> <b>Media:</b> <u>Rose water</u>	

## History

Since ancient times, roses have been used medicinally, nutritionally, and as a source of perfume.<sup>[4]</sup>

Rose perfumes are made from rose oil, also called *attar of roses*, which is a mixture of volatile essential oils obtained by steam-distilling the crushed petals of roses. Rose water is a by-product of this process.<sup>[5]</sup> The cultivation of various fragrant flowers for obtaining perfumes, including rose water, may have originated in Persia,<sup>[6][7][8]</sup> where it was known as *gulāb* (Middle Persian: گلاب), from *gul* (rose) and *ab* (water). The term was adopted into Medieval Greek as *zoulápin*.<sup>[9]</sup> The process of creating rose water through steam distillation was refined by Persian and Arab chemists in the medieval Islamic world which led to more efficient and economic uses for perfumery industries.<sup>[10]</sup>

## Uses

## Edible

Rose water is sometimes added to lemonade. It is often added to water to mask unpleasant odours and flavours.

In South Asian cuisine, rose water is a common ingredient in sweets such as laddu, gulab jamun, and peda.<sup>[11]</sup> It is also used to flavour milk, lassi, rice pudding, and other dairy dishes.

In Malaysia and Singapore, sweet red-tinted rose water is mixed with milk, making a sweet pink drink called bandung.

American and European bakers often used rose water until the 19th century, when vanilla became popular. In Yorkshire, rose water has long been used as a flavouring for the regional speciality, Yorkshire curd tart. In Iran, it is added to tea, ice cream, cookies, and other sweets.

In Middle Eastern cuisines, rosewater is used in various dishes, especially in sweets such as Turkish delight,<sup>[12]</sup> nougat, and baklava. Marzipan has long been flavoured with rose water.<sup>[13]</sup> In Cyprus, Mahaleb's Cypriot version known as μαχαλεπί, uses rose water (ροδόσταγμα). Rose water is frequently used as a halal substitute for red wine and other alcohols in cooking. The Premier League offer a rose water-based beverage as an alternative for champagne when awarding Muslim players.<sup>[14]</sup> In accordance with the ban on alcohol consumption in Islamic countries, rose water is used instead of champagne on the podium of the Bahrain Grand Prix and Abu Dhabi Grand Prix.<sup>[15]</sup>



12th century rosewater bottle from Iran (silver with gold and niello, Freer Art Gallery)



A small manufactory of rose water in Kashan, Iran

## Cosmetic and medicinal use

In medieval Europe, rose water was used to wash hands at a meal table during feasts.<sup>[16]</sup> Rose water is a usual component of perfume.<sup>[17]</sup> A rose water ointment is occasionally used as an emollient, and rose water is sometimes used in cosmetics such as cold creams, toners and face wash.<sup>[17]</sup> Its anti-inflammatory properties make it a good tool against skin disorders such as Rosacea and eczema.<sup>[17]</sup>

Some people in India also use rose water as a spray applied directly to the face as a perfume and moisturizer, especially during the winter; it is often sprinkled in Indian weddings to welcome guests.

## Religious uses

Rose water is used in the religious ceremonies of Hinduism,<sup>[11]</sup> Islam,<sup>[11]</sup> Christianity (in the Eastern Orthodox Church),<sup>[18]</sup> Zoroastrianism, and Bahá'í Faith (in Kitab-i-Aqdas 1:76).

## Composition

Depending on the origin and manufacturing method, rose water is obtained from the sepals and petals of Rosa × damascena through steam distillation. The following monoterpenoid and alkane components can be identified with gas chromatography: mostly citronellol, nonadecane, geraniol and phenyl ethyl alcohol, and

also heneicosane, 9-nonadecen, eicosane, linalool, citronellyl acetate, methyleugenol, heptadecane, pentadecane, docosane, nerol, disiloxane, octadecane, and pentacosane. Usually, phenylethyl alcohol is responsible for the typical odour of rose water but is not always present in rose water products.<sup>[19]</sup>

## Images

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## See also

- [Golabgiri](#)
- [Orange flower water](#)

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## External links

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- The Roses of Constantinople (<https://www.pallasweb.com/deesis/the-roses-of-constantinople.html>)

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