

Rosehip Seed Oil, Extract and Rose Flower Water Research Paper

APPEARS IN



Rosehip Seed Oil, Rosehip Extract, and Rose Floral Water have been around for hundreds of years, utilized by the Egyptians, Mayans, and Native Americans. Rosehip is typically sourced from Bulgaria, Poland, Chile, Ukraine, and other countries within European and South American regions. Many of Three Ships' products utilize these powerful ingredients, including [Boost](#) 49% Rosehip Oil Serum, [Skin Hero](#) Bakuchiol + Calendula Bio-Retinol Serum, [Awake](#) Rose Hydrosol Toner, [Soothe](#) Rosehip Vitamin C Clay Mask, and [Radiance](#) Grape Stem Cell + Squalane Day Cream.

ROSEHIP OIL CONTAINS VITAMIN A, C, AND E

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.



Rosa canina (Rosehip) Seed Oil is 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. Rosa canina (Rosehip) Extract is created via hydro-alcoholic extraction of fresh rosehip plants that have been cut into small grains. The final ingredient, Rosa damascena (Rose) Flower Water is sourced from a different plant, and is the secondary product to the essential oil after steam distillation. It contains a mixture of essential oils, water, and other plant materials. The exact methods of extraction that Three Ships sources is proprietary information.

FATTY ACIDS PROMOTE AND SUPPORT OUR NATIVE LIPID SKIN BARRIER

One of the key ways our bodies age is through 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 make free radicals so reactive because they want to pair with another electron to be “stable”. In its unpaired electron form, it is so unstable that it will take an electron from anything around it to become more stable. When a free radical takes an electron, the substance that loses the electron to the free radical becomes oxidized, thus called oxidative stress. The substance that lost its electron will then become a free radical and a chain reaction starts where the oxidation of molecules continuously occurs.

SCIENTIFIC STUDY

Effects of Rosehip Oil on Post-Surgical Scars

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. Erythema patients showed notable improvements at both the 6 and 12-week marks, and discolouration and atrophy patients showed significant differences at 12 weeks. These improvements can be attributed to the high levels of essential fatty acids present in the oil, such as omega 3 and 6. They are the basic components of the phospholipids in cell membranes, which are involved in a number of phosphorylation and cellular organization processes, a critical component in wound healing. 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 contains 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 claims of these vitamins in Rosehip Oil.