

## rose hip school



### What is rose hip oil?

Rose hip oil is a fruit oil extracted from the hip of the rose. The hip is the fruit that is left after a rose has bloomed and the petals have dropped.

Rose hip oil can be used by any person, of any age, with any skin type. The superfine oil is easily absorbed by skin and doesn't leave behind any oil residue.

### Why is rose hip oil so good for the skin?

Rose hip oil is a naturally rich source of essential fatty acids.

Essential fatty acids include omega-3, 6 and 9 fatty acids. They are vital for our general health and the health of our skin — but our bodies are unable to produce them.

Essential fatty acids help to regenerate skin cells and to repair damaged skin tissue.

It is the essential fatty acids in rose hip oil that quench dry, sun damaged skin and help to improve the appearance of burns, scars, wrinkles and stretch marks.

Kosmea's Skin Clinic™ Certified Organic Rose Hip Oil is guaranteed to contain a minimum of 80% essential fatty acids.

Rose hip oil is a natural source of vitamin A

Rose hip oil is rich in a natural source of vitamin A, known as trans-retinoic acid. Research shows that topical trans-retinoic acid is effective in helping to prevent premature ageing caused by sun exposure.

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### What's in rose hip oil?

Kosmea Certified Organic Rose Hip Oil is naturally packed full of goodness – here's why:

- ✓ Vitamin A (or topical trans retinoic acid)  
naturally occurring vitamin a that helps treat acne, sun damage, wrinkles and pigmentation
- ✓ Linoleic acid  
omega 6 oils help preserve the skin cells natural barrier
- ✓ Oleic acid  
also known as omega 9 fatty acid and helps repair tissue damage
- ✓ Linolenic acid  
helps treat skin conditions and are critical in the structure of our cell membranes
- ✓ Vitamin C  
helps minimise wrinkles and scars and helps stimulate collagen
- ✓ Lycopene  
helps protect the skin from ageing
- ✓ Beta-carotene  
a source of pro-vitamin A and an antioxidant to help sun damaged skin

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### What is rose hip oil used for?

Kosmea Skin Clinic™ Certified Organic Rose Hip Oil is a specialist skincare oil which may assist in the appearance of:



- ✓ scars
- ✓ burns
- ✓ wrinkles
- ✓ stretch marks
- ✓ pigmentation
- ✓ sun damage
- ✓ cradle cap
- ✓ oily skin
- ✓ rashes
- ✓ age spots
- ✓ eczema
- ✓ dermatitis
- ✓ psoriasis
- ✓ acne
- ✓ dry and sensitive skin
- ✓ nappy rash
- ✓ uneven skin tone

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### How to use our rose hip oil

Directions: massage 2-3 drops of Kosmea's Skin Clinic™ Certified Organic Rose Hip Oil into damp skin morning and night.

Note: for best results, skin must be damp so that the oil can be absorbed effectively.

#### To help treat skin conditions

Kosmea's Skin Clinic™ Certified Organic Rose Hip Oil can be applied directly onto the problem area, twice daily, more if required. Applying onto damp skin will assist in quicker absorption.

#### As a skin facial oil

Massage 2-3 drops of Kosmea's Skin Clinic™ Certified Organic Rose Hip Oil twice a day, morning and night after cleansing and before applying your daily moisturiser. At night time no other moisturiser is required as rose hip oil allows the skin to repair, rejuvenate and breathe whilst you sleep.

#### For babies and small children

Use as a nourishing oil to help soothe dry patches of skin by massaging 2-3 drops twice a day into baby's skin.

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### Where our rose hips come from

Kosmea's ethical sourcing of wild grown organic rose hips is the first and most important step in ensuring the highest quality rose hip oil.

#### Ethically sourced rose hips

Kosmea rose hips are hand-picked by the local people of Lesotho, in South Africa, providing the community with a sustainable income. Lesotho is a country with extreme and widespread poverty and Kosmea is proud to help provide a sustainable income to the people of Lesotho.

#### Wild grown and 100% certified organic

Kosmea sources 100% certified organic rose hips from the Maluti Mountains of Lesotho, where rose hips grow wild and are not commercially farmed. This region is 3300 metres above sea level, resulting in high rainfall, pure, clean air and plump, juicy rose hips. The area is certified organic, which means that no artificial fertilisers or pesticides are used.

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### Why our rose hip oil is the best

It is the unique way that our rose hips are sourced, grown, picked and extracted that makes all the difference.

#### ✓ Ethically sourced, wild grown and 100% certified organic

The vast majority of the world's rose hips come from commercial farms in South America, which produce a cheaper, lower quality product, often grown using harmful pesticides and fertilisers. Kosmea sources 100% certified organic rose hips from the Lesotho, South Africa where rose hips grow wild and are hand-picked to provide a sustainable income for the local people.

#### ✓ Uses the fruit, skin and seed

Kosmea use the fruit, skin and seed of the rose hip to extract rose hip oil. The seed is rich in many of the essential nutrients that make rose hip oil so good for the skin and is responsible for giving Kosmea Certified Organic Rose Hip Oil its rich amber colour.

#### ✓ Extracted without heat or solvents

To preserve the maximum amount of essential fatty acids, vitamins and antioxidants, our oil is extracted from the rose hips using a heat-free and solvent-free process called supercritical extraction.

Heat, air, water and light can all affect the quality of rose hip oil and so these are avoided as much as possible during the manufacturing process.

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### How to care for rose hip oil

Rose hip oil has three natural enemies..

#### heat

Ideally, rose hip oil should be kept in a cool, dark place however it does not need to be stored in the refrigerator.

#### air

It is important to ensure the lid is tightly closed as air can rapidly decrease the quality of rose hip oil.

#### light

Ideally, rose hip oil should be kept in a cool, dark place like a bathroom cupboard.

With good care, your Skin Clinic™ Certified Organic Rose Hip Oil will be of best quality within six months of opening.

