

Dr.Hauschka
Skin Care



Time for yourself

Intensive relaxation with
Dr.Hauschka face masks

New! Dr.Hauschka Soothing Mask



Holistic Face Care



Relax and recharge

Time is precious. What's more important than having time to unwind and recharge your batteries, allowing you to approach life with renewed enthusiasm.

In today's fast-paced world, it is becoming increasingly important to schedule time for peaceful contemplation. Only when we alternate phases of activity with periods of tranquil relaxation can we remain healthy and balanced.

A relaxing weekend, a quiet evening without any commitments or even just an hour to unplug the phone, switch off the computer and take it easy; our body and mind soaks up every minute that's stress-free.

There's only one thing left to do: breathe deeply and relax.

Tap into a well of new energy – for you and your skin

The fragrance of Lavender in the air invokes a pleasant sense of wellbeing. Slowly immerse yourself in warm water and leave the stresses of everyday life behind. Now is the time to focus on yourself and the needs of your skin.

After just a short time, the soothing Lavender Bath begins to take effect: Like the steam from the bath, tension vanishes into thin air. Now is the perfect time to lavish attention on the tired skin of your face – whether fortifying, revitalising or calming, the right mask gives it the stimulus it needs. Simply apply the mask, lie back and relax, and leave your cares behind.

Tip: Eye Solace helps tired eyes recover from a hectic day. Simply dampen cotton wool pads with a little Eye Solace, place over your eyes and let it work its magic. Afterwards, you'll see the world in an entirely new light.



Dr.Hauschka face masks at a glance

- ▶ **New! Soothing Mask**
calms and balances
- ▶ **Rejuvenating Mask**
tones and refines
- ▶ **Firming Mask**
smoothes and strengthens
- ▶ **Moisturising Mask**
hydrates and nourishes



Kidney vetch – *Anthyllis vulneraria*

New! Soothing Mask –

allows sensitive skin to breathe

Our skin envelops and protects us. After a long day or a demanding week, sensitive skin in particular deserves intensive support.

Dr.Hauschka Soothing Mask fortifies sensitive skin prone to inflammation and redness, and helps it to retain its moisture. Your skin will glow with a calm, even complexion – and continue to provide you with reliable protection.

- ▶ Sensitive skin
- ▶ Skin prone to inflammation and redness

Calms and balances

- ▶ Relieves redness and irritation.
- ▶ The combination of Lady's Mantle, Borage, Buckwheat and Mullein calms and strengthens the skin.
- ▶ Fresh Quince seed extract and valuable Witch Hazel hydrosol help restore and maintain the skin's moisture balance.
- ▶ Anthyllis harmonises and calms red, irritated skin.
- ▶ Precious Shea Butter, Macadamia nut and Coconut oils provide nourishing care.





Rejuvenating Mask – with the revitalising power of Quince

For those times in life when your skin becomes tired and stressed, Dr.Hauschka Rejuvenating Mask with hydrating Quince seed extract, gives your face the moisturising care it needs. The intensive regenerating properties of Rejuvenating Mask make it suitable for all skin conditions.

- ▶ For all skin conditions
- ▶ Especially effective for blemished, open-pored skin

Tones and refines

- ▶ A unique blend of plant ingredients including Quince, Anthyllis and Chamomile stimulate healthy regeneration while helping maintain moisture.
- ▶ Sun-stressed and couperose skin conditions in particular benefit from regular use.
- ▶ Fine plant oils derived from Jojoba, Apricot kernel and Wheat germ provide intensive care.
- ▶ Calms and clears congested skin and tones and refines large pores.
- ▶ Skin is left feeling refined and refreshed.



Quince – *Cydonia oblonga*



Rose – *Rosa ssp.*

Firming Mask –

containing the restorative power of Rose

As skin ages its ability to regenerate decreases and it gradually loses elasticity and vitality. The rich formula of Dr.Hauschka Firming Mask is ideal for skin beginning to show the signs of ageing as it helps the skin to return to its natural balance.

- ▶ For more mature skin, increasingly prone to dryness
- ▶ For skin starting to show the signs of ageing

Smooths and strengthens

- ▶ Precious extracts of Rose, Pansy and Marsh Mallow join rich, moisturising Mango butter blended with Avocado and Sweet Almond oils to guide skin back to balance.
- ▶ The silky-smooth mask absorbs quickly and supports skin structure.
- ▶ Leaves skin feeling smooth and strengthened.
- ▶ The result is a soft, supple complexion.





Dr.Hauschka Moisturising Mask – pure regeneration for dry skin

At certain times in our lives our skin produces insufficient moisture and oil. It can become stressed and thin and may show signs of sensitivity. Dr.Hauschka Moisturising Mask provides you with intensive care that assists your skin in finding its natural balance again.

- ▶ For dry skin
- ▶ For stressed or damaged skin

Soothing and hydrating

- ▶ Extracts of Quince seeds and precious plant oils help the skin to preserve moisture. It also calms, smoothes and supports the skin's regenerative processes.
- ▶ Shea butter helps to keep the skin hydrated and gives you a dewy, soft complexion.
- ▶ Sunflower oil activates the natural oil production of the skin.
- ▶ A composition of natural waxes, including Candellila wax, provides the skin with a breathable, protective layer that guards against environmental influences and enhances the moisturising and nourishing qualities of this special face mask.





Relaxed and radiant:

treat yourself to a consultation with a Dr.Hauschka Esthetician

Let our Dr.Hauschka Estheticians pamper you with a luxurious facial treatment – one that will relax you all the way to the tips of your toes and leave your skin deep-cleansed and moisturised. The treatment begins with a foot bath followed by lymphatic stimulation with fine brushes to detoxify and cleanse the tissues and fortify the immune system. The day's stress is banished through the combination of heat and gentle massage. The Dr.Hauschka Treatment revitalises your skin, making it feel smooth and firm once again. The treatment leads to a deep state of relaxation, leaving you infused with a sense of inner tranquillity.

For addresses of Dr.Hauschka Estheticians near you, please visit:
www.dr.hauschka.de/english/service

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 our 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 Dr.Hauschka range of 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.

The 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

Eye Solace

Ingredients: Water/Aqua, Euphrasia Officinalis Extract, Foeniculum Vulgare (Fennel) Seed Extract, Alcohol, Anthyllis Vulneraria Extract, Chamomilla Recutita (Matricaria) Flower Extract, Camellia Sinensis Leaf Extract, Rosa Damascena Flower Oil, Citronellol*.

Firming Mask

Ingredients: Water/Aqua, Persea Gratissima (Avocado) Oil, Rosa Damascena Flower Water, Glycerin, Alcohol, Althaea Officinalis Root Extract, Beeswax/Cera Alba, Rosa Damascena Extract, Prunus Amygdalus Dulcis (Sweet Almond) Oil, Olea Europaea (Olive) Fruit Oil, Hectorite, Simmondsia Chinensis (Jojoba) Seed Oil, Mangifera Indica (Mango) Seed Butter, Glyceryl Stearate, Stearic Acid, Lysolecithin, Fragrance/Parfum, Citronellol*, Limonene*, Geraniol*, Linalool*, Citral*, Farnesol*, Eugenol*, Rosa Damascena Flower Wax, Viola Tricolor Extract, Rosa Damascena Flower Oil, Chondrus Crispus (Carrageenan) Extract, Sodium Stearoyl Lactylate, Lithospermum Officinale Root Extract, Mica, Iron Oxides/CI 77491.

Lavender Bath

Ingredients: Sulfated Castor Oil, Glycerin, Lavandula Angustifolia (Lavender) Oil, Alcohol, Fragrance/Parfum, Citronellol*, Geraniol*, Linalool*, Limonene*, Coumarin*, Simmondsia Chinensis (Jojoba) Seed Oil.

Moisturizing Mask

Ingredients: Water/Aqua, Pyrus Cydonia Seed Extract, Helianthus Annuus (Sunflower) Seed Oil, Glycerin, Prunus Amygdalus Dulcis (Sweet Almond) Oil, Persea Gratissima (Avocado) Oil, Olea Europaea (Olive) Fruit Oil, Alcohol, Butyrospermum Parkii (Shea Butter), Lanolin, Polyglyceryl-3 Polyricinoleate, Beeswax/Cera Flava, Simmondsia Chinensis (Jojoba) Seed Oil, Lecithin, Sucrose Distearate, Rosa Damascena Flower Wax, Fragrance/Parfum, Citral*, Geraniol*, Citronellol*, Linalool*, Limonene*, Euphorbia Cerifera (Candelilla) Wax, Propolis Wax.

Rejuvenating Mask

Ingredients: Water/Aqua, Pyrus Cydonia Seed Extract, Alcohol, Glycerin, Triticum Vulgare (Wheat) Germ Oil, Anthyllis Vulneraria Extract, Borago Officinalis Extract, Cetearyl Alcohol, Prunus Armeniaca (Apricot) Kernel Oil, Arachis Hypogaea (Peanut) Oil, Chamomilla Recutita (Matricaria) Flower Extract, Simmondsia Chinensis (Jojoba) Seed Oil, Bentonite, Daucus Carota Sativa (Carrot) Root Extract, Propolis Wax, Fragrance/Parfum, Limonene*, Citronellol*, Geraniol*, Linalool*, Citral*, Eugenol*, Farnesol*, Lysolecithin, Xanthan Gum, Chlorophyllin-Copper Complex /CI 75810.

Soothing Mask

Ingredients: Water/Aqua, Hamamelis Virginiana (Witch Hazel) Water, Pyrus Cydonia Seed Extract, Cocos Nucifera (Coconut) Oil, Butyrospermum Parkii (Shea Butter), Alcohol, Glycerin, Macadamia Ternifolia Seed Oil, Helianthus Annuus (Sunflower) Seed Oil, Beeswax/Cera Flava, Anthyllis Vulneraria Extract, Chamomilla Recutita (Matricaria) Flower Extract, Arachis Hypogaea (Peanut) Oil, Cetearyl Alcohol, Simmondsia Chinensis (Jojoba) Seed Oil, Bentonite, Prunus Armeniaca (Apricot) Kernel Oil, Alchemilla Vulgaris Extract, Borago Officinalis Extract, Polygonum Fagopyrum (Buckwheat) Leaf Extract, Verbascum Thapsus Extract, Fragrance/Parfum, Citronellol*, Linalool*, Geraniol*, Limonene*, Farnesol*, Benzyl Benzoate*, Eugenol*, Citral*, Benzyl Salicylate*, Coumarin*, Xanthan Gum, Lysolecithin.

* component of natural essential oils



Ann-Kristin

Ann-Kristin came to know and appreciate Dr.Hauschka Skin Care as a little girl. As an adult, the actress continues to swear by the natural cosmetics from the Swabian region of southern Germany. Because Ann-Kristin loves animals it is important to her that the cosmetics she uses are not tested on animals. She is also committed to a conscientious, sustainable lifestyle.

Her favourite Dr.Hauschka products are: Lip Balm, Quince Day Cream, Quince Body Moisturizer, Moisturizing Mask, Mascara.

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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.

