



**D**uring the medieval period the rose was grown mainly for its medicinal properties, but later in the 19th-Century when the essential oil of roses was re-discovered the fragrant rose became best known for its use in perfumery. Although the Apothecary's rose is still used for potpourris, teas, lotions and cosmetics, it is the fruit of the rose, 'rose hips', that has proved to be a highly curative remedy in modern times. In the 20th Century, both the wild Dog Rose (*Rosa canina*) and 'Rosa Mustique' (*R. rubiginosa*) rosehip seed oils have been used

A fair amount of research has indicated that an anti-inflammatory galactolipid found in a species of Rosehip - *Rosa canina* - may help ease the pain associated with arthritis, without any of the side effects of anti-inflammatory drugs.

#### *Rosehip facts*

##### **ROSEHIPS**

- \* contain iron
- \* can cure headaches
- \* can heal and clear scars
- \* can prevent urinary infections
- \* help dispel headaches and dizziness
- \* have much more vitamin C than oranges
- \* alleviate and cure rheumatoid/osteoarthritis and much more...