

Summer
Newsletter
2004





Dear Reader,

We are well in to summer now, and although June is proving to be a little wetter than the tennis players would like, it does help the garden! Actually, there have been many pleasant days already and as our “Summery Thoughts” show, we are hopeful for more!

I hope that you enjoy our latest newsletter, and that you have a wonderful summer holiday,

Sebastian

Summery Thoughts

A large Blue dances for a moment and then gracefully alights on a nearby Gentian, whilst around me, the meadow is humming with the summer activity of other insects; the delightful mix of wild flowers provides a haven for the vast array of creatures. Overhead, the clear blue sky is mottled with wisps of clouds and the sun’s rays beam down, warming outstretched limbs, inducing drowsiness and illuminating the land in all its seasonal glory.

The clatter of a woodpecker awakens me and as I lean my back against a shady oak, I cast my eyes across the shimmering air upon this season of abundance.

In the evening, I stand on my doorstep, looking out at the garden, and listen to the crickets chirping merrily away while the moths are irresistibly drawn to the light from the kitchen. The air is filled with the sweet perfume of the honeysuckle, the sky is bejewelled with stars.

I catch the weather forecast and decide tomorrow holds great promise for a trip to the beach and a swim in the sea. Ah, what bliss this is.

Ingredient Focus - Titanium Dioxide

Titanium Dioxide is a naturally occurring oxide. This means it is a mixture of oxygen and another element, in this instance, Titanium. It is derived from ilmenite, a mineral found in metamorphic and plutonic rocks which can also be found in beach sand. ▶





◀ An important use of this mineral is as a white, opaque pigment; it is widely used in cosmetics as a covering agent. It has a very high refractive index. In simplistic terms, this means that it slows down the absorption of the sun's rays very effectively. This makes Titanium Dioxide an invaluable ingredient in natural, mineral sunscreens. It is also very stable, inert and non-toxic as well as having the additional benefit of being water-resistant.

This mineral is extremely abundant, making up about 9% of the Earth's crust. WALA, the manufacturers of Dr.Hauschka, ensure that their sources of Titanium Dioxide come from suppliers with environmentally sound practices, such as the replanting of quarried areas and safe manufacturing processes.

Titanium Dioxide is ground up into small particles for the Dr.Hauschka Sun Care preparations, where it acts as a barrier on the skin to prevent sunburn. In other preparations, such as the Toned Day Cream, it acts as a natural colouring agent and gives good covering properties to the product.

Summer Skin Care

Warm air, bright sunshine; energy pulsates out on to the hot streets; the breezes play with your hair. You are out enjoying the glorious days of Summer.

The **Dr.Hauschka Sun Care Range** gives immediate protection upon application and helps you care for your skin. There is a wide range of lotions and creams, (SPF 8, 15, 20, 22 for children, sunblock stick SPF 30), all water-resistant with the exception of SPF 8, catering for all of your family's sunscreen needs whether enjoying a holiday abroad, a trip to the seaside or a day in the garden. Dr.Hauschka Natural Sun Care works by reflecting the powerful rays of the sun and because it forms a barrier on the skin it is very important to apply the sunscreens evenly. The range contains nourishing plant oils and extracts specially chosen to keep your skin soft and supple. The products are free from synthetic ingredients and are formulated to be particularly kind to sensitive skin.

Remember that our body's Vitamin D production depends on some exposure to sunlight. If you have approximately 15 minutes in sunlight, three times per week, that would be adequate to



stimulate the manufacturing of Vitamin D. It is important in today's climate of ozone damage, to ensure that you have adequate protection, especially during the warmer Summer months when the sun's rays are at their strongest. Even if you have some tan, it is still important to protect. Don't forget to wear a hat!

Before applying your sunscreen, following cleansing and toning, you need to ensure that your moisturiser is going ▶





◀ to nurture and protect your skin. You should use your usual Dr.Hauschka moisturiser, for example, **Moisturising Day Cream**. This creamy milk activates the skin's natural moisture processes leaving it feeling revitalised and refreshed. **Moisturising Day Cream** is quickly absorbed and is suitable for dry and normal skin. It is also a really good moisturiser for men.

A question we at Elysia are often asked is, why does Dr.Hauschka not offer a moisturiser combined with a sunscreen? Dr.Hauschka does not combine sunscreen with its moisturisers as the two have very different roles to play. The moisturiser is a treatment and is daily care. The sunscreen is a barrier. The treatment creams need to be absorbed, whilst the sunscreen sits on the skin as a layer. Therefore, if you combined the two, neither would be as effective. Your morning routine should continue as normal with cleanse, tone and moisturise, followed by an even application of your chosen SPF factor on top. The sunscreen should be reapplied regularly during periods of prolonged exposure to the sun.

Which SPF to choose?

You need to know your skin's natural protection

time. Multiplying that time by the SPF factor will give you the length of protection obtained by using that particular cream. For example: if you can stay in the sun for 10 minutes without burning and you use an SPF 15, that cream will give you protection for 10 mins x 15, which is 2 ½ hours. This is just a guideline; always be responsible, especially when the sun's rays are at their strongest.

If you plan to go out in the evening after a day in the sun, prepare your skin first by cleansing and toning, then apply a thin layer of **Dr.Hauschka Firming Mask** under your usual moisturiser. This mask will rehydrate your skin with its wonderfully creamy consistency and deeply nourishing ingredients of four forms of Rose.

Remember to care for your body as well.

Translucent Bronze Concentrate will give your skin a bronzed tone should you prefer not to sun-bathe. For those who do, **After Sun Lotion** applied at the end of the day, provides cooling freshness from its Quince Seed extract and regeneration qualities from the Anthyllis extract.

If you find that you have not adequately protected your skin, and you do experience

sunburn, apply **Rhythmic Conditioner Sensitive** to the burnt area and cover with **Rejuvenating Mask**. This will soothe, ease, heal and repair the skin. Also drink plenty of water to ensure an adequate fluid intake. Eating nutritious, juicy fruit, packed with vitamins and minerals, will help assist in the healing of your body.

Handy Summer Tip

During the really hot Summer days, apply your deodorant as usual, followed by an application of **Body Powder** for added protection!



Rudolf Hauschka



Rudolf Hauschka was born in Vienna, in 1891. He qualified as a chemist, however, he was committed to healing both the earth and humanity, and so began his search to find new ways of preparing medicines.

In 1923, when Dr. Rudolf Hauschka was in his 30's, he began in earnest to look for ways of preserving

the life forces - the healing, living elements - of plants.

Dr. Hauschka was a student of the philosopher Rudolf Steiner. Dr. Hauschka asked Steiner 'What is Life?', and Dr. Steiner answered 'Study Rhythms. Rhythm carries life.'

Another former pupil of Rudolf Steiner, Dr. Ita Wegman, had set up a clinic in Arlesheim, Switzerland. This clinic became a centre for anthroposophical research and practice.

Anthroposophy is a spiritual science, based on Steiner's philosophical views. Shortly after Steiner had presented Hauschka with the idea to research rhythm, Wegman invited Hauschka to research and study at her institute.

Over the next few years, Dr. Hauschka was committed to his experiments to find an aqueous

based plant extract without the need for preservation with alcohol. Many of these experiments were conducted using the most basic and humble of equipment. One such example was a steel dustbin lined with peat; Hauschka knew this to be a fine insulating material against radiation. The jars that he used within this bin were simply milk bottles containing the plant substances he was experimenting with. He incorporated the rhythms he observed in nature, such as light and dark, hot and cold, into the preparations he was experimenting with.

Through trial and error, and after many attempts, Hauschka prepared a water-based Rose extract which remained stable without the need for alcohol or any other preservative. It remained so for well over 30 years.

Dr. Hauschka went on to produce medicines using water-based plant extracts. Together with Dr. Wegman, he found that, by adding the plant matter back to the water extract in the form of ash, followed by more rhythmical processing, the formative forces of the living extract remained active. Hauschka continued his work at the Ita

Wegman Institute for 14 years.

In Germany, the new herbal medicines were extremely well received and so in 1935, the first laboratory (named WALA, after one of the rhythmical processes involved) was founded. Hauschka ran this laboratory as the sole proprietor until 1952. It was then that a partnership was formed together with his wife (Margarete), Maja Mewes and Max Kaphahn. It was also in the 1950's that WALA moved to the home it still has today – the village of Eckwalden, in the Swabian area of Germany. Here they established biodynamic gardens to provide the highest quality ingredients for their remedies.

10 years later, during the 1960's, Elisabeth Sigmund, a cosmologist, and Dr. Hauschka worked on incorporating the WALA remedies into Sigmund's herbal skin care preparations and the resulting Dr. Hauschka Skin Care range was launched in 1967. Dr. Hauschka died in 1969 and was buried in a cemetery in Eckwalden, opposite the WALA buildings. His work continues to flourish today and much of the core range remains unchanged.

Hayfever

Summer is a season of colour, abundance and beauty; a season when it is warm enough to sit outside in the evenings and enjoy some good food and company. A season when flowers are most beautiful in their sheer numbers of variety and display.

For many of us however, it is these very things of beauty, the flowers and trees, that ruin (not too strong a word!) the late spring and summer months, for they are in part responsible for the 'curse' that is hayfever.

Hayfever is a very common condition; there are 2-3 million sufferers in the UK. The symptoms, which include inflammation of the mucous membranes of the nose, eyes, ears and sinuses, whilst not life threatening, can be extremely unpleasant for the sufferers and are caused by the body over-defending itself against pollen. In other words it is an allergic reaction. The systemic effects include fatigue, which combined with the sneezing and itching, can lead to an impaired quality of life.

It seems to be grass pollen that causes the most trouble for hayfever sufferers, although in the spring, tree pollen can trigger it too. Pollen counts tend to be higher on dry, sunny, breezy days, with the count peaking in the early evening. Taking this into account and limiting outdoor exposure during these times is certainly helpful. Pollen counts can also be influenced by a number of other factors and the pollen count is regularly

reported in the regional and national weather forecasts.

Keeping the windows and doors of the house and car closed as much as possible during the pollen season (with air conditioning, if necessary, on recirculating mode) can be helpful; ensure you wear sunglasses, as that will minimise pollen contact with the eyes. Pollen does stick to the hair and skin and many people report some alleviation of symptoms by taking a shower following outdoor exposure.

Because of their widespread presence in our outdoor environment, pollens are difficult to avoid and many people resort to pharmacological treatments, such as antihistamines, to help relieve the

irritating symptoms associated with hayfever. However, there are effective homoeopathic options available at many health food shops.

To relieve sore and itching eyes, why not try **Dr.Hauschka Eye Solace**. The Eyebright, which this preparation contains, works wonders to help with the inflammation. It soothes and restores





swollen, red and tired eyes with the Fennel and Black Tea extracts.

Eye Contour Day Cream also soothes itchy eyes and can be carried with you and applied during the day.

Your sleep may be disturbed and you may experience a certain amount of listlessness. In the evening, before bed, have a long soak in a **Dr.Hauschka Lavender Bath**. This will have the effect of calming and relaxing you, hopefully promoting a good night's sleep.

For nasal and sinus congestion, use the **Facial Steam Bath**. This has the wonderful effect of helping to internally cleanse and clear the passageways, giving relief from the stuffiness often experienced with hayfever. Use two dessertspoonfuls in a bowl of hot water. Place your head over the bowl with a towel covering your head and the bowl. Inhale deeply for about three minutes.

Dr.Hauschka Hand Treatment

Nearly all our skills and activities involve our hands. They are infinitely expressive of our moods and feelings: they can open and close, refuse or give, show anger, fear and love.

The Dr.Hauschka Hand Treatment begins with a full Client Consultation and a warm sage arm bath. Whilst experiencing and enjoying the warmth and aroma of the sage, the body begins to calm itself. Then, gentle stretching and relaxation movements to the head, neck and arms are combined in preparation for the unique



Dr.Hauschka arm and hand lymphatic stimulation using one of the eight specially blended Dr.Hauschka healing oils. Whilst a specific nourishing pack is applied to meet the needs of the skin, time is taken to rest and recuperate.

Dr.Hauschka Foot Treatment

Our feet have a vital role, they carry the body's weight, our toes enable the whole body to maintain balance. Wellness begins with our feet.



The Dr.Hauschka Foot Treatment begins with a full Client Consultation and a warm Sage foot

bath. Whilst experiencing and enjoying the warmth and aroma of the Sage, energy is drawn from your head to your feet and the body begins to calm itself. Then, gentle stretching and relaxation movements to the head, neck and arms are combined in preparation for the unique Dr.Hauschka leg and foot lymphatic stimulation using one of eight specially blended Dr.Hauschka healing oils. Whilst a specific nourishing pack is applied to meet the needs of the skin, time is taken to rest and recuperate.

Products Mentioned in this Newsletter

Product	Size	Price
Moisturising Day Cream	30ml/100ml	£14/£29
Eye Contour Day Cream	10ml	£21
Eye Solace	10x5ml	£18
Rhythmic Conditioner Sensitive	10/50 amps	£18/£59
Firming Mask	Trial/30ml	£3/£31
Rejuvenating Mask	Trial/30ml	£3/£25
Translucent Bronze Concentrate	30ml	£18
Toned Day Cream	Trial/30ml	£3/£18
Facial Steam Bath	100ml	£21
Lavender Bath	150ml	£14
Body Powder	50g	£16
Sunscreen Lotion SPF8	100ml	£10
Sunscreen Lotion SPF15	100ml	£15
Sunscreen Cream SPF20	100ml	£13
Sunscreen Cream for Children SPF22	100ml	£14
Sunscreen Stick	4.9g	£6
After-Sun Lotion	100ml	£9

Newly Accredited Estheticians

Deborah Waller

Quince Therapies
Fisher Street Galleries
18 Fisher Street
Carlisle
01228 810 410

Jennifer Ham

Tranquil Thyme
Mimosa
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Newport
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Tiina Michaelides

Speedwell Therapies
2 Breary Rise
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Dr.Hauschka Hand Treatment & Foot Treatment

Elaine Sadler

4 My Way of Life
7 Park Street
Leamington Spa
01926 453 600

Cheryl Camkin

Holistic Harmony
Wimbledon
0208 947 3842



Call 01386 792 622 or visit www.drhauschka.co.uk
for details of your nearest Esthetician.

Newly Approved Outlets

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(Treatments available)

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01983 528 558
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2 Breary Rise
Bramhope
Leeds
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0113 284 3384
(Treatments available)