

The Joy of Pregnancy · The Rhythm of Spring · WalaVita



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Spring Newsletter 2006



Suppliers of Dr.Hauschka Skin Care

Dear Reader,

Christmas, the New Year and January seemed to arrive and then leave us all in a flash! However fast it felt for you, we hope that the festive season was peaceful and joyous and that 2006 has started well.

Why does life today seem to flash past so fast? Maybe it is something to do with having 24 hour satellite TV, 24 hour shopping, mobile phones, emails, the internet... Is there ever any time or space to be still and quiet?

There is of course the most splendid two hour Dr.Hauschka Treatment, but to help you pro-actively look after yourself at home, we have designed the very thing! At Elysia we felt that we would love to have a Home Spa Kit, one which pampered not only our face and our body, but also our senses, leaving us feeling calmed and revived and ready to face the world again!

Limited Edition Beauty Boxes contain trial sized products for the ideal Dr.Hauschka pampering fest, starting with a relaxing **Lavender Bath** to soak away tensions and stresses. **Rejuvenating Mask** will pamper your skin, bringing life and vitality with nurturing plant oils. **Quince Body Moisturiser** will leave skin feeling soft and refreshed and **Daily Revitalising Day Cream** will nurture the delicate skin around the eyes.

Toned Day Cream gives skin a warm glow, reminding us of summer skin and **Lip Balm** keeps lips soft and supple.

The **Beauty Box** is also special in another way because when you purchase this product, £4 goes to help those around the world who are living in desperate poverty and slavery. 21st Century Leaders is hoping to raise \$3 million for charity and thanks to your support so far, we are making a positive contribution towards this target!



Limited Edition Beauty Boxes are a treat not to be missed, and with Mother's Day

approaching, make sure you pamper your mum, because she deserves it!

Don't forget that we can wrap your present in one of our beautiful **Dr.Hauschka Gift Boxes**



and send it to a specified address, with a message of your choice. The gift wrapping service is free of charge, excluding delivery charges.

In this edition of our newsletter, we celebrate spring, a time of regeneration and new life. Our 'Rhythm of Spring' article will explain the changes your skin will be going through at this time of year, and we offer you advice on the most appropriate products.

For all our customers who are 'mums-to-be', we hope that the article on pregnancy offers you invaluable information on how best to care for your skin and body as your pregnancy progresses. We have worked closely with our Customer Service team to ensure we offer answers to the most frequently asked pregnancy-related questions, but should you have any more queries or require additional help and advice, please call them on 01386 792 622. Elysia also offers a range of organic certified baby foods from **Holle**.

Finally, we are delighted to announce that WALA, the manufacturer of Dr.Hauschka Skin Care products have developed two natural Toothpastes and a Mouthwash, which are available to buy now. More details can be found about **WalaVita** later in this newsletter, and should this leave your mouth watering for more information, again please do not hesitate to contact Customer Services.

Job Opportunities

We are recruiting! If you are interested in joining our nationwide Dr.Hauschka sales / training team, have experience in sales and beauty and a love of Dr.Hauschka Skin Care products, please go to: www.drhauschka.co.uk or phone **01386 792 622** for more details.

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The Joy of Pregnancy



Parenthood transforms your life! Some believe it's the most life changing and life affirming of all changes. You are now responsible for another human being, for the nurturing of another life. Along with this goes responsibility, considerable responsibility. All the love and concern! What will your child become? What do you hope for him or her?

There is a very special union between mother and child. After all, from conception to birth she nurtures another being inside her; her body is their body, she shares with the growing child at the most intimate levels: nutrients, blood and wastes. The life that grows in her flows through her. It's a unique experience for a woman at the physical, emotional and mental levels, a memorable chapter in her life - two beings bonding deeply, but they still need to get to know each other.

In the first three months of pregnancy a woman changes physically, in her daily rhythms, in her emotional states - all with little influence over the processes. Her whole body has to adjust to the developing child. For example, there may be morning tiredness, which often indicates low blood pressure. To help this, rinse the legs with cool

water and follow with a leg and arm rub using **Rosemary Leg and Arm Toner** to stimulate the circulation. Apply to moist skin and work towards the heart.

During the second three months of pregnancy the mother often has a profound sense of wellbeing. She can experience deep inner harmony with her child and feels its movements for the first time. The first stretch marks may appear, but for prevention, gently massage the thighs, abdomen and breasts with

Blackthorn Body Oil; this warms and helps maintain the suppleness of the skin, muscles and connective tissues. **Quince Body Moisturiser** is also helpful as it freshens and firms the skin, enhancing connective tissue elasticity and the skin's natural functions.



Bathing with refreshing **Lemon Bath** is a joy and it also helps connective tissue elasticity, but to obtain the greatest benefit from **Lemon Bath**, ensure the water is no hotter than 38°C and bathe for no longer than 15 minutes.



In the last three months, especially from the eighth month, the 'full weight' of pregnancy is experienced. Many women suffer from backache or tension if they stand or walk for too long. Gentle massage with Dr. Hauschka's high quality body oils relaxes muscles, relieves discomfort and enhances the sense of wellbeing, which is beneficial for both mother and child. Rhythmical stimulation and relaxation helps energy and blood flow in the body, which ensures a healthy supply of oxygen to the cells and nutrients to the placenta. During late pregnancy, a warm bath or foot bath with **Lavender Bath** can be very relaxing and afterwards rub the arms with **Lavender Body Oil**.

Prior to leaving home for the birth don't forget to pack a **Daily Face Care Kit** and **Daily Body Care Kit** as they take up little room and provide that very special care just when it's most needed.

Eight weeks after the birth is the time for emotional and physical readjustment for the mother, a time to adapt to the new situation and to find a new rhythm for herself and her child. If her skin has stretched during pregnancy **Birch-Arnica Body Oil** is a wonderfully helpful product for stretch marks; it works to eliminate wastes, remove congestion, stimulate blood flow to the tissues and promotes skin suppleness. And if disturbed sleep or fatigue causes strained or tired eyes and eyelids **Eye Solace** will refresh, soothe and bring welcome relief.

After the birth, the baby's skin is delicate and needs to adjust to its changed environment. Regular and loving massage with **Rose Body Oil** enables tactile contact that will benefit the child's development and their skin; this can also be done after bathing. Use **Body Wash Floral** for bathing or for cleansing if the baby regurgitates after feeding, as its gentle action won't dry out the skin. Afterwards dust lightly with **Body Powder**. If nappy rash or cradle cap is a problem, **Rose Day Cream** provides valuable help.



In the 4-8 weeks after birth the infant needs all its energy to adjust to its new situation and may sleep a great deal. If the child doesn't settle there are many ways to encourage sleep. Try placing a bowl of warm water in the corner of the room, away from the cot and add a capful of **Lavender Bath**; this has a relaxing and regulating effect that will help promote peaceful sleep. You may also like to try baby massage. Look out for our Dr. Hauschka Massage Booklet in the coming months, which includes a simple baby massage routine.

The infant's nutrition is a vitally important foundation for its later life. Elysia offer a range of specially formulated organic baby milks and foods produced in Switzerland to the highest biodynamic and organic standards under the Holle brand. Whilst breast-feeding is ideal for the infants development, especially in building-up its immune system, this is not always possible. Holle Infant Formula milk offers two formulas. **Milk Formula 1** is for the child's first consumption and **Milk Formula 2** is a follow-on product. Breast or bottle feeding normally lasts for 4-6 months before the infant moves onto solid foods.

The high quality Holle organic baby foods available from Elysia include **Rusks, Baby Rice, Semolina and Oat, Spelt, Millet and Mixed Cereal Porridges**.

We really hope your pregnancy will be an intensely rewarding and happy experience and your life together equally so.

Note: The skin can absorb substances into the body and it's particularly important to choose preparations that are free from chemical or synthetic fragrances, colours and preservatives during pregnancy. The scalp, as part of the skin, can also absorb chemicals from softeners and dyes; it's therefore beneficial to avoid using colouring or permanent wave products. You can, of course, use the high quality Dr. Hauschka natural skin and hair care products with complete confidence, as they are free of these substances.



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The Rhythm of Spring



The rhythms of the seasons are deeply woven into the fabric of the year and after Christmas winter continues to assert itself. The crystalline cold snaps in flurries of snow and sharp frosts bite. Strong winds buffet. Rain sheets down and inundates the landscape; the damp can be all pervading at this time of

year. Amongst it all, however, there are those special days when beams of bright sunshine break through the grey half-light revealing clear blue sky, hinting at the promise of what is to come.

There's an awakening and spring starts to reveal itself among the first Snowdrops and Crocus that emerge between patches of snow and the earth's dark humus. Advancing light pushes back the muted tones and harsh borders of winter. And as the short days lengthen there's a pause at the still-point of the spring equinox when day meets night equally, and then the darkness is overcome. The sun rises higher in the sky and freshness infuses the air. All around there's a burst of life in the budding trees and shrubs, in the new shoots of plants and grasses. It's now so much warmer and we are held in spring's full embrace, in its explosion of colour and crescendo of birdsong, and, in its eternal promise of birth and renewal as life itself bursts forth.

Spring's awakening is also apparent in our skin. The skin's constitution becomes more vibrant and strong in its underlying circulatory processes, in nutrient exchange and waste elimination, in its activity of cellular renewal and in its capacity to produce sebum and maintain the pH that protects its outermost surface. The skin also shows an increased receptivity and higher sensibility.

This is an ideal time for an intensive 28-day skin care treatment with **Rhythmic Night Conditioner**. This especially supportive preparation

stimulates the skin's own capacities for regeneration; its ingredients work to harmonise and normalise the skin, promoting a vital and healthy radiance. **Moisturising Day Cream** is a wonderful complementary moisturiser to use in spring. It helps regulate the skin's oil and moisture contents and provides protection while enlivening the natural moisturising processes by stimulating the circulation; simultaneously invigorating the listless complexion. Those who suffer from streaming eyes and sore eyelids due to the cold winds or a nasty cold will appreciate the soothing relief provided by **Eye Solace**; contact lens wearers also value its cooling effect. **Eye Solace** contains a blend of Eyebright, Anthyllis and Camellia Sinensis extracts that help calm reddened eyes and eyelids. The ampoules are convenient to carry for use at anytime during the day.

Care for our bodily skin should not be neglected at this time of year. Lavender is traditionally used for its relaxing and soothing effects. The marvel of **Lavender Bath** is that it can be used for facial compressing as part of your cleansing routine or used for bathing. It helps ease stress and tension from the body and when used in the evening can promote a good night's sleep. If your skin is sensitive it can be very helpful. And if you've been physically active at work, home or after sport **Birch-Arnica Body Oil** is just the product to alleviate muscle tension, aches and soreness. Use after bathing or showering and apply while the skin is still moist. It contains Birch extracts and the warming powers of Arnica, which benefits the muscles and connective tissues. It also helps stretch marks. **Moor Lavender Body Oil** is ideal for people who are sensitive to external changes as it strengthens and warms the skin and guards against the cold. You'll find this is a really helpful skin care product for those damp and chilly days of winter and early spring.



Ingredient focus – Lavender

Lavender is an evergreen bushy shrub that grows to a height of about a metre, with a similar spread. It is hardy and can grow at high altitude in rocky, sunny locations. The plant has a broad rootstock with woody branches from which long green slender stems emerge that bow down and wander in the breeze. Along the stems, spiral a multitude of grey-green elongated and tapered leaves covered in silvery down. Above the foliage, the striking highly aromatic blue-violet flowers show between July and September; a magnet for wildlife, they attract bees, butterflies and moths. This is a sun-loving plant that thrives in well-drained soil; it tolerates drought and the maritime environment, but doesn't like the shade. In the domestic garden, it is considered a good companion for many other plants.

A native of the mountainous Northern Mediterranean region, Lavender is now found throughout the world. Today, Provence is the world's largest Lavender producing region, probably taken there originally by the Romans. Grasse, situated high above the Cote d'Azur, is the traditional centre for perfumery in France and a major reason for the widespread cultivation of Lavender in the area.

The word Lavender derives from the Latin 'lavare', meaning to wash or perhaps from 'livendo', meaning living or bluish. It has been used for thousands of years: Egyptian high priests and royalty used it for cosmetics, in

balms and salves. In the third century BC, the Greek Physician Theophrastus wrote about its healing and aromatic qualities. Lavender was also used in Roman baths for washing. Generally, it was used for healing and for its antiseptic properties and as an insect repellent; Roman Legionnaires used it to clean wounds, burns and treat the skin. Arab physicians also used Lavender for its healing properties. Some Lavender varieties may have been domesticated in Arabia. In India it was called spikenard, which relates to its flower shape. Hildegard of Bingen affirmed that Lavender oil was an effective treatment for head lice and fleas. In Victorian England, dried Lavender in linen bags was placed in wardrobes to repel moths, Lavender water was used in linen presses and Lavender wax was used as furniture polish. It also appears in pharmacopeia of the time. In the First World War, when medical antiseptics were in short supply, it was used to treat wounds.

Medicinally, Lavender, in its plant form, in tinctures and essential oils has been used for centuries to treat headaches, nervous disorders, exhaustion, skin conditions, as healing baths for circulatory disorders and also as rubs for arthritic and rheumatic conditions. Scientific research indicates that Lavender helps slow nervous system activity, improves sleep quality and promotes relaxation; there may also be helpful indications for the treatment of Alopecia areata (a disease of significant hair loss).

In the kitchen, Lavender is still used for culinary purposes. The delicately flavoured blossoms are used to flavour sorbet, ice cream and deserts; further recipes exist for Lavender honey, lemonade and biscuits. There are even recipes for pizza dough.

Dr.Hauschka captures the pure essence and qualities of Lavender in two wonderful products: **Lavender Body Oil** and **Lavender Bath**. The value of therapeutic touch and massage is well documented; this is something we can experience for ourselves. **Lavender Body Oil** is warming and exudes the pleasing aroma of Lavender fields in bloom. It has a calming and balancing effect when caressed onto the skin, helping to relieve inner tension and nervousness. When feeling weakened, due to the stresses of modern living, **Lavender Bath** will bestow the warming powers of Lavender to calm, revitalise and provide a sense of wellbeing, when it's most needed. Take a bath, infused with **Lavender Bath**, just before bedtime; this will promote healthy and restorative sleep. Just relax and enjoy these truly beneficial products!

Only the highest quality Lavender essential oil from organic production is used in these preparations.



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NEW!

WalaVita

From Dr.Hauschka



We are continually encouraged to take better care of our health and wellbeing, part of that being the prevention of tooth decay and gum disease. Healthy teeth and gums are the best protection against tooth decay and plaque, so regular dental care is important. WalaVita Dental Care, developed and produced by WALA, the manufacturer of the Dr.Hauschka Skin Care Range, offers a natural solution to keeping teeth and gums healthy, using organic, biodynamic and wild-grown ingredients.

The toothpastes contain Salt, China clay and Silica, which ensures that teeth are thoroughly cleaned. The use of medicinal herbs such as Witch Hazel, Neem, Peppermint, Chamomile and Lemon combat inflammation and help to strengthen the gums.

Lemon & Salt Toothpaste offers triple cleansing along with anti-inflammatory properties. It doesn't contain Peppermint or Menthol but the Salt leaves a clean, tingling feeling in the mouth. Once you've tried this toothpaste you'll never want to be without it!

The salt contained in the **Lemon & Salt Toothpaste** is a combination of natural brine from the Spa Bad Dürrenberg, Germany and Sea Salt. It stimulates natural saliva production, thus supporting a self-cleansing process within the mouth. The toothpaste contains medicinal herbs such as certified organic Witch Hazel, Mastic - the resin that is exuded from the bark of the Mastic tree and traditionally used in dentistry - and antimicrobial natural essential oils of Sage, Thyme and Lemon.

Neem & Mint Toothpaste has a cool, minty flavour leaving breath clean and fresh. The Peppermint freshens breath whilst Neem extracts strengthen the gums. China clay, mineral Silica and natural mineral water, which form the basis of the toothpaste, offer thorough cleansing of the mouth. Neem, a medicinal herb, and Mastic offer antiseptic and anti-inflammatory properties, as do the natural essential oils of Peppermint, Clove and Chamomile.

Sage Mouthwash cleans the places a toothbrush or dental floss cannot reach, thus assisting in the prevention of mouth and gum inflammation.

Extracts of the herbs Bloodroot, Myrrh, Rhatany and Horse Chestnut all have astringent properties that work to tighten and strengthen the gums, whilst extracts of the vitalising and anti-irritant herbs Calendula, Sage, Neem and Marshmallow promote healthy oral flora. In combination with antibacterial, natural essential oils such as Peppermint, Tea Tree, Clove and Spearmint, **Sage Mouthwash** has a fresh, minty undertone that ensures long-lasting, fresh breath.

WalaVita products are free of added fluoride, detergents (e.g. Sodium Laurel Sulphate), tensides, synthetic colours, fragrances and preservatives. As with all Dr.Hauschka products, they are BDIH certified natural products.

Lemon & Salt Toothpaste - £5

Neem & Mint Toothpaste - £5

Sage Mouthwash - £7

Holistic Dental Care
for Naturally Healthy Teeth



Newly Accredited Estheticians

Dr.Hauschka Treatment:

Catherine Ive
Prestwood Osteopathic Et
Natural Health Centre
118 High Street
Prestwood
Tel: 01494 864 700

Rosie Jackson
Amrita Treatments
The Swan Hotel
Market Place
Southwold
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Miwa Igarashi
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Anne Prestwich
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Dr.Hauschka Acne Treatment:

Yvonne Donlan
Equilibrium
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Private Clinic
Farmhill Mews
Farmhill
Douglas
Tel: 01624 678 401

Dr.Hauschka Body Treatment:

Tiina Michaelides
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Ashley J Scott
Ishieya Beauty Salon
Club Moativation
Garden House Moat Hotel
Granta Place
Mill Lane
Cambridge
Tel: 01223 306 161



*The Dr.Hauschka Body Treatment:
Using only the Dr.Hauschka
Aromatherapy Body Oils, this gentle
healing treatment works to restore
harmony and balance to our body
and ourselves.*

Jinny Howells
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Swansea
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Jennifer Evans
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Three Crosses
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Felicity Robertson
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Dr.Hauschka Head Treatment:

Ashley J Scott
Ishieya Beauty Salon
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London
Tel: 0208 9473842

Products Mentioned in this Newsletter

Dr.Hauschka Skin Care

Birch-Arnica Body Oil	Trial / 100ml	£3 / £16
Blackthorn Body Oil	Trial / 100ml	£3 / £16
Body Powder	50g	£16
Body Wash Floral	200ml	£10
Daily Body Care Kit	8 Items	£12
Daily Face Care Kit	6 Items	£12
Daily Revitalising Eye Cream	12.5ml	£21
Eye Solace	10 x 5ml	£18
Lavender Bath	Trial / 150ml	£3 / £14
Lavender Body Oil	100ml	£16
Lemon Bath	150ml	£14
Lemon Body Oil	100ml	£16
Limited Edition Beauty Box	Lady Shakira Caine	£25
Limited Edition Beauty Box	Minnie Driver	£25
Lip Balm	4.5ml	£8
Moisturising Day Cream	Trial / 30ml / 100ml	£3 / £14 / £29
Moor Lavender Body Oil	100ml	£16
Quince Body Moisturiser	Trial / 150ml	£3 / £17
Rejuvenating Mask	Trial / 30ml	£3 / £25
Rhythmic Night Conditioner	10 / 50 Ampoules	£16 / £54
Rose Body Oil	Trial / 100ml	£3 / £20
Rose Day Cream	Trial / 30ml	£3 / £16
Rosemary Leg & Arm Toner	100ml	£21
Toned Day Cream	Trial / 30ml	£3 / £21

WalaVita

Lemon Et Salt Toothpaste	75ml	£5
Neem Et Mint Toothpaste	75ml	£5
Sage Mouthwash	300ml	£7

For details of your nearest approved outlets
visit our website at:

www.drhauschka.co.uk

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