

## **Rose Hip Powder**

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This light brown herb has a woody rose smell that is rich in vitamin C (a known antioxidant) and flavonoids, which increase the body's utilization of the vitamin. Therefore, this herb is beneficial for colds and flu. In addition to helping the skin retain moisture, it firms and tones the tissue.

### **Usage**

- ❑ Mix ¼ teaspoon of Rose Hip Powder to 2 tablespoons of base.
- ❑ Can be mixed with masks, butters, or scrubs.
- ❑ It does not dissolve with carrier oils

### **Active Ingredients**

- ❑ Extremely high in vitamin C (ascorbic acid)
- ❑ Vitamins B,E, and K, beta-carotene, bioflavonoids, fiber