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5 Ways To Fight Wrinkles...With Roses?

Powerful beauty products that make the most of inflammation-fighting roses



The latest in younger-looking skin is coming up roses. That's because rose hip and rose oils contain high levels of vitamin A, which increase skin-cell turnover and reduce wrinkles, and vitamin C, which helps even skin tone. "The molecules in rose oils are small, so they pass into the skin easily, delivering the active ingredients where it matters: the dermis," says **Susan Stuart, MD, a board-certified dermatologist and**

founder of La Jolla Dermatology in La Jolla, California.

Bonus: in aromatherapy, rose oils are used to evoke sensuality and passion, meaning your rose products just may add a little extra spring to your step.

Check out five products that make the most of anti-inflammatory rose power.

"The most effective form of rose oil is in moisturizing products that leave your skin instantly glowing without feeling overly oily," says **Dr. Stuart.**

"Rose water toners help rejuvenate the skin as a natural toner and astringent," says **Dr. Stuart.**