WELLBEING: BEAUTY

7 Amazing Benefits Of Adding Rosehip Oil To Your Skin-Care Routine

Is it really a miracle oil for flawless skin? We found out.

by Kris Rile   April 10, 2017

So you **replaced all of your skin-care products with coconut oil**, but your face isn't that perfect porcelain quite yet, and you're ready to try something new. If you are a celeb beauty junkie like me, you've heard wonders about the smoothing and anti-aging effects of rose hip seed oil—but does it really live up to the hype?

Rosehip oil is harvested from the seeds of rose bushes, and is full of vitamins, antioxidants and essential fatty acids that can do wonderful things for your face. It's a common beauty trick from Chile that has grown in popularity ever since Victoria's Secret model Miranda Kerr announced that she uses it regularly. We checked in with the experts to find out the real deal.

"There is no scientific proof that rosehip seed oil is the best thing for your skin," says Gary Goldenberg, MD, medical director of Mount Sinai Dermatology Faculty Practice, "but that's not to say that this seed extract isn't good for your skin."

Like most natural beauty treatments out there, it may not work for everyone, but it certainly has some benefits that are real heavy-hitters in the beauty department. Here are the potential skin ailments we recommend trying it out for in order to get big results.

Moisturizing

If you haven't abandoned your **chemical-filled moisturizer** yet—you should. Rosehip oil can be a great natural alternative for moisturizing.

"It has nourishing fatty acids, which along with water, is the main ingredient in most moisturizers," says Goldenberg. So feel free to, at least temporarily, leave the **coconut oil and shea butter** behind and opt for an organic oil like InstaNatural Organic Rosehip Seed Oil.
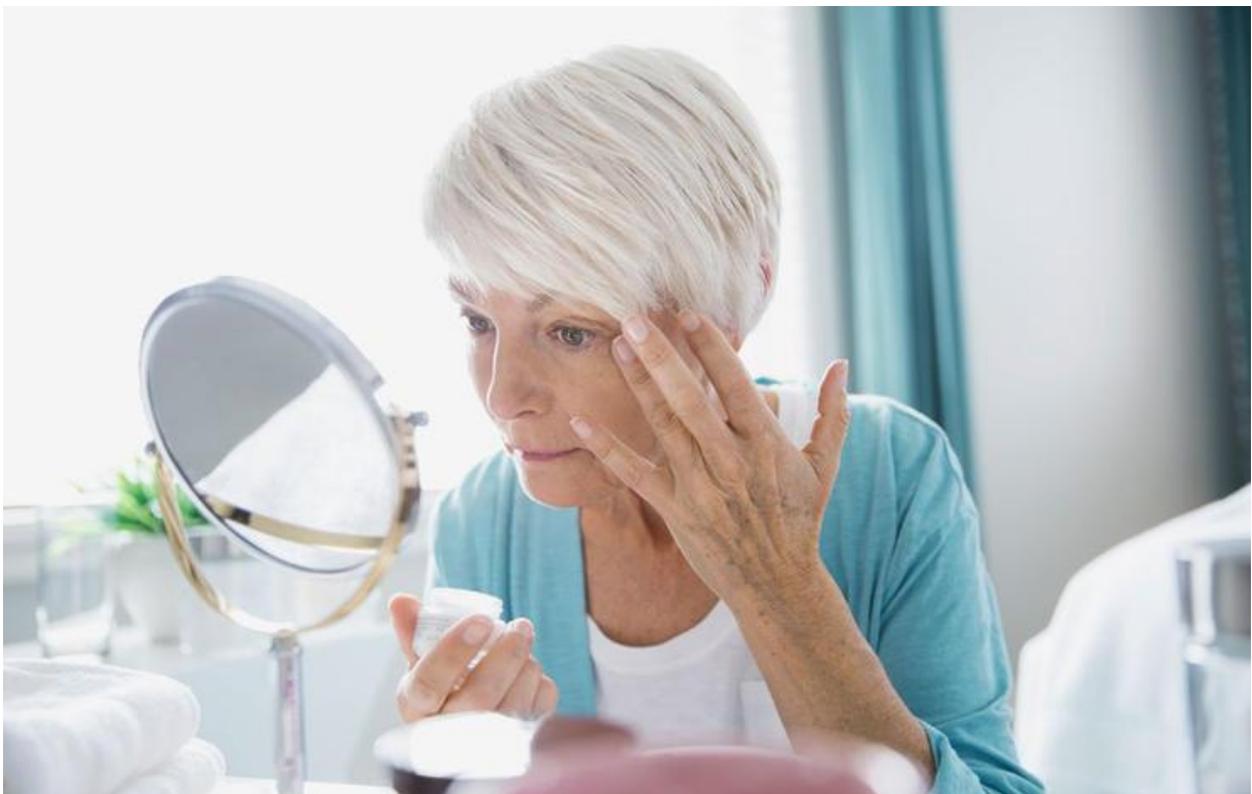
Treating Wrinkles

Rosehip oil is packed with natural beauty essentials, like anti-inflammatory fatty acids and vitamins A and C.

"These ingredients allow rose hip oil to treat signs of aging and pigmentation, hydrate skin and repair damaged skin and provide a strong protective anti-oxidant boost–all without the oily feel of a traditional liquid oil like olive oil," says Sonam Yadav, MD, cosmetic dermatologist.

Brightening Skin

The astringent properties in rosehip oil help to tighten your pores and brighten your skin, so adding a brand like Art Naturals Rosehip Oil or Rosehip Oil by Kate Blanc to your skin care routine is great if your cheeks need a little **brightening up**.

"Start with a small quantity in your daily routine: patting a few drops on cleansed skin at bedtime," says Yadav.

Evening Out Skin Tone

Supermodel Miranda Kerr swears by rosehip oil and uses it every night to help her skin stay even and flawless.

If you've been struggling to even out your skin tone or have red blotches you've been desperate to fade, this vitamin-packed cocktail is much easier on sensitive skin than using **lemon juice,** so rub it on clean, damp skin both mornings and evenings.

Firming Skin

It can help your skin regain elasticity if you've noticed some sagging lately. Add a few drops to your face in the morning and again just before bed to help with fresh, younger looking skin without using harsh chemicals.

Fading Scars

The ultimate beauty ingredient trio—anti-inflammatory fatty acids and vitamins A and C—make this oil the ideal solution for fading any facial scars or unsightly marks.

"Together these help undo and prevent oxidative damage and help the skin re-build collagen. It can help fade skin hyperpigmentation and potentially minimize the appearance of fine lines and even stretch marks," says Tsippora Shainhouse, MD, FAAD, clinical instructor at the University of Southern California.

Exfoliating Skin

Consider adding rosehip oil to your list of **5 pantry items to wash your face with**. Similar to sugar and sea salt, rose hip seed oil can be used as a natural exfoliator when combined with baking soda. But, steer clear if your skin is acne-prone, as this oil can further irritate already forming blemishes or clog pores.