YOU MAGAZINE

The Mail ON SUNDAY

12 February 2006

THE NAME OF THE ROSE

Lots of readers ask about products to help heal acne scars and post-surgical scarring. I'm a big fan of rosehip oil, which is full of essential fatty acids plus a vitamin A component called retinoic acid, which are vital for skin cell renewal. One favourite good-value brand is Rosa Mosqueta Oil, pressed from the hips of the *Rosa officinalis rubiginosa*, which grows in the lush valleys of the Chilean Andes. Research on post-surgical scars and defects at the University Hospital of Seville, using oil from this rose, states that the results 'must be considered excellent'. Catherine Deneuve is said to swear by the anti-ageing properties of a few drops smoothed in overnight, and it's recommended for stretch marks, too. You can also take it internally to boost the effect. It costs £9.99 for a 20ml bottle; £19.99 for 90 vegicaps, from Rio Health Direct, tel: 01273 570987, or visit www.riohealth.co.uk

Research on post-surgical scars and defects at the University Hospital of Seville, using oil from this rose, states that the results 'must be considered excellent'. Catherine Deneuve is said to swear by the anti-ageing properties of a few drops smoothed in overnight, and it's recommended for stretch marks, too.

SARAH STACEY

Sarah Stacey can be contacted at s.stacey@you.co.uk

Illustration NILA AYE

COME OVER TO THE DARK SIDE