

The multiple benefits of Rosehip oil

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ROSEHIP oil is an important ingredient for cosmetics such as facial creams and body lotions. It has benefits, particularly, as both preventative therapy and restorative treatment.

Rose hips are the seed pods left after the rose petals fall off. The oil from rose hips, often called *rosa mosqueta*, is very nutritious and consists of 80 per cent essential fatty acids.

Rosehip oil is renowned for its benefits for the skin. It has remarkable effects on reduction of wrinkles and removal of signs of premature ageing. It is recommended in treatment for burns, scars and eczema.

It is a successful natural ingredient that helps in improving complexion and growing shinier and healthier hair.

Some other healing aspects rosehip oil is credited for helping the skin include: healing dry eczema, skin burns, including sunburn, rehydrates dry skin, repair damaged skin cells of all sorts, and reduce wrinkles benefit for dry, mature, and ageing skin.

Sufficient EFAs

It has sufficient amounts of EFAs (Essential Fatty Acids) to maintain good health of the skin and body. The EFAs are necessary and important to make cell membranes and regulate prostaglandin in the body.

The various components of Rosehip oil bring about a unique combination that is great for the skin. The fatty acids are essential for the health of skin yet the body is unable to manufacture them. The antioxidants are considered to be effective for reducing and slowing the signs of ageing.

While it is a great natural skin care moisturiser, it aids in reducing redness associated with facial rosacea and improves appearance of psoriasis scars. It reduces the appearance of premature ageing skin as it can reduce wrinkles, crow's feet and fine lines. It is a great treatment for dry skin and beneficial for after sun skin care regime.

Due to its high fatty acid and antioxidant content, Rosehip oil works wonders in improving the condition of the skin, especially skin that has been exposed to excessive sunlight. It is very helpful when used on any dry skin condition such as eczema, dermatitis or psoriasis. The oil penetrates into the deepest layers of the skin to lock in moisture.

Due to the complex mixture of ingredients and its ability to regenerate skin cells producing more collagen, Rosehip oil can make a dramatic improvement to scar tis-

sun spots had vanished, their wrinkles were smoothed out and their skin was glowing.

Rosehip oil is safe to be used during pregnancy and after birth.

It has the ability to firm the skin and help it to regain its elasticity, as well as fading external scarring.

It can be used on all the family members.

It is safe to be used on the sensitive skin of babies to help with cradle cap and eczema. It is also excellent to help children's chickenpox scars fade quickly.

It helps to restore even skin tone, smoothens out wrinkles and fine lines, diminishes scars and gives skin a healthy glow.

Since Rosehip oil is very readily absorbed by the skin, it does not leave the oily residue that many beauty and skin care products do. It delivers a better, more even complexion, minimises the size of pores and helps

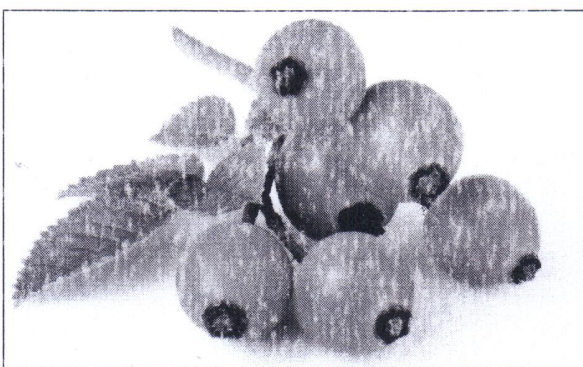
blemishes to fade and disappear quickly.

Rosehip oil is normally extracted from the wild rose, "*Rosa Mosqueta*," which is found in the southern part of Chile. The "hip" is the fruit of the rose plant and continues a multitude of fatty acids and other components that are responsible for the wonderful properties of Rosehip oil.

The oil is refined to increase the stability and reduce the acid value and peroxide value. The oil is submitted to a refining process of neutralising, bleaching, winterisation and deodorisation.

The oil which is produced via a cold press extraction process, contains linoleic acid (Omega-6 fatty acid) which can play a role in the structure of the membranes of the cells; oleic acid (Omega-9 fatty acid) which is considered as keeping skin supple and moist; linolenic acid (Omega-3 fatty acid) is a good skin moisturiser and antioxidants, beta-carotene, lycopene and vitamin C, which are important for protection from free radical damage. The fatty acids including Omega 3, 6 and 9 are fundamental to ensure healthy skin but the

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sue, after just a few weeks of use.

It can also help burns. A scientific study found that Rosehip oil was extremely effective in reducing redness and helped to improve colour and tone.

It can reverse effects of photo ageing. A study of the benefits of Rosehip oil was conducted on women who had spent considerable time in the sun and had various signs of photo ageing such as hyper-pigmentation and sun spots. They applied Rosehip oil daily for four months and improvements were noted within three weeks. By the end of the study, most of the

Regenerating skin

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body is unable to produce them.

The benefits of Rosehip oil have been recognised by the Inca population for thousands of years. The majority of Rosehip oil is made using Rosehips grown in the Chilean Andes, a region whose altitude and clean air produces the best quality Rosehips.

The benefits of Rosehip oil are due to its amazing collection of ingredients, all of which have powerful properties to help regenerate and brighten skin. In fact, it is one of the most multifaceted natural oils as it contains over 500 natural ingredients. Some of the most well known ingredients are natural vitamin A (also known as Retinol or

Transretinoic acid). This is very effective to help avoid premature ageing as a result of excessive sun exposure.

It also contains lycopene and beta-carotene, both of which are potent antioxidants and protect against damage from free radicals and skin ageing.

Rosehip oil is also natural source of antioxidants, which are micronutrients that protect tissues in the body. Rose hip oil is rich in a range of antioxidants, including beta-carotene and lycopene, which help to protect and repair skin from premature ageing caused by modern living.

(The author is CEO, Aromex Industry, a company known for manufacture and import of wide variety of natural oils)

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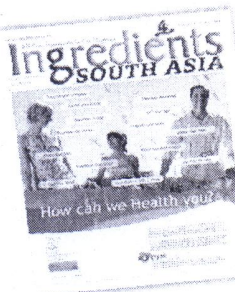
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