

Article
on Rudolf Steiner



New
Products



Ingredient spotlight
Marshmallow



Christmas
Newsletter
2003



Dear Reader,



Soft snowflakes drift gently down from the low hanging white blanket sky and tickle our noses while the sun's rays are weak and the trees barren and bare. Winter is the season of fireside evenings, holding mugs of steaming cocoa; feeling cosy looking out on the world where the wind howls around the chimney pots and all is dark and hushed.

The silence is broken in the morning as children, adorned in woolly hats, scarves and mittens, whoop and delight in putting their footprints in the snowy mantle.

The season of feasting, celebrating and rejoicing is upon us, bringing lightness, warmth and merriment. Gently flickering candles, rounds of carol singers, family gatherings as well as the beautiful holly berries, flowering Christmas roses and the scents of cinnamon and nutmeg are all to be savoured as we look forward to the lengthening days and the first peep of the glorious snowdrop.

Everyone at Elysia wishes you all a very merry Christmas and a wonderful New Year.



Elysia



Christmas Catalogue

We've made a Christmas catalogue this year and it's enclosed with this newsletter. We have also sent it to all Harpers & Queen subscribers, which is why there are two quotes from Newby Hands, their Health and Beauty Director, on the front cover.



Gift Wrap

Why not give the perfect finishing touch to the gifts you choose from the catalogue by using our gift wrap service, for £3 per parcel.



Rudolf Steiner

The initial research work that Dr. Rudolf Hauschka did in rhythmical processing methods was partly inspired by a conversation he had with Dr. Rudolf Steiner. Steiner had suggested that Hauschka should; 'Study rhythms, rhythms are the carrier of life.'

So who was Rudolf Steiner?

Steiner was born in Kraljevec, a part of the old Austro-Hungarian Empire, now Croatia, in 1861. As a young child he was very much aware of the natural environment and was also deeply spiritual, an aspect to which he would devote his life.



In 1879, he gained a scholarship for a college in Vienna, studying chemistry and natural sciences and he worked closely with Goethe scholar Professor Schroer, editing the scientific works of Goethe. After University, he began earning a living as a tutor and in 1884; he became a resident tutor with the Specht family who had 4 children, one of whom was mentally and physically handicapped.

It was largely in his work with this family that

Steiner developed his methods for education, an area for which he is probably best known. The handicapped son eventually graduated as a medical doctor.

The spiritual world that Steiner had always been acutely aware of, but had largely kept quiet about, was still of huge importance to him and in 1891 he gained his PhD with a thesis entitled 'Truth and Knowledge'. His book 'Philosophy of Freedom' was published in 1894 and from 1900 he dedicated himself to lecturing and writing about spiritual life and his experiences.

Steiner went on to develop his ideas on spiritual science, which he called 'Anthroposophy' (wisdom of the human being) and in 1913, the Anthroposophical Society was founded. Steiner spoke widely on the human relationship with the cosmos / universe, on reincarnation, on the spiritual nature of Mankind and the development of the human consciousness. From his understanding of the spirit life of human beings and our connection with the world

around us, Steiner was able to develop practical ideas and methods on agriculture (biodynamic), architecture, medicine, education and economics.

In 1913 the Goetheanum was constructed in Dornach, Switzerland. A centre for Anthroposophy, it was a large wooden building, providing space for plays and lectures and the movement form, Eurythmy, as well as being a research institute. Tragically it was destroyed in 1922 by fire.





The vortex creates a powerful rhythm, infusing water with the plant's vital forces

Steiner began immediately on plans for a second building and before his death in early 1925, he succeeded in sculpting the model for the building which still stands on the original site in Dornach.

It is constructed entirely of reinforced concrete and demonstrates some remarkable forms both inside and out and like its predecessor, it was way ahead of its time. It is still recognised as a foremost building of the modernist era and it continues to be the headquarters of the General Anthroposophical Society.

Steiner was therefore one of the most original thinkers of the 20th Century and has made valuable contributions to a number of scientific fields. Dr.Hauschka was inspired greatly by his work, leading to the development of a Rose petal extract in water without alcohol preservation. This paved the way for the foundation of WALA where eventually the Dr.Hauschka preparations were developed.

Ingredient Focus - Marshmallow

The latin for this plant is *Althea Officinalis* and *Althea* comes from the Greek 'Althein' meaning to heal; its medicinal qualities have been recognised since Ancient Egyptian times for various ailments.

The Mallow has a hidden property; the entire plant has an abundance of mucilage, a thick gelatinous substance which contains proteins and carbohydrates. It is through this property that the plant prevents itself from becoming tough and woody, remaining soft.

Converted sugar is stored in the mucilage and is the energy reserve of the plant. During the Winter months the mucilage content increases within the plant, so it is during these months, often in mid January, that the roots are harvested from the WALA garden.

Marshmallow keeps its roots fleshy and full of water despite growing in drying, salt containing soils. This ability to balance moisture content against extreme external conditions is a remarkable quality, which is passed on to the skin by using these roots in Dr.Hauschka Skin Care preparations.

Marshmallow roots are found in the Dr.Hauschka Hand Cream and the Rose Day Cream for its



Marshmallow flower

wonderful moisturising properties. In fact it is such an effective moisturiser that the gardeners hands become soft and soothed following this harvest.

Christmas Post

Our last posting dates for orders to reach you before Christmas are as follows:

1st Class Friday 19th December
Express Delivery Monday 22nd December

Please note that they are last posting dates and although we aim to despatch orders within 1 working day of receipt, this is not always possible. Please aim to have your orders with us a couple of days before the last posting date. Thank you.



Christmas Holidays

Our last trading day before Christmas is the 22nd of December. Elysia will then be closed for Christmas. Elysia will reopen again on the 5th January 2004.



Press Mention

This press mention was brought to our attention by one of our favourite customers, Mr David Clement (Grandpa of Elysia), and since it has put it as nicely as ever we could, we just had to share it with you!

The Independent's 'The 50 Best' - ways to beat the winter blues

No.3 Dr.Hauschka Lemon Bath

'I adore this bath oil. It smells intensely of lemons, which is an odd smell to recommend in a chilly context, except that it is infinitely cheering. It's excellent for the depths of winter when you've had a long day, but need a lift, as its

rejuvenating (as opposed to so many bath products, which relax). It's a good reminder that the summer holidays are never that far away.'

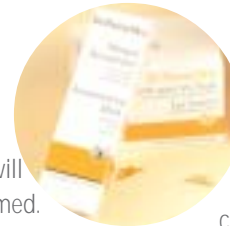


Christmas Recovery

Eat, drink and be merry - but it does take its toll on our digestion, energy levels and skin. We have singled out a few of our 'saviour' products and routines to help us out.

Pre night-out

Cleanse your face - use Lemon Bath in the water; tone, and then apply Rejuvenating Mask, wait a few minutes, then apply your usual moisturiser. This will leave your skin feeling refreshed and firmed. Now all that's left to do is decide what to wear!



Eye Solace helps our tired eyes after a late night out.

Firming Mask is brilliant because it very quickly fixes the massive dehydration caused to the skin by that festive alcohol.

Post night-out

Inner Cosmetic is excellent if you have eaten too much rich food and are left feeling bloated and uncomfortable. Take 3 capsules with plenty of water. (Don't take in the first 3 months of pregnancy)

The Rejuvenating Mask routine also helps with the spots and irritation that may have resulted from nights out at smoky parties!



Winter Skin Care

The cold wintry winds, being in a centrally heated environment and the additional layers of clothes all contribute to a drying out of the skin and hair. We have an increased tendency to chapped lips and rough, flaky skin. It is therefore important that you choose the right Dr.Hauschka preparations to help combat the negative effects of a harsher environment. Sore skin does not have to be an inevitable side effect of Winter.

As with all seasonal changes, it is recommended that you use Dr.Hauschka Rhythmic Night Conditioner to assist your skin with the transition to the dip in temperature. Also remember that if you use the Moisturising Day Cream, you will need to mix in some Normalising Day Oil on very cold days for extra protection. The added oil will also help with the oil balance of the skin, which can be affected in the cold, due to the fact that the glands beneath the surface of



the skin become more inactive.

The intensely nourishing Lip Balm, with Calendula extract and moisturising Jojoba oil, works wonders for cracked, sore lips and a regular application of Hand Cream helps with rough, dry hands.

Although hats can give some protection to the hair, it is a good idea to give the hair some deep conditioning. Dr.Hauschka Hair Recovery is an intensive conditioner, which moisturises and nourishes the hair, leaving it shiny and manageable.

Don't neglect your body or soul during the Winter either. Many of us at some point will have to deal with a cold as we consume heavier foods and wear more clothing. This all places extra burden on our elimination organs, so we develop colds and often breakouts in the skin as well.

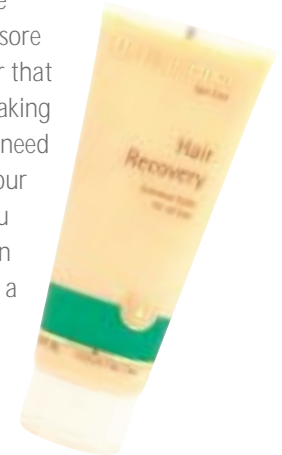
A soothing bath at night can often help ease the breathing and promote a good night's sleep. The Dr.Hauschka range of Baths is ideal. Lavender is calming and soothing, reducing the tension built up from having your shoulders around your ears as you brace yourself against the cold, but Spruce

The intensely nourishing Lip Balm, with Calendula extract and moisturising Jojoba oil, works wonders for cracked, sore lips



can help with nasal and sinus congestion. Remember that hot water also contributes to skin dryness, so allow extra time to apply warming Dr.Hauschka Moor Lavender Body Oil or Rose Body Moisturiser afterwards. Use these on damp skin as this helps to seal in extra moisture leaving your skin soft and supple.

Finally, use WALA Sage Pastilles, for soothing sore throats and remember that as well as externally taking care of your skin, you need to be vigilant about your diet, ensuring that you have plenty of Vitamin C and E, necessary for a glowing complexion.



New Dr.Hauschka Colours

2 NEW make-up colours are being launched in the Dr.Hauschka Decorative Cosmetics line. Using the right make-up colours enhances your natural beauty and these new shades add a new opportunity to experiment with colour.

These colours harmonise perfectly with each other and are made of the high quality natural ingredients synonymous with Dr.Hauschka preparations.

We have found them to be a wonderful addition to the present range and will look gorgeous at those Christmas parties!

NEW Eyeshadow Duo 03 – Emozionante

Emozionante flatters the eyes in delicate lilac and rose tones and subtly underlines their natural shape.

2x1.8g £14



NEW Lipstick 11 – Effetuoso

Effetuoso gives the lips living warmth in a velvety-shimmering Bordeaux colour.

4.5g £14

Products Mentioned in this Newsletter

Product	Size	Price
Rhythmic Night Conditioner	10/50 amps	£16/£54
Rose Day Cream	Trial/30ml	£3/£16
Moisturising Day Cream	30ml/100ml	£14/£29
Normalising Day Oil	30ml	£18
Lip Balm	4.5ml pot	£8
Eye Solace	10x5ml	£18
Rejuvenating Mask	Trial/30ml	£3/£25
Firming Mask	Trial/30ml	£3/£31
Inner Cosmetic	100capsules	£16
Hand Cream	50ml/100ml	£9/£16
Rose Body Moisturiser	Trial/150ml	£3/£18
Lavender Bath	150ml	£14
Spruce Bath	150ml	£14
Lemon Bath	150ml	£14
Moor Lavender Body Oil	100ml	£16
Hair Recovery	100ml	£14
Sage Pastilles	30g/refill	£3/£2
Lipstick 11 Effetuoso	4.5g	£14
Eyeshadow 3 Emozionante	2 x 1.8g	£14
Walter Rau Bath Soaps	225g	
Rose / Lavender / Buttermilk / Honey		£2 each

Newly Accredited Estheticians

Shona McStravick

Framar Health
Belfast
0289 068 1018

Rebecca Shillitto

Deco Health & Beauty
Sheffield
0114 268 4448

Caroline Jeffs

Napiers Herbal
Healthcare
Chichester, West Sussex
01243 771 966

Elaine Sadler

4 My-Way of Life
Leamington Spa
Warwickshire
01926 453 600



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 for details
of your nearest Esthetician.



Newly Approved Outlets

Jenny Jordan Eyebrow & Makeup Clinic

22 Englands Lane
Belsize Park, London, NW3
0207 483 2222

(Treatments available)

Harvey Nichols

21 New Cathedral Street
Manchester, M3
0161 828 8888

The Holistic Centre

41 Broad Street
Ludlow, Shropshire
01584 87585

Helios Homeopathy Ltd

89-97 Camden Road
Tunbridge Wells, Kent
01892 537 254

Napiers Herbal Healthcare

90 Park Street
Bristol, BS1
01179 450 698

Aromatica

5 St Marys Hill
Stamford, Lincs
01702 751 259

The Green House

120 Fisherton Street
Salisbury, Wilts
01722 325 515

Amrita Treatments

The Swan Hotel
Market Place
Southwold, Suffolk
01502 722 186

(Treatments available)

Napiers Herbal Healthcare

11 Eastgate Square
Chichester, West Sussex
01243 771 966

(Treatments available)

Deco Health & Beauty

416a Sharrowvale Road
Sheffield
0114 268 4448

(Treatments available)