

style



GAVIN REECE

WHAT'S THE ALTERNATIVE?

SUSAN CLARK

Q I have just got rid of acne, but have been left with severe scarring all over my face. I've tried all sorts of creams, but the scars are not fading, even though each cream I buy claims to be better than all the rest. I went to a lot of trouble to get rid of my acne, and now I am wondering what the point was. What, in your opinion, is the best natural remedy to use?

R Butler, by e-mail

A In all the years I have been writing on this topic, I have never found a scar-fading remedy to beat Rosa Mosqueta, an oil made from the seeds of the *Rosa rubiginosa* plant, which grows high up in the Andes.

It is effective in making scarring fade — whether it is caused by acne, surgery or accidents — because it is a rich source of the essential fatty acids the body needs to make the prostaglandins (hormone-like compounds) that are crucial for skin regeneration.

The same fatty acids are frequently incorporated into everyday skin and anti-wrinkle creams made with other natural remedies, including evening primrose oil and vitamin E, but their concentration in Rosa Mosqueta is many times higher.

Rosa rubiginosa is also a source of retinol, a key ingredient in cosmetic products designed to fade blemishes and scars. You can order pure Rosa Mosqueta oil from Rio Trading (01273 570987); a 20ml bottle costs £9.99.

To apply the oil to your scars, massage it into the skin with your fingers, using either rotational movements or in an upwards direction. Repeat twice daily. To treat surgical wounds or scarring following an accident, use the oil as soon as the stitches have been removed.

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