

Dr. Hauschka



Cosmetics Culture

Cosmetics

Kosmein: Shape, adorn.

Eyes, lips, cheeks, hands, feet.

Application and treatment.

Rhythm. Beauty. Culture.

Culture

Culture: Process, design.

Nature – sown, nurtured. In bloom.

Research, discover, compose.

Rhythm. Care. Cosmetics.

Culture

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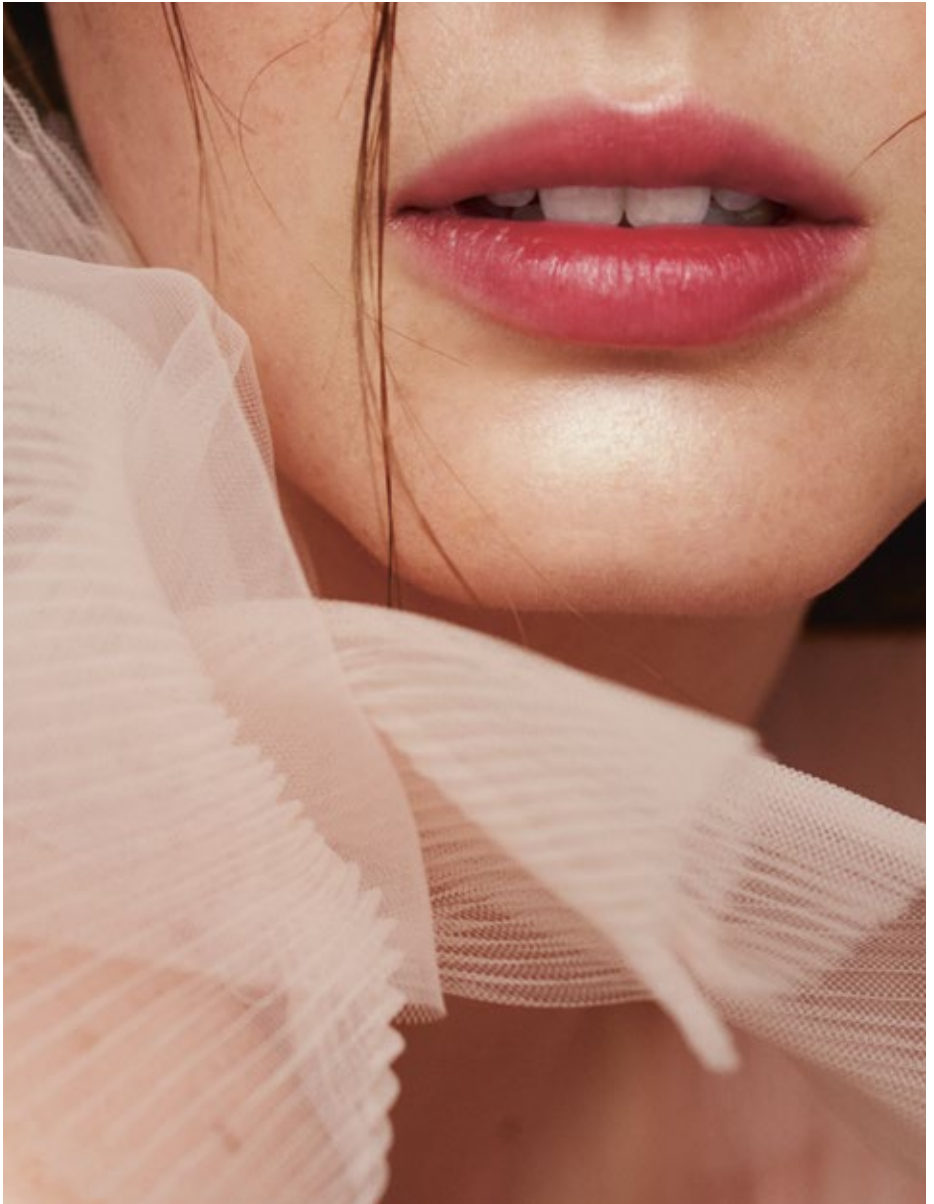
125 **Treatments**

Cosmetics

No. 7



Damask rose (*Rosa damascena*)



Lipstick 01-18
Lip Care Stick
Rose Nurturing Body Cream
Rose Day Cream Light



Sage (*Salvia officinalis*)



Silk Body Powder
Sage Mint Deodorant



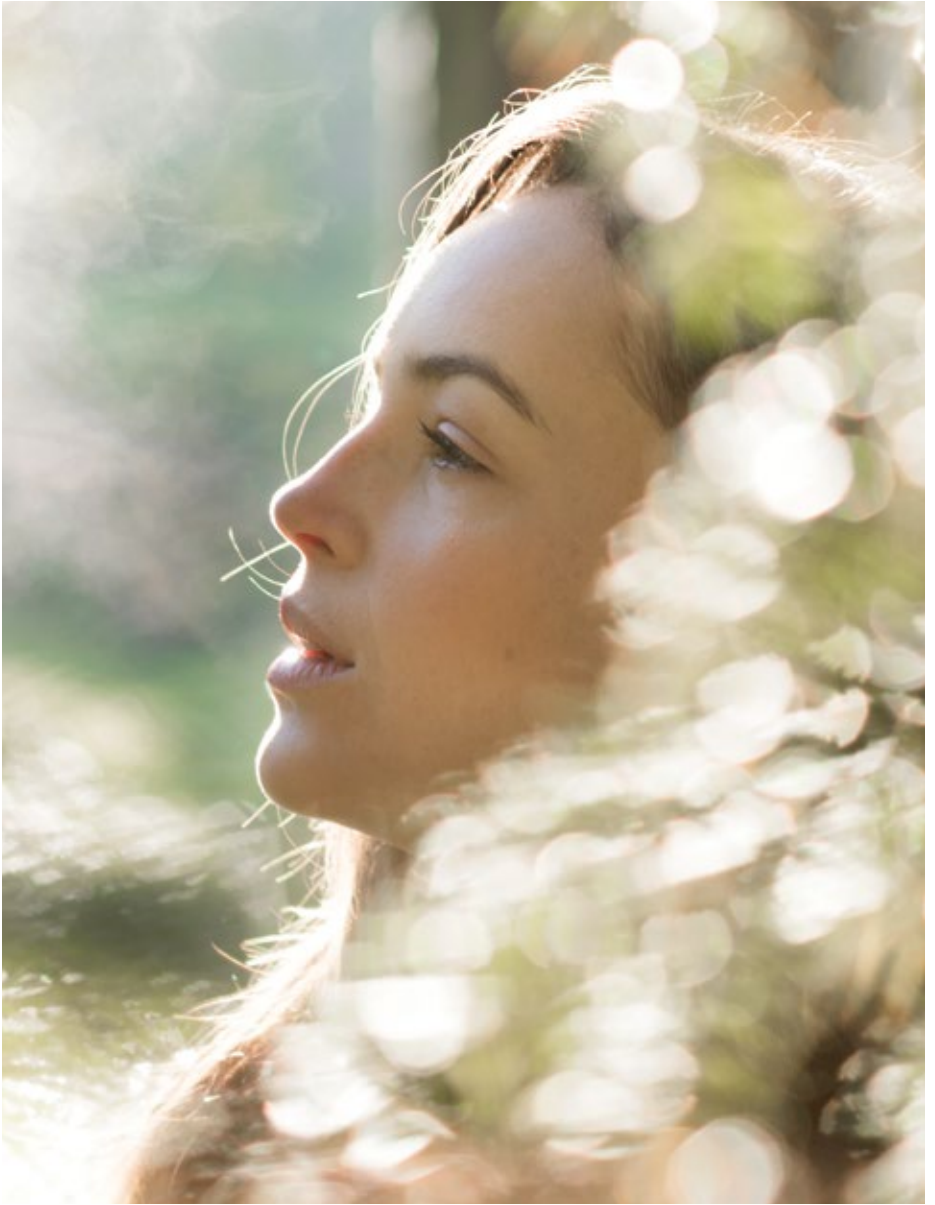
Bryophyllum (*Kalanchoe daigremontiana*)



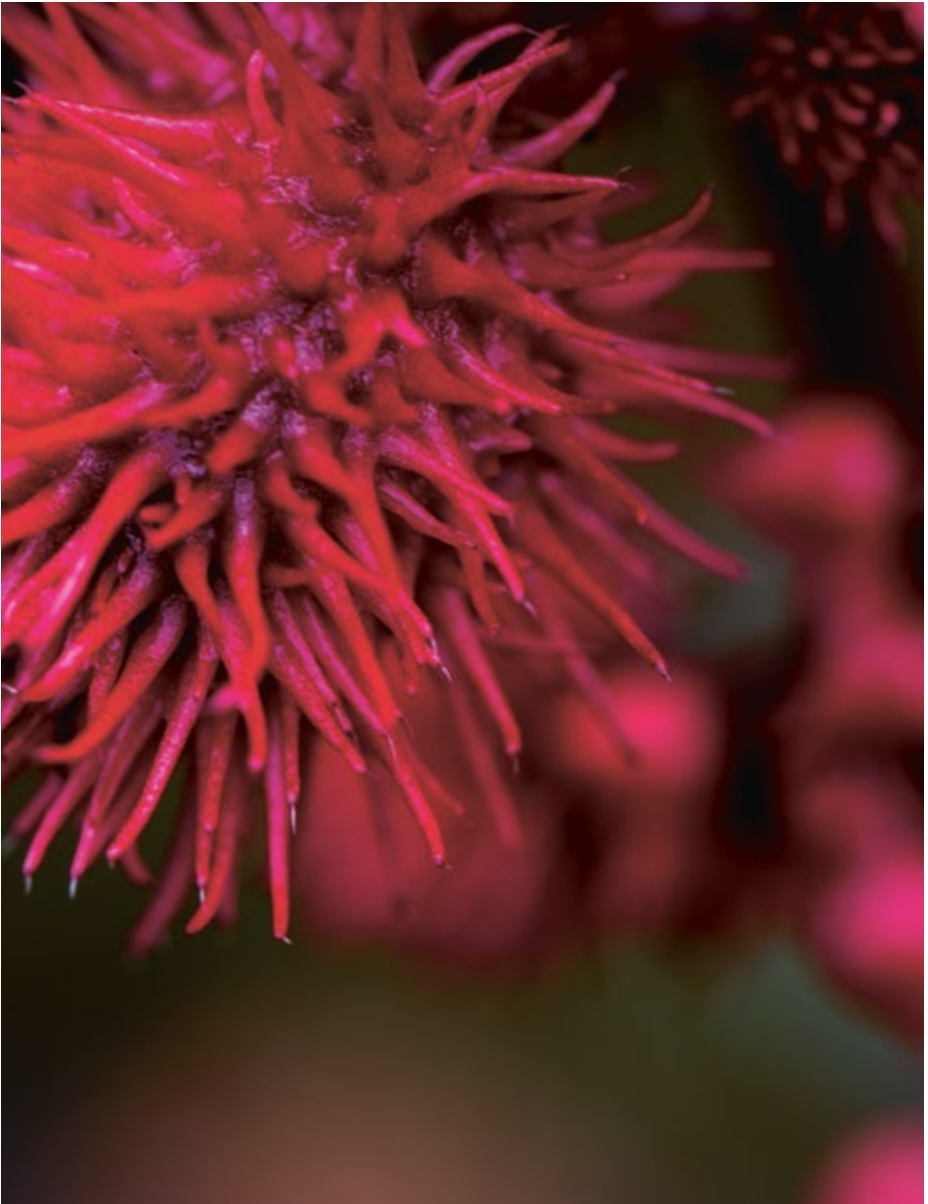
Renewing Night Conditioner
Regenerating Serum



Blackthorn (*Prunus spinosa*)



Blackthorn Toning Body Oil



Ricinus (*Ricinus communis*)



Revitalising Leg & Arm Tonic
Lip Gloss 00-06



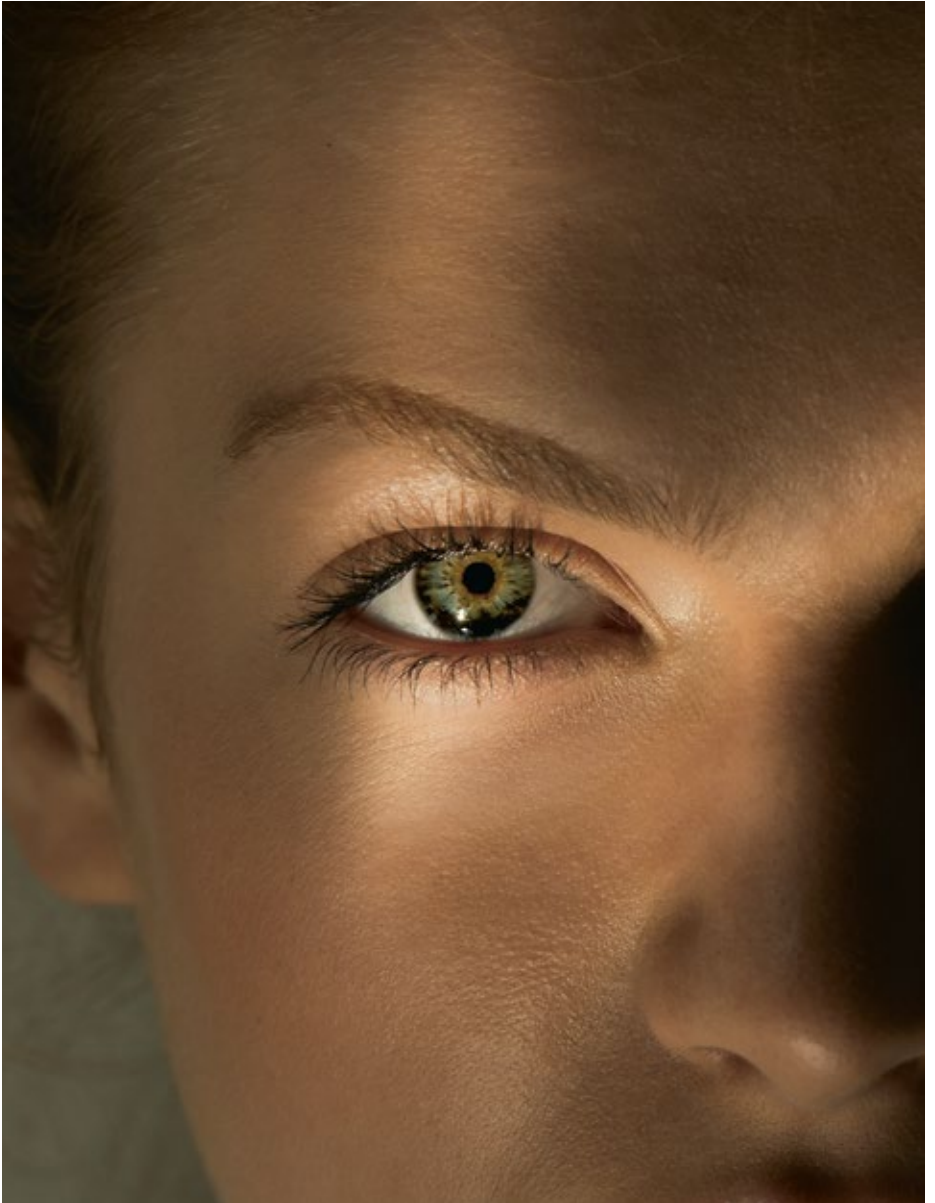
Red clover (*Trifolium pratense*)



Regenerating Neck and Décolleté Cream
Regenerating Day Cream



Nasturtium (*Tropaeolum majus*)



Clarifying Toner
Clarifying Clay Mask



Horse chestnut (*Aesculus hippocastanum*)



Revitalising Hair & Scalp Tonic



Tormentil (*Potentilla erecta*)



Acute Care Potentilla



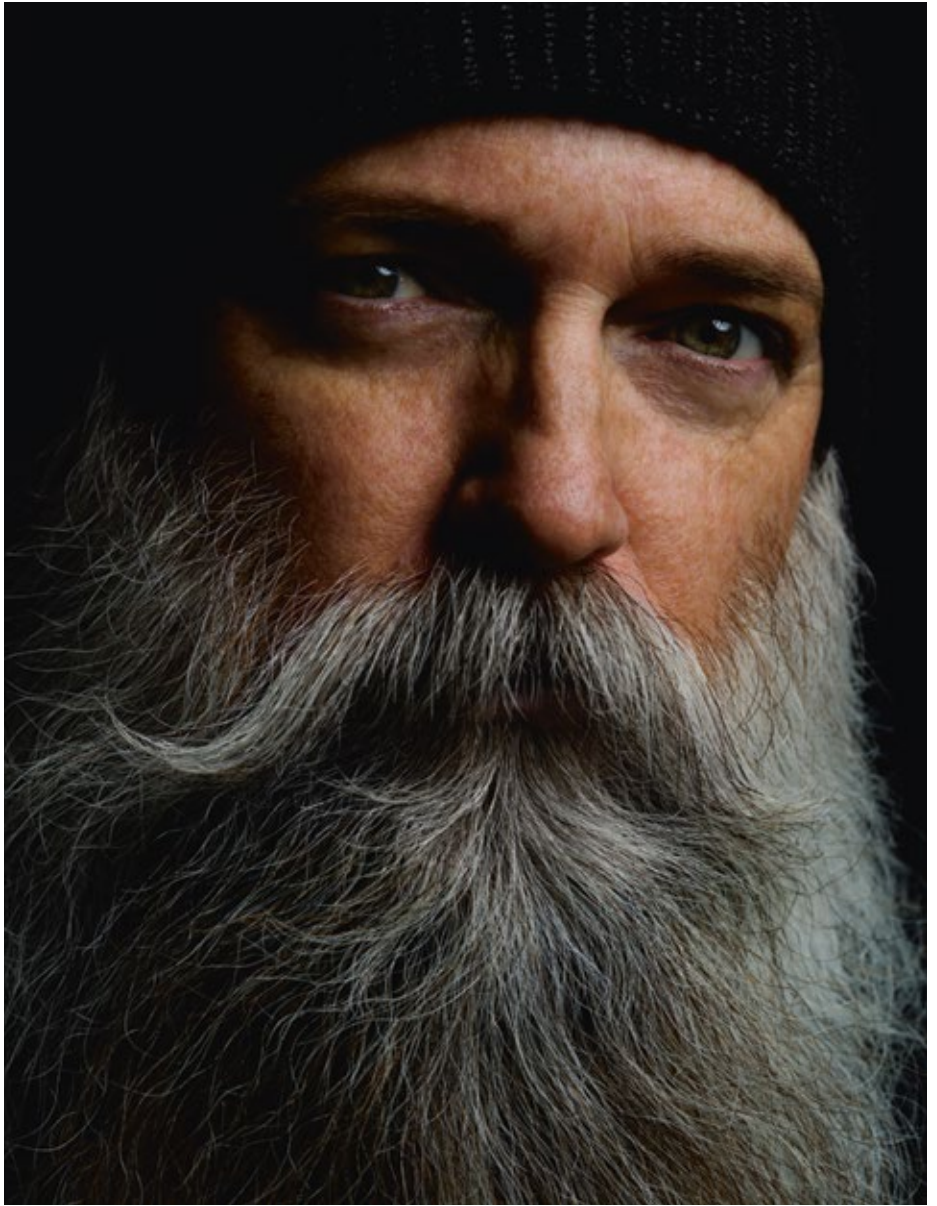
Daisy (*Bellis perennis*)



Clarifying Steam Bath
Clarifying Toner

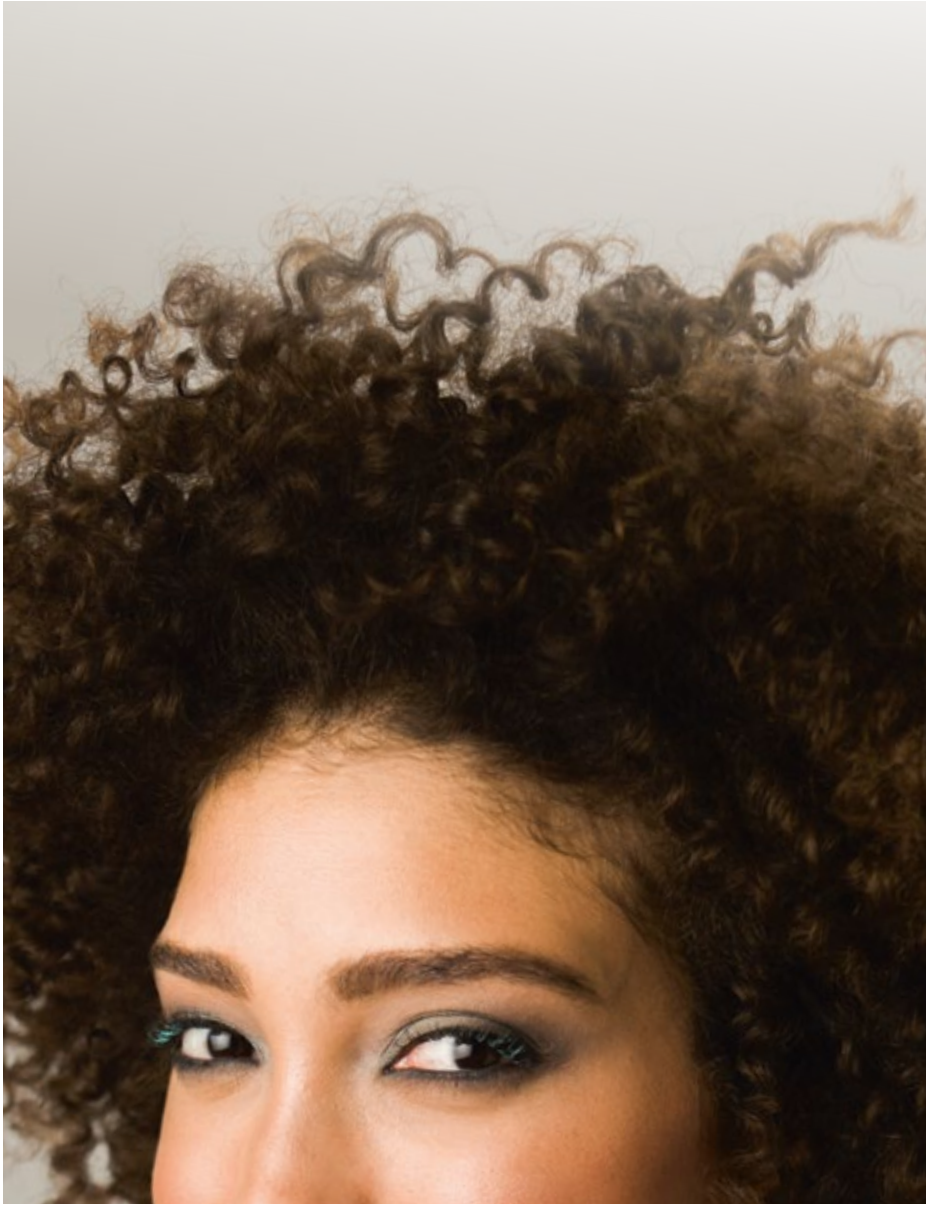


Eyebright (*Euphrasia officinalis*)





Pomegranate (*Punica granatum*)





Lemon (*Citrus limon*)



Lemon Lemongrass Vitalising Body Milk
Lemon Lemongrass Vitalising Body Oil



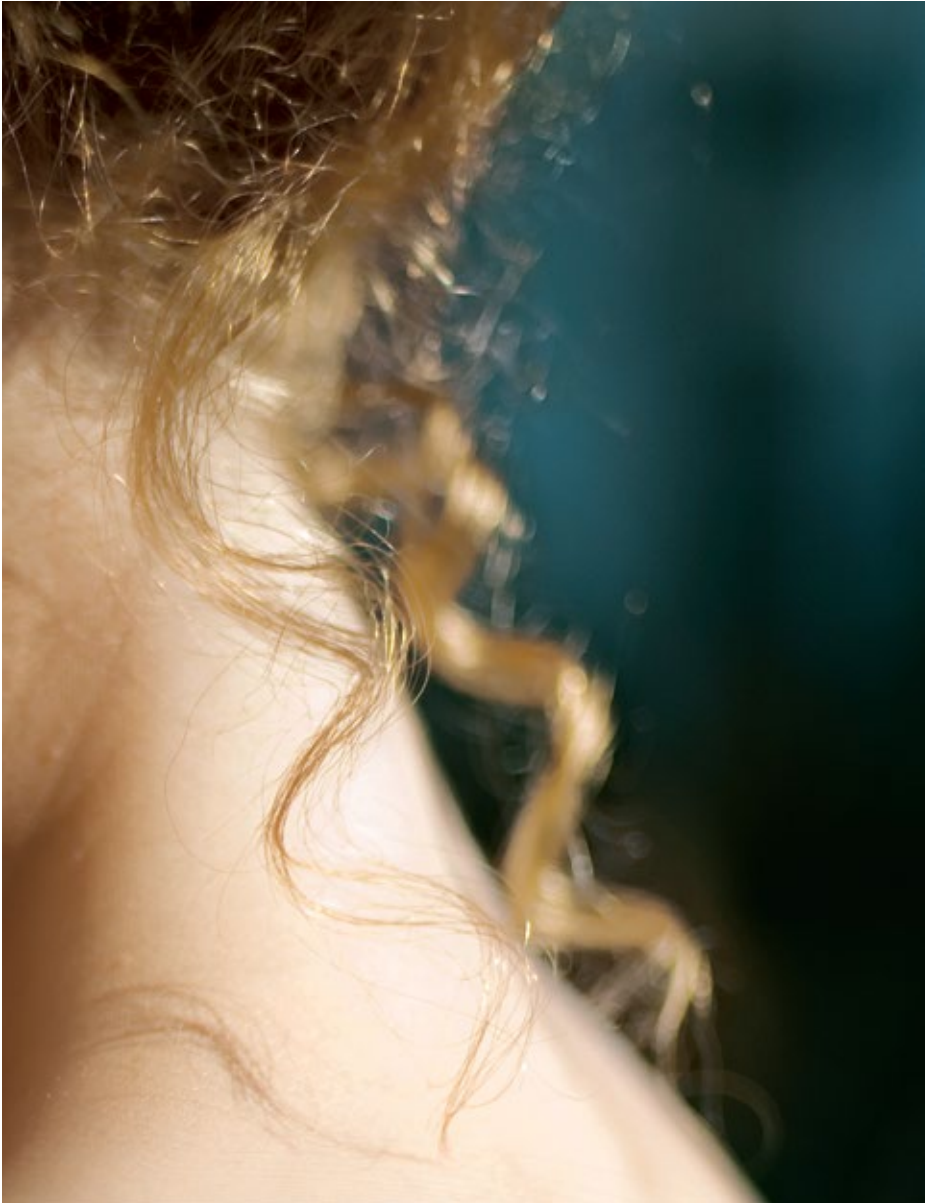
Breadseed poppy (*Papaver somniferum*)



Ice Plant Face Cream



Witch hazel (*Hamamelis virginiana*)



Sensitive Care Conditioner
Soothing Mask

Different from Day One.

The Dr. Hauschka cosmos. 100% genuine natural cosmetics. Since 1967.

We are still rebels.

Think that night time facial care has to be oily? Our products allow the skin to breathe. Think that men need their own skin care range? We focus on the skin condition rather than gender. Think that only global beauty groups can produce premium cosmetics? Ours come from a rural manufacturer of medicines. “We naturally felt like rebels when we developed these unconventional cosmetics”, commented Elisabeth Sigmund, speaking about the early days of Dr. Hauschka in 1967. And we can honestly say that we are still not ‘ordinary’ today.

We keep everything natural.

Synthetic fragrances, dyes and preservatives?
Not for us. Silicones, PEG and mineral oils?
Nowhere to be found in our products.

Dr. Hauschka Skin Care products are made using medicinal plants, the best natural substances, the results of our scientific research – along with lots of care and effort. As 100% natural cosmetics, our products are NATRUE-certified. However, our own standards often go above and beyond the requirements of this international seal of quality. For us, natural cosmetics are not a passing trend – they are our heritage.

We do things differently.

Our skin knows how to renew and look after itself. Cosmetics should not take these tasks away from it. Dr. Hauschka's concept aims to cleanse, tone, moisturise and beautify, while also considering the skin's natural day/night rhythm. The same philosophy applies to our oil-free night care. As we come to rest, a period of regeneration begins. The skin should be able to breathe freely during this time – and it cannot do so if trapped under an oily layer. Despite this, we are relatively alone in this view.

We are extremely selective.

Wilted herbs cannot be used to make premium natural cosmetics. We are therefore very meticulous when selecting our raw materials. They are grown – wherever possible – under biodynamic conditions in our own medicinal herb garden or on our Demeter farm. Often, they are harvested in the early hours of the morning so that they retain their full natural strengths. What we do not cultivate ourselves, comes in part from wild collections in the Swabian Jura Mountains and in part from organic cultivation projects worldwide. Alternatively, they are sourced from partners who work as fairly and sustainably as we do.

We stick to the rhythm.

Our company founder Dr. Rudolf Hauschka liked to do things differently. For example, he was dissatisfied with the fact that plant extracts often contained alcohol as a preservative.

Therefore, he developed a procedure that used the rhythms of nature instead. Even today, this rhythmic extract procedure remains part of our complex manufacturing process. During this, we subject natural substances to the alternating influence of heat and cold, darkness and light and rest and movement. As a result, our products remain stable and have a strong shelf life even without synthetic preservatives.

We compose cosmetics.

You need more than a melody to create a symphony. Only through the complex interaction of the individual instruments in an orchestra can the music be produced in all its glory. Similar applies to each and every Dr. Hauschka Skin Care formulation. As a manufacturer of natural remedies, we know that every plant, every natural ingredient and its specific properties contribute to making the overall composition of a product harmonious and effective. Even if this makes the manufacturing processes somewhat more complicated.

We have inner beauty too.

Our co-founder Elisabeth Sigmund once said: “People need two kinds of beauty – inner and outer.” And we truly believe this: if you care for your skin with valuable natural cosmetics, look after yourself and find your inner balance, this is also reflected in your outer appearance. The products in the Dr. Hauschka Make-up line highlight rather than conceal individuality. They provide balance and colour by allowing the user’s natural vitality and beauty to shine through.



Do you need different facial care products in summer than in winter? Is your skin sometimes more delicate than usual? Would you like to understand your skin at every stage of life? For this purpose, we devise effective compositions that can help you stimulate your skin's natural activity. When developing

Dr. Hauschka facial care, we don't work with rigid skin types or even with categories, such as women's or men's cosmetics, but instead we work with changing skin conditions. This means you're bound to find the perfect product for you.

Facial Care

The Dr. Hauschka facial care concept accompanies supports you around the clock every day and takes into account the fact that your skin's role is completely different during the day than at night. During the day, it gets up close and personal with the world, but also acts as a protective barrier. At night, it directs its powers inwards to regenerate. Dr. Hauschka supports this rhythm with a unique facial skin care concept.

Skin Care Regime

In the morning after cleansing and toning, your skin requires daytime skin care that protects you from environmental influences. During the night, on the other hand, your skin is nurtured with non-oily skin care, which allows it to breathe freely, regenerate and revitalise.

Intensive products complement your usual skin care regime, giving your skin a little time out. Your Dr. Hauschka brand partner or Dr. Hauschka esthetician can provide you with your own personal care recommendation.

Daytime Skin Care ☀

Skin Condition	Cleansing 1	Toning 2	Protective care 3	Ampoule and intensive treatments for 28 days*
Normal skin	› Cleansing Cream	› Facial Toner	› Quince Day Cream › Daily Hydrating Eye Cream › Eye Balm	
Dehydrated, dry skin	› Cleansing Cream	› Facial Toner	› Revitalising Day Cream › Rose Day Cream › Daily Hydrating Eye Cream › Eye Balm	
Sensitive skin	› Soothing Cleansing Milk	› Facial Toner	› Rose Day Cream Light › Rose Day Cream › Daily Hydrating Eye Cream › Eye Balm	› Sensitive Care Conditioner › Soothing Intensive Treatment
Sensitive combination skin	› Cleansing Cream	› Clarifying Toner	› Melissa Day Cream › Daily Hydrating Eye Cream › Eye Balm	› Sensitive Care Conditioner › Soothing Intensive Treatment
Combination skin	› Cleansing Cream	› Clarifying Toner	› Mix Revitalising Day Cream and Clarifying Day Oil › Daily Hydrating Eye Cream › Eye Balm	› Clarifying Intensive Treatment (up to age 25) › Clarifying Intensive Treatment (age 25+)
Blemished, oily skin	› Cleansing Cream	› Clarifying Toner	› Clarifying Day Oil › Daily Hydrating Eye Cream › Eye Balm	› Clarifying Intensive Treatment (up to age 25) › Clarifying Intensive Treatment (age 25+)
Mature skin	› Cleansing Cream	› Facial Toner › Regenerating Serum	› Regenerating Day Cream › Regenerating Day Cream Complexion › Regenerating Neck and Décolleté Cream › Regenerating Eye Cream	› Regenerating Intensive Treatment › Intensive Treatment for Menopausal Skin

*To normalise and activate the skin's functions. (3-6 times per year). The second care step is omitted during the treatment period.

Night Time Care 🌙

Skin Condition	Cleansing 1	Toning 2	Revitalising care 3	Ampoule and intensive treatments for 28 days*
Normal skin	› Eye Make-up Remover › Soothing Cleansing Milk › Cleansing Cream	› Facial Toner	› Night Serum	› Renewing Night Conditioner
Dehydrated, dry skin	› Eye Make-up Remover › Soothing Cleansing Milk › Cleansing Cream	› Facial Toner	› Night Serum	› Renewing Night Conditioner
Sensitive skin	› Eye Make-up Remover › Soothing Cleansing Milk	› Facial Toner	› Night Serum	› Sensitive Care Conditioner › Soothing Intensive Treatment
Sensitive combination skin	› Eye Make-up Remover › Soothing Cleansing Milk › Cleansing Cream	› Clarifying Toner	› Night Serum	› Sensitive Care Conditioner › Soothing Intensive Treatment
Combination skin	› Eye Make-up Remover › Soothing Cleansing Milk › Cleansing Cream	› Clarifying Toner	› Night Serum	› Renewing Night Conditioner › Clarifying Intensive Treatment (up to age 25) › Clarifying Intensive Treatment (age 25+)

*To normalise and activate the skin's functions. (3-6 times per year). Care step 2 and 3 is omitted during the treatment period.

Night Time Care


Skin Condition	Cleansing 1	Toning 2	Revitalising care 3	Ampoule and intensive treatments for 28 days*
Blemished, oily skin	<ul style="list-style-type: none"> › Eye Make-up Remover › Soothing Cleansing Milk › Cleansing Cream 	<ul style="list-style-type: none"> › Clarifying Toner 	<ul style="list-style-type: none"> › Night Serum 	<ul style="list-style-type: none"> › Renewing Night Conditioner › Clarifying Intensive Treatment (up to age 25) › Clarifying Intensive Treatment (age 25+)
Mature skin	<ul style="list-style-type: none"> › Eye Make-up Remover › Soothing Cleansing Milk › Cleansing Cream 	<ul style="list-style-type: none"> › Facial Toner 	<ul style="list-style-type: none"> › Regenerating Serum 	<ul style="list-style-type: none"> › Renewing Night Conditioner › Regenerating Intensive Treatment › Intensive Treatment for Menopausal Skin

*To normalise and activate the skin's functions. (3-6 times per year). Care step 2 and 3 is omitted during the treatment period.

Intensive skin care – for that extra portion of care*

Skin Condition	Deep cleanse 1	Intensive treatment 2
Normal skin	<ul style="list-style-type: none"> › Clarifying Steam Bath › Clarifying Clay Mask 	<ul style="list-style-type: none"> › Eye Revive › Revitalising Mask › Firming Mask
Dehydrated, dry skin	<ul style="list-style-type: none"> › Clarifying Steam Bath › Clarifying Clay Mask 	<ul style="list-style-type: none"> › Eye Revive › Revitalising Mask › Firming Mask › Hydrating Cream Mask
Sensitive skin	<ul style="list-style-type: none"> › Clarifying Steam Bath › Clarifying Clay Mask 	<ul style="list-style-type: none"> › Eye Revive › Soothing Mask › Revitalising Mask › Hydrating Cream Mask
Sensitive combination skin	<ul style="list-style-type: none"> › Clarifying Steam Bath › Clarifying Clay Mask 	<ul style="list-style-type: none"> › Eye Revive › Soothing Mask › Revitalising Mask
Combination skin	<ul style="list-style-type: none"> › Clarifying Steam Bath › Clarifying Clay Mask 	<ul style="list-style-type: none"> › Eye Revive › Revitalising Mask
Blemished, oily skin	<ul style="list-style-type: none"> › Clarifying Steam Bath › Clarifying Clay Mask 	<ul style="list-style-type: none"> › Eye Revive › Revitalising Mask
Mature skin	<ul style="list-style-type: none"> › Clarifying Steam Bath › Clarifying Clay Mask 	<ul style="list-style-type: none"> › Eye Revive › Firming Mask › Revitalising Mask › Soothing Mask › Hydrating Cream Mask

*Intensive skin care. 1-2 times per week.



Determine your
skin condition here:
www.dr.hauschka.com

Skin conditions and characteristics

Normal skin

Rosy, firm, fine-pored, not sensitive,
slightly oily T-zone

Dehydrated, dry skin

Fine-pored, low oil content, dehydrated,
premature wrinkling, feels tight, dull and lacklustre

Sensitive skin

Slightly red, thin skin, may have persistent redness
in the cheeks / nose area, visible blood vessels

Sensitive combination skin

Slightly red, oily T-zone, large-pored,
possibly blemished, dry cheeks

Combination skin

Blemished T-zone, large-pored, quickly becomes oily,
dry cheeks

Blemished, oily skin

Large-pored, quickly becomes oily, blemished

Mature skin

Declining elasticity of the skin, wrinkling, increased
dryness, thin skin, may have persistent redness
in the cheeks / nose area (visible blood vessels),
menopause-induced, age spots



Eye Make-up Remover

dual-phase composition, cleanses gently and thoroughly, removes even waterproof make-up

Skin condition

For all skin conditions.

For the delicate skin around the eyes.

The Eye Make-up Remover gently and thoroughly cleanses the sensitive skin around the eye area – removing even waterproof eye make-up. In the same step, it cares for the skin with light, fast-absorbing oils, leaving the skin feeling pleasantly cleansed and silky smooth. The composition of precious rose water and nourishing plant extracts of eyebright and fennel harmonise and soothe the particularly delicate and sensitive skin around the eye area. Premium-quality sesame and sunflower oils nourish the eyelashes and eyebrows as they preserve the skin's natural hydrolipid layer to leave it feeling relaxed and carefree.



Soothing Cleansing Milk

gentle cleanser and
make-up remover

Skin condition

For dry, sensitive and normal skin. As a make-up remover, it is suitable for all skin conditions.

Soothing Cleansing Milk removes dirt and make-up prior to cleansing with Cleansing Cream. For sensitive skin, Soothing Cleansing Milk can be used as a daily cleanser in the mornings and evenings to prepare the skin for a toner and day or night care. Formulation: Anthyllis, jojoba and almond oil gently cleanse and maintain the skin's naturally protective acid mantle.



Cleansing Cream

refines, revitalises
and deeply cleanses

Skin condition

For all skin conditions.

Cleansing Cream offers renewing, refreshing care to the skin. This gentle cleanser exfoliates and supports the skin's natural protective function, preparing it for a toner and day or night care. Formulation: Calendula, chamomile, St. John's wort, anthyllis and sweet almond meal gently cleanse while revitalising skin and minimising the appearance of pores.



Facial Toner

enlivens and fortifies

Skin condition

For normal, dry and sensitive skin.

Facial Toner gently guides the skin's natural processes to achieve a radiant, rosy complexion. As part of a daily skin care routine, this oil-free formulation is the ideal toning product for normal, dry, sensitive and tired skin. Formulation: Extracts of witch hazel and anhyllis invigorate skin, leaving it feeling fresh and revitalised. Facial Toner encourages a balanced, hydrated complexion while supporting the skin's natural renewal processes.



Clarifying Toner

tones, balances and calms oily skin

Skin condition

For oily, blemished or combination skin.

Clarifying Toner gently guides and balances the skin's natural processes for a radiant, rosy complexion. As part of a daily skin care routine, this oil-free formulation is the ideal toning product for blemished, large-pored and oily skin. Formulation: Anthyllis, calendula and nasturtium reduce excessive oil production and soothe irritation. After cleansing in the morning and evening, mist Clarifying Toner onto the face then gently press into the skin.



Clarifying Day Oil

balances oily, blemished skin

Skin condition

For oily, blemished skin.

Clarifying Day Oil reduces oil production in the skin. Skin is guided to a balanced state and with regular use the skin's natural beauty is revealed. Formulation: Carrot, almond oil, calendula and neem nurture and balance, helping to calm redness. Precious botanical extracts help the skin balance oiliness and reduce the appearance of pores. For combination skin, mix Revitalising Day Cream with a few drops of Clarifying Day Oil in your palm, then apply to the face (avoid the eye area).



Revitalising Day Cream

revives dehydrated skin

Skin condition

For dehydrated, dry skin.

Enjoy a radiant complexion with Revitalising Day Cream. This light emulsion is formulated with premium botanical extracts and oils to support the skin's natural process of oil and moisture production for a supple, fresh complexion. Dry skin is moisturised and balanced, while pallid, tired-looking skin is revitalised. Formulation: Extracts of anhyllis, witch hazel and carrot refresh and invigorate. Botanical oils balance the skin's natural oil content.



Melissa Day Cream

balances combination skin

Skin condition
For combination skin.

Melissa Day Cream calms while helping skin discover its natural balance. The melissa (lemon balm) plant has a centred structure that guides skin to a balanced state. Oily shine is controlled and dry patches are hydrated for a calm, radiant complexion. Melissa Day Cream is the ideal skin care product for sensitive combination skin with a tendency toward dryness, shine and redness. Formulation: Extracts of melissa, daisy, anthyllis, witch hazel and carrot soothe and balance. Tapioca starch provides an even, matte appearance.



Quince Day Cream

hydrates and protects

Skin condition
For normal skin.

Quince Day Cream refreshes, enriches and protects normal, balanced skin. Quince wax forms a light, breathable protective layer that helps prevent dryness and maintain moisture balance. Formulation: Quince, jojoba, apricot and avocado fortify the skin. High-quality oils, waxes and nurturing plant extracts are combined to create a natural, balanced formulation.



Rose Day Cream Light

hydrates, harmonises and soothes

Skin condition
For sensitive skin.

Rose Day Cream Light protects against dryness to support an even, balanced complexion. An ideal daily moisturiser for normal, sensitive, dry and irritated skin. Formulation: Extracts of rose, marsh mallow and anhyllis tone and fortify skin. Precious rose water, rose wax and rose extract balance and revitalise. Avocado, marsh mallow root, sesame oil and almond oil help the skin remain hydrated. The rose's invigorating effects on the skin are wonderful to behold.



Rose Day Cream

nurtures, protects and soothes

Skin condition
For dry, sensitive, reddened and mature skin.

A true classic in the Dr. Hauschka range, Rose Day Cream captures the diverse powers of the rose to nurture and protect dry and sensitive skin, while soothing skin with a tendency toward redness and enlarged capillaries (couperose). Formulation: Precious extracts of rose petals, wild rose hips, marsh mallow and St. John's wort balance and tone the skin. Shea butter, rose petal wax and avocado oil protect skin from drying. Rose Day Cream works to maintain the skin's oil and moisture balance, offering nourishing care that reflects the balance of strength and delicateness embodied by the rose.



Translucent Bronzing Tint

mix with any moisturiser
for a healthy, sun-kissed glow

Skin condition

For all skin conditions.

Translucent Bronzing Tint can be mixed with any face or body cream for a fresh, healthy glow. This liquid tint highlights the natural beauty of all skin tones and is appropriate for all skin conditions. Formulation: Witch hazel, olive oil, beeswax and mineral pigments protect and nurture while evening out skin tone.



Tinted Day Cream

hydrates and evens for a sun-kissed glow

Skin condition

For normal, dry, sensitive and mature skin.

Tinted Day Cream deeply moisturises the skin and gives it a subtle, natural glow. Combining nourishing avocado and almond oils with protective rose wax, beeswax and quince seeds, it helps prevent dryness by balancing the skin's oil and moisture levels and supporting its natural moisturising functions. Rose, quince and St. John's wort tone the skin and support elasticity, while nourishing rose water and extracts of kidney vetch have a balancing, harmonising effect. Tinted Day Cream nourishes dry, sensitive, reddened and mature skin, harmoniously blending with your own natural skin tone for an even complexion.



Cover stick

soothes and conceals

Skin condition

For all skin conditions with blemishes.

Coverstick conceals and soothes blemishes without drying skin. Available in three shades. Formulation: Tea tree and manuka oils balance skin while tapioca starch mattifies. Nurturing botanical extracts anhyllis and calendula are combined with precious botanical oils and waxes to soothe and hydrate skin while reducing the appearance of redness.

01 natural



02 beige



03 sand





Eye Revive

refreshing compresses
soothe tired eyes

Skin condition

For all skin conditions.

Eye Revive offers refreshment to eyes that appear tired, puffy or red. This soothing herbal solution reduces the appearance of puffiness in the skin around the eyes and comforts eyes exposed to pollutants and irritants. Eyes look and feel refreshed, revitalised and relaxed. Formulation: Extracts of eyebright, fennel, chamomile and black tea tone, revitalise and refresh the eye area. Suitable for people who wear glasses or contact lenses, who suffer from hay fever or work regularly at a computer screen.



Daily Hydrating Eye Cream

moisturises and smooths
the delicate eye area

Skin condition
For all skin conditions.

The thin, delicate skin around the eyes is particularly sensitive and prone to wrinkles caused by dryness. Daily Hydrating Eye Cream reduces the appearance of wrinkles and refines the area around the eyes so it looks and feels soft, supple and smooth. This moisture-rich product offers daytime care to all skin conditions. Formulation: Rose distillate, pineapple, marsh mallow and calendula are refreshing, hydrating and calming. Highly nurturing, premium-quality avocado, macadamia nut and sea buckthorn oils soothe the eye area and leave it feeling refreshed.



Eye Balm

soothes, nurtures
and protects

Skin condition
For all skin conditions.

Eye Balm supports elasticity, minimises the appearance of fine lines and wrinkles, and protects the delicate skin around the eyes. Skin is moisturised, firmed and fortified. Formulation: Carrot, anthyllis, neem, beeswax, cocoa butter, silk and apricot kernel oil fortify, firm, moisturise and smooth the delicate eye area.



Night Serum

revitalising night care that supports the skin's natural renewal processes

Skin condition
For all skin conditions.

Dr. Hauschka oil-free night care allows the skin to breathe freely while guiding its natural renewal processes. Suitable for all skin conditions, Night Serum is essential night-time skin care that revitalises and helps the skin rediscover its natural balance. Formulation: Wonderfully fragrant apple blossom extract and apple fruit hydrosol support the skin's natural rhythm and guide its essential nightly work. Supported by witch hazel extract, Night Serum tones the skin for a fresh, radiant complexion come morning.



Renewing Night Conditioner

advanced night care

Skin condition
For all skin conditions.

Dr. Hauschka oil-free night care allows your skin to breathe freely while guiding its natural renewal processes. Renewing Night Conditioner balances all skin conditions: Dry skin is encouraged to retain oil and moisture, while sensitive skin is soothed and fortified. Oily, blemished skin is calmed and rough skin is smoothed. Formulation: Rhythmitised medicinal plant extracts of witch hazel, madonna lily and silver support the skin's night-time powers of renewal. Skin cells are renewed every 28 days. Mirroring this same regenerative rhythm, Renewing Night Conditioner should be used for 28 days in place of your usual night-time skin care.



Sensitive Care Conditioner

advanced care for sensitive skin

Skin condition

For sensitive, inflamed skin.

This oil-free conditioner allows your skin to breathe freely while guiding its natural renewal processes. Sensitive Care Conditioner balances and soothes skin for a comfortable, calm complexion. Formulation: Rhythmitised extracts of borage, pearl, malachite and oak bark calm and fortify red or sensitive skin and skin prone to couperose. Nurturing plants and minerals refine pores and soothe enlarged capillaries. Skin cells are renewed every 28 days. Mirroring this same regenerative rhythm, Sensitive Care Conditioner should be used for 28 days. Sensitive Care Conditioner helps to soothe reddened and swollen skin e.g. after plucking eyebrows, sun intolerance or sunburn.



Clarifying Intensive Treatment (up to age 25)

specialised care for blemished skin

Skin condition

For young, blemished skin.

Dr. Hauschka Intensive Treatments with specially selected natural treasures in rhythmised form complement the basic skin care routine. They support the skin when it has become unbalanced and needs a harmonising impulse. Clarifying Intensive Treatment (up to age 25) offers effective care for skin prone to outbreaks and spots during puberty. Formulation: Rhythmised dilutions of daisy and nasturtium with the gemstone rhodochrosite act quickly to balance the skin. Witch hazel and rhythmised silver balance moisture content and stabilise skin, minimising the appearance of breakouts. Skin cells are renewed every 28 days. Mirroring this same regenerative cycle, the intensive treatment should be used for 28 days.



Clarifying Intensive Treatment (age 25+)

specialised care
for blemished skin

Skin condition
For blemished, adult skin.

Dr. Hauschka Intensive Treatments with specially selected natural measures in a rhythmised form complement the basic skin care routine. They support the skin when it has become unbalanced and needs a harmonising impulse. Clarifying Intensive Treatment (age 25+) offers powerful care for blemished adult skin prone to inflammation. Formulation: Rhythmised dilutions of sage and mercurialis with the gemstone peridot act quickly to balance the skin. Witch hazel and rhythmised chicory balance moisture content and stabilise skin, minimising the appearance of breakouts. Clarifying Intensive Treatment (age 25+) gives the skin the power to rediscover a fine-pored, clear complexion. Skin cells are renewed every 28 days. Mirroring this same regenerative cycle, the intensive treatment should be used for 28 days.



Soothing Intensive Treatment

specialised care
for hypersensitive skin

Skin condition
For hypersensitive, reactive skin.

Dr. Hauschka Intensive Treatments with specially selected natural treasures in rhythmised form complement the basic skin care routine. They support the skin when it has become unbalanced and needs a harmonising impulse. Soothing Intensive Treatment offers powerful and strengthening care for hypersensitive, stressed, reddened and troubled skin. Formulation: Rhythmised dilutions of botanical extracts of anthyllis and bryophyllum work with gemstone black tourmaline to calm, soften and stabilise stressed, reactive skin. Soothing Intensive Treatment strengthens the skin and helps it to define itself. Skin cells are renewed every 28 days. Mirroring this same regenerative cycle, the intensive treatment should be used for 28 days.



Clarifying Steam Bath

opens pores and prepares the skin for deep cleansing

Skin condition

For all skin conditions, especially blemished skin prone to inflammation.

Clarifying Steam Bath supports the skin's natural self-cleansing functions, opening pores, reducing the appearance of redness and softening blackheads and impurities before deep cleansing. Recommended for all skin conditions and especially helpful to blemished and combination skin. Formulation: Nasturtium, daisy and witch hazel support the skin's self-cleansing processes, encourage natural exfoliation and minimise the appearance of enlarged pores. Apply a drop of Clarifying Steam Bath directly to blemishes to soothe and calm skin.



Clarifying Clay Mask

deeply cleanses the skin

Skin condition

For all skin conditions, especially skin that is blemished and/or prone to inflammation.

Clarifying Clay Mask deeply cleanses, invigorates and clarifies the skin. Particularly ideal for calloused, large-pored, blemished and oily skin. Formulation: Loess clay with nasturtium and witch hazel actively binds with and loosens dirt particles, lifting and drawing them from the skin. Blackheads are softened, skin is soothed and the appearance of redness and blemishes is diminished.



Revitalising Mask

renews, refines and enlivens

Skin condition

For all skin conditions, especially blemished or sun burned skin or skin prone to couperose and enlarged pores.

Revitalising Mask offers soothing care and renewal to all skin conditions. The appearance of redness or blemishes is diminished, pores are visibly refined and skin appears even and toned. Formulation: Quince, anthyllis and chamomile clarify and balance blemished, large-pored skin, while cooling and hydrating sunstressed skin and skin prone to couperose. Nurturing jojoba, apricot kernel and wheat germ oils help the skin maintain moisture for skin that looks and feels instantly refreshed and toned.



Firming Mask

minimises fine lines and wrinkles and fortifies mature skin

Skin condition

For dehydrated and mature skin that has lost its elasticity.

Firming Mask protects and fortifies, minimising the appearance of fine lines and wrinkles while nurturing and hydrating for smooth, supple, enlivened skin. Formulation: Rose, marsh mallow and pansy support the skin's natural processes of renewal. Rose water, rose petal extract and rose wax, as well as rose essential oil, mango butter and avocado and almond oils support elasticity as they pamper and enrich the skin. The skin's vitality is supported and its moisturising properties are activated – for noticeably smoother and revived feeling skin.



Soothing Mask

calms and fortifies
sensitive skin

Skin condition

For sensitive, irritated and stressed skin.

Soothing Mask calms and balances sensitive and irritated skin, as well as skin prone to stress-induced redness, guiding it to comfort and radiance. Formulation: Alchemilla, borage, buckwheat and mullein combine to calm skin. Nourishing shea butter joins macadamia nut and coconut oils to provide protection, while quince seed extract and witch hazel help the skin retain moisture. The skin is noticeably recuperated and sustainably soothed.



Hydrating Cream Mask

intensively moisturises
and protects dry skin

Skin condition

For dry, sensitive and mature skin.

Hydrating Cream Mask offers a sense of security while sustainably protecting the skin against dryness from harsh weather. Formulation: Quince seed extract replenishes and helps dry skin to retain moisture while supporting the skin's natural process of oil production. Nourishing almond, avocado and jojoba oils hydrate the outer layer of skin while rose wax soothes and protects. Hydrating Cream Mask imparts intensive skin care to dry and sensitive skin, as well as skin in need of regeneration and damaged by environmental influences. The skin is soft to the touch and looks fresh and smooth.





Lip Care Stick

softens, hydrates and protects

Lip Care Stick softens and offers protection for lips prone to dryness. A practical companion for silky soft lips while out and about, providing light sun protection (SPF3). Formulation: shea butter, beeswax, almond oil and anhyllis seal in moisture and protect even the most sensitive lips.



Lip Balm

soothes, nurtures and protects

Intensive soothing care for dry, chapped lips, this rich balm promotes skin renewal as it moisturises and softens. Lip Balm provides a translucent shine and helps visibly reduce fine lines around the mouth. Calendula and St. John's wort extracts encourage repair and renewal. Silk and anhyllis strengthen delicate lip tissue to give the lips a velvety feel and a long-lasting floral scent. This intensive care results in beautiful, soft lips.



The requirements of mature skin are different to those of young skin. Dr. Hauschka's range of regenerating products target these specific requirements: Extracts of moisture-rich quince seeds and vibrant bryophyllum stimulate the production of moisture, while siliceous horsetail strengthens the connective

tissue. Acerola fruits are packed full of antioxidants and sea buckthorn oil is rich in vitamin E, providing valuable regenerative impulses. We may not be able to turn back time, but we can stimulate your skin to tighten, regenerate, and retain moisture.

Regenerating Skin Care

It's not about looking younger – it's about looking better. The regenerating skin care range from Dr. Hauschka aims to revive skin that has lost some of its former moisture and elasticity – skin that shows its life experience. All of our regenerating products are designed in a way to specifically support your skin while still encouraging and allowing it to be active.



Regenerating Eye Cream

softens the appearance
of fine lines and wrinkles

Skin condition
For mature skin.

Regenerating Eye Cream refines the delicate skin around the eyes, reducing the appearance of fine lines and wrinkles. This rich cream invigorates while supporting natural skin regeneration. Formulation: Quince seed, birch leaf and borage refine pores and balance moisture. Acerola berries and sea buckthorn join red clover to enhance skin tone and elasticity. Macadamia nut oil and borage replenish, soothe and balance. Precious botanical extracts offer the eye area renewed vitality.



Regenerating Serum

refines and tones
mature skin

Skin condition
For mature skin.

Regenerating Serum supports the skin's natural processes of renewal to minimise the appearance of fine lines and wrinkles. Formulation: Quince seed, kalanchoe, red clover and clover blossom honey replenish and protect, smoothing the appearance of wrinkles and supporting the skin's ability to balance moisture. Skin is fortified and balanced for the look and feel of smoother, firmer skin. Sensitive, reddened skin is calmed.



Regenerating Day Cream

refines and tones
mature skin

Skin condition
For mature skin.

Regenerating Day Cream supports the skin's natural processes of renewal to minimise the appearance of fine lines and wrinkles. Skin looks and feels vital, rejuvenated and smooth. Formulation: Red clover, acerola berries, raspberry seed oil and shea butter protect and support natural skin regeneration. Jojoba and avocado oils replenish and smooth. Kalanchoe and marsh mallow balance moisture and promote skin resilience.



Regenerating Day Cream Complexion

smoothing facial care with mineral pigments,
visually balancing

Skin condition
For mature skin.

Regenerating Day Cream Complexion leaves the skin feeling noticeably smooth while refreshing any skin tone with light-reflecting, subtly bronzing mineral pigments. It can balance out the look of slight pigmentations and reduce the appearance of fine lines and wrinkles for a radiant, flawless appearance. The composition featuring revitalising plant extracts of red clover, bryophyllum and field horsetail helps support the skin's moisture-activating ability, while avocado and olive plant oils protect the skin, nourishing and supporting its powers of self-renewal.



Regenerating Neck and Décolleté Cream

firms, refines and tones

Skin condition
For mature skin.

Regenerating Neck and Décolleté Cream helps support skin's natural processes of renewal to minimise the appearance of wrinkles. This enlivening cream absorbs quickly to give the look and feel of firmer and smoother skin. Formulation: Marsh mallow, birch leaves, red clover, macadamia nut oil and argan oil are intensively hydrating, protective and smoothing while supporting moisture balance.



Regenerating Intensive Treatment

specialised care
for mature skin

Skin condition
For mature skin with wrinkles
and regeneration weaknesses.

Dr. Hauschka Intensive Treatments are formulated for skin that has lost its natural balance and requires focused care. Regenerating Intensive Treatment supports the skin's natural ability to regenerate; revitalising and firming mature skin while helping to maintain moisture balance. Formulation: Rhythmitised dilutions of madonna lily, ginkgo and hawthorn work with gemstones blue tourmaline, amber and gold to support your skin's natural processes of renewal, minimising the appearance of fine lines and wrinkles. Skin cells are renewed every 28 days. Mirroring this same regenerative cycle, Regenerating Intensive Treatment should be used as skin care for 28 days.



Intensive Treatment for Menopausal Skin

specialised care for skin during menopause

Skin condition

For mature skin with redness and pigmentation problems.

Dr. Hauschka Intensive Treatments are formulated for skin that has lost its natural balance and requires focused care. Intensive Treatment for Menopausal Skin balances hormonally related skin changes while supporting your skin's natural processes of renewal. The appearance of redness and spots is diminished for a calm, even complexion. Formulation: Rhythmised dilutions of daisy and rose work with gemstones argentite, ruby powder and black cohosh to revitalise dull, lifeless skin and reduce the appearance of redness and irregular pigmentation. Skin cells are renewed every 28 days. Mirroring this same regenerative cycle, Intensive Treatment for Menopausal Skin should be used as skin care for 28 days.



Regenerating Hand Cream

intensively smoothing skin care with an active moisturising effect

Skin condition

For mature skin.

Regenerating Hand Cream softens and smoothes skin while providing immediate, effective and long-lasting protection against environmental influences. The rich composition features olive and avocado oils as well as silky cocoa butter to support the firmness and elasticity of the skin. Extracts of nourishing and vital plants, including red clover, kalanchoe and quince seed deeply moisturise and support the skin's processes for balanced hydration. This fortifies the hands from wrist to fingertips and supports the skin's natural processes of renewal when used as recommended.



Regenerating Body Cream

firms and hydrates

Skin condition

For mature skin.

Regenerating Body Cream supports natural skin regeneration for toned, smooth skin. The enveloping fragrance of roses and oranges is combined with vanilla and woody notes to delight the senses. Formulation: Jojoba oil and candelilla wax hydrate while red clover, horsetail and birch leaves support the skin's natural powers of renewal. Marsh mallow provides moisture-balancing support.





Our make-up products use natural mineral pigments that blend visually with your own skin tone. This way, even powerful shades appear to enhance rather than cover up your natural colours. The multifaceted,

colourful world of Dr. Hauschka Make-up has been created in collaboration with professional make-up artists.

Make-up

Radiance and vitality is our definition of beauty. That's why Dr. Hauschka Make-up respects and highlights your individuality.



Foundation

Nourishing and naturally luminous for all skin tones: Light to medium coverage creates a flawless complexion. The formulation combines mineral pigments with nourishing botanical ingredients such as pomegranate, macadamia nut oil and coconut oil to hydrate and protect skin.

01 macadamia



02 almond



03 chestnut



04 hazelnut



05 nutmeg



06 walnut*



07 pecan*



Concealer

Beautifully balanced: Natural coverage conceals imperfections. The formulation combines mineral pigments with nourishing botanical ingredients such as calendula and shea butter to nurture skin.

01 macadamia



02 chestnut



03 nutmeg





Light Reflecting Concealer

Brighten: Soften dark shadows with natural light reflections. The formulation combines mineral pigments with soothing botanical ingredients such as anthyllis and almond oil. Suitable for sensitive skin.

00 translucent



Loose Powder

A light touch: This sheer powder sets make-up and reduces oily shine. This delicate formulation combines mineral pigments, silk and nourishing botanical ingredients such as witch hazel to protect skin without drying. The result: a wonderfully soft, fresh finish.

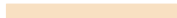
00 translucent



Compact Powder

A soft touch: Compact Powder reduces shine and offers an even, flawless finish. The formulation combines mineral pigments with nourishing ingredients such as anthyllis and silk powder to leave the skin feeling velvety soft and silky smooth

01 macadamia



02 chestnut



03 nutmeg



Colour Correcting Powder

Fresh and flawless: Featuring four translucent shades, Colour Correcting Powder reduces the appearance of redness and lightens shadows for a beautifully fresh complexion. Luminous mineral pigments are combined with nourishing botanical ingredients such as soothing anthyllis and witch hazel for a flawless appearance.

00 translucent





Bronzing Powder

Sun-kissed and glowing: This sheer powder adds a translucent bronzed effect to the skin – for radiance that glows with vitality. The formulation combines mineral pigments with nourishing botanical ingredients such as witch hazel and sage to soothe, protect and comfort skin.

01 bronze



Blush Duo

Enchanting: Two complementary shades frame the face and highlight the cheeks. The formulation combines mineral pigments with nourishing botanical ingredients such as sage and anhyllis for cheeks that look and feel radiant, healthy and supple.

01 soft apricot



02 dewy peach



03 sun-kissed nectarine





Eye Definer

Eyes redefined: This soft pencil glides on smoothly to highlight the eyes' expressive beauty. The gentle formulation combines mineral pigments with nourishing botanical ingredients such as anhyllis, quince wax and shea butter to soothe and moisturise for a silky soft finish.

01 black



02 brown



03 blue



04 green



05 taupe



06 plum



Eye Definer nude

As bright as the stars: This soft, nude shade makes eyes appear bigger and brighter. The gentle formulation combines mineral pigments with nourishing botanical ingredients such as anhyllis, quince wax and shea butter to soothe and moisturise for a silky soft finish.

00 nude





Eyeshadow Trio

Bold & Brilliant: Three complementary shades reflect, highlight and enliven – for brilliant, sparkling eyes. The formulation combines mineral pigments, silk and nourishing botanical ingredients such as black tea to moisturise and soothe the delicate skin around the eyes.

01 sapphire



02 jade



03 ametrine



04 sunstone



Eyeshadow

Deep & Dazzling: Vibrant colours intensify all eye make-up. The formulation combines mineral pigments, silk and nourishing botanical ingredients such as black tea to moisturise and soothe the delicate skin around the eyes.

01 alabaster



02 lapis lazuli



03 rubellite



04 verdelite



05 amber





Eye & Brow Palette

Eye-opening: The velvety, matte colours offer depth to the eyes and create beautifully expressive eyebrows. The formulation combines mineral pigments, silk powder and nourishing botanical ingredients such as black tea to moisturise and soothe the delicate skin around the eyes.

01 stone



Liquid Eyeliner

Like magic: Precise, eye-defining lines. Combines mineral pigments with botanical ingredients to nurture and soothe.

01 black



02 brown





Defining Mascara

Striking: Mascara separates and defines each lash for a naturally expressive look. The formulation combines mineral pigments with nourishing ingredients such as eyebright and beeswax to soothe and protect delicate lashes.

01 black



02 brown



03 blue



Volume Mascara

So very expressive: Mascara creates visibly thicker lashes for a real volume boost. The formulation combines mineral pigments with nourishing ingredients such as quince seed, silk and candelilla wax to envelop and protect every single lash.

01 black



02 brown



03 plum





Brow & Lash Gel

Intensify: This transparent gel shapes and fixes eyelashes and eyebrows to intensify the effect of all mascaras. The formulation of nourishing botanical ingredients such as neem and eyebright nourishes lashes and eyebrows.

00 translucent



Lip Liner

Fully redefined: This ultra-smooth formulation glides over lips to precisely and expertly outline their natural contours. The formulation combines mineral pigments with nourishing botanical ingredients such as witch hazel, jojoba oil and rose wax to moisturise the lip area.

01 tulipwood



02 red heart



03 mahogany



04 cumaru



05 sandalwood



Lip Line Definer

Lip perfect: Transparent pencil forms an invisible, moisturising barrier that prevents lipstick and lip glosses from smudging and running. The formulation consists of nourishing botanical ingredients such as witch hazel, shea butter and rose wax to moisturise the lip area.

00 translucent





Lipstick

Your lip secret: Intense colour, soft shimmer. Moisturising with mineral pigments and botanical ingredients such as rose petals, almond oil and carnauba wax.

01 rosebay	10 dahlia
02 mandevilla	11 amaryllis
03 camellia	12 paeony
04 busylizzy	13 bromelia
05 fuchsia	14 caralluma
06 azalea	15 bee orchid
07 orpine	16 pimpernel
08 hollyhock	17 geum
09 chessflower	18 fire lily



Sheer Lipstick

Wonderfully delicate: Light, creamy texture, subtle shimmer. Combines mineral pigments with nourishing ingredients such as rose hips, argan oil and beeswax for silky soft lips.

01 majalis
02 rosanna
03 muskrose
04 florentina
05 zambra
06 aprikola



Lip Gloss

Vibrant : For a silky-soft feel and brilliant shine. Combines mineral pigments with nourishing botanical ingredients such as anhyllis, mango butter and sea buckthorn oil to soothe, protect and moisturise lips.

01 bush plum



02 raspberry



03 blackberry



04 goji



05 cornelian



06 tamarillo



Lip Gloss radiance

Naturally kissable: Light, silky texture and brilliant, long-lasting shine. With mineral pigments, medicinal plant extracts (particularly witch hazel) and mango butter. Leaves lips moisturised and silky soft.

00 radiance





Each product – whether it's a lotion, an oil, a cream or a powder – has its own distinctive character. One of the main functions of our body care range is to regulate and maintain the body's natural heat

rhythms – either by supporting the creation of heat, focusing the heat, or letting it flow through the body. Dr. Hauschka Body Care provides many opportunities for mindful moments.

Body Care

When developing Dr. Hauschka's range of body care products, we remain mindful of the human body as a whole with all its various needs. The idea is to support the body's own activities by strengthening and balancing impulses, thereby helping it to reach its natural equilibrium.



Shower Cream

gentle, nourishing shower cream
with lemon and lemongrass

The formula of high-quality natural ingredients with pure essential oils combines gentle care with invigorating freshness. Protective quince seed extract activates the skin's natural defences. Plant-based cleansers gently purify the skin while precious oils provide extra nourishment. The scent of lemon and lemongrass creates a light burst of freshness.



Lemon Lemongrass Vitalising Body Wash

harmonises and nourishes

The exotic fragrance of fresh ginger root coupled with an invigorating mix of lemon and lemongrass refreshes and brings you to life in the morning. The light, creamy foam with quince seed extract and vegetable emulsifiers gently cleanses your skin without drying it out. High-quality vegetable oils provide additional moisturising care.



Moor Lavender Calming Bath Essence

soothes and protects

This delicately formulated product with horse chestnut and horsetail extracts features a moor extract prepared using a special rhythmic procedure. When combined with warm water, it offers a sense of enveloping protection. Almond and avocado oil gently moisturise your skin.



Rose Nurturing Bath Essence

harmonises and protects

Rose water, rose essential oil and rose petal extracts give this floral bath essence the surprising versatility of a rose: from a sense of gentleness through sensuality to the sublime. The harmonising bath essence soothes your soul while giving you a pleasant sense of alertness. Almond and jojoba oil leave your skin feeling soft and silky smooth.



Sage Purifying Bath Essence

refreshes and cleanses

With carefully selected essential oils, Sage Purifying Bath Essence offers warmth and keeps out the cold – a real blessing in the winter months. Refreshes and deodorises the skin after sport and physical activities. Sage foot baths revive tired, swollen feet, and, used regularly, regulate perspiration and make the skin soft and smooth. Washing with Sage Purifying Bath Essence also helps care for blemished skin.



Spruce Warming Bath Essence

comforts and invigorates

When the days turn cold and wet, Norway spruce essential oil is an invaluable aid. It supports circulation and, together with warm bath water, offers intensive, long-lasting warmth for the body – both inside and out. The resinous Norway spruce fragrance has a calming effect and lets you breathe freely while jojoba oil gently moisturises skin. A blissful bathing product for those cold winter months.

Available from October to April.





Nourishing Hair Conditioner

smoothes and hydrates

Regenerative medicinal plant extracts from marsh mallow, oak and nettle provide moisture and strengthen your scalp and hair. Wheat and milk proteins provide protection, elasticity and volume, and neem, macadamia nut and jojoba oils restore shine, vitality and manageability. The result: healthy, cared for hair with natural shine and vitality.



Revitalising Hair & Scalp Tonic

fortifies and invigorates

Revitalising Hair & Scalp Tonic adds natural shine, volume and manageability to all hair conditions. It strengthens hair as it calms and balances an excessively dry or oily scalp. Formulation: Neem leaf strengthens keratin, fortifying fine hair and discouraging breakage. Arnica and birch bark extracts nourish and balance an oily or dry scalp. Rosemary, borage and horse chestnut support healthy hair follicles.



Strengthening Hair Treatment

restores strength and shine

Strengthening Hair Treatment revitalises and restores dry, damaged, permed or colour treated hair to a soft, silky condition. This intensive hair treatment renews and strengthens hair follicles while calming the scalp. Hair becomes healthy, shiny and more manageable. Formulation: Neem leaf extract strengthens keratin, fortifying, softening and renewing damaged, brittle hair while chamomile extract soothes and balances the scalp. Rosemary essential oil enlivens, supporting healthy hair follicles.



Rose Deodorant

gentle, natural protection

Knowing that we are prepared to meet the daily challenges of everyday life with a smile gives us a sense of relaxation and tranquillity. In our creamy Rose Deodorant, we use a carefully formulated combination of gentle, deodorising and nourishing ingredients. Rose water lends an elegant, delicate fragrance while alchemilla essence helps to gently regulate perspiration. To top it all off, when essential rose oil meets high-quality jojoba oil, the skin receives an exceptional kind of care that one can't help but feel happy about. Our low alcohol roll-on is especially suitable for normal to sensitive skin. It has a harmonising effect, contains no pore constricting aluminium salts and does not stain clothing.



Sage Mint Deodorant

refreshing, long-lasting control

Whether we are physically or mentally active, perspiration is of vital importance. It not only regulates our body temperature but also removes impurities and forms the acid mantle as a barrier on the surface of the skin to protect against harmful germs. Our non-oily Sage Mint Deodorant contains sage and witch hazel essences, which are both naturally antimicrobial and astringent. The deodorising combination of an invigorating mint scent with a natural herbal bouquet of sage promises long lasting freshness. We intentionally avoid the use of pore constricting aluminium salts. Our low alcohol roll-on is very gentle on the skin and does not stain clothing.



Lemon Lemongrass Vitalising Body Milk

firms and refreshes

The enlivening, fresh scent of Lemon Lemongrass Vitalising Body Milk awakens and invigorates. This fast absorbing, revitalising body milk is the perfect complement to an active, healthy lifestyle. Formulation: Extracts of lemon and lemongrass invigorate and refresh the body, leaving it feeling toned and firm. Quince seed extract soothes and hydrates, promoting increased moisture levels while jojoba, sunflower and olive oils replenish, fortify and nourish the skin for all-day hydration.



Quince Hydrating Body Milk

refreshes and enlivens

The subtly scented Quince Hydrating Body Milk cools and soothes skin while the easily absorbed formulation encourages natural regeneration, leaving it feeling silky and smooth. Formulation: Hydrating quince seed extract transfers its natural moisturising properties to the skin. Combined with jojoba and olive oils, quince also helps skin maintain a healthy moisture balance. Extracts of blackthorn and sage fortify, revitalise and firm. Skin looks and feels smooth, soft and supple.



Lavender Sandalwood Calming Body Cream

soothes and balances

Lavender Sandalwood Calming Body Cream features the smooth, comforting scent of lavender complemented by warm notes of sandalwood. Extracts of lemon balm and wood sorrel balance and renew, while macadamia nut, apricot kernel and avocado oils support and fortify the skin's protective barrier. Skin is left feeling smooth, soft and protected.



Rose Nurturing Body Cream

harmonises and protects

Featuring the delicate fragrance of roses, the iconic Rose Nurturing Body Cream offers warmth and protection to the skin and senses. Quickly absorbed, this rich, luxurious product supports the skin's natural barrier function for intensive care and protection. Gentle enough for babies' and children's delicate skin. Formulation: Rose wax, rose essential oil and precious extracts from wild rose hips and rose petals hydrate the skin and protect against dryness. Organic shea butter is combined with almond and jojoba oils for silky, soft skin.



Almond Soothing Body Cream

calms and balances

Almond Soothing Body Cream awakens the mind and nurtures the senses; while the soft, floral scent of the almond blossom evokes thoughts of the early days of spring, the warm and sensual hints of the almond fruit whisk us away into the colourful life of the Italian summer. Formulation: Almond kernel oil blended with extracts of soothing St. John's wort and balancing anhyllis soothes, calms and fortifies dry, sensitive skin. Quince and marshmallow extracts balance moisture content, leaving the skin soft to the touch.



After Sun

cools and hydrates
for a longer-lasting tan

After a day in the sun, your skin can be slightly irritated and warm. Despite using sun cream, it can feel drier than usual. Rich, cooling After Sun refreshes and relaxes skin after sunbathing, and on-going use helps maintain your tan for longer. This fast absorbing lotion contains carrot and rosehip, moisture rich extracts of ice plant and quince seeds that leave your skin feeling silky smooth. Marigold and anhyllis soothe sun-stressed skin. Almond oil, shea butter and rose wax provide intensive moisturising care to prevent your skin from drying out.



Silk Body Powder

luxurious care from head to toe

A silky-smooth absorbent powder with a soft, fresh scent that stabilises the skin's natural balance. This body powder provides nurturing and luxurious all-day care for all skin conditions. The fine powder composition is free from skin irritating substances. Your body receives a natural matte sheen and even highly sensitive skin is gently protected. Gentian and oak extracts cool and refresh while sage extract supports healthy skin and scalp.



Lemon Lemongrass Vitalising Body Oil

firms and refreshes

Awaken your body and mind with vitalising everyday body care. Lemon Lemongrass Vitalising Body Oil fortifies and firms the skin while the uplifting, refreshing scent of lemon peel and lemongrass extracts invigorates. Formulation: Lemongrass, mistletoe, field horsetail and lemon peel are combined with sunflower oil, then carefully blended using unique rhythmic processing methods. During this phase, the mixtures are heated to 37 °C – human body temperature. They are carefully mixed in the mornings and evenings to allow the properties of the nurturing plants to be transferred to the oil.



Blackthorn Toning Body Oil

warms and fortifies

Supple, toned skin depends upon skin elasticity. Blackthorn Toning Body Oil offers strengthening, warming skin care for all the family. It has even proved successful during pregnancy when it is particularly important to keep skin supple to prevent pregnancy-induced stretch marks. Blackthorn blossom and birch leaf extracts enhance skin elasticity while sun-drenched St. John's wort and jojoba oil support the skin's natural processes of renewal and fortification. Formulation: Blackthorn blossoms, birch leaves and St. John's wort are combined with sunflower oil, then carefully blended using unique rhythmic processing methods. During this phase, the mixtures are heated to 37 °C – human body temperature. They are carefully mixed in the mornings and evenings to allow the properties of the nurturing plants to be transferred to the oil.



Moor Lavender Calming Body Oil

soothes and protects

When you long for warmth and inner strength, Moor Lavender Calming Body Oil envelops your skin like a protective cover, restoring your sense of vitality. The key part of its composition is moor (peat moss) extract, produced using Dr. Hauschka's signature rhythmic processing method that exposes the extract to light and darkness, rest and movement. Invigorated by horsetail and horse chestnut tinctures, this precious formulation is left to develop undisturbed for several weeks. During this period, dormant processes in the moor are reawakened, generating heat and movement. This metamorphosed moor extract stimulates inner mobility and warmth, inviting you to head out into the world, explore and discover. Formulated with natural lavender essential oil, this composition stirs the senses and clears the mind.



Rose Nurturing Body Oil

harmonises and protects

There are times when your skin and mind long for harmonising, strengthening care. Promote a sense of balance and well being with this delicate, nourishing body oil. Rose Nurturing Body Oil with extracts of damask roses and rose essential oil soothes, calms and protects sensitive skin. Jojoba oil maintains moisture for silky, supple skin. The soft rose scent soothes the senses. Formulation: Damask roses are combined with sunflower oil and carefully blended using unique rhythmic processing methods to allow the skin balancing properties of the rose to be transferred to the oil. During this phase, the mixture is heated to 37 °C – human body temperature. The base product is carefully mixed in the mornings and evenings to allow the skin balancing properties of the rose to be transferred to the oil.



Birch Arnica Energising Body Oil

supports before and after exercise

After strenuous activity or a sauna, the skin welcomes revitalisation: Birch Arnica Energising Body Oil's refreshing scent revives the body and awakens the mind, as nourishing plant extracts join jojoba oil to maintain moisture balance for soft, supple skin. Tired muscles are soothed and stiff limbs are warmed for increased flexibility. Formulation: Birch leaves, arnica, burdock root and nettle are combined with sunflower oil, and then carefully blended using unique rhythmic processing methods. During this phase, the mixtures are heated to 37 °C – human body temperature. The base products are carefully mixed in the mornings and evenings to allow the properties of the nurturing plants to be transferred to the oil.



Hydrating Hand Cream

absorbs quickly with lasting effect

Hydrating Hand Cream soothes, nourishes and protects hands from cold, harsh or dry conditions. The composition of blackthorn and anhyllis, as well as beeswax and wheat germ oil, preserves moisture and creates noticeable smoothness for dry, overworked hands.



Neem Nail & Cuticle Oil

restores and strengthens

Neem Nail & Cuticle Oil penetrates the nail to strengthen and fortify while softening cuticles. Formulation: Neem leaf extract strengthens keratin, fortifying nails against breakage. Apricot kernel oil penetrates and moisturises nails for greater flexibility. Extracts of chamomile and anhyllis soften and renew cuticles. The strengthened nail grows healthy.



Neem Nail & Cuticle Pen

strengthens and protects

Keep your nails in the best possible condition at all times with the practical and compact Neem Nail & Cuticle Pen; Whether at home or out and about, your nails can benefit from a mini manicure treatment whenever you have a few moments to spare.



Hydrating Foot Cream

soothes and refreshes

Whether at work, after sport or in your free time, Hydrating Foot Cream is ideal for daily foot care and an invigorating foot massage. The creamy consistency absorbs quickly to offer intensive care and moisture, especially for dry feet.



Deodorising Foot Cream

absorbs moisture,
refreshes and protects

The Deodorising Foot Cream refreshes the feet and supports a healthy skin condition. Natural silk and rice starch directly bind excess moisture with long-lasting effect. They protectively envelop the foot as a fine layer of powder and prevent friction and pressure points. The composition with essential rosemary oil, sage and real European goldenrod regulates perspiration. This creates a healthy foot environment, helping to prevent unpleasant odours.



Revitalising Leg & Arm Tonic

invigorates and energises

Revitalising Leg & Arm Tonic invigorates and tones the skin. It soothes and minimises water-retention (swelling) while tired legs and arms regain a sense of lightness. Formulation: Rosemary essential oil energises and warms. Borage helps reduce the appearance of varicose veins and cellulite. After a long day of sitting or standing, Revitalising Leg & Arm Tonic refreshes and energises limbs for continued activity.



All Dr. Hauschka Med products are developed in cooperation with dermatologists, cosmeticians, test institutes and universities – and in accordance with the latest scientific findings. They are scientifically proven to produce effective results. The solid and

competent foundation for this range is provided by more than 80 years of experience of WALA Heilmittel GmbH. WALA Medicines and all Dr. Hauschka and Dr. Hauschka Med products are manufactured under the umbrella of this company.

Medical skin care

With their protective and balancing properties, Dr. Hauschka Med products provide more than basic care, they also have a preventive and stabilising effect. Dr. Hauschka Med includes products to combat atopic dermatitis, very dry skin and lips that are prone to cold sores, as well as products to protect the teeth and promote a healthy oral flora.



Ice Plant Face Cream

daily facial care
for very dry, flaky skin

strengthens the skin,
also in the case of atopic dermatitis

When using Ice Plant Face Cream, you do more than just apply a rich product that carefully supports your skin. You also notice that the basic care product is instantly absorbed and your skin relaxes.

- › Reduces tautness and prevents itchiness
- › Fortifies the skin's natural barrier function
- › Absorbs instantly without leaving a greasy film
- › With white poppy oil for the sensitive facial skin
- › Suitable for use as a base for make-up



Ice Plant Body Care Lotion

daily body care
for very dry, flaky skin

strengthens the skin,
also in the case of atopic dermatitis

As part of the daily skin care regime to combat very dry, flaky skin and as supportive basic skin care for atopic dermatitis sufferers. Fortifies the natural barrier function and leaves skin feeling pleasantly cared for.

- › Reduces tautness and prevents itchiness
- › Fortifies the skin's natural barrier function
- › Absorbs instantly without leaving a greasy film



Intensive Ice Plant Cream

localised care
for very dry, itchy skin

stabilises the skin,
also in the case of atopic dermatitis

Many people are familiar with those agonising times when their skin is extremely dry and itchy, especially in sensitive areas such as the face, the crook of the arm or the hollow of the knee. At these times, Intensive Ice Plant Cream provides extreme nourishment to improve the skin's moisture balance. Skin treated in this way can re-establish its natural barriers more successfully and itches less.

- › Reduces itchiness
- › Helps particularly dry areas of skin to naturally regulate themselves
- › Stabilises the skin's natural barrier function



Acute Care Potentilla

localised care
for reddened, irritated and itchy skin

soothes skin
suffering from atopic dermatitis

What starts with slight redness and itchiness can often quickly become a major issue. Irritated areas of skin that struggle to improve on their own require special care and attention. Acute Care Potentilla restores the balance to irritated skin and helps to sustainably break the cycle of itchiness and scratching. Itching is quickly alleviated – even at the first signs of reddened skin.

- › Soothing skin care for areas of skin prone to inflammation
- › Alleviates itching even at the first signs of reddened skin



Labimint Acute Lip Care

for tight,
tingling lips

At the heart of Labimint Acute Lip Care are the freshly pressed juices of precious calendula and echinacea, which are known for their soothing and regenerative effects. The 100% pure medicinal herb juices are supplemented by an extract from sage, which has purifying properties.

- › Applied early enough, prevents cold sores
 - › Soothes tight, tingling lips
 - › For velvety soft lips



Fortifying Mint Toothpaste

strengthens the gums,
effectively protects against inflammation

Strong gums and thorough oral hygiene are essential for healthy teeth. It is therefore important to stabilise the oral flora in order to prevent harmful bacteria from growing in the first place. Regular brushing with a fortifying toothpaste helps to prevent plaque (bacterial film on the teeth), as well as the tartar, gum problems and cavities that may result from it.

- › Proven to have a rapid anti-inflammatory effect
- › When used regularly, removes plaque and helps to prevent tartar, gum inflammation and caries
 - › Helps to prevent gum bleeding
- › Helps to create a balanced, stable oral flora
 - › Keeps breath fresh



Sensitive Saltwater Toothpaste

gentle cleaning for sensitive teeth

menthol-free

Sensitive teeth with receding gum lines require special attention. They must be cleaned gently to avoid further abrasion but, at the same time, thoroughly enough for the teeth to remain healthy. This is because clean teeth, healthy gums and fortified mucous membranes are the best protection against plaque (bacterial film on the teeth) and the tartar and cavities which may result from it.

- › For sensitive teeth with exposed, sensitive areas of the tooth
- › When used regularly, removes plaque and helps to prevent tartar and cavities
- › Protects the mouth with antimicrobial natural essential oils
- › Fortifies the mucous membranes of the mouth
 - › Contains no peppermint or menthol, as recommended by homeopaths



Sage Mouthwash

strengthens the gums

keeps breath fresh

Sage Mouthwash effectively supports teeth cleaning and provides that confident feeling of fresh breath. It ensures good hygiene in places that toothbrushes and dental floss simply cannot reach.

- › Strengthens, firms and tones the gums
 - › Helps prevent inflammation in the mouth and stabilise the oral flora
 - › The combined cleansing properties of essential oils keep breath fresh
 - › Ready to use



Our various treatments employ not only soft hands, but also delicate brushes. Dr. Hauschka estheticians use products carefully tailored to your skin to impart

the knowledge gained from Elisabeth Sigmund: how to use deep relaxation and effective stimuli to reveal the skin's natural inner beauty.

Treatments

All Dr. Hauschka facial treatments begin with a footbath. Like many of our customs, this is not the norm. Yet we find it helps people to get out of their busy heads and find peace of mind, body and self.

Classic Facial Treatment according to Elisabeth Sigmund

The Art of Touch,
for lightness and inner balance

The classic facial treatment is unique. This method, developed by Elisabeth Sigmund, co-founder of Dr. Hauschka skincare, respects the natural rhythms and supports the skin functions. Soft brush strokes, pampering masks, fragrant compresses and intensive skin care. Relaxing, purifying and infinitely beneficial. Trust in the knowledge of Dr. Hauschka Skin Care and enjoy a sense of lightness and inner balance.

120 min.* | strokes for the legs and feet; strokes for the hair, relaxation of neck and shoulder muscles; strokes for the arms and hands; cleansing, toning; steam bath, clarifying mask; lymph stimulation; intensive care, mask; strokes for the décolleté; hot neck and shoulder compress; day or night care; optional: pore cleansing; eyebrow shaping, eyelash tinting, make-up

*Recommended treatment duration.

Luxurious Facial Treatment

Pampering moments,
for relaxation and new energies

Treat yourself or a loved one to a very special gift. The complete facial treatment is complemented by the gentle release of tension from the neck and back. The body, mind and soul receive healing stimuli, a sense of relaxation and renewed energy. Close your eyes and become at one with yourself.

135 min.* | Foot bath; strokes for the back; strokes for the legs and feet; strokes for the hair, relaxation of neck and shoulder muscles; strokes for the arms and hands; cleansing, toning; steam bath, clarifying mask; lymph stimulation; intensive care, mask; strokes for the décolleté; hot neck and shoulder compress; day or night care; optional: pore cleansing; eyebrow shaping, eyelash tinting, make-up

*Recommended treatment duration.

Revitalising Facial Treatment

Fresh energy,
lets the skin breathe

Like a day by the sea or a walk in the garden, this revitalising treatment gives your tired skin an extra bit of support. Clarifying Clay Mask allows it to breathe again, gentle stroking movements detoxify it and fragrant compresses offer fresh energy. Enjoy the result: radiantly beautiful skin and renewed vitality from head to toe. Ideal for the transition phases between the seasons.

105 min.* | Foot bath; strokes for the hair, relaxation of neck and shoulder muscles; cleansing, toning; steam bath, clarifying mask; lymph stimulation; intensive care, mask; strokes for the décolleté; hot neck and shoulder compress; day or night care; optional: pore cleansing; eyebrow shaping, eyelash tinting and make-up

*Recommended treatment duration.

Relaxing Facial Treatment

Leave the daily stress behind

Calm breathing, comforting warmth and a sense of security. This soothing facial treatment allows you to feel totally at one with yourself. Forget the hustle and bustle of everyday life: Gentle hand and brush strokes work with the rhythm and flow of lymph, supported by effective preparations Pampering treatments and masks gently round off the skin care experience. Welcome to your own personal pace.

90 min.* | Foot bath; strokes for the hair, relaxation of neck and shoulder muscles; cleansing, toning; lymph stimulation; intensive care, mask; strokes for the décolleté; hot neck and shoulder compress; day or night care; optional: make-up

*Recommended treatment duration.

Cleansing Facial Treatment

For a radiant complexion

Cleansing allows your skin to breathe. This intensive cleansing treatment gives your skin a sense of freedom and lightness and allows its natural radiance to shine through. Clarifying Steam Bath opens your pores, Clarifying Clay Mask cleanses and refines your skin and the brush-based lymph stimulation purifies and tangibly promotes the cleansing power of the skin.

Like a breath of fresh air for your skin.

75 min.* | Foot bath; strokes for the hair, relaxation of neck and shoulder muscles; cleansing, toning; steam bath, pore cleansing, clarifying mask; lymph stimulation; intensive care; day or night care; optional: eyebrow shaping, eyelash tinting, make-

*Recommended treatment duration.

Facial Treatment “One hour for myself”

A present for yourself,
pampering and revitalising

Do you yearn for pampering care? For a revitalising treatment? For the soothing scent of lavender or the freshness of lemon grass? Even if it is not long: this hour is all yours. Enjoy the gentle stroking movements on your face and décolleté as well as treatments, masks and skin care products tailored to your needs. There is always time for this appointment with yourself.

60 min.* | Strokes for the hair, relaxation of neck and shoulder muscles; cleansing, toning; lymph stimulation; intensive care, mask; strokes for the décolleté; hot neck and shoulder compress; day or night care; optional: eyebrow shaping, eyelash tinting, make-up

*Recommended treatment duration.

Clarifying Facial Treatment

Effective cleansing specifically for impure skin prone to inflammations

If your skin is yearning for calm and clarity, this intensive treatment is the perfect solution. Clarifying Steam Bath and Clarifying Clay Mask effectively cleanse the skin and open the pores, while a customised skin treatment and mask offer soothing care. Skin prone to inflammation can be soothed, and the skin's natural balance is restored. A great choice for beautiful skin.

60 min.* | Foot bath; strokes for the hair, relaxation of neck and shoulder muscles; cleansing, toning; steam bath, pore cleansing, clarifying mask; intensive care; day or night care; optional: eyebrow shaping, eyelash tinting, make-up

*Recommended treatment duration.

Firming Facial Treatment

For timelessly beautiful and refined skin

Beauty is radiance; your inner shine, which is revealed to the external world when you feel happy in your skin. This treatment effectively stimulates the anabolic processes in your skin, leaving it smooth and rosy. The complete facial treatment is complemented by intensive smoothing care for the eye area and gently toning care for your neck. For timelessly beautiful skin at every stage of life.

135 min.* | Foot bath; strokes for the legs and feet; strokes for the hair, relaxation of neck and shoulder muscles; strokes for the arms and hands; cleansing, toning; steam bath, clarifying mask; lymph stimulation; intensive care, mask; strokes for the décolleté; firming compresses for eyes and neck; neck and shoulder compress; day or night care; optional: pore cleansing; eyebrow shaping, eyelash tinting, make-up

*Recommended treatment duration.

Reviving Eye Treatment

Relaxing and refreshing moment

Our eyes laugh, cry and show us the whole world. This can be quite exhausting. This refreshing eye treatment relaxes while also revitalising the delicate skin in the eye area. Gentle stroking movements on the forehead and eye area stimulate the lymphatic flow and detoxify, while Eye Revive compresses nourish and revitalise. In short: a boost of freshness for tired eyes.

15 min.* | Relaxation of neck and shoulder muscles; stimulation of the lymph flow; strokes for the forehead and eyes; Eye Revive

*Recommended treatment duration.

Revitalising Body Treatment

Pampering touch,
harmonises from head to toe

Experience the art of touch in its purest form: rhythmically performed strokes from the tips of the toes to the ends of the hair harmonise and stimulate the lymphatic flow. Precious body care touches more than just your skin. A truly effective treatment. Pampering, soothing, centring. Welcome to your own natural balance.

90 min.* | Foot bath; strokes for the back, legs and feet, arms and hands, abdomen, décolleté, face, head

*Recommended treatment duration.

Revitalising Leg Treatment

For firm and
wonderfully light legs

Powerful, energised and fabulously light – what better way for your legs to feel as they carry you through your day. This treatment uses skilful hand movements and strokes to give your legs a new lease of life. Enjoyed regularly, it tangibly tones the tissue. The lymphatic flow and circulation are pleasantly stimulated plus waste products can be removed and cellulite reduced. Enjoy your new-found light legs!

45 min.* | Foot bath; strokes for the hips, sacrum and legs; rest

*Recommended treatment duration.

Pampering Body Oil Treatment

Blissful time out,
intensive and strengthening skin care

Warm oils. Rich aromas. Velvety-soft skin. This treatment invites you to open up your senses and experience true enjoyment. Gentle stroking movements and strengthening oil treatments pamper the body and warm the soul. The Dr. Hauschka body oils envelop you with refined fragrances and provide intensive skin care.

Blissful pampering with long-lasting effects.

60 min.* | Application of heated body oil; strokes for back, legs and feet, arms, hands, abdomen and décolleté, warm oil package

*Recommended treatment duration.

Strengthening Back Treatment

Relaxes and
lets breathe deeply

Our back defines our posture and intercepts a certain amount of tension. Encourage it with a little strengthening. Enjoyed regularly, the Dr. Hauschka treatment releases even deep-down tightness. Stroking movements on the back, head, arms and hands are wonderfully soothing and allow you to breathe deeply once more – ready to face the day ahead in a relaxed and upright manner.

30 min.* | Foot bath; strokes for the back, arms and hands

*Recommended treatment duration.



Cleansing Back Treatment

Cleanses and refines,
for a wonderfully relaxed back

Show off your back in all its beauty. This intensively cleansing and nourishing treatment offers your back some tender loving care and pleasantly invigorates it. Clarifying Clay Mask purifies and refines the skin while a Dr. Hauschka mask and skin care products tailored to your needs leave it wonderfully soft and relaxed. Bring on the summer!

45 min.* | Foot bath; strokes for the hair; pre-cleansing and toning; pore cleansing, clarifying mask; intensive treatments, final care

*Recommended treatment duration.

Revitalising Hand Treatment

Relaxes the hands,
pampers the skin

Your hands explore the world and do great things every day with strength and dexterity. This treatment offers them the care they need: a fragrant hand bath pampers the skin while stroking movements relax and treat the arms and hands. A little thank you to your hard-working helpers – ideal for combining with other treatments.

40 min.* | Hand bath; nail care, strokes for the arms and hands, hand mask

*Recommended treatment duration.

Revitalising Foot Treatment

Relaxes the feet,
pampers the skin

Like a walk on the beach or dancing bare foot, this treatment breathes new life into your tired feet. A warming foot bath relaxes and offers a sense of mindfulness, a soothing mask pampers the skin and gentle stroking movements on the legs and feet purify. The perfect pick-me-up for the body and mind – ideal for combining with other Dr. Hauschka treatments.

40 min.* | Foot bath; nail care; strokes for the legs and feet; foot mask

*Recommended treatment duration.



Impressum

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