

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

Dr. Hauschka and NO Animal Testing

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.drhauschka.co.za/animalTesting.html



In this newsletter:

The Dr. Hauschka Premium Range features our **new products**: Intensive Treatment 04 and Intensive Treatment 05, Regenerating Serum and Regenerating Day Cream developed specially for the +35 age group. We have included a 3 Month Cycle - for use of the Dr. Hauschka Premium Range.

Night Care - Use and benefits of Rhythmic Night Conditioning and Rhythmic Sensitive Ampoules is one of our features, as well as how to improve cellulite condition. Care for pregnant women, mothers with babies and Dr. Hauschka skin care for men.

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

NEW PRODUCT:

Sunscreen Spray SPF 15 Waterproof Spray-On Sun Protection

Spots, circles or smiley faces: The new Dr. Hauschka Sunscreen Spray SPF 15, with its pump-action sprayer, offers sun care fun for all the family.

The fine nozzle dispenses the creamy lotion exactly where you want it and makes application as easy as pie!

The contents have just as much to offer:

The readily absorbed spray-on lotion containing rose-hip seed and olive and sesame oils gently envelops the skin

* Moisture-retaining extracts of ice plant, quince seed and avocado oil are wonderfully soothing



STONE COLOURS COLLECTION LIPSTICK:



DID YOU KNOW...

Women consume approximately **30KGs** of lipstick in their life - make sure it is certified **Natural and Organic!**

Dr.Hauschka Premium Range and the Intensive Care Range:

Three month cycle:

Month 1 - AM	Month 1 - PM
Regenerating Serum Regenerating Day Cream	Regenerating Serum
Month 2 - AM	Month 2 - PM
Intensive Care 04 or 05 Regenerating Day Cream	Intensive Care 04 or 05
Month 3 - AM	Month 3 - PM
Regenerating Serum Regenerating Day Cream	Rhythmic Night Conditioning Ampoules



Why NO Night Cream, but YES to an OIL FREE night care?

The skin is most active at night, and Dr.Hauschka's oil-free night care supports the nocturnal metabolism of the skin.

In order not to burden the skin's natural elimination processes at night with an oily skin care product, the Dr.Hauschka skin care program for the night contains stimulating and regenerating plant essences.

These allow the skin to breathe freely and overcome weaknesses and imbalances.

Rhythmic night conditioning and Rhythmic Sensitive Ampoules – How do we use them?

The rhythmic conditioners are oil-free intensive care products for the night which have a normalising action on the various skin states.

We recommend using Rhythmic Night Conditioner in the form of a 28-day course of treatment during which the conditioner is applied to the face every evening after cleansing.

Apply 2 ampoules each evening during the first 3 weeks and then just 1 ampoule per evening during the last week. The course of treatment can be repeated several times a year.

The recommended number of treatments is one for every 10 years of your age (e.g. 3 treatments a year for someone aged 30).



Innovative Sunscreen Cream

With the Dr.Hauschka Sun Range our product developers achieved something extraordinary back in 1998: a sunscreen that nurtures, and contains only mineral sun protection pigments.

They were guided by the idea of developing a sunscreen cream free from chemical sun protection filters.

Tender children's skin and people prone to sun allergies particularly appreciate the physical sun protection.



Cellulite

What is Cellulite?

Fat cells become swollen, congested and enlarged. This congestion can interfere with the circulatory systems, which affects the elimination of waste and toxins. Women are far more prone to this condition due to the underlying structure of their skin and fat cell alignment.

How to improve the cellulite condition?

Apply Dr.Hauschka **Birch Arnica Body Oil** to wet skin after a shower or bath. Use circular and kneading movements working up the leg towards the groin area. This will help encourage your circulatory system to eliminate waste and toxins.



Poor circulation

Apply Dr.Hauschka **Rosemary Leg and Arm Toner** daily to legs, thighs, buttocks and upper arms.



Detoxify the body.

The adoption of a healthy diet and lifestyle is important in improving cellulite. This means good nutrition, reduced salt intake, sufficient water intake, regular exercise, sufficient sleep, no smoking and adequate relaxation.

Care for mother and baby

Pure and gentle, Certified Natural and Organic Dr.Hauschka products provide safe ingredients for babies and infants. New and expectant mothers need nurturing too. Dr.Hauschka has luxurious and therapeutic products to help.

Deirdre - "When I was pregnant I used **Blackthorn Body Oil** daily to prevent stretch marks (I didn't get any!)",

Cathy Chemaly - "I massaged my twin girls, Tamsin and Jenna, after their evening bath with **Dr.Hauschka Rose Body Oil**. I found that after some time they knew what the ritual was, they even looked for the bottle on the shelf. The girls are nearly two years old and now they participate in their massage and rub their own tummies with great excitement."



Pregnancy

Body care is important to keep the skin supple and to help avoid stretch marks. Daily gentle massage with **Blackthorn Body Oil** stimulates the circulation, helps to prevent hardening and keeps the muscles and connective tissue supple.



Quince Body Moisturiser helps keep skin firm. **Rhythmic Night Conditioner** helps to re-balance and alleviate some of the skin problems that can occur during pregnancy, such as hormone-influenced breakouts, dry or greasy skin.



Rosemary Leg and Arm Toner is cooling and enlivening, helping to relieve swollen ankles and tired legs. If you are suffering from twitchy legs then **Lavender Bath** can be used as a relaxing addition to bath water. Use after the 4th month of pregnancy.



Remember to take a **Daily FACE Care Kit** into hospital with you for convenience - it is easy to pack and takes up little room.



After the birth use **Lavender Bath** to relieve stress and encourage relaxation, and **Rose Oil** to generally pamper yourself.

Care for Men

Cleansing Cream

deep cleansing morning and night after shaving



Moisturising Day Cream / Normalising Day Oil / Rose Day Cream Light / Quince Day Cream

Hydrates and protecting day care



Quince Body Moisturiser

invigorating and firming body care



Birch-Arnica Body Oil

ideal after sport - apply onto wet skin



Facial Toner / Clarifying Toner

refreshes and soothes; excellent as an aftershave



Rejuvenating Mask

refines pores and smoothes the skin



Rosemary Foot Balm

helps foot problems and sweaty feet



Neem Hair Lotion

for scalp problems such as dandruff



Rhythmic Conditioner Sensitive

helps with small cuts, redness and irritated skin after shaving - pat on gently



Translucent Bronze Concentrate

mix in with moisturiser for a healthy glow



Accredited Stockists

Accredited	Contact #	Area
Alison Collingwood (L.S.H. / B.A.O.)	031 564 3464	Durban North, KZN
Arusha Badul (L.S.H. / B.A.O.)	083 338 9810	JHB North
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
Constantia Human Nature	021 794 5078	Constantia, CT
Creeds Supernatural Nutrition	021 702 0036	Steenberg, CT
Durbell Pharmacy	021 975 6570	Durbanville, CT
Fruits & Roots Bryanston	011 463 2928	Bryanston, JHB
Fruits & Roots Emmarentia	011 646 4404	Emmarentia, JHB
Greenfields	00 264 64 405825	Swakopmund - NAMIBIA
Greenlands	011 486 3361	Parkview, JHB
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	021 421 5443	V & A Waterfront, CT
Heartfelt (L.S.H. / B.A.O.)	021 762 1678	Kenilworth, CT
Innergy Health & Beauty	011 675 4133	Clearwater Mall, JHB
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
Maskscara (L.S.H. / B.A.O.)	021 556 4620	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
Natural Route - Pinelands	021 531 2399	Pinelands, CT
Naturalwise	011 705 1607	Lonehill, JHB
Nella's se Winkel (L.S.H. / B.A.O.)	028 537 1602	Witsand, WC
Nourish Health Shop	021 686 7871	Newlands, CT
Pure Earth	021 880 2218	Stellenbosch, CT
Root to Health	00 264 61 245677	Windhoek - NAMIBIA
Sue Lund	084 586 1600	Plettenberg Bay, Knysna, WC / Mtubatuba / Richards Bay / St Lucia, KZN
The Good Stuff	021 674 4380	Claremont, CT
The Healing Tree	021 439 8147	Sea Point, CT
The Health Box	084 253 6905	Westville, KZN
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
Wellness Warehouse Stores	021 673 7200	Claremont, CT
	011 550 0900	Blackheath, JHB
	021 487 5420	Gardens, CT
Wilscha's Health & Skin Care Clinic	021 422 2910	Tamboerskloof, CT
Woolworths Stores	021 555 9911	Canal Walk, CT
	021 670 7111	Cavendish, CT
	011 478 9111	Cresta Centre, JHB
	011 677 4511	Eastgate, JHB
	031 566 9300	Gateway, DBN
	012 348 9308	Menlyn Park, PTA
	011 290 1011	Sandton City, JHB
	021 943 1511	Tyger Valley, CT
	021 415 3411	V & A Waterfront, CT

(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
Christelle Gass N/P	028 572 1573	Barrydale, WC
Dr Elina Komarova-Tagar	082 318 2805	Hout Bay, CT
Gloria Arendse	021 422 2910	Tamboerskloof, CT
Kelly Dower	083 326 1232	Grahamstown, EC
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
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
Ronel Engelbrecht	079 037 4368	Platteklouf, CT
Roxanne Murugan	031 201 6047	Glenwood, KZN
Samantha Westlake	011 318 1646	Midrand, JHB
Solveig Gevers	031 765 1035	Hillcrest, KZN
Sue Lund	084 586 1600	Plettenberg Bay, WC
Timothy Smit	013 254 0769	Dullstroom, MPUMALANGA

NP = Non Practicing

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
Website: www.drhauschka.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 website for more information about products, stockists and therapists.

Best wishes

Caro Copeland and the team at
Tocara Skin & Body Science