

Cellulite . New Sunscreen Spray . Ingredient Focus Ice Plant



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Summer Newsletter 2005



Suppliers of Dr.Hauschka Skin Care



Dear Reader,

Summer is heading towards us apace and the world is looking and feeling much brighter and more colourful. We have been amazed over the past months at the plant and animal life that has been appearing in all its glory – hopefully the summer will be as lovely as the spring months have been and we can look forward to enjoying some long, glorious summer days!

Our skin naturally improves when the climate becomes warmer and we are outside more. The central heating we have been exposed to all winter is switched off, and so does not dry the skin, and we can therefore use lighter moisturisers. **Moisturising Day Cream** and **Quince Body Moisturiser** offer lighter moisturising for the face and body throughout the summer months and you may find that **Quince Day Cream** is a suitable option if you find **Rose Day Cream** too intensive.

Summer is also a great time to give your skin a break by wearing less and more simple make-up. The **Novum 05** Make-up ranges offers a subtle, shimmering glow to the eyes, lips and cheeks and the three Dr.Hauschka **Translucent Make-up** products are very long-lasting, but natural and light foundations. Should you choose to stay out of the sun but would like the sun-kissed look, try **Translucent Bronze Concentrate** as a daily skin bronzer. Also, if you usually use **Toned Day Cream**, but find that it is too heavy for your skin at this time of year, add a little of the **Translucent Bronze Concentrate to Moisturising Day Cream** to create a lighter tinted moisturiser.

As it becomes warmer, most of us willingly start to peel off the layers of clothing. Some of us though fear this time of year as we are exposing not just our arms and legs but also our cellulite! Our main article offers invaluable information and tips from Elizabeth King, our Training School Principal, to help us reduce the appearance of cellulite.

We also have details of Dr.Hauschka's new sun care product, **Sunscreen Spray SPF20**, as well as a look at the brand new sun care ingredient, Ice Plant. If you are going on holiday this summer we can meet all your sun care needs, with a full range of protective products from SPF8 – 30 and a soothing **After-Sun Lotion** to calm the skin and prevent it from drying out after exposure to the sun.

A final tip for those of you who find the hot months all too much for your feet. **Rosemary Foot Balm** will help to rebalance feet that get hot and sweaty, with the silk contained within helping to absorb excess moisture. Plus, the magnificent smell of Rosemary will refresh and energise you and your feet in an instant!



Tip! Those of you with green fingers who suffer with stiff joints after a day's gardening, will find great benefit from applying **Birch Arnica Body Oil**. You'll be feeling fit as a fiddle in no time!



The Cellulite phenomenon!

Spring becomes summer; the days grow longer days and the nights, warmer. The world begins to fill with brighter colours and we begin to enjoy the outdoors more and more. As a consequence of the changes, we wear lighter clothes that allow the sun to reach our skin and we begin to look and feel more relaxed. But hold on – forbid the sight! There it is... cellulite!

Today, we are made very aware of the cellulite phenomenon - just pick up any newspaper or magazine and there you will find endless miracle, celebrity-endorsed treatments and special (but impossible!) diets to keep the 'orange peel' off our thighs! Which leads us to the question, what is the reality behind the appearance? How does cellulite form and what are the possible causes?

Cellulite occurs mainly on the thighs, hips and buttocks, but can be evident on the stomach, upper arms and knees. There are many contributing factors to its formation and appearance.

The two outer layers of the skin are known as the epidermis and dermis. Below this lies the subcutaneous layer where we find connective tissue fibres and fat cells.

When the tone and the elasticity of the connective tissue is lost and the walls of the blood capillaries - which interweave the fat cells - have weakened, an accumulation of fluid and fat cells, becoming swollen and congested with blood fat (lipids) can occur. The connective tissue fibres may harden and thicken and envelop the fat cells. As this activity proceeds, the cells continue to swell, gathering in clusters and then push through the weakened tissues. This results in the dimpled bumpy skin appearance of cellulite - the 'orange peel' effect. The swollen and clustered fat cells, bound by the fibres can then impinge on the lymphatic and vascular systems - hindering drainage, blood flow and the vital supply of oxygen. As a result, the body's innate ability to remove wastes and toxins may be impaired.

Hereditary predisposition may be a factor in the appearance of cellulite. The hormonal upheavals at puberty, pregnancy and at the menopause, and use of the contraceptive pill can also play a part, for example a high level of oestrogen is implicated in water retention. Excessive salt consumption may also exacerbate the problem. Stress, which can disrupt the hormonal function and upset the menstrual cycle, may also lead to fluid retention within the tissues and it is well known that muscle tension also impedes the flow of blood and lymph. Nicotine from cigarette smoking constricts the blood capillaries that feed the tissues and carbon monoxide impairs circulation as it replaces oxygen.

So, what can be done about the appearance of cellulite without having to resort to chemically-based non-holistic approaches?

As with any effective approach, it's essential to adopt healthy dietary and exercise regimes to achieve a successful outcome. Exercise certainly helps improve circulation and will tone the body. Regular massage can also be very helpful. Finish a bath or shower, with a cold shower. With the shower spray, work up the legs and the arms with long sweeping movements towards the heart. This will increase blood and lymph flow and has a positive detoxifying effect. Drinking sufficient water throughout the day will also help, as this aids kidney function and waste elimination.

With this regime under way, the following Dr.Hauschka Skin Care Products are recommended.

If the appearance of cellulite has been widespread for some time and there is evidence of an unhealthy life style, it is advisable to use **Birch-Arnica Body Oil** on a daily basis, applying it to the legs, stomach and arms whilst still wet from a shower or bath. This will help stimulate the body to eliminate wastes and toxins. It contains Birch extracts and has the warming powers of Arnica. Birch has a light flowing quality, which stimulates elimination and promotes tissue elasticity, whilst Arnica relaxes, regenerates and promotes suppleness and circulation within the tissues.

Inner Cosmetic supplements can be taken at the same time, helping to regulate and stimulate the metabolic processes, which aid detoxification.

As elimination improves and with the continued adoption of a healthy lifestyle, **Lemon Body Oil** can be applied daily to all areas where congestion is evident. Lemon has a special affinity to the formation of skin tissue and is therefore good for sluggish and cellulite conditions. **Blackthorn Body Oil**, which is rich in Silica, is good for toning and increasing skin elasticity. With its pleasant fragrance, it contains the harmonising composition of Blackthorn blossoms, Birch leaves and St.John's Wort, which work together to help strengthen and firm the skin. A course of **Delicious Siliceous** can be taken simultaneously, as this is a helpful supplement for stabilising the moisture balance and improving elasticity of the skin. The revitalising effect of **Lemon Bath** and **Body Wash Fresh** is also thoroughly recommended, as part of the essential maintenance approach.

Remember in order to get the best out of your chosen Body Oil, always apply your oil to damp skin using gentle, circular, upward movements.



Eye Care

Take a closer look at Dr.Hauschka's natural Eye Care products!

**Our eyes and the ability to see are miraculous!
And yet, our sight is often something we take for granted.**

What would it be like to dwell in darkness? Would we be dazzled by the light and our senses overwhelmed by the brilliance of colour and form if we suddenly regained our sight after loss? Would we experience the world and everything in it, anew? How familiar or strange would this be?

Clearly the faculty of sight is precious, something for us to value and cherish; a window on our world that sustains and nourishes us in all kinds of ways. Our eyes are an important and sensitive gateway between the outside world and our inner life – our insight. In today's highly visual society, our eyes can be over stimulated, often worked too hard. Technology surrounds us! Sun, wind, fumes, dust, smoke, air conditioning and central heating certainly take their toll. This can result in eye tiredness, skin tension around the eyes and can lead to premature lining and wrinkling.



Dr.Hauschka now offers three Eye Care products, including one new preparation, all specifically designed to soothe, revitalise and care for sensitive eyes and the eye contour area.

New! – Dr.Hauschka Daily Revitalising Eye Cream

This wonderful new every-day cream for the eye contour area keeps skin supple, leaving it feeling relaxed and smooth. **Daily Revitalising Eye Cream** contains the rich and nourishing plant oils of Avocado, Macadamia nut and Sea Buckthorn. These plant oils all contain special fatty acids similar to those found in our skin. The skin around our eyes contain very few oil glands which is in part why wrinkles form here; by applying this cream with its special plant oils the skin is kept supple and relaxed, helping to prevent premature wrinkling. Extracts of Marsh Mallow, Calendula and Pineapple refresh, hydrate and soothe, providing welcome relief for the tired and over-worked eye contour area. Use every morning for wide-awake, fresh eyes.

Dr.Hauschka Eye Contour Day Balm (previously Eye Contour Day Cream)

With its thicker consistency this intensive and caring balm is especially suitable for people with a particularly sensitive eye contour area and for people with dry skin and the premature development of fine lines and wrinkles. Extracts of Anthyllis and Carrot give new tone to the skin, whilst Calendula and St John's Wort have soothing effects that help to reduce reddening and swelling of the upper and lower eyelids. Designed to protect, refine and strengthen, **Eye Contour Day Balm** contains a rich blend of precious oils and waxes that also provide additional protection at those times throughout the year when more intensive care is needed, for example when doing outdoor activities like gardening and during the winter months.

Dr.Hauschka Eye Solace

Created to cool, soothe and decongest, this product is wonderful for providing relief to tired eyes and strained eyes! **Eye Solace** contains Eyebright, Fennel and Black tea, which decongest and blissfully revitalise the whole eye. The practical single-dose containers are easy to use wherever you are and it is particularly helpful at this time of year for hay-fever sufferers. **Eye Solace** is also recommended to wearers of glasses, contact lenses and for computer users who suffer from tired, dry eyes.

Tip! If you have trouble removing water-resistant mascara, soften it with some **Eye Contour Day Balm** before removing your make-up.



Ingredient focus – Ice Plant

Mesembryanthemum crystallinum (L.), also known as:

Common Ice Plant, Crystalline Ice Plant, Icicle Plant and Diamond Fig. Family: Aizoaceae

Mesembryanthemum is the tongue-twisting genus name for this plant. Previously, the flowers were believed to only open in the sun and consequently the species was designated as Mesembrianthemum, which means 'blooming at mid-day.' When night blooming species were discovered, the spelling was changed and now describes a flower with its fruit in the middle (mesos – middle and embryon – fruit).

A native of Southern Africa, the Ice Plant is now also found in Australia, Western USA, Southern Europe, in the Canary Islands and in coastal Japan.

In the intense heat of these climates, where the sun beats down relentlessly, if you don't want to die of thirst, you have to have something special up your sleeve to enable you to survive. The Ice Plant does so by 'holding its breath' during the day – it closes its pores (stomata) on the underside of its leaves to avoid water loss and only breaths after sunset.

Normally, a plant takes in carbon dioxide during the day and converts it into sugar and oxygen with the help of sunlight. In the case of the Ice Plant however, the carbon dioxide which is taken up is bound to a molecule and processed to sugar and oxygen by photosynthesis the following morning.

Naturally at home in coastal regions, on maritime sands – even on dunes, in salt marshes and inland deserts, Ice Plant tolerates very dry conditions and nutritionally poor and saline soils. Another extraordinary feature of this plant is that it will take salt from the air if the ground cannot provide enough.

Predominately green with reddish hues, the Ice Plant grows abundantly, radiating out close to the ground, with a wide spread of many succulent branches that emanate long and wavy-edged spatula shaped leaves. Its flowers arise on single stems and have a myriad of fine white petals that turn pinkish-red as they mature.

Flowering is copious and the appearance is striking; resembling a carpet of land-based sea anemones in motion. Producing fruit in late summer, it derives its descriptive name – Ice Plant – from its leaves and flowers that are covered in a multitude of tiny translucent droplets, which shimmer in the sun and resemble dew, frost or ice crystals. Their membranes are easily crushed and exude liquid, making the plant feel moist and cool to the touch, even in the full heat of the day.

The Ice Plant has an incredible ability to withstand heat and to absorb and store moisture. Even after harvesting, it remains amazingly fresh for weeks.

It is these hydrating and nourishing gifts that it passes onto our skin, adding that special touch to the new Dr.Hauschka **Sunscreen Spray SPF20**. This creamy lotion, with its wonderful aroma, is especially designed to care for you and your family's skin.



New!

Sunscreen Spray SPF20

The new Dr.Hauschka **Sunscreen Spray SPF20** is the latest addition to the Dr.Hauschka Sun Care range. With its pump-action spray, it provides safe, natural sun care for all the family.

The nozzle dispenses a fine film of creamy, fruit-scented lotion that is easily distributed and protects the skin immediately upon application; the combination of mineral sunscreen, medicinal herbs and nutritious plant oils contained within Dr.Hauschka Sun Care products provide long-lasting and reliable protection against both UVA and UVB rays, whilst maintaining water resistance. Furthermore, we ensure that it offers you the best protection possible by testing the UVA protection in accordance with rigorous Australian standards.

Whether for children or adults, fair skins or tanned, the Dr.Hauschka Sun Care range has the ideal solution for everyone. We offer sun care creams in **SPF8, 15, 20** and **22**. The highest SPF cream is especially kind to sensitive skins and should be used on babies and children. We also offer a **Sunscreen Stick SPF30** and an **After-Sun Lotion**.

Please call our Customer Service Advisors on 01386 792 622 to place your order or if you have questions about these or any other Dr.Hauschka products.

150ml **£19.00**

Tip! An excellent after-sun cream for the face is **Firming Mask**. Make sure you don't forget to pack it in your suitcase.



Product Information

As of August 2005 production of **Hawthorn and Elderflower Elixirs** will stop due to legislation changes.

The remainder of the Elixir range will be slowly phased out throughout 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 whilst they are still available.



Newly Approved Outlets

As Nature Intended

17-21 High Street
Ealing
London
W5 5DB
Tel: 0208 840 1404

Earth Mother Health Store

66 Bridge Street
Ramsbottom
Lancashire
Tel: 01706 828 333

Eight's a Wish

8 Church Street
Sidmouth
Devon
Tel: 01395 513 475

Essence at the Health Store

3 Main Street
Newcastle
Co. Down
Tel: 02843 723 924

John Lewis

Westquay Shopping Centre
Southampton
Hampshire
Tel: 02388 021 6400

John Lewis

Bridge Road
Welwyn Garden City
Hertfordshire
Tel: 01707 323 456

Keates Pharmacy

30 Rossly Hill
London
NW3 1NH
Tel: 0207 435 0587

Revital

154 High Street
Hounslow
Middlesex
Tel: 0208 572 0310

Revital Health Centre

78 High Street
Ruislip
Middlesex
Tel: 01895 629 950

Santé

14 Trinity Street
Colchester
Essex
Tel: 01206 791 597

Space.NK

St Anne's House
St Anne's Place
Manchester
Tel: 0161 832 9382

Wild Thymes

2 Old Hughenden Yard
High Street
Marlborough
Wiltshire
Tel: 01672 516 373

Newly Accredited Estheticians

Facial Firming Programme

Grace Emmerson

Fernbank Road
Redland
Bristol
Tel: 0117 904 2296

Jennifer Evans

Haulwin Villa
Joiners Road
Three Crosses
Swansea
Tel: 01792 875 703

Charlotte De Silva

The Dolphin House Shop
14 New Road
Brighton
East Sussex
Tel: 01273 324 790

Suzi Gibson

Etain
35 Bruntsfield Crescent
Dunbar
East Lothian
Tel: 01368 860 654

Jinny Howells

The Natural Beauty Clinic
52 Queens Road
Mumbles
Swansea
Tel: 01792 363 194

Charlotte De Silva

The Dolphin House Shop
14 New Road
Brighton
East Sussex
Tel: 01273 324 790

Amanda Rodrigues

Napiers Herbal Healthcare
11 Eastgate Square
Chichester
West Sussex
Tel: 01243 771 966

Candace Cox

Weydown
Hewshott Lane
Liphook
Hampshire
Tel: 01428 722 535

Dr.Hauschka Treatment

Anette Schofield

Overcliff Drive
Bournemouth
Tel: 01202 417 055



Products Mentioned in this Newsletter

| | | |
|--------------------------------|----------------------|----------------|
| Moisturising Day Cream | Trial / 30ml / 100ml | £3 / £14 / £29 |
| Quince Body Moisturiser | Trial / 150ml | £3 / £17 |
| Quince Day Cream | Trial / 30ml | £3 / £16 |
| Rose Day Cream | Trial / 30ml | £3 / £16 |
| Novum Eyeshadows | 1.5g | £12 |
| Novum Lipsticks | 2g | £14 |
| Translucent Make-up | Trial / 30ml | £3 / £18 |
| Translucent Bronze Concentrate | 30ml | £21 |
| Toned Day Cream | Trial / 30ml | £3 / £21 |
| Sunscreen Spray SPF20 | 150ml | £19 |
| After-Sun Lotion | 100ml | £9 |
| Rosemary Foot Balm | 30ml | £12 |
| Birch Arnica Body Oil | Trial / 100ml | £3 / £16 |
| Daily Revitalising Eye Cream | 12.5g | £21 |
| Hand Cream | Trial / 50ml / 100ml | £3 / £9 / £16 |
| Eye Contour Day Balm | 10ml | £21 |
| Eye Solace | 10 x 5ml | £18 |
| Inner Cosmetic | 100 capsules | £16 |
| Lemon Body Oil | 100ml | £16 |
| Blackthorn Body Oil | Trial / 100ml | £3 / £16 |
| Delicious Siliceous | 100g / 300g | £15 / £37 |
| Lemon Bath | 150ml | £14 |
| Body Wash Fresh | 200ml | £10 |
| Sunscreen Lotion SPF8 | 100ml | £10 |
| Sunscreen Lotion SPF15 | 100ml | £10 |
| Sunscreen Lotion SPF20 | 100ml | £13 |
| Sunscreen for Children SPF22 | 100ml | £14 |
| Sunscreen Stick SPF30 | 4.9g | £6 |
| Firming Mask | Trial / 30ml | £3 / £31 |
| Hawthorn Elixir | 180ml | £12 |
| Elderflower Elixir | 180ml | £10 |