WHAT IS CLAIMED IS:

1. A method for cosmetically rejuvenating skin, comprising contacting a skin cell with a composition containing an effective amount of a *Rosa roxburghii* fruit extract obtained by extraction of a *Rosa roxburghii* fruit with water for 0.5 to 3 hours at 50°C to 100°C, a weight ratio of the water to the *Rosa roxburghii* fruit ranges from 20:1 to 1:1, wherein the *Rosa roxburghii* fruit extract rejuvenates the skin by promoting elongation of chromosomal telomere in the skin cell.

2. The method of claim 1, wherein the *Rosa roxburghii* fruit extract promotes telomerase synthesis.

3. The method of claim 2, wherein the *Rosa roxburghii* fruit extract enhances gene expression of telomerase reverse transcriptase (TERT), telomerase ribonucleic acid component (TERC), or combinations thereof.

4. The method of claim 1, wherein the *Rosa roxburghii* fruit extract inhibits chemical or UV irradiation-induced shortening of chromosomal telomere length.

5. The method of claim 1, wherein the *Rosa roxburghii* fruit extract improves gene repair.

6. The method of claim 1, wherein the *Rosa roxburghii* fruit extract promotes synthesis of chaperonin containing TCP1 complex (CCT).

7. The method of claim 6, wherein the *Rosa roxburghii* fruit extract enhances gene expression of a CCT subunit selected from the group consisting of CCT2, CCT5, CCT6A, CCT7, CCT8, and any combination thereof.

8. The method of claim 1, wherein the composition contains a water extract of *Rosa roxburghii* fruit at a concentration of at least 0.5 mg/mL.