

Dr. Hauschka is Certified Natural and Organic



All **Dr. Hauschka** and **WalaVita** products contain selected natural substances and medicinal herbs from biodynamic and certified organic cultivation. All are BDIH certified

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Please visit our website at www.tocara4.co.za for further information.

WHY CHOOSE NATURAL AND ORGANIC COSMETICS?

Skin – the largest ORGAN of the body. How do YOU want to FEED IT?

One's skin absorbs approximately 60% of what is applied to it. My choice is definitely Certified Natural Ingredients! Those conscious of what they eat and drink will identify with this I am sure.

Because our skin interfaces with the environment, the skin plays a very important role in protecting our bodies. Don't treat your skin like the bathroom floor and strip away the lovingly produced GOOD oils.

Make the right conscious choice...

HOW TO BECOME A DR. HAUSCHKA SKIN CARE THERAPIST:

Qualified therapists receive an internationally recognised Diploma. Apply at **Tocara Skin & Body Science** about becoming a Dr. Hauschka Therapist. Tel: 021-7023617

Visit our Treatment page at www.tocara4.co.za for more information regarding the Dr. Hauschka treatments that are available from our qualified therapists.



SUCCESS THROUGH EXPERIENCE:

Kirsten Lukas:

For the past eight years I have had my own business as a Dr. Hauschka Natural Esthetician. Before that I worked at the dermatology department of the Frankfurt University Hospital and in various dermatological practices, giving cosmetic treatments for acne and rosacea.

When I started my own practice I set myself the challenge of treating blemished and inflamed skin using natural skin care products alone. This is how I came to find Dr. Hauschka Skin Care.

This product range and its associated treatment methods gave me the best results for these specific conditions. My positive experiences have led me to use Dr. Hauschka Skin Care products exclusively for the last year and a half.

Info Kirsten Lukas, Rotlintstr. 11, 60316 Frankfurt

Dr. Hauschka and NO Animal Testing

Since the inception of Dr. Hauschka Skin Care in 1967, it has been of particular importance to us to develop and manufacture products that harm nature as little as possible.

Dr. Hauschka Skin Care opposes animal testing.

We do not perform animal testing nor do we use ingredients that have been tested on animals.

Dr. Hauschka Skin Care products comply with guidelines regarding animal testing set forth by both PETA and the BDIH.

For more information, please visit our website at <http://www.tocara4.co.za/pages.php?pageid=9>



AUTUMN
WINTER
2009

NEW DR.HAUSCHKA SOOTHING MASK



About the NEW Dr.Hauschka Soothing Mask:

The new Soothing Mask provides sensitive skin with the support that it needs after a long day or a busy week. With its moisture-balancing properties, the soothing, relaxing intensive care helps sensitive skin that is prone to reddening to restore its natural balance. The result: a healthy, even complexion – and a sense of inner well-being.

High-quality ingredients are the key to the success of the Soothing Mask. The combination of lady's mantle, borage, buckwheat and mullein soothes and strengthens the skin. Quince seed extract and witch hazel water help the skin to retain its moisture. Kidney vetch has a harmonising effect on reddened and irritated skin and valuable plant oils made of macadamia, coconut and shea butter provide intensive care. These carefully prepared ingredients help to soothe reddened and irritated skin, allowing it to breathe and relax.

The new Dr.Hauschka Soothing Mask is most effective when used directly after cleansing and toning the skin. It should be applied liberally on the face – including the area around the eyes – and on the neck and décolleté. After leaving the mask on for 20 minutes, gently remove it with a warm, wet cloth.

To keep your skin healthy and relaxed, the Soothing Mask should ideally be used once or twice per week.

Tips for use:

In the case of sensitive skin accompanied by redness, apply the Dr.Hauschka Soothing Mask in a thin layer under your daily face care products over the course of four to six weeks, as part of a curative treatment several times per year.

Ingredients:

Water, witch hazel water, quince seed extract, coconut oil, shea butter, glycerin, macadamia nut oil, sunflower oil, beeswax, extracts of kidney vetch and chamomile, peanut oil, fatty alcohols, jojoba oil, bentonite, apricot kernel oil, extracts of lady's mantle, borage, buckwheat and mullein, essential oils, xanthan gum, lecithin.

INTENSIVE TREATMENT 04

Wrinkle treatment:



Dr.Hauschka Intensive Treatment 04 comes in a glass bottle with a spray head for easy application. It forms part of the integrated skin care concept, which includes Regenerating Serum and Regenerating Day Cream.

The rhythmised extracts from the revitalising precious stones blue tourmaline and amber, from regenerating gold, from moisture-preserving medicinal herbs Madonna Lily and marshmallow, invigorating ginkgo and olive leaves, royal jelly, natural thermal salt water from the Bad Bentheim spa in Germany and sandalwood water, all combine to allow the skin to retain its moisture and give new vitality.

This helps to preserve and activate the skin's regenerative powers, refining and smoothing the complexion and preventing wrinkles.

At the same time, it enhances the skin's tone and elasticity, leaving it looking soft, radiant and immaculate.

Use 4 times per year for one month at a time in place of your regular Facial Toner.

INTENSIVE TREATMENT 05

For menopausal skin conditions:



The Dr.Hauschka Intensive Treatment 05 comes in a glass bottle with a spray head for easy application. It is specially designed for the changes in the skin of menopausal women.

It forms part of the integrated skin care concept and can help to lessen blemishes and pigmentations that occur on the face, neck and décolleté resulting from hot flushes.

It helps the skin to regenerate while boosting its waning vitality at the same time.

The rhythmised composition combines bright red ruby and the silver-rich mineral argentite, the balancing medicinal herbs monk's pepper and black cohosh, natural thermal salt water from the Bad Bentheim spa and harmonising rose water.

Intensive Treatment 05 helps to preserve and activate the skin's regenerative powers, leaving the skin looking soft, radiant and in perfect condition.

Use 4 times per year for one month at a time in place of your regular Facial Toner.

BODY OILS RE-LAUNCHED:

New formulas, new smells.....!

Moor Lavender Body Oil protects and soothes skin and senses.

Rose Body Oil Harmonises and Nurtures skin and senses

Lemon Lemongrass Body Oil Firms Skin prone to Cellulite

Birch Arnica Body Oil For Stiff aching muscles

Blackthorn Body Oil helps prevent stretch marks during pregnancy

Almond St John's Wort Body Oil Soothes dry and sensitive skin



FACIAL GYMNASTICS RATHER THAN SURGERY

NEW!

Now offered by a select few Dr.Hauschka estheticians in Durban, Cape Town, George, Plettenberg Bay and East London.

This facial workout is based on muscle exercise and muscle relaxation. Not only does it prevent sagging of the face and the neck muscles, but it also reduces any muscle weakness which might already have occurred. In combination with proper skin care, a regular, careful exercise supports the facial muscles and helps counteract or even prevent age-related loss of tone and premature wrinkles.

Nowhere else does the character of a person manifest itself as clearly as in his/her face. It shines through the individual hue of the skin and the light of the eyes and it realizes itself through the unique muscular unit which is composed by the mimic muscles and the skin. In the delicate facial expression of an individual we recognize the manifestation of joy and sadness, astonishment, laughter and crying, pain and anger – emotional reactions which convey subtly to the outer world making the inner feelings visible through the shape of the mimic muscles.

In addition to the general improvement of the skin tone, facial exercises are another way of combating traces left by deep thinking which, for example, manifest themselves as furrows between the eyebrows. Regular exercising can smooth these lines. The exercises strengthen and vitalise the tissue of the skin, stimulate the blood circulation and activate the skin's intrinsic powers. The determination to contribute actively to this process by combining the Dr.Hauschka Cosmetic Treatment and the careful selection of the appropriate Dr.Hauschka Skin Care products, leads to an inner and outer harmony and beauty.

Congratulations to the following therapists who now teach the Dr.Hauschka Facial Gymnastic course.

Jodie Marlin (Durban), Keren Gilady (Durban), Alison Collingwood (Durban), Ronica Baliram (East London), Dawn Esterhuizen (Cape Town), Michelle Schofield (George), Sue Lund (Plettenberg Bay), Ceciel Louw (Cape Town), Elina Komarova-Tagar (Cape Town), Nicole Christian (Cape Town), Rachelle Napier (Cape Town), Nicky Pearce (Cape Town), Allison Porter (Cape Town).

ROSACEA

Recognise and Treat

A summary of the talk given by Dr Lüder Jachens and Ute Iglisch of the Skin Care Consultant Team at the Dr.Hauschka Natural Estheticians Conference 2006. The name rosacea itself gives an indication of the redness which characterises this skin disorder. This redness occurs in the middle of the face, around the nose and upper lip, and affects the cheeks. It is caused by dilation of the blood vessels.

The increased blood flow to the affected areas induces first erythema, then inflammation with bumps and pimples. In this it resembles acne, another condition that starts with inflammatory activity in the sebaceous glands. However, while acne affects mainly younger people, rosacea manifests itself in 40- to 50-year-olds.

The condition does not cause blackheads or scars. It affects men and women equally. However, it is often more severe in men than in women. In men the facial inflammation is often worse, with the skin around the nose becoming thicker and swollen. This condition is known as rhinophyma (bulbous nose).

The Causes

It is not known precisely what causes rosacea, but emotional and psychological factors clearly influence the progress of the disorder: stress, intellectual pressures, exams or worries about losing a job can induce the redness.

External triggers such as changes in temperature, hot drinks or food, spicy food, alcohol, exposure to the sun or physical exercise exacerbate the symptoms. In accordance with the principle of polarity in the human organism, anthroposophic

medicine seeks the causes of rosacea in the area of the internal organs. If these are disturbed, the disturbances can be reflected in the skin of the face due to the interdependency of 'below' and 'above', of 'outside' and 'inside' and of the metabolic limb system and the nerve sense system.

In the case of rosacea, attention turns to the liver: this is a very individual organ and closely enmeshed with the mind and spirit.

Emotional upsets slacken its attachment and irritate the blood, which the liver can no longer take up completely, causing it to surge upwards. But an irregular lifestyle, long-term use of the contraceptive pill or the menopause can also lead to functional lethargy of the liver and result in rosacea. Treating the liver leads to a marked improvement in the redness of the face.

The Symptoms

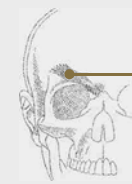
The connection between rosacea and the metabolic limb system is also evident in the symptoms which afflict sufferers. These include flatulence, alcohol intolerance, intolerance for fatty and fried foods and occasionally joint pains and tiredness. The functional lethargy also makes itself felt on the emotional level: rosacea patients frequently complain of bouts of melancholia.

The Treatment

A Dr.Hauschka therapist has a unique treatment method that will compliment the Dr.Hauschka skin care products suited for the symptoms of Rosacea. The oil content in the different stages of Rosacea are carefully observed and cared for accordingly with specific skin care products from Dr.Hauschka.

For the frown lines between the eyes:

Exercising the Corrugator supercilii, or frowning muscle, can help prevent horizontal lines on the forehead and vertical lines between the eyebrows above the root of the nose.



Corrugator supercilii muscle

Exercise

Draw the eyebrows firmly together, as if thinking hard.



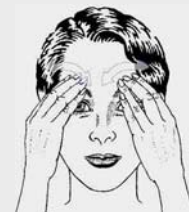
Resistance Exercise

Place the tips of the 3rd and 4th fingers on the outer half of the eyebrows and stroke the brow outwards, using a little traction. Gently draw the brows together against the pull of the fingers.



Relaxation

Place the 2nd, 3rd and 4th fingers above the eyebrows. Loosen up the muscle with rapid sideways movements. Lightly vibrate the skin above the root of the nose and between the eyebrows with the balls of the fingers.



Consciously relax with the eyes closed. (No Figure)



Accredited Stockists

Accredited	Contact #	Area
Alison Collingwood (L.S.H. / B.A.O.)	031 564 3464	Durban North, KZN
AllisOne (L.S.H.)	021 761 2808	Claremont CT
Beau Ici Cosmetics (L.S.H. / B.A.O.)	021 914 8867	Tyger Valley, CT
Bliss Organic Face & Body Treatments	031 201 6047	Glenwood, KZN
Brigitte Spitze (L.S.H. / B.A.O.)	011 467 2190	Fourways, JHB
Cinagro	021 531 9607	Pinelands, CT
Creeds Supernatural Nutrition	021 702 0036	Steenberg, CT
Durbell Pharmacy	021 975 6570	Durbanville, CT
Fresh Earth Food Store	011 646 4404	Emmarentia, JHB
Fruits & Roots Bryanston	011 463 2928	Bryanston, JHB
Greenfields	00 264 64 405825	Swakopmund - NAMIBIA
Greenlands	011 486 3361	Parkview, JHB
Health for Life	021 461 1450	Gardens, CT
Health for Life	021 671 4000	Claremont, CT
Health Matters	021 434 5490	Sea Point, CT
Health Shop on Line (L.S.H. / B.A.O.)	021 794 6762	Constantia, CT
Healthy Life	021 421 5443	V & A Waterfront, CT
Jonelle Russell (L.S.H./B.A.O.)	032 525 4847	Umhlabi, KZN
Killarney Riviera Health Store	011 646 1816	Killarney, JHB
Lee-Ann Kieswetter	021 790 6915	Hout Bay, CT
Lifestyle Health	032 946 0441	Ballito, KZN
Lime Fusion	043 735 1166	Nahoon, EL
Luise DeLoch	00 264 61 231200	Windhoek - NAMIBIA
Mary Netto	083 457 1002	Newlands, CT
Maskcara (L.S.H. / B.A.O.)	083 379 5328	Bellville, CT
Michelle Schofield - PURE SKIN	044 873 0674	George, WC
Morningview Health	011 883 9157/9	Benmore, JHB
Natural Life	012 460 9159	New Muckleneuk, PTA
Natural Route - Kloof Street	021 422 1000	Gardens, CT
Naturalwise	011 705 1607	Lonehill, JHB
Nella's se Winkel (L.S.H. / B.A.O.)	028 537 1602	Witsand, WC
Nicole Christian	082 745 1841	Monte Vista, CT
Nourish Health Shop	021 686 7871	Newlands, CT
Organic Living	021 794 5078	Constantia, CT
Pure Earth	021 880 2218	Stellenbosch, CT
Root to Health	00 264 61 245677	Windhoek - NAMIBIA
Sally-Ann Creed (L.S.H. / B.A.O.)	021 794 3052	Constantia, CT
Sue Lund	084 586 1600	Plettenberg Bay, WC
The Good Stuff	021 674 4380	Claremont, CT
The Healing Tree	021 439 8147	Sea Point, CT
The Health Box	031 266 1784	Westville, KZN
The Health Philosophy	021 531 2399	Pinelands, CT
The Milynn Clinic	021 976 0443	Durbanville, CT
The Village Health Shop	028 312 1308	Hermanus, WC
Timberlake Health Store	044 882 1017	Wilderness, WC
Vygenhoek Organic Spa	013 254 0769	Dullstroom, MPUMALANGA
Weleda Pharmacy	011 325 2525	Dunkeld, JHB
Weleda Pharmacy (L.S.H.)	011 467 2430	Witkoppen, JHB
Wellness Warehouse	021 673 7200	Claremont, CT
Wellness Warehouse	021 487 5420	Gardens, CT
Wilscha's Health & Skin Care Clinic	021 422 2910	Tamboerskloof, CT
Winnery Health & Beauty	011 675 4133	Strubensvallei, JHB

Woolworths Stores:

Canal Walk, CT	021 555 9911	Cavendish, CT	021 670 7111
Centurion, PTA	012 643 4900	Cresta Centre, JHB	011 478 9111
Eastgate, JHB	011 677 4511	Gateway, DBN	031 566 9300
Melrose Arch, JHB	011 994 9800	Menlyn Park, PTA	012 348 9308
Sandton City, JHB	011 290 1011	Tyger Valley, CT	021 943 1511
V&A Waterfront, CT	021 415 3411		

(L.S.H. / B.A.O.) - Limited Stock Holder - orders on request - by appointment only

Accredited Therapists

Accredited	Contact #	Area
Alison Collingwood	031 564 3464	Durban North, KZN
Allison Porter	082 728 6573	Newlands, CT
Avril Zander-Thal	011 465 6467	Fourways, JHB
Carri Freemantle	082 519 8514	Harfield Village, CT
Ceciel Louw	021 797 5676	Plumstead, CT
Ceri-Ann Dawson	021 855 2472	Somerset-West, CT
Dawn Esterhuizen	072 379 5841	Robertson, WC
Dr Elina Komarova-Tagar	082 318 2805	Hout Bay, CT
Gloria Arendse	021 422 2910	Tamboerskloof, CT
Jodie Marlin	031 201 6047	Glenwood, KZN
Jonelle Russell	032 525 4847	Umhlabi, KZN
Kelly Dower	083 326 1232	Grahamstown, EC
Kelly Ragaval	043 735 1166	Nahoon, EL
Keren Giladi	031 201 6047	Glenwood, KZN
Krystal Sawkins	013 254 0769	Dullstroom, MPUMALANGA
Lee Ann Kieswetter	021 790 6915	Houtbay, CT
Luise DeLoch	00 264 61 231200	Windhoek - NAMIBIA
Mary Netto	083 457 1002	Newlands, CT
Michelle Parker	021 976 0443	Durbanville, CT
Michelle Gerber	021 981 2770	Brackenfell, CT
Michelle Schofield	044 873 0674	George, WC
Nicky Pearce	021 531 9607	Pinelands, CT
Nicole Christian	082 745 1841	Monte Vista, CT
Rachelle Napier	021 715 2010	Diep River, CT
Robyn Donnelly	072 288 2773	Mount Edgecombe, KZN
Ronica Baliram	043 726 8606	Vincent, EL
Samantha Westlake	011 318 1646	Midrand, JHB
Sue Lund	084 586 1600	Plettenberg Bay, WC
Timothy Smit	013 254 0769	Dullstroom, MPUMALANGA

N/P = Non Practicing

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Thank you for taking the time to read our newsletter.

Please don't forget to visit our website for more information about products, stockists and therapists.

Best wishes

Caro Copeland and the team at
Tocara Skin & Body Science

