

40 WAYS

to Get Acquainted with Rose

1. Make a cup of rose tea. Use all your senses as you drink it.
2. Make an infused honey with dry rose petals.
3. Visit a rose garden.
4. Foster a small tea rose indoors.
5. Hold conversations with rose.
6. Leave roses on a stranger's doorstep, with or without an anonymous note.
7. Put some petals or a sachet under your pillow at night.
8. Bring fresh petals into the kitchen; look up recipes.
10. Bathe with roses, or put the petals in a footbath or hand-soak.
11. Make floral ice cubes.
12. Make sugared rose petals.
13. Infuse your drinking water with rose petals.
14. Sprinkle roses around the house for a special occasion.
15. Create a glycerite to have on hand for heartache & grief, or for pure pleasure.
16. Investigate the Rose Family (*Rosaceae*). What do those plants have in common?
17. Find or make a natural cosmetic or body care recipe featuring rose.
18. Add dried petals to potpourri.





19. Hang rose blossoms or buds from a string to create a decorative garland.
20. Read about rose.
21. Use the petals as confetti.
22. Press the petals.
23. Make rose liqueur.
24. Make rosewater.
25. Save up and buy authentic rose essential oil.
26. Draw, paint, or incorporate roses into an art medium of your desire.

27. Leave roses on an untended grave.

28. Make mead with roses.

29. Gather rosehips but leave some for the birds.

30. Explore roses with a child.

31. Put some in your pocket or a locket.

32. Bring roses into a meditation practice.

33. Find and promote flower sellers who do not use chemically-treated roses.

34. Explore its herbal history and try rose "medicinally" for one of its traditional indications.

35. Make a rose syrup.

36. Try using fresh roses only in-season.

37. Consider Rose's thorns. What do they tell you?

38. Take a bouquet to the hospital and request that it be given to someone who has no visitors on behalf of a well-wisher.

39. Make a rose-infused oil.

40. Plant a rose in a public space that needs beautifying or love.