

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.

NEW: Dr. Hauschka Med Skin



Ice Plant Body Care Lotion -

For daily treatment of dermatitis involving very dry, itchy, flaky skin and also for eczema prone skin.

Intensive Ice Plant Cream -

For treating areas of very dry, itchy, flaky skin; complements dermatitis treatments. Ideal for eczema prone skin.

Dr. Hauschka Med Skin products combine the itch-relieving, freshly pressed juice of the ice plant (*Mesembryanthemum crystallinum*) with a combination of different natural oils such as avocado oil, mango butter, shea butter, almond oil and jojoba oil, which are geared towards the needs of very dry and neurodermitic skin.

The excellent efficacy and skin compatibility of the Dr. Hauschka Med Skin products has been confirmed by clinical dermatological testing, including tests with atopic dermatitis sufferers.

The products have purposely been left fragrance-free and are well tolerated by children.

Your WINTER MUST HAVE PRODUCTS:

Soothing
Hydrating
Nourishing

Moisturizing Mask

The Dr. Hauschka Moisturizing Mask is a tremendous emergency moisturising treatment that will act to hydrate and nourish your skin and protect its outermost surface.



Containing a wonderful blend of Quince Seed Extract, Sweet Almond Oil, Bees, Rose and Propolis Waxes, it feeds your skin with essential oils, fats, important nutrients and trace minerals to care for your acute problems such as severe dryness.

- a 10 minute mask while you are lying in the bath or mix a pea size of mask together with your favourite Day Moisturizer...YES! you can leave it on your skin all day! For added protection.

Daily Revitalizing Eye Cream.

Daily Revitalizing Eye Cream is composed of nourishing plant oils and medicinal herb extracts that care for and refresh the delicate eye contour area. Its lightweight formula is absorbed rapidly by the skin, meaning it can be used immediately before applying make-up.

Repairs
and
Hydrates



It has been formulated to provide calming, soothing, and fortifying care to the skin around the eye area, therefore helping to prevent premature wrinkles and bringing welcome relief to the eyes.

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.



NEW: Dr.Hauschka Med Teeth

Dr.Hauschka Med Teeth products have been developed in collaboration with experienced dentists. They are free from synthetic chemical dyes, fragrances or preservatives and contain no added fluorides or tensides.

Extract of horse chestnut bark (*Aesculus hippocastanum*) is one of the ingredients that gives Fortifying Mint Toothpaste, Sensitive Orange Tooth Gel for Children and Sage Mouthwash their fortifying effects.

It contains aesculin, which firms the gums and has a harmonising influence on the formation and hardening processes within the body. It helps normalise the balance of the saliva so well that teeth are more stable and less vulnerable to disease in this healthy oral environment.



Sensitive Orange Tooth Gel for Children –
Natural protection against tooth decay for healthy teeth



Extra-Strong Mint Toothpaste –
Fortifies the gums and protects against inflammation



Sensitive Saltwater Toothpaste –
Gentle cleaning for sensitive teeth, menthol-free



Sage Mouthwash –
Firms and fortifies the gums, keeps breath fresh

* Dr.Hauschka Med preparations are FREE from synthetic **Fragrances, Dyes and Preservatives**



Fragrance in Dr.Hauschka products:

A combination of specially blended, carefully chosen pure essential oils, unique for each preparation.

Please note that there is no fragrance in the Med Range what so ever as Ultra sensitive, neurodermitic skin can be sensitive to even the most gentle of essences even when they are Certified natural.



WINNER
Sales Hit of the Year
2009

Dr.Hauschka Wins AWARDS AGAIN.

Dr.Hauschka PRESS INFORMATION

Three hits in a row for Dr.Hauschka Skin Care

Dr.Hauschka Soothing Mask named "Sales Hit of the Year 2009"

Bad Boll/Eckwälden, 22 April 2010 – For the third time in a row, Dr.Hauschka Skin Care has been awarded the title "**Sales Hit of the Year**" in the face care category. This time it was Dr.Hauschka Soothing Mask that won over consumers. The moisture-balancing mask for sensitive skin that is prone to redness is now officially one of the most successful newly launched products of 2009 in the natural cosmetics segment. Of all the new face care products, Dr.Hauschka Soothing Mask went over the checkout scanners of Germany's natural food stores and organic supermarkets most often. For this reason, it was awarded the "Sales Hit of the Year" prize at the Vivaness trade fair for natural personal care and wellness on 17 February 2010.

Since 2007, Vivaness has been held annually in Nuremberg, Germany, alongside BioFach, the world's leading trade fair for organic products. The "Sales Hit of the Year" title is awarded during the two trade fairs. It honours newly launched products that have sold exceptionally well at natural food stores across Germany in the previous year. "We are very pleased that Dr.Hauschka Soothing Mask has been able to follow our Rose Day Cream Light and our Regenerating Serum to become the third Dr.Hauschka Skin Care facial product in a row to be named 'Sales Hit of the Year'," comments Silvia Steck, head of international marketing for Dr.Hauschka Skin Care at WALA Heilmittel GmbH.

NEW - Mascara colour

New **Volume Mascara Colour**
- Aubergine -
A Very unusual colour that is quite striking!

Dr.Hauschka Volume Mascara is a natural, nurturing way to add full volume to lashes and emphasize eyes.

- 🌀 Beeswax and rose and candelilla waxes are combined with silk powder to plump and protect lashes
- 🌀 Soothing black tea and eyebright extracts care for the delicate skin around the eye
- 🌀 Neem leaf extract strengthens lashes
- 🌀 Smudge resistant
- 🌀 Ophthalmologically tested

Gentle
and
Soothing



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 in the most environmentally friendly and conscious way.

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

NEW!

Dr.Hauschka has a BEAUTIFUL NEW make-up stand!



The Ice Plant:



Scientific Name: Mesembryanthemum crystallinum L.

Family: Aizoaceae

The ice plant has green or sometimes intensely red leaves which are thick, succulent and covered with glittering fluid reservoirs. From July to September the annual to perennial, frost-sensitive ice plant is covered with numerous white to reddish flowers with radially arranged petals.

Originally a native of South Africa, the ice plant manages to cope with great heat & retain moisture by "holding its breath" during the day and only breathing after sundown. It is also an unusual plant as it accumulates salt which stimulates the production of fruit acids in the plant, which, together with sugar alcohols, abundant magnesium and the amino acid proline, provide a natural moisture retaining factor.

Use of the Ice Plant in Skin Care and Remedies:

The prolific leaves of the ice plant seem to embody within themselves the qualities of the entire plant. Their reddish colour mimics the character of a flower; the reserves of liquid and moisture-retaining factor compensate for the shortness of the root, which is just a few centimetres long and appears to exist to anchor the plant to the ground, rather than to provide it with water.

The root of the ice plant is allied to the nerve sense organs of the human being, which include the skin. The plant integrates the tasks of the root into the harmonising leaf system, which is allied to the rhythmic processes in the human being. It thus sets an example to irritated skin, which is, in a manner of speaking, under nervous strain.

The robust ice plant, which has learnt so well to bind moisture, is the perfect ingredient to round off Dr.Hauschka Med Ice Plant Body Lotion and Dr.Hauschka Med Ice Plant Intensive Cream, as well as Dr.Hauschka Intensive Treatment 03.

For more information about the Ice Plant and other plants used in Dr.Hauschka Med products, please visit the source website: <http://www.dr.hauschka-med.de/english/quality/plant-library>

Accredited Stockists

| Accredited | Contact # | Area |
|---------------------------------------|------------------|-----------------------|
| 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 Spitzke (L.S.H. / B.A.O.) | 011 467 2190 | Fourways, JHB |
| Cinagro (B.A.O.) | 021 531 9607 | Pinelands, CT |
| Debbie Smith (L.S.H.) | 011 463 8564 | Bryanston, JHB |
| Die Boord | 021 887 9399 | Stellenbosch, CT |
| Earthwise | 013 744 9231 | Nelspruit, MPU |
| Eureka Life | 076 625 2766 | Centurion, PTA |
| Faithful to Nature (L.S.H.) | 021 709 0110 | Muizenberg, CT |
| Fresh Earth Food Store | 011 646 4404 | Emmarentia, JHB |
| Fruits & Roots | 011 463 2928 | Bryanston, JHB |
| Greenfields | 00 264 64 405825 | Swakopmund - NAM |
| Greenlands | 011 486 3361 | Parkview, JHB |
| Health Connection (L.S.H.) | 021 715 6697 | Bergvliet, CT |
| Health for Life | 021 461 1450 | Gardens, 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 | Umhlati, 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 |
| Luise DeLoch (B.A.O.) | 00 264 61 231200 | Windhoek - NAM |
| Macrobiotic Health Shop (L.S.H.) | 033 342 8486 | Pietermaritzburg, KZN |
| 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 Connection | 082 790 6583 | Bloemfontein, FS |
| 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 |
| Nurtured by Nature (L.S.H.) | 044 343 2867 | Sedgefield, WC |
| 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 Tea Tree | 021 702 0036 | Steenberg, CT |
| The Village Health Shop | 028 312 1308 | Hermanus, WC |
| Vygenhoek Organic Spa | 013 254 0769 | Dullstroom, MPU |
| Weleda Pharmacy | 011 463 3604 | Bryanston, JHB |
| Weleda Pharmacy | 011 467 2430 | Witkoppen, JHB |
| Wellness Warehouse | 021 673 7200 | Claremont, CT |
| Wellness Warehouse | 021 487 5420 | Gardens, CT |
| Wellness Warehouse | 021 425 4704 | Green Point, CT |
| Winnergy Health & Beauty | 011 675 4133 | Strubensvallei, JHB |

Woolworths Stores:

| | | | |
|--------------------|--------------|--------------------|--------------|
| Amanzimtoti, KZN | 031 922 1500 | 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 | Pavilion, KZN | 031 275 8111 |
| 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

Accredited Therapists

| Accredited | Contact # | Area |
|-------------------------|-------------------|---------------------------|
| Allison Porter | 082 728 6573 | Newlands, CT |
| Allison Porter | 082 728 6573 | Saxonwold, JHB |
| Avril Zander-Thal | 011 465 6467 | Fourways, JHB |
| Bongi Mahlangu | 013 254 0769 | Dullstroom, MPU |
| Candice Lamerton | 021 487 5420 | Gardens, CT |
| Carri Freemantle | 021 712 5656 | Bergvliet, CT |
| Chantel McClintock | 076 625 2766 | Centurion, PTA |
| Ceciel Louw | 021 797 5676 | Plumstead, CT |
| Dawn Esterhuizen | 072 379 5841 | Robertson, WC |
| Dr Elina Komarova-Tagar | 082 318 2805 | Hout Bay, CT |
| Duma Manzi Spa | 033 212 9418/9 | Richmond, KZN |
| Elmarie Fourie | 083 461 0873 | Centurion, PTA |
| Jodie Marlin | 031 201 7282 | Glenwood, KZN |
| Jonelle Russell | 032 525 4847 | Umhlati, KZN |
| Justine Beith | 079 632 7597 | Durban North, KZN |
| Kelly Dower | 083 326 1232 | Grahamstown, EC |
| Kelly Ragaval | 043 735 1166 | Nahoon, EL |
| Keren Giladi | 031 201 7282 | Glenwood, KZN |
| Kristi Goodman | +248 293 100 | North Island, Seychelles |
| Krystal Sawkins | 013 254 0769 | Dullstroom, MPU |
| Lee Ann Kieswetter | 021 790 6915 | Houtbay, CT |
| Luise Deloch | 00 264 61 231200 | Windhoek - NAM |
| Lyndi Shili Nomsa | 076 625 2766 | Centurion, PTA |
| Mary Netto | 083 457 1002 | Newlands, CT |
| Michell Parker | 021 976 0443 | Durbanville, CT |
| Michelle Coetzee | 082 442 7005 | Benoni, JHB |
| Michelle Gerber | 072 148 4429 | Brackenfell, CT |
| Michelle Schofield | 044 873 0674 | George, WC |
| Nadia van Buuren-Schele | 00 264 61 245 677 | Windhoek, NAM |
| Nicky Pearce | 021 531 9607 | Pinelands, CT |
| Nicole Christian | 082 745 1841 | Monte Vista, CT |
| Pam Harris | 082 393 5848 | Bothasig, 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 | 082 657 9116 | Midrand, JHB |
| Sue Lund | 084 586 1600 | Plettenberg Bay, WC |
| Tersia Solomons | 021 673 7200 | Claremont, CT |
| Wanda Helena Gladyssek | 011 782 2090 | Linden Ext. Randburg, JHB |

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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.

Best wishes,

Caro Copeland and the team at
Tocara Skin & Body Science