



Rose Pedal Infused Stretch Mark Prevention Oil

This is a great way to make use of your roses once they aren't fresh anymore! Applying stretch mark oil to the abdomen is a great way to practice some self-care during your pregnancy. Rub this luscious oil all over your belly daily to help keep skin moisturized and prevent stretch marks.

What you need:

1 cup Organic Almond Oil
Pedals from 3 roses
Vitamin E capsules

Instructions:

1. Bring a few inches of water to a boil in a saucepan, then remove from heat.
2. Pour the almond oil into a glass jar.
3. Pluck the rose pedals from the roses. Crush, shred or "bruise" the rose petals and place in the oil. Swirl the jar around to coat the petals, but don't shake.
4. Cover the jar and place into the hot water. Warming the oil will help release the scent from the rose petals. When the water cools, you can move the jar to a warm area like a sunny windowsill.
5. Leave the jar alone in the warm area for at least 24 hours.
6. Strain the oil through a cheesecloth, pressing the petals to extract as much oil as you can.
7. If you want a stronger-smelling oil, you can repeat steps 1-6 with fresh petals. You may need to repeat the process 5 or 6 times to get the desired level of scent.
8. Take a handful of vitamin E capsules. Open the capsules and pour the liquid Vitamin E into the oil.
9. Pour the oil into a dark bottle with a lid (dark glass will help block out sunlight and keep the oil more stable).
10. Apply to tummy and enjoy the sweet scent of roses!