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Should We All Be Drinking This Trendy Pink Water?

By: Amanda Montell

1. It reduces acne, rosacea, and eczema.

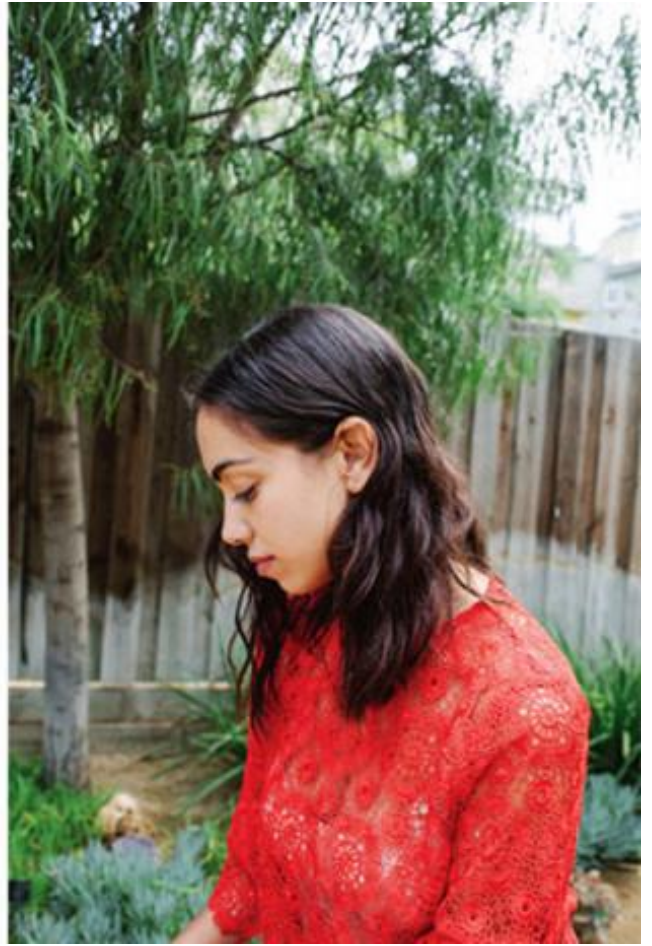
If inflammation is your problem, sipping on rosewater can help. "Rosewater is a great anti-inflammatory, which is good for reducing acne, rosacea, eczema, dermatitis, skin redness, and psoriasis," explains celebrity facialist Ildi Pekar. The active inflammation-blasting ingredients in rosewater are its terpenes and glycosides, says naturopathic doctor Gabrielle Francis, DC.

For acne in particular, rosewater offers double the healing effects, as "the essential oils in the rose have anti-microbial activity," adds Francis. The product also contains "geraniol and eugenol, which have antibacterial properties," says Sandy.



2. It makes the skin look hydrated and glowy.

If nothing else, nursing rosewater all day will deeply hydrate your skin from the inside out. "Rosewater plumps up the skin because it is hydrating and helps to restore water and fluids in dry skin," says Francis.



3. It minimizes wrinkles and large pores.

Rosewater also has incredible anti-aging effects. "Rosewater reduces wrinkles and age spots due to its antioxidants, such as vitamin C and E and flavonoids," Francis explains.

4. It's been used in Middle Eastern cultures for centuries.

Modern experts agree that there's really no downside to drinking rosewater. But where did the custom originate? Today, people all over the world consume rosewater for its beauty benefits. "I have seen people drinking rosewater for health and beauty on travels to Greece, Lebanon, Syria, Egypt, Morocco, and India," says Francis. "In Lebanon, where I am from, we have something called White Tea, which is hot water with rosewater—yum!"

5. It's easy to make yourself.

Here is Francis's recipe for how to make your own drinkable rosewater:

1. Remove the petals from a fresh rose. Be sure to clean the rose petals with a fruit or vegetable wash (like this one from the Honest Company) to be sure the pesticides and insects are gone.
2. Put several rose petals in a glass jar of water and let them steep for six hours in the sun. This makes a gentle rosewater that is good to drink.
3. Drink one glass per day for maximum benefits, which will be noticed in one week.