

Dr. Hauschka is Certified Natural and Organic



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

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- HOW and WHY to MASK
- Shampoos - Why Natural Is Important
- Using Dr. Hauschka Normalising Day Oil
- Baby Care - Success Story
- Dr. Hauschka Sunscreens Discontinued
- Facial Gymnastics - Part 2

Please visit our websites at www.tocara4.co.za / www.drhauschka.co.za for further information.

IN THE HEADLINES

Dr. Hauschka WINS 12 Awards at the **Natural Health and Beauty Awards** in the UK:

The brand won the following categories:

Best Blusher: Rouge Powder
Best Mascara; Black Volume Mascara
Best Bronzer: Bronzing Powder

...and was highly commended for the following categories:

Best Organic Range
Best Make-up Range
Best Hydrating Face Mask: Moisturizing Mask
Best Bath Treat: Spruce Bath
Best Tinted Moisturiser: Toned Day Cream
Best Concealer: Pure Care Cover Stick
Best Eyeliner: Kajal Eyeliner
Best Eyeshadow: Eyeshadow Solo
and Best Lip Gloss



SUMMER 2009

PLANT FOCUS: Echinacea Pallida Extract

The pale purple coneflower is a perennial herb and is used for its anti-bacterial properties in helping skin conditions such as eczema and psoriasis.

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



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 www.tocara4.co.za



SUMMER IS HERE...

...and there is no better way to achieve a beautiful sun-kissed look than with Dr.Hauschka Toned Day Cream or the Translucent Bronze Concentrate.

Remember, all Dr.Hauschka products are made with natural ingredients.

Have a natural looking tan without the sun damage! If you have an oily skin use the Translucent Bronze Concentrate combined with your day moisturiser.

For a drier skin use the Toned Day Cream as a moisturiser or over your moisturiser.

Dr.Hauschka Bronzing Powder is also perfect for highlighting your cheek bones and making you look like the beach goddess you are.



SPOT / ZIT TREATMENT DID YOU KNOW:

You can dab a little of Dr.Hauschka **Facial Steam Bath** directly onto an unwanted spot to treat it!

Use it sparingly though, as it is rather powerful...

NORMAL USE:

Add a capful of Dr.Hauschka **Facial Steam Bath** to a basin of hot water and steam cleansed skin for 2 - 5 minutes **OR** do a few compresses on the skin with a warm soaked cotton face cloth or Muslin cloth.

HOW and WHY to MASK:

2 easy ways to use the Dr.Hauschka Masks:

- 1 Have a long leisurely bath with one of the 4 Dr.Hauschka masks on the face (nice and close to the eyes to treat them too) and the neck area. Leave the mask on for approximately 10 minutes.

We suggest 2 x per week.

Rinse off the excess with warm water and a final cold splash of water if you possibly can! This tightens the pores, improves skin elasticity and tone.

OR

- 2 **For the person ALWAYS ON THE RUN...**

Mix a pea size of your favourite Dr.Hauschka mask with your daily moisturiser every day for 28 days. Yes you can leave all four Dr.Hauschka masks on your skin all day. A real time saver!

AND

After a DAY ON THE BEACH

Mix double the normal pea size (point 2.) with your day cream for your evening outing for a glowing, healthy look!

(Use close to the eyes to treat this area of your skin too)



The Importance of using Natural Ingredients in Shampoos:

In almost every 'regular' shampoo there is the ingredient called Sodium Lauryl or Laureth Sulphate which is a foaming agent.

This ingredient has been linked to balding as it can irritate the hair follicle.

How one feels about one's hair plays a big role in how one feels about one's self.

I know I feel great when my hair is healthy and looking good!



Dr.Hauschka Hair range consists of:

Shampoos:

- 🌿 Macadamia and Orange Shampoo Normal Hair
- 🌿 Apricot and Sea Buckthorn Shampoo Dry, damaged Hair
- 🌿 Nasturtium and Lemon Shampoo Oily Hair and or Scalp

Conditioner:

- 🌿 Jojoba and Marshmallow Conditioner All Hair conditions

Scalp and Hair treatments for Dandruff, Dry Scalp, Thinning Hair, Dry Frizzy Hair, Oily Scalp and Hair etc:

- 🌿 Neem Hair Lotion
- 🌿 Neem Hair Oil



How to use Dr.Hauschka Normalising Day Oil

Used for 3 different skin conditions used in 3 different ways:

Oily Skin:

In order for blemished, oily and open-pored skin to recover its natural balance, it needs regulating care. Dr.Hauschka **Normalizing Day Oil** with its oil extracts, helps the skin normalize its production of sebum.

In the morning:

- Cleanse
- Tone (Clarifying or Facial Toner)
- Apply a small amount of Normalising Day Oil onto the oily parts of the skin.

Combination Skin

Mix the Normalising Day Oil with Moisturising Day Cream or Rose Day Cream Light.

Extremely DRY Skin:

- Apply Normalising Day Oil OVER your regular day cream.
- This will give your skin extra nourishment and protection all day.



To stop the corners of the mouth from drooping

Moving the rectangular muscle of the upper lip, the Levator labii superioris, helps prevent wrinkling of the upper lip and stops the corners of the mouth from drooping. The muscle also lifts the upper lip.



Exercise

Draw the corners of your mouth far to the side, lifting your upper lip until your top teeth are visible. Keep your mouth relaxed and do not clench your teeth. Let your mouth return to its normal position. Repeat exercise 5 to 7 times.



Resistance Exercise

Puff up your cheeks and force the air into the pouch behind your upper lip until your lip is smooth and balloons outwards (no horizontal or vertical lines are visible). 'Chew' the mouthful of air.



Relaxation

Now expel the trapped air gently through your slightly open mouth ("blowing bubbles").



Consciously relax with the eyes closed. (No Figure)



BABY CARE

Cradle Cap – my success story:
Caro Copeland

I recently used Dr.Hauschka Neem Hair Oil for 7 days on my 4 1/2 month old baby and his cradle cap went completely!

I applied only 5 drops on his entire scalp every morning (gently spread over the scalp with my finger tips).

I wash his head with the Dr.Hauschka Conditioner every 4 days.

Now he is on a maintenance treatment of Neem Hair Oil every 3rd day.

What a Great Pity! Dr.Hauschka Sunscreens discontinued:

In developing sun care products WALA (who makes Dr.Hauschka) decided to go for the mineral-based sunscreen option because mineral sunscreens work on the surface of the skin and are extremely well tolerated.

For our current Dr.Hauschka Sun Care products we used the so-called Australian Standard to measure their UVA protection performance. This guarantees that a minimum of 90 percent of all UVA rays striking the skin are filtered.

Until the new EU recommendation this was the most common method of measuring the UVA protection offered by sun care products world wide.

Now the EU Commission on Standards has issued a recommendation which all sun protection products are supposed to meet by the summer of 2009. This requires that sun protection products in the EU must offer uniform minimum protection against UVA radiation and have a ratio of at least 1:3 UVA to UVB protection.

When chemical sun protection factors are used it is not difficult to achieve the required 1:3 ratio. For WALA, however, using chemical sun protection factors is out of the question, therefore after intensive deliberation and reflection on the subject WALA have decided to discontinue the Sun Care Range.

We apologise for any inconvenience caused and are very sad to see it go ourselves.

Accredited Stockists

Accredited	Contact #	Area
Alison Collingwood (L.S.H. / B.A.O.)	031 564 3464	Durban North, KZN
Allison Porter (L.S.H. / B.A.O.)	082 728 6573	Newlands, CT
AllisOne (L.S.H.)	021 761 2808	Claremont, CT
Beau Ici Cosmetics (L.S.H.)	021 914 8867	Tyger Valley, CT
Bliss Organic Face & Body Treatments	031 201 7282	Glenwood, KZN
Brigitte Spitze (L.S.H. / B.A.O.)	011 467 2190	Fourways, JHB
Cinagro (B.A.O.)	021 531 9607	Pinelands, CT
Creeds Supernatural Nutrition	021 702 0036	Steenberg, CT
Debbie Smith (L.S.H.)	011 463 8564	Bryanston, JHB
Durbell Pharmacy	021 975 6570	Durbanville, CT
Faithful to Nature (L.S.H.)	021 709 0110	Muizenberg, CT
Fresh Earth Food Store	011 646 4404	Emmarentia, JHB
Fruits & Roots Bryanston	011 463 2928	Bryanston, JHB
Greenfields	00 264 64 405825	Swakopmund - NAM
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 (L.S.H.)	021 421 5443	V & A Waterfront, CT
Jonelle Russell (L.S.H./B.A.O.)	032 525 4847	Umlhali, KZN
Killarney Riviera Health Store	011 646 1816	Killarney, JHB
Lee-Ann Kieswetter (B.A.O.)	021 790 6915	Hout Bay, CT
Lifestyle Health	032 946 0441	Ballito, KZN
Lime Fusion	043 735 1166	Nahoon, EL
Lion Sands (L.S.H.)	013 751 2000	White River, MPU
Luise DeLoch (B.A.O.)	00 264 61 231200	Windhoek - NAM
Mary Netto (B.A.O.)	083 457 1002	Newlands, CT
Maskscara (L.S.H. / B.A.O.)	083 379 5328	Bellville, CT
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 (B.A.O.)	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
Pure Skin (B.A.O.)	044 873 0674	George, WC
Root to Health	00 264 61 400230	Windhoek - NAM
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, MPU
Weleda Pharmacy (L.S.H.)	011 463 3604	Bryanston, JHB
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
Winnery Health & Beauty	011 675 4133	Strubensvallei, JHB

Woolworths Stores:

Brooklyn, PTA	012 452 0500	Cavendish, CT	021 670 7111
Canal Walk, CT	021 555 9911	Centurion, PTA	012 643 4900
Cresta Centre, JHB	011 478 9111	Eastgate, JHB	011 677 4511
Fourways, JHB	011 745 1100	Gateway, DBN	031 566 9300
Hemingways, EL	043 707 2500	Melrose Arch, JHB	011 994 9800
Menlyn Park, PTA	012 348 9308	Sandton City, JHB	011 290 1011
The Grove, PTA	012 816 9820	Tyger Valley, CT	021 943 1511
V&A Waterfront, CT	021 415 3411	Walmer, PE	041 393 7300

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

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Alison Collingwood	031 564 3464	Durban North, KZN
Allison Porter	082 728 6573	Newlands, CT
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Avril Zander-Thal	011 465 6467	Fourways, JHB
Carri Freemantle	082 519 8514	Harfield Village, CT
Ceciel Louw	021 797 5676	Plumstead, CT
Dawn Esterhuizen	072 379 5841	Robertson, WC
Dr Elina Komarova-Tagar	082 318 2805	Hout Bay, CT
Jodie Marlin	031 201 7282	Glenwood, KZN
Jonelle Russell	032 525 4847	Umlhali, KZN
Kelly Dower	083 326 1232	Grahamstown, EC
Kelly Ragaval	043 735 1166	Nahoon, EL
Keren Giladi	031 201 7282	Glenwood, KZN
Krystal Sawkins	013 254 0769	Dullstroom, MPU
Lee Ann Kieswetter	021 790 6915	Houtbay, CT
Luise Deloch	00 264 61 231200	Windhoek - NAM
Mary Netto	083 457 1002	Newlands, CT
Michell 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

CONTACT:

Tocara Skin & Body Science
Suite 51, Private Bag X7
Sea Point, 8060

Tel: (021) 702 3617
Fax: (021) 702 3619
Email: caro@drhauschka.co.za
Websites: www.drhauschka.co.za
www.tocara4.co.za

VAT REG NO: 449 021 0582
Caro: 083 265 2442

Thank you for taking the time to read our newsletter.

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

We wish you all a very Happy Festive Season!

Best wishes

Caro Copeland and the team at
Tocara Skin & Body Science