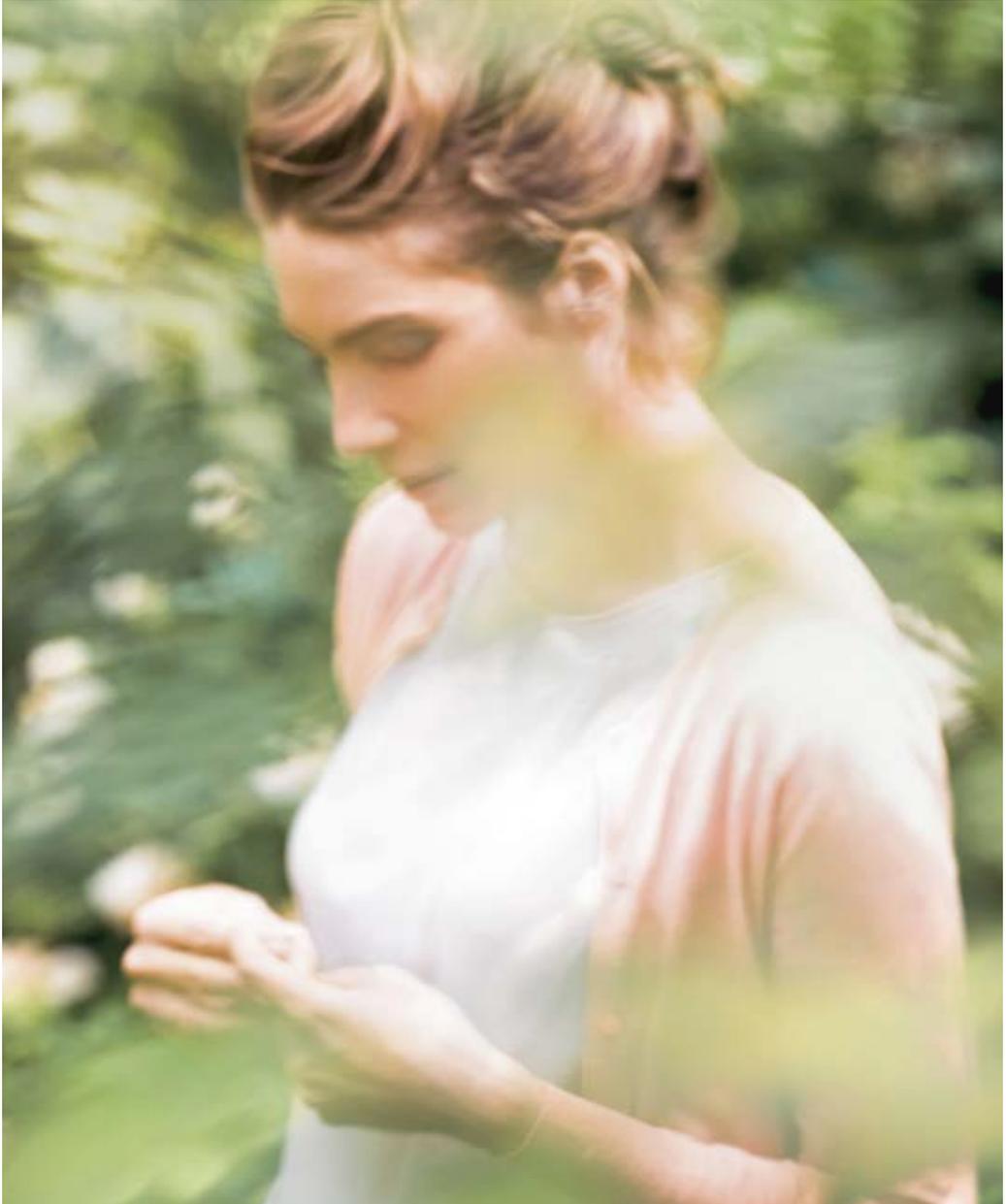


Dr. Hauschka



Cosmetics Culture 2016



“People need two kinds of beauty –  
inner and outer.”

**Elisabeth Sigmund**

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Its balancing powers make anthyllus  
one of the key plants in Dr. Hauschka Skin Care products

Valuable raw materials. Knowledge of healing.  
Trust in inner strengths.  
Beauty is rhythm and balance.

## Respect for your skin's wisdom

The beauty secret we can reveal to you through the Dr. Hauschka Skin Care regimen is that:

- › Your skin inherently knows what to do to look after and renew itself. Our products do not take over these tasks, but support your skin to be in balance with its own natural processes.
- › Dr. Hauschka products contain nourishing plant extracts and natural ingredients that are, as far as possible, obtained from certified organic or biodynamic cultivation under fair trade conditions.

### **We always look at the whole picture**

Although we value each individual ingredient, we believe that it is only through the interaction of all of these ingredients together that we achieve such high-quality products. We take an equally holistic view of your skin. To offer your skin the fortifying and balancing support it needs, we study the cyclical renewal of your skin cells, observe the cultivation, growth and harvest cycles

of our raw materials and use rhythmic procedures to produce our extracts and essences.

### **A wealth of plant knowledge**

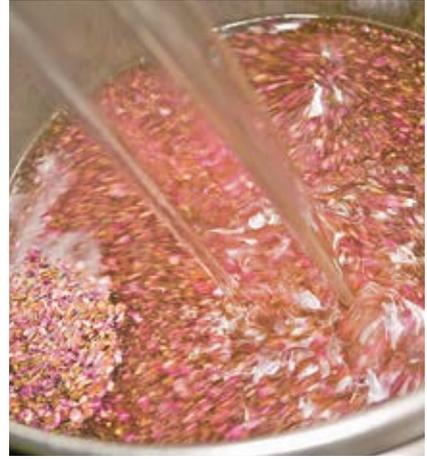
Ever since the 1920s when Dr. Rudolf Hauschka sought a way to produce medicines naturally without using alcohol as a preservative, Dr. Hauschka Skin Care manufacturer WALA Heilmittel has developed a wealth of knowledge about plants that will nourish and guide the skin to a balanced, beautiful state.

We make use of this knowledge every day and expand it through our development team's constant work.

Dr. Hauschka Skin Care is created using the rhythmical production procedure employed for our medicinal plant ingredients. Even our eyeshadows and lipsticks contain extracts of anhyllis or witch hazel as we aim to create a sense of balance between your inner and outer beauty.



In the WALA perfumer's laboratory



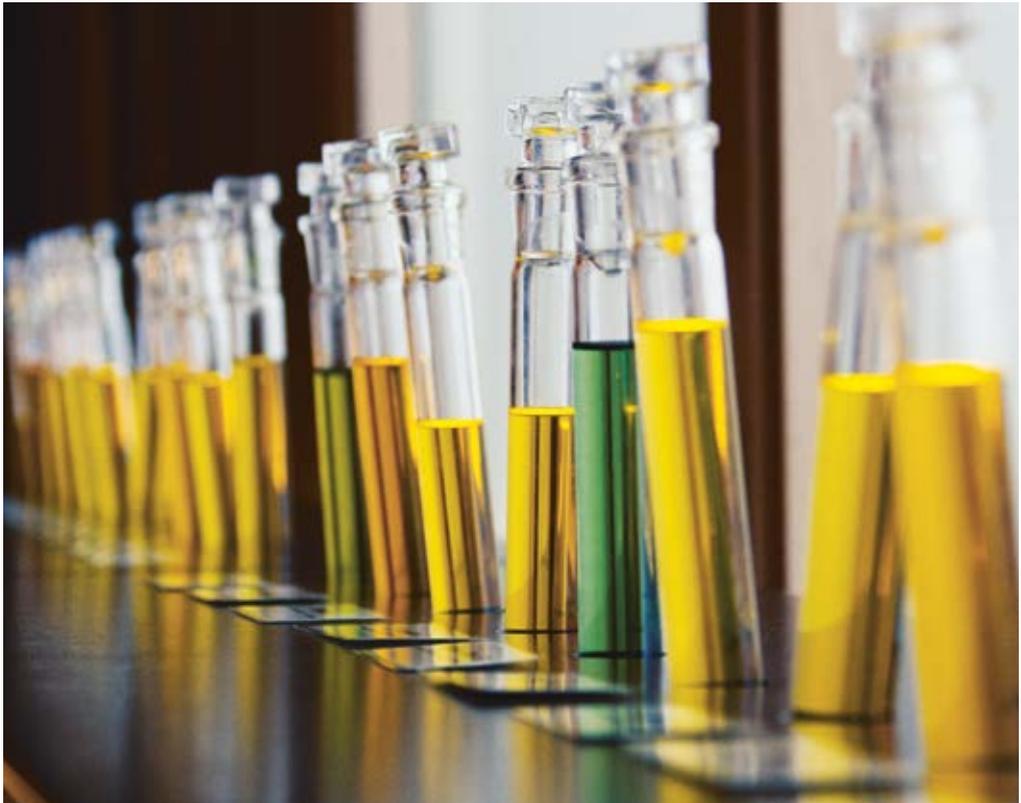
Use of rose petal oil extract

### **Pioneers of natural cosmetics**

In addition to nourishing plant extracts, Dr. Hauschka products contain high-quality botanical oils and waxes, as well as other naturally sourced ingredients such as silica, natural brine, ground almonds, silk and mineral pigments. Our entire range is certified with the BDIH seal for 'certified natural cosmetics' and/or the international quality seal for natural and organic cosmetics 'NATRUE'. You can rest assured that we do not use any chemical or synthetic fragrances, dyes or preservatives in any of our products.

Discover holistic care and enjoy the rhythm of life.

Dr. Hauschka oils and baths



Sow and harvest. Respect and protect.  
 Today and tomorrow. Bear responsibility  
 every step of the way.

## A company that resembles a flourishing garden

Our actions were focused on the idea of sustainability long before this was coined as a modern day term. Natural cycles and the power of vital, unpolluted raw materials form the basis of all Dr. Hauschka products, as they always have. Imagine our company as a flourishing garden: we work as carefully and responsibly as possible, base our actions on nature's rhythms, value manual work and see the merits of both healthy compost and a rich harvest.

### Specific sustainability

As the manufacturer of Dr. Hauschka, sustainability is not simply a word; it is an indispensable part of our product quality and an everyday consideration.

- › We almost exclusively obtain our raw materials from certified organic cultivation and under fair trade conditions.
- › At our international headquarters in Germany, we think and work in material cycles – for example, with in-house water treatment, easy-to-recycle

packaging materials wherever possible and composting production waste.

- › We conserve resources wherever possible too: for years, we have procured 100% certified green electricity, used heat recovery and the ground temperature for air conditioning purposes, provided company bicycles and supported commuting via train or car pools.

### The garden really exists

Our garden really does form the heart of our company – and is located behind our head office in Eckwälden/ Germany. With an area of approximately 4.5 hectares, we grow around 150 different plants using biodynamic methods. We take care of both noble roses and common daisies – which many simply regard as a wild flower but we see as a skin care ingredient for renewal and resilience. We cultivate our own seeds and tend to our seedlings ourselves. And when the workload increases at harvest time, employees from many different WALA departments all pitch in to support the work in the garden.



The roots of our company:  
the WALA biodynamic plant garden



Compost in the WALA biodynamic plant garden in winter



The whole world grows in the WALA biodynamic plant garden –  
such as black cohosh from North America

**Sustainable partnerships all around the world**

We also support sustainability through the ecological, socially responsible partnerships that we have created. For example, we obtain shea butter from an organically certified collection area in Burkina Faso, Africa and the precious oil of the Damask roses comes from countries such as Afghanistan, where we are working with the World Hunger Organization to support more than 400 farmers who now use organic rose growing as an alternative to opium cultivation.

Together with you, we are helping to preserve and heal the earth for future generations.



Individual and unique.  
Authentic and expressive.  
Your face reveals your love of life.

## At one with yourself

When you look in the mirror, you see more than just a familiar face: you pick up the signals that are emitted by your skin, your lips and your eyes. We believe that with a careful look, you can sense what is benefitting you today and what is helping you to be at one with yourself and the world.

We believe that your face cannot be observed as separate from your body, your body not separate from your mind and your inner being not separate from external influences. Dr. Hauschka facial care offers a holistic experience, which affects far more than just your skin.

### **Your skin is unique**

Skin is a flexible, strong yet sensitive organ. You and your skin cannot be classified as a single 'type': you need the right care plans for different days and

places, different seasons and different stages of life. At Dr. Hauschka, we refer to skin conditions, which appear and disappear, rather than static skin types. You are not a 'dry skin' or 'combination skin'.

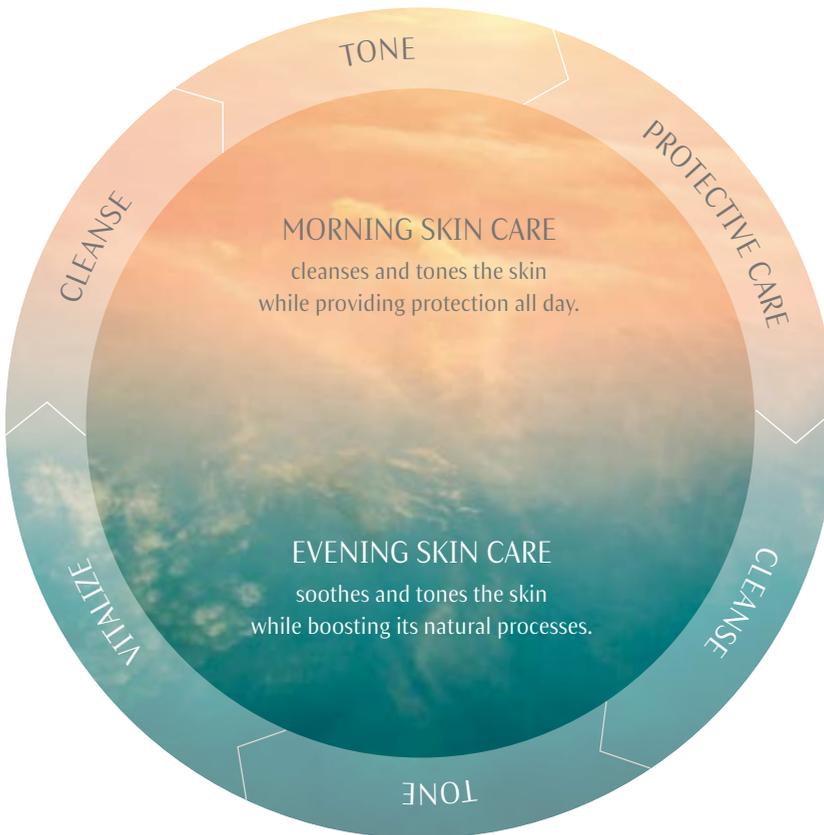
You will tend to have certain skin conditions, but do not retain these for life. For example, you may use *Quince Day Cream* for normal skin most days of the year, but replace this with *Rose Day Cream* if your skin is feeling sensitive.

Dr. Hauschka facial care products are as diverse as you are. Whatever your skin condition at your current stage of life, the precious product compositions support your skin's natural processes of renewal.

Welcome to your own personal balance.

# A skin care concept as rhythmic as life itself

The awakening of spring requires the winter to rest, just as the harvest in autumn needs the energy-laden summer. It is similarly so for our skin, which can only fulfill its diverse functions when it regularly draws strength and uses its natural rhythms.



**Your skin during the day – your skin at night**

During the day, your skin takes on a different task than at night. Its activity relates to outside influences: the skin allows you to feel and experience the world up close, but with protective limits. At night, the skin is not required to keep environmental influences away from the body and instead focuses its power inward for renewal. The unique skin care concept of Dr. Hauschka respects and supports this rhythm.

**Our basic skin care routine for day and night**

The Dr. Hauschka skin care concept accompanies your skin 24 hours a day. It comprises three steps for both morning and night: in the morning after cleansing and toning, your skin requires daytime skin care that suits your individual needs and protects you from environmental influences such as wind and rain. During the night, on the other hand, your skin is nurtured with non-oily skin care, which allows it

to breathe freely; to tone, regenerate and vitalize. All Dr. Hauschka night-time skin care products therefore give your skin support its for natural renewal processes – so that you wake up the next morning with a fresh complexion.

**Time for a treatment**

The ampules and intensive treatments support your skin's entire 28 day regeneration cycle. The treatments remind your skin of its renewal processes, normalize and support its natural balance.

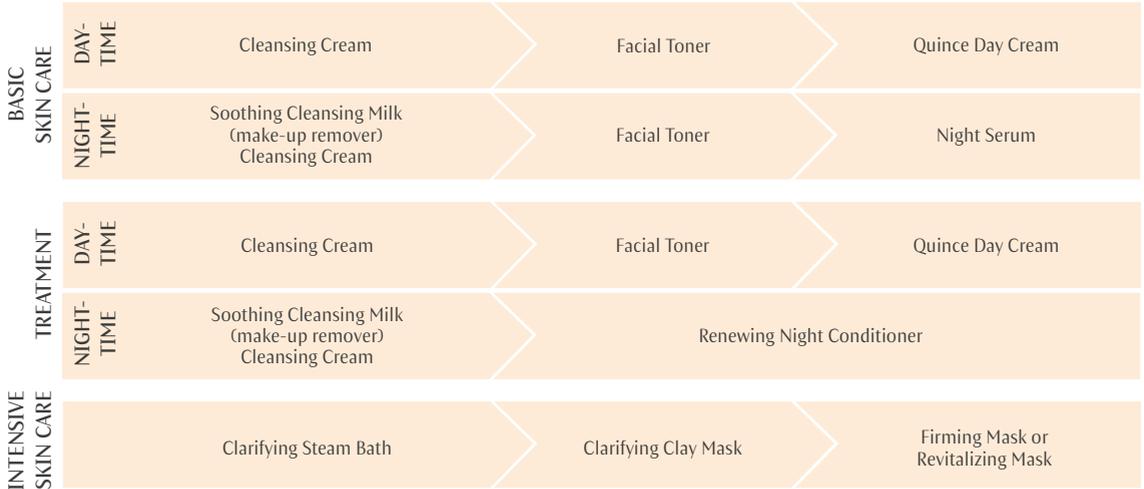
**A little bit of extra care**

Used once or twice a week, intensive skin care products complement your skin care routine and give your skin a break: prepare your face for the treatment mask best suited for your skin's needs by first deeply cleansing with *Clarifying Steam Bath* and *Clarifying Clay Mask*.

Which product is best suited for your current skin condition? Eight skin care routines give you an initial idea. You can also enjoy a personal skin care consultation from your Dr. Hauschka esthetician.

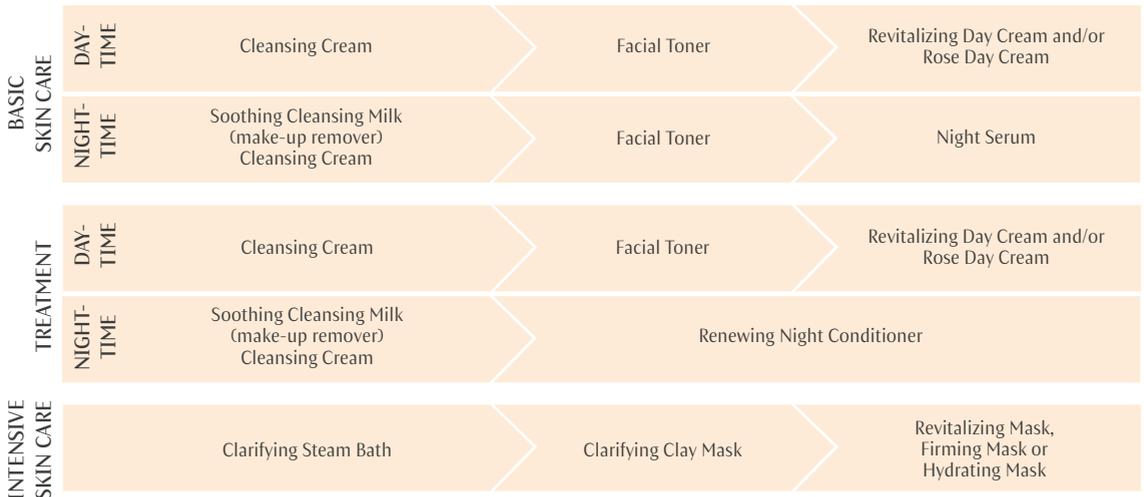
## Normal skin

Fresh, velvety, rosy, firm, fine-pored, non-sensitive, very slightly oily T-zone, blemish-free



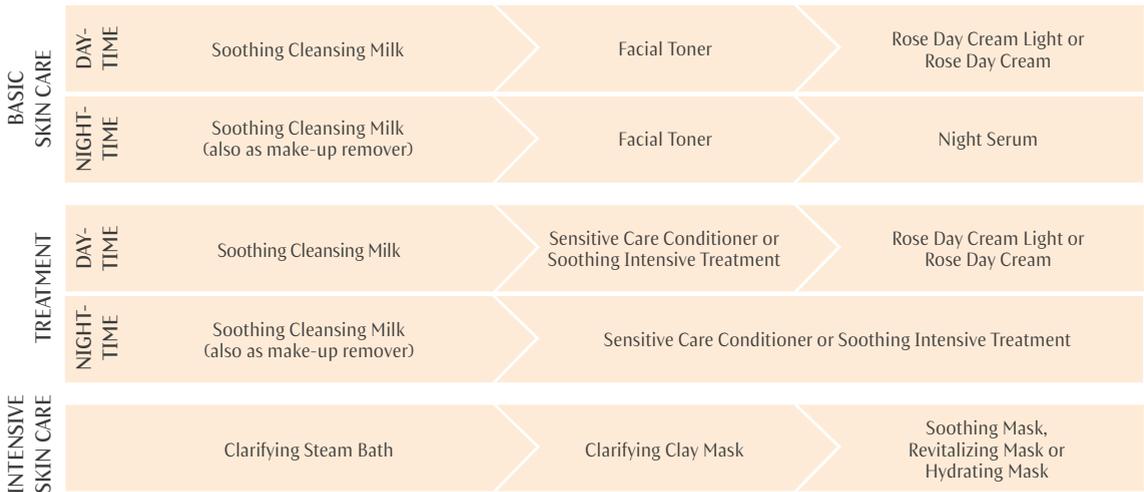
## Dehydrated, dry skin

Fine-pored, low oil content, dehydrated, premature wrinkling, feels tight, pale



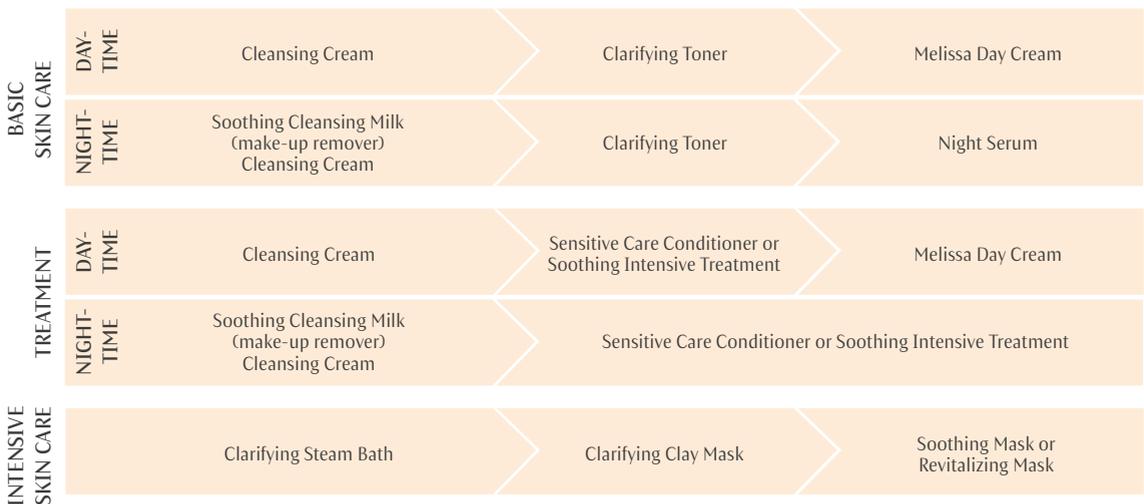
## Sensitive skin

Redness, flaky, thin-skinned, possibly also: constantly reddened cheeks/nose area (visible blood vessels), itching, flakiness



## Sensitive combination skin

Sensitive, redness, oily T-zone, large-pored, possibly blemished, dry cheeks



## Combination skin

Blemished T-zone, large-pored, quickly becomes oily, dry cheeks

BASIC SKIN CARE	DAY-TIME	Cleansing Cream	Clarifying Toner	Mix Revitalizing Day Cream and Clarifying Day Oil
	NIGHT-TIME	Soothing Cleansing Milk (make-up remover) Cleansing Cream	Clarifying Toner	Night Serum
TREATMENT	DAY-TIME	Cleansing Cream	Clarifying Toner*	Mix Revitalizing Day Cream and Clarifying Day Oil
	NIGHT-TIME	Soothing Cleansing Milk (make-up remover) Cleansing Cream	Renewing Night Conditioner, Clarifying Intensive Treatment (up to age 25) or Clarifying Intensive Treatment (age 25+)	
INTENSIVE SKIN CARE		Clarifying Steam Bath	Clarifying Clay Mask	Revitalizing Mask

\* During the intensive treatment period, in the mornings please replace the Clarifying Toner with the Clarifying Intensive Treatment (up to age 25) or Clarifying Intensive Treatment (age 25+)

## Blemished, oily skin

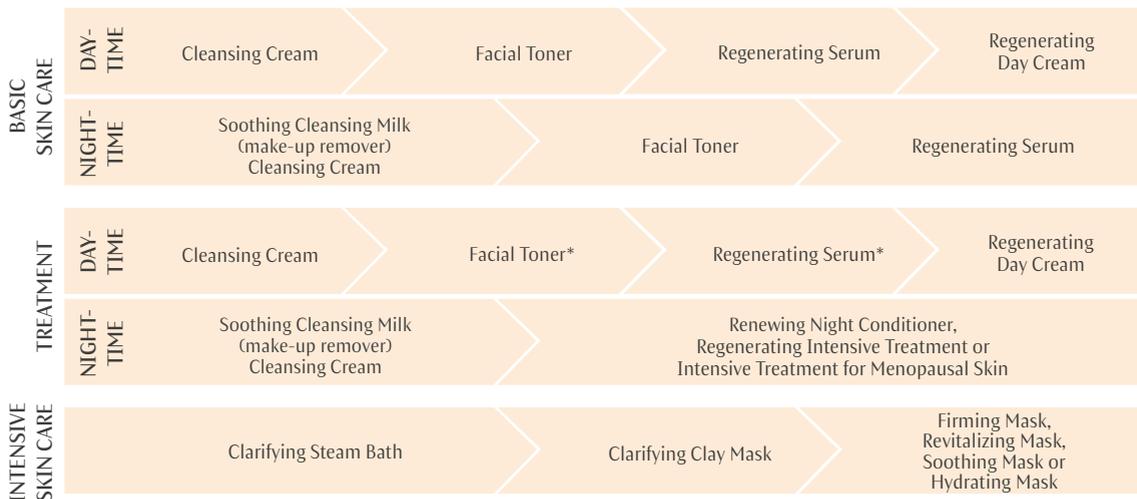
Large-pored, quickly becomes oily, blemished

BASIC SKIN CARE	DAY-TIME	Cleansing Cream	Clarifying Toner	Clarifying Day Oil
	NIGHT-TIME	Soothing Cleansing Milk (make-up remover) Cleansing Cream	Clarifying Toner	Night Serum
TREATMENT	DAY-TIME	Cleansing Cream	Clarifying Toner*	Clarifying Day Oil
	NIGHT-TIME	Soothing Cleansing Milk (make-up remover) Cleansing Cream	Renewing Night Conditioner, Clarifying Intensive Treatment (up to age 25) or Clarifying Intensive Treatment (age 25+)	
INTENSIVE SKIN CARE		Clarifying Steam Bath	Clarifying Clay Mask	Revitalizing Mask

\* During the intensive treatment period, in the mornings please replace the Clarifying Toner with the Clarifying Intensive Treatment (up to age 25) or Clarifying Intensive Treatment (age 25+)

## Mature skin

Declining elasticity of the skin, wrinkling, increased dryness, possibly constantly reddened cheek/nose areas (visible blood vessels), thin-skinned, menopause-induced age spots



\* During the intensive care period, in the mornings, please replace the Facial Toner and Regenerating Serum with Regenerating Intensive Treatment or Intensive Treatment for Menopausal Skin

## Cleansing allows your skin to breathe

Cleansing your face is as natural as breathing. It refines and revitalizes the skin and forms the basis for the holistic Dr. Hauschka Skin Care concept. Your skin will have a radiant new freshness, pore-deep clarity and a healthy, rosy complexion.

Dr. Hauschka products for facial cleansing are free from surfactants and support the skin's own activity. The basic cleansing routine involves using *Cleansing Cream* or *Soothing Cleansing Milk* in the mornings

and evenings. This gently prepares the skin for the subsequent steps in the skin care routine. This does more than just let our skin breathe: we feel free and create the prerequisites for natural beauty.

### Tip

*Clarifying Steam Bath* and *Clarifying Clay Mask* complement the facial care range for intensive cleansing and are suitable for all skin conditions (see page 47).



Almond meal – *Prunus dulcis*



## Soothing Cleansing Milk

cleanser, make-up remover

Soothing Cleansing Milk removes dirt and make-up prior to cleansing with Cleansing Cream. For sensitive skin, Soothing Cleansing Milk can be used as a daily cleanser in the mornings and evenings to prepare the skin for a toner and day or night care.

Formulation: Anthyllis, jojoba and almond oil gently cleanse and maintain the skin's naturally protective acid mantle.

### Skin condition

For dry, sensitive and normal skin. As a make-up remover, it is suitable for all skin conditions.

### Usage

Each morning and evening, apply evenly to a damp face. Remove using water, a cosmetic sponge or a lukewarm cloth. To remove eye make-up, apply a little Soothing Cleansing Milk to a dampened cotton pad.

### Tip

For complete cleansing after removing make-up, we recommend the use of *Cleansing Cream*.

### Ingredients

Water (Aqua), Alcohol, Anthyllis Vulneraria Extract, Simmondsia Chinensis (Jojoba) Seed Oil, Prunus Amygdalus Dulcis (Sweet Almond) Oil, Prunus Armeniaca (Apricot) Kernel Oil, Glycerin, Lactobacillus/Oat/Rye/Wheat Seed Extract Ferment, Cetearyl Alcohol, Bentonite, Lecithin, Xanthan Gum, Hydrolyzed Wheat Gluten, Fragrance (Parfum), Limonene\*, Linalool\*, Geraniol\*, Citronellol\*.

\*component of natural essential oils



## Cleansing Cream

refines, revitalizes and deeply cleanses

Cleansing Cream offers renewing, refreshing care to the skin. This gentle cleanser exfoliates and supports the skin's natural protective function, preparing it for a toner and day or night care. For all skin conditions.

Formulation: Calendula, chamomile, St. John's wort, anthyllis and sweet almond meal gently cleanse while revitalizing skin and minimizing the appearance of pores.

### Skin condition

For all skin conditions.

### Usage

Cleanse in the morning and evening. Moisten face and neck with warm water. Include décolleté if desired. Mix 1-2 cm (1/2 inch) of Cleansing Cream with water in the palms to form a smooth, creamy paste. Press gently into the skin with a rolling motion, starting in the center of the forehead then slowly working outward and down. Use gentle movements. Do not rub—this is not a face scrub. Avoid the eye area. Dampen your hands again. Repeat several times. Rinse with plenty of warm water then finish with a splash of cool, fresh water. For sensitive skin use warm water only.

### Tip

The moisturizing properties of the Cleansing Cream make it the ideal preparation for the Dr. Hauschka oil-free night time skin care products.

### Ingredients

Water (Aqua), Prunus Amygdalus Dulcis (Sweet Almond) Seed Meal, Calendula Officinalis Flower Extract, Anthyllis Vulneraria Extract, Alcohol, Arachis Hypogaea (Peanut) Oil, Chamomilla Recutita (Matricaria) Flower Extract, Hypericum Perforatum Flower/Leaf/Stem Extract, Helianthus Annuus (Sunflower) Seed Oil, Hamamelis Virginiana (Witch Hazel) Bark/Leaf Extract, Triticum Vulgare (Wheat) Germ Oil, Prunus Amygdalus Dulcis (Sweet Almond) Oil, Fragrance (Parfum), Citronellol\*, Geraniol\*, Malpighia Punicifolia (Acerola) Fruit Extract, Xanthan Gum, Lecithin, Algin.

\*component of natural essential oils

## When your skin needs a little support



Our skin not only reflects our inner being, but also acts as a mediator with the outside world: it protects us against external influences and balances temperature fluctuations. These are just a few of its basic functions, for which a little support can do a lot of good.

A fortifying Dr. Hauschka facial toner encourages the skin's own powers of renewal, and is the ideal second step after basic cleansing – both morning and evening. Its application is a pleasing and effective part of the care ritual. Premium quality compositions with

nurturing plants such as witch hazel and anthyllis guide and support the skin's natural functions. The non-greasy compositions allow the skin to breathe and help create a clear, rosy complexion.

Trust in your own strengths, gently and effectively prepare yourself and your skin for the next stage of your day or night skin care routine.

**Tip**

Dr. Hauschka facial toners wonderfully revive the skin as needed and are especially refreshing on hot days.



## Facial Toner

enlivens and fortifies

Facial Toner gently guides the skin's natural processes to achieve a radiant, rosy complexion. As part of a daily skin care routine, this oil-free formulation is the ideal toning product for normal, dry, sensitive and tired skin.

Formulation: Extracts of witch hazel and anthyllis invigorate skin, leaving it feeling fresh and revitalized. Facial Toner encourages a balanced, hydrated complexion while supporting the skin's natural renewal processes.

### Skin condition

For normal, dry and sensitive skin.

### Usage

After cleansing in the morning and evening, mist Facial Toner onto the face then gently press into the skin.

### Tip

For men, we recommend the revitalizing Facial Toner after shaving.

### Ingredients

Water (Aqua), Anthyllis Vulneraria Extract, Alcohol, Hamamelis Virginiana (Witch Hazel) Bark/Leaf Extract, Fragrance (Parfum), Linalool\*, Citronellol\*, Geraniol\*, Limonene\*, Citral\*.

\*component of natural essential oils



## Clarifying Toner

tones, balances and calms oily skin

Clarifying Toner gently guides and balances the skin's natural processes for a radiant, rosy complexion. As part of a daily skin care routine, this oil-free formulation is the ideal toning product for blemished, large-pored and oily skin.

Formulation: Anthyllis, calendula and nasturtium reduce excessive oiliness and soothe irritation. After cleansing in the morning and evening, mist Clarifying Toner onto the face then gently press into the skin.

### Skin condition

For oily, blemished or combination skin.

### Usage

After cleansing in the mornings and evenings, mist Clarifying Toner onto the face and gently pat it into the skin.

### Tip

Clarifying Toner is a perfect toning and soothing aftershave for men with irritated skin.

### Ingredients

Water (Aqua), Alcohol, Anthyllis Vulneraria Extract, Calendula Officinalis Flower Extract, Tropaeolum Majus Flower/Leaf/Stem Extract, Aesculus Hippocastanum (Horse Chestnut) Bark Extract, Echinacea Pallida Extract, Hamamelis Virginiana (Witch Hazel) Bark/Leaf Extract, Bellis Perennis (Daisy) Flower Extract, Fragrance (Parfum), Citronellol\*, Geraniol\*, Linalool\*, Lactic Acid.

\*component of natural essential oils

## Protection for the day ahead

Cold, heat, rain or snow, stress and environmental pollutants – our skin has to withstand a great deal every day. It therefore needs special protection and harmonious care that rounds off the morning's cleansing and toning as a third step in the skin care routine.

And it is precisely for this reason that we have developed the Dr. Hauschka daytime care products. High quality plant extracts support the skin's natural moisture supply while essential oils and valuable waxes protectively pamper your skin without impairing its natural ability to breathe. Our daytime care products are as diverse as your skin's individual needs. Whatever your usual skin condition or your current stage of life,

the valuable product compositions support your skin's natural processes of renewal. For an even, gently bronzed complexion, you can choose Tinted Day Cream or Translucent Bronzing Tint. Conceal minor blemishes with the clarifying Coverstick.

Pamper your skin with the care that it deserves, then let your skin start the day feeling soothed and protected.

### **Tip**

Care plans for all skin conditions can be found on page 16 onwards. The optimum daytime skin care products for mature skin can be found among the regenerating skin care products on page 50 onwards.







## Clarifying Day Oil

balances oily, blemished skin

Clarifying Day Oil sends a signal to the skin to reduce oil production. Skin is guided to a balanced state and with regular use the skin's natural beauty is revealed.

Formulation: Carrot, almond oil, calendula and neem nurture and balance, helping to calm redness. Precious botanical extracts help the skin balance oiliness and reduce the appearance of pores.

### Skin condition

For oily, blemished skin.

### Usage

Each morning after cleansing and toning, apply evenly to the face and neck, avoiding the eye area. Include décolleté, if desired. For combination skin, mix *Revitalizing Day Cream* with a few drops of Clarifying Day Oil in your palm, then apply to the face (avoid the eye area). In the evening after cleansing and toning, we recommend applying a Dr. Hauschka Serum for daily, oil-free night care. For advanced care, *Renewing Night Conditioner* or *Sensitive Care Conditioner* may be used for a 28-day period several times a year.

### Tip

Whatever your skin condition, Clarifying Day Oil can be applied over your daytime skin care products to provide added protection against the cold.

### Ingredients

Anthyllis Vulneraria Extract, Prunus Armeniaca (Apricot) Kernel Oil, Prunus Amygdalus Dulcis (Sweet Almond) Oil, Arachis Hypogaea (Peanut) Oil, Daucus Carota Sativa (Carrot) Root Extract, Hypericum Perforatum Flower/Leaf/Stem Extract, Helianthus Annuus (Sunflower) Seed Oil, Calendula Officinalis Flower Extract, Triticum Vulgare (Wheat) Germ Oil, Melia Azadirachta Leaf Extract, Simmondsia Chinensis (Jojoba) Seed Oil, Triticum Vulgare (Wheat) Bran Extract, Fragrance (Parfum), Linalool\*, Citronellol\*, Citral\*, Geraniol\*, Farnesol\*, Benzyl Benzoate\*, Limonene\*, Eugenol\*, Benzyl Salicylate\*, Lecithin, Theobroma Cacao (Cocoa) Seed Butter.

\*component of natural essential oils



## Revitalizing Day Cream

revives dehydrated skin

Enjoy a radiant complexion with Revitalizing Day Cream. This light emulsion is formulated with premium botanical extracts and oils to support the skin's natural process of oil and moisture production for a supple, fresh complexion. Dry skin is moisturized and balanced, while pallid, tired-looking skin is revitalized.

Formulation: Extracts of anhyllis, witch hazel and carrot refresh and invigorate. Botanical oils balance the skin's natural oil content.

### Skin condition

For dehydrated, dry skin.

### Usage

Each morning after cleansing and toning, apply evenly to the face and neck. Include décolleté, if desired. For ideal daily care for combination skin, mix Revitalizing Day Cream with a few drops of Clarifying Day Oil in your palm, then apply to the face (avoid the eye area). Revitalizing Day Cream is an ideal base for make-up. In the evening after cleansing and toning, we recommend applying a Dr. Hauschka Serum for daily, oil-free night care. For advanced care, *Renewing Night Conditioner* or *Sensitive Care Conditioner* may be used for a 28-day period several times a year.

### Ingredients

Water (Aqua), Anthyllis Vulneraria Extract, Prunus Armeniaca (Apricot) Kernel Oil, Alcohol, Hamamelis Virginiana (Witch Hazel) Bark/Leaf Extract, Prunus Amygdalus Dulcis (Sweet Almond) Oil, Olea Europaea (Olive) Fruit Oil, Daucus Carota Sativa (Carrot) Root Extract, Arachis Hypogaea (Peanut) Oil, Helianthus Annuus (Sunflower) Seed Oil, Hypericum Perforatum Flower/Leaf/Stem Extract, Glycerin, Calendula Officinalis Flower Extract, Lecithin, Triticum Vulgare (Wheat) Bran Extract, Simmondsia Chinensis (Jojoba) Seed Oil, Fragrance (Parfum), Limonene\*, Linalool\*, Farnesol\*, Benzyl Benzoate\*, Geraniol\*, Citronellol\*, Citral\*, Eugenol\*, Benzyl Salicylate\*, Algin, Xanthan Gum.

\*component of natural essential oils



## Melissa Day Cream

balances combination skin

Melissa Day Cream calms while helping skin discover its natural balance. The melissa (lemon balm) plant has a centered structure that guides skin to a balanced state. Oily shine is controlled and dry patches are hydrated for a calm, radiant complexion. Melissa Day Cream is the ideal skin care product for sensitive combination skin with a tendency toward dryness, shine and redness.

Formulation: Extracts of melissa, daisy, anhyllis, witch hazel and carrot soothe and balance. Tapioca starch provides an even, matte appearance.

### Skin condition

For combination skin.

### Usage

Each morning after cleansing and toning, apply evenly to face and neck, including décolleté, if desired. Melissa Day Cream makes an ideal base for make-up. In the evening after cleansing and toning, we recommend applying a Dr. Hauschka Serum for daily, oil-free night care. For advanced care, *Renewing Night Conditioner* or *Sensitive Care Conditioner* may be used for a 28-day period several times a year.

### Tip

If frequent blemishes are a problem, use a mixture of *Revitalizing Mask* and a few drops of *Clarifying Day Oil*.

### Ingredients

Water (Aqua), Helianthus Annuus (Sunflower) Seed Oil, Alcohol, Glycerin, Manihot Utilissima (Tapioca) Starch, Cocos Nucifera (Coconut) Oil, Glyceryl Stearate Citrate, Melissa Officinalis Flower/Leaf/Stem Extract, Arachis Hypogaea (Peanut) Oil, Simmondsia Chinensis (Jojoba) Seed Oil, Prunus Armeniaca (Apricot) Kernel Oil, Anthyllis Vulneraria Extract, Bellis Perennis (Daisy) Flower Extract, Tropaeolum Majus Flower/Leaf/Stem Extract, Hamamelis Virginiana (Witch Hazel) Bark/Leaf Extract, Cetearyl Alcohol, Triticum Vulgare (Wheat) Bran Extract, Daucus Carota Sativa (Carrot) Root Extract, Fragrance (Parfum), Citral\*, Limonene\*, Geraniol\*, Citronellol\*, Linalool\*, Hectorite, Lysolecithin, Xanthan Gum, Coco-Glucoside, Zinc Oxide (CI 77947).

\*component of natural essential oils



## Quince Day Cream

hydrates and protects

Quince Day Cream refreshes, enriches and protects normal, balanced skin. Quince wax forms a light, breathable protective layer that helps prevent dryness and maintain moisture balance. Formulation: Quince, jojoba, apricot and avocado fortify the skin. High-quality oils, waxes and nurturing plant extracts are combined to create a natural, balanced formulation.

### Skin condition

For normal skin.

### Usage

Each morning after cleansing and toning, apply evenly to face and neck, including décolleté, if desired. Quince Day Cream makes an ideal base for make-up. In the evening after cleansing and toning, we recommend applying a Dr. Hauschka Serum for daily, oil-free night care. For advanced care, *Renewing Night Conditioner* or *Sensitive Care Conditioner* may be used for a 28-day period several times a year.

### Tip

During transition phases and in winter, when the skin needs additional moisture, *Revitalizing Day Cream* can be applied under Quince Day Cream.

### Ingredients

Water (Aqua), Prunus Armeniaca (Apricot) Kernel Oil, Anthyllis Vulneraria Extract, Pyrus Cydonia Seed Extract, Alcohol, Daucus Carota Sativa (Carrot) Root Extract, Glycerin, Butyrospermum Parkii (Shea) Butter, Prunus Amygdalus Dulcis (Sweet Almond) Oil, Olea Europaea (Olive) Fruit Oil, Cetearyl Alcohol, Persea Gratissima (Avocado) Oil, Althaea Officinalis Leaf Extract, Simmondsia Chinensis (Jojoba) Seed Oil, Beeswax (Cera Alba), Pyrus Cydonia Peel/Fruit Wax, Lysolecithin, Bentonite, Hamamelis Virginiana (Witch Hazel) Bark/Leaf Extract, Fragrance (Parfum), Citral\*, Citronellol\*, Geraniol\*, Limonene\*, Linalool\*, Eugenol\*, Benzyl Benzoate\*, Farnesol\*, Xanthan Gum.

\*component of natural essential oils



## Rose Day Cream Light

hydrates, harmonizes and soothes

Rose Day Cream Light protects against dryness to support an even, balanced complexion. An ideal daily moisturizer for sensitive, normal, dry and irritated skin.

Formulation: Extracts of rose, marsh mallow and anthyllis tone and fortify skin. Precious rose water, rose wax and rose extract balance and revitalize. Avocado, marsh mallow root, sesame oil and almond oil help the skin remain properly hydrated. The rose's invigorating effects on the skin are wonderful to behold.

### Skin condition

For sensitive skin.

### Usage

Each morning after cleansing and toning, apply evenly to face and neck. Include the décolleté if desired. Rose Day Cream Light makes an ideal base for make-up. In the evening after cleansing and toning, we recommend applying a Dr. Hauschka Serum for daily, oil-free night care. For advanced care, *Renewing Night Conditioner* or *Sensitive Care Conditioner* may be used for a 28-day period several times a year.

### Tip

For extra care in winter, switch to the richer formula of *Rose Day Cream*.

### Ingredients

Water (Aqua), Sesamum Indicum (Sesame) Seed Oil, Alcohol, Althaea Officinalis Root Extract, Rosa Damascena Flower Water, Rosa Damascena Flower Extract, Anthyllis Vulneraria Extract, Prunus Armeniaca (Apricot) Kernel Oil, Prunus Amygdalus Dulcis (Sweet Almond) Oil, Cetearyl Alcohol, Bentonite, Beeswax (Cera Alba), Helianthus Annuus (Sunflower) Seed Oil, Persea Gratissima (Avocado) Oil, Lysolecithin, Rosa Canina Fruit Extract, Triticum Vulgare (Wheat) Bran Extract, Butyrospermum Parkii (Shea) Butter, Fragrance (Parfum), Citronellol\*, Geraniol\*, Linalool\*, Limonene\*, Eugenol\*, Farnesol\*, Citral\*, Xanthan Gum, Rosa Damascena Flower Wax. \*component of natural essential oils



## Rose Day Cream

nurtures, protects and soothes

A true classic in the Dr. Hauschka range, Rose Day Cream captures the diverse powers of the rose to nurture and protect dry and sensitive skin, while soothing skin with a tendency toward redness and enlarged capillaries (couperose).

Formulation: Precious extracts of rose petals, wild rose hips, marsh mallow and St. John's wort balance and tone the skin. Shea butter, rose petal wax and avocado oil protect skin from drying. Rose Day Cream works to maintain the skin's oil and moisture balance, offering nourishing care that reflects the balance of strength and delicateness embodied by the rose.

### Skin condition

For dry, sensitive and mature skin.

### Usage

Each morning after cleansing and toning, apply evenly to face and neck. Include the décolleté if desired. Rose Day Cream makes an ideal base for make-up. In the evening after cleansing and toning, we recommend applying a Dr. Hauschka Serum for daily, oil-free night care. For advanced care, *Renewing Night Conditioner* or *Sensitive Care Conditioner* may be used for a 28-day period several times a year. Mature skin can also benefit from the Dr. Hauschka Regenerating line.

### Tip

*Tinted Day Cream* offers rich nourishment and gentle bronzing, leaving your skin looking naturally fresh.

### Ingredients

Water (Aqua), Arachis Hypogaea (Peanut) Oil, Beeswax (Cera Alba), Althaea Officinalis Root Extract, Rosa Damascena Flower Water, Hypericum Perforatum Flower/Leaf/Stem Extract, Butyrospermum Parkii (Shea) Butter, Sorbitan Oliviate, Persea Gratissima (Avocado) Oil, Polyglyceryl-3 Polyricinoleate, Fragrance (Parfum), Citronellol\*, Geraniol\*, Linalool\*, Limonene\*, Citral\*, Farnesol\*, Benzyl Alcohol\*, Eugenol\*, Rosa Damascena Flower Extract, Rosa Canina Fruit Extract, Copernicia Cerifera (Carnauba) Wax, Zinc Sulfate, Lecithin, Rosa Damascena Flower Wax. \*component of natural essential oils

# Melissa

It's love! Love at second sight, perhaps, but even so, it's a love that takes over all the senses. Often appearing as an unassuming herb along the roadside, Melissa has a square stem, an unspectacular blossom and hardy leaves. If you rub your fingers over the leaves, however, you will immediately notice melissa's citrusy fragrance, suggesting that this plant has a great deal to offer. And it does: It has been used to help stiffness, cramps and uneasy sleep. Its wonderfully balancing properties enrich and shape the formulation of *Melissa Day Cream*.



## In good hands:

### Planting, cultivating and harvesting melissa for Dr. Hauschka Skin Care

The weather forecast is finally predicting a dry spell. Bernhard Klett, the man responsible for twenty different herbs at the biodynamically cultivated Sonnenhof farm, smiles at the cloudless sky over Bad Boll as he and his apprentice head to the melissa field. It was only about four weeks ago that they planted the young seedlings, cultivated from biodynamic seeds, in the frost-free ground – now the grass is knee-high, and it is time for the first cut. In a good year, gardeners will be able to harvest melissa three times, always before it flowers and on a dry morning such as this one.

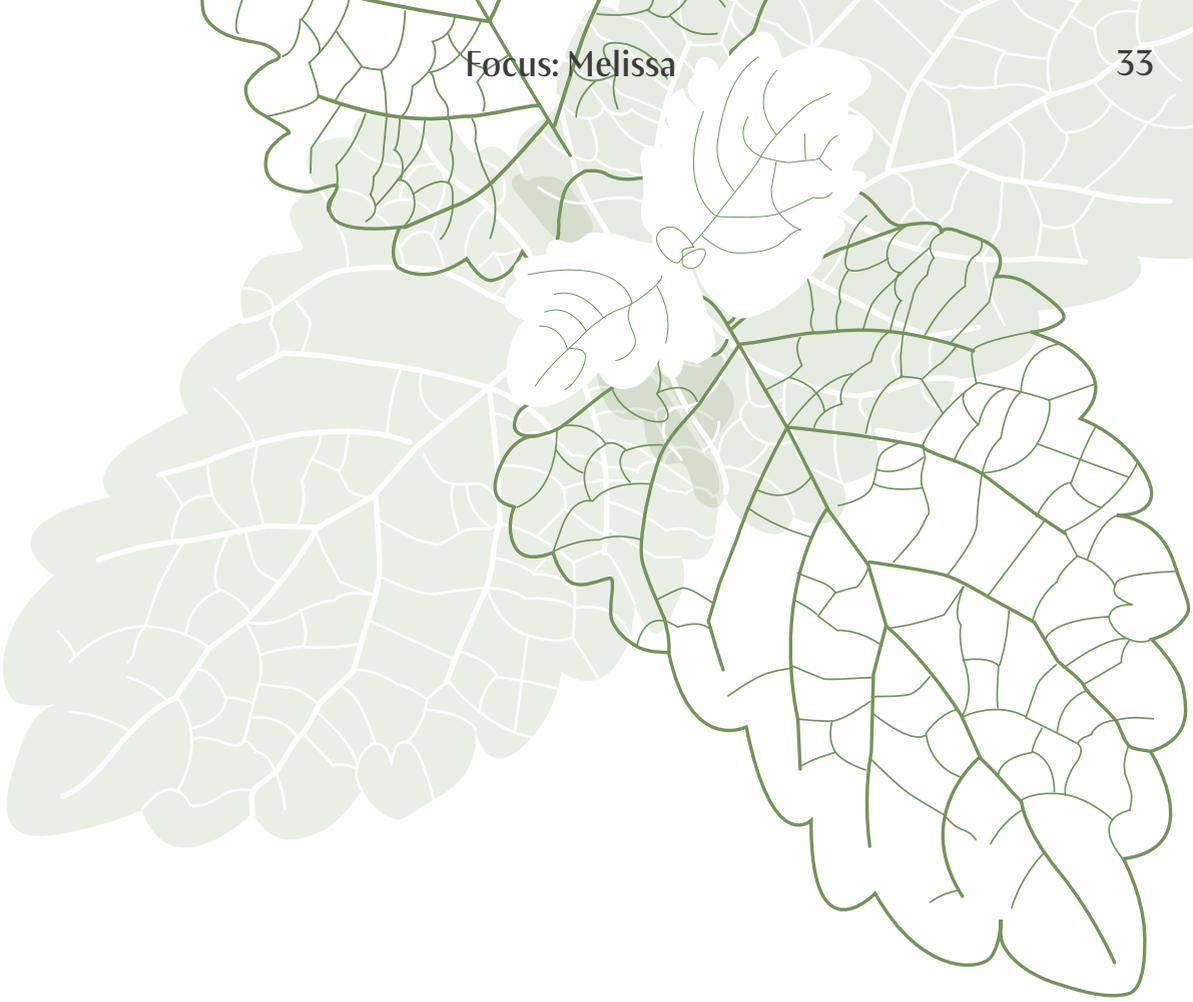
## A fragrant promise

For years, the Sonnenhof team has cultivated melissa plants by hand. They have hand-planted 2,000 seedlings and weeded the beds around them with traditional tools. Today, Bernhard Klett is happy to be using his tractor. After all, the faster he can harvest the delicate lemon balm leaves and return them to the Sonnenhof, the better. He quickly cuts off the top 20 to 25 cm of the plant, but leaves the rest so that it can grow again. Meanwhile, a strong citrus aroma unfurls in the field, as though the melissa plants were sending a friendly message via its essential oil to the calendula, which acknowledges the greeting with an orange nod.

## Working hand in hand

At the Sonnenhof, air-permeable crates wait to be filled with melissa, which is then dried in the farm's drying room for three days using heated outside air and repeatedly loosened by hand. At this stage, damp external air and excessively high temperatures are undesirable; this is because the aim is to retain the lemon balm's volatile essential oils and deliver a perfectly harvested stock to the nearby oil laboratory.

The cycle begins and ends here: from the planting of the melissa seeds in the plant garden to its cultivation in the Sonnenhof fields and the careful processing, melissa never leaves Bad Boll or the care of WALA Heilmittel (the manufacturer of Dr. Hauschka Skin Care and owner of the Sonnenhof farm). *Melissa Day Cream* is an exemplary and carefully nurtured regional product.



## A botanical diplomat

Melissa is effective on seemingly opposing indications: when used therapeutically, it can calm the nerves and arouse a zest for life, relieve stomach cramps and stimulate the appetite. Like a botanical diplomat, it negotiates contradictions and helps to restore personal balance.

## The heart of Melissa Day Cream

The ability to balance different skin conditions with a single formulation is precisely what benefits people with sensitive combination skin. *Melissa Day Cream* supports hydration while balancing oily patches and calming areas of redness.

## A favorite of men

Melissa is a plant with many fans, and we have found that men, in particular, enjoy it in Dr. Hauschka *Melissa Day Cream*. This formulation is quickly absorbed into the skin, smells fresh and reduces oily shine. But as always, skin condition is key! *Melissa Day Cream* is the perfect skin care product for both men and women with sensitive combination skin. Men with other skin conditions will find their ideal daytime skin care product on pages 28 and 29.

## In the blink of an eye



Almost 90 percent of our sensory impressions are gained through sight. Our eyes are truly magnificent things which forward information at lightning-fast speed. But their ability to express emotions is also impressive. We refer to the eyes as the window of the soul. They laugh, question, marvel or cry. Yet overuse can wear them out. If this is compounded by other irritants such as dirt particles, dry heater air, lack of sleep or long working hours in front of a monitor, the sensitive areas around the eyes react quickly, becoming tired and irritated. The eyes need special protection in addition to the daytime care given to the face.

The Dr. Hauschka eye care range gently nurtures the sensitive eye area. The products are free from oils that

run or spread across your skin and could get into your eyes. The compositions with carefully selected plant extracts, plant oils and rich waxes, tone, refresh and revive. Eyebright calms, anthyllis has a balancing effect and beeswax protectively soothes the delicate skin around the eyes.

Contact lens wearers and those who work long hours at a computer screen particularly love the aqueous, soothing *Eye Revive*, which revitalizes tired eyes and gives them new freshness. Enjoy every blink of the eye.

**Tip**

To experience its full effects, apply your eye care product before your moisturizer.



## Eye Revive

refreshing compresses soothe tired eyes

Eye Revive offers refreshment to eyes that appear tired, puffy or red. This soothing herbal solution reduces the appearance of puffiness in the skin around the eyes and comforts eyes exposed to pollutants and irritants. Eyes look and feel refreshed, revitalized and relaxed.

Formulation: Extracts of eyebright, fennel, chamomile and black tea tone, revitalize and refresh the eye area. Eye Revive offers cooling refreshment for tired eyes. Its soothing effect also assists those with a tendency towards puffiness around the eyes.

### Skin condition

For all skin types.

### Usage

Twist the top from one ampule and thoroughly moisten a cosmetic pad. Pull the cosmetic pad apart (top and bottom sections) and place over closed eyelids. Allow the preparation to work for approximately ten minutes. Eye Revive is ophthalmologically tested and suitable for contact lens wearers.

### Tip

Suitable for people who wear glasses or contact lenses, who suffer from hay fever or work regularly at a computer screen.

### 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, Fragrance (Parfum), Geraniol\*, Citronellol\*.

\*component of natural essential oils



## Daily Hydrating Eye Cream

visibly minimizes fine lines and wrinkles

The thin, delicate skin around the eyes is particularly sensitive and prone to wrinkles caused by dryness. Daily Hydrating Eye Cream reduces the appearance of wrinkles and refines the area around the eyes so it looks and feels soft, supple and smooth. This moisture-rich product offers daytime care to all skin conditions.

Formulation: Rose distillate, pineapple, marsh mallow and calendula are refreshing, hydrating and calming. Highly nurturing, premium-quality avocado, macadamia nut and sea buckthorn oils soothe the eye area and leave it feeling relaxed and smooth.

### Skin condition

For all skin conditions.

### Usage

Each morning after cleansing and toning, squeeze a small amount of product onto the tip of your ring finger then gently press Daily Hydrating Eye Cream into the skin around each eye, working from the inner corners outward. We recommend applying this fast-absorbing cream before eye make-up. This product is ophthalmologically tested and suitable for contact lens wearers.

### Ingredients

Water (Aqua), Persea Grattissima (Avocado) Oil, Rosa Damascena Flower Water, Glycerin, Alcohol, Ananas Sativus (Pineapple) Fruit Extract, Althaea Officinalis Leaf Extract, Beeswax (Cera Alba), Calendula Officinalis Flower Extract, Arachis Hypogaea (Peanut) Oil, Hectorite, Prunus Amygdalus Dulcis (Sweet Almond) Oil, Rosa Damascena Flower Extract, Prunus Armeniaca (Apricot) Kernel Oil, Lysolecithin, Simmondsia Chinensis (Jojoba) Seed Oil, Macadamia Ternifolia Seed Oil, Mangifera Indica (Mango) Seed Butter, Butyrospermum Parkii (Shea) Butter, Hippophae Rhamnoides Fruit Oil, Chondrus Crispus Extract, Glyceryl Stearate, Stearic Acid, Xanthan Gum, Sodium Stearoyl Lactylate, Fragrance (Parfum), Geraniol\*.

\*component of natural essential oils



## Eye Balm

soothes, nurtures and protects

Eye Balm supports elasticity, minimizes the appearance of fine lines and wrinkles, and protects the delicate skin around the eyes. Skin is moisturized, firmed and fortified. Appropriate for all skin conditions.

Formulation: Carrot, anthyllis, neem, beeswax, cocoa butter, silk and apricot kernel oil fortify, firm, moisturize and smooth the delicate eye area.

### Skin condition

For all skin conditions

### Usage

Each morning after cleansing and toning, warm a small pinch of Eye Balm (about the size of a grain of rice) between the tips of your fingers and gently apply to the eye area, starting from the inside corner and working outwards. Eye Balm is ophthalmologically tested and suitable for contact lens wearers.

### Tip

Eye Balm is especially recommended as protection in colder weather.

### Ingredients

Ricinus Communis (Castor) Seed Oil, Arachis Hypogaea (Peanut) Oil, Beeswax (Cera Alba), Daucus Carota Sativa (Carrot) Root Extract, Anthyllis Vulneraria Extract, Prunus Armeniaca (Apricot) Kernel Oil, Calendula Officinalis Flower Extract, Theobroma Cacao (Cocoa) Seed Butter, Hypericum Perforatum Flower/Leaf/Stem Extract, Silk (Serica) Powder, Simmondsia Chinensis (Jojoba) Seed Oil, Melia Azadirachta Leaf Extract, Fragrance (Parfum), Citronellol\*, Geraniol\*, Limonene\*, Linalool\*, Citral\*, Eugenol\*, Farnesol\*, Lecithin.

\*component of natural essential oils

## The magic of our lips



Candelilla wax, obtained from the spurge shrubs *Euphorbia antisiphilitica*, *Euphorbia cerifera* and *Pedilanthus pavonis*

Our lips are the messengers in our world of emotions. A radiant smile without an ability to express itself is inconceivable. Full, soft lips epitomize sensuality and beauty. And when enjoying a loving kiss, we experience our lips as a sensitive tactile organ. Nothing gives you such a diverse and intensive range of sensual impressions as the skin on your lips. With only three to five layers of cells, the lips are extremely thin compared with the 16 layers of cells in the rest of your facial skin. This makes them sensitive to

external influences such as extreme heat or cold. The lips dry out quickly and can become chapped or cracked. Dr. Hauschka lip care products offer the lips protection. The products combine high-quality waxes with rich oils and carefully selected nourishing plant extracts. The natural compositions with anhyllis, calendula and St. John's wort renew dry and rough lips and protect them every day. Conjure up a smile on your lips for yourself and others – with the Dr. Hauschka Lip Care Stick.



## Lip Care Stick

softens, hydrates and protects

Lip Care Stick softens and offers protection for lips prone to dryness. The practical companion for silky soft lips while out and about, providing light protection.

Formulation: shea butter, beeswax, almond oil and anhyllis seal in moisture and protect even the most sensitive lips.

### Usage

Apply to lips as required.

### Ingredients

Ricinus Communis (Castor) Seed Oil, Rosa Canina Fruit Extract, Simmondsia Chinensis (Jojoba) Seed Oil, Lanolin, Beeswax (Cera Alba), Daucus Carota Sativa (Carrot) Root Extract, Butyrospermum Parkii (Shea) Butter, Euphorbia Cerifera (Candelilla) Wax, Copernicia Cerifera (Carnauba) Wax, Rosa Damascena Flower Extract, Prunus Amygdalus Dulcis (Sweet Almond) Oil, Anhyllis Vulneraria Extract, Cetyl Alcohol, Prunus Armeniaca (Apricot) Kernel Oil, Hydrogenated Jojoba Oil, Fragrance (Parfum), Limonene\*, Citronellol\*, Geraniol\*, Citral\*, Linalool\*, Farnesol\*, Eugenol\*, Rosa Damascena Flower Wax, Lecithin.

\*component of natural essential oils



## Lip Balm

soothes, nurtures and protects

Intensive soothing care for dry, rough lips, this rich balm supports skin renewal as it moisturizes and softens. Lip Balm provides a translucent shine and helps visibly reduce fine lines around the mouth.

Formulation: Calendula and St. John's wort extracts support skin renewal. Silk and anhyllis fortify delicate lips to give them a velvety feel. This intensive care balm results in beautiful, soft lips.

### Usage

Use your fingertip to apply to lips as required.

### Ingredients

Ricinus Communis (Castor) Seed Oil, Beeswax (Cera Alba), Arachis Hypogaea (Peanut) Oil, Daucus Carota Sativa (Carrot) Root Extract, Anhyllis Vulneraria Extract, Prunus Armeniaca (Apricot) Kernel Oil, Calendula Officinalis Flower Extract, Helianthus Annuus (Sunflower) Seed Oil, Theobroma Cacao (Cocoa) Seed Butter, Hypericum Perforatum Flower/Leaf/Stem Extract, Silk (Serica) Powder, Triticum Vulgare (Wheat) Germ Oil, Simmondsia Chinensis (Jojoba) Seed Oil, Triticum Vulgare (Wheat) Bran Extract, Lecithin, Fragrance (Parfum), Citronellol\*, Geraniol\*, Linalool\*, Farnesol\*, Benzyl Benzoate\*, Citral\*, Eugenol\*, Benzyl Alcohol\*, Benzyl Salicylate\*, Limonene\*.

\*component of natural essential oils

## Your own personal preference



If only summer could last longer! A fresh complexion looks so good. It connects us with the uplifting feeling and extra energy we feel on bright days. Naturally tinting and concealing products from Dr. Hauschka bring a hint of summer to your face while nurturing your skin.

### **Natural tint with a nurturing base**

The rich formulation of *Tinted Day Cream* moisturizes your skin while lightly bronzing. Nurturing plant extracts, precious botanical oils, rose wax and

beeswax nourish and harmonize the skin. As a result, not only does your complexion look more even, but your skin rediscovers its natural balance.

### **How much summer do you want?**

Are you in the mood for summer? Or perhaps you'd prefer a bit of spring? You choose the shade that you want for your complexion. *Translucent Bronzing Tint* can be mixed with all Dr. Hauschka moisturizers for the face and body according to your wishes. It intensifies your individual skin tone for a natural finish.



## Translucent Bronzing Tint

mix with any moisturizer for a healthy, sun-kissed glow

Translucent Bronzing Tint can be mixed with any face or body cream for a fresh, healthy glow. This liquid tint highlights the natural beauty of all skin tones and is appropriate for all skin conditions.

Formulation: Witch hazel, olive oil, beeswax and mineral pigments protect and nurture while evening out skin tone.

### Skin condition

For all skin conditions.

### Usage

Mix Translucent Bronzing Tint with a day cream in your palm then apply to your face and neck, including décolleté, if desired. The color intensity depends on the amount of tint added. Reapplying several times intensifies the effect.

### Tip

For a summery-fresh look, apply Translucent Bronzing Tint directly to your cheeks as a subtle rouge.

### Ingredients

Water (Aqua), Olea Europaea (Olive) Fruit Oil, Alcohol, Anthyllis Vulneraria Extract, Hamamelis Virginiana (Witch Hazel) Bark/Leaf Extract, Lysolecithin, Beeswax (Cera Alba), Fragrance (Parfum), Citral\*, Linalool\*, Farnesol\*, Benzyl Benzoate\*, Limonene\*, Citronellol\*, Geraniol\*, Benzyl Salicylate\*, Coumarin\*, Eugenol\*, Cetearyl Alcohol, Algin, Silica, Arachis Hypogaea (Peanut) Oil, Chlorophyllin-Copper Complex (CI 75810), Iron Oxides (CI 77491, CI 77492, CI 77499).

\*component of natural essential oils



## Tinted Day Cream

hydrates and evens for a sun-kissed glow

Tinted Day Cream richly moisturizes the skin and gives it a subtle, natural glow. Combining nourishing avocado and almond oils with protective rose wax, beeswax and quince seeds, it helps prevent dryness by balancing the skin's oil and moisture and supporting its natural moisturizing functions.

Formulation: Rose, quince and St. John's wort tone the skin and support elasticity, while nourishing rose water and anthyllis extract have a balancing, harmonizing effect. Tinted Day Cream nourishes dry, sensitive and mature skin, harmoniously blending with your own natural skin tone for an even complexion.

### Skin condition

For normal, dry, sensitive and mature skin.

### Usage

Each morning after cleansing and toning, apply evenly to the face and neck.

### Tip

To reduce shine, we recommend applying Dr. Hauschka Translucent Face Powder after moisturizer.

### Ingredients

Water (Aqua), Prunus Amygdalus Dulcis (Sweet Almond) Oil, Arachis Hypogaea (Peanut) Oil, Persea Gratissima (Avocado) Oil, Pyrus Cydonia Seed Extract, Rosa Damascena Flower Water, Glycerin, Anthyllis Vulneraria Extract, Prunus Armeniaca (Apricot) Kernel Oil, Sorbitol, Beeswax (Cera Alba), Polyglyceryl-3 Polyricinoleate, Hypericum Perforatum Flower/Leaf Extract, Vegetable Oil (Olive Oil), Rosa Damascena Flower Wax, Triticum Vulgare (Wheat) Bran Extract, Fragrance (Parfum), Limonene\*, Linalool\*, Citronellol\*, Geraniol\*, Coumarin\*, Citral\*, Benzyl Benzoate\*, Farnesol\*, Sodium Chloride, Zinc Stearate, Lanolin, Sucrose Polystearate, Glyceryl Caprate, Zinc Sulfate, Silica, Lecithin, Lactose, Iron Oxides (CI 77491, CI 77492, CI 77499), Titanium Dioxide (CI 77891).

\*component of natural essential oils



## Coverstick

soothes and conceals

Coverstick conceals and soothes blemishes without drying skin. Available in three shades.

Formulation: Tea tree and manuka oils balance skin while tapioca starch mattifies. Nurturing botanical extracts anthyllis and calendula are combined with precious botanical oils and waxes to soothe and hydrate skin while reducing the appearance of redness.

### Skin condition

For all skin conditions with blemishes.

### Usage

Apply at the first sign of a blemish. Reapply several times throughout the day. Blend the edges. Foundation and powder may be applied subsequently, if desired.

### Tip

Blemishes can be spot treated by dabbing a little *Clarifying Steam Bath* directly onto the affected area.

### Ingredients

Coverstick 01, 02, 03: Simmondsia Chinensis (Jojoba) Seed Oil, Olea Europaea (Olive) Fruit Oil, Manihot Utilissima (Tapioca) Starch, Ricinus Communis (Castor) Seed Oil, Beeswax (Cera Alba), Lanolin, Elaeis Guineensis (Palm) Oil, Euphorbia Cerifera (Candelilla) Wax, Copernicia Cerifera (Carnauba) Wax, Rosa Damascena Flower Extract, Daucus Carota Sativa (Carrot) Root Extract, Fragrance (Parfum), Limonene\*, Linalool\*, Geraniol\*, Citral\*, Anthyllis Vulneraria Extract, Calendula Officinalis Flower Extract, Prunus Armeniaca (Apricot) Kernel Oil, Tocopherol, Melaleuca Alternifolia (Tea Tree) Leaf Oil, Leptospermum Scoparium Branch/Leaf Oil, Ascorbyl Dipalmitate, Silica, Iron Oxides (CI 77491, CI 77492, CI 77499), Titanium Dioxide (CI 77891), Ultramarines (CI 77007), Zinc Oxide (CI 77947).

\*component of natural essential oils

## The power of the night



As the day passes and your consciousness is quieted, the nightly processes in your body become active: it can now process all of the experiences from the day. As you sleep, your skin takes the opportunity to renew itself. But it is not alone: Dr. Hauschka night care is wide awake and releasing its soothing effects. It supports and revitalizes the skin in preparation for the next day.

### **Uniquely Dr. Hauschka: oil-free night care**

At night, your skin does not require protection from environmental influences; instead it needs optimal conditions to regenerate itself. Products with an oil-based, creamy consistency would slow these processes down. To help your skin open and breathe so it is prepared for nightly renewal, Dr. Hauschka has developed a night care range

which supports your skin's natural functions throughout the night. After cleansing and toning in the evening, continue your skin care regimen with a serum or Intensive Treatment. All our night care products contain nourishing plant extracts and respond to your skin with a formulation that supports but does not burden it. Dr. Hauschka night-time skin care is non-oily yet packed with nurturing care and as full of vitality as its fundamental element: water.

### **That great morning feeling**

The next morning, you will clearly notice that your skin has been revitalized overnight. Even a glance in the mirror will show that your skin is just as energized as you are. It radiates from within and is ready for a new day.



## Night Serum

revitalizing night care that supports the skin's essential processes

Dr. Hauschka oil-free night care allows the skin to breathe freely while guiding its natural renewal processes. Appropriate for all skin conditions, Night Serum is essential night-time skin care that revitalizes and helps the skin rediscover its natural balance. Formulation: Wonderfully fragrant apple blossom extract and apple fruit hydrosol support the skin's natural rhythm and guide its essential nightly work. Supported by witch hazel extract, Night Serum tones the skin for a fresh, radiant complexion come morning.

### Skin condition

For all skin conditions.

### Usage

After cleansing and toning in the evenings, apply a thin layer of Night Serum to the face and neck. Include the décolleté, if desired. In the morning, we recommend using Dr. Hauschka day care products. For advanced night care, *Renewing Night Conditioner* or *Sensitive Care Conditioner* may be used for 28-day periods.

### Tip

Blemishes can be targeted and soothed by directly dabbing on a little *Clarifying Steam Bath*.

### Ingredients

Water (Aqua), Alcohol, Glycerin, Pyrus Malus (Apple) Fruit Water, Chondrus Crispus Extract, Hamamelis Virginiana (Witch Hazel) Bark/Leaf Extract, Hectorite, Pyrus Malus (Apple) Flower Extract, Fragrance (Parfum), Citronellol\*, Limonene\*, Linalool\*, Geraniol\*, Citral\*, Sodium Chloride, Xanthan Gum.  
\*component of natural essential oils



## Renewing Night Conditioner

advanced night care

Dr. Hauschka oil-free night care allows your skin to breathe freely while guiding its natural renewal processes. Renewing Night Conditioner balances all skin conditions: Dry skin is encouraged to retain oil and moisture, while sensitive skin is soothed and fortified. Oily, blemished skin is calmed and rough skin is smoothed.

Formulation: Rhythmitised extracts of witch hazel, madonna lily and silver support the skin's night-time powers of renewal.

### Skin condition

For all skin conditions.

### Usage

Skin cells are renewed every 28 days. Mirroring this same regenerative rhythm, Renewing Night Conditioner should be used for 28 days in place of your daily night-time skin care. We recommend one course of treatment per year for each decade of life (for example three times a year at the age of 30). Apply nightly after cleansing. Break off the top of two ampules, squeeze liquid into palms and press gently and evenly into the face (including the lip and eye areas), neck, earlobes and décolleté. From week 4, only use one ampule. Outside this application period, we recommend a Dr. Hauschka Serum for oil-free night care and Dr. Hauschka daytime products in the mornings.

### Ingredients

Water (Aqua), Rosa Damascena Flower Oil, Fragrance (Parfum), Citronellol\*, Geraniol\*, Althaea Officinalis Leaf Extract<sup>1</sup>, Aloe Barbadensis Leaf Extract<sup>1</sup>, Kalanchoe Daigremontiana Leaf Extract<sup>1</sup>, Anthyllus Vulneraria Extract<sup>1</sup>, Helianthus Annuus (Sunflower) Extract<sup>1</sup>, Liliium Candidum Bulb Extract<sup>1</sup>, Rosa Damascena Flower Extract<sup>1</sup>, Hamamelis Virginiana (Witch Hazel) Leaf Extract<sup>1</sup>, Mica<sup>1</sup>, Royal Jelly<sup>1</sup>, Honey (Mel)<sup>1</sup>, Silver<sup>1</sup>, Sodium Chloride, Lactose.

<sup>1</sup>component of natural essential oils

<sup>1</sup>in diluted, rhythmized form



## Sensitive Care Conditioner

advanced care for sensitive skin

This oil-free conditioner allows your skin to breathe freely while guiding its natural renewal processes. Sensitive Care Conditioner balances and soothes skin for a comfortable, calm complexion.

Formulation: Rhythmited extracts of borage, pearl, malachite and oak bark calm and fortify red or sensitive skin and skin prone to couperose. Nurturing plants and minerals refine pores and soothe enlarged capillaries.

### Skin condition

For sensitive, irritated skin.

### Usage

Skin cells are renewed every 28 days. Mirroring this same regenerative rhythm, Sensitive Care Conditioner should be used for 28 days. We recommend one such treatment per year for each decade of life (for example three times a year at the age of 30). Apply each morning and evening after cleansing. Break off the top of one ampule and press gently and evenly into the face (including the lip and eye areas), neck, earlobes and décolleté. From week 4, only use 1 ampule in the evenings.

### Tip

Sensitive Care Conditioner helps to soothe reddened and swollen skin, e.g. after plucking eyebrows, sun intolerance or sunburn.

### Ingredients

Water (Aqua), Fragrance (Parfum), Borago Officinalis Extract<sup>1</sup>, Chamomilla Recutita (Matricaria) Extract<sup>1</sup>, Rosa Canina Fruit Extract<sup>1</sup>, Artemisia Abrotanum Flower/Leaf/Stem Extract<sup>1</sup>, Hamamelis Virginiana (Witch Hazel) Leaf Extract<sup>1</sup>, Veronica Officinalis Flower/Leaf/Stem Extract<sup>1</sup>, Quercus Robur Bark Extract<sup>1</sup>, Pearl Powder<sup>1</sup>, Malachite<sup>1</sup>, Sodium Chloride, Alcohol, Lactose.

<sup>1</sup>component of natural essential oils

<sup>1</sup>in diluted, rhythmized form



## Clarifying Intensive Treatment (up to age 25)

specialized care for blemished skin

Dr. Hauschka Intensive Treatments are formulated for skin that has lost its natural balance and requires focused care. Clarifying Intensive Treatment offers intensive care to teens and young adults during this time of transition. The specialized formula supports the skin's natural self-cleansing processes, guiding skin to a balanced state, refining pores and helping to maintain a clear, calm complexion.

Formulation: Rhythmited dilutions of daisy and nasturtium with the gemstone rhodochrosite act quickly to balance the skin, diminish the appearance of blemishes, and visibly refine pores. Witch hazel and rhythmited silver balance moisture, stabilize skin and reduce the appearance of redness.

### Skin condition

For very oily and/or blemished skin.

### Usage

Skin cells are renewed every 28 days. Mirroring this same regenerative cycle, Clarifying Intensive Treatment (up to age 25) should be used for 28 days. Clarifying Intensive Treatment (up to age 25) works most effectively when used four times a year. After morning and evening cleansing, mist 4-5 pumps onto the face, neck and décolleté then gently press into the skin. One bottle should provide a full 28 day course.

### Tip

In addition, we recommend an intensive skin care routine once or twice a week with *Clarifying Steam Bath*, *Clarifying Clay Mask* and *Revitalizing Mask*.

### Ingredients

Water (Aqua), Hamamelis Virginiana (Witch Hazel) Leaf Water, Mineral Salts, Fragrance (Parfum), Linalool<sup>1</sup>, Bellis Perennis (Daisy) Flower Extract<sup>1</sup>, Tropaeolum Majus Flower/Leaf/Stem Extract<sup>1</sup>, Rhodochrosite<sup>1</sup>, Silver<sup>1</sup>, Alcohol, Lactose.

<sup>1</sup>component of natural essential oils

<sup>1</sup>in diluted, rhythmized form



## Clarifying Intensive Treatment (age 25+)

specialized care for blemished skin

Dr. Hauschka Intensive Treatments are formulated for skin that has lost its natural balance and requires focused care. Clarifying Intensive Treatment offers intensive care to adults over 25 with acne-prone, blemished skin. The specialized formula supports the skin's natural self-cleansing processes, guiding skin to a balanced state, refining pores and helping to maintain a clear, calm complexion.

Formulation: Rhythmitised dilutions of sage and mercurials with the gemstone olivine (peridot) act quickly to balance the skin, diminish the appearance of blemishes and visibly refine pores. Witch hazel and rhythmitised chicory balance moisture, stabilize skin and reduce the appearance of redness.

### Skin condition

For very oily or blemished adult skin.

### Usage

Skin cells are renewed every 28 days. Mirroring this same regenerative cycle, Clarifying Intensive Treatment (age 25+) should be used for 28 days. Clarifying Intensive Treatment (age 25+) works most effectively when used four times a year. After morning and evening cleansing, mist 4-5 pumps onto the face, neck and décolleté then gently press into the skin. One bottle should provide a full 28 day course.

### Tip

In addition, we recommend an intensive skin care routine once or twice a week with *Clarifying Steam Bath*, *Clarifying Clay Mask* and *Revitalizing Mask*.

### Ingredients

Water (Aqua), Mineral Salts, Hamamelis Virginiana (Witch Hazel) Leaf Water, Fragrance (Parfum), Salvia Officinalis (Sage) Leaf Extract<sup>1</sup>, Cichorium Intybus (Chicory) Extract<sup>1</sup>, Mercurialis Perennis Extract<sup>1</sup>, Olivine<sup>2</sup>, Alcohol, Lactose.

<sup>1</sup>component of natural essential oils

<sup>2</sup>in diluted, rhythmitized form



## Soothing Intensive Treatment

specialized care for hypersensitive skin

Dr. Hauschka Intensive Treatments are formulated for skin that has lost its natural balance and requires focused care. Soothing Intensive Treatment works quickly to calm and fortify irritated, reactive skin, minimizing the appearance of stress-related blemishes and fortifying the skin's natural resilience.

Formulation: Rhythmitised dilutions of botanical extracts of anhyllis and kalanchoe work with gemstone black tourmaline to calm, soften and stabilize stressed, reactive skin. Rhythmitised ice plant and rose hydrosol soothe and cool.

### Skin condition

For hypersensitive, stressed and reactive skin.

### Usage

Skin cells are renewed every 28 days. Mirroring this same regenerative cycle, Soothing Intensive Treatment should be used as skin care for 28 days in place of *Facial Toner* or *Sensitive Care Conditioner*. After morning and evening cleansing, mist 4-5 pumps onto the face, neck and décolleté then gently press into the skin. One bottle should provide a full 28 day course.

### Tip

In addition, we recommend an intensive skin care routine once or twice a week with *Clarifying Steam Bath*, *Clarifying Clay Mask* and *Soothing Mask* or *Revitalizing Mask*.

### Ingredients

Water (Aqua), Rosa Damascena Flower Water, Mineral Salts, Hamamelis Virginiana (Witch Hazel) Leaf Water, Fragrance (Parfum), Citronellol<sup>\*</sup>, Hamamelis Virginiana (Witch Hazel) Leaf Extract<sup>1</sup>, Anthyllis Vulneraria Extract<sup>1</sup>, Kalanchoe Daigremontiana Leaf Extract<sup>1</sup>, Mesembryanthemum Crystallinum Extract<sup>1</sup>, Cichorium Intybus (Chicory) Extract<sup>1</sup>, Anagallis Arvensis Extract<sup>1</sup>, Urtica Dioica (Nettle) Extract<sup>1</sup>, Althaea Officinalis Leaf Extract<sup>1</sup>, Tourmaline<sup>2</sup>, Alcohol.

<sup>\*</sup>component of natural essential oils

<sup>2</sup>in diluted, rhythmitized form

## Take some 'me' time for a little extra care



In our hectic everyday lives, it is the little care rituals that make us happy in our own skin. Give yourself the attention you deserve – with liberating deep cleansing or a little extra care.

Dr. Hauschka intensive skin care products complement your daily facial care. Start your personal intensive skin care regime with a *Clarifying Steam Bath* that opens your pores and minimizes the appearance of blemishes. Your skin is now

optimally prepared for *Clarifying Clay Mask* made with Loess clay, nasturtium and witch hazel. Deeply cleansed, the skin quickly absorbs the precious ingredients in the creamy Dr. Hauschka *face masks* (see p. 48). Choose a nourishing mask in line with your skin's needs.

Enjoy the sense of wellbeing offered by an intensive skin care treatment once or twice a week. Your skin will thank you with a fresh, rosy complexion.



## Clarifying Steam Bath

prepares skin for deep cleansing

Clarifying Steam Bath supports the skin's natural self cleansing functions, opening pores, reducing the appearance of redness and softening blackheads and impurities. It is ideal for preparing the skin before further deep cleansing with *Clarifying Clay Mask*.

Formulation: Nasturtium, daisy and witch hazel support the skin's self cleansing processes, encourage natural exfoliation and minimize the appearance of enlarged pores.

### Skin condition

For all skin conditions, especially blemished skin prone to inflammation.

### Usage

Once to twice a week, dilute two tablespoons of Clarifying Steam Bath with ½ liter (1 pint) of steaming water in a large bowl. Lean over the bowl, covering the head with towel, and steam for 5-10 minutes. Following Clarifying Steam Bath, we recommend using *Clarifying Clay Mask*.

### Tip

Blemishes can be spot treated by dabbing a little Clarifying Steam Bath directly onto the affected area.

### Ingredients

Water (Aqua), Bellis Perennis (Daisy) Flower Extract, Alcohol, Tropaeolum Majus Flower/Leaf/Stem Extract, Hamamelis Virginiana (Witch Hazel) Bark/Leaf Extract.



## Clarifying Clay Mask

deeply cleanses

Clarifying Clay Mask deeply cleanses, invigorates and clarifies all skin conditions and effectively helps minimize blemishes and enlarged pores. This deep cleansing optimally prepares the skin for a treatment mask.

Formulation: Loess clay with nasturtium and witch hazel actively binds with and loosens dirt particles, lifting and drawing them from the skin. Blackheads are softened, skin is soothed and the appearance of redness and blemishes is diminished.

### Skin condition

For all skin conditions, especially blemished skin prone to inflammation.

### Usage

Use Clarifying Clay Mask once or twice each week. Blend 1-2 heaped teaspoons with an equal amount of water to create a smooth paste. Apply the mask onto the face, neck and décolleté but avoid the eye area. For blemished and oily skin, remove after 5-10 minutes with plenty of warm water. For skin which tends to be dry and sensitive, apply a thinner layer and remove after 3-5 minutes. We recommend preparing the skin with *Clarifying Steam Bath*.

### Tip

We also have a convenient trial size, so even while on holiday, you'll never have to do without the clarifying effects of the Clarifying Clay Mask.

### Ingredients

Loess, Tropaeolum Majus Flower/Leaf/Stem Extract, Hamamelis Virginiana (Witch Hazel) Bark/Leaf Extract, Zea Mays (Corn) Starch.



## Revitalizing Mask

soothes, enlivens and refines all skin conditions

In just 20 minutes, Revitalizing Mask offers soothing care and renewal to all skin conditions. The appearance of redness or blemishes is diminished, pores are visibly refined and skin appears even and toned. Skin glows with a healthy radiance.

Formulation: Quince seed, anhyllis and chamomile extracts rapidly support the skin's processes of renewal, helping to maintain moisture, visibly minimize pores and calm the appearance of redness and irritation. Nurturing jojoba, apricot kernel and wheat germ oils clarify and smooth skin. Applying this mask will help you to feel pampered and offer your skin a sense of wellbeing.

### Skin condition

For all skin conditions, especially blemished skin or skin prone to couperose and enlarged pores.

### Usage

After cleansing and toning, apply a generous amount of Revitalizing Mask to the face (include eye area), neck and décolleté. Remove after 20 minutes with a warm, damp cloth. For additional deep cleansing intensive care, we recommend using *Clarifying Steam Bath* and *Clarifying Clay Mask*.

### Tip

For blemished, scarred skin or skin prone to redness, supplement your day cream with Revitalizing Mask. Mix a small amount in your palm then apply as a thin layer in the morning.

### Ingredients

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

\*component of natural essential oils



## Firming Mask

visibly minimizes fine lines and wrinkles

As we age, the skin's natural processes of cellular renewal slow and it loses elasticity and resilience. Firming Mask protects and fortifies, minimizing the appearance of fine lines and wrinkles while nurturing and hydrating for smooth, supple, enlivened skin.

Formulation: Rose, marshmallow and pansy support the skin's natural processes of renewal. Rose petal extract, rose wax, rose essential oil and avocado and almond oils support elasticity as they pamper and enrich the skin. Mango butter and beeswax enliven and replenish.

### Skin condition

For mature skin.

### Usage

After cleansing and toning, apply a generous amount of Firming Mask to the face (include eye area), neck and décolleté. Remove after 20 minutes with a warm, damp cloth. For additional deep cleansing intensive care, we recommend using *Clarifying Steam Bath* and *Clarifying Clay Mask*.

### Tip

Regardless of skin condition, the early development of wrinkles can be combatted by applying a generous amount of Firming Mask around the eye area.

### Ingredients

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

\*component of natural essential oils



## Soothing Mask

calms sensitive, reactive skin

Soothing Mask calms and balances sensitive skin prone to redness, guiding it to comfort and radiance.

Formulation: Lady's mantle, borage, buckwheat and mullein combine to calm and fortify. Quince seed extract and witch hazel help the skin retain moisture, while nourishing shea butter joins macadamia nut and coconut oils to provide protection. Anthyllis soothes and balances. Applying this mask helps to balance your skin and supports an even complexion.

### Skin condition

For sensitive, irritated and stressed skin.

### Usage

After cleansing and toning, apply a generous amount of Soothing Mask to the face (include eye area), neck and décolleté. Remove after 20 minutes with a warm, damp cloth. For additional deep cleansing intensive care, we recommend using *Clarifying Steam Bath* and *Clarifying Clay Mask*.

### Tip

For skin that is particularly sensitive or prone to redness, mix a small amount of Soothing Mask with your regular day cream.

### Ingredients

Water (Aqua), Hamamelis Virginiana (Witch Hazel) Leaf 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 Alba), 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), Linalool\*, Citronellol\*, Geraniol\*, Limonene\*, Farnesol\*, Benzyl Benzoate\*, Eugenol\*, Citral\*, Benzyl Salicylate\*, Coumarin\*, Xanthan Gum, Lysolecithin. \*component of natural essential oils



## Hydrating Mask

moisturizes and replenishes dry skin

Hydrating Mask imparts moisture-retaining qualities to dry, sensitive and mature skin. The blend of botanicals soothes, protects and revitalizes while sealing in moisture, leaving skin feeling smooth and supple. Applying this mask offers rich protection to your skin.

Formulation: Quince seed extract replenishes and helps dry skin to retain moisture. Nourishing almond, avocado and jojoba oils hydrate the outer layer of skin while rose wax and organic shea butter soothe and protect.

### Skin condition

For dry, sensitive and mature skin.

### Usage

After cleansing and toning, apply a generous amount of Hydrating Mask to the face (include eye area), neck and décolleté. Remove after 20 minutes with a warm, damp cloth. For additional deep cleansing intensive care, we recommend using *Clarifying Steam Bath* and *Clarifying Clay Mask*.

### Tip

When thinly applied, Hydrating Mask is also suitable for use as a day time skin care product. Applying over your day cream offers additional protection against the cold.

### 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 Alba), Simmondsia Chinensis (Jojoba) Seed Oil, Lecithin, Sucrose Polystearate, Rosa Damascena Flower Wax, Fragrance (Parfum), Citral\*, Geraniol\*, Citronellol\*, Linalool\*, Limonene\*, Euphorbia Cerifera (Candelilla) Wax, Propolis Wax. \*component of natural essential oils



Balanced performance.  
Timeless beauty. Captivating vitality.  
Your skin understands the power of renewal.

## The Beauty of Healthy, Mature Skin

You have every reason to celebrate. Your accomplishments are impressive, and you have the confidence and know how to achieve much more. Rather than focus on wrinkles, express your authentic radiance. Show who you are and how beautiful you are every day of your life. Your cells will never forget how the regenerative process works and will always have the strength for renewal. Your cells have renewed your skin every 28 days for as long as you've lived.

### **Your cells have not forgotten how to renew**

Dr. Hauschka Skin Care studies, respects and encourages this natural rhythm. We combine rich botanical oils with select plant extracts to create skin care products that guide your skin's regenerative processes. We cannot turn back time, but we can support your skin's vitality, encourage it to preserve moisture and create natural firmness.

### **Meeting the needs of mature skin**

Mature skin has different needs than younger skin. Moisture is an important issue we address with extracts of highly aqueous quince seeds and revitalizing kalanchoe. Silica-rich horsetail supports elasticity while antioxidant-rich acerola fruits and vitamin-E-rich sea buckthorn oil provide support the skin's natural processes of renewal.

Each Dr. Hauschka product for mature skin has been specifically formulated to benefit the skin it cares for. For example, *Regenerating Day Cream* provides a noticeably revitalized and smooth feel to the complexion; *Regenerating Neck and Décolleté Cream* reduces the appearance of wrinkles. *Regenerating Body Cream* rapidly absorbs into skin, supporting a feeling of firmness and smoothness.

### **Everyday luxury**

To cleanse and tone the skin, choose a product from our everyday skin care range (see p. 20-23). We have also developed a complementary revitalizing and nurturing product range, formulated for the unique needs of mature skin, offering two Intensive Treatments. In addition to nourishing plant extracts and natural geothermal brine from the spa town of Bad Bentheim, Germany, *Regenerating Intensive Treatment* and *Intensive Treatment for Menopausal Skin* (see p. 54) also contain rhythmic preparations of gemstones and precious metals: discover the revitalizing power of blue tourmaline and amber, and treat yourself to your share of immortality with a little gold.

How could your skin resist?



## Regenerating Eye Cream

softens the appearance of fine lines and wrinkles

Regenerating Eye Cream refines the delicate skin around the eyes, reducing the appearance of fine lines and wrinkles. This rich cream invigorates skin while supporting natural skin regeneration.

Formulation: Quince seed, birch leaf and borage refine pores and balance moisture. Acerola berries and sea buckthorn join red clover to enhance skin tone and elasticity. Shea butter and botanical oils replenish, soften and protect. Precious botanical extracts offer the eye area renewed vitality.

### Skin condition

For mature skin.

### Usage

Each morning after cleansing, toning and moisturizing, pump a little Regenerating Eye Cream onto the tip of your ring finger and gently apply around each eye, working from the inner corners outward. This fast-absorbing cream is ideal for use before applying eye make-up. Regenerating Eye Cream is ophthalmologically tested and suitable for contact lens wearers.

### Ingredients

Water (Aqua), Pyrus Cydonia Seed Extract, Glycerin, Simmondsia Chinensis (Jojoba) Seed Oil, Macadamia Ternifolia Seed Oil, Sesamum Indicum (Sesame) Seed Oil, Helianthus Annuus (Sunflower) Seed Oil, Betula Alba Leaf Extract, Bellis Perennis (Daisy) Flower Extract, Alcohol, Rosa Damascena Flower Water, Hectorite, Equisetum Arvense Extract, Lysolecithin, Glyceryl Stearate Citrate, Beeswax (Cera Alba), Butyrospermum Parkii (Shea) Butter, Borago Officinalis Seed Oil, Glyceryl Caprylate, Theobroma Cacao (Cocoa) Seed Butter, Fragrance (Parfum), Limonene\*, Citronellol\*, Linalool\*, Geraniol\*, Farnesol\*, Benzyl Benzoate\*, Eugenol\*, Citral\*, Benzyl Salicylate\*, Cetyl Alcohol, Trifolium Pratense (Clover) Extract, Hippophae Rhamnoides Fruit Oil, Chondrus Crispus Extract, Xanthan Gum, Triticum Vulgare (Wheat) Bran Extract, Oryzanol, Sucrose Stearate, Sucrose Distearate, Malpighia Punicifolia (Acerola) Fruit Extract.

\*component of natural essential oils



## Regenerating Serum

refines and tones mature skin

Regenerating Serum supports the skin's natural processes of renewal to minimize the appearance of fine lines and wrinkles. Formulation: Quince seed, kalanchoe, red clover and clover blossom honey replenish and protect, smoothing the appearance of wrinkles and supporting the skin's ability to balance moisture. Skin is fortified and balanced for the look and feel of smoother, firmer skin. Sensitive skin is calmed.

### Skin condition

For mature skin.

### Usage

Each morning after cleansing and toning, apply two pumps to the face and neck, including décolleté, if desired. Follow with a Dr. Hauschka moisturizer. In the evening after cleansing and toning, we recommend applying a Dr. Hauschka Serum for daily, oil-free night care. For advanced care, *Renewing Night Conditioner* or *Sensitive Care Conditioner* may be used for a 28-day period several times a year.

### Ingredients

Water (Aqua), Alcohol, Pyrus Cydonia Seed Extract, Glycerin, Trifolium Pratense (Clover) Extract, Algin, Kalanchoe Daigremontiana Leaf Extract, Honey (Mel), Fragrance (Parfum), Limonene\*, Geraniol\*, Citronellol\*, Linalool\*, Farnesol\*, Benzyl Benzoate\*, Eugenol\*, Citral\*, Sucrose Laurate, Cyamopsis Tetragonoloba (Guar) Gum.

\*component of natural essential oils



## Regenerating Day Cream

refines and tones mature skin

Regenerating Day Cream supports the skin's natural processes of renewal to minimize the appearance of fine lines and wrinkles. Skin looks and feels vital, rejuvenated and smooth.

Formulation: Red clover, acerola berries, raspberry seed oil and shea butter protect and support natural skin regeneration. Jojoba, avocado, sweet almond and olive oils replenish and smooth. Kalanchoe and marsh mallow balance moisture and promote skin resilience.

### Skin condition

For mature skin.

### Usage

Apply to the face each morning after cleansing and toning. In the evening after cleansing and toning, we recommend applying a Dr. Hauschka Serum for daily, oil-free night care. For advanced care, *Renewing Night Conditioner* or *Sensitive Care Conditioner* may be used for a 28-day period several times a year.

### Ingredients

Water (Aqua), Simmondsia Chinensis (Jojoba) Seed Oil, Persea Gratissima (Avocado) Oil, Alcohol, Prunus Amygdalus Dulcis (Sweet Almond) Oil, Glycerin, Sucrose Laurate, Rosa Damascena Flower Extract, Olea Europaea (Olive) Fruit Oil, Hectorite, Beeswax (Cera Alba), Butyrospermum Parkii (Shea) Butter, Glyceryl Stearate Citrate, Fragrance (Parfum), Equisetum Arvense Extract, Althaea Officinalis Root Extract, Trifolium Pratense (Clover) Extract, Rosa Damascena Flower Water, Honey (Mel), Lysolecithin, Limonene\*, Citronellol\*, Linalool\*, Geraniol\*, Farnesol\*, Benzyl Benzoate\*, Eugenol\*, Citral\*, Benzyl Salicylate\*, Rubus Idaeus (Raspberry) Seed Oil, Malpighia Punicifolia (Acerola) Fruit Extract, Kalanchoe Daigremontiana Leaf Extract, Chondrus Crispus (Carrageenan) Extract, Xanthan Gum, Glyceryl Stearate, Sodium Stearoyl Lactylate, Stearic Acid.

\*component of natural essential oils



## Regenerating Neck and Décolleté Cream

firms, refines and tones

Regenerating Neck and Décolleté Cream supports natural skin renewal to minimize the appearance of wrinkles. This enlivening cream absorbs quickly for the look and feel of vital, firmer and smoother skin.

Formulation: Marsh mallow, birch leaves, red clover, macadamia nut oil and argan oil are intensively hydrating, protective and smoothing while supporting moisture balance.

### Skin condition

For mature skin.

### Usage

Each morning after cleansing and toning, apply to the neck and décolleté.

### Ingredients

Water (Aqua), Helianthus Annuus (Sunflower) Seed Oil, Glycerin, Alcohol, Hamamelis Virginiana (Witch Hazel) Water, Macadamia Ternifolia Seed Oil, Sesamum Indicum (Sesame) Seed Oil, Prunus Amygdalus Dulcis (Sweet Almond) Oil, Equisetum Arvense Extract, Betula Alba Leaf Extract, Rosa Damascena Flower Extract, Simmondsia Chinensis (Jojoba) Seed Oil, Cocos Nucifera (Coconut) Oil, Beeswax (Cera Alba), Althaea Officinalis Leaf Extract, Punica Granatum Fruit Extract, Hectorite, Butyrospermum Parkii (Shea) Butter, Lysolecithin, Trifolium Pratense (Clover) Extract, Fragrance (Parfum), Limonene\*, Linalool\*, Citronellol\*, Geraniol\*, Coumarin\*, Citral\*, Benzyl Benzoate\*, Eugenol\*, Farnesol\*, Benzyl Salicylate\*, Argania Spinosa Kernel Oil, Chondrus Crispus Extract, Oryzanol, Xanthan Gum, Sodium Stearoyl Lactylate, Glyceryl Stearate, Lecithin, Stearic Acid, Malpighia Punicifolia (Acerola) Fruit Extract.

\*component of natural essential oils



## Regenerating Intensive Treatment

specialized care for mature skin

Dr. Hauschka Intensive Treatments are formulated for skin that has lost its natural balance and requires focused care. Regenerating Intensive Treatment supports the skin's natural processes of renewal, revitalizing and firming mature skin while helping to maintain moisture balance.

Formulation: Rhythmitised dilutions of madonna lily, ginkgo and hawthorn work with gemstones blue tourmaline, amber and gold to support skin renewal, minimizing the appearance of fine lines and wrinkles.

### Skin condition

For mature skin.

### Usage

Skin cells are renewed every 28 days. Mirroring this same regenerative cycle, Regenerating Intensive Treatment should be used as skin care for 28 days. Regenerating Intensive Treatment works most effectively when used four times a year. After morning and evening cleansing, mist 4-5 pumps onto the face, neck and décolleté then gently press into the skin. One bottle should provide a full 28 day course.

### Tip

In addition, we recommend an intensive skin care routine once or twice a week with *Clarifying Steam Bath*, *Clarifying Clay Mask* and *Firming Mask*.

### Ingredients

Water (Aqua), Santalum Album (Sandalwood) Wood Water, Mineral Salts, Fragrance (Parfum), Liliium Candidum Bulb Extract<sup>1</sup>, Ginkgo Biloba Leaf Extract<sup>1</sup>, Olea Europaea (Olive) Leaf Extract<sup>1</sup>, Crataegus Monogyna Leaf/Fruit Extract<sup>1</sup>, Althaea Officinalis Leaf Extract<sup>1</sup>, Gold<sup>1</sup>, Amber Powder<sup>1</sup>, Tourmaline<sup>1</sup>, Royal Jelly<sup>1</sup>, Honey (Mel)<sup>1</sup>, Alcohol, Lactose.

<sup>1</sup>component of natural essential oils

<sup>1</sup>in diluted, rhythmitized form



## Intensive Treatment for Menopausal Skin

specialized care for skin during menopause

Dr. Hauschka Intensive Treatments are formulated for skin that has lost its natural balance and requires focused care. Intensive Treatment for Menopausal Skin supports your skin's natural processes of renewal, while the appearance of blotchiness and spots is diminished for a calm, even complexion.

Formulation: Rhythmitised dilutions of daisy and rose work with gemstones argente, ruby powder and black cohosh to revitalize dull, lifeless skin and reduce the appearance of redness and irregular pigmentation.

### Skin condition

For mature skin with redness and pigmentation.

### Usage

Skin cells are renewed every 28 days. Mirroring this same regenerative cycle, Intensive Treatment for Menopausal Skin should be used as skin care for 28 days. Intensive Treatment for Menopausal Skin works most effectively when used four times a year. After morning and evening cleansing, mist 4-5 pumps onto the face, neck and décolleté then gently press into the skin. One bottle should provide a full 28 day course.

### Tip

In addition, we recommend an intensive skin care routine once or twice a week with *Clarifying Steam Bath*, *Clarifying Clay Mask* and *Firming Mask*.

### Ingredients

Water (Aqua), Rosa Damascena Flower Water, Mineral Salts, Fragrance (Parfum), Citronellol<sup>1</sup>, Bellis Perennis (Daisy) Flower Extract<sup>1</sup>, Tilia Cordata/Platyphyllos Flower Extract<sup>1</sup>, Vitex Agnus Castus Extract<sup>1</sup>, Cimicifuga Racemosa Root Extract<sup>1</sup>, Ruby Powder<sup>1</sup>, Argente<sup>1</sup>, Alcohol, Lactose.

<sup>1</sup>component of natural essential oils

<sup>1</sup>in diluted, rhythmitized form



## Regenerating Body Cream

firms and hydrates

Regenerating Body Cream supports natural skin regeneration for toned, smooth skin. The enveloping fragrance of roses and oranges is combined with vanilla and woody notes to delight the senses. Formulation: Jojoba oil and candelilla wax hydrate while red clover, horsetail and birch leaves support the skin's natural powers of renewal. Marsh mallow provides moisture-balancing support.

### Skin condition

For mature skin.

### Usage

Apply to the skin after showering or bathing. This rich cream is quickly absorbed and provides long-lasting, intensive nurturing care.

### Ingredients

Water (Aqua), Simmondsia Chinensis (Jojoba) Seed Oil, Prunus Amygdalus Dulcis (Sweet Almond) Oil, Alcohol, Helianthus Annuus (Sunflower) Seed Oil, Sesamum Indicum (Sesame) Seed Oil, Rosa Damascena Flower Extract, Equisetum Arvense Extract, Betula Alba Leaf Extract, Rosa Damascena Flower Water, Glyceryl Stearate Citrate, Glycerin, Hectorite, Fragrance (Parfum), Althaea Officinalis Leaf Extract, Punica Granatum Fruit Extract, Lysolecithin, Sucrose Laurate, Limonene\*, Linalool\*, Geraniol\*, Citronellol\*, Coumarin\*, Citral\*, Benzyl Benzoate\*, Farnesol\*, Benzyl Salicylate\*, Eugenol\*, Trifolium Pratense (Clover) Extract, Euphorbia Cerifera (Candelilla) Wax, Xanthan Gum, Lecithin, Malpighia Punicifolia (Acerola) Fruit Extract.

\*component of natural essential oils

## That wondrous first meeting



Do you still remember the first time you came across Dr. Hauschka? Or perhaps the pages of this catalog are serving as an introduction? Whether you're a long-time customer wishing to carry your favorite products with you on the go or you're looking to try our formulations for the very first time, we have compiled five kits with select travel-size products just for you. The same care and attention that goes into creating our formulations has also been used to package these kits: the precious skin care products are wrapped in delicate tissue paper and protected by an elegant metal case. Each kit comes with its own informational brochure about the formulations and Dr. Hauschka's unique skin care concept. There is no better way to acquaint – or reacquaint – yourself with us.

### **Ideal when taking in some culture**

A little Facial Toner during the theater intermission? Hydrating Hand Cream for a stroll around town? Your favorite oil on a business trip? Our travel size products easily fit in small handbags or trouser pockets. Even when you are only traveling with carry-on luggage, you can still pack all of your skin care products without exceeding the liquids limit at the airport.

### **A small gift but a grand gesture**

It is the little things in life that make all the difference. An open ear, a helping hand or a small gesture of thanks. The gift of a Dr. Hauschka Kit offers nurturing, pampering care to those you care about.



## Revitalizing Face Care Kit

for normal, dry and sensitive skin

Cleanse, tone, moisturize – this kit offers you six Dr. Hauschka classics from the facial care range.

### Contents

- 0.34 fl oz Cleansing Cream (see page 21)
- 0.34 fl oz Soothing Cleansing Milk (see page 21)
- 0.34 fl oz Facial Toner (see page 23)
- 0.17 fl oz Revitalizing Day Cream (see page 27)
- 0.17 fl oz Quince Day Cream (see page 28)
- 0.17 fl oz Rose Day Cream (see page 29)



## Clarifying Face Care Kit

for oily, blemished and combination skin

This special selection is aimed at skin conditions that are yearning for balance – enjoy a little harmonizing care.

### Contents

- 0.34 fl oz Cleansing Cream (see page 21)
- 0.34 fl oz Clarifying Toner (see page 23)
- 0.17 fl oz Clarifying Day Oil (see page 27)
- 0.17 fl oz Melissa Day Cream (see page 28)
- 0.34 fl oz Clarifying Steam Bath (see page 47)
- 0.35 fl oz Clarifying Clay Mask (see page 47)
- 0.17 fl oz Revitalizing Mask (see page 48)



## Vitalizing Body Care Kit

refreshing and energizing

Everything you need to add a spring to your step at the start of the day can be found in this freshly scented body care kit.

### Contents

- 0.34 fl oz Lemon Lemongrass Vitalizing Body Wash (see page 66)
- 0.34 fl oz Lemon Lemongrass Vitalizing Bath Essence (see page 69)
- 0.34 fl oz Lemon Lemongrass Vitalizing Body Oil (see page 81)
- 0.34 fl oz Lemon Lemongrass Vitalizing Body Milk (see page 76)
- 0.34 fl oz Quince Hydrating Body Milk (see page 76)
- 0.34 fl oz Hydrating Hand Cream (see page 85)



## Nurturing Body Care Kit

comforting, relaxing, protective

Serenity, a sense of security and fine fragrances await you in this body care kit.

### Contents

- 0.34 fl oz Lavender Sandalwood Calming Body Wash (see page 66)
- 0.34 fl oz Moor Lavender Calming Bath Essence (see page 69)
- 0.34 fl oz Rose Nurturing Bath Essence (see page 69)
- 0.34 fl oz Rose Nurturing Body Oil (see page 82)
- 0.34 fl oz Rose Nurturing Body Cream (see page 77)
- 0.34 fl oz Lavender Sandalwood Calming Body Cream (see page 77)



## Regenerating Skin Care Kit

firms, smoothes and refines mature skin

Five face and body products for day and night care introduce you to the Regenerating care line that supports the natural renewal processes in mature skin.

### Contents

0.08 fl oz Regenerating Eye Cream (see page 52)

0.08 fl oz Regenerating Serum (see page 52)

0.17 fl oz Regenerating Day Cream (see page 53)

0.17 fl oz Regenerating Neck and Décolleté Cream (see page 53)

0.34 fl oz Regenerating Body Cream (see page 55)



Refreshed and fortified.  
Your skin renewed. Your senses stimulated.  
Nurtured from head to toe.

## Enjoy some attention

Our moods can change from day to day; sometimes we feel downhearted, other times we want to hug the whole world. But are we always truly in touch with how we feel and what we need? The fast pace of daily life often seems to hinder a connection with our inner lives.

In developing Dr. Hauschka Body Care products, we look at people from a holistic point of view. We consider which ingredients and application methods best enhance this inner connection with the self. The Dr. Hauschka Body Care range offers a variety of ways for you to enjoy the attention that you are giving your body.

### **The power of touch**

With body oils, for instance, the effectiveness of the nurturing plants unfolds through the combination of the products' formulation and their methods

of use. Carefully massage in one of the body oils to experience the same sense of tranquility and attention with which the plants were processed.

With lotions, on the other hand, it is the interplay of aqueous and oily ingredients that lets the diversity of the nourishing plant extracts blossom. This sense of lightness and joie de vivre is transmitted from your skin to your body and soul.

### **The joy of discovery**

When it comes to what makes you feel good, you know best. Look inside and trust your instincts. Enjoy the pleasure of discovering our body care range. Experiment and allow each product to reveal its individual natural side.

Discover and experience your very own personal body care.

## Explore. Experience. Enjoy.

What is your personal Dr. Hauschka body care?

### Harmony

Rose Nurturing Bath Essence  
Rose Nurturing Body Wash

Rose Nurturing Body Oil  
Rose Nurturing Body Cream

Rose Deodorant  
Deodorizing Foot Cream

### Clarity

Spruce Warming Bath Essence

Quince Hydrating Body Milk  
Lavender Sandalwood Calming Body Cream

Revitalizing Hair & Scalp Tonic

### Luxuriance

Almond Soothing Bath Essence  
Almond Soothing Body Wash

Almond St. John's Wort Soothing Body Oil  
Almond Soothing Body Cream

Strengthening Hair Treatment

## Vigor

Lemon Lemongrass Vitalizing Bath Essence  
Lemon Lemongrass Vitalizing Body Wash

Silk Body Powder  
Lemon Lemongrass Vitalizing Body Oil  
Quince Hydrating Body Milk  
Lemon Lemongrass Vitalizing Body Milk

Hydrating Hand Cream  
Hydrating Foot Cream

## Activity

Sage Purifying Bath Essence

Birch Arnica Energizing Body Oil  
Regenerating Body Cream

Revitalizing Hair & Scalp Tonic  
Revitalizing Leg & Arm Tonic  
Neem Nail & Cuticle Oil  
Sage Mint Deodorant

## Relaxation

Moor Lavender Calming Bath Essence  
Lavender Sandalwood Calming Body Wash

Moor Lavender Calming Body Oil  
Blackthorn Toning Body Oil  
Lavender Sandalwood Calming Body Cream

Strengthening Hair Treatment

## Protection

Moor Lavender Calming Bath Essence  
Spruce Warming Bath Essence

Moor Lavender Calming Body Oil  
Rose Nurturing Body Oil  
Almond Soothing Body Cream

Hydrating Hand Cream



## Lightly fragrant shower experiences



The alarm clock sounds and we head into the bathroom to start the day with a shower. The water revives, awakening our senses and gently leading us into the morning. For many of us, showering is a valued skin care experience with which we start or end our day. To make it a truly caring experience, it is important to use gentle products that are kind to the skin.

Dr. Hauschka Body Washes gently cleanse with

plant-based sugar surfactants, which are particularly well-tolerated by the skin. Quince seed extract and vegetable surfactants act as a moisturizing base with a gentle cleansing effect. Enriched with natural essential oils and valuable plant oils such as avocado and sunflower oil, the body washes care for and nurture skin.

Start your skin care regimen in the shower and enjoy an experience enriched with your favorite fragrances.



## Lemon Lemongrass Vitalizing Body Wash

firms and refreshes

The exotic fragrance of fresh ginger root offers a hidden something while an invigorating mix of lemon and lemongrass brings you to life in the morning.

Formulation: The light, creamy foam with quince seed extract and vegetable surfactants gently cleanses your skin without drying it out. High-quality vegetable oils provide additional moisturizing care.

### Usage

Apply to damp skin, lather and then rinse thoroughly.

### Ingredients

Water (Aqua), Helianthus Annuus (Sunflower) Seed Oil, Coco-Glucoside, Glycerin, Decyl Glucoside, Alcohol, Persea Gratissima (Avocado) Oil, Pyrus Cydonia Seed Extract, Sodium Cocoyl Glutamate, Disodium Cocoyl Glutamate, Xanthan Gum, Citrus Limon (Lemon) Peel Oil, Cymbopogon Flexuosus Oil, Fragrance (Parfum), Limonene\*, Citral\*, Geraniol\*, Linalool\*, Citronellol\*, Farnesol\*, Citric Acid, Hectorite.

\*component of natural essential oils



## Lavender Sandalwood Calming Body Wash

soothes and relaxes

Tranquillity and harmony with a gently invigorating freshness. The floral fragrance of lavender invites you to take a stroll along the Cote d'Azur with the warm but subtle scent of Australian sandalwood to accompany you.

Formulation: Quince seed extract and vegetable surfactants act as a base with a mildly cleansing effect. High-quality oils leave your skin feeling beautifully cared for.

### Usage

Apply to damp skin, lather and then rinse thoroughly.

### Ingredients

Water (Aqua), Helianthus Annuus (Sunflower) Seed Oil, Coco-Glucoside, Glycerin, Decyl Glucoside, Alcohol, Persea Gratissima (Avocado) Oil, Pyrus Cydonia Seed Extract, Sodium Cocoyl Glutamate, Disodium Cocoyl Glutamate, Xanthan Gum, Lavandula Angustifolia (Lavender) Oil, Fusanus Spicatus Wood Oil, Fragrance (Parfum), Linalool\*, Limonene\*, Geraniol\*, Citronellol\*, Citric Acid, Hectorite.

\*component of natural essential oils



## Rose Nurturing Body Wash

harmonizes and nourishes

The scent of roses envelops your body and mystically embraces your senses.

**Formulation:** The finest fragrances from the soft, sensual petals come together in a moisturizing composition of valuable oils and high-quality quince seed extract. The creamy foam offers a protective sheath and makes showering an experience that enhances your wellbeing.

### Usage

Apply to damp skin, lather and then rinse thoroughly.

### Ingredients

Water (Aqua), Helianthus Annuus (Sunflower) Seed Oil, Coco-Glucoside, Glycerin, Decyl Glucoside, Alcohol, Persea Gratissima (Avocado) Oil, Pyrus Cydonia Seed Extract, Sodium Cocoyl Glutamate, Disodium Cocoyl Glutamate, Xanthan Gum, Rosa Damascena Flower Oil, Fragrance (Parfum), Citronello\*, Linalool\*, Geraniol\*, Eugenol\*, Citric Acid, Hectorite.

\*component of natural essential oils



## Almond Soothing Body Wash

calms and balances

The almond tree's development from chiffon-like blossom to fruit can be sensed in the fragrance of Almond Soothing Body Wash: a sea of soft, pink almond petals embraces your senses.

**Formulation:** The creamy foam caresses and moisturizes your skin with its high concentration of quality plant oils. Quince seed extract and vegetable surfactants gently cleanse.

### Usage

Apply to damp skin, lather and then rinse thoroughly.

### Ingredients

Water (Aqua), Helianthus Annuus (Sunflower) Seed Oil, Coco-Glucoside, Glycerin, Decyl Glucoside, Alcohol, Pyrus Cydonia Seed Extract, Persea Gratissima (Avocado) Oil, Sodium Cocoyl Glutamate, Disodium Cocoyl Glutamate, Xanthan Gum, Fragrance (Parfum), Prunus Amygdalus Amara (Bitter Almond) Kernel Oil, Citronello\*, Linalool\*, Limonene\*, Geraniol\*, Farnesol\*, Benzyl Benzoate\*, Citric Acid, Hectorite.

\*component of natural essential oils

## A sea of sensory experiences



Is there anything nicer than a relaxing bath after a hard day at work? We smile as we submerge ourselves in the warm, fragrant water, close our eyes and reflect on the day.

Immerse yourself in the diverse fragrance worlds of Dr. Hauschka Bath Essences. Whether moor lavender, lemon lemongrass, rose or almond, the natural essential oils in Dr. Hauschka Bath Essences are obtained from freshly harvested leaves, husks, needles

and blossoms. Gentle steam distillation captures their fragrances. Choose a bath product to match your mood: its revitalizing effect makes *Sage Purifying Bath Essence* particularly suitable for mornings. *Moor Lavender Calming Bath Essence* provides a relaxing end to your evening. *Spruce Warming Bath Essence* is a liberating ritual when you have a cold, while *Lemon Lemongrass Vitalizing Bath Essence* completes the range for mature skin. Let yourself be whisked away into a sea of sensory experiences.



## Lemon Lemongrass Vitalizing Bath Essence

firms and refreshes

The fresh scent of sun-ripened lemons combines with exotic lemongrass to create a sense of lightness and joie de vivre.

Formulation: The Bath Essence gently moisturizes with sunflower oil while lemon and lemongrass invigorate the skin with their toning effect. Start your day feeling fresh and full of energy.

### Usage

Add several capfuls of Lemon Lemongrass Vitalizing Bath Essence into the stream of running water as the bathtub fills.

### Tip

Once a week, give yourself a Lemon Bath massage while showering. To do this, simply add a little Lemon Lemongrass Vitalizing Bath Essence to a damp wash mitt. The massage with the refreshing bath firms skin and stimulates blood flow.

### Ingredients

Sulfated Castor Oil, Glycerin, Alcohol, Fragrance (Parfum), Citrus Limon (Lemon) Peel Oil, Limonene\*, Citral\*, Helianthus Annuus (Sunflower) Seed Oil, Linalool\*, Geraniol\*, Citronellol\*, Farnesol\*, Citrus Limon (Lemon) Peel Extract, Cymbopogon Citratus Extract.

\*component of natural essential oils



## Moor Lavender Calming Bath Essence

soothes and protects

This finely balanced product with horse chestnut and horsetail extracts is based on a moor extract prepared using a special rhythmic procedure. When combined with warm water, it offers a sense of enveloping protection.

Formulation: Almond and avocado oil gently moisturize your skin.

### Usage

Add several capfuls of Moor Lavender Calming Bath Essence into the stream of running water as the bathtub fills.

### Tip

Prepared as a hot neck compress, Moor Lavender Calming Bath Essence is ideal for helping to ease shoulder tension. Moor Lavender Calming Bath Essence and *Moor Lavender Calming Body Oil* perfectly complement each other.

### Ingredients

Water (Aqua), Lavandula Angustifolia (Lavender) Oil, Prunus Amygdalus Dulcis (Sweet Almond) Oil, Glycerin, Alcohol, Persea Gratissima (Avocado) Oil, Linalool\*, Acacia Senegal Gum, Peat Moss Extract, Simmondsia Chinensis (Jojoba) Seed Oil, Glyceryl Oleate, Lysolecithin, Coco-Glucoside, Equisetum Arvense Extract, Aesculus Hippocastanum (Horse Chestnut) Seed Extract, Fragrance (Parfum), Limonene\*, Coumarin\*, Geraniol\*, Citronellol\*, Xanthan Gum, Bentonite, Chondrus Crispus Extract.

\*component of natural essential oils



## Rose Nurturing Bath Essence

harmonizes and protects

Rose water, rose essential oil and rose petal extracts give this floral bath essence the surprising versatility of a rose: from a sense of gentleness to sensuality to the sublime. This harmonizing bath essence soothes your soul while giving you a pleasant sense of alertness.

Formulation: Almond and jojoba oil leave your skin feeling soft and silky smooth.

### Usage

Add several capfuls of Rose Nurturing Bath Essence into the stream of running water as the bathtub fills.

### Tip

Soothes and harmonizes the skin as a warm face compress. Dr. Hauschka Rose Nurturing Bath Essence is also wonderfully suited for infants and small children.

### Ingredients

Water (Aqua), Rosa Damascena Flower Water, Rosa Damascena Flower Extract, Prunus Amygdalus Dulcis (Sweet Almond) Oil, Glycerin, Alcohol, Persea Gratissima (Avocado) Oil, Fragrance (Parfum), Rosa Damascena Flower Oil, Citronellol\*, Simmondsia Chinensis (Jojoba) Seed Oil, Glyceryl Oleate, Lysolecithin, Limonene\*, Geraniol\*, Linalool\*, Benzyl Alcohol\*, Citral\*, Eugenol\*, Farnesol\*, Xanthan Gum, Bentonite, Coco-Glucoside, Lecithin, Chondrus Crispus Extract.

\*component of natural essential oils



## Almond Soothing Bath Essence

calms and balances

The warm scent of marzipan or the floral, fruity aroma of a Mediterranean spring? Almond Soothing Bath Essence offers the best of both worlds. The versatile fragrance seems to continuously change, sending you on a delightful journey of discovery. Experience the warm sweetness of the enveloping almond oil as it caresses your skin or the freshness of the developing fragrance that incites your desire for spring. Discover your very own special moments with Almond Soothing Bath Essence.

Formulation: Almond oil has a calming and soothing effect on dry, sensitive skin.

### Usage

Add several capfuls of Almond Soothing Bath Essence into the stream of running water as the bathtub fills.

### Tip

Pampers even sensitive skin when washing your arms and legs.

### Ingredients

Sulfated Castor Oil, Glycerin, Alcohol, Fragrance (Parfum), Limonene\*, Prunus Amygdalus Dulcis (Sweet Almond) Oil, Citronellol\*, Linalool\*, Geraniol\*, Farnesol\*, Benzyl Benzoate\*, Eugenol\*, Benzyl Salicylate\*, Coumarin\*, Citral\*

\*component of natural essential oils



## Sage Purifying Bath Essence

refreshes and cleanses

Sage Purifying Bath Essence offers warmth and keeps out the cold. It also refreshes after sport and physical exercise and has a deodorizing effect. Sage foot baths revive tired, swollen feet, and, used regularly, help to calm perspiration and make the skin soft and smooth. Washing with Sage Purifying Bath Essence also helps care for blemished skin.

Formulation: Sage essential oil has warming, calming qualities and is helpful to oily, blemished skin.

### Usage

Add 1-3 capfuls of Sage Purifying Bath Essence into the stream of running water as the bathtub fills.

For foot baths, add 1-2 caps of Sage Bath to comfortably hot (about 104°F) water. Ideally, soak feet twice a week for 10 to 15 minutes each time.

### Tip

When used regularly, sage foot baths help reduce hardened skin, leaving your feet beautifully soft.

### Ingredients

Sulfated Castor Oil, Glycerin, Fragrance (Parfum), Salvia Officinalis (Sage) Oil, Limonene\*, Linalool\*, Geraniol\*, Citronellol\*, Citral\*, Alcohol, Simmondsia Chinensis (Jojoba) Seed Oil.

\*component of natural essential oils



## Spruce Warming Bath Essence\*

comforts and invigorates

Spruce Warming Bath Essence soothes and invigorates while the fresh evergreen scent encourages deep, cleansing breaths. This bath essence offers warmth and comfort during the cooler months and in times of stress or exhaustion.

Formulation: Norway spruce essential oil brings warmth and vitality to the skin. Jojoba oil leaves skin soft and moisturized.

### Usage

Add several capfuls of Spruce Warming Bath Essence into the stream of running water as the bathtub fills.

### Tip

A small bowl containing Spruce Warming Bath Essence pleasantly fragrances the air in rooms, particularly in winter.

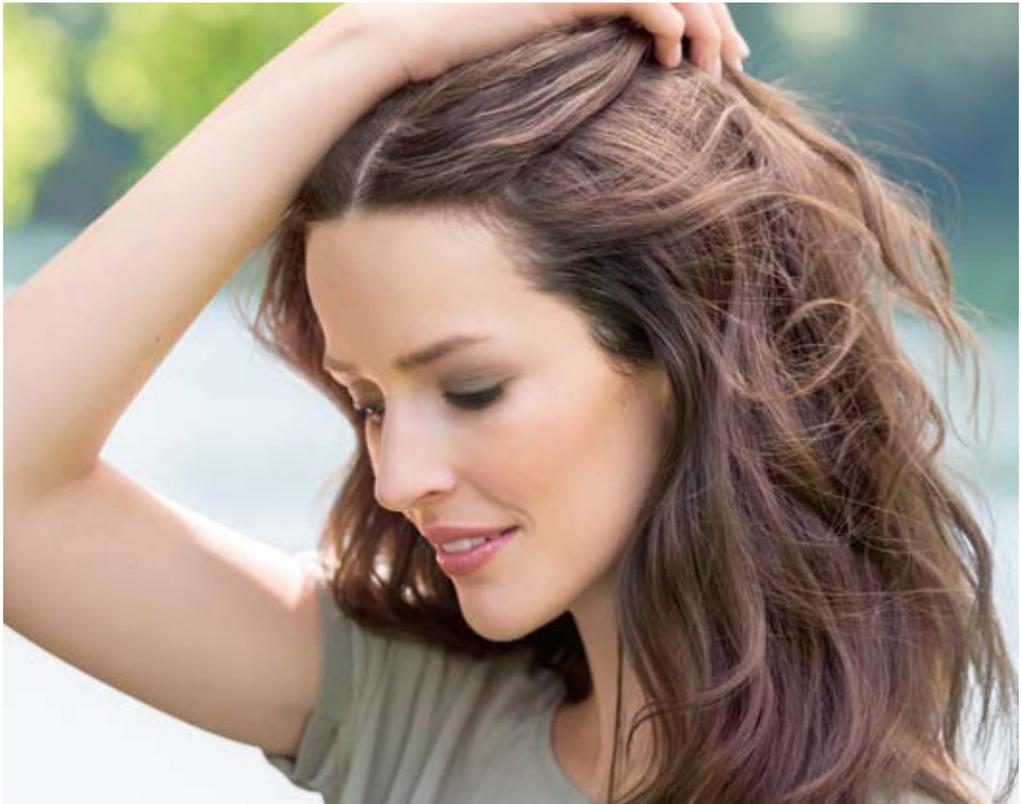
### Ingredients

Sulfated Castor Oil, Glycerin, Picea Excelsa Leaf Oil, Alcohol, Limonene\*, Simmondsia Chinensis (Jojoba) Seed Oil, Arachis Hypogaea (Peanut) Oil, Fragrance (Parfum), Geraniol\*, Linalool\*, Chlorophyllin-Copper Complex (CI 75810).

\*component of natural essential oils

\*Available from fall to winter.

## The secret of beautiful hair



Did you know that people have approximately 100,000 hairs on their heads? Each hair lives between two and seven years. Over time, our hair can lose its shine and vitality due to environmental influences and other irritants. To prevent dry hair and split ends, you need protective hair care.

Dr. Hauschka Hair Care products are specialists in healthy, shiny hair. The compositions with rich

oils and regenerating plant extracts give your hair renewed vitality and silkiness. If your hair is damaged, we recommend using *Strengthening Hair Treatment* as an intensive treatment before washing your hair. As a final stage of your care regimen, *Revitalizing Hair & Scalp Tonic* balances and fortifies your hair and scalp. Trust in nature's helping hand and discover the secret of beautiful hair.



## Revitalizing Hair & Scalp Tonic

fortifies and invigorates

Revitalizing Hair & Scalp Tonic adds natural shine, volume and manageability to all hair conditions. It strengthens hair as it calms and balances an excessively dry or oily scalp.

Formulation: Neem leaf strengthens keratin, fortifying fine hair and discouraging breakage. Arnica and birch bark extracts nourish and balance an oily or dry scalp. Rosemary, borage and horse chestnut support healthy hair follicles.

### Usage

Massage Revitalizing Hair & Scalp Tonic into damp or dry hair and scalp. Part hair and distribute a small amount of Revitalizing Hair & Scalp Tonic evenly over the scalp. Gently massage lotion into the scalp with fingertips. Do not rinse. Apply more generously to help control frizzy hair.

### Tip

For fragile, damaged, permed or color treated hair, we recommend *Strengthening Hair Treatment*.

### Ingredients

Water (Aqua), Alcohol, Melia Azadirachta Leaf Extract, Urtica Urens Leaf Extract, Arnica Montana Flower Extract, Betula Alba Bark Extract, Calendula Officinalis Flower Extract, Aesculus Hippocastanum (Horse Chestnut) Seed Extract, Borago Officinalis Extract, Arctium Lappa Root Extract, Fragrance (Parfum), Linalool\*, Limonene\*, Geraniol\*, Coumarin\*, Citronellol\*.  
\*component of natural essential oils



## Strengthening Hair Treatment

restores strength and shine

Strengthening Hair Treatment revitalizes and restores dry, damaged, permed or color treated hair to a soft, silky condition. This intensive hair treatment renews and strengthens hair while calming the scalp. Hair becomes healthy, shiny and more manageable.

Formulation: Neem leaf extract strengthens keratin, fortifying, softening and renewing damaged, brittle hair while chamomile extract soothes and balances the scalp. Rosemary essential oil enlivens, supporting healthy hair follicles.

### Usage

Massage through the hair and scalp with fingertips. Cover hair with a towel to keep warm and allow to penetrate the hair for 20 minutes. Shampoo and rinse. For dry or brittle hair, distribute a small amount of Strengthening Hair Treatment to the hair tips and do not rinse.

### Tip

For regular care between treatments, we recommend the use of *Revitalizing Hair & Scalp Tonic*.

### Ingredients

Arachis Hypogaea (Peanut) Oil, Melia Azadirachta Leaf Extract, Triticum Vulgare (Wheat) Germ Oil, Chamomilla Recutita (Matricaria) Flower Extract, Lecithin, Alcohol, Fragrance (Parfum), Limonene\*, Linalool\*.  
\*component of natural essential oils

## Deodorants: Your discreet companions

A day at the office, a rushed shopping trip or exercise after work – we want to be able to rely on our deodorant. As a discreet, everyday companion, it has a fair bit to do – after all, we have between two and three million sweat glands that do their work across our entire bodies, especially in our underarms, to cool us down. Sweat itself is actually odorless. The typical odor only arises when the sweat on your skin is broken down by bacteria. The sweaty odor then becomes noticeable, particularly under the arms.

As the skin in your armpits is extremely sensitive, a

deodorant should not only prevent unpleasant odors but also be kind to your skin.

Dr. Hauschka Deodorants are free from aluminum, do not close your pores, protect the natural balance of your skin and offer lasting protection. Dermatological tests have also proven that they are kind to the skin.

Choose between the subtle fragrance of the *Rose Deodorant* and the *Sage Mint Deodorant* with a hint of fresh herbs.

Find your ideal companion.

Sage – *Salvia officinalis*





## Rose Deodorant

gentle, natural protection

Knowing that we are prepared to meet the daily challenges of everyday life with a smile gives us a sense of relaxation and tranquillity. In our creamy Rose Deodorant, we use a carefully formulated combination of gentle, deodorizing and nourishing ingredients.

Formulation: Rose water lends an elegant, delicate fragrance while lady's mantle extract helps to gently calm perspiration. To top it all off, when essential rose oil meets high-quality jojoba oil, the skin receives an exceptional kind of care that one can't help but feel happy about.

Our low alcohol roll-on is especially suitable for normal to sensitive skin. It has a harmonizing effect, contains no pore constricting aluminium salts and does not stain your clothing.

### Usage

Apply the Rose Deodorant to the underarms using a gentle back and forth motion. Repeat application as needed.

### Tip

Rose Deodorant harmonizes perfectly with the warming and comforting *Rose Nurturing Body Cream*. Those who spend a lot of time on their feet will be thrilled by a foot massage with invigorating *Hydrating Foot Cream* as well as the fortifying power of *Revitalizing Leg & Arm Tonic*.

### Ingredients

Water (Aqua), Simmondsia Chinensis (Jojoba) Seed Oil, Alcohol, Manihot Utilissima (Tapioca) Starch, Glycerin, Zinc Ricinoleate, Ricinus Communis (Castor) Seed Oil, Glyceryl Caprylate, Rosa Damascena Flower Water, Rosa Damascena Flower Oil, Fragrance (Parfum), Citronellol\*, Linalool\*, Geraniol\*, Eugenol\*, Limonene\*, Farnesol\*, Citral\*, Benzyl Alcohol\*, Alchemilla Vulgaris Extract, Cetearyl Alcohol, Cetearyl Glucoside, Hectorite, Xanthan Gum.

\*component of natural essential oils



## Sage Mint Deodorant

refreshing, long-lasting control

Whether we are physically or mentally active, perspiration is of vital importance. It not only regulates our body temperature but also removes impurities and forms the acid mantle as a barrier on the surface of the skin to protect against harmful germs.

Formulation: Our non-oily Sage Mint Deodorant contains sage and witch hazel, two naturally effective and astringent components for odor control. The deodorizing combination of an invigorating mint scent with a natural herbal bouquet of sage promises long-lasting freshness.

We intentionally avoid the use of pore constricting aluminium salts. Our low alcohol roll-on is very gentle on the skin and does not stain your clothing.

### Usage

Apply the Sage Mint Deodorant to the underarms using a gentle back and forth motion. Repeat application as needed.

### Tip

The fresh, herbal scent is particularly well matched with the warming yet refreshing *Sage Purifying Bath Essence*, the stimulating *Quince Hydrating Body Milk* as well as the invigorating *Lemon Lemongrass Vitalizing Body Wash*.

### Ingredients

Water (Aqua), Alcohol, Manihot Utilissima (Tapioca) Starch, Triethyl Citrate, Glycerin, Salvia Officinalis (Sage) Leaf Extract, Hamamelis Virginiana (Witch Hazel) Bark/Leaf Extract, Salvia Officinalis (Sage) Oil, Mentha Viridis (Spearmint) Leaf Oil, Fragrance (Parfum), Linalool\*, Limonene\*, Geraniol\*, Citral\*, Citronellol\*, Coumarin\*, Sodium Silicate, Sucrose Laurate, Algin, Citric Acid, Xanthan Gum.

\*component of natural essential oils

## The magic of touch

Whether reviving and refreshing or relaxing and harmonizing, envelop yourself and your skin in Dr. Hauschka Body Care products for a true sense of wellbeing.



A gentle touch, a loving stroke or a kiss on the cheek. You can enrich every one of these touches by making them more conscious: what does contact with your own skin feel like when you are applying a cream or a lotion?

Dr. Hauschka Body Moisturizers support the skin's protective function and preserve its natural balance.

Your skin is touched with a hint of lemon, quince, lavender, rose or almond. For every lotion, we have developed a focused, nurturing formulation of high quality botanical oils and extracts. *Silk Body Powder* leaves your skin feeling wonderfully silky. Whether reviving and refreshing or relaxing and harmonizing, envelop yourself and your skin in Dr. Hauschka Body Care products for a true sense of wellbeing.



## Lemon Lemongrass Vitalizing Body Milk

firms and refreshes

The enlivening, fresh scent of Lemon Lemongrass Vitalizing Body Milk awakens and invigorates. This fast-absorbing, revitalizing body milk is the perfect complement to an active, healthy lifestyle.

Formulation: Extracts of lemon and lemongrass invigorate and refresh the body, leaving it feeling toned and firm. Quince seed extract soothes and hydrates, while jojoba, sunflower and olive oils replenish, fortify and nourish the skin for all-day hydration.

### Usage

Apply Lemon Lemongrass Vitalizing Body Milk evenly and massage into your skin.

### Tip

We also recommend *Lemon Lemongrass Vitalizing Body Wash*, *Lemon Lemongrass Vitalizing Bath Essence* and *Lemon Lemongrass Vitalizing Body Oil*.

### Ingredients

Water (Aqua), Alcohol, Salvia Officinalis (Sage) Leaf Extract, Prunus Spinosa Fruit Extract, Pyrus Cydonia Seed Extract, Glycerin, Cymbopogon Citratus (Lemongrass) Extract, Prunus Spinosa Flower Extract, Helianthus Annuus (Sunflower) Seed Oil, Arachis Hypogaea (Peanut) Oil, Equisetum Arvense Extract, Olea Europaea (Olive) Fruit Oil, Citrus Limon (Lemon) Peel Oil, Fragrance (Parfum), Citral\*, Limonene\*, Linalool\*, Geraniol\*, Farnesol\*, Coumarin\*, Citronellol\*, Eugenol\*, Daucus Carota Sativa (Carrot) Root Extract, Simmondsia Chinensis (Jojoba) Seed Oil, Algin, Xanthan Gum, Cetearyl Glucoside, Cetearyl Alcohol, Hydrated Silica.

\*component of natural essential oils



## Quince Hydrating Body Milk

refreshes and enlivens

The subtly scented Quince Hydrating Body Milk cools and soothes skin while this easily absorbed lotion supports skin renewal, leaving it feeling silky and smooth.

Formulation: Hydrating quince seed extract transfers its natural moisturizing properties to the skin. Combined with jojoba and olive oils, quince helps skin maintain natural moisture balance. Extracts of blackthorn and sage fortify, revitalize and firm. Your skin looks and feels smooth, soft and supple.

### Usage

Apply Quince Hydrating Body Milk evenly and massage into your skin.

### Tip

We also recommend *Sage Mint Deodorant* and *Lemon Lemongrass Vitalizing Body Wash*.

### Ingredients

Water (Aqua), Pyrus Cydonia Seed Extract, Alcohol, Prunus Spinosa Fruit Extract, Prunus Spinosa Flower Extract, Arachis Hypogaea (Peanut) Oil, Salvia Officinalis (Sage) Leaf Extract, Glycerin, Olea Europaea (Olive) Fruit Oil, Daucus Carota Sativa (Carrot) Root Extract, Lysolecithin, Fragrance (Parfum), Citral\*, Citronellol\*, Limonene\*, Geraniol\*, Linalool\*, Benzyl Benzoate\*, Eugenol\*, Farnesol\*, Simmondsia Chinensis (Jojoba) Seed Oil, Algin, Xanthan Gum, Lecithin, Silica.

\*component of natural essential oils



## Lavender Sandalwood Calming Body Cream

soothes and balances

Lavender Sandalwood Calming Body Cream features the smooth, comforting scent of lavender complemented by warm notes of sandalwood.

Formulation: Extracts of lemon balm and wood sorrel balance and renew, while macadamia nut, apricot kernel and avocado oils support and fortify the skin's protective barrier. Skin is left feeling smooth, soft and protected.

### Usage

Apply Lavender Sandalwood Calming Body Cream evenly and massage into your skin.

### Tip

We also recommend *Moor Lavender Calming Bath Essence* and *Moor Lavender Calming Body Oil*.

### Ingredients

Water (Aqua), Olea Europaea (Olive) Fruit Oil, Alcohol, Macadamia Ternifolia Seed Oil, Glycerin, Pyrus Cydonia Seed Extract, Lavandula Angustifolia (Lavender) Flower Water, Persea Gratissima (Avocado) Oil, Anthyllis Vulneraria Extract, Prunus Armeniaca (Apricot) Kernel Oil, Equisetum Arvense Extract, Helianthus Annuus (Sunflower) Seed Oil, Oxalis Acetosella Extract, Melissa Officinalis Flower/Leaf/Stem Extract, Glyceryl Stearate Citrate, Fragrance (Parfum), Lavandula Angustifolia (Lavender) Oil, Fusanus Soicatus Wood Oil, Linalool\*, Citronello\*, Geraniol\*, Limonene\*, Farnesol\*, Benzyl Benzoate\*, Eugenol\*, Benzyl Salicylate\*, Coumarin\*, Citral\*, Butyrospermum Parkii (Shea) Butter, Theobroma Cacao (Cocoa) Seed Butter, Hectorite, Cetyl Alcohol, Sucrose Stearate, Sucrose Distearate, Chondrus Crispus Extract, Xanthan Gum.

\*component of natural essential oils



## Rose Nurturing Body Cream

harmonizes and protects

Featuring the fine fragrance of roses, the iconic Rose Nurturing Body Cream offers warmth and protection to the skin and senses. Quickly absorbed, this rich, luxurious product supports the skin's natural barrier function for intensive care and protection. Gentle enough for babies' and children's delicate skin.

Formulation: Rose wax, rose essential oil and precious extracts from wild rose hips and rose petals hydrate the skin and protect against dryness. Organic shea butter is combined with almond and jojoba oils for silky, soft skin.

### Usage

Apply Rose Nurturing Body Cream evenly and massage into your skin.

### Tip

We also recommend *Rose Nurturing Body Oil*.

### Ingredients

Water (Aqua), Rosa Damascena Flower Extract, Prunus Amygdalus Dulcis (Sweet Almond) Oil, Alcohol, Glycerin, Pyrus Cydonia Seed Extract, Butyrospermum Parkii (Shea) Butter, Simmondsia Chinensis (Jojoba) Seed Oil, Lysolecithin, Cetearyl Alcohol, Hectorite, Rosa Canina Fruit Extract, Beeswax (Cera Alba), Rosa Damascena Flower Wax, Rosa Damascena Flower Oil, Fragrance (Parfum), Citronellol\*, Geraniol\*, Limonene\*, Linalool\*, Citral\*, Coumarin\*, Eugenol\*, Benzyl Benzoate\*, Farnesol\*, Propolis Wax, Xanthan Gum.

\*component of natural essential oils



## Almond Soothing Body Cream

calms and balances

Almond Soothing Body Cream awakens the mind and nurtures the senses; while the soft, floral scent of the almond blossom evokes thoughts of the early days of spring, the warm and sensual hints of the almond fruit whisk us away into the colorful life of the Italian summer.

Formulation: Almond kernel oil blended with extracts of soothing St. John's wort and balancing anthyllis smoothes, calms and fortifies dry, sensitive skin. Quince and marsh mallow extracts balance moisture, leaving skin soft to the touch.

### Usage

Apply Almond Soothing Body Cream evenly and massage into your skin.

### Tip

We also recommend *Almond St. John's Wort Soothing Body Oil*.

### Ingredients

Water (Aqua), Simmondsia Chinensis (Jojoba) Seed Oil, Alcohol, Prunus Amygdalus Dulcis (Sweet Almond) Oil, Persea Gratissima (Avocado) Oil, Olea Europaea (Olive) Fruit Oil, Pyrus Cydonia Seed Extract, Anthyllis Vulneraria Extract, Prunus Armeniaca (Apricot) Kernel Oil, Glycerin, Butyrospermum Parkii (Shea) Butter, Citrus Aurantium Amara (Bitter Orange) Flower Water, Glyceryl Stearate Citrate, Macadamia Ternifolia Seed Oil, Helianthus Annuus (Sunflower) Seed Oil, Hypericum Perforatum Flower/Leaf/Stem Extract, Hectorite, Fragrance (Parfum), Citronellol\*, Limonene\*, Geraniol\*, Coumarin\*, Citral\*, Linalool\*, Farnesol\*, Sucrose Laurate, Lysolecithin, Althaea Officinalis Leaf Extract, Hippophae Rhamnoides Fruit Extract, Euphorbia Cerifera (Candelilla) Wax, Xanthan Gum.

\*component of natural essential oils



## Silk Body Powder

luxurious care from head to toe

A silky-smooth absorbent powder with a soft, fresh scent that maintains the skin's natural balance. This body powder provides nurturing and luxurious all-day care for all skin conditions. The fine powder composition is free from skin irritating substances. Your body receives a natural matte sheen and even highly sensitive skin is gently protected.

Formulation: Gentian and oak extracts cool and refresh while sage extract supports healthy skin and scalp.

### Usage

Apply to clean, dry skin after showering or bathing.

### Tip

A diverse range of uses make talc-free Silk Body Powder a true master of skin care: it can be used as body and foot powder, gentle deodorant, dry shampoo or for baby care.

### Ingredients

Oryza Sativa (Rice) Starch, Silk (Serica) Powder, Silica, Fragrance (Parfum), Linalool\*, Limonene\*, Geraniol\*, Coumarin\*, Citronellol\*, Citral\*, Gentiana Lutea Root Extract, Quercus Robur Bark Extract, Salvia Officinalis (Sage) Leaf Extract, Diatomaceous Earth (Solum Diatomeae).

\*component of natural essential oils

## Rhythmic body oils



Day and night, light and darkness, warmth and cold, rest and movement – these are natural contrasts that define our lives in rhythmic alternation. They are rhythms that fascinated Dr. Rudolf Hauschka and formed the basis of his unique plant extracts. These rhythms also play an important role in the production of our body oils.

*Rose Nurturing Body Oil* is created from dried Damask rose buds. We put them in a container with sunflower oil and gently heat the mixture to

body temperature over a long period of time. For seven days, the buds enjoy the alternation between rest and movement, just as roses experience in the natural world. The result is a rich rose petal extract which pampers our skin. This specialized extraction procedure is used to create all Dr. Hauschka Body Oils which provide toning, vitalizing, calming, soothing or energizing skin care.

Find the best body oil for you and your own rhythm.



## Lemon Lemongrass Vitalizing Body Oil

firms and refreshes

Awaken your body and mind with vitalizing everyday body care. Lemon Lemongrass Vitalizing Body Oil fortifies and firms the skin while the uplifting, refreshing scent of lemon peel and lemongrass extracts invigorates.

Formulation: Lemongrass, mistletoe, field horsetail and lemon peel are combined with sunflower oil, then carefully blended using unique rhythmic processing methods. During this phase, the mixtures are heated to 98.6°F – human body temperature. They are carefully mixed in the mornings and evenings to allow the properties of the nurturing plants to be transferred to the oil.

### Usage

Apply evenly and massage into your skin. Applying to moist skin after bathing or showering provides the most effective absorption and improves moisture retention.

### Tip

For the greatest firming effect on cellulite, regularly massage problem areas with this oil, enjoy a healthy, vitamin-rich diet and exercise regularly.

We also recommend *Lemon Lemongrass Vitalizing Body Wash*, *Lemon Lemongrass Vitalizing Bath Essence* and *Lemon Lemongrass Vitalizing Body Milk*.

### Ingredients

Helianthus Annuus (Sunflower) Seed Oil, Citrus Medica Limonum (Lemon) Peel Extract, Cymbopogon Citratus (Lemongrass) Extract, Equisetum Arvense Extract, Viscum Album (Mistletoe) Leaf Extract, Simmondsia Chinensis (Jojoba) Seed Oil, Citrus Medica Limonum (Lemon) Peel Oil, Fragrance (Parfum), Limonene\*, Citral\*, Linalool\*, Geraniol\*, Farnesol\*, Citronellol\*, Eugenol\*, Coumarin\*.

\*component of natural essential oils



## Blackthorn Toning Body Oil

warms and fortifies

Supple, toned skin depends upon skin elasticity. Blackthorn Toning Body Oil features extracts of tender blackthorn blossoms and birch leaves to promote skin elasticity. Sun-drenched St. John's wort and jojoba oil support the skin's processes of renewal to fortify stressed skin. Drawing on these properties, Blackthorn Toning Body Oil effectively minimizes the appearance of stretch marks due to weight loss or weight gain.

Formulation: Blackthorn blossoms, birch leaves and St. John's wort are combined with sunflower oil, then carefully blended using unique rhythmic processing methods. During this phase, the mixtures are heated to 98.6°F – human body temperature. They are carefully mixed in the mornings and evenings to allow the properties of the nurturing plants to be transferred to the oil.

### Usage

Apply evenly and massage into your skin. Applying to moist skin after bathing or showering provides the most effective absorption and improves moisture retention.

### Tip

For specialized massage that maintains skin elasticity, hold oiled skin between your thumb and index finger, pull it upwards slightly in a pinching motion and then release. Repeat five times per skin area.

We also recommend the *Body Washes*, *Baths* and *Body Moisturizers*.

### Ingredients

Helianthus Annuus (Sunflower) Seed Oil, Prunus Spinosa Flower Extract, Betula Alba Leaf Extract, Simmondsia Chinensis (Jojoba) Seed Oil, Hypericum Perforatum Flower/Leaf/Stem Extract, Lecithin, Fragrance (Parfum), Linalool\*, Limonene\*, Geraniol\*, Citronellol\*, Citral\*, Coumarin\*, Farnesol\*, Eugenol\*.

\*component of natural essential oils



## Moor Lavender Calming Body Oil

soothes and protects

Moor Lavender Calming Body Oil fortifies and tones the skin while imparting a sense of deep relaxation and comfort. The soft scent of moor extract with lavender essential oil soothes and calms in preparation for a restful night's sleep. Ideal during times of stress, or any time you want to feel warm and protected. Formulation: Moor extract, horse chestnut and firming horsetail are combined with olive oil, and then carefully blended using unique rhythmic processing methods. During this phase, the mixtures are heated to 98.6°F – human body temperature. They are carefully mixed in the mornings and evenings to allow the properties of the nurturing plants to be transferred to the oil.

### Usage

Shake bottle until uniform in consistency then apply evenly and massage into skin. Applying to moist skin after bathing or showering provides the most effective absorption and improves moisture retention.

### Tip

We also recommend Body Washes, *Moor Lavender Calming Bath Essence* and *Lavender Sandalwood Calming Body Cream*.

### Ingredients

Olea Europaea (Olive) Fruit Oil, Water (Aqua), Butyrospermum Parkii (Shea) Butter, Lavandula Angustifolia (Lavender) Oil, Peat Moss Extract, Sucrose Polystearate, Linalool\*, Hydrogenated Jojoba Oil, Fragrance (Parfum), Citronellol\*, Limonene\*, Geraniol\*, Coumarin\*, Citral\*, Farnesol\*, Eugenol\*, Equisetum Arvense Extract, Aesculus Hippocastanum (Horse Chestnut) Seed Extract, Alcohol.

\*component of natural essential oils



## Rose Nurturing Body Oil

harmonizes and protects

There are times when your skin and mind long for harmonizing, strengthening care. Promote a sense of balance and wellbeing with this delicate, nourishing body oil. Rose Nurturing Body Oil with extracts of Damask roses and rose essential oil soothes, calms and protects sensitive skin. Jojoba oil maintains moisture for silky, supple skin. The soft rose scent soothes the senses.

Formulation: Damask roses are combined with sunflower oil and carefully blended using unique rhythmic processing methods to allow the skin balancing properties of the rose to be transferred to the oil. During this phase, the mixture is heated to 98.6°F – human body temperature. The base product is carefully mixed in the mornings and evenings to allow the skin balancing properties of the rose to be transferred to the oil.

### Usage

Apply evenly and massage into your skin. Applying to moist skin after bathing or showering provides the most effective absorption and improves moisture retention.

### Tip

We also recommend Body Washes, Baths, *Rose Nurturing Body Cream* and *Rose Deodorant*.

### Ingredients

Helianthus Annuus (Sunflower) Seed Oil, Rosa Damascena Flower Extract, Simmondsia Chinensis (Jojoba) Seed Oil, Rosa Damascena Flower Oil, Fragrance (Parfum), Citronellol\*, Geraniol\*, Linalool\*, Citral\*, Eugenol\*, Farnesol\*, Limonene\*.

\*component of natural essential oils



## Almond St. John's Wort Soothing Body Oil

calms and balances

For those with dry, sensitive or irritated skin, Almond St. John's Wort Soothing Body Oil offers effective, soothing care. Cold-pressed almond and sunflower oils fortify, smooth and replenish the skin. The softening properties of sun-drenched St. John's wort oil balance and invigorate, while hop extract calms, and the warm, sweet fragrance of almond relaxes.

Formulation: Dried hops combined with sunflower oil are carefully blended using unique rhythmic processing methods. During this phase, the mixture is heated to 98.6°F human body temperature. The base product is carefully mixed in the mornings and evenings to allow the properties of the nurturing plants to be transferred to the oil.

### Usage

Apply evenly and massage into your skin. Applying to moist skin after bathing or showering provides the most effective absorption and improves moisture retention.

### Tip

We also recommend Body Washes, Baths and *Almond Soothing Body Cream*.

### Ingredients

Helianthus Annuus (Sunflower) Seed Oil, Hypericum Perforatum Flower/Leaf/Stem Extract, Prunus Amygdalus Dulcis (Sweet Almond) Oil, Humulus Lupulus (Hops) Cone Extract, Lecithin, Fragrance (Parfum), Limonene\*, Citronellol\*, Linalool\*, Geraniol\*, Coumarin\*.

\*component of natural essential oils



## Birch Arnica Energizing Body Oil

supports before and after exercise

After strenuous activity or a sauna, the skin welcomes revitalization: Birch Arnica Energizing Body Oil's refreshing scent revives the body and awakens the mind as nourishing plant extracts join jojoba oil to maintain moisture balance for soft, supple skin. Tired muscles are soothed and warmed for a feeling of greater comfort and flexibility.

Formulation: Birch leaves; arnica, burdock root and nettle are combined with sunflower oil, and then carefully blended using unique rhythmic processing methods. During this phase, the mixtures are heated to 98.6°F – human body temperature. The base products are carefully mixed in the mornings and evenings to allow the properties of the nurturing plants to be transferred to the oil.

### Usage

Apply evenly and massage into your skin. Applying to moist skin after bathing or showering provides the most effective absorption and improves moisture retention.

### Tip

We also recommend *Lemon Lemongrass Vitalizing Body Wash*, *Lemon Lemongrass Vitalizing Bath Essence*, *Lemon Lemongrass Vitalizing Body Milk* and *Sage Mint Deodorant*.

### Ingredients

Helianthus Annuus (Sunflower) Seed Oil, Arnica Montana Flower Extract, Betula Alba Leaf Extract, Urtica Dioica (Nettle) Extract, Arctium Lappa Root Extract, Simmondsia Chinensis (Jojoba) Seed Oil, Fragrance (Parfum), Linalool\*, Citral\*, Limonene\*, Coumarin\*, Citronellol\*, Geraniol\*, Farnesol\*, Eugenol\*, Brassica Alba Seed Extract.

\*component of natural essential oils

## Our hands speak volumes



Hands speak a language all their own: Their gestures can express more than words, and they act as a business card that tells you something about what a person does. Whether at the office, doing housework or gardening, our hands are constantly in use. They are subjected to environmental influences such as dry air, water, cold and sun. Your skin quickly becomes dry and raw or you break a nail. Our hands therefore need special care. The

fast-absorbing *Hydrating Hand Cream* soothes your hands with valuable plant oils and carefully selected nourishing botanical extracts. *Neem Nail & Cuticle Oil* protects your nails and cuticles. The travel-ready *Neem Nail & Cuticle Pen* is the ideal companion when out and about.

Nurture yourself right down to your fingertips and let the beauty of your hands speak.



## Hydrating Hand Cream

nourishes, renews and protects

Hydrating Hand Cream soothes, nourishes and protects hands from cold, harsh or dry conditions.

Formulation: Kalanchoe has intense regenerative and hydrating properties, supporting the skin's natural processes of renewal.

### Usage

Apply regularly to soothe, moisturize and protect dry, overworked hands. Hydrating Hand Cream absorbs quickly without greasy residue. Even rough elbows become beautifully smooth.

### Tip

To promote strong, healthy nails and to soften cuticles, we recommend *Neem Nail & Cuticle Oil* or *Neem Nail & Cuticle Pen*.

### Ingredients

Water (Aqua), Alcohol, Glycerin, Althaea Officinalis Root Extract, Anthyllis Vulneraria Extract, Prunus Amygdalus Dulcis (Sweet Almond) Oil, Cetearyl Alcohol, Beeswax (Cera Alba), Prunus Spinosa Flower Extract, Arachis Hypogaea (Peanut) Oil, Simmondsia Chinensis (Jojoba) Seed Oil, Triticum Vulgare (Wheat) Germ Oil, Bentonite, Kalanchoe Daigremontiana Leaf Extract, Daucus Carota Sativa (Carrot) Root Extract, Fragrance (Parfum), Limonene\*, Linalool\*, Citronellol\*, Geraniol\*, Citral\*, Farnesol\*, Benzyl Benzoate\*, Eugenol\*, Benzyl Salicylate\*, Lactose, Lysolecithin, Xanthan Gum.

\*component of natural essential oils



## Neem Nail & Cuticle Oil

strengthens and protects

Neem Nail & Cuticle Oil penetrates the nail to strengthen and fortify while softening cuticles.

Formulation: Neem leaf, apricot kernel oil and extracts of chamomile and anthyllis fortify and moisturize nails and help to protect against breakage; cuticles are softened and renewed.

### Usage

Massage 1-2 drops into clean, dry nails and cuticles. Allow oil to be absorbed then wipe away excess. For badly damaged nails, repeat twice a day, morning and evening.

### Tip

*Neem Nail & Cuticle Pen* is convenient for travel, the office or the car. For complete hand care, we recommend our fast-absorbing *Hydrating Hand Cream*.

### Ingredients

Arachis Hypogaea (Peanut) Oil, Melia Azadirachta Leaf Extract, Anthyllis Vulneraria Extract, Prunus Armeniaca (Apricot) Kernel Oil, Chamomilla Recutita (Matricaria) Flower Extract, Fragrance (Parfum), Linalool\*, Limonene\*, Geraniol\*.

\*component of natural essential oils



## Neem Nail & Cuticle Pen

strengthens and protects

Keep your nails in the best possible condition at all times with the practical, compact and hygienic *Neem Nail & Cuticle Pen*. Whether at home or out and about, your nails can benefit from a mini-manicure treatment whenever you have a few moments to spare.

### Usage

When pressed gently, the fiber applicator releases just the right amount of *Neem Nail & Cuticle Oil*.

### Tip

To keep your *Neem Nail & Cuticle Pen* looking clean, it comes with three spare tips, which are easy to replace. Nail polish can discolor the applicator tip.

### Ingredients

Arachis Hypogaea (Peanut) Oil, Melia Azadirachta Leaf Extract, Anthyllis Vulneraria Extract, Prunus Armeniaca (Apricot) Kernel Oil, Chamomilla Recutita (Matricaria) Flower Extract, Fragrance (Parfum), Linalool\*, Limonene\*, Geraniol\*.

\*component of natural essential oils

## Put the spring back in your step



We usually pay little attention to our feet. They are hidden away in socks and closed shoes, and yet they consistently deliver peak performance. Your feet bear your entire body weight while your toes balance your whole body in an act of the utmost precision. It is no wonder that they make themselves felt now and again. If we spend a lot of time on our feet, our feet and legs become tired and can swell. If this is aggravated by unsuitable, tight shoes, we may also suffer from blisters, pressure points, calluses or achy legs. Summer heat also puts strain on feet and legs.

It is therefore important to pamper our feet and legs with supportive skin care.

*Hydrating Foot Cream* and *Revitalizing Leg & Arm Tonic* revive and soothe tired feet and legs. Formulated with silk powder, *Deodorizing Foot Cream* and *Silk Body Powder* leave sweaty feet feeling truly refreshed. Both products have a lightly deodorizing effect and minimize foot odor.

Take care of your feet and put the spring back in your step.



## Hydrating Foot Cream

moisturizes and refreshes

Whether at work, during sport or in your free time, Hydrating Foot Cream is ideal for daily foot care and an invigorating foot massage. The creamy consistency absorbs quickly to offer intensive care and moisture, especially for dry feet.

Formulation: Horse chestnut extract soothes hot, irritated and sensitive skin. St. John's wort extract promotes healthy skin renewal. Zinc oxide soothes and smoothes.

### Usage

Massage in a small amount of Hydrating Foot Cream to feet and between toes. Use daily on dry skin.

### Tip

Hydrating Foot Cream is perfect for foot massages. Tired legs will welcome the refreshing, energizing benefits of *Revitalizing Leg & Arm Tonic*.

### Ingredients

Water (Aqua), Glycerin, Alcohol, Fragrance (Parfum), Hypericum Perforatum Flower/Leaf/Stem Extract, Arachis Hypogaea (Peanut) Oil, Lanolin, Olea Europaea (Olive) Fruit Oil, Prunus Spinosa Fruit Extract, Cetearyl Alcohol, Zinc Oxide, Aesculus Hippocastanum (Horse Chestnut) Seed Extract, Simmondsia Chinensis (Jojoba) Seed Oil, Limonene\*, Bentonite, Lactose, Citral\*, Linalool\*, Geraniol\*, Benzyl Benzoate\*, Farnesol\*, Citronellol\*, Coumarin\*, Eugenol\*, Benzyl Salicylate\*, Xanthan Gum, Lysolecithin, Propolis Wax.

\*component of natural essential oils



## Deodorizing Foot Cream

revitalizes and absorbs excess moisture

Deodorizing Foot Cream keeps feet dry, comfortable and fresh throughout the day. One application controls odor and excess moisture, warms the feet and softens skin.

Formulation: Rosemary essential oil, silk and sage combine to warm, balance and revitalize skin. Silk and rice starch absorb excess moisture, leaving your skin feeling soft, dry and protected.

### Usage

Apply Deodorizing Foot Cream evenly to feet morning and evening after washing. For best results, do not massage into the skin.

### Tip

*Silk Body Powder* cares for feet experiencing excessive perspiration. *Hydrating Foot Cream* moisturizes and soothes dry, rough feet and can be used for massage. Tired legs will welcome the refreshing, energizing benefits of *Revitalizing Leg & Arm Tonic*.

### Ingredients

Water (Aqua), Glycerin, Oryza Sativa (Rice) Starch, Solidago Virgaurea (Goldenrod) Extract, Bentonite, Salvia Officinalis (Sage) Leaf Extract, Fragrance (Parfum), Alcohol, Limonene\*, Silk (Serica) Powder, Rosmarinus Officinalis (Rosemary) Leaf Oil, Linalool\*, Citral\*, Geraniol\*, Citronellol\*, Coumarin\*, Propolis Wax.

\*component of natural essential oils



## Revitalizing Leg & Arm Tonic

invigorates and energizes

Revitalizing Leg & Arm Tonic soothes, invigorates and tones the skin. Legs regain a sense of lightness.

Formulation: Rosemary essential oil energizes and warms. Borage helps reduce the appearance of varicose veins and cellulite. After a long day of sitting or standing, Revitalizing Leg & Arm Tonic refreshes and energizes limbs for continued activity.

### Usage

Apply Revitalizing Leg & Arm Tonic evenly to the legs, feet and arms, massaging towards the heart. Repeat as needed. Allow to absorb before dressing. Wait 30 minutes before putting on compression stockings. For dry skin, blend Revitalizing Leg & Arm Tonic with any Dr. Hauschka body oil.

### Tip

In addition to Revitalizing Leg & Arm Tonic, for tired, hot feet, we recommend *Hydrating Foot Cream* which offers cool, comforting care. *Deodorizing Foot Cream* refreshes and absorbs excess perspiration.

### Ingredients

Alcohol, Ricinus Communis (Castor) Seed Oil, Borago Officinalis Extract, Water (Aqua), Fragrance (Parfum), Linalool\*, Limonene\*, Citral\*, Geraniol\*, Citronellol\*, Coumarin\*.

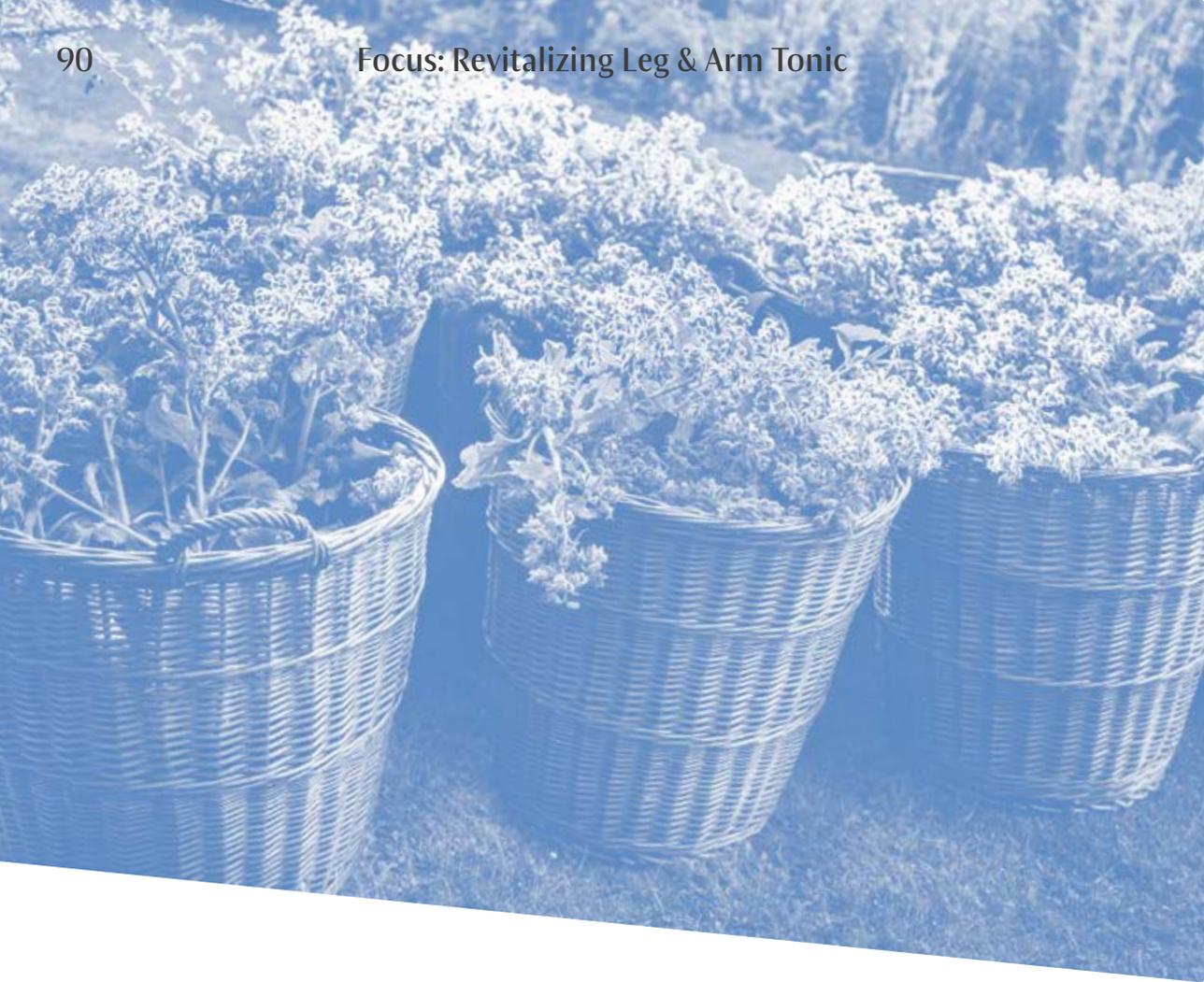
\*component of natural essential oils

The master of metamorphosis –

# Borage



With its fine, silvery hairs, blue, star-shaped petals, and its powerful arms that reach to the sky, borage (also known as starflower or bee bread) almost seems to come from another world. No one knows exactly where it first originated, but we do know it provides an invigorating impulse to life. Just as its petals adeptly change color from light pink to azure blue, it offers the legs a sense of freshness and elasticity, warming, stimulating and invigorating the skin. In our *Revitalizing Leg & Arm Tonic*, borage leaves your legs feeling wonderfully light and energized. A true friend to all those who like to dance their way through life.



## Nurturing powers by the basket load

*“We harvest the plant while it is in bloom,  
as this is when it is at full strength,”*

**Blue.** A blue shimmer is all around us. We are not by the sea, but in the middle of Dr. Hauschka Skin Care’s biodynamic plant garden in Bad Boll, Germany – just by the borage beds. Meter after meter of the impressive plants are aligned in rows. The air is filled with the buzzing of bees and the subtle fragrance of fresh cucumber. Now, in early summer, is the time when borage reveals its full glory. The petals shimmer in the summer sky like tiny blue stars. Harvest time is here.

Bernhard Ehrmann, head of the biodynamic plant garden explains. Every plant here has a designated caretaker. Bernhard Ehrmann is responsible for the borage. The plants are sown three times a year, meaning that they are also harvested three times: in June, July and August. Each time, Bernhard Ehrmann and his colleagues cart 80 kilograms of borage straight to the Dr. Hauschka Skin Care plant lab where it is instantly used to produce *Revitalizing Leg & Arm Tonic*. From the harvest to the finished Tonic, all production stages take place here in Bad Boll.

# Under the stars

in the biodynamic plant garden



## Morning dew freshness for your wellbeing

You have to be a real early bird to work in the plant garden. The borage harvest begins at 5.30 a.m. while the plants are still glistening with dew. Why? "This is when the plants are fortified and rested, and we want to impart these traits to our plant extracts." At 11 a.m., the finely chopped borage has to be added to earthenware pots in the plant lab. This does not leave much time for workers to enjoy the wondrous tranquility of the garden.

## Beds that bring a smile to the face

During the harvest, borage reveals what it is made of: above all, a great deal of water. Upon cutting a stem, a wonderful effervescence is produced and the air fills with the fresh scent of cucumber. The clean effervescence, the clear lightness – and we suddenly become aware of just what this plant can set in motion. "The borage harvest always leaves us in a good mood," comments Bernhard Ehrmann. It is no wonder that borage has been used to combat grief for centuries.

## Before a run ...

"For me, running is simply part of life. I have run every day for several years now – going at least 13 kilometers, ideally through woodland. Running offers me a sense of balance and release. It clears my head and helps to combat stress. I have to stand up and walk around a great deal in my job, so it is only natural that my legs are tired in the evening after training. That is why I use Dr. Hauschka *Revitalizing Leg & Arm Tonic*. I massage it into my arms and legs after showering, and they instantly feel light and refreshed again. And it smells so wonderfully of herbs... If I have a race, I apply the tonic a quarter of an hour before the start to warm up and relax my muscles. By massaging it in again in the evening, I can be sure to avoid stiff muscles the next day."

Luka Schito, member of the order picking team  
at Dr. Hauschka Skin Care, Bad Boll, Germany

## ... and after yoga

"I have used Dr. Hauschka *Revitalizing Leg & Arm Tonic* for many years now – after hikes, following long hours at my desk and, my favorite time of all, after doing my yoga exercises. Yoga stimulates the circulation and activates and relaxes the muscles and connective tissue. As a result, an hour of yoga often leaves you feeling warm and energized. *Revitalizing Leg & Arm Tonic* supports this effect and helps to maintain it: rosemary is stimulating and supports my circulation, while at the same time leaving me feeling wondrously refreshed. My legs also love a quick massage with *Revitalizing Leg & Arm Tonic* after a hot bath or alternating hot and cold showers. The rosemary aroma reminds me of my home in Liguria, of the summer and the Mediterranean, even in the midst of winter."

Dr. Bettina Knothe,  
scientist and yoga instructor, Berlin, Germany

\*  
m Tonic

In our *Revitalizing Leg & Arm Tonic*, borage is an astringent resulting in the sensation of wonderfully light legs – like after doing a headstand.

## Turned upside down!



When is your favorite time to use our *Revitalizing Leg & Arm Tonic*? What do you particularly like about it? We posed these questions to Dr. Hauschka users both in person and via Facebook, and you answered us. Thank you!

*Applying it after ballet practice means*

***muscles aren't sore*** the next day!  
*Incidentally, it also works brilliantly on tired arms!*

Denise Chantal Pagel, Lübeck, Germany

*In my job as a voice artist, I spend long hours standing at a microphone. Revitalizing Leg & Arm Tonic relieves my muscles and smells fabulous – the rosemary fragrance puts me in a*  
***good mood*** even in winter.

Julia Stoepel, Berlin, Germany

*There is nothing better after a demanding day in the pharmacy. The borage petals remind me of my*

***grandmother's garden***  
*from my childhood.*

Daniela Westhoff, Ratingen, Germany

*The leg-toner is delightful and gives a bit of extra to my*

***relax time*** when I have been standing all day in the shop.

Petra Krommenhoek, Utrecht, Netherlands

*In my job as a tour guide, I spend hours on my feet, walking around. I therefore find Revitalizing Leg & Arm Tonic*

***great in the evenings***  
*after a long day!*

Petra Neumann, Schleswig, Germany

*I always keep some*

***in my desk drawer.***  
*Whenever my legs are swollen after sitting in the office for too long, I massage them with a generous amount of Tonic.*

Petra B., Berlin, Germany

# Leg & Arm

## Times of intimate bonds





The spiritual, emotional and physical bond between a mother and her child during pregnancy is a truly unique experience. In the nine months of pregnancy, a mother's body adapts to provide for the growing child. The mother's skin, metabolism and entire sense of self can change during this period and need special attention.

Annette Kiefer has helped many women through this time of life. After a long career as a midwife, she now offers other midwives her knowledge and experience as a WALA specialist consultant.

### **The early days of pregnancy**

The changes in their bodies during the early days of pregnancy in particular leave many women feeling extremely tired. If circumstances beyond their control mean they cannot get the rest and sleep they need, Ms Kiefer recommends they rub their arms and legs with Dr. Hauschka *Revitalizing Leg & Arm Tonic* (see p. 88).

Fathers also enjoy this refreshing experience if they have had little sleep and work beckons in the morning. Combined with washing the legs in cold water, *Revitalizing Leg & Arm Tonic* has a toning and soothing effect on skin, helping to reduce the appearance of varicose veins and cellulite.

Minimizing the appearance of stretch marks is an important topic for mothers-to-be. Regular pinching massages with *Blackthorn Toning Body Oil* (see p. 81) boost the skin's elasticity and vitality.

A further valuable companion during the sensitive pregnancy period is *Moor Lavender Calming Body Oil* (see p. 82), as Ms Kiefer explains: "The body oil envelops us like a warm, protective coat and helps promote feelings of comfort and protection. Apply the oil to the chest area as well as the inner wrists. If necessary, it can also be applied to the stomach if the skin there is becoming tight."

### **Bathing the body and soul**

Mothers-to-be particularly enjoy the relaxing sensation of warm water. Many Dr. Hauschka Bath products further heighten the sense of wellbeing. For example, *Moor Lavender Calming Bath Essence* (see S. 69) has a soothing effect in preparation for a sound sleep.

### **The 'baby honeymoon' period**

For six to eight weeks after giving birth, a mother's body has to recover from the pregnancy and the delivery.

Ms Kiefer emphasizes the importance of postnatal rest and relaxation: "This special time, which I like to call the 'baby honeymoon period,' should be as pleasant and stress free as possible for the parents so that the child feels that all is as it should be. *Moor Lavender Calming Body Oil* (see p. 82) helps parents distance themselves from external stress factors."

*Blackthorn Toning Body Oil* (see p. 81) with its firming and fortifying effects is ideal for stomach massages during the postnatal period. Subsequently applied, *Lemon Lemongrass Vitalizing Body Oil* (see p. 81) and *Lemon Lemongrass Vitalizing Bath Essence* (see p. 69) also help firm.

### **Sensitive little ones**

A baby is the epitome of innocence, purity and love, and relies purely on his or her parents' care. There is little so soft as a baby's skin, and babies experience

their first contact with their mother and the environment via their skin, through touch. Ms Kiefer explains why she does not generally recommend care products for newborns' healthy skin: "There is little so soft as a baby's skin. I recommend simply washing babies with water and bathing them once a week once the umbilical cord has fallen off. Babies are usually 10-14 days old at this point and are delighted to be bathed in a warm bathroom while happily lying in their mother's or father's hands. If the mother has a great deal of milk, this can be used as a natural bath essence."

Once babies are several months old and have more contact with their environment, skin care products such as the rich Dr. Hauschka *Rose Day Cream* (see p. 29) can help protect them against the cold wind, for example. Dr. Hauschka's harmonizing *Rose Nurturing Bath Essence* is equally suitable for infants and small children (see p. 69).

From three months, a baby massage is a particularly enjoyable form of contact with your child. In this regard, Annette Kiefer highlights the natural qualities of Dr. Hauschka *Rose Nurturing Body Oil* (see p. 82): "The carefully selected, high-quality ingredients and delicate, natural rose fragrance make this body oil the ideal product. It envelops the child in a warming, protective layer."

Take good care of yourself and your little one and enjoy tender moments of togetherness.

“This special time, which I like to call the ‘baby honeymoon period’, should be as pleasant and stress free as possible for the parents so that the child feels that all is as it should be.

Moor Lavender Calming Body Oil helps parents distance themselves from external stress factors.”

Annette Kiefer, Midwifery Expert





Model is wearing: Foundation 01, Concealer 01, Translucent Face Powder, Compact, Rouge Powder 02, Eyeliner 01, Eyeshadow Solo 03 and 04, Eyeliner Duo 01 white pencil, Eyeliner Liquid Black, Volume Mascara Black, Lipliner 03, Lipstick Novum 10

The colors of life.  
Your beauty skillfully enhanced.

## Naturally caring color

Beauty is radiance. And while “beauty” is not a product you can apply, it is something you can skillfully enhance. You decide whether to conceal blemishes or add colorful accents whether you are in the mood for a subtle charcoal gray or a vibrant ruby.

Whatever your style, there is never any compromise on care. All Dr. Hauschka Decorative Cosmetics combine high-quality oils, waxes and silk powder with carefully selected nurturing plants. The eye area is particularly delicate and sensitive, so Dr. Hauschka Mascaras and Liquid Eyeliners contain calming extracts of black tea and eyebright. Black tea is also an essential ingredient in our Eyeliners and Eyeshadows – where it is combined with extracts of anthyllis and witch hazel, which offer their balancing, refining properties. Anthyllis is found in almost all Dr. Hauschka Decorative Cosmetics and Face Care products. As its balancing powers and excellent adaptability enable it to harmonize the broadest range of skin conditions, we regard it as a key botanical in the Dr. Hauschka Skin Care line. The gentle botanical ingredients in our formulations make Dr. Hauschka Decorative Cosmetics extremely kind to skin. Our make-up is even recommended

for contact lens wearers, as confirmed by both ophthalmological tests and our customers.

### **Nature understands dramatic appearances, too**

Sparkling pearly white, scarlet carmine or deep-blue ultramarine – nature offers us the most stunning range of colors. By focusing on mineral color pigments, we can create our products from a true treasure trove. We add mica for a subtle, magical sparkle, and real silk for an airy finish that lets your skin breathe.

### **Color advice from artists**

The development of the decorative range not only involves botanical experts and natural estheticians but also includes make-up artists. After all, the Dr. Hauschka colors should be in perfect harmony with one another and be diversely combinable. A hint of soft terracotta on the cheeks may therefore complement shadow green on the eyelids and lips adorned with a subtle shimmer. All of our shades bring life and vitality to skin, creating a highly individual nuance on every type of skin.

Make the most of the color palette of life.

## An even complexion

Before the artist dips his brush in the paint, he prepares his canvas. We treat our faces with just as much care and start by carefully evening out our complexion.



- › Start by cleansing, toning and moisturizing your skin (see p. 14).
- › Apply *Foundation* over your moisturizer. Important: the shade should match your skin tone for a natural appearance.
- › Use *Concealer* to smooth out minor blemishes and give a fresh appearance to your eye area. To achieve this effect, the shade selected can be a nuance lighter than your skin tone. Only apply *Concealer* to dark circles – in other words, to the inner but not the outer eye.
- › Use a powder brush to apply *Translucent Face Powder*.

Model is wearing: Foundation 01, Concealer 01, Translucent Face Powder, Compact, Rouge Powder 03, Eyeshadow Solo 01 and 04, Eyeliner 02, Mascara Black, Lipliner 02, Lip Balm



01 for fair skin

02 for fair to medium skin

03 for medium skin

## Concealer

Our Concealers with mineral pigments are available in three shades that softly cover blemishes and any trace of tiredness around the eyes. Their core ingredients – avocado oil, macadamia oil, jojoba oil and shea butter – nurture the skin. The composition of nourishing herbs includes anthyllis, carrot and calendula to soothe skin.

Easy to apply with hygienic twist-up wand.

- > For everyday use, apply directly to your skin under or over your foundation
- > A simple solution for concealing minor blemishes

### Tip

Twist the wand until Concealer emerges at the tip and apply to the skin before or after applying your foundation.

### Ingredients

Water (Aqua), Alcohol, Daucus Carota Sativa (Carrot) Root Extract, Prunus Amygdalus Dulcis (Sweet Almond) Oil, Persea Gratissima (Avocado) Oil, Glycerin, Mica, Cetearyl Alcohol, Simmondsia Chinensis (Jojoba) Seed Oil, Macadamia Ternifolia Seed Oil, Butyrospermum Parkii (Shea) Butter, Calendula Officinalis Flower Extract, Anthyllis Vulneraria Extract, Fragrance (Parfum), Limonene\*, Linalool\*, Citronellol\*, Benzyl Benzoate\*, Benzyl Salicylate\*, Geraniol\*, Farnesol\*, Coumarin\*, Citral\*, Eugenol\*, Bentonite, Sodium Cetearyl Sulfate, Xanthan Gum, Citric Acid, Iron Oxides (CI 77491, CI 77492, CI 77499), Titanium Dioxide (CI 77891), Ultramarines (CI 77007), Zinc Oxide (CI 77947).

\*component of natural essential oils

01 macadamia

02 almond

03 chestnut

04 hazelnut

05 nutmeg



## Foundation

Five shades of foundation ranging from very fair to dark that give your complexion an even appearance.

Create a flawless, even complexion with high quality botanical ingredients and natural mineral pigments that are extremely gentle to the skin. Pomegranate extract, macadamia nut oil and coconut oil moisturize and protect your skin.

### Ingredients

Water (Aqua), Alcohol, Simmondsia Chinensis (Jojoba) Seed Oil, Anthyllis Vulneraria Extract, Cocos Nucifera (Coconut) Oil, Caprylic/Capric Triglyceride, Glycerin, Cetearyl Alcohol, Punica Granatum Fruit Extract, Prunus Armeniaca (Apricot) Kernel Oil, Butyrospermum Parkii (Shea) Butter, Macadamia Ternifolia Seed Oil, Daucus Carota Sativa (Carrot) Root Extract, Euphorbia Cerifera (Candelilla) Wax, Fragrance (Parfum), Limonene\*, Linalool\*, Geraniol\*, Citronellol\*, Benzyl Benzoate\*, Benzyl Salicylate\*, Farnesol\*, Coumarin\*, Citral\*, Eugenol\*, Benzyl Alcohol\*, Bentonite, Xanthan Gum, Sodium Cetearyl Sulfate, Silica. !May contain (+/-) Mica, Iron Oxides (CI 77491, CI 77492, CI 77499), Titanium Dioxide (CI 77891), Ultramarines (CI 77007).

## Velvety skin

Face powders containing silk delicately matte your complexion. They provide protection and leave your skin feeling velvety soft without drying it out.



### Translucent Face Powder, Loose

Translucent Face Powder, Loose contains a nourishing combination of rose, anthyllis, witch hazel, black tea and silk that mattifies the skin and keeps your make-up in place.

#### Ingredients

Manihot Utilissima Starch (Tapioca Starch), Serica (Silk) Powder, Mica, Solum Diatomeae (Diatomaceous Earth), Silica, Anthyllis Vulneraria Extract, Hamamelis Virginiana (Witch Hazel) Bark/Leaf Extract, Camellia Sinensis Leaf Extract, Parfum (Fragrance), Limonene\*, Linalool\*, Geraniol\*, Citronellol\*, Coumarin\*, Citral\*, Benzyl Benzoate\*, Eugenol\*, Farnesol\*, CI 77491, CI 77492, CI 77499 (Iron Oxides).  
\*component of natural essential oils



### Translucent Face Powder, Compact

Translucent Face Powder, Compact contains a nourishing combination of rose, anthyllis, witch hazel, black tea and silk and acts as a convenient companion to refresh your make-up.

#### Ingredients

Talc, Serica (Silk) Powder, Mica, Solum Diatomeae (Diatomaceous Earth), Magnesium Stearate, Simmondsia Chinensis (Jojoba) Seed Oil, Rosa Damascena Flower Extract, Anthyllis Vulneraria Extract, Hamamelis Virginiana (Witch Hazel) Bark/Leaf Extract, Camellia Sinensis Leaf Extract, Parfum (Fragrance), Limonene\*, Linalool\*, Geraniol\*, Citronellol\*, Coumarin\*, Citral\*, Benzyl Benzoate\*, Silica, CI 77491, CI 77492, CI 77499 (Iron Oxides).  
\*component of natural essential oils

## Rosy cheeks

Soft accents of rouge conjure up freshness on the cheeks and balance the shape of the face.



- › If you have a round face, use a rouge brush to apply the *Rouge Powder* a thumb's width beneath your cheekbones from outwards in.
- › Even an oval face by applying accents of rouge centrally between your cheekbones and lower jaw using large, circular movements.
- › An angular face looks softer if you apply rouge to any areas where you have sharp contours, such as your temples, outer cheek areas and lower jaw.
- › To lift the complexion, apply the rouge to your upper cheek area and the area beneath your eyebrows.

04 soft terracotta



02 desert rose

03 blushing rose

## Rouge Powder

Three different shades of Rouge Powder, made with real silk, rose blossoms and jojoba oil nurture the skin while contouring and adding a healthy hue to the cheeks.

### Ingredients

#### 02\_ desert rose

#### 03\_ blushing rose

Talc, Kaolin, Diatomaceous Earth (Solum Diatomeae), Magnesium Stearate, Anthyllis Vulneraria Extract, Rosa Damascena Flower Extract, Simmondsia Chinensis (Jojoba) Seed Oil, Hamamelis Virginiana (Witch Hazel) Bark/Leaf Extract, Silk (Serica) Powder, Salvia Officinalis (Sage) Leaf Extract, Camellia Sinensis Leaf Extract, Fragrance (Parfum), Citronellol\*, Geraniol\*, Linalool\*, Citral\*, Eugenol\*, Silica, Tocopherol, Ascorbyl Dipalmitate. [May contain (+/-): Mica, Carmine (CI 75470), Iron Oxides (CI 77491, CI 77492, CI 77499), Titanium Dioxide (CI 77891), Ultramarines (CI 77007)].

#### 04\_ soft terracotta

Talc, Kaolin, Diatomaceous Earth (Solum Diatomeae), Magnesium Stearate, Anthyllis Vulneraria Extract, Rosa Damascena Flower Extract, Simmondsia Chinensis (Jojoba) Seed Oil, Hamamelis Virginiana (Witch Hazel) Bark/Leaf Extract, Silk (Serica) Powder, Salvia Officinalis (Sage) Leaf Extract, Camellia Sinensis Leaf Extract, Fragrance (Parfum), Citronellol\*, Geraniol\*, Linalool\*, Citral\*, Eugenol\*, Silica, Maltodextrin, Tocopherol, Ascorbyl Dipalmitate, Carmine (CI 75470), Iron Oxides (CI 77491, CI 77492, CI 77499), Titanium Dioxide (CI 77891), Ultramarines (CI 77007).

\*component of natural essential oils

## Bright eyes

Add careful accents of color to let your inner light sparkle from your eyes.



- › Start by defining your eyebrows with a shade from the *Eyeshadow Palette* and an eyeshadow brush.
- › Next, apply eyeshadow. Use the brush to apply a light shade to the inner corner of the eye in an upward movement. Apply a darker shade to the eye areas that should stand out less.
- › The eyes look particularly striking when you choose shades that complement the iris color:
  - › For blue eyes: *Eyeshadow Solo 01, 02, 03, 09*
  - › For green eyes: *Eyeshadow Solo 03, 04, 07, 08, 09*
  - › For brown eyes: any shade
- › Use *Eyeliner* to accentuate the shape of the eye. Apply *Liquid Eyeliner* along the upper lashline only to intensify the effect.
- › *Mascara* adds a finishing touch to eyes. Apply this first to the lower and then the upper lashes using a zig-zag technique: hold the brush at a diagonal to the lash growth direction and move it back and forth. Finally, draw the brush away to the side, not upward (see p. 116).
- › Eye make-up can be gently removed using the creamy *Soothing Cleansing Milk* (see p. 21). Simply pump a little Soothing Cleansing Milk onto a moist cotton pad or a Dr. Hauschka Cosmetic Sponge and gently wipe away eye make-up using a sweeping outward motion.

01 slate blue

02 charcoal gray

04 espresso bean

05 jet black

09 silvery green (available March 2016)



## Eyeliner

Eyeliner pencils, in five natural colors, highlight and define the beauty of your eyes. Mineral pigments are fused with quince and carnauba wax for smooth, effortless application. Extracts of anthyllis, witch hazel and black tea have a soothing effect on the delicate skin around the eyes.

### Ingredients

#### 01\_slate blue

Hydrogenated Palm Kernel Glycerides, Talc, Hydrogenated Palm Glycerides, Mica, Hydrogenated Vegetable Oil, Caprylic/Capric Triglyceride, Rhus Succedanea Fruit Wax, Pyrus Cydonia Peel/Fruit Wax, Diatomaceous Earth (Solum Diatomeae), Camellia Sinensis Leaf Extract, Anthyllis Vulneraria Extract, Hamamelis Virginiana (Witch Hazel) Bark/Leaf Extract, Tocopherol, Ascorbyl Palmitate, Fragrance (Parfum), Citronellol\*, Geraniol\*, Linalool\*, Ferric Ferrocyanide (CI 77510), Carmine (CI 75470), Iron Oxides (CI 77499), Titanium Dioxide (CI 77891), Ultramarines (CI 77007).

#### 02\_charcoal gray

Hydrogenated Palm Kernel Glycerides, Hydrogenated Palm Glycerides, Hydrogenated Vegetable Oil, Talc, Caprylic/Capric Triglyceride, Rhus Succedanea Fruit Wax, Pyrus Cydonia Peel/Fruit Wax, Diatomaceous Earth (Solum Diatomeae), Camellia Sinensis Leaf Extract, Anthyllis Vulneraria Extract, Hamamelis Virginiana (Witch Hazel) Bark/Leaf Extract, Tocopherol, Ascorbyl Palmitate, Fragrance (Parfum), Citronellol\*, Geraniol\*, Linalool\*, Iron Oxides (CI 77491, 77492, 77499), Bismuth Oxochloride (CI 77163), Titanium Dioxide (CI 77891).

#### 04\_espresso bean

#### 05\_jet black

Hydrogenated Palm Kernel Glycerides, Hydrogenated Palm Glycerides, Hydrogenated Vegetable Oil, Caprylic/Capric Triglyceride, Talc, Rhus Succedanea Fruit Wax, Pyrus Cydonia Peel/Fruit Wax, Diatomaceous Earth (Solum Diatomeae), Camellia Sinensis Leaf Extract, Anthyllis Vulneraria Extract, Hamamelis Virginiana (Witch Hazel) Bark/Leaf Extract, Tocopherol, Ascorbyl Palmitate, Fragrance (Parfum), Citronellol\*, Geraniol\*, Linalool\*, Iron Oxides (CI 77491, CI 77492, CI 77499), Titanium Dioxide (CI 77891).

#### 09\_silvery green

Hydrogenated Jojoba Oil, Mica, Simmondsia Chinensis (Jojoba) Seed Oil, Caprylic/Capric Triglyceride, Hydrogenated Vegetable Oil, Butyrospermum Parkii (Shea) Butter, Canola Oil, Sclerocarya Birrea Seed Oil, Euphorbia Cerifera (Candelilla) Wax, Pyrus Cydonia Peel/Fruit Wax, Diatomaceous Earth (Solum Diatomeae), Glycerol Caprylate, Anthyllis Vulneraria Extract, Hamamelis Virginiana (Witch Hazel) Bark/Leaf Extract, Camellia Sinensis Leaf Extract, Copernicia Cerifera (Carnauba) Wax, Helianthus Annuus (Sunflower) Seed Oil, Fragrance (Parfum), Citronellol\*, Geraniol\*, Linalool\*, Tocopherol, Ascorbyl Palmitate, Iron Oxides (CI 77492), Titanium Dioxide (CI 77891), Ultramarines (CI 77007).

\*component of natural essential oils

01 white/anthracite

## Eyeliner Duo

Featuring two complementary colors, use this eyeliner duo to create dramatic effects. Extracts of anthyllis, witch hazel and black tea have a soothing effect on the delicate skin around the eyes.

### Ingredients

#### 01\_white/anthracite

Hydrogenated Palm Kernel Glycerides, Hydrogenated Vegetable Oil, Caprylic/Capric Triglyceride, Hydrogenated Palm Glycerides, Talc, Rhus Succedanea Fruit Wax, Pyrus Cydonia Peel/Fruit Wax, Diatomaceous Earth (Solum Diatomeae), Camellia Sinensis Leaf Extract, Anthyllis Vulneraria Extract, Hamamelis Virginiana (Witch Hazel) Bark/Leaf Extract, Tocopherol, Ascorbyl Palmitate, Fragrance (Parfum), Citronellol\*, Geraniol\*, Linalool\*. [May contain (+/-): Mica, Iron Oxides (CI 77491, CI 77492, CI 77499), Titanium Dioxide (CI 77891)].

\*component of natural essential oils





## Eyeshadow Solo

The Eyeshadow Solos incorporate the finest mineral pigments with real silk to create make-up that is kind to the delicate skin around your eyes. Nine gentle tones enhance the natural beauty of your eyes. Nourishing botanical plant extracts nurture and soothe sensitive skin.

### Ingredients

01\_sunglow  
02\_beach  
03\_subtle peach  
04\_smoky gray  
05\_smoky blue  
06\_shadow green  
07\_smoky violet  
08\_cool pink  
09\_shimmering ivory

Talc, Magnesium Stearate, Caprylic/Capric Triglyceride, Silk (Serica) Powder, Diatomaceous Earth (Solum Diatomeae), Silica, Camellia Sinensis Leaf Extract, Anthyllis Vulneraria Extract, Hamamelis Virginiana (Witch Hazel) Bark/Leaf Extract, Fragrance (Parfum), Citronellol\*, Geraniol\*, Linalool\*, Citral\*, Eugenol\*. [May contain (+/-): Mica, Ferric Ferrocyanide (CI 77510), Carmine (CI 75470), Iron Oxides (CI 77491, CI 77492, CI 77499), Titanium Dioxide (CI 77891), Ultramarines (CI 77007)].

\*component of natural essential oils



01 sand

02 light brown

03 soft gray

04 anthracite



## Eyeshadow Palette

Four matte shades of brown and gray enhance the natural beauty of your eyes, allowing for a combination of elegant looks that take eyes from day to night. Silk powder offers pH balancing and protective qualities.

### Ingredients

*01\_sand, 03\_soft gray, 04\_anthracite*

Talc, Magnesium Stearate, Caprylic/Capric Triglyceride, Silk (Serica) Powder, Silica, Diatomaceous Earth (Solum Diatomeae), Camellia Sinensis Leaf Extract, Anthyllis Vulneraria Extract, Hamamelis Virginiana (Witch Hazel) Bark/Leaf Extract, Fragrance (Parfum), Citronellol\*, Geraniol\*, Linalool\*, Citral\*, Eugenol\*. [May contain (+/-): Mica, Iron Oxides (CI 77491, CI 77492, CI 77499), Titanium Dioxide (CI 77891), Ultramarines (CI 77007)].

*02\_light brown*

Talc, Mica, Magnesium Stearate, Caprylic/Capric Triglyceride, Silk (Serica) Powder, Silica, Diatomaceous Earth (Solum Diatomeae), Camellia Sinensis Leaf Extract, Anthyllis Vulneraria Extract, Hamamelis Virginiana (Witch Hazel) Bark/Leaf Extract, Fragrance (Parfum), Citronellol\*, Geraniol\*, Linalool\*, Citral\*, Eugenol\*, Maltodextrin, Carmine (CI 75470), Iron Oxides (CI 77491, CI 77492, CI 77499), Titanium Dioxide (CI 77891), Ultramarines (CI 77007).

\*component of natural essential oils



# B lack tea

Tea gardens cover the hillsides in southeast China like lush green carpets. Here, in Hunan Province, tea is cultivated and harvested for Dr. Hauschka Skin Care. This peninsula is home to the organic Qingshan tea farm, which is renowned for a classic black tea with a mild flavor and a reddish-brown color in the cup. This tea is not only popular as a stimulating drink but also as a cosmetic ingredient. The dried tea leaves contain caffeine and valuable tannins with soothing and toning properties. The sensitive area around the eyes benefits most markedly from these properties, which is why extracts of black tea enrich the entire Dr. Hauschka make-up range, including Mascara, Eyeliners and Eyeshadows of all shades.

# Black tea creates beautiful Eyes

*An interview with Marie Calas,  
Head of Skin Care Development at Dr. Hauschka*

*Ms Calas, as Head of Skin Care Development, you work on many different formulations. Nurturing, nourishing plant extracts are always part of these. In the case of the Eyeshadows, you have opted for black tea. Why tea of all things?*

You may well be familiar with this yourself: A cooled black teabag is a tried-and-tested home remedy for tired or irritated eyes. Tea contains tannins, which, when used in a compress, are refreshing and reduce puffiness. We want our make-up to have this same effect. However, instead of placing damp tea bags on our customer's eyes, we integrate the plant's nurturing properties into our formulation.

*How do you transform tea into Eyeshadow?*

It is actually a rather complicated process. First, we create an aqueous extract made from organic tea leaves and mix it with extracts of witch hazel and anthyllis. These nurturing plant extracts are common in our skin care products, but as liquids. To integrate them into a product that comes in powder form, the extracts are sprayed onto a natural mineral and air dried. This gives us a fine powder that embodies the strengths of the three plants. This process, which gives structure to a liquid, ultimately transfers similar benefits to a cup of black tea: it gives us clarity and restores order.

*When is color added to a formulation?*

The powdered extracts of tea, anthyllis and witch hazel come together with other ingredients such as silk powder and silica to form the basis of all our Eyeshadows. The colors are created by various minerals, such as iron oxide or mica. These pigments range from soft notes of rose and peach through an entire palette of earthy shades to a vibrant lilac and dark anthracite.

*How do you create a new Eyeshadow?*

We developers let ourselves be inspired – ideally by nature itself. We look at the world around us as well as at our inner landscapes. You could say that it is an act of creative visualization in colorful dialogue with everyday life. We try to translate this dialogue into skin care formulations. Once we have created initial product samples, we involve other colleagues from the Marketing and Skin Care Consultation departments, as well as our make-up artist Karim Sattar. Karim tests the new Eyeshadows on various skin tones and gives us specific suggestions for the final formulation: perhaps a little more mica, maybe a little less coverage, or possibly a stronger hint of red. It is important that the new shade not only has the perfect composition but can also be perfectly combined with other Dr. Hauschka products.

# Visually enchanting:

*Charm onlookers  
with our Eyeshadows*

## *Discover all of your options*

All Eyeshadows can be blended – they form a harmonious, professional-standard palette. Our make-up artists use them daily to add a touch of magic to eyes like yours. And you can too!

## *Color and skin care combine*

Our Eyeshadows reflect natural colors. Colors that you feel happy to be in the company of. Thanks to extracts of nourishing plants, our make-up products also care for your skin. Nurturing the delicate skin around your eyes, our formulations contain silk powder, black tea, anthyllis and witch hazel.

## *Minor corrections or striking looks*

Our Eyeshadows are there for you, whether you want to optimize the proportions of your eye area or head out for the evening with smoky eyes. They can provide subtle make-up today and striking color tomorrow. Choose from 13 different colors to suit your every taste and mood.

# Your eyes dictate the shade

Tips from internationally-  
renowned Dr. Hauschka  
Make-up Artist Karim Sattar

Before Dr. Hauschka Make-up Artist Karim Sattar picks up his brush, he looks deep into your eyes. "I determine the color nuances of the iris and select Eyeshadows, Eyeliner and Mascara to match them. In my line of work, 'match' means 'correspond,' not the same color. In the same way that I would not put a green picture in a green frame, I prefer to surround the eyes with complementary shades. It is this contrast that makes your eyes shine brighter."

**Tip 1. Choose Eyeshadows based on eye color**

Blue eyes love Eyeshadows with orange pigments: shades of gold, sand or brown.

Green eyes look particularly beautiful when highlighted by red pigments: colors such as lilac or pink.

Brown eyes are wonderfully uncomplicated: as brown contains all colors, all Eyeshadows match brilliantly.

**Tip 2. Coordinate your Eyeshadows and your outfit**

Skillfully applied, eye make-up should correspond to a striking accessory rather than your clothing. For example, it should reflect the color of a piece of jewelry, a handbag or pair of shoes.

**Tip 3. Eyeshadows for people who wear glasses**

Glasses on people who are near-sighted always make their eyes look slightly smaller. Bright, shimmering shades are therefore ideal as they widen the gaze.

The cut of the lenses for far-sightedness makes the eyes look larger. If desired, this can be counteracted using matte, dark shades.



### Extra tips for the perfect finish

Dr. Hauschka Eyeshadows come in two different textures: Eyeshadow Solos combine color with silky shine, while the four shades in the Eyeshadow Palette are designed to be matte, making them ideal for the eyebrows.

#### Reduce the shine of shimmering Eyeshadows:

Use a brush to lightly dab a little Translucent Face Powder. Compact onto your eyelids over your make-up.

#### Add shine to matte Eyeshadows:

For deep colors with a shimmering finish, first apply one of the shades from the Eyeshadow Palette (e.g. 04/anthracite). Next, use the same brush to apply a little Eyeshadow Solo (in this case 04/smoky gray) to give the look a bit more sparkle.

#### Tip 4. Eyeshadows for drooping eyelids

Make-up can also be applied to drooping eyelids. However, the crease should be kept dark as darker areas stand out less. On the other hand, a lighter shade should be selected for the upper lid and inner corner of the eye. The eye make-up should also be rounded off by applying white eyeliner to the inner rim of the bottom eyelid from our Eyeliner Duo.

#### Tip 5. Use Eyeshadows to optimize proportions

If your eyes are positioned closely together, the illusion of a wider gap can be created by simply applying lighter shades to the inner corner of the eye and darker ones to the outer corner.

If your eyes are further apart, apply the Eyeshadows the other way round: darker shades on the inner corner of the eye and lighter shades on the outer edges visually draw the eyes together.

#### Tip 6. Combine Eyeshadows and Eyeliner

For particularly intense, long-lasting color, use a brush to dab a little Eyeliner onto your eyelid and smudge it in before applying a suitably colored Eyeshadow to the lid as usual.

#### Tip 7. Use Eyeshadows instead of Eyeliner

Instead of using Eyeliner, the lower eyelid can be highlighted using an Eyeshadow. This creates soft lines and smooth transitions to the lower lashes.



01 black

02 brown



## Liquid Eyeliner

The fine brush on the Liquid Eyeliner, available in black and brown, allows for the easy application of a precise and vivid line that is both long-lasting and moisturizing to the skin. Eyebright, black tea and neem soothe the delicate skin around the eyes, while rose wax and beeswax protect the skin, keeping it silky smooth.

### Ingredients

#### 01\_black

Water (Aqua), Alcohol, Sorbitol, Cetearyl Alcohol, Ricinus Communis (Castor) Seed Oil, Bentonite, Camellia Sinensis Leaf Extract, Melia Azadirachta Leaf Extract, Euphrasia Officinalis Extract, Hydrogenated Jojoba Oil, Xanthan Gum, Beeswax (Cera Alba), Rosa Damascena Flower Wax, Rosa Damascena Flower Oil, Fragrance (Parfum), Citronellol\*, Geraniol\*, Linalool\*, Silica, Lysolecithin, Iron Oxides (CI 77499), Titanium Dioxide (CI 77891), Ultramarines (CI 77007).

#### 02\_brown

Water (Aqua), Alcohol, Sorbitol, Cetearyl Alcohol, Ricinus Communis (Castor) Seed Oil, Camellia Sinensis Leaf Extract, Melia Azadirachta Leaf Extract, Bentonite, Euphrasia Officinalis Extract, Hydrogenated Jojoba Oil, Xanthan Gum, Beeswax (Cera Alba), Rosa Damascena Flower Wax, Rosa Damascena Flower Oil, Fragrance (Parfum), Citronellol\*, Geraniol\*, Linalool\*, Maltodextrin, Silica, Lysolecithin, Carmine (CI 75470), Iron Oxides (CI 77491, CI 77492, CI 77499).

\*component of natural essential oils

01 black

02 brown

03 blue



## Mascara

Available in black, brown and blue, Mascara creates fuller lashes that accentuate your eyes. Nourishing extracts of eyebright, black tea and neem leaves have a soothing effect on the sensitive eye area while rose wax and beeswax protect and fortify each individual eyelash. Ophthalmologically and dermatologically tested.

### Ingredients

#### 01\_black

#### 03\_blue

Water (Aqua), Alcohol, Sorbitol, Ricinus Communis (Castor) Seed Oil, Cetearyl Alcohol, Camellia Sinensis Leaf Extract, Melia Azadirachta Leaf Extract, Euphrasia Officinalis Extract, Hectorite, Hydrogenated Jojoba Oil, Beeswax (Cera Alba), Rosa Damascena Flower Wax, Fragrance (Parfum), Citronellol\*, Geraniol\*, Linalool\*, Xanthan Gum, Lysolecithin, Silica, Iron Oxides (CI 77499), Titanium Dioxide (CI 77891), Ultramarines (CI 77007).

#### 02\_brown

Water (Aqua), Alcohol, Sorbitol, Ricinus Communis (Castor) Seed Oil, Cetearyl Alcohol, Camellia Sinensis Leaf Extract, Melia Azadirachta Leaf Extract, Euphrasia Officinalis Extract, Hectorite, Hydrogenated Jojoba Oil, Beeswax (Cera Alba), Rosa Damascena Flower Wax, Fragrance (Parfum), Citronellol\*, Geraniol\*, Linalool\*, Xanthan Gum, Lysolecithin, Maltodextrin, Silica, Carmine (CI 75470), Iron Oxides (CI 77491, CI 77492, CI 77499).

\*component of natural essential oils

01 black

03 aubergine

04 pearl anthracite



## Volume Mascara

Volume Mascara gives you voluminous, curved lashes. The rapid-drying formulation thickens fine lashes without causing any clumping. Beeswax, candelilla and rose wax combined with silk, protectively envelop each individual lash. Tried-and-tested extracts of black tea, neem and eyebright care for the delicate skin surrounding the eye. Ophthalmologically and dermatologically tested.

### Ingredients

#### 01\_black

Water (Aqua), Pyrus Cydonia Seed Extract, Alcohol, Sugar Cane (Saccharum Officinarum) Extract, Sorbitol, Ricinus Communis (Castor) Seed Oil, Acacia Senegal Gum, Cetearyl Alcohol, Beeswax (Cera Alba), Camellia Sinensis Leaf Extract, Melia Azadirachta Leaf Extract, Euphorbia Cerifera (Candelilla) Wax, Lysolecithin, Euphrasia Officinalis Extract, Silk (Serica) Powder, Hydrogenated Jojoba Oil, Hectorite, Rosa Damascena Flower Wax, Rosa Damascena Flower Oil, Fragrance (Parfum), Citronellol\*, Geraniol\*, Linalool\*, Silica, Iron Oxides (CI 77499), Titanium Dioxide (CI 77891), Ultramarines (CI 77007).

#### 03\_aubergine

Water (Aqua), Pyrus Cydonia Seed Extract, Alcohol, Sugar Cane (Saccharum Officinarum) Extract, Sorbitol, Mica, Ricinus Communis (Castor) Seed Oil, Acacia Senegal Gum, Cetearyl Alcohol, Beeswax (Cera Alba), Camellia Sinensis Leaf Extract, Melia Azadirachta Leaf Extract, Euphorbia Cerifera (Candelilla) Wax, Lysolecithin, Euphrasia Officinalis Extract, Silk (Serica) Powder, Hydrogenated Jojoba Oil, Hectorite, Rosa Damascena Flower Wax, Rosa Damascena Flower Oil, Fragrance (Parfum), Citronellol\*, Geraniol\*, Linalool\*, Maltodextrin, Silica, Ferric Ferrocyanide (CI 77510), Carmine (CI 75470), Iron Oxides (CI 77491, CI 77499), Titanium Dioxide (CI 77891), Ultramarines (CI 77007).

#### 04\_pearl anthracite

Water (Aqua), Pyrus Cydonia Seed Extract, Alcohol, Sugar Cane (Saccharum Officinarum) Extract, Sorbitol, Mica, Ricinus Communis (Castor) Seed Oil, Acacia Senegal Gum, Cetearyl Alcohol, Beeswax (Cera Alba), Camellia Sinensis Leaf Extract, Melia Azadirachta Leaf Extract, Euphorbia Cerifera (Candelilla) Wax, Lysolecithin, Euphrasia Officinalis Extract, Silk (Serica) Powder, Hydrogenated Jojoba Oil, Hectorite, Rosa Damascena Flower Wax, Rosa Damascena Flower Oil, Fragrance (Parfum), Citronellol\*, Geraniol\*, Linalool\*, Silica, Iron Oxides (CI 77491, CI 77492, CI 77499), Titanium Dioxide (CI 77891).

\*component of natural essential oils

## Velvety lips

Express your personality through your lip color.



- › Apply *Lipliner* to the entire surface area of your lips. The shape of your lips determines the contour line.
  - › Apply *Lipstick* or *Lip Gloss* over the *Lipliner*. The shape of your lips also determines the choice of color.
  - › Full lips: apply *Lipliner* to the inner lip contour. Choose darker, matte shades: *Lipstick 04, 13, 15, 16*.
  - › Thin lips: apply *Lipliner* to the outer lip contour.
- Brighter, shimmering shades are the right choice: *Lipstick 01, 03, 07*.
  - › Uneven lip contour: use the *Lipliner* to correct any areas of unevenness. Select transparent, shimmering colors: *Lipstick 01, 03, 07*.
  - › To fix the lipstick, blot on a tissue to remove excess product. Use a powder pad to apply a little *Translucent Face Powder* (see p. 103) to set the lipstick. To finish, apply a second coat of lipstick.

01 warm, soft brown

02 rich, radiating red

03 soft, muted rose

05 rosewood

06 garnet



## Lipliner

The five Dr. Hauschka Lipliners perfectly accentuate the contour of your lips. Anthyllis, witch hazel, black tea and rose offer outstanding lip care while rose wax makes the lipliners silky smooth and easy to apply.

### Ingredients

Hydrogenated Palm Kernel Glycerides, Talc, Hydrogenated Palm Glycerides, Hydrogenated Vegetable Oil, Caprylic/Capric Triglyceride, Rhus Succedanea Fruit Wax, Diatomaceous Earth (Solum Diatomeae), Rosa Damascena Flower Wax, Beeswax (Cera Alba), Anthyllis Vulneraria Extract, Hamamelis Virginiana (Witch Hazel) Bark/Leaf Extract, Camellia Sinensis Leaf Extract, Tocopherol, Ascorbyl Palmitate, Fragrance (Parfum), Citronellol\*, Geraniol\*, Linalool\*. [May contain (+/-): Mica, Carmine (CI 75470), Iron Oxides (CI 77491, CI 77492, CI 77499), Manganese Violet (CI 77742), Titanium Dioxide (CI 77891)].

\*component of natural essential oils



## Lipstick

Rose, anthyllis, rosehip, almond oil, apricot oil, jojoba, rose wax, beeswax, candelilla wax and carnauba wax come together to adorn and care for your lips all day. The rich compositions nurture and protect the lips. Available in 8 shades.

### Ingredients

#### 01\_soft coral

#### 04\_rich, radiating red

#### 07\_transparent pink

#### 09\_iridescent bronze

Ricinus Communis (Castor) Seed Oil, Simmondsia Chinensis (Jojoba) Seed Oil, Rosa Canina Fruit Extract, Lanolin, Beeswax (Cera Alba), Daucus Carota Sativa (Carrot) Root Extract, Euphorbia Cerifera (Candelilla) Wax, Copernicia Cerifera (Carnauba) Wax, Rosa Damascena Flower Extract, Anthyllis Vulneraria Extract, Prunus Amygdalus Dulcis (Sweet Almond) Oil, Prunus Armeniaca (Apricot) Kernel Oil, Hydrogenated Jojoba Oil, Rosa Damascena Flower Wax, Fragrance (Parfum), Linalool\*, Benzyl Benzoate\*, Farnesol\*, Limonene\*, Geraniol\*, Benzyl Salicylate\*, Eugenol\*, Lecithin, Silica. [May contain (+)]: Mica, Carmine (CI 75470), Iron Oxides (CI 77491, CI 77492, CI 77499), Titanium Dioxide (CI 77891).

#### 05\_soft, sandy brown

Ricinus Communis (Castor) Seed Oil, Simmondsia Chinensis (Jojoba) Seed Oil, Rosa Canina Fruit Extract, Lanolin, Beeswax (Cera Alba), Daucus Carota Sativa (Carrot) Root Extract, Euphorbia Cerifera (Candelilla) Wax, Copernicia Cerifera (Carnauba) Wax, Rosa Damascena Flower Extract, Anthyllis Vulneraria Extract, Prunus Amygdalus Dulcis (Sweet Almond) Oil, Prunus Armeniaca (Apricot) Kernel Oil, Hydrogenated Jojoba Oil, Rosa Damascena Flower Wax, Fragrance (Parfum), Linalool\*, Benzyl Benzoate\*, Farnesol\*, Limonene\*, Geraniol\*, Benzyl Salicylate\*, Eugenol\*, Maltodextrin, Lecithin, Silica, Carmine (CI 75470), Iron Oxides (CI 77491, CI 77492, CI 77499), Titanium Dioxide (CI 77891).

#### 01 soft coral

#### 03 soft, sandy brown

#### 04 rich, radiating red

#### 07 transparent pink

#### 09 iridescent bronze

#### 13 red quartz

#### 15 violet marble

#### 16 pink topaz

#### 13\_red quartz

Ricinus Communis (Castor) Seed Oil, Simmondsia Chinensis (Jojoba) Seed Oil, Rosa Canina Fruit Extract, Lanolin, Beeswax (Cera Alba), Daucus Carota Sativa (Carrot) Root Extract, Euphorbia Cerifera (Candelilla) Wax, Mica, Copernicia Cerifera (Carnauba) Wax, Rosa Damascena Flower Extract, Anthyllis Vulneraria Extract, Prunus Amygdalus Dulcis (Sweet Almond) Oil, Prunus Armeniaca (Apricot) Kernel Oil, Hydrogenated Jojoba Oil, Rosa Damascena Flower Wax, Fragrance (Parfum), Linalool\*, Benzyl Benzoate\*, Farnesol\*, Limonene\*, Geraniol\*, Benzyl Salicylate\*, Eugenol\*, Citronellol\*, Benzyl Alcohol\*, Lecithin, Silica, Alumina, Carmine (CI 75470), Iron Oxides (CI 77491), Titanium Dioxide (CI 77891).

#### 15\_violet marble

Ricinus Communis (Castor) Seed Oil, Simmondsia Chinensis (Jojoba) Seed Oil, Rosa Canina Fruit Extract, Mica, Lanolin, Beeswax (Cera Alba), Daucus Carota Sativa (Carrot) Root Extract, Euphorbia Cerifera (Candelilla) Wax, Copernicia Cerifera (Carnauba) Wax, Rosa Damascena Flower Extract, Anthyllis Vulneraria Extract, Prunus Amygdalus Dulcis (Sweet Almond) Oil, Prunus Armeniaca (Apricot) Kernel Oil, Hydrogenated Jojoba Oil, Silica, Rosa Damascena Flower Wax, Fragrance (Parfum), Linalool\*, Benzyl Benzoate\*, Farnesol\*, Limonene\*, Geraniol\*, Benzyl Salicylate\*, Eugenol\*, Citronellol\*, Benzyl Alcohol\*, Maltodextrin, Lecithin, Carmine (CI 75470), Iron Oxides (CI 77491, CI 77492, CI 77499), Titanium Dioxide (CI 77891).

#### 16\_pink topaz

Ricinus Communis (Castor) Seed Oil, Simmondsia Chinensis (Jojoba) Seed Oil, Rosa Canina Fruit Extract, Lanolin, Beeswax (Cera Alba), Daucus Carota Sativa (Carrot) Root Extract, Euphorbia Cerifera (Candelilla) Wax, Copernicia Cerifera (Carnauba) Wax, Rosa Damascena Flower Extract, Anthyllis Vulneraria Extract, Prunus Amygdalus Dulcis (Sweet Almond) Oil, Prunus Armeniaca (Apricot) Kernel Oil, Hydrogenated Jojoba Oil, Rosa Damascena Flower Wax, Fragrance (Parfum), Linalool\*, Benzyl Benzoate\*, Farnesol\*, Limonene\*, Geraniol\*, Benzyl Salicylate\*, Eugenol\*, Citronellol\*, Benzyl Alcohol\*, Lecithin, Carmine (CI 75470), Titanium Dioxide (CI 77891).

\*component of natural essential oils



04 sand dune

09 miraculous rose

10 laid-back apricot

12 exhilarating berry

## Lipstick Novum

These hydrating slimline lipsticks moisturize while giving a naturally beautiful color to your lips. Argan oil adds an extra-rich moisturizing quality to help the color wear well all day. Available in 4 shades.

### Ingredients

#### 04\_sand dune

Ricinus Communis (Castor) Seed Oil, Simmondsia Chinensis (Jojoba) Seed Oil, Rosa Canina Fruit Extract, Lanolin, Beeswax (Cera Alba), Daucus Carota Sativa (Carrot) Root Extract, Argania Spinosa Kernel Oil, Mica, Euphorbia Cerifera (Candelilla) Wax, Copernicia Cerifera (Carnauba) Wax, Rosa Damascena Flower Extract, Anthyllis Vulneraria Extract, Prunus Amygdalus Dulcis (Sweet Almond) Oil, Prunus Armeniaca (Apricot) Kernel Oil, Hydrogenated Jojoba Oil, Rosa Damascena Flower Wax, Fragrance (Parfum), Linalool\*, Benzyl Benzoate\*, Farnesol\*, Limonene\*, Geraniol\*, Benzyl Salicylate\*, Eugenol\*, Lecithin, Carmine (CI 75470), Iron Oxides (CI 77491, CI 77492, CI 77499), Titanium Dioxide (CI 77891).

#### 09\_miraculous rose

Ricinus Communis (Castor) Seed Oil, Simmondsia Chinensis (Jojoba) Seed Oil, Lanolin, Beeswax (Cera Alba), Argania Spinosa Kernel Oil, Euphorbia Cerifera (Candelilla) Wax, Copernicia Cerifera (Carnauba) Wax, Rosa Damascena Flower Extract, Anthyllis Vulneraria Extract, Prunus Amygdalus Dulcis (Sweet Almond) Oil, Prunus Armeniaca (Apricot) Kernel Oil, Hydrogenated Jojoba Oil, Mica, Rosa Canina Fruit Extract, Daucus Carota Sativa (Carrot) Root Extract, Rosa Damascena Flower Wax, Fragrance (Parfum), Linalool\*, Benzyl Benzoate\*, Farnesol\*, Limonene\*, Geraniol\*, Benzyl Salicylate\*, Eugenol\*, Citronellol\*, Benzyl Alcohol\*, Lecithin, Calcium Aluminum Borosilicate, Silica, Tin Oxide, Carmine (CI 75470), Iron Oxides (CI 77491), Titanium Dioxide (CI 77891).

#### 10\_laid-back apricot

Ricinus Communis (Castor) Seed Oil, Simmondsia Chinensis (Jojoba) Seed Oil, Lanolin, Beeswax (Cera Alba), Argania Spinosa Kernel Oil, Euphorbia Cerifera (Candelilla) Wax, Copernicia Cerifera (Carnauba) Wax, Rosa Damascena Flower Extract, Anthyllis Vulneraria Extract, Prunus Amygdalus Dulcis (Sweet Almond) Oil, Prunus Armeniaca (Apricot) Kernel Oil, Hydrogenated Jojoba Oil, Mica, Rosa Canina Fruit Extract, Daucus Carota Sativa (Carrot) Root Extract, Rosa Damascena Flower Wax, Fragrance (Parfum), Linalool\*, Benzyl Benzoate\*, Farnesol\*, Limonene\*, Geraniol\*, Benzyl Salicylate\*, Eugenol\*, Citronellol\*, Benzyl Alcohol\*, Lecithin, Calcium Aluminum Borosilicate, Silica, Tin Oxide, Alumina, Carmine (CI 75470), Iron Oxides (CI 77491, CI 77492, CI 77499), Titanium Dioxide (CI 77891).

#### 12\_exhilarating berry

Ricinus Communis (Castor) Seed Oil, Simmondsia Chinensis (Jojoba) Seed Oil, Lanolin, Beeswax (Cera Alba), Argania Spinosa Kernel Oil, Euphorbia Cerifera (Candelilla) Wax, Copernicia Cerifera (Carnauba) Wax, Rosa Damascena Flower Extract, Anthyllis Vulneraria Extract, Prunus Amygdalus Dulcis (Sweet Almond) Oil, Prunus Armeniaca (Apricot) Kernel Oil, Mica, Hydrogenated Jojoba Oil, Rosa Canina Fruit Extract, Daucus Carota Sativa (Carrot) Root Extract, Rosa Damascena Flower Wax, Fragrance (Parfum), Linalool\*, Benzyl Benzoate\*, Farnesol\*, Limonene\*, Geraniol\*, Benzyl Salicylate\*, Eugenol\*, Citronellol\*, Benzyl Alcohol\*, Lecithin, Maltodextrin, Silica, Carmine (CI 75470), Iron Oxides (CI 77491, CI 77492, CI 77499), Titanium Dioxide (CI 77891).

\*component of natural essential oils

For the latest tips from  
our make-up artist, please visit:  
[dr.hauschka.com](http://dr.hauschka.com)



01 rose quartz

04 ruby

## Lip Gloss

Two stunning colors, as pretty as a bouquet of roses and as tempting as fresh-picked cherries, add something special to a perfectly normal day: a subtle shimmer on the lips. The creamy formulation, created with beeswax, mango butter and apricot kernel oil, hydrates the delicate skin on your lips, helping lips retain moisture while keeping them soft and supple. Sea buckthorn fruit oil with anhyllis protects, smooths and soothes for all-day softness.

### Ingredients

#### *01\_rose quartz*

Ricinus Communis (Castor) Seed Oil, Lanolin, Prunus Armeniaca (Apricot) Kernel Oil, Anhyllis Vulneraria Extract, Cetyl Alcohol, Hydrogenated Castor Oil, Euphorbia Cerifera (Candelilla) Wax, Mica, Mangifera Indica (Mango) Seed Butter, Fragrance (Parfum), Linalool\*, Benzyl Benzoate\*, Farnesol\*, Geraniol\*, Limonene\*, Benzyl Salicylate\*, Beeswax (Cera Alba), Hippophae Rhamnoides Fruit Oil, Silica, Tin Oxide, Carmine (CI 75470), Titanium Dioxide (CI 77891).

#### *04\_ruby*

Ricinus Communis (Castor) Seed Oil, Lanolin, Hydrogenated Castor Oil, Prunus Armeniaca (Apricot) Kernel Oil, Anhyllis Vulneraria Extract, Cetyl Alcohol, Euphorbia Cerifera (Candelilla) Wax, Mangifera Indica (Mango) Seed Butter, Fragrance (Parfum), Linalool\*, Benzyl Benzoate\*, Farnesol\*, Geraniol\*, Limonene\*, Benzyl Salicylate\*, Beeswax (Cera Alba), Hippophae Rhamnoides Fruit Oil, Mica, Carmine (CI 75470), Iron Oxides (CI 77491).

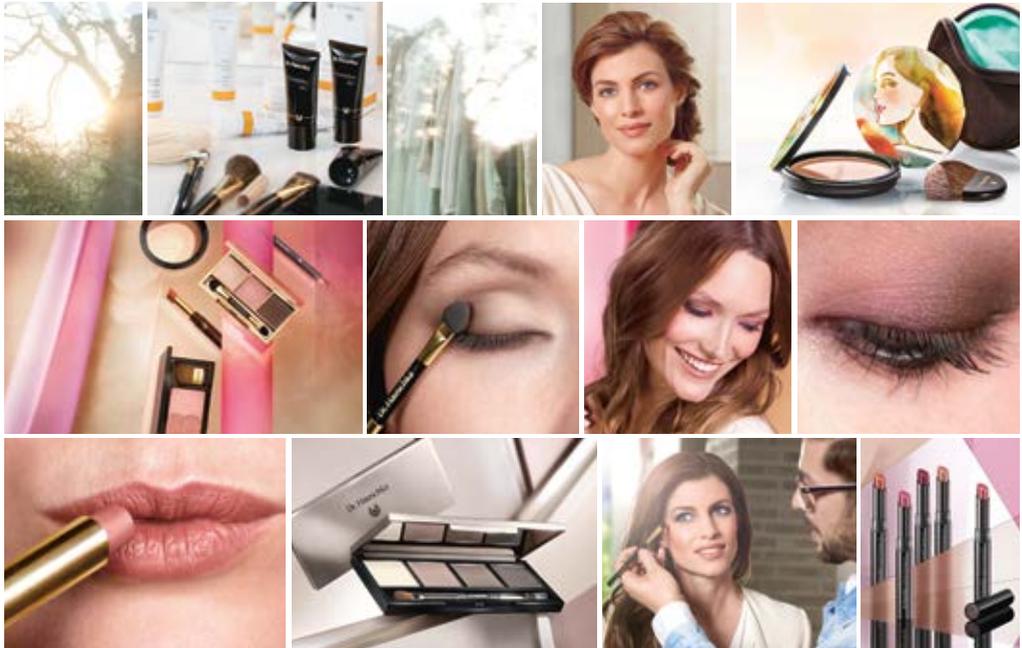
\*component of natural essential oils

# The new looks

## Limited Edition Products

Twice a year, we create new colors for a fresh look. Discover our limited edition collections and let us amaze you. Whether new eyeshadow palettes, eyeliners or lipstick shades, all are in keeping with the latest trends; we want to give you the freedom to explore, play and possibly re-discover yourself while doing so.

In developing our new products, one thing never changes – our quality. All products in the Dr. Hauschka decorative range combine high-quality oils and waxes with silk powder and carefully selected nourishing plants from eyebright to witch hazel.





Deep relaxation. Revitalized Skin.  
A moment in time full of light  
and lightness.

## The art of touch: cosmetics are a form of devotion

Self-discovery, a revitalizing lunchtime break, a self-prescribed treatment or a special reward – you can always find good reason for a Dr. Hauschka treatment. Enjoy the harmony it brings to your skin and the benefits to your entire body for days to come.

### **It all starts with warm feet**

If this is your first Dr. Hauschka treatment, then do not be surprised: we start by focusing on your feet. In our top-heavy world, your feet are often cold. By welcoming you with a fragrant foot bath, the Dr. Hauschka esthetician washes away the day's tension with warmth and care. Next, lie down, let yourself be warmly covered up and relax into the treatment.

### **Your body relaxes with you**

Since Elisabeth Sigmund created the formulations for our skin care products in the 1960s, lymph stimulation has been at the heart of all Dr. Hauschka

treatments. The wafer-thin lymph capillaries play an important role in the removal of metabolic products and excess tissue fluid. When stimulated with gentle massaging and brush strokes, they relax and unblock – oxygen and nutrients can penetrate your cells and your tissue is purified. Your body's self-cleansing processes are wide awake while you relax for the remainder of the treatment.

### **Taking care of you**

Devotion is a two-sided matter: the Dr. Hauschka esthetician gives you their full attention and professionalism. They are fully trained Dr. Hauschka experts. A skin consultation is part of your treatment and enables you to be pampered with the precise products that correspond to your current skin condition: an ampule treatment, a mask, fragrant compresses, body oil and body cream.

Get in touch with your inner beauty.



## Dr. Hauschka Classic Treatment

Enjoy a special kind of mini-break: a relaxing foot bath, arm and hand massages and fragrant compresses let you breathe deeply and are the ideal way to prepare for the cleansing care that the Dr. Hauschka skin care products bring. Cleansing and nourishing masks, plus intensive skin care revitalization leave you feeling refreshed and renewed. The lymph stimulation with fine brushes unblocks, purifies and fortifies. The Classic Treatment works to leave you feeling cleansed and filled with a sense of happiness, lightness and inner balance.

**Duration**  
120 minutes\*

## Dr. Hauschka Luxury Treatment

Why not add even more luxury? Enjoy the Classic Treatment plus the added bonus of a gentle back massage from the Dr. Hauschka esthetician – for a long-lasting sense of wellbeing.

**Duration**  
135 minutes\*

## Dr. Hauschka Firming Treatment

Complement the Classic Treatment with smoothing, firming care for the eye and neck areas.

**Duration**  
135 minutes\*

\*Recommended treatment duration



## Dr. Hauschka Rejuvenating Treatment

Sometimes your skin feels as tired as you do. The Revitalizing Treatment stimulates tired skin and is particularly recommended during transitional periods such as when the seasons change.

**Duration**  
90 minutes\*

## Dr. Hauschka Relaxation Treatment

A facial treatment without deep cleansing, allowing you to relax from head to toe.

**Duration**  
75 minutes\*

## Dr. Hauschka One-Hour Treatment

The specially customized facial treatment is perfect for when needs are great but time is scarce.

**Duration**  
60 minutes\*



## Dr. Hauschka Cleansing Treatment

An intensive deep cleansing treatment with natural Dr. Hauschka Skin Care to cleanse and refine your skin for a radiant complexion.

**Duration**  
75 minutes\*

## Dr. Hauschka Clarifying Treatment

An intensive treatment with Dr. Hauschka Skin Care, specifically designed to balance blemished, oily skin. Recommended in a 14-day cycle until the skin has returned to its natural balance.

**Duration**  
75 minutes\*

## Dr. Hauschka Back Cleansing Treatment

During this treatment, the skin on your back receives precisely the attention it needs. Deep cleansing and targeted care leave your back so revived and soft you will want to show it off.

**Duration**  
45 minutes\*

\*Recommended treatment duration



To find the addresses of Dr. Hauschka estheticians, please visit:  
[dr.hauschka.com](http://dr.hauschka.com)

## Dr. Hauschka Holistic Body Treatment

Enjoy a deep sense of relaxation with the flowing movements of this massage, which works in harmony with the rhythm of your breathing. Make this a conscious experience filled with vitality. Rediscover yourself with this treatment and feel great from your head to your toes.

**Duration**  
90 minutes\*

## Dr. Hauschka Holistic Back Treatment

Our backs are often filled with tension. This treatment, with rhythmical massage movements\* lets you breathe freely once more.

**Duration**  
30 minutes\*

## Dr. Hauschka Hand and Foot Treatment

The perfect solution for reviving and rewarding tired and stressed hands and feet; relaxation and care in one.

**Duration**  
40 minutes each\*

## Dr. Hauschka Skin Care – a history



WALA Heilmittel GmbH has been developing natural medicines since 1935. In the early days of its history, it was considered avant-garde and pioneering in a society that was barely aware of natural preparations. Speedy technical solutions seemed to have taken a business precedence.

With the aid of Rudolf Hauschka's rhythmic manufacturing procedure, the WALA employees created aqueous plant extracts known as mother tinctures.

The plants used came mainly from the company's own biodynamical plant garden. Three polar natural forces were involved in processing the plants: heat and cold, light and darkness and movement and

stillness. The resulting mother tinctures form the basis for WALA medicines.

### **Rhythm brings forth life**

The basic aim of the WALA products manufactured using rhythmic processes was and is to restore harmony and natural rhythm to life's processes that have become unbalanced – whether with WALA medicines or with Dr. Hauschka Skin Care products.

When treating an illness, anthroposophic medicine does not ask about the symptoms but rather about the cause. Anthroposophic medicines such as those from WALA therefore address internal processes that have become unbalanced and help the human body to heal itself.



Today, there are approximately 900 different WALA medicines to treat both acute and chronic illnesses. The extent of this range and the many different dosage forms allow customized, holistic treatment.

### **Complementary skin care**

For many years, Rudolf Hauschka considered launching his own skin care range to complement the medicines range – a kind of extension of the preparations to maintain healthy skin. However, his ideas only became a reality when he met Vienna-born Elisabeth Sigmund, who ordered preparations from WALA for the skin care products she was developing herself. The cosmetologist, who was at the time living in Stockholm, travelled to Eckwälden and worked with their experts to develop formulations for facial care products that already complied with today's standards for natural skin care products. They jointly developed solutions for stable cream bases without

chemical/ synthetic emulsifiers and created fragrance mixes with natural essential oils.

The first products were launched in 1967 and Elisabeth Sigmund trained the first Dr. Hauschka esthetician in 1971.

*"When we developed these unconventional skin care products, of course we felt like rebels."*

Elisabeth Sigmund

Dr. Hauschka Skin Care remains highly committed to the pioneering spirit of its early days; in 1999, the company launched a complete make-up range – with natural ingredients and formulations that not only beautify but also nourish the skin. In 2009, the skin care range was expanded to include a new product range – Dr. Hauschka Med. Today, WALA has three divisions: WALA Medicines, Dr. Hauschka Skin Care and Dr. Hauschka Med.

**A**

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 Almond Soothing Body Wash 62, **67**  
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Art.-Nr. 410 002 881/5K

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manufactured by  
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