

Rosehip Oil Research Paper

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Rosehip Oil (*Rosa Canina*) has been around for hundreds of years, utilized by the Egyptians, Mayans, and Native Americans. This oil is typically cold-pressed from the fruit behind the petals of roses after they have fallen. Rosehip Oil is typically sourced from Bulgaria, Poland, Chile, Ukraine, and other countries within European and South American regions. Three Ships' Boost 49% Rosehip Oil Serum utilizes this powerful ingredient that is packed with Vitamins and essential fatty acids.

ROSEHIP OIL IS KNOWN TO LIGHTEN HYPERPIGMENTATION

This oil can range from a deep orange-red hue to a light yellow depending on the formulation/processing of the Rosehips. The main bioactive constituents of Rosehip Oil are Vitamin A, C, and E, as well as essential fatty acids.

This oil packs a powerful punch and while it has been known to temporarily leave the skin tinted with an orangey-red colour, it is also known to lighten hyperpigmentation and support the skin's lipid barrier.



Traditionally, Rosehip Oil is typically made via the cold-press method. The Rosehip buds are sourced, cleaned, and put through a hydraulic press to extract the oil from the seeds and flesh of the rosebud.

The benefits of the cold press method are that it maintains the integrity of the oil and minimizes the oxidation of the bioactive constituents such as Vitamin A, C, and E. The exact method of extraction of Rosehip Oil that Three Ships sources is proprietary information.

ANTIOXIDANTS ARE A SUBSTANCE THAT CAN NEUTRALIZE FREE RADICALS

One of the key causes of common skin concerns is oxidative stress, which is also known as free radical damage. Free radicals are substances or molecules that have an unpaired electron. These unpaired electrons like to be paired up and which makes free radicals so reactive because they want to pair with another electron to be “stable”. When a free radical takes an electron, the substance that loses the electron to the free radical becomes oxidized, thus called oxidative stress.

An antioxidant is a substance that can neutralize free radicals. They are stable substances, even with an unpaired electron. Therefore, once an antioxidant comes in contact with a free radical, the antioxidant will donate an electron to the free radical and make it stable, whilst preventing a chain reaction of new free radicals from forming. Our bodies do not naturally produce antioxidants such as Vitamin C, and E so we must ingest and topically apply it to protect our skin from modern-day stressors like pollution, the sun, and smoking.

SCIENTIFIC STUDY

UV Photoprotection by Combination Topical Antioxidants Vitamin C and Vitamin E

A clinical trial studying the effects of Rosehip Oil on post-surgery scars was done over 12 weeks, with a check-in at the sixth week, on 76 subjects in the test group and 32 in the control group. The test group subjects were told to apply pure Rosehip Oil twice a day on their cutaneous scars, and the control group did not. The participants in the test group were a mix of patients recovering from erythema (discolouration caused by inflamed capillaries), discolouration, and atrophy of post-surgical scars. At the end of the study, it was concluded that each type of participant in the test group showed signs of improvement in their scars. These improvements can be attributed to the high levels of essential fatty acids present in the oil, such as omega 3 and 6. It is also suggested by the researchers that compounds such as carotenoids and tocopherol (Vitamin E) contributed to the antioxidant activity of Rosehip Oil. The researchers postulate that those compounds provided support to the skin’s wound healing process and resulted in scar improvement, especially when the Rosehip Oil was applied early.

Rosehips are made from the fruit of roses (*Rosa Canina*) once their petals fall off, usually harvested in early fall. They have been used by many civilizations as homeopathic remedies. The Three Ships Boost Serum is formulated to be 49% Rosehip Oil and made with other ingredients such as Geranium, and Grape Seed Oil. The Rosehip Oil we use is organic, GMO-Free, vegan, and made through cold-pressing the Rosehips at very low temperatures to ensure minimal degradation to the quality of the oil. In the modern-day, there has been great interest in Rosehip Oil as it is high in essential fatty acids, multiple Vitamins, and carotenoids. The fatty acids promote and support our native lipid skin barrier, and reduce trans-epidermal water loss. Rosehip Oil is plentiful in Vitamin A, C, E, and carotenoids are all known for their antioxidant properties, relieving hyperpigmentation of the skin, and supporting the health of our skin. While there are studies testing the efficacy of the Rosehip Oil itself, more specific individual studies on the activities of Vitamin A, C, E will have to be done to prove the speculative claims of these Vitamins in Rosehip Oil.