

What's New at WALA March 2010



Dear Sir or Madam,

Slowly but surely spring is coming. Over the next few weeks we will be able to watch Nature awakening from her winter sleep and see the first signs of spring appearing. So in this Newsletter we would like to tempt you outside for a bit and show you what a typical working day looks like for a WALA gardener.

We wish you pleasant reading with this and many other topics.

Your WALA Newsletter Team

Further topics

- Three Questions for Rolf Bucher
- Gentle Help for Menstrual Problems
- Dr.Hauschka Soothing Mask named "Sales Hit of the Year 2009"
- Sponsoring: 14th International Solo Dance Theatre Festival Stuttgart
- Plant Portrait: Rhatany
- Tip of the month: WALA Malvenöl (mallow oil)



Three Questions for Rolf Bucher

On warm, sunny days the WALA gardeners are often envied for their work outside in the fresh air. They tend the medicinal plants; they harvest roots, leaves, bark, flowers and fruits for WALA Medicines and Dr.Hauschka Skin Care. But what goes on in the WALA medicinal herb garden in winter? The gardeners' team leader, Rolf Bucher, answers this and other questions in our interview.

[To the interview](#)



Gentle Help for Menstrual Problems

A searing pain spreads through the lower abdomen. During their period many women feel vulnerable and just want to be left in peace. But most women can't afford time out during this sensitive time of the month. So a remedy which provides gentle relief is a great help.

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Dr.Hauschka Soothing Mask named "Sales Hit of the Year 2009"

For the third time in a row, Dr.Hauschka Skin Care has been awarded the title "Sales Hit of the Year" in the face care category. This time it was Dr.Hauschka Soothing Mask that won over consumers. The moisture-balancing mask for sensitive skin that is prone to redness is now officially one of the most successful newly launched products of 2009 in the natural cosmetics segment.

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Dr.Hauschka Skin Care sponsors the 14th International Solo Dance Theatre Festival Stuttgart
Dr.Hauschka Skin Care is maintaining its commitment to culture: for the second time in succession we are sponsoring the International Solo Dance Theatre Festival that will take place this year in the TREFFPUNKT Rotebühlplatz in Stuttgart on 11-14 March 2010. As in 2009, Dr.Hauschka Skin Care is donating the 2nd prize for dance, which is worth 2,500 euros.

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Rhatany

Rhatany root is rich in tannins and is good for inflammation of the mucous membrane of the mouth. To survive in the poor, sandy soil of its native habitat, the Andes, rhatany uses a trick.

[To the Plant Portrait](#)

[More Portraits](#)



Tip of the month: WALA Malvenöl (mallow oil)

The season for colds and flu is coming to an end. But even when the worst symptoms are behind us, we often feel weak and run down in the convalescent phase. Now is just the time for strengthening and fortifying rubs with WALA Malvenöl*, a massage oil containing mallow extract. Rub into the back and arms in the evening, and into the legs in the morning.

[To the interview](#)

*Prescribing information

WALA Malvenöl

Indications according to the anthroposophical understanding of man and nature.

These include: Stimulation of the anabolic metabolism in nervous exhaustion, e.g. during convalescence. Warning: In rare cases arachis (peanut) oil can cause local skin reactions (e.g. contact dermatitis).

Service informations

Dr.Hauschka Med and Dr.Hauschka Skin Care products are available from authorised retailers, including natural food stores, natural beauty shops, department stores, perfume stores, pharmacies and Dr.Hauschka Estheticians. The Dr.Hauschka Service Team will give you the names of local suppliers and will answer any questions you may have. To contact them, call +49 (0)7164 930-181, Monday to Friday between 8 a.m. and 5 p.m. Or visit us on the Internet at www.dr.hauschka.de. Further information on natural skin care can be found at www.naturalbeauty.de.

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