

## Dear Reader,

We are in the middle of a heat wave as I write this, but it will not be long before the white veils of mist hang low in the valleys and the sun becomes watery and shimmers softly instead of beating down in all its glory.

The fall of acorns along with the rubicund leaves mark the passing of Summer and wild blackberries are out in the hedgerows ready to be picked for jams and jellies. The butterflies have folded away their wings, toadstools appear in the damp hollows and we begin to notice a slight nip in the air, preparing us for the cold months to come. Beginnings mark endings and endings give rise to beginnings and so it

is with the seasons. The change to Autumn is a dynamic one and all changes, whether welcome or not, create stress in the body as it paces and adjusts itself.

There is comfort and security in rhythm though and in using the Dr.Hauschka preparations this rhythm takes on a very physical form, helping to hold us steady amidst a sea of change. The Rhythmic Night Conditioner has been designed specifically for these times of change and helps the skin to adjust. For further recommendations for this time of year, see our Autumn Skin Care section on page 3.



## Ingredient Focus - Rosemary

The coarse, long, dark green leaves, with their pungent aroma and small, pale blue flowers make the Rosemary quite a distinctive plant. It thrives in light, dry soil, and is widely found in the sunny Mediterranean. It has had many uses over the years; for example, Rosemary sprigs were woven into a bride's wreath as a symbol of fidelity and loyalty.

It was also an old custom to burn Rosemary around the sick in order to purify the air and prevent infections.

The element of warmth is found throughout the plant. This is evident in the large concentrations of etheric oil found, not only in the flowers, but also the leaves and stem. Essential oil of Rosemary is distilled from the leaves and carries intense warming forces.

It is well known as being very stimulating and for assisting our circulation. For these reasons, it is used for the Dr.Hauschka Rosemary Bath and Body Oil, where it strengthens circulation, stimulates the body's warmth processes and enlivens you when you feel fatigued.

Because of its very effective stimulation properties, it is not advisable to use this Bath

late at night, or you may not get sufficient sleep.

Cramps can be loosened and in cases where cold clammy feet lead to fungal problems, Rosemary is indicated. The Dr.Hauschka Rosemary Foot Balm can help prevent bacterial decomposition of the feet and toes and can rejuvenate tired or calloused feet.

For those who tend towards congestion in the veins, or who stand on their feet for long periods, the Rosemary Leg and Arm

Toner works to refresh and restore; again stimulating the circulation and strengthening the veins.





## The WALA garden in Autumn

In the last of this series, we look at the activity going on in the 11acre biodynamic garden in the tiny village of Eckwalden, Germany. Here, the medicinal herbs are grown for the Dr.Hauschka Skin Care preparations and the WALA anthroposophical remedies.

Autumn sees the harvesting season coming to an end. In September, many co-workers join in for the Hawthorn berry harvest. Lars Brander, the Australian importer and myself got up very early one morning in order to experience this for ourselves. We were given a small wicker basket, which was tied around our waists using some twine. We then had to take the berries from the tree and place them in the basket ensuring that no leaves were included. This activity began at 6.30am and there must have been a team of around 12-15 of us. I was amazed at the speed of some of the seasoned pickers! It was a lovely sight to behold as the early morning sun rose over the sleepy village. It is often said that when harvesting, you have to think happy thoughts, however although the mood was jovial and sociable, many were thinking wistfully of sleep and breakfast!

200-300kg of Great Burdock roots are harvested for the Fitness Body Oil (Birch-Arnica) and some of the roots are dried, whilst some are used fresh. This oil is wonderful for gardeners as the Birch helps renew the energy in the body following a tough workout and the Arnica helps with the aches and strains. Each year, the demand for Dr.Hauschka quality skin care

products increases and with it, increasing demands are made on the gardens. The planning process is therefore essential although prediction is extremely difficult and of course crop failure can be a worry.

The last harvest, during October, is the Quince. The WALA harvest is used for the elixir but, this remarkable, moisture-conserving fruit is also used for the Quince Day Cream and Body Moisturiser.

As well as harvesting, the compost heaps are ready to be turned again. This is done by hand, using a pitchfork and the compost quality is assessed. In late October – November, the best compost is brought over to the greenhouse for use in February when the seeds are sown. These seeds, (of which there are 100-120 varieties!) that have been collected throughout the year, are cleaned and dried at this time. All of the tools are cleaned and any necessary repairs are seen to. The Autumn, in general, is a good time to clean all parts of the garden in preparation for the Spring as in Winter, it is often too cold.

On mild days, when the glorious fallen leaves are still wet, they are collected for leaf compost. The WALA gardens have 2-3 leaf composts, each are 2-3 metres long,

which reduces the need for peat.

All dead plants are removed and shrubs are cut back. All plants, which are kept in pots, such as the Rosemary, are brought inside for protection against the impending cold weather. Different composts are then added to the beds according to the needs of the particular plant. For example, plants such as Marshmallow need heavier feeding. The soil is then turned by hand in preparation for the planting.

As part of the planning process, a budget is submitted for consideration and then discussed in late Autumn. As the garden is the beginning of the success of the Dr.Hauschka products, I was very pleased to hear that the needs of the garden are respected and budgets are usually agreed!

After the extremely long working hours of Spring and Summer, the gardeners are very much looking forward to a break and they enjoy slightly shorter working hours. It has been an absolute privilege to talk to Rolf Bucher, head gardener at WALA, and his team, and to experience and learn so much of the workings of the WALA garden. I look forward to many more pleasant hours spent there in the future and no doubt will keep you up-to-date.



## Autumn Skin Care

Traditional symbolism associated with the Autumn season is balance - and a struggle for equality. In nature this is attained at the Equinox and then the light dwindles and darkness looms. The body and skin can reflect this struggle for balance and equality; it really needs pampering and a bit of a boost.

Those of us with sensitive skins, prone to redness or thread veins need the extra protection from the healing Rose at this time and need to ensure that they begin using the Rose Day Cream as the winds cool and the temperatures drop.

Dr.Hauschka Eye Contour Day Cream, a fragrant golden cream, is beneficial to everyone for the delicate area around the eyes. This needs to be applied in the morning. Gently press this cream into your skin using your fingers, from the nose outwards. Do not rub and stretch this skin, as it is very sensitive. This conditioning preparation will help protect your skin as the season changes.



Due to the loss of the brighter, sunnier days, it is harder to maintain our radiant glow. Using the Toned Day Cream is a wonderful solution. It suits most skin tones and as well as balancing the oil and moisture processes in the skin, it gives a natural looking tint. If you have oily skin, you may wish to try the Translucent Bronze Concentrate. This gives a sun kissed look and can be used on top of your usual moisturiser or mixed in with it. For maintaining a body tan, it can also be mixed in with the Quince Body Moisturiser.

To prevent lips from chapping it is worth remembering the Lip Care Stick. This handy preparation, which is small enough to be carried in a handbag, gives much needed moisture and protection at this time of year.

## Product Announcement

The Lipstick 11 (Vivace) and Eyeshadow 3 (Grazioso) are to be discontinued from the Dr.Hauschka make up range. They will be available while stocks last at a price of £14 each.

Walter Rau are now producing a new Wild Rose Bath Soap and Lavender Bath Soap. These are 225g, cost £2 and smell divine! They make beautiful token gifts too.

There is also a new Speick Body Spray, 75ml - £10 and Speick Shaving Foam, 200ml - £5.

## Price Rise

It's over 5 years since we put the prices of Dr.Hauschka up, but over those years the price we pay has risen steadily. We have therefore had to put the prices up by an average of 15% as from the 1st October 2003. An up to date price list is available on request and the prices shown below are the new ones.

Postage costs are also constantly rising so again from the 1st October 2003 the free postage minimum will be £30. Any order for less than £30 will be charged £2 p+p.

## Newly Approved Outlets

### Zen Health Centre

32 Notting Hill Gate  
London  
0207 229 8666

### The Dolphin House

14 New Road  
Brighton  
01273 324 790

### Fenwick Ltd

St Mary's Square  
Coppergate Centre  
York  
01904 643 322

### Halo Wellbeing

8 Eagle Court  
Farringdon  
London  
0207 530 400

### Suzy Hope

21 Holywell Hill  
St Albans  
01727 851 354

### Healthy Living Centre

282 St Paul's Road  
London  
0207 704 6900

### Eden

4 The Paddock  
Main Street  
Wantage  
01235 868 122

### Honzou Corporation

28 Castle Arcade  
Cardiff  
02920 344 111

### Antimony

47 Farringdon Road  
London  
0207 916 9773

### Millenium Health Foods

G29 The Bentall Centre  
Kingston upon Thames  
0208 549 8341

### The Regent Practise

13 Regent Street  
Bristol  
0117 973 5500

### Mad Max

1 High Street  
Bishops Waltham  
01489 890 303

### Arcane

19 High Street  
Dulverton  
01398 324 288

### Napiers

236D Fulham Road  
London  
0207 352 5603

### Wild Oats

9-11 Lower Redland Rd  
Bristol  
0117 973 1967

### Hay Wholefoods

41 Lion Street  
Hay on Wye  
01497 820 708

## Products Mentioned in this Newsletter

Product	Size	New Price	Cat	Pg.
Rhythmic Night Conditioner	10/50 amps	£16/£54		10
Rose Day Cream	Trial/30ml	£3/£16		13
Eye Contour Day Cream	10ml pot	£21		15
Toned Day Cream	30ml	£21		42
Translucent Bronze Concentrate	30ml	£21		42
Lip Care Stick	4.9g	£7		15
Quince Body Moisturiser	Trial/150ml	£3/£17		27
Rosemary Bath	150ml	£14		24
Rosemary Oil	100ml	£16		29
Rosemary Foot Balm	30ml	£12		32
Rosemary Leg & Arm Toner	100ml	£21		32
Fitness Body Oil (Birch-Arnica)	Trial/100ml	£3/£16		28
Quince Day Cream	Trial/30ml	£3/£16		12
Lipstick 11 Vivace	4.5g	£14		46
Eyeshadow 3 Grazioso	2 x 1.8g	£14		45



## Accredited Esthetician News



### Newly Accredited Estheticians

#### Julie Leach

Farmacia  
Selfridges  
Ground Floor  
1 Exchange Square  
Manchester  
0161 838 0666

#### Yoshiko Akai

Zen Health Centre  
32 Notting Hill Gate  
London, W11  
0207 229 8666

#### Angela O'Reilly

Revital  
12, The Highway  
Station Road  
Beaconsfield  
01494 678 787

Remember, Dr.Hauschka Gift Vouchers are available. A Dr.Hauschka Treatment makes a wonderful present.

Call 01386 792 622 or visit [www.drhauschka.co.uk](http://www.drhauschka.co.uk) for details of your nearest Esthetician.

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