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 a solvent, 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 solvent is water, alcohol, or a mixture of alcohol and water.

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

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

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

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

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

8. The method of claim 7, 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.

9. The method of claim 1, wherein the weight ratio of the solvent to the *Rosa roxburghii* fruit ranges from 20:1 to 1:1.

10. The method of claim 1, wherein the extraction is performed at a temperature between 50°C and 100°C.

11. 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.