



## ROSE HONEY

### Pure Acacia honey with rose oil

The “liquid gold” **acacia honey**, gathered in the lower mountains of Central Bulgaria, is infused with another product, which price compares to the gold - the world famous **Bulgarian rose oil** (*Rosa Damascena*). This exclusive blend not only clasps the health benefits of the duo, but also results in a superior and unique taste.

**VARIETAL:** 100% white acacia (*Robinia pseudoacacia* L.)  
infused with 0.01% organic rose oil

**Consistency:** generally liquid, with very slow crystallization

**Color:** light, almost crystal clear

**Aroma:** delicate, refined and pleasant; reminiscent of roses, almonds and vanilla

**Taste:** subtle, delicate and silky; the aftertaste adds a fresh note of sweet almonds

#### Nutritional information

Typical values per 100g: Energy 308 kCal (1311 kJ); Fat <0,02 g of which saturates 0,01 g;  
Carbohydrates 77 g of which sugars 77 g; Protein <0,05 g; Salt 0,07 g

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## Healing properties

The health benefits of Rose oil can be attributed to its properties as an antidepressant, antiseptic, antispasmodic, antiviral, aphrodisiac, bactericidal, laxative, nervine, stomachic and uterine substance. Rose Oil boosts self esteem, confidence, and mental strength while efficiently fighting depression, and it also relieves anxiety. Moreover, rose oil may calm down a patient of high fever by sedating the inflammation. It can also be beneficial in other cases of inflammation caused by microbial infection, ingestion of poisonous materials, indigestion, and dehydration. This can result in a reduction in associated conditions like rheumatism, arthritis, gout, and fever.

People usually associate acacia honey with “cough suppressant” and “good antiseptic,” but in practice its activity spectrum is much wider. When consumed regularly, rose infused acacia honey leads to blood pressure normalization and blood composition balance, increasing the level of hemoglobin. Sleep is improved. It has calming effect and is beneficial upon stress, nervous tension and mental disorders. It is used in the treatment of ophthalmic diseases and conjunctivitis. Because of its strong antiseptic effect, it is also applied in cases of eczema, sores, skin problems, neurodermatitis, diseases of the oral cavity.

Rose enriched acacia honey purifies the liver. It acts as a diuretic and antimicrobial agent, and is often defined as a natural antibiotic. Like any other type of honey, it has a strong beneficial effect in the treatment of gastritis, ulcers and other gastrointestinal diseases.

## Tips for use

As this is a liquid honey, it dissolves easily, making it perfect for sweetening tea, coffee and other drinks without altering their flavor, yet adding the rose twist. It is ideal for making fruit in syrup or candied fruit, but also goes well with vegetables. It can be used in sweet and bread mixes and for making mixed fruit salads. It is perfect with fresh cheeses, but also with mature ricotta and blue cheeses that are only lightly matured.

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