

Dear Reader,

The beautiful summer months, which begin with the Solstice on 21st June, are imminent and so the days are long and those warm evenings are perfumed with the exotic fragrance of honeysuckle and wild rose, which ramble chaotically in the hedgerows. The dawn chorus greets the morn as the birds busily feed their broods and out on the coast, the seals are enjoying basking on the rocks.

Here, at Elysia we have been busy moving again! Our warehouse has now been relocated in the next door building which has a much larger capacity, enabling us to hold more stock, so we don't run out, as well as

being able to peep over our increasing amount of marketing materials on site! The customer services, business development, finance teams and photographic studio are also housed in new offices in the new building. This was a very exciting move for us and has resulted in giving us all some very welcome extra room.

All of us here wish you Happy Holidays and many warm sunny days!



Ingredient Focus - St John's Wort

The feast of St John the Baptist is marked on 24th June and is the oldest feast held in honour of a saint. It is at this time that the St John's Wort is at the height of its bloom with its radiant, golden yellow flowers filled with the sunlight; full of healing qualities. The leaves are always set in pairs opposite each other along the stem and if you look closely at these leaves you can see the chambers full of oil. The whole plant has glands that hold the dark red liquid.

This plant has a very strong affinity with the sun; it flowers at the time of peak light and grows in dry sunny places. In fact the seeds will not germinate without enough light.

The ruby-red oily extract of the St John's Wort imbues you with the energy direct from the sun, calming and regulating the nervous system as well as helping to heal inflamed, dry and chapped skin. It stimulates regeneration of skin tissue.

The St John's Wort used in the Dr.Hauschka preparations, such as the St John's Wort and Blackthorn Body Oils, the Cleansing Cream, the Moisturising and Toned Day Creams as well as the Normalising Day Oil to name but a few, is

biodynamically grown or sustainably harvested from the wild. The oil extraction process takes place in the sunlight over the course of several weeks to maximise the potent energy of the sun's rays in the oil.



The WALA garden in Summer

The garden in Summer is at peak vibrancy and it is the season when the harvesting activities begin.

Every four weeks, between April and August, the Daisies are harvested. This is a very difficult plant to harvest due to the kneeling required whilst the flowers are cut. It is however, quite a fast harvest. Witch Hazel is a major harvest; 400kg of leaves are picked and the harvesting can take a week and requires help from other co-workers from the offices at WALA. During the Witch Hazel harvest about 30 – 50% of the big leaves are stripped from any one shrub and some of the bark is also taken for slicing. This is then used in the WALA remedies.

4-5 kg an hour can be harvested by an experienced WALA gardener, but those not accustomed to this kind of work are obviously a lot slower. During the harvest one person is allocated to be responsible for ensuring that the harvest is done correctly and that those helping are given adequate instruction and supervision. Last year the gardeners were joined by over 30 WALA co-workers making the harvest a very social and communal event with everyone working together.

Workers are often required to be up at 5am during harvesting times. The picking is done in the mornings because at about noontime, the plant's vitality begins to wane. The weather also has to be taken in to consideration when choosing harvesting times. During, or directly after pouring rain the garden droops, flowers bend their heads and there is a quiet subdued air. Harvesting is delayed until things perk up again.

Due to the intensity of the gardening work, fitness is very important and the gardeners are looked at individually to assess any possible physical problems. No one in the garden is expected to do the same task repeatedly. Over time, the gardeners build up their experience in preventing problems and this proves invaluable to those who are less experienced.

In July, the beautiful blue Borage, with its star shaped petals, is harvested. 400kg of this are also required and the whole plant is used: flowers, stem and leaves; although the plant is cut 30cms above the soil. The lower leaves of the plant are often dirty and in poor condition. A second cut is often possible from the Borage plant and the extract that is produced is used in the Rejuvenating Mask, the Rosemary Leg and Arm Toner as well as the Neem Hair Lotion.

Second and third cuts are also often obtained from Nasturtiums, which are harvested during the summer months. WALA uses about 1,000kg of leaves and flowers for products such as Facial Steam Bath and Cleansing Clay Mask as the astringent and anti-inflammatory qualities of this plant are extremely beneficial to oily, blemished skin.

The quantities of plants, which are needed for both the Dr.Hauschka skin care products and the WALA remedies are constantly rising. It is getting harder to meet that demand directly from the existing space in the WALA garden in

Eckwalden, so WALA now have a Demeter farm nearby growing more plants in big quantities, such as the Marshmallow flowers used in the Quince Day Cream.

Another plant, which has seen a sharp rise in the quantity required, is Calendula. The highest quantity picked so far has been 1,000kg and now this needs to be more than doubled! Rolf Bucher, head gardener at WALA explained that the bees frequently visit this plant and so whilst harvesting the golden yellow flowers, care has to be taken, as often the bees have not left the flower heads!

Apart from the seemingly endless task of harvesting the plants, seeds for the following years are also harvested. Rolf does this throughout the year, although many seeds are collected during the Summer. These seeds are then set aside for cleaning during the Winter. As often as possible WALA's own seeds are used and so beds of plants are left especially for the collection of seeds.

The Great Burdock roots are dug in August, some of these are used fresh whilst others are dried. The extracts are used in the Fitness Body Oil (Birch-Arnica) and once the harvesting of Calendula and Borage is complete, the plants are removed and slow green manure is put in, such as Clover and Buckwheat.

Thoughts turn to next year as Daisies need to be sown in August for the following Spring and so, of course, the planning process starts too. Reports are



Summer Skin Care

written on each crop of plants, noting the origins and development of the plant, thriving and failure patterns and any strange occurrences. These reports are studied during the Winter and successes can be evaluated and changes made.

Rudolf Steiner stated that a personal relationship needs to be built up with the compost that you use and WALA only uses its own compost. There are about 50 compost heaps, which need attending to. In the Summer, the compost is looked at, to see how it is going, how it smells etc. The very best heaps are noted, as these will be used for the greenhouse, for the cultivating seeds, ensuring the future success of the garden. The local biodynamic farm provides the necessary farmyard manure.

The garden looks resplendent during the Summer and the weather is also often at its best and most reliable, making it the ideal time for journalists to visit. Rolf can often be seen explaining procedures to the press and pointing out special plants, trying to ensure that a good understanding is given to the public.

So whilst others are often taking their holidays and enjoying what may be a somewhat slower pace during the long lazy, hazy days of Summer, the WALA gardeners are extremely busy, gathering the wonderful plants and flowers, which will then be transformed in to the Dr.Hauschka preparations. By the end of Summer, the intensity has dropped and a breather can be taken before the Autumn.



As we move from the darkness towards the light, from coldness into the warmth, we can also move from the enveloping, warming richness of

the Dr.Hauschka Rose

Body Moisturiser towards the light, refreshing Dr.Hauschka Quince Body Moisturiser. The Quince fruit appears to be woody and not very juicy but actually moisture-binding structures are concealed within the fruit and to prevent itself from drying out, this fruit protects itself with a coating of wax. In the same way that the wax protects the fruit, it also forms a moisture-binding layer on our skin as well, protecting and conditioning it. The Quince extract ensures that our skin remains protected by assisting the skin to retain moisture levels, preserving elasticity and leaving the skin feeling soft and toned.

Of course in today's reality of harsh sunlight, we need to be vigilant about our sun care as the sunlight reaches its strongest. The Dr.Hauschka sun care range provides complete and natural care for all of the family, whether spending the day in your garden or lying on a beach in Fiji.

The skin does have the ability to protect itself to a large degree, however this can be encouraged and aided by the use of natural minerals and special plant ingredients. The non-toxic mineral titanium dioxide has a large refractive index and bounces the rays away from the skin. Horse Chestnut bark extract also contains natural sunscreen qualities and Jojoba oil helps keep the skin soft and supple. Dr.Hauschka Sunscreen Lotion



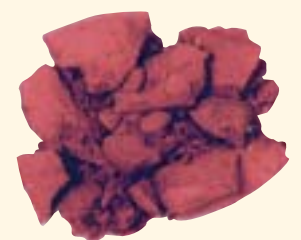
SPF8 is suitable for those who are already accustomed to the sun and who do not burn easily. SPF15 provides a higher level of protection but does still permit some tanning, whilst SPF20 provides the highest level of protection and does not readily permit tanning either.

Children have particularly sensitive and tender skins and need extra protection. Dr.Hauschka Sunscreen Cream for Children, which is SPF22, is ideal. It contains valuable substances, which calm, nurture and strengthen the skin whilst giving full protection from the sun.

The Dr.Hauschka Sun-Block Stick SPF30 does appear white on the skin and is suitable for those extremities such as ears and nose, which seem to burn more easily and attract more attention from the sun!

Once you have come in from the sun your skin still needs caring for. Dr.Hauschka After-Sun Lotion gives a wonderful cool refreshment to the skin, whilst the precious plant oils prevent the skin from drying out and also help to keep it supple.

Going out in the sun is important to us for Vitamin D production. So whether it is a day out at Ascot or a garden fete, we can also add to our radiance and enhance our natural beauty with the help of the Dr.Hauschka Decorative Range. For a glowing, more bronzed look without a tan, try using the Dr.Hauschka Translucent Bronze Concentrate mixed in with your usual moisturiser or Toned Day Cream. The three shades of Dr.Hauschka Rouge Powder, Apricot, Terracotta and Blushing Rose also give that sun-kissed look.



Products Mentioned in this Newsletter

Product	Size	Price	Cat Pg.
Cleansing Cream	50ml/100ml	£10/£18	9
Moisturising Day Cream	30ml/100ml	£12/£26	12
Quince Day Cream	30ml	£14	12
Normalising Day Oil	30ml	£16	13
Rejuvenating Mask	30ml	£22	16
Facial Steam Bath	100ml	£18	18
Cleansing Clay Mask	90g jar	£19	18
Rose Body Moisturiser	150ml	£16	27
Quince Body Moisturiser	150ml	£15	27
Fitness Body Oil (Birch-Arnica)	100ml	£14	28
Blackthorn Body Oil	100ml	£14	28
St John's Wort Body Oil	100ml	£14	29
Rosemary Leg and Arm Toner	100ml	£18	32
Neem Hair Lotion	100ml	£11	37
Sunscreen Lotion SPF8	100ml	£9	39
Sunscreen Lotion SPF15	100ml	£9	39
Sunscreen Cream SPF20	100ml	£11	39
Sun-Block Stick SPF30	4.9g	£5	39
Sunscreen Cream for Children SPF22	100ml	£12	39
After-Sun Lotion	100ml	£8	39
Translucent Bronze Concentrate	30ml	£18	42
Toned Day Cream	30ml	£18	42



Lavender

Newly Approved Outlets

Nature's Corner

9 Bartholomew Street
Newbury
01635 33007

Orange Tree Interiors

Corfield Hall
Magdalene Street
Taunton
01823 259 663

Orange Tree Interiors

Darts Farm Shopping Village
Topsham
01392 876 688

Revital

3a The Colonades
123-151 Buckingham Palace Road
London
0207 976 6615

Health Matters

47 Lordship Lane
East Dulwich
London
0208 299 6040

Napiers Herbal Healthcare

44 Goodge Street
London
0207 637 1610

The Natural Food Store

41 Turnham Green Terrace
Chiswick
London
020 8995 4906

Framar Health

595 Lisburn Road
Belfast
0289 068 1018

Nature's Choice

30 East Bridge Street
Enniskillen
Co. Fermanagh
02866 328 993

Accredited Esthetician News



Newly Accredited Estheticians

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.

Madeline Haynes

Stratford Health & Beauty
Unit 1 Greenhill Street
Stratford-upon-Avon
W Warwickshire
01789 292 353



New Acne Treatment Specialists

Cheryl Camkin

Holistic Harmony
8 Lingfield Road
Wimbledon
London, SW19
0208 947 3842

elysia
natural skincare

27 Stockwood Business Park
Stockwood, Nr Redditch
Worcestershire, B96 6SX
t. 01386 792 622
www.drhauschka.co.uk