



### **Rose water and its effect on heatstroke**

Rose water has many properties that have been discussed so far, one of the most important advantages of using rose water in summer is that rose water is one of the most widely consumed herbal spirits, which, due to its warm and moderate nature, will bring many benefits to the body.

Drinking cool rose water removes heat from the inside and strengthens the body. It is also said that smelling rose water is also useful for strengthening the heart. You may be interested to know why rose water is used in funeral ceremonies. Rose water has soothing properties and can reduce stress and anxiety in people.

In summer, it is very useful for someone who has spent long hours in the sun and has red eyes. Also, it is recommended to pour a little rose water in the water for those who have fever and we are going to wash them.

Rose water syrup has cooling and anti-inflammatory properties in addition to its sweet and delicate aroma. This syrup can help relieve and treat heatstroke and rejuvenate you.