

Dr. Hauschka



2/2022



Your skin knows.

Neem.

A self-care day with Fabian Hart.

Your skin: the miracle worker.



The skin is a miracle worker by nature. It can heal itself and create balance. It knows how to survive hot summers and cold winters, how to deal with impurities, as well as how much rest it needs at night. However, sometimes it needs a gentle nudge in the right direction. Dr. Hauschka gives your skin everything it needs to work its own magic. We help you keep your skin radiantly beautiful through every stage of life. So don't count your wrinkles – celebrate them. And trust your skin, because we certainly do. In this issue, we'll be letting you in on some secrets about what the largest organ in the human body can do. We will also be introducing some of the people and projects that go beyond skin deep to make a real difference in society.



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Neem.

Elisabeth Sigmund, co-founder of Dr. Hauschka Skin Care, took a solo trip to India in 1961 to gain first-hand insights into the country's culture and medicine. There, she learnt about the many different effects of neem, derived from the Indian Lilac tree. To this day, you can still find it in many of our products.

Text: Claudia Nikschtat

Artwork: Marie Luisa Doerfler

Tree of miracles.

The majestic neem tree, with its tantalisingly fragrant flowers and small stone fruits, grows up to 12 metres high. And the substance hidden inside is nothing short of a miracle. That's why neem plays such an important role in many Dr. Hauschka products.

House of goddesses.

According to Indian mythology, in every neem tree lives one of India's oldest deities: the healing goddess, Sheetala.

Your personal village pharmacist.

In Indian villages where there is no doctor available, neem has always been the go-to remedy. And no wonder: modern research has shown that it has antibacterial, fungicidal, anti-inflammatory, healing, disinfectant, immune-strengthening, and fever-reducing properties. And there are likely many more: so far, only 20 of approximately 100 active ingredients have been researched.

The ideal beauty companion.

Ever since Elisabeth Sigmund first made her journey, neem leaf extract has been used in many of our products. Our Nail Oil with neem extract gives you an excellent base for healthy nails, our Eye Balm strengthens the delicate skin around the eye area, and our Clarifying Day Oil helps regulate skin and create a balanced complexion. Neem is also one of the main ingredients in our Mascara and Brow & Lash Gel, as its properties are ideal for eyebrow and eyelash care.



A self-care day with Fabian Hart.



Transcript:
Kirsten Küppers
Photography:
Anna Wegelin

Tea and weight training in the morning, podcasts in the evening, and as much fresh air as possible in between... Fabian Hart shares how he cultivates moments of self care for himself in Hamburg. In this interview, the author – who uses his podcasts a platform for questioning traditional gender roles and redefining masculinity – explains how he finds strength through relaxation.

“When I’m with friends and family, it’s easy to switch back to being just Fabi.”

Modern times.

For me, life is about having the courage to get to know myself as well as possible, instead of constantly comparing myself or living up to others’ ideas. People are now beginning to reconsider and unlearn all of the behaviours, thoughts and feelings we’ve been programmed for, which I think is a really exciting endeavour.

Radical self care.

Each day, I try to be a good friend to myself. It’s not easy to practice tenderness in a world in which it feels like you have to be tough all the time. With all the news and events we’re constantly being bombarded with, it takes strength to give ourselves time out, to allow ourselves to be weak, to set aside time for relaxation. If we don’t practice radical self care, we can’t be there for others.

A morning stretch and a revitalising drink.

My morning routine is simple: I get up between 7am and 8am. I splash some warm water on my face. Then I make myself something to drink. A coffee, a herbal tea, and sometimes some freshly squeezed juice all at the same time. Afterwards I do some stretches to stay as flexible as possible.

Strength training and Pilates: fighting gender stereotypes all the way.

I’ve been practising Pilates for years, even though there’s this idea that it’s only for women. When I used to think about strength training, the stereotypical image of a gym rat would come to mind. Luckily, I don’t think like that anymore. Now I regularly do weight training in the morning because it makes me feel stronger and gives me good posture. In my toiletry bag, I always carry Dr. Hauschka Stone Pine Sea Salt Cleansing Gel and Quince Day Cream. That’s how I start my day.

Next up: A walk and a bowl of warm porridge.

The apps on my phone stay deactivated until 9.30am. I’m usually walking through Hamburg at that time on my way home from the gym. I check my emails and calendar to see what I have coming up that day. When I get home to my flat, I make myself porridge with warm oatmeal, cinnamon, and banana. Then I’m ready to get to my desk, where I write emails, plan new podcast episodes, and organise my calendar.



**“It's not just about dropping the term ‘toxic masculinity’
in here and there, and it's not about male bashing either.”**





A light soup and a quick freshen up.

My favourite thing to do at lunchtime is grab a bowl of pho at the Vietnamese street kitchen just around the corner. I like it because I never feel like I need to have a lie down afterwards. In the afternoon, I often have several video calls lined up. Briefings for the podcast, meetings with editors, or workshops with companies on topics like new forms of masculinity and queer issues. Spending the whole day in front of screens often makes me tired. So I tend to leave the house and go down to the Alster river. I also like to spray my face with Dr. Hauschka Facial Toner to revitalise my skin. I'm a big fan!

Check-in with the family.

I'm so lucky to be able to be myself in my job. But being a one man show means the boundaries between my private and professional life are always blurred. I have to be careful not to "exploit" everything I experience for my professional life. To avoid doing so, I like to speak to my close friends or my sister on the phone. My family and friends help me to switch back to being just Fabi again.

Writing in the evening.

I often don't have time to sit down and write until the evening. In the evening, once the emails stop coming in, I'm usually free. That's when I'm in the right mood to work on a text in peace. The things I write about are often very political. When I write about patriarchal masculinity, I'm talking about the structures in our society. It's not just about dropping the term "toxic masculinity" in here and there,

and it's not about male bashing either. Instead, I talk about the fact that we're all more free and more equal when we remove ourselves from gender-specific roles instead of clinging to outdated clichés. What I like about Dr. Hauschka skincare is their emphasis on the fact that skin has no gender. Elisabeth Sigmund, the founder of Dr. Hauschka, has been saying that since the 1960s

Cooking with friends.

I meet up with friends at least twice a week. We quite often cook together. Personally, I like food without too many frills: Rice as a base, baked vegetables like sweet potatoes, peppers, and potatoes, and tempeh made from chick peas. My favourite thing to do is just bake everything until it's nice and crispy rather than hiding the flavours underneath a thick sauce. Since social media has become such an integral part of my job, I feel like I'm becoming more private and I rarely go out. A dinner with the people who are closest to me is my idea of the perfect evening.

Radio show, hot drink, and an early night.

Whenever I can, I like to go to bed early, around 9.30 pm. I love doing that! Before going to bed I make up a Thermos flask of herbal tea. My evening cleansing routine is very important and I like to take my time doing it. I really like Dr. Hauschka's Cleansing Cream and Regenerating Eye Cream. Seeing as I spend my day reading, writing, and staring at screens, I like to close my eyes in bed and listen to a radio show – that way the images pop into my head all by themselves.

A house that never stands still.

Text: Julia Freymark
Image: Christine Joos

Alongside the plant lab, the cosmetics house in Eckwälden is the soul of Dr. Hauschka. It serves as a training centre, a beauty studio and a wellness studio all under one roof. Dr. Hauschka estheticians and make-up artists receive their training here, and employees take part in make-up and skin care workshops. Their job involves taking care of people and the house – both inside and out.

A visit to the Dr. Hauschka cosmetic house is like a holiday. Among the paddocks, woods, and medicinal herb garden, visitors have a real sense of welcoming. The house at Roßbauchert 2 was once home to Dr. Hauschka chemist, Reinhard Schoppmann. Today, wooden floors, colourful walls, cosmetic loungers, a bright and airy lounge, and the cafeteria with its large mirror all give the house its distinct character. Nature breathes life into every corner. Every material has been specially selected to pamper the skin. Dr. Hauschka products, cosy blankets, and towels are laid out in preparation for relaxing beauty treatments. The windows offer a spectacular view of the greenery, meadows, forest and flower gardens scattered throughout the neighbourhood, creating an atmosphere that's ideal for soaking up the peace and quiet. The perfect setting for our treatments.

Come in and let go.

Mindfulness and self reflection are integral to Dr. Hauschka beauty treatments. To enhance the sense of touch, we carry out all treatments without music or other outside stimuli. The only sounds to be heard are the soft crack of a vial being broken open, the gentle click of a lid being unscrewed from a pot of cream, or water dripping down from one of our Organic Muslin Compresses that's been hung out to dry. The atmosphere of the house and its environment changes everything. Once you set foot in the door, you forget about all the stresses of everyday life.

**“Nature breathes life into every corner.
And every material has been specially
selected to pamper the skin.”**





Staying true to nature: the number one trend

Text: Claudia Nikschtat

Vitamin C, the new free radical inhibitor on the block, succinic acid, exfoliation star of 2022, and niacinamide, the power vitamin that fixes uneven skin. The cosmetics industry is constantly churning out new miracle products that promise firmer skin and fewer wrinkles. However, while each new beauty trend replaces the last in an endless cycle, we've stayed true to nature since 1967.

Less is more?

In the cosmetics industry, so-called boosters, which claim to be packed with active ingredients, promise miracle effects in no time. At Dr. Hauschka, we focus on lasting effects rather than quick fixes. That's why our formulas contain the exact amount of plant power your skin needs. No more, no less.

Free your skin?

Succinic acid is said to free the skin from dead skin cells. Looking for an exfoliator? You won't find one at Dr. Hauschka. Because it's important for your skin to retain its natural barrier. We try to strengthen and support it, not weaken it.

Skinimalism?

We want to banish complicated skin care regimes and move towards simple routines with a few, good-quality products. In the mainstream beauty world, the concept is known as skinimalism. At Dr. Hauschka, we simply call it the skin care concept: cleanse, tone, moisturise. Three products, maximum effect. This is not a trend, but the result of decades of research.

Regional plant power.

Many of our miracle remedies are also made from plants that grow locally. Witch hazel, nasturtium and kidney vetch, for example, all come from our medicinal herb garden or organic farmers nearby. This helps us ensure our skincare is sustainable and keeps transport to a minimum.

Synthetic miracles?

Niacinamide is the new star of the beauty world. It refines the pores and regulates sebum production. However, even though vitamin B3 occurs naturally, it tends to be produced synthetically for the cosmetics industry. Our cosmetics are natural – and you can feel the difference straight away. Just like an apple tastes better than a vitamin tablet.

Your skin knows.

Text:

Nadja Reibel

Photography:

Lucas Pretzel

Your skin and you:

The two of you are forever inseparable.

That's why at Dr. Hauschka, we don't simply focus on what your skin needs. We want to also know more about you as a person. Pay attention to your complexion and the signals it sends, external influences and internal conditions.

What feels good for you right now.

Your skin knows.

Do you remember ...? You and your skin have gone through many experiences together. You've collected laughter lines and scars. You've spent sunny days on the beach and danced the night away. Whatever challenges you've presented your skin with, it's always known best what it needs to stay strong and radiant. So trust your skin. We certainly do.





Beyond skin deep. The sun on your face, the sand between your toes... everything you feel on your skin goes beyond the surface level. Just as the lightest touch can awaken feelings and emotions deep inside. Because we know life can get under your skin, we make cosmetics that go deeper, stimulating your skin's natural powers and strengthening it from the inside out.

Your skin knows.



How do you feel in your own skin? Do you long for soothing balance, or refreshing energy? Do you feel at one with your skin? Your skin has the ability to fulfil many of your needs all by itself. However, even though your skin is a master at healing itself, every now and then it needs a helping hand. That's where Dr. Hauschka Skin Care comes to the rescue, with personalised medicinal plant compositions that give your skin the extra help it needs each day. They can give your skin an energy boost, provide it with protection, or re-establish balance. We care about making people feel good in their skin.







Your skin and the world around you. Your skin is what holds you together, and also acts as a barrier between you and your environment. Every time you feel the wind in your face or the fleeting touch of another person, your skin is in direct contact with the world around you. And the effect is often visible on your skin, too. When the tingling in your stomach gives you goose bumps, for example. Or when your cheeks glow with excitement.

Your skin knows.

Mirroring the rhythm of life. Repair, regenerate, renew, repeat. Your skin stays active throughout your whole life. It's no wonder it needs to change constantly over the years. Sometimes it can even change from one moment to the next. We support your skin through all the different stages of life by providing skincare solutions that mirror the rhythm of life itself.



A lifetime of possibilities. As you develop, grow, and live through new experiences, your skin will change. Oily teenage skin, for example, can later become more dry and require more attention. That's why we don't focus on your skin's deficiencies. Instead, we help you to rediscover your inner strength and your skin to bring itself back into balance.





Your skin knows.

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Under the skin.

Text: Nadja Reibel

The skin is our body's largest organ. With all of its tasks and talents, it's also a true miracle of nature. It protects us from external influences, regulates our body temperature, stores water, and makes emotions visible. And it does this throughout our whole lives, as unlike most other cells in the body, skin cells are constantly active.

The dermis

is a connective tissue rich in collagen fibres, which is particularly affected by the ageing process.

The lymphatic system, which is responsible for eliminating excess metabolic products, is also located here, along with many of the skin glands, hair roots, and numerous sensory receptors.

The subcutis

is made up of loose connective and fatty tissue. It provides protection against the cold and serves as a barrier to the inside of the body.

Your skin knows.

The skin

is between 30 micrometres and 4 millimetres thick. It's at its thickest on the soles of the feet and palms of the hands, and thinnest around the eyes and lips.

Depending on the size of the body, human skin is about 2 square metres in size and weighs up to 10 kilograms.

Humans

lose up to 14g of dead skin every day. That's why the skin is constantly producing new cells.

The epidermis

is the skin's protective outer barrier. It contains pigment-forming cells that determine skin colour and tan.

The skin's renewal process

is a well-rehearsed cycle lasting 28 days. During this time, new cells are formed, which keratinise and migrate to the surface.

Your skin: the miracle worker.

Interview:
Nadja Reibel
Photography:
Lucas Pretzel



With its ability to smooth out wrinkles, heal scratches, and fend off bacteria, the skin is our protection from the outside world. It also does a lot to keep itself intact: repair, regenerate, renew, repeat, throughout our entire lives. How can skin care help support the skin carry out these tasks? To find out, we spoke to Annette Greco, the pharmacist responsible for the development of Dr. Hauschka Skin Care.

Your skin knows.



Why do we need skin care?

Generally speaking, the skin can manage quite well on its own, taking care of itself and renewing itself. Skin care products cannot and should not get in the way of this ability, but if the skin's natural rhythm is disrupted by stress or external influences, we can help it to find its natural balance again.

What helps to restore the skin's natural balance? Are there specific active ingredients that can do this?

Dr. Hauschka Skin Care works by activating the skin from within, rather than relying on passive substitutions. That's why we focus on opportunities, rather than deficits or faults in the skin.



Where is there potential for change? Which processes could use a little nudge?

What can give the skin the little nudge it needs?

At Dr. Hauschka, we rely on the power of nature. Our products work with the body's natural vitality and rhythm using ingredients found in medicinal plants, from the production process right through to application. This concentrated power helps the skin to regain its natural rhythm and balance by itself. By strengthening the skin's own processes, we help the body to learn by itself rather than teaching it.

Can you explain a bit more about what “strengthening the skin’s own processes” means?

Let's take the example of “oily skin”, which many of us know from puberty. At the moment in our lives when we are striving to find our identity and our place in the world, the body produces a heavy, facial oil to protect us from the outside world. At Dr. Hauschka, we respect this need for protection, so we don't try to fight this natural oil using aggressive means. Instead, we suggest applying our Clarifying Day Oil, a light, breathable oil. This way, the body gets the protection it needs, but also learns that it's possible to provide this in a delicate form. This helps the skin to combat the creation of excess sebum by itself.

So cosmetics act as a sort of model for the skin?

We see the skin as a microcosm in the human macrocosm, so we try to keep an eye on how the two interact. This is because the appearance of a





person's skin says something about the person as a whole. Our aim is to remind the skin of its origins, and that it can do many things on its own. Of course, we don't have a product for every single one of its needs. However we do have a wide repertoire of inspiration: individual medicinal plant compositions that help the skin work with every skin condition. This strengthens the skin from the inside, and gives it the impetus to help itself and remain dynamic, adaptable, and resilient.

How does the skin become resilient?

Dr.Hauschka Skin Care is based on natural rhythms and alternating between periods of activity and rest. It's all about activating the skin's natural impulses and stimulating it with specially selected medicinal plants. It's also important to give it the rest it needs afterwards. This alternation helps strengthen the skin's natural dynamics. Regular use of our activating skin care is like training for your skin, helping it to master the daily challenges it faces in a sustainable way. Help your skin learn to be beautiful all by itself.

Medicinal plants activate the skin's ability to heal itself. Is that really how it works?

It really works – provided the treatments are age-appropriate. 40-year-old skin can't magically be transformed into 20-year-old skin. It's still possible to help the skin meet its own needs and strengthen its abilities. The efficacy of this method has been proven time and again: through decades of well-documented accounts given by numerous estheticians, as well as independent scientific tests.



Seven top picks.

Revitalising night care. An oil made from precious roses, designed to support your skin through all stages of life. A lotion that makes your complexion glow. Velvety soft lip balm that exudes a warm, flowery fragrance. Our products not only pamper you – they also activate your skin's natural impulses. Enjoy!

Renewing Night Conditioner

Night Time Care that activates the skin: Skin cells renew themselves over a period of 28 days. To mirror this regeneration cycle, Renewing Night Conditioner should be used as a 28-day treatment in place of any other basic night time skin care product. This normalises the skin's functions and stimulates its natural powers. Medicinal plant extracts of witch hazel and Madonna lily promote regeneration and regulate your skin's metabolism.





Cleansing Balm

A gel-like formula that transforms into a gently cleansing and nourishing milk on damp skin. For use in the morning and evening, either alone or in combination with a make-up remover. Removes impurities, daytime skin care, sunscreen, and make-up from your skin. You'll feel how this wash gel refreshes your skin from the moment you apply it.

Revitalising Day Lotion

The silky-smooth texture protects and moisturises your skin throughout the day and brings out your natural radiant complexion. High-quality plant extracts and oils stimulate the skin's natural process of oil and moisture production. Apricot, carrot and St. John's wort activate dull, dehydrated skin for a supple and fresh complexion. This lightweight lotion also absorbs quickly and is an ideal base for make-up.





Bronzing Powder

Sun-kissed skin: This sheer powder adds a subtle bronzed effect for a radiant complexion that glows with vitality. The sunny formula combines mineral pigments with extracts of medicinal plants like witch hazel and sage to soothe, protect and comfort skin.

Seven top picks.

Revitalising Mask

Soothing and refreshing: Our Revitalising Mask gives you an even complexion and leaves the skin and décolleté area feeling firm. It regulates skin that's prone to impurities and rosacea, and cools the skin after strong sun exposure.



Lip Balm

Intensive, nourishing care for beautiful, soft lips. This formulation containing kidney vetch, calendula and St. John's wort regenerates chapped, cracked lips and the corners of the mouth. Beeswax and valuable botanical oils provide the lips with rich nourishment, while real silk powder gives the lips a velvety feel and helps the warm, floral fragrance linger for longer.



Rose Nurturing Body Oil

No one is too old or too young for this precious rose oil. Even baby's skin can enjoy the nourishment and strengthening impulses provided by our Rose Nurturing Body Oil, which makes it perfect for baby massages. Its particularly balancing formulation also combats anxiety and mental exhaustion. This really is an oil for life.



Favourites.

Your online skin test

“Everyone’s skin has its own needs. Do you want to find out which Dr. Hauschka products are best for your skin? Whether you’re discovering the Dr. Hauschka cosmos for the first time or have loved our products for years, here you can find personal skin care recommendations that perfectly suit your skin.”

drhauschka.co.uk/online-skin-test/



Creative diversity through the collective.

Text: Julia Freymark

Photography: Anne Deppe, Matter of Course, 2021

Architects, product designers, and visual artists: eleven women, each firmly rooted in Berlin's vibrant design scene. Matter of Course is a creative collective that works at the interface of design, art, craft and industry.



“For every one of us, a responsible approach to the planet is self-evident: a matter of course.”

The eleven women who make up Matter of Course have known each other for some time. However, it was only during the pandemic that they decided to become a collective. “As independent designers, we longed for a more intensive exchange with one another,” explains Claudia Schoeming of Schoeming Porzellan. A few Zoom calls later, the idea for Matter of Course was born. A creative collective that aims to provide “mutual support and jumping the hurdles of everyday life together,” says light designer, Simone Lüling.

Matter of Course is passionate about traditional craft and has strong values. “For every one of us, a responsible approach to the planet is self-evident: a matter of course. We are united by a common principle: We stand for production processes that conserve resources, sustainable design, and a healthy portion of idealism,” says Lüling. Porcelain and ceramics manufacturer Laura Straßer also sees sustainable design as an impetus to consume more consciously and choose fairly produced products.

The collective also hopes to hold interdisciplinary exhibitions and form collaborations. “Above all, we want to gain more international visibility,” says furniture designer Joa Herrenknecht, who aims to make everyday life more comfortable and life more enjoyable with her furniture designs. Textile designer Mareike Linau also shares this viewpoint. “We develop products that are created out of passion, rather than just to make profit,” says Linau. Her studio,

Lyk Carpet, combines centuries-old cultures with modern design. Her carpets are ethically produced and hand-knotted in Nepal.

Freedom and inspiration.

One item on the collective's wishlist is a large-scale project to transform a space using all of their skills, such as the interior design of a restaurant or hotel. Community is more important than individual success. Matter of Course is not a space for competition. Nevertheless, each of the women follows her own drive and takes ideas from all areas of life. Inspired by people she met on her travels, Carolin Zeyher designs furniture that tells stories. Under the business name of Frau Caze, she combines naturalistic aesthetics with functional designs. Heike Buchfelder of Pluma Cubic draws inspiration from the cultural diversity of Berlin, the city where she studied architecture. “I'm interested in materials and love to experiment with them.” Her lights made from bird feathers is a prime example of this. Milena Kling, a glass artist from Berlin, particularly values the diversity of personalities and expertise she has access to through Matter of Course.



(Left to right: Elisa Strozyk, Laura Straßer, Friederike Delius, Heike Buchfelder, Claudia Schoemig, Carolin Zeyher, Mareike Lienau, Simone Lülting, Nicolene van der Walt, Milena Kling, Joa Herrenknecht)



This female collective is the perfect partner for Dr. Hauschka, a natural cosmetics brand co-founded by a woman. That's why Dr. Hauschka is supporting their first group exhibition at the international design fair Salone del Mobile Milan in 2022 as one of the group's partners. "Dr. Hauschka recognises our potential and shares our values," explains designer Nicolene van der Walt. The trained carpenter sources solid wood from sustainably managed forests in Germany for her furniture. Love of nature: A matter of course.

Nature. Different. Effective.

Pure nature

All-natural skin care for an all-natural you.

Our skin care products contain zero mineral oils, silicones, PEGs and synthetic preservatives. Instead, they are made of 100% natural raw ingredients – most of which are organic and often even of biodynamic quality. Naturally, our Skin Care and Make-up ranges are also certified under the NATRUE label. And yet the highest quality seal that we bear is still the name of our founder: Dr. Hauschka.

Skin care concept

For inner and outer beauty.

Dr. Hauschka Skin Care helps people keep themselves and their skin healthy and beautiful. Individual formulations based around nurturing plants provide all skin conditions with effective impulses every day when cleansing, toning, moisturising – even when applying make-up. And to support nightly renewal, we let your skin breathe rather than covering it with oily creams.

Nurturing plants

Healthy skin is beautiful skin.

Skin care products from Dr. Hauschka rely on the revitalising powers of nature. With their specific properties, each individual plant makes our cosmetic formulations even more effective. And they also are made with all the expertise and accuracy of a pharmaceutical manufacturer.

Origins

For us, natural skin care has been on trend since 1967.

Elisabeth Sigmund and Rudolf Hauschka had a clear goal when they launched their own cosmetic revolution from a small Swabian spa town: from chemistry back to nature. Today, more and more people are asking ecological and social questions – including about their cosmetics. And we provide answers, some of which haven't changed for more than 50 years.

Partnerships

Good for the skin, good for the world.

We are genuinely interested in all the people we meet around the world. Thanks to our loyal customers, we don't need expensive ad campaigns. And as an independent foundation-owned company, we don't have to pay dividends. Instead, we are free to invest in global raw materials partnerships, providing interest-free loans and enabling local farmers to pay fair wages.

Ecology

Responsible action is in our nature.

We harvest most of our raw ingredients by hand – either in our herb garden, on the fields of our farm at the foot of the Swabian Jura, or through our partners all around the world. It is not only our past that leaves us with an obligation to protect the environment, but also our future.

Research

The natural science of skin care.

We have a long tradition of innovation, which began with the development of our unique rhythmic manufacturing process by Dr. Rudolf Hauschka. Today, we complement age-old knowledge with state-of-the-art technology. Our laboratories continue to conduct intensive basic research into active botanical ingredients, which we then use to develop new, effective formulations.

Treatments for the skin and the soul.

Text:
Kirsten Küppers
Photography:
WALA Archiv

A freshly covered lounge is ready and waiting. An invitation to rest and let go. Let the healing skin care begin! This photo shows Elisabeth Sigmund at work in her beauty care salon in Stockholm: "Salong för Skönhetsvard". Having studied many books on medicinal plants, Sigmund came here to put her cosmetics to work. She began by mixing a highly personalised skin cream for each customer before eventually creating a fixed range of care products. Sigmund was delighted to see drastic improvements to her customers' skin, and watched as the impurities disappeared, all thanks to the power of the medicinal plants in her cosmetics. In the process, she also noticed that mindful touch with the hands contributes to the efficacy of treatments. She also encouraged her clients to think positive thoughts, providing treatments for the skin and the soul.



Legal notice.

Cover photograph:
Lucas Pretzel

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Dr. Hauschka Skin Care products are available from authorised retailers, including natural food stores, natural beauty shops, department stores, pharmacies and Dr. Hauschka Estheticians.

The addresses of our over 40 international distribution partners can be found online at www.dr.hauschka.com

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Dr. Hauschka are truly
effective. Caring for your
skin and the planet –
for more than 50 years.