



# Rose Hips – The Heart’s Resilience

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## Botanical Profile

- Latin Name: *Rosa canina*, *Rosa rubiginosa* (and other *Rosa* spp.)
- Alternative Names: Dog Rose, Wild Rose Fruit
- Plant Family: Rosaceae
- Parts Used: Fruit (hips), harvested after first frost
- Origin: Native to Europe, naturalised in temperate zones worldwide

Rose hips are the glowing red fruits that form after the rose’s bloom fades—gems of nourishment, resilience, and gentle healing. At Peridotflow, we honour rose hips as carriers of the rose’s strength in grounded form: rich in vitality, soft in tone, and gently protective to the heart and immune system alike.

## **Rich in Vitamin C for Immune Support**

Rose hips are one of nature’s richest sources of vitamin C, essential for immune function, collagen synthesis, and adrenal health. They’re especially helpful during cold and flu season or recovery from illness, providing gentle, food-like nourishment.

## **Anti-inflammatory and Joint Support**

Rose hips contain galactolipids and flavonoids shown to reduce inflammation and joint pain. They are often used in herbal protocols for osteoarthritis or stiffness, offering a gentle alternative to synthetic anti-inflammatories.

## **Tonic for the Cardiovascular System**

Rich in antioxidants like lycopene and flavonoids, rose hips help support healthy blood vessels, reduce oxidative stress, and maintain balanced blood pressure. Their cooling nature soothes inflammation within the vascular system while toning and protecting the heart.

## **Digestive and Adrenal Nourishment**

Rose hips gently support digestion by soothing gut inflammation and replenishing vital nutrients. Their vitamin C content also supports adrenal health, making them helpful during periods of stress, fatigue, or chronic depletion.

## **Skin Repair and Radiance**

With high levels of vitamin C and antioxidant compounds, rose hips are prized in skin healing formulas—internally and externally. They support collagen production, skin elasticity, and cellular regeneration, especially after illness, sun exposure, or scarring.

## Folklore & History

Rose hips have been gathered for centuries as a post-blossom offering of the wild rose. In WWII Britain, children were sent to collect rose hips for syrup production to boost public health due to citrus shortages. In folk traditions, they symbolise the rose's enduring love—grounded, nourishing, and present long after the bloom fades.

## Traditional Usage

Traditionally used in teas, syrups, jams, and decoctions, rose hips are harvested after frost for best potency. They are gently dried and simmered to extract nutrients or made into vitamin-rich elixirs and oxymels.

## Herbal Actions

Nutritive, Antioxidant, Astringent, Mild Laxative, Anti-inflammatory, Vulnerary

## Energetics & Tissue States

Temperature: Cooling

Moisture: Moistening

Tissue States: Dry, Atrophic, Inflamed

## Active Compounds

- Vitamin C – antioxidant, immune support
- Flavonoids (quercetin, rutin) – anti-inflammatory
- Lycopene and carotenoids – vascular support
- Galactolipids – joint anti-inflammatory
- Pectins – digestive soothing and prebiotic effects

## Dosage & Preparation

- Tea: 1 tbsp dried hips per cup, simmer 15–20 min; strain well
- Syrup: 1 tsp–1 tbsp daily
- Decoction: Blend with cinnamon, ginger, or hibiscus for depth
- Powder: Add to smoothies, oatmeal, or honey paste

## Safety & Contraindications

- Generally very safe
- Excess use may cause loose stools in sensitive individuals
- Strain well to avoid irritating hairs inside the hips

## Herbal Pairings

- Hibiscus – for enhanced antioxidant and heart support
- Elderberry – for winter immune blends
- Cinnamon – for warming and synergistic blood sugar balance
- Nettle – for mineral-rich synergy
- Lemon Balm – for uplifting, stress-resilient tea blends

## Peridotflow Perspective

Rose hips are the rose's grounded gift—vital, nourishing, and enduring. They bring soft strength to immune function, the heart, and skin, reminding us that healing continues long after blooming. Their ruby hue and sweet-tart flavour carry both joy and nourishment into the body's deepest spaces.