

Fitness and Feeling Great . Sun Care . Ingredient Focus: Lemon . New Make-up Range



elysia  
naturalskincare

Summer Newsletter 2006



Suppliers of Dr.Hauschka Skin Care



## Dear Reader,

After what has felt like a very long and wet spring, finally summer is on its way with blue skies, sunshine and warmth!

And with the arrival of the summer months comes the exposure of arms, legs and feet. At this time of year we want to feel especially comfortable in our own skin. To give you a start on getting into tip-top condition, our Fitness feature will tell you all you need to know for attaining perfect pins and terrific tootsies!

The last few months have been very exciting here at Elysia. We have launched our latest sun care product, **Protective Face Cream SPF8** and have introduced some brand-new products to the **Make-up Range**. We have also worked with Make-up Artist to the stars, Alexandra Byrne to develop another beautiful set of trend looks using the new products, which we are sure will have you reaching for the phone to order them straight away!

In the next Elysia Newsletter, Alexandra will be answering questions on make-up application and offering advice. If you have any queries about the Dr.Hauschka Make-up Range, how to achieve the look you want with the products or just want some help with how to apply make-up, please send them to [marketing@drhauschka.co.uk](mailto:marketing@drhauschka.co.uk), or write to her c/o the address on the back page.

Of course, our Customer Service Team are always on hand to offer help and advice on the Dr.Hauschka Product Range or your skin care problems. Should you have any queries please do not hesitate to contact them on **01386 792 622**.

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01386 792 622

[www.drhauschka.co.uk](http://www.drhauschka.co.uk)

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Elysia Natural Skin Care, 2006

The new-look 2006 Dr.Hauschka Skin Care Catalogue, containing full details of the new Make-up and Hair Care Ranges, is also available now. Please contact us or visit the website to order your copy.

Finally, as the summer holidays are fast approaching, we have the **Dr.Hauschka Sun Care Range**. Safe for all the family to use, Dr.Hauschka offers natural sun protection from SPF8 to 30. It's a must for sunshine holidays... or just for playing out in the garden! As you will see later, we've put together some answers to your most frequently asked sun care related questions, but if there is anything you still wish to know, please call Customer Services, who are ready and waiting to take your call!

## Product Information

### Dr.Hauschka Hair Care

June will see the launch of the new Dr.Hauschka Hair Care Range – three new scrumptious shampoos and a rich, nourishing conditioner. **Neem Hair Oil** and **Neem Hair Lotion** will complete the range. Full information on the new products will feature in the next newsletter.

The current Shampoos and Conditioner will be available at **half price** until our stocks run out; so don't miss out, order today!

For further details call **01386 692 622** or visit our website at [www.drhauschka.co.uk](http://www.drhauschka.co.uk)

## Congratulations!

Well done to **Earth Mother** in Ramsbottom, Lancashire, who were the winners of our Dr.Hauschka Approved Outlet Sun Care Window Competition. Earth Mother stocks all the Dr.Hauschka Skin Care ranges, including the new Decorative Cosmetics Range.



We would also like to mention *Good Health* in Retford and *Linden Aromatics* in Stonygate, whose window displays were also excellent!



# Fitness



and feeling  
great

**It's now summer, life is in full flow, and it's natural to be active outside enjoying the warmth and fresh air, spending time with our family or friends, playing sport, walking or gardening. In a sense, activity comes to expression when the life inside meets the life outside.**

Take someone like Roger Federer, the tennis champion, and watch carefully when he's in full flow during a match, a great deal is going on; the action is so quick, the totality is almost imperceptible to the human eye. Look carefully at an individual stroke: the preparation, the footwork, the positioning of the body in relation to the ball, the back swing, the forward motion, the impact of ball on racket and the release, the follow-through and the outcome. It happens almost instantly – grace and athleticism, artistry and power. Supreme balance, mental and physical agility, innate know-how perfectly timed – poetry in motion. The supreme poet of the tennis courts in full expression.

Taking regular exercise and feeling fit has so many benefits, but this doesn't have to be a painful or arduous process. Is the often-quoted adage 'no pain, no gain' actually so? If you haven't exercised for sometime, you may need some motivation to get started, but what greater motivation is there than to feel healthier and to be healthier. The mind – body connection is recognised more and more, a healthy body is a healthy mind. How we experience being in our body is important. Observe our breathing and our pulsing heartbeat, these are rhythmical processes, so why not introduce some rhythm into your exercise. Take account of your available time, but ensure you make time for what's important, allow for your level of fitness or lack of it. Don't just rush into the gym, exercise madly for 45

minutes, and rush out again. Go for the endorphin effect, rather than the adrenaline rush. You should feel invigorated rather than depleted. Take your time to enjoy the whole experience of your exercise. Improve your figure and your vigour, boost your energy and improve your health. Enjoy.

There is well-researched evidence that verifies the benefits in taking sensible regular exercise to alleviate the effects of sedentary home and work lifestyles; we know this for ourselves. Regular exercise improves blood circulation and lymph flow, which is so essential for healthy cellular activity and for the health of our skin. Aerobic exercise is beneficial for heart and lungs, it improves body tone, strengthens our bones, maintains flexibility (particularly of our joints), invigorates our metabolism and burns stored fat. There is also evidence that it helps reduce blood pressure and cholesterol levels, improves glucose intolerance and provides some protection for post-menopausal women against diabetes. Furthermore, it promotes sleep; the tiredness from exercise is of a different quality to tiredness from mental activity. Remember, if you don't use it there's a tendency to lose it.

Just like the single tennis stroke started and completed successfully, it's wise to prepare for exercise or other physical activity and to take care afterwards. And this is just where Dr.Hauschka Skin Care preparations can play a significant part in looking after you during your preparation, in the activity and in the aftercare. Warming-up properly is an essential part of preparation. This helps increase body temperature and blood flow, it prepares the cardiovascular system for the activity, improves muscle contractility and aids nerve transmission, all of which help prepare the body and reduce the risk of injuries to muscles, ligaments and tendons. **Birch-Arnica Body Oil** is an excellent preparation for warming and increasing circulation to the muscles and tissues. When going running or to the gym, for example, massage your legs and lower back. Before playing tennis massage your arms and legs, and a shoulder massage will really work wonders. Adequate foot care is essential when exercising; just think of the additional stresses and strains we place on our feet. **Rosemary Foot Balm** massaged into the feet is a great preventative measure for those who suffer from sweaty feet or have a tendency to fungal infection, such

as athlete's foot. Another helpful practice is to sprinkle **Body Powder** into your socks or shoes. And if you stub your toes whilst playing sport and suffer with loosened or blackened nails, or for the treatment of nail infections, **Neem Nail Oil** will help in the healing processes. The treatment value of the preparations works throughout the activity. And after, make sure you take care of your body by cooling-down. Start by putting on warmer clothing so that your body temperature adjusts gradually. Rhythmic cooling-down movements help re-align muscles, which prevents post-exercise stiffness and soreness, they also encourage blood flow back to the heart; this helps avoid light-headedness and rids the body of accumulated wastes. No doubt when you finish exercising or sport the first thing you will want to do is shower or bathe. **Body Wash Fresh**, as the name implies, is a refreshing product with a gentle cleansing action, and it won't dry out the skin. If you prefer to soak in a relaxing bath after sport or over-exertion **Sage Bath** will work its reviving magic on your whole body, including your aching feet. And while your skin is still moist re-apply **Birch-Arnica Body Oil** as this will aid recovery and help with muscle relaxation and re-alignment. It also helps with the elimination of accumulated wastes arising from the activity. For aftercare of the feet, apply **Fitness Foot Balm** to moisturise the skin and care for any abraded or cracked areas and for corns or calluses. And finally use **Deodorant Fresh** or **Floral** to maintain the aroma of freshness that lingers from your aftercare regime.

The Dr.Hauschka **Body Treatment** is an ideal treatment after or between day-to-day physical activity. It is a dynamic approach to positive health care that comprises a deeply relaxing and reviving holistic body massage that treats the whole person. It includes rhythmical massage to stimulate lymph flow and other subtle massage movements that work slowly and thoroughly around the body to enliven the innate capacities for renewal and regeneration. It includes the use of beneficial **Dr.Hauschka Body Oils**. The treatment is a marvellous complement to any sustained exercise regime.

**And please remember, after exercising is a great time for relaxation and reflection, so do take the time, and value the time you take!**



## New! Protective Face Cream SPF8



As sun protection is no longer solely for summer holidays, Dr.Hauschka has developed **Protective Face Cream SPF8**, the newest addition to the Dr.Hauschka Sun Care Range. Whether out walking or on the way to work, everyday your face is exposed to the sun, which if left unprotected from the sun's radiation, can cause the skin to age faster. **Protective Face Cream SPF8** has been specially developed to support the needs of the sensitive facial skin and is suitable for everyday use in medium sun exposure.

to retain youthfulness, whilst Buckwheat and Mullein help to protect the skin from environmental influences and also strengthen the blood vessels. Buckwheat and Mullein also contain natural flavonoids, which have anti-oxidant properties.

The rich, nurturing properties of Avocado, Apricot kernel and Olive oil ensure this cream is suitable for sensitive skin and Jojoba wax and Shea butter keep the skin moist and supple throughout the day. Rose water and Marshmallow extract moisturise, refresh and soothe the skin.

Dr.Hauschka Sun Care Products provide immediate, longlasting and reliable protection against both UVA and UVB rays. Furthermore, we ensure that they offer the best protection possible by testing the UVA protection in accordance with rigorous Australian standards.

£18 (30ml)

As with the other Dr.Hauschka Sun Care Products, this mineral-based sunscreen cream, which is applied over your usual Dr.Hauschka moisturiser, provides protection immediately upon application; the mineral pigments protect the skin by forming a protective layer which deflects harmful UVA and UVB rays. Free of artificial preservatives, this caring, freshly scented cream blends easily without leaving a greasy residue. Dr.Hauschka's **Protective Face Cream SPF8** includes three new ingredients: Raspberry seed oil (it takes over 10 kilograms of the seeds to produce just 1 kilogram of oil!) is used to moisturise the skin and can help



# Sun Protection

In summer it's natural to want to spend as much time as possible outside. We long for a prolonged spell of fine weather and look forward to our holidays. But what then is the best way to look after our skin when we're out in the sun? Here are a few answers to our most frequently asked questions.

- Q.** Are the Dr.Hauschka sun care products completely natural?
- A.** *The plant ingredients blended into the products are obtained from certified organic cultivation or are wild gathered from sustainable sources. The products do not contain chemical sun filters or colours and no synthetic preservatives or fragrances.*
- Q.** How is sun protection achieved?
- A.** *The main protective ingredient is Titanium Dioxide, which is a stable mineral pigment with a high refractive index, second only to Diamond; it acts to reflect and scatter light. It is not absorbed, and stays on the skin's outer surface where it works as an invisible shield to deflect the sun's UVA and UVB rays. Precious oils, plant extracts and waxes are also incorporated into each product to provide protection.*
- Q.** How do I choose the right SPF sunscreen to suit my children's skin and mine?
- A.** *As a general guide, for those whose skins tan easily, use Sunscreen Lotion SPF15 for the first week of your holiday and then SPF8 for the second week. For anyone with fairer skin, use*

*Sunscreen Cream SPF20. If you have sensitive skin or for children's skin, use Sunscreen Spray SPF20 or Sunscreen Cream for Children SPF22. For intensive convenient care of your lips, nose and ears use Sunscreen Stick SPF30.*

- Q.** How often should I re-apply my Dr.Hauschka sunscreen when out in the sun?
- A.** *To determine this you need to know your skin's natural protection time, which varies according to your skin tone. You then multiply this time by the SPF number to calculate approximately how long you can stay in the sun when you use the selected sunscreen product. For example, if you can stay in the sun for 10 minutes without burning, and if you select an SPF15 sunscreen, you will be able to stay in the sun for approximately 2½ hours (10 x 15 = 150 minutes = 2½ hours). If you intend to stay in the sun longer than the calculated time, you should re-apply the sunscreen before the protection period has passed, say 15 minutes beforehand. If you go swimming, if you are active on the beach, or if you perspire excessively in the hot sun, re-apply the sunscreen frequently. This information is intended only as a guideline, so please take care and act responsibly, especially when the sun's rays are at their strongest.*



Below is a quick guide to help you assess your skin's natural protection time. For safety we recommend that you ask your pharmacist or doctor to help you establish your skin tone. Babies should be kept out of the sun; for children use a high sun protection factor (SPF 20 or above), and reapply regularly.

## Skin Tone 1

Extremely sensitive, fair skin; freckles; blond or red hair; blue or green eyes. Usually burns after a short time in the sun, does not tan. Natural protection time without sunscreen: 5-10 minutes

## Skin Tone 2

Fair skin; blond hair; blue or green eyes. Usually burns after a short time in the sun, does tan slightly. Natural protection time without sunscreen: 10-20 minutes

## Skin Tone 3

Dark hair; brown eyes. Usually tans well, does not burn easily. Natural protection time without sunscreen: 20-30 minutes

## Skin Tone 4

Dark skin; dark or black hair. Does not usually burn. Natural protection time without sunscreen: 40 minutes

- Q.** Can I use Dr.Hauschka sun care products on my face?
- A.** *We have recently introduced the new waterproof Dr.Hauschka Protective Face Cream SPF8, developed to especially support the needs of facial skin. Apply evenly over your usual Dr.Hauschka moisturiser.*

## Summertime hints and tips...

Adequate sunlight is essential for our health, but too much sun exposure is damaging for our skin, causing dehydration and loss of elasticity. Therefore, consider wearing a hat and a long sleeved garment or stay in the shade whenever possible. And don't forget to drink sufficient water to replace the extra moisture lost by perspiration.

If you plan to go out in the evening after a day in the sun, first remove the sunscreen with **Cleansing Milk**, then tone your skin and apply a thin layer of **Firming Mask** under your usual moisturiser; this will act to nourish and rehydrate your skin.

For that all-over, post sun skin care, apply **After-Sun Lotion** liberally to the skin and enjoy its cooling and moisturising effects.

When you have been out in the sun and haven't protected your skin adequately and then suffer from sunburn, apply **Rhythmic Conditioner Sensitive** to the inflamed areas and cover with **Rejuvenating Mask**. This will soothe the skin, ease soreness and help the healing processes.

And if you wish for a subtle healthy skin tone, without exposing yourself to the sun, don't forget you can apply a few drops of **Translucent Bronze Concentrate** over your moisturiser. Or alternatively you can add a few drops to your sunscreen for a special warm glow.

**Do enjoy your summer and take good care.**



## Ingredient focus – Lemon

This evergreen tree can grow to a height of about five metres and only thrives in the sun. It is frost-tender and the least hardy of the citrus trees. Its long, shiny, elliptical shaped leaves are broader at one end than the other, and when young they are reddish in colour, as are the buds. When mature they turn dark green on top and light green underneath. They have shiny surfaces, finely serrated edges and a rather leathery texture. The exquisitely fragrant flowers grow in clusters of two or more and have four or five petals that are white inside and pink-purplish outside; they are self-fertile, as they possess both male and female organs. The Lemon tree flowers throughout the year and yields fruit three or four times annually. The yellow fruit, seemingly infused with light, has a thickened, somewhat puckered skin, covered with oil glands. Inside, the fruit is divided into eight to ten segments; the pale yellow pulp is juicy, sharp and acidic to taste.

The Lemon tree is indigenous to Southern and Eastern Asia. Lemon trees were grown in China more than 4,000 years ago. They were referred to by their owners as 'golden-headed slaves' and brought both wealth and prestige. The trees are believed to have been first cultivated in Europe in Southern Italy, early in the first millennium AD. They were certainly known by the Romans and Greeks. There is later indication that they were also grown in Egypt, and in what is now Syria. The Arabs may have helped

distribute the trees around the Mediterranean. The Spanish took Lemon trees to California in the mid-eighteenth century and about 100 years later they were also cultivated in North Eastern Florida. Today, Lemon trees are grown under the hot sun around the Mediterranean and in Northern, Central and Southern America, in Australia and in South Africa.

The Lemon has wide culinary usage. Its essential oil is used to flavour drinks – lemonades, squashes and sodas. Many add a slice of Lemon to their tea in summer. Lemon juice is used for salad dressing, and to prevent salads or vegetables from discolouring. It is used in marinades to tenderise and flavour poultry. The peel is used in pickles; candied peel is also used to flavour and provide texture for cakes and biscuits. Lemon is used for marmalade and in Lemon curd; the pectin is also used to set other fruit jams. And traditionally, pancakes consumed on Shrove Tuesday, are sprinkled with sugar and Lemon juice.

Lemon has been used for millennia to treat infections and to alleviate the symptoms of illness. The Romans, Greeks and Egyptians prized the Lemon for its health giving qualities. The fruit is a rich source of Vitamin C, and when this attribute was discovered in the days of sail, the mariners in the British Navy were issued with Lemon to prevent scurvy. Lemon is incorporated in preparations for colds and sore throats. Lemon juice has astringent and bactericidal properties. The fruit, while acidic, has an alkaline effect in the

body, which makes it helpful in treating some fevers and inflammatory illnesses. It also has antispasmodic properties and has been used to treat persistent coughs. The attributes of Lemon are also helpful in alleviating the symptoms of allergies where inflamed mucus membranes cause streaming eyes and nose.

The leathery skin of the Lemon protects its juicy interior, virtually holding the moisture together and preventing it from flowing away. It demonstrates this art to human beings suffering from allergic diseases such as hayfever, who constantly have to contend with a runny nose and tearing eyes. The Lemon lends them its formative power. On a cosmetic level the formative power of Lemon helps firm the skin, which makes it beneficial for treating cellulite and connective tissue weakness. This attribute, the innate freshness and the other qualities are imbued within Dr.Hauschka **Lemon Body Oil** and **Lemon Bath**. In close weather or feverish illness **Lemon Bath** provides welcome freshness. In WalaVita **Lemon and Salt Toothpaste** essential Lemon oil completes the antimicrobial properties.



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# Dr.Hauschka Make-up

Dr.Hauschka's Make-up Range contains exciting new products, improved formulations and brand new, stylish packaging.

As with all Dr.Hauschka products, the Make-up Range is free from synthetic preservatives and fragrances, and is made of natural raw materials including essential oils, plant oils, waxes and medicinal plant extracts. The highest quality organic ingredients are used, and for mainstay ingredients such as Rose extracts, fair trade agreements are established to guarantee supplies of the highest quality.

## NEW! Dr.Hauschka Concealers

Dr.Hauschka's new Concealers cover reddened, blemished skin, dark circles around the eyes, give an even complexion and provide the perfect base for make-up. The rich, nurturing oils of Almond, Avocado, Macadamia and Jojoba are combined with Shea butter and extracts of Anthyllis, Calendula and Carrot give a soothing and protecting base.

£14 (2.5ml)

## NEW! Eyeshadow Solos

Re-packaged into single colours, Dr.Hauschka Eyeshadow Solos are inspired by the natural radiance of the skin. These soft, iridescent colours, used alone or in combination, work to give a pretty and discreet emphasis to the eyes.

Their composition, using medicinal plant extracts, make these eyeshadows a great option for even the most sensitive of eyes; Silk protects and maintains softness and extracts of Anthyllis, Witch Hazel and Black Tea soothe the eye area.

£12 (1.3g)

## NEW! Dr.Hauschka Liquid Eyeliner Brown

Dr.Hauschka Liquid Eyeliner has an extra-fine brush for smooth, easy and accurate application. Eyebright, Black Tea and Neem soothe the sensitive eye area and Rose and Jojoba waxes keep it smooth and give long-lasting and dramatic effects.

£14 (4ml)

## NEW! Lipglosses

Dr.Hauschka Lipglosses are available in 4 stunning colours. The range offers subtle options for daytime cosmetics and rich, timeless colours that add a touch of glamour to evening make-up.

Dr.Hauschka Lipglosses combine colour with lip care perfectly; their unique formulation contains Sea Buckthorn oil, Beeswax and Mango butter, making application smooth and leaving lips soft and supple.

£14 each (4.5ml)



LookOne  
Barely There



## How to re-create this look:

Use **Concealer** to cover any blemishes or dark circles, followed by **Translucent Make-up**, to leave your skin looking flawless.

Take **Eyeshadow Solo 09** and apply along your upper eyelid and to the outer corners of your eyes.

Next apply **Eyeshadow Solo 01** under the arch of the eyebrow and at the inner corner of your bottom eyelid. Then apply **Eyeshadow Solo 02** to your browbone and along your bottom eyelashes to create a light lash line.

Finish your eyes with a light coat of **Mascara Black** to both the upper and lower lashes. If you have fair hair and prefer a more natural looking lash colour, use **Mascara Brown**.

Keep your cheeks simple with a touch of **Bronzing Powder** to give shape and definition.

The lips are a key part of this look. Apply **Lipstick 07**, concentrating on the centre of your lips and fading outwards, so that the corners are left nude.

To add emphasis and definition we have applied **Eyeshadow Solo 09** to the centre bow of the top lip.

To set your make-up and give a matt finish, apply a light dusting of **Translucent Powder**.

LookTwo  
Dolce Vita



## How to re-create this look:

Use **Concealer** to cover any blemishes or dark circles. Next apply your base. We have used **Toned Day Cream** to give a healthy glow, or you could use **Translucent Make-up**.

Apply **Eyeshadow Solo 02** across your upper eyelid and browbone, then take **Eyeshadow Solo 09** and apply along your lower lashes and 'cat flick' at the outer edge of each eye. Highlight the inner corner of your bottom eyelid with **Eyeshadow Solo 01**.

We have used **Eyeshadow Solo 04** to fill in the eyebrows which gives a more natural look than an eyebrow pencil.

This next part will take some practice to get it looking right! Create a deep line, with **Liquid Eyeliner Black**, from the inner corner of your eye and across your upper eyelid, closely following the natural line of the lashes. Extend the line past the end of the lashes. This will make your eyes look bigger.

Finish with **Mascara Black**.

Apply **Concealer** to your lips to give them a pale base and then top with a light coat of **Lipgloss 01** to create a gentle sheen.

To set your make-up and give a matt finish, apply a light dusting of **Translucent Powder**.

## Newly Approved Outlets

**Anna Gooch**  
100 Park Road  
Stapleton  
Bristol  
Tel: 0117 965 9799  
(Treatments Available)

**Bentalls**  
Wood Street  
Kingston upon Thames  
Surrey  
Tel: 0208 546 1001

**Eden Health**  
46 Newry Street  
Banbridge  
Co. Down  
Tel: 02840 662 841  
(Treatments Available)

**The Granary**  
Unit 1, 33 Glassford Street  
Glasgow  
Tel: 0141 548 1520

**Hydro Healing**  
216 Kensington Park Road  
London  
Tel: 0207 727 2570

**I Love Organics**  
Unit 13, Wainwrights Yard  
Stricklandgate  
Kendal  
Cumbria  
Tel: 01539 721 100

**Infinity Foods  
Cooperative Ltd**  
25 North Road  
Brighton  
Tel: 01273 603 563

**Inner Bella**  
4 Aberdeen Grove  
Leeds  
Yorkshire  
Tel: 0113 279 4867  
(Treatments Available)

**Light Green**  
Fore Street  
Castle Carey  
Somerset  
Tel: 01963 359 535

**Marie Tipton**  
12 Clifford Road  
Droitwich  
Worcestershire  
WR9 8UR  
Tel: 01905 794 279  
(Treatments Available)

**Me Time at Sesh**  
50-52 Bernard Street  
Leith  
Edinburgh  
Tel: 0131 555 0708  
(Treatments Available)

**Mine**  
2 East Street  
Wimbourne  
Dorset  
Tel: 01202 887 600

**The Natural Food Company**  
151-153 Bramcote Lane  
Wollaton  
Nottingham  
Tel: 0115 928 3828

**Organicfair**  
43 St James Street  
Chester  
Tel: 01224 400 158

**Remedy**  
100 Nottingham Road  
Stapleford  
Nottingham  
Tel: 0115 939 8229  
(Treatments Available)

**Revital**  
5 Bridge Street  
Cambridge  
Tel: 01223 350 433

**Revital**  
2 Quadrant House  
The Quadrant  
Richmond  
Tel: 0208 334 1049

**Sinclair's**  
266 Glossop Road  
Sheffield  
Tel: 0114 275 0333

**Sonja Mayer McGeachie**  
The Treatment Room  
95 Riffel Road  
London  
Tel: 0208 208 0980  
(Treatments Available)

**Vanilla**  
3 High Street  
Epworth  
North Lincolnshire  
Tel: 01427 874 347

**Watling Street Therapy  
Centre**  
The Old Surgery  
24 Watling Street  
Canterbury  
Kent  
Tel: 01227 452 202

## Rowgirls



We would like to congratulate Rowgirls on their recent fantastic achievement; this team of very determined women have just rowed across the Atlantic Ocean, from the Canary Islands to Antigua, in aid of Shelter Box. Dr.Hauschka supported them with goodies to keep their skin fresh, supple and protected throughout their 78-day gruelling experience, known as 'the world's toughest rowing race'!

Since their return, Rowgirls' Skipper, Sally Kettle wrote to us to let us know how they got on. She said, "I was really keen to keep both our bodies and our skin in great shape. Dr.Hauschka helped us out with Sunscreens, Rose Day Cream and Eye Contour Day Balm. They were absolutely incredible! One application of the Sunscreen Cream SPF20 provided all day protection even in 30°C heat. The Rose Day Cream calmed our skin and the balm left our eyes feeling refreshed and wrinkle free, even after 24hrs at the oars. Thank you so much for these beautiful products."

## Products Mentioned in this Newsletter

Sun Care	Protective Face Cream SPF8	30ml	£18	
	Sunscreen Lotion SPF8	100ml	£10	
	Sunscreen Lotion SPF15	100ml	£10	
	Sunscreen Cream SPF20	100ml	£13	
	Sunscreen Spray SPF20 for Children and Sensitive Skin	150ml	£19	
Sunscreen for Children SPF22	Sunscreen for Children SPF22	100ml	£14	
	Sunscreen Stick SPF30	4.9g	£6	
	After-Sun Lotion	100ml	£9	
Skin Care	Cleansing Milk	Trial / 145ml	£3 / £18	
	Rhythmic Conditioner Sensitive	10 / 50 ampoules	£18 / £59	
	Rose Day Cream	Trial / 30ml	£3 / £16	
	Eye Contour Day Balm	10ml	£21	
	Rejuvenating Mask	Trial / 30ml	£3 / £25	
Firming Mask	Firming Mask	Trial / 30ml	£3 / £31	
	Body Care	Birch-Arnica Body Oil	Trial / 100ml	£3 / £16
		Lemon Body Oil	100ml	£16
Body Powder		50g	£16	
Deodorant Floral		50ml	£8	
Deodorant Fresh		50ml	£8	
Neem Nail Oil	Neem Nail Oil	30ml	£21	
	Fitness Foot Balm	75ml	£12	
	Rosemary Foot Balm	30ml	£12	
Bath	Body Wash Fresh	200ml	£10	
	Lemon Bath	150ml	£14	
	Sage Bath	150ml	£14	
Make-up	Concealers 01 – 03	2.5ml	£14	
	Eyeshadow Solos 01 – 09	1.3g	£12	
	Lipglosses 01 – 04	4.5ml	£14	
	Lipstick 07	4.5g	£18	
	Liquid Eyeliner Black	4ml	£14	
	Liquid Eyeliner Brown	4ml	£14	
	Mascara Black	6ml	£14	
	Mascara Brown	6ml	£14	
	Translucent Make-up 01- 03	30ml	£18	
	Bronzing Powder	9g	£20	
	Translucent Powder Compact	9g	£18	
	Translucent Powder Loose	12g	£18	
	Toned Day Cream	30ml	£21	
Translucent Bronze Concentrate	30ml	£21		
WalaVita	Lemon and Salt Toothpaste	75ml	£5	



## Newly Accredited Estheticians

### The Dr.Hauschka Treatment

**Jennifer Anderson**  
Sante'  
14 Trinity Street, Colchester, Essex CO1 1JN  
Tel: 01206 548080