

# DR.HAUSCHKA

## SKIN CARE



'WHAT SETS DR.HAUSCHKA SKIN CARE APART FROM OTHER NATURAL SKINCARE PRODUCTS IS THE UNIQUE WAY IN WHICH ITS ACTIVE INGREDIENTS ARE HARVESTED AND PREPARED.'

text: Mary Hamilton

**The world leader** in organic and holistic skincare, Dr.Hauschka Skin Care has attracted a celebrity following for its pure therapeutic preparations made from medicinal herbs and plants. Available in some 30 countries, the Dr.Hauschka range includes face, body, bath and hair products, and a makeup collection, all free from synthetic preservatives, antioxidants, fragrances and colourings.

What sets Dr.Hauschka Skin Care apart from other natural skincare products is the unique way in which its active ingredients are harvested and prepared. WALA Heilmittel, the German holistic pharmaceutical company that is home to Dr.Hauschka Skin Care, grows many of the organic and biodynamic plant ingredients in its own gardens.

"WALA was set up to bring healing to humanity and the earth," explains Lars Brander of Helios Health And Beauty, the Australian importers and distributors of Dr.Hauschka Skin Care. "WALA is an acronym that stands for 'warmth ash, light ash', which encapsulates the rhythmic methods that Dr Rudolf Hauschka, an Austrian scientist, and his team developed in the 1950s to capture the healing power of the plant kingdom."

Dr Hauschka's philosophy owes much to the teachings of the famous scientist and philosopher Dr Rudolf Steiner, who declared that the secret to understanding life could be found in the study of life cycles and rhythms. Subscribing to this concept,

Dr Hauschka devised a complex rhythmic extraction process to best preserve herb and plant essences. He believed that the vital life forces contained within plants are at their most powerful before dawn. Even today, staff at WALA can be seen before sunrise harvesting plants still wet with dew.

Dr.Hauschka's Rhythmic Conditioners, formulated to support skin renewal, are based on this notion of cyclical rhythm. "The skin goes through a regeneration cycle of 28 days on average," explains Brander. "The Rhythmic Conditioners are applied in the evening after cleansing, for 28 days. Their mission is to bring balance to the skin and return it to a more normal state. They help to re-educate the skin."

The Classical Treatment is Dr.Hauschka's signature therapeutic treatment and it, too, is based on the rhythm philosophy. Therapists use sweeping brush strokes and gentle hand massage techniques to stimulate the body's lymphatic system.

"We regard the therapists as the soul of Dr.Hauschka Skin Care," says brand manager, Elisia Brander. "We have an Australian trainer approved by WALA who trains all the therapists in the Dr.Hauschka method."

Dr.Hauschka Skin Care can be found in David Jones, at selected beauty salons and skincare emporiums, health food stores and pharmacies throughout Australia.

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