

Restore & Rejuvenate

by Laura Allen | February, 2013

Rosehip oil might be the next product to add to your skin regimen.



If the idea of obtaining a supermodel's glow sounds like something that would take the work of a makeup artist and airbrushing, you may want to think again. It's not a miracle product by any means, but rosehip oil has been making waves around the world for its scar-diminishing, skin mark-fading, regenerative properties. Part of its popularity is owed to Victoria Secret Angel Miranda Kerr. Last year the Australian beauty claimed that the oil from wild rose bushes was the secret to her famous complexion.

But this supermodel isn't the only one recommending it. Women across the globe are using this affordable beauty product, and they're seeing great results. So what exactly is rosehip oil, and most importantly, how can it benefit your skin?

Discovery Down South

Found in Andes Mountains of South America, rosehip oil comes from a bush called *Rosa*



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Although rosehip oil has garnered attention within the last decade, its cosmetic powers were first made prominent back in 1983, when a study conducted by the Faculty of Chemistry and Pharmacology at the University of Concepción in Chile found that it slows aging, reduces scarring and wrinkles, and restores natural skin tone and color.

“What’s great about rosehip oil is that it’s not a bleach agent, and it’s not a peel,” Kristen Ma says. [Kristen](#) is the co-founder of Pure + Simple Inc., a Canadian holistic spa chain and manufacturer of natural skincare products and mineral makeup. “Traditionally, the only way to treat scarring or skin marks is through peeling and bleaching, which is really depleting for the skin. Rosehip oil repairs pigmentation, and because of its high content of vitamin C, it’s really restorative and it really helps to heal damaged skin cells.”

In addition to vitamin C, rosehip oil contains anti-oxidants and essential fatty acids, which Kristen says helps retain hydration, protect skin tissue, prevent oxidative stress and heal wounds.

One of the key discoveries made in the 1983 study was the presence of trans-retinoic acid – the acid form of vitamin A – also known as tretinoin. Tretinoin is commonly used to treat acne. Kristen says that Vitamin A helps with diminishing scarring, burn marks, pigmentation and more.

A Natural Process

The downside to rosehip oil is that you won’t likely see instant results.

“Rosehip oil is unique, and it’s a great alternative to common dermatological options, but you have to be more patient with it,” Kristen says. “It’s not like a bleach where you’ll see results quickly. Rosehip oil works gradually over time.”

She says one client of hers had been using rosehip oil for her pigmentation. After two years, the client guessed that she had seen a 30 percent reduction in her pigmentation. The client’s results are what Kristen typically sees.

“I have seen clients who say they’ve gotten results much more quickly, even in a matter of a couple weeks. But usually I find that with scars and sun spots,” she says.

Another thing to keep in mind is that rosehip oil doesn’t work well with all skin types, particularly those that are acne-prone. Kristen says that rosehip oil is more stimulating, which is good for healing wounds, promoting healthy skin and preventing aging.

“On the other side though, if you’re acne-prone, sometimes this will stimulate a breakout,” she says. “So for people who are acne-prone, I tell them to use it once every two days to see how it goes. Most of the time when we’re recommending it for acne, it’s because [clients] are

looking to treat and prevent their acne scars. So they have to walk the fine line of not [causing] a breakout, but also looking to treat that.”

[Lucy Pilz](#) experienced past problems with acne when using rosehip oil. The 23-year-old social media marketing manager and content producer from Australia has been using rosehip oil off and on for about three years, and said it took a while to see positive results.

“I don’t have the nicest skin; it is prone to hormonal acne, so the oil didn’t necessarily help,

and more dewy.

“When I skip it for a few days, [my skin] does lose its glow,” she says.

Kristen does say that there is another option for those afraid of breakouts, which is rosehip water. The water is extracted from the rosehips, not water with rosehips in it. Kristen says this allows people who are acne-prone to experience the same beneficial properties of rosehip oil without the stimulating, circulating issues that can result in breakouts.

Choosing the Right Oil

Kristen offers a few tips for people interested in using rosehip oil. For starters, she recommends choosing one that is organic and cold-pressed.

“If you get an organic, cold-pressed rosehip oil, most likely you’re not getting an oil that has a lot of fillers in it,” she says.

With that said, not all rosehip oil products are made equal, and so it’s important to choose one by the quality of the oil. This can be determined by examining the oil’s color. Kristen says a rich, orange color is usually better than oil that is dull or yellow.

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Rejuvenation of the skin is very important. We all take care of the skin in one or the other manner but forget to rejuvenate the skin, which is also very essential.

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