

ROSE HIPS

— *Rosa spp.* —

— Quick Guide for Herbal Practice —

— TISSUE RESTORATION —

- Supports tissue repair and seasonal recovery
- Helps reinforce immune resilience during colder months

— PREPARATIONS —

- **Herbal Tea** Gentle nutritive support and seasonal fortification
- **Herbal Syrup** Concentrated preparation for winter resilience
- **Infused Oil** To support dry, weather-exposed skin
- **Oxymel** Preserved tonic for long-term restorative use

— KEY CONSTITUENTS —

- **Vitamin C** For antioxidant and immune support
- **Bioflavonoids** For cellular protection and resilience
- **Carotenoids** For tissue integrity and repair
- **Tannins** For gentle tissue toning

— ROSE HIPS REFLECT RESTORATION —

Steadily replenishes depleted systems and supports the body's gradual return to strength and balance.

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