

Dr.Hauschka

Skin Care



Luxurious, gentle and effective

New! Experience the new
Dr.Hauschka Body Oils



Holistic Body Care



Harnessing the power of the sun for body care

Clear and radiant with a silky consistency; plant oils absorb and carry in them the power of the sun. Enriched with extracts of medicinal herbs and essential oils, they provide you with much more than rich skin care – as the body's outermost defence system, they help the skin to protect itself. These fine oils also provide soothing warmth and stimulate the circulation and the body's metabolic activity.

For the new Dr.Hauschka Body Oils, medicinal herbs are combined with Sunflower oil from certified organic cultivation and allowed to steep for a week at 37 °C – the same temperature as the human body. This process allows the beneficial properties of the medicinal herbs to be transferred to the oil, creating six exquisite body oils, specially designed to meet the needs of the skin.

The compositions have been crafted from the knowledge that all skin has the power to return to its natural balanced state. The body oils simply encourage this process.

Six body oils, from sensuous to sensitive

Our six new Dr.Hauschka Body Oils, formulated with Vitamin E-rich Sunflower oil from certified organic sources, promote the skin's own rhythms and stimulate its natural activity. Based on many years of experience working with medicinal herbs, the compositions are specially formulated to:

- ▶ relax the skin and senses
- ▶ pamper the skin and senses
- ▶ hydrate and soothe dry and sensitive skin
- ▶ promotes the skin's natural vitality and functions
- ▶ help minimise the appearance of cellulite
- ▶ care for skin during pregnancy

The new Body Oils with convenient pump dispensers include familiar favourites such as Rose Body Oil and Moor Lavender Body Oil – a treat for the skin and the senses. New to the body oil series are Lemon Lemongrass, Birch Arnica and Almond St. John'swort.

As with the remainder of the Dr.Hauschka range, the Body Oils contain no synthetic chemical fragrances, preservatives or dyes and are certified natural cosmetics.

A sense of well-being comes from treating others – and ourselves.
Pamper yourself with these body oils for daily care or massage.





Relaxation for the skin and the senses

Moor Lavender Body Oil

Sometimes things get under our skin and the cold creeps into our bones – as if we were carrying the weight of the world on our shoulders. Moor Lavender Body Oil with rich Shea butter and Jojoba envelops your skin in a soothing layer of protection. This creamy, two-phase formula with extracts of Horse Chestnut and Horsetail also incorporates the healing properties of Moor extract, prepared in a special rhythmic procedure. Moor provides you and your body with a layer of protection against external influences – a great comfort for those prone to the cold and weather sensitivity. The gentle natural fragrance of Lavender essential oil has a relaxing effect and promotes calm, deep sleep.

Tip: A warm, damp muslin compress infused with a little Dr.Hauschka Lavender Bath followed by a massage with Moor Lavender Body Oil will do wonders for a stiff neck or muscles.





Fit for a Queen

Rose Body Oil

Every so often the skin and senses yearn for a little indulgence and nurturing care. This is the ideal time to treat yourself to the luxuriously fragrant Dr.Hauschka Rose Body Oil. Extract of Damask Roses, exquisite natural Rose essential oil and Jojoba oil create a balancing, harmonising body oil that helps relieve tension and emotional exhaustion and leaves your skin feeling silky-soft.

Dr.Hauschka Skin Care has worked tirelessly to obtain Damask Roses of the very finest biodynamic quality. We share our knowledge and experience of organic cultivation with Rose farmers in countries including Bulgaria, Turkey and Iran, purchasing their harvests at guaranteed prices. Our commitment to fair trade has developed many fruitful partnerships over the years.

Tip: Transform your bathroom into a day spa! After showering with Rose Body Wash, gently massage Rose Body Oil into your still-moist skin. With your body enveloped in the delicate fragrance of finest Roses, pamper your face with Rejuvenating Mask. Give your fingers and toes a treat too with a manicure and pedicure using Neem Nail Oil to complete your home beauty treatment.





Tip: In addition to massaging with Lemon Lemongrass Body Oil, your anti-cellulite programme should also include washing with Lemon Body Wash and finishing your bath or shower with a cool shower or gentle body brush massage using a little Lemon Bath to improve circulation.

Say goodbye to cellulite

with Lemon Lemongrass Body Oil

80 to 90 per cent of women are only too familiar with the unsightly appearance of cellulite, which develops as fat cells swell and push through the elastic connective tissues in the skin, causing the 'orange peel' effect on the skin's surface. Cellulite can only be combated with a comprehensive treatment plan, starting by stimulating the circulation in the affected areas. Regular massage with the newly developed, refreshingly fruity Lemon Lemongrass Body Oil can help. The invigorating formula containing Jojoba oil, Lemon peel, Mistletoe, Horsetail and Lemongrass helps to firm the skin and fortify the connective tissue. A diet low in fat and sugar also helps to discourage cellulite, as will regular exercise.





On the move

with Birch Arnica Body Oil

Physical activity and exercise serve to activate the body's metabolic rate. When we sweat our body excretes waste products through the skin. With hints of Mint and Lemon, Dr.Hauschka's Birch Arnica Body Oil refreshes the body and maintains moisture levels, leaving skin soft and supple. The formula, containing skin-fortifying Birch leaves, Arnica, Burdock and Nettle activates the skin's metabolism and encourages blood circulation whilst providing soothing warmth to tense muscles and tender joints.

A massage with Birch Arnica Body Oil before and after physical activity helps to keep the muscles and connective tissue flexible and prevent muscular aches and pains.

Tip: After exercise, enjoy a cleansing and refreshing shower with Blackthorn Body Wash.





Elastic tone throughout pregnancy

with Blackthorn Body Oil

Maintaining the skin's elasticity is the best way to prevent stretch marks during pregnancy. For this reason, it is important to provide skin with proper care and attention from the very beginning. Dr.Hauschka Blackthorn Body Oil is the perfect choice, with medicinal herb extracts of Blackthorn and skin-fortifying Birch leaves, St. John'swort oil and Jojoba oil. Regular massages with this oil will improve skin tone and help to keep it elastic. Regular baths with Dr.Hauschka Lemon Bath offer the perfect complement.

Toning Massage

For a toning massage that helps to keep your skin elastic, smooth a small amount of Blackthorn Body Oil over the skin then grasp the skin between your thumb and index finger, pulling it gently upwards before releasing. Repeat five times before moving onto the next area of skin.



Tip: Rosemary Leg and Arm Toner helps to energise tired, swollen legs.





Relief for dry and sensitive skin

Almond St. John'swort Body Oil

Sometimes you feel uncomfortable in your own skin. In today's hectic world, many children and adults alike find they have such sensitive, thin skin that they cannot fully protect themselves against external influences, and their skin reacts by becoming red, itchy and flaky. Help is available in the form of the warm, fragrant Almond St. John'swort Body Oil, containing soothing St. John'swort and Hops to smooth the skin and help keep it supple. This oil also helps the skin to maintain its natural moisture levels and is ideal for the treatment of dermatitis. It is also an excellent choice for calming, general-purpose massages.

Tips: Sensitive skin is nurtured and gently cleansed with Rose Body Wash. Body Silk can help to soothe itchy skin and Dr.Hauschka's rapidly-absorbed Hand Cream helps rough hands and elbows to become soft and smooth again.





A flower that worships the sun

The Sunflower

We are all familiar with the image of glorious fields of golden sunflowers, where the large flower heads all face towards the sun. These flower heads are reminiscent of flaming suns and show us their love of light. During their growth phase Sunflowers always turn to face the sun, looking to the east in the morning and towards the west in the evening. The Sunflower stores the power of sunlight in its fine oil. For Dr.Hauschka Body Oils, Sunflower oil is used from certified organic cultivation, with a high concentration of essential Linoleic acids and rich in Vitamin E. Sunflower oil also helps protect the skin against premature ageing, keeps it supple and leaves it feeling smooth and soft.

Which body oil is right for you?

Concern	Product	Effect
Cellulite	Lemon Lemongrass Body Oil	Enhances elasticity, helps to discourage cellulite
Exercise, eliminating toxins, sore muscles	Birch Arnica Body Oil	Activates the skin's metabolic rate, stimulates circulation Ideal for application before and after physical activity and after the sauna
Soothing the skin, treating dry skin	Almond St. John'swort Body Oil	Balances and fortifies; soothes sensitive, dry skin Helps keep skin firm and supple
Sensitivity to the weather, anxiousness, nervousness	Moor Lavender Body Oil	For people who can't say no! Promotes a calm, deep sleep Provides an invisible and comforting layer of protection
Pampering treatment Babies sensitive skin	Rose Body Oil	Harmonises and pampers the skin and the senses Ideal for baby massage
Pregnancy	Blackthorn Body Oil	Maintains the tone and elasticity of the skin Helps to prevent stretch marks

How to use Dr.Hauschka Body Oils: Gently massage into still-moist skin following a bath or shower. Breathe deeply and let the pleasant fragrance envelop you. For massages, Dr.Hauschka Body Oils can also be used on dry skin.



Relaxed and radiant

Treat yourself to some time with a Dr.Hauschka Esthetician, giving you the opportunity to relax from head to toe. Not only do Dr.Hauschka Estheticians pamper your face – they also offer a soothing full-body treatment using the Dr.Hauschka Body Oils. The rhythmic, quality touch and the flowing movements create a conscious, stimulating experience that boosts inner vitality, stimulates lymph flow and promotes regeneration and general health. This treatment will leave you feeling relaxed and more grounded, with a sense of overall wellbeing.

Dr.Hauschka Estheticians can be found around the globe in select beauty salons, hotels and spas. For further details on how to find your nearest Esthetician please go to: www.dr.hauschka.de/english/international

What is the secret of Dr.Hauschka Skin Care?

The finest natural ingredients, selected medicinal herbs, a unique treatment concept and a core idea that shapes its cosmetics and skin care approach: The skin possesses the power to nurture and regenerate itself. Skin care products should help to maximise these powers.

This is what makes Dr.Hauschka Skin Care unique. Elisabeth Sigmund, the pioneer of natural cosmetics, developed Dr.Hauschka Skin Care in conjunction with WALA Heilmittel GmbH.

WALA has been using only the finest natural substances to produce anthroposophic medicines since 1935. The revolutionary line of Dr.Hauschka natural cosmetics was added in 1967.



Quality from nature – for the sake of the earth

Nature's treasures transformed for you. More than just the motto of WALA Heilmittel GmbH, this is an expression of the entire company culture and its fundamental approach to all its products – be it WALA Medicines, WalaVita or Dr.Hauschka Skin Care.

Finest plant oils, natural waxes, powerful medicinal herbs and natural essential oils are the ingredients Dr.Hauschka has used to achieve the unparalleled quality of its skin care products for more than 40 years.

Ingredients

Almond St. John'swort Body Oil

Ingredients: Sunflower Oil, Extract of St. John'swort, Almond Oil, Hop Extract, Essential Oils.

Ingredients: Helianthus Annuus Seed Oil, Hypericum Perforatum Extract, Prunus Amygdalus Dulcis Oil, Humulus Lupulus Extract, Parfum, Limonene*, Citronellol*, Linalool*, Geraniol*, Coumarin*.

Birch Arnica Body Oil

Ingredients: Sunflower Oil, Arnica Extract, Birch Leaf Extract, Nettle Extract, Burdock Extract, Jojoba Oil, Essential Oils, Fatty Mustard Oil.

Ingredients: Helianthus Annuus Seed Oil, Arnica Montana Extract, Betula Alba Leaf Extract, Urtica Dioica Extract, Arctium Lappa Extract, Simmondsia Chinensis Oil, Parfum, Linalool*, Citral*, Limonene*, Coumarin*, Citronellol*, Geraniol*, Farnesol*, Eugenol*, Brassica Nigra Extract.

Blackthorn Body Oil

Ingredients: Sunflower Oil, Blackthorn Extract, Birch Leaf Extract, Jojoba Oil, Extract of St. John'swort, Essential Oils.

Ingredients: Helianthus Annuus Seed Oil, Prunus Spinosa Flower Extract, Betula Alba Leaf Extract, Simmondsia Chinensis Oil,

Hypericum Perforatum Extract, Parfum, Linalool*, Limonene*, Geraniol*, Citronellol*, Citral*, Coumarin*, Farnesol*, Eugenol*.

Blackthorn Body Wash

Ingredients: Water, Sugar Tensides, Glycerin, Apricot Kernel Oil, Fatty Alcohols, Glycerol Fatty Acid Esters, Blackthorn Extract, Witch Hazel Extract, Lecithin, Glycine Fatty Acid Compound, Essential Oils, Guar Gum Powder, Jojoba Oil, Shea Butter, Carrageenan, Alcohol, Wheat Germ Protein Hydrolysate, Xanthan Gum, Sugar Fatty Acid Esters, Propolis.

Ingredients: Aqua, Coco-Glucoside, Glycerin, Sodium Coco-Glucoside Tartrate, Prunus Armeniaca Kernel Oil, Cetearyl Alcohol, Glyceryl Laurate, Prunus Spinosa Fruit Extract, Hamamelis Virginiana Extract, Lysolecithin, Capryloyl Glycine, Parfum, Limonene*, Linalool*, Citral*, Eugenol*, Geraniol*, Cyamopsis Tetragonoloba Gum, Simmondsia Chinensis Oil, Butyrospermum Parkii Butter, Chondrus Crispus Extract, Alcohol, Hydrolyzed Wheat Protein, Xanthan Gum, Sucrose Laurate, Propolis.

Body Silk

Ingredients: Rice Starch, Silk Powder, Silica Powder, Essential Oils, Gentian Extract, Oak Extract, Sage Extract, Silica.

Ingredients: Oryza Sativa Starch, Serica Powder, Silica, Parfum, Linalool*, Limonene*, Geraniol*, Coumarin*, Citronellol*, Citral*, Gentiana Lutea Extract, Quercus Robur Extract, Salvia Officinalis Extract, Solum Diatomeae.

Lemon Bath

Ingredients: Castor Oil (sulphated), Glycerin, Lemon Essential Oil, Alcohol, Essential Oils, Jojoba Oil, Xanthophyll.

Ingredients: Sulfated Castor Oil, Glycerin, Citrus Medica Limonum Oil, Alcohol, Parfum, Limonene*, Citral*, Linalool*, Geraniol*, Citronellol*, Simmondsia Chinensis Oil, Xanthophyll.

Lemon Body Wash

Ingredients: Water, Sugar Tensides, Glycerin, Apricot Kernel Oil, Fatty Alcohols, Glycerol Fatty Acid Esters, Blackthorn Extract, Witch Hazel Extract, Lecithin, Glycine Fatty Acid Compound, Lemon Essential Oil, Essential Oils, Guar Gum Powder, Jojoba Oil, Shea Butter, Carrageenan, Alcohol, Wheat Germ Protein Hydrolysate, Xanthan Gum, Sugar Fatty Acid Esters, Propolis, Xanthophyll, Chlorophyll.

Ingredients: Aqua, Coco-Glucoside, Glycerin, Sodium Coco-Glucoside Tartrate, Prunus Armeniaca Kernel Oil, Cetearyl Alcohol, Glyceryl Laurate, Prunus Spinosa Fruit Extract, Hamamelis Virginiana Extract, Lysolecithin, Capryloyl Glycine, Citrus Medica Limonum Oil, Parfum, Limonene*, Linalool*, Citral*, Cyamopsis Tetragonoloba Gum, Simmondsia Chinensis Oil, Butyrospermum Parkii Butter, Chondrus Crispus Extract, Alcohol, Hydrolyzed Wheat Protein, Xanthan Gum, Sucrose Laurate, Propolis, Xanthophyll, CI 75810.

Lemon Lemongrass Body Oil

Ingredients: Sunflower Oil, Lemon Peel Extract, Lemongrass Extract, Field Horsetail Extract, Mistletoe Extract, Jojoba Oil, Lemon Essential Oil, Essential Oils.

Ingredients: Helianthus Annuus Seed Oil, Citrus Medica Limonum Peel Extract, Cymbopogon Citratus Extract, Equisetum Arvense Extract, Viscum Album Leaf Extract, Simmondsia Chinensis Oil, Citrus Medica Limonum Oil, Parfum, Limonene*, Citral*, Linalool*, Geraniol*, Farnesol*, Citronellol*, Eugenol*, Coumarin*.

Moor Lavender Body Oil

Ingredients: Olive Oil, Water, Shea Butter, Lavender Oil, Moor Extract, Sugar Fatty Acid Esters, Jojoba Wax, Essential Oils, Extract of Horse Chestnut, Extract of Field Horsetail, Alcohol.

Ingredients: Olea Europaea Oil, Aqua, Butyrospermum Parkii Butter, Lavandula Angustifolia Oil, Peat Extract, Sucrose Distearate, Hydrogenated Jojoba Oil, Parfum, Linalool*, Citronellol*, Limonene*, Geraniol*, Coumarin*, Citral*, Farnesol*, Eugenol*, Aesculus Hippocastanum Extract, Equisetum Arvense Extract, Alcohol.

Neem Nail Oil

Ingredients: Peanut Oil, Neem Leaf Extract, Kidney Vetch Extract, Apricot Kernel Oil, Chamomile Extract, Essential Oils.

Ingredients: Arachis Hypogaea Oil, Melia Azadirachta Leaf Extract, Anthyllis Vulneraria Extract, Prunus Armeniaca Kernel Oil, Chamomilla Recutita Extract, Parfum, Linalool*, Limonene*.

Rejuvenating Mask

Ingredients: Water, Quince Seed Extract, Alcohol, Glycerin, Wheat Germ Oil, Kidney Vetch Extract, Borage Extract, Fatty Alcohols, Apricot Kernel Oil, Peanut Oil, Chamomile Extract, Jojoba Oil, Bentonite, Carrot Extract, Propolis, Essential Oils, Lecithin, Xanthan Gum, Chlorophyll.

Ingredients: Aqua, Pyrus Cydonia Seed Extract, Alcohol, Glycerin, Triticum Vulgare Germ Oil, Anthyllis Vulneraria Extract, Borago Officinalis Extract, Cetearyl Alcohol, Prunus Armeniaca Kernel Oil, Arachis Hypogaea Oil, Chamomilla Recutita Extract, Simmondsia Chinensis Oil, Bentonite, Daucus Carota Extract, Propolis, Parfum, Limonene*, Citronellol*, Geraniol*, Linalool*, Citral*, Eugenol*, Farnesol*, Lysolecithin, Xanthan Gum, CI 75810.

Rosemary Leg and Arm Toner

Ingredients: Alcohol, Castor Oil, Borage Extract, Water, Essential Oils, Rosemary Essential Oil.

Ingredients: Alcohol, Ricinus Communis Oil, Borago Officinalis Extract, Aqua, Parfum, Rosmarinus Officinalis Oil, Linalool*, Limonene*, Citral*, Geraniol*, Citronellol*, Coumarin*.

Rose Body Oil

Ingredients: Sunflower Oil, Rose Petal Extract, Jojoba Oil, Rose Essential Oil.

Ingredients: Helianthus Annuus Seed Oil, Rosa Damascena Extract, Simmondsia Chinensis Oil, Rosa Damascena Flower Oil, Citronellol*, Geraniol*, Linalool*, Citral*, Eugenol*, Farnesol*.

Rose Body Wash

Ingredients: Water, Sugar Tensides, Glycerin, Blackthorn Fruit Extract, Fatty Alcohols, Glycerol Fatty Acid Esters, Rose Petal Extract, Almond Oil, Lecithin, Glycine Fatty Acid Compound, Kidney Vetch Extract, Apricot Kernel Oil, Guar Gum Powder, Jojoba Oil, Shea Butter, Carrageenan, Essential Oils, Alcohol, Wheat Germ Protein Hydrolysate, Xanthan Gum, Sugar Fatty Acid Esters, Propolis.

Ingredients: Aqua, Coco-Glucoside, Glycerin, Sodium Coco-Glucoside Tartrate, Prunus Spinosa Fruit Extract, Cetearyl Alcohol, Glyceryl Laurate, Rosa Damascena Extract, Prunus Amygdalus Dulcis Oil, Lysolecithin, Capryloyl Glycine, Anthyllis Vulneraria Extract, Prunus Armeniaca Kernel Oil, Cyamopsis Tetragonoloba Gum, Simmondsia Chinensis Oil, Butyrospermum Parkii Butter, Chondrus Crispus Extract, Parfum, Linalool*, Citral*, Citronellol*, Geraniol*, Limonene*, Benzyl Benzoate*, Alcohol, Hydrolyzed Wheat Protein, Xanthan Gum, Sucrose Laurate, Propolis.

*components of natural essential oils

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The people in this brochure



Katja

The wife of a former WALA employee, Katja continues to enjoy using Dr.Hauschka Skin Care products. During pregnancy she found Blackthorn Body Oil to be indispensable and is now the proud mother of Levi, a healthy and very sweet little boy.



Silvia

Silvia works in Dr.Hauschka's International Marketing department and is part of the team responsible for Body Care. As she enjoys travelling she has learned several languages. She finds it exciting to get to know different cultures.



Nicole

Nicole trained as a food chemist, but now formulates Dr.Hauschka Skin Care products in WALA's development department. She likes to take care of herself and her body by watching what she eats and playing sport. After a long mountain biking trip Nicole especially looks forward to soothing her aching muscles with Birch Arnica Body Oil.



Judith

Judith is the Project Leader responsible for international projects, and has been with WALA for fifteen years. Apart from the Dr.Hauschka Treatment she particularly loves the Dr.Hauschka Body Treatment, which she finds fantastically relaxing.

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www.dr.hauschka.de/english/international

Dr.Hauschka

Skin Care

Dr.Hauschka Skin Care – a name synonymous with biodynamic, certified organic and wild crafted ingredients, carefully selected healing herbs, a unique treatment concept and a core philosophy that shapes both the cosmetic products and the approach to skin care as a whole – a philosophy that demonstrates that the skin possesses its own powers of nurture and regeneration.

Dr.Hauschka Skin Care products strengthen the skin's own healthy processes and rhythms and give protection against external influences.

Dr.Hauschka Skin Care products are free from synthetic chemical fragrances, colours and preservatives.

