

Autumn Rhythm . Enliven Your Skin . Ingredient Focus Quince



elysia  
naturalskincare

Autumn Newsletter 2005



Suppliers of Dr.Hauschka Skin Care



ORDERS / HELPLINE / STOCKISTS  
01386 792 622  
[www.drhauschka.co.uk](http://www.drhauschka.co.uk)

## Dear Reader,

Now that summer is drawing to a close, we at Elysia – whilst sorry to see the end of long, warm evenings – are happy to see the world changing colour around us with the season change. Summer was bursting with colour and wildlife (we are lucky enough to be situated next to a number of conservation sites) and now we can take pleasure in watching as the trees turn from bright green to beautiful shades of red, orange and yellow.

As much as we are delighted to welcome autumn, we are also sad to see the back of summer – and our sunshine-boosted, glowing skin! Your skin will need all the help it can get now that you will be covering it with extra layers and more than likely, drinking less water which is so important in helping to keep you and your skin refreshed and hydrated. Our autumn skin care feature will provide you with full information on how to care for your skin as the weather cools down. This is also further supported with the article about the skin's rhythm, which makes truly interesting reading and explains how the skin processes work.

In February Maria Crawford won our Novum 05 competition – a Dr.Hauschka Make-up Lesson with Alexandra Byrne. Alexandra is an internationally-renowned Make-up Artist who regularly uses Dr.Hauschka products in her work. She has an extensive list of A-list celebrities in her portfolio and has worked with some of the world's best photographers. She has been credited on many



Ground  
Almond Meal

Cleansing  
Clay Mask

glossy magazine shoots, films and television commercials and is one of the most-demanded make-up artists for Fashion Weeks around the world. See how Maria enjoyed her Make-up lesson in our Novum 05 competition article.

Something that may get heart-beats racing for a few of you is our current search for Dr.Hauschka models (we need babies right through to grannies and grandpas, and both male and female models) so if you, or anyone you know, have always fancied giving modelling a go, now's your chance!

**To apply, we only have one stipulation: You must use Dr.Hauschka products.**

For details on how to apply, go to:  
[www.drhauschka.co.uk/models.php](http://www.drhauschka.co.uk/models.php)  
or contact Amy Crankshaw on 01386 792 622.

Finally, a reminder that our Customer Service team are available 9am – 5pm, Monday to Friday to offer advice or answer any questions you may have about your skin, our products, or any of the information contained in this newsletter. Contact details can be found over to the left.

**Tip!** If you find getting out of bed much harder than you did in the summer months, use a little **Rosemary Body Oil** after your morning shower to perk you up! It's amazing how bright it makes you feel!



# Enliven your skin!

## The night carries a great mystery! Just what happens to us when we go to sleep? How do we rejuvenate?

The year, the month, the day and night are all moving, changing rhythms. Everyone is aware of the rhythm of day and night. We are active in the day and work at our various tasks. In the evening, it's natural to slow down, we feel tired and although many try to push through this experience, eventually everyone has to stop and go to sleep. At night we are outwardly still, but inwardly active. Our breath and pulse slow down, the temperature outside usually drops and yet we maintain our inner warmth. When we awake in the morning, if we are healthy, we feel refreshed and energised once more, ready to meet the challenges of our lives and of the day. Rhythm is evident in an individual life through the changing phases of youth and adolescence, to adulthood, to middle age and the slowing down of older age.

Our skin is no different; it has its own rhythms.

During the day the skin's outermost layer and the Acid-Mantle - its pH balance - work to protect our skin and therefore our body from the external environment; from pollution, toxins, allergens, dust and fumes and the effects of sun, wind and cold. Our immune system and in a sense, the skin's attention, is focused outwards - quite a task to maintain a healthy condition! This is just when the skin needs care and moisturising protection to help it cope.

At night, our skin's regenerative processes commence in early evening when it starts to discard dead cells from its outermost surface. By mid-evening our pain sensors are less active, relatively speaking. If we pluck our eyebrows or depilate our

hair, the skin tends to be less painful at this time. Approaching midnight, our immune system is working with full vigour to eliminate wastes, germs and toxins from our bodies. By late evening for 4-5 hours through to the early hours, our cell division is at its greatest, by a factor of up to 8 times as compared to daytime activity. It's therefore important not to interfere with these activities.

This is precisely why Dr.Hauschka does not promote the use of skin cream at night, as this interferes with the skin's natural breathing processes. Additionally, the skin can become dependent on an external moisturising source, rather than actively producing its own, which also affects the healthy function and elasticity of the skin's pores.

### The skin's day and night rhythms may be summarised as follows:

- **day rhythm** - our skin's activities and immune system are focused outwards to the external environment to meet the daily challenges.
- **night rhythm** - our skin is most active within and its regenerative processes are at their strongest.

These day and night rhythms slow down as we grow older. Cellular division also becomes slower, and instead of the 28-day rhythm, the cycle increases to 29-32 days. Our skin becomes drier, less 'elastic' and thinner. This of course can be further aggravated by smoking, excess sun exposure and stress.

Healthy skin is therefore dynamic and not static, it is infinitely expressive of what is going on within us and around us. Dr.Hauschka Skin Care products have been created to work with the skin's natural rhythms. Their harmonising purpose is to care for the skin by stimulating its own circulatory systems and capacities for waste elimination and cellular renewal so that the skin achieves and maintains a healthy balance and condition, which is so evident in a vibrant complexion.

**Rhythmic Night Conditioner** is a very special product providing intensive treatment that stimulates the regeneration processes of the skin. It works to revitalise the skin by stimulating it to produce and preserve its own natural oils and moisture.



The preparation also acts to regulate these activities and establish a healthy balance. It strengthens the skin and improves its elasticity and tone, and if you have pale lifeless skin, it helps bring back vigour and colour.

This preparation is extremely useful when changing over from other products to those of Dr.Hauschka, as it works to support the skin during the transitional period, particularly if there has been previous regular use of night cream, when dependency on the cream may occur. It is also the ideal treatment to help the skin's response to seasonal change.

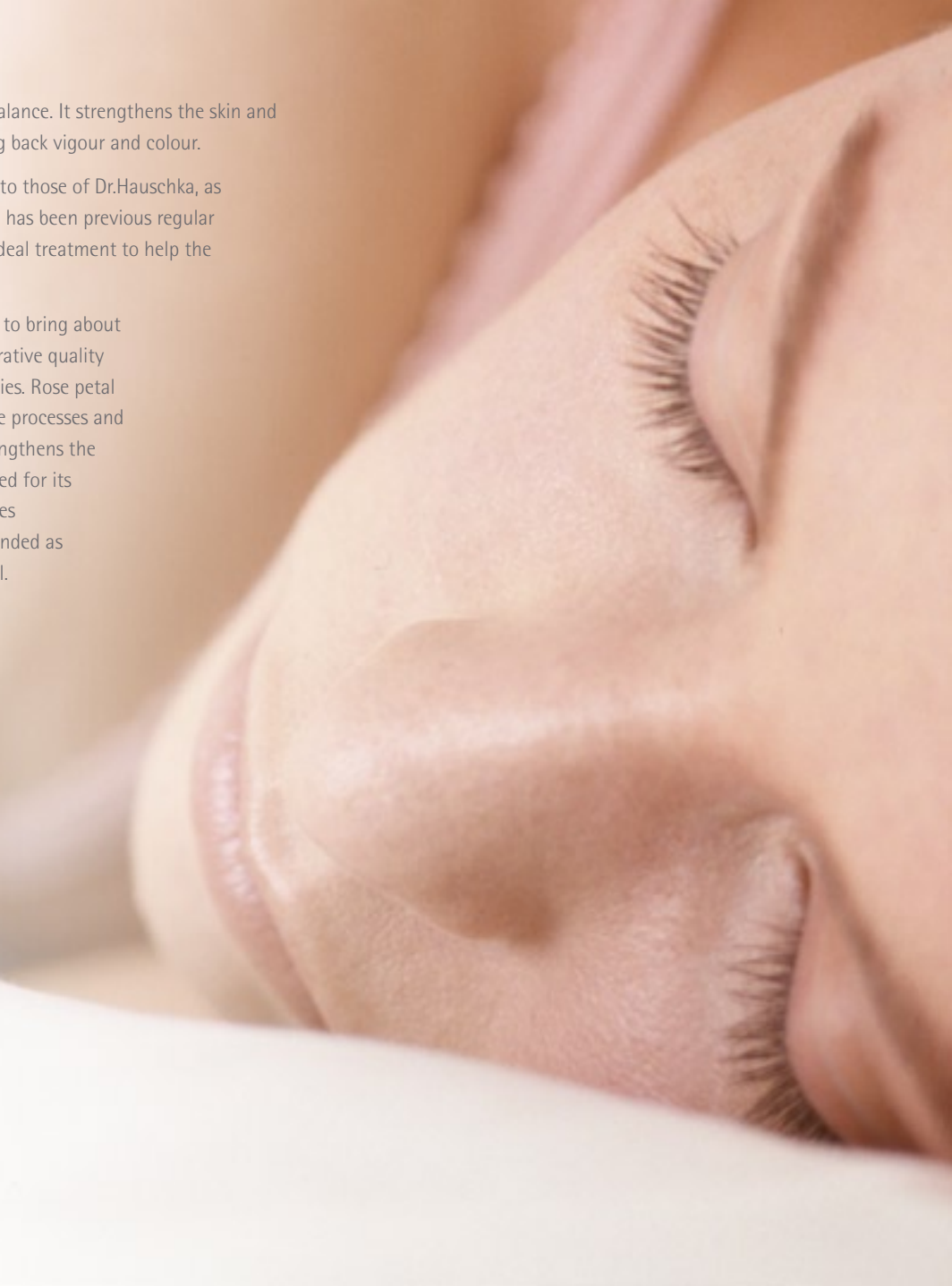
**Rhythmic Night Conditioner** incorporates an incredible blend of ingredients to bring about a healthy skin condition. Rhythmatised Silver is added for its powerful regenerative quality and essential Rose oil is included for its harmonising and strengthening qualities. Rose petal extracts act to tone the skin, Anthyllis extract also helps the skin's regenerative processes and mediates between the skin's day and night processes. Witch Hazel extract strengthens the blood capillaries and stimulates circulation. Rhythmatised Royal Jelly is included for its complex of minerals and trace elements and because it stimulates the processes of renewal. A full 28-day course of **Rhythmic Night Conditioner** is recommended as it works to regenerate and support the skin through its whole cycle of renewal.

The ampoules should be used at night after cleansing with **Cleansing Cream**.

Use 2 ampoules per night for 22 days and then one each night for 6 days.

This equates to one box of 50 ampoules. This product is used in place of your toner. Application is simple. Take an ampoule and flick the top to ensure that all the liquid is in the bottom part, before attempting to break it open. Take a towel or tissue to protect your fingers, hold the bottom in one hand and the top in the other - take great care and snap off the top. Pour the contents into your palm and shake the ampoule to ensure that it is emptied. Press the hands together and ensure that none of the liquid is spilt. Then spread with gentle press and roll movements onto your face, neck and earlobes; include the area around your eyes. Repeat with the second ampoule.

When the course has been completed you may revert to using **Facial Toner** or **Clarifying Toner**, depending on your skin condition. Their stimulating fluid quality allows the skin to breathe and function healthily to eliminate, renew and maintain a healthy condition.



# Autumn Rhythm

The season's rhythms are not separate events isolated in time, one transforms into the other and when it's autumn here, it's spring somewhere else. All things move and change.

Autumn is a time of transition, a turning of the seasons, a changing of the colours – myriad yellows and browns and reds in golden raiment. It has its own beauty. The smaller trees turn first and the larger follow. If you look carefully from a distance you'll notice, almost imperceptibly, the change in hue occurs first around the tree's periphery. Go closer and look at an individual leaf and see that also starts to change colour around its edge. It dries and withers from the periphery to the centre, becomes parched and fragile. The wind blows and the leaves drop in spirals and dance.

In autumn, the processes within the leaf, in relation to the tree and the whole environment are tendencies within us, for we are also part of nature and not separate from it.

Around this time, our skin loses tone and vitality; it becomes drier and our complexion paler. We therefore need to take special care of our skin to help it through this transition and throughout the season, to harmonise its condition.

Dr.Hauschka offers many wonderful products to revitalise, rejuvenate and protect your skin at this time of year.

The fabulous aroma of **Quince Day Cream** will delight and refresh you. This excellent product works to moisturise, balance and harmonise the skin. Whether you require protection in the city or out in the wind and rain of autumn, you'll find that valuable Quince wax, one of its main constituents, will serve to protect your skin on its outermost surface and yet still allow it to breathe. Quince seed extract brings anti-inflammatory properties and imbues moisturising nourishment to soothe and care for your skin. Just what you need in autumn, particularly if your skin is dry and prone to flakiness.

**Moisturising Day Cream** is a terrific product for autumn that is particularly effective on normal and combination skin conditions. It provides protection and works to regulate your skin's oil and



moisture content by enlivening the natural moisturising processes and stimulating the blood and lymph circulation (if you notice your complexion is paler in autumn, see how effectively it's reinvigorated).

**Moisturising Day Cream's** creamy, milky consistency is easily absorbed; and you'll be really pleased by its stimulating aroma. This

is all incorporated in a subtle and harmonious blend of medicinal herbal extracts that includes Anthyllis, Witch Hazel, Calendula and Carrot extracts; while Sweet Almond, Apricot kernel and Jojoba oils add their superb qualities to care for your skin. Just notice how radiant your skin is after use!

At this time of year **Rejuvenating Mask** is an excellent product, providing your skin with intensive and harmonising care. Its description is apt and says exactly what it does - rejuvenates your skin. This versatile mask is easily absorbed deep down into the skin, encouraging the processes of renewal, stimulating dry skin to produce more moisture and helping to improve the texture of the skin. **Rejuvenating Mask** also helps to soften skin blemishes and scar tissue, particularly acne scars. If you have pale skin after illness or due to stress, try **Rejuvenating Mask** and see how effectively your skin's healthy appearance is revived. This preparation includes a wonderful blend of medicinal herbal extracts and oils to nourish and care for the skin. Quince seed, Chamomile, Anthyllis and Borage extracts help stimulate the skin's regenerative processes, calm, nourish and soothe the skin.

You arrive home after a busy day and you just wish to unwind, or maybe you want to relax after active sport. **Sage Bath** is a special product to revive and warm your whole body, especially so in autumn. The preparation is designed to disperse easily, but it's important to add it to warm water to obtain full therapeutic value. The Sage



preparation, which is of very high quality, also acts to soften hard water. After running your bath water add four capsules or six squirts if you're using a dispenser and gently mix in with light sweeping movements. Lie back, soak yourself and relax.

It isn't coincidental that all of the Dr.Hauschka Treatments offered by your Esthetician start with a warm Sage foot bath. It brings about complete relaxation by drawing energy from the often over active mind to the feet and really benefits the circulation. You can, of course, experience the foot bath at home at any time. So, if you've been on your feet all day or after sport, what a relief!

**Body Wash Fresh** is a fabulous soap-free cleanser that doesn't dry out the skin. It contains a revitalising blend of Lemon and Grapefruit essential oils and Witch Hazel and Blackthorn extracts that work to refresh and invigorate; what better way to start the day on those autumnal mornings.



The therapeutic value of **Blackthorn Body Oil** brings real benefit by warming and firming the body. It has a memorable aroma and contains a harmonising blend of Blackthorn blossom, Birch leaves and St. John's Wort, which act to strengthen the skin and purify the tissue. Blackthorn is one of the earliest flowering shrubs, but it's not until the first frosts that the fruit become soft and sweet. It's this holding back quality that brings the warmth. Apply just after a bath or shower while the skin is still moist. It is also really helpful for cellulite problems – see Summer Newsletter 2005 for details.

All of these products are wonderful for use in the autumn or in fact at any time! And don't forget to relax in that warm soothing Sage bath at the end of the day to ease away all those accumulated stresses and strains!

# Ingredient focus - Quince

The word Quince derives from the Greek: 'Kydomalon'. Kydonia (Cydon) is a town on the Island of Crete in Greece. 'Malum' means apple. Kydomalon is therefore the apple from Kydonia. Kydomalon became 'Cydonium', which led to the English word Quince (Ky = qui).

Quince can be cultivated as a small tree that grows to a height of 3-6 metres, with a spread of 3-4.5 metres or as a thick bush. It is deciduous and without thorns; its young branch offshoots are covered in pale greyish downy wool. Its leaves are oval in shape and dark green on top with a thick felt covering of grey wool underneath, especially when young. In autumn, they turn rich yellow in colour. The large chalice-shaped flowers are soft pink and white and appear in May through to June. The fruits ripen in late autumn and can each weigh more than half a Kilogram. They stay fresh for weeks when harvested. The fruits are normally pear-shaped, but can be round like apples and have a light golden-yellow, green or even orange colour. They have a very sweet and fresh aroma and it's said that a single fruit was used to refresh a room or for deodorant purposes in olden times. The skin has a very waxy outer surface and the fruits are rich in vitamins A, B1, B2, C and various minerals. The seed coats are rich in mucilage (soothing

and softening properties) and the leaves contain tannin.

It's uncertain where the Quince species originated; they have been around for thousands of years and they probably come from around the Caspian Sea where they still grow wild.

There are accounts of Quince cultivation in Britain dating from the 13th Century and its popularity seems to have reached its zenith in the 18th to 19th Centuries, but then declined, as other soft fruits such as apples and pears became favoured.

Certainly the fruits were highly valued by the Greeks and Romans. In mythology, the Quince was the 'golden apple' given to Aphrodite by Paris as a symbol of love, marriage and fertility. Plutarch mentions that Quinces were given as gifts to married couples and then shared as tokens of love. Pliny (24-79 AD) spoke at length about the medicinal qualities of Quince. There is a long history of its use in herbal and chinese medicines for the treatment of sore throats, bowel and stomach problems and for eye infusions. Pectin in the fruit is said to provide some irradiation protection.

There has been widespread use for culinary purposes throughout the ages. In warm temperate and tropical regions the fruits

become softer and juicier than in cooler regions. They contain high pectin levels and when cooked they make delicious jams, jellies and compotes. Quince paste is popular in France and Spain, while in Argentina and Chile Quince spread is a favourite.

Many of the special properties of Quince are incorporated into the most popular Dr.Hauschka Skin Care products. Quince seed extract has tremendous soothing, softening and hydrating qualities, excellent skin tolerability and anti-inflammatory properties. It works to regulate the skin's natural moisture content. Quince wax, taken from the outer surface of the fruit, is another important constituent. It is a superb conditioner that provides marvellous protection for the skin – it protects and yet allows it to breathe.

The heavenly aroma of Quince bestows itself, along with these wonderful properties to **Quince Day Cream, Rejuvenating Mask, Quince Body Moisturiser, Rose Body Moisturiser, Toned Day Cream, Kajal Eyeliner** and the **Dr.Hauschka Sun Care products**. What more could you ask?



# Novum 05 Competition

Maria Crawford was the lucky winner of our Novum 05 competition. She received a make-up lesson with Alessandra Byrne. Maria is a fundraiser, but is currently investigating re-training in photography so found her prize really educational in a number of ways! Maria has had problematic skin since she was a teenager, suffering with Eczema and very sensitive, irritable skin, which flares up when she is stressed. Maria first came across Dr.Hauschka just before her wedding in 2001 and has been an avid Dr.Hauschka devotee ever since. Maria has also been having regular Dr.Hauschka Treatments.

## How did you come to hear about Dr.Hauschka?

My skin was suffering badly due to pre-wedding stress and had become blotchy, red (to the point of raw!) and was very sore and painful. On a visit to my hairdresser, Tusk, on Camden High Street it was suggested that I go to Fresh and Wild on Camden Parkway, "buy this tin made by Dr.Hauschka, and you will never use anything else again. It will cure you in a week" my hairdresser told me very enthusiastically. Funnily enough, it did and my wedding day - just two weeks later - was a blotch free success!

## How did your relationship with Dr.Hauschka products develop?

I was having treatments from someone else but it just didn't feel right using one set of products for treatments and then Dr.Hauschka at home. I tried to make an appointment with my local Esthetician, but I couldn't - she was just too busy.

I kept reading about The Dr.Hauschka Treatment and my curiosity grew, so I tried again and managed to book an appointment. One surprising outcome was that I had thought I was using the face care products properly because my skin had improved so much. After my first treatment I was shown how to correctly apply the products, and my skin improved again both dramatically and immediately!

Space and rhythm in daily care are important, but it is impossible to replicate the wonders of having a treatment. Every one should come for a Dr.Hauschka Treatment. You really learn how to work with the products properly and there is just no way of doing the lymphatic stimulation properly on yourself! It is just a wonderful thing.

## Why did you enter the competition?

I've never worn make-up because of the effect it had on my skin. I have thought on a number of occasions that I might be able to wear the Dr.Hauschka make-up, but as I didn't have a clue how to apply it, I never got around to buying it. The competition was too good an opportunity to miss!

## Were you pleased to win?

I was over the moon! It's the sort of opportunity that I've always wanted and I'm really happy.

## Have you enjoyed the day?

I've enjoyed myself enormously. I was actually very nervous initially, especially as I don't like to have photographs taken of myself. The only previous experience I've had of being made up was before my wedding and that was so awful that I took it all off and ploughed on with the day without any on at all. Today was completely different and quite wonderful.

## Was the advice from Alessandra valuable?

The advice I received today has been very useful. I will need to practice, but with the suggestions and make-up sheets that Alex has made up for me, I will be able to replicate the look myself. I would like to wear some make-up every day; when you're younger make-up doesn't seem important, but as I'm getting older, you get more conscious and I would like to begin to wear make-up now. It's really quite astonishing what you can achieve with make-up if you know how!

*If you are unsure of how to apply make-up properly, Alessandra will be creating a set of seasonal trend make-up looks, using only Dr.Hauschka Make-up, in time for the Christmas party season. These will feature in the next newsletter along with application instructions.*



## Product Information

We will continue to see the discontinuation of the **WALA Elixirs** through the autumn and winter months. We will continue to sell all Elixirs in the UK until our stocks run out, but encourage you to buy now whilst they are still available.

Due to production issues beyond our control **Delicious Siliceous** and **Inner Cosmetic** will also be phased out towards the end of 2005. Again, we will continue to sell these products until our stocks in the UK run out.



## Newly Approved Outlets

**Bliss Pharmacy**  
5-6 Marble Arch  
London  
W1H 7EL  
Tel: 0207 723 6116

**Eden Health**  
Unit 2, Smithfield Square  
Lisburn  
Northern Ireland  
BT28 1TH  
Tel: 02892 603 641

**Fenwick**  
St Georges Street  
Canterbury  
Kent  
CT1 2TB  
Tel: 01227 766 866

**Fenwick**  
101 Royal Victoria Place  
Tunbridge Wells  
Kent  
TN1 2RT  
Tel: 01892 516 716

**John Lewis**  
The Trafford Centre  
Manchester  
M17 8JL  
Tel: 0161 491 4914

**John Lewis**  
Eldon Square  
Newcastle upon Tyne  
NE99 1AB  
Tel: 0191 232 5000

**Nature Trail**  
20 Bridge Street  
Omagh  
Co Tyrone  
BT78 1BX  
Tel: 02882 240 388

**Space.NK**  
10 Broadwick Street  
Soho  
London  
W1F 8HW  
Tel: 0207 734 3734

**The Health Store**  
12 St Patricks Avenue  
Down Patrick  
Co. Down  
BT30 6DW  
Tel: 02844 613 331

## Newly Accredited Estheticians

### Dr.Hauschka Treatment

#### Felicity Robertson

*The Elysia Rooms*  
Brondesbury Villas, London  
Tel: 0207 625 5828

#### Denise Gell

*Napiers Herbal Healthcare*  
London  
Tel: 0207 352 5603  
and  
*Abbotts Chemist*  
Lindfield, W. Sussex  
Tel: 01444 483 130

#### Sarah Cook

*The Entrance Lodge*  
Chorley Wood House, Chorley Wood, Herts  
Tel: 01442 384862

#### Ozlem Durand

*The Good Food Shop*  
4 Old Cross Road, Hertford  
Tel: 01992 550101



## Products Mentioned in this Newsletter

Rosemary Body Oil	100ml	£16
Rhythmic Night Conditioner	50 ampoules	£54
Cleansing Cream	Trial / 50ml / 100ml	£3 / £12 / £21
Facial Toner	Trial / 100ml	£3 / £18
Clarifying Toner	Trial / 100ml	£3 / £21
Quince Day Cream	Trial / 30ml	£3 / £16
Moisturising Day Cream	Trial / 30ml / 100ml	£3 / £14 / £29
Rejuvenating Mask	Trial / 30ml	£3 / £25
Sage Bath	150ml	£14
Body Wash Fresh	200ml	£10
Blackthorn Body Oil	Trial / 100ml	£3 / £16
Quince Body Moisturiser	Trial / 150ml	£3 / £17
Rose Body Moisturiser	Trial / 150ml	£3 / £18
Toned Day Cream	Trial / 30ml	£3 / £21
Kajal Eyeliner	1.15g	£10
Sunscreen Lotion SPF8	100ml	£10
Sunscreen Lotion SPF15	100ml	£10
Sunscreen Cream SPF20	100ml	£13
Sunscreen Spray SPF20	150ml	£19
Sunscreen for Children SPF22	100ml	£14
Sunscreen Stick SPF30	4.9g	£6
After-Sun Lotion	100ml	£9
Novum Lipstick 04		
Nature Shimmer	2g	£14
Novum Lipstick 05		
Pearl Shimmer	2g	£14
Novum Lipstick 06		
Rose Shimmer	2g	£14
Novum Eyeshadow 01		
Golden Sand	1.5g	£12
Novum Eyeshadow 02		
Golden Earth	1.5g	£12
Novum Eyeliner Liquid	4ml	£14
Novum Bronzing Powder	9g	£20
Inner Cosmetic	100 capsules	£16
Delicious Siliceous	100g / 300g	£15 / £37

27 Stockwood Business Park, Stockwood, Nr Redditch, Worcestershire, B96 6SX

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