

**DR. BAUMANN®**

Well-being, relaxation and health care



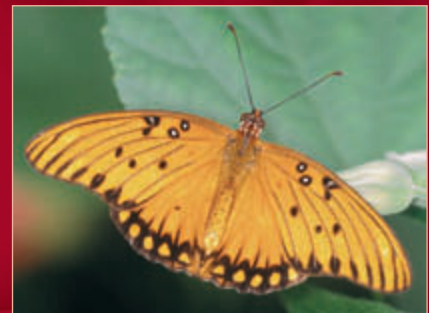
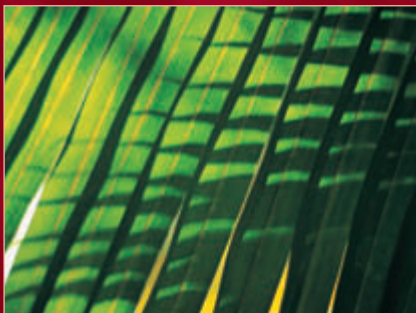
A fountain of youth for skin, body and soul

**DR. BAUMANN®**  
bionome **SPA**

# bionome SPA

Historically the word 'spa' is derived from the Latin "sana per aquam" meaning health through water. Since then the term also pertains to the use of oils, essential oils, mudpacks, sea salt, algae etc., everything which enhances health and well-being. Today SPA is also a synonym used for health farms, day spas and cosmetic institutes. Wellness treatments are carried out in cosmetic institutes with special SPA products. Beauty care at home should be tied in with these treatments in order to achieve lasting success.

According to the Duden German dictionary "bionomy" is the "science of the laws of life". These laws are the qualitative basis for the development of all DR. BAUMANN COSMETIC products, as well as the bionome SPA line. Besides well-being and relaxation the bionome SPA products also ensure optimal and healthy skincare. Therefore all ingredients are selected based on strict dermatological and allergological criteria and thought has been given to our environment.



The goals of bionome beauty care are:

- Optimal compatibility through application of dermatological and allergological knowledge in the selection of ingredients.
- A targeted range of ingredients whose effectiveness has been specified and proven and which are therefore beneficial to the skin.
- A harmony between the ingredients and the physiology and anatomy of the skin. This is achieved when as many ingredients as possible are endemic to the skin and body, meaning the substances occur naturally in the composition of the skin. SkinIdent®, our cutting-edge product line, is comprised exclusively of ingredients and vitamins endemic to the skin.
- Environmentally friendly: doing away with unnecessary waste such as outer packaging.
- Animal-friendly: no use of animal substances.

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## Well-being and relaxation at the institute in conjunction with daily beauty care at home



Treatments at the cosmetic institute and/or a wellness spa with bionome SPA products from DR. BAUMANN COSMETIC revitalize body and soul. Your skin is also visibly fresher and more youthful-looking. Revitalization at it's best.

This wonderful source of well-being and beauty should also be continued at home by nourishing and pampering yourself daily with DR. BAUMANN COSMETIC bionome beauty care products. Even the best professional treatment lasting a few hours cannot possibly replace a good home skincare routine over weeks, months and years and cannot repair damage done through skincare mistakes. Therefore you should have professional treatments in conjunction with a healthy bionome skincare routine at home. That way you will achieve well-being and optimal results for your skin.

## The importance of nutrition for health, beauty and well-being

A healthy diet is of utmost importance for a beautiful skin and for the health and well-being of the body and soul. A large number of human illnesses, especially cancer and cardiovascular disease, can be avoided through preventative measures such as a healthy diet, having adequate exercise and not smoking. The importance of a healthy diet for a beautiful skin cannot be stressed enough. Many scientific studies have shown that a vegetarian diet is healthier. This is stated in a 2003 policy document published by the ADA (American Dietetic Association) and the DC (Dieticians of Canada) on the health benefits of vegetarian and vegan diets. Many of the most renowned dieticians in the USA and Canada are members of these associations. The ADA alone has around 70 000 members. In this official policy document it states:

*"Well planned vegan and other forms of vegetarian diets are **appropriate for all phases of the life-cycle**, including pregnancy, lactation, early and later childhood and adolescence. Vegetarian diets offer a range of **benefits**."*

*"It is the position of the American Dietetic Association (ADA) and the Dieticians of Canada (DC) that a sensible, well-planned vegetarian diet is **conductive to good health** and suitable for meeting nutritional needs, as well as a being a healthy way of preventing and treating certain illnesses."*

*"It is the responsibility of dieticians to support and strengthen interest in vegetarian diets."*



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## Consumer protection: Recognizing cosmetic ingredients

For the protection of consumers it is a legal requirement that the ingredients in cosmetic products are identified on the packaging (INCI Declaration). But not much is known about what is hidden behind these (often Latin) terms. For this reason we have put together for you a list of frequently used chemical preservatives, perfumes and petroleum-based products/mineral oils.

**Perfumes:** Perfume, fragrance.

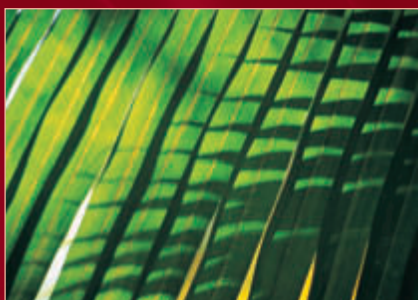
**Chemical preservatives:** Benzoic Acid, Methylparaben, Ethylparaben, Butylparaben, Propylparaben, Triclosan, Imidazolidinyl Urea, Diazolidinyl Urea, Chlorhexidin, Methylisothiazolinon, Sodium Benzoate, Potassium Sorbate, Dibromodicyanobutan, Sorbic Acid, DMDM Hydantoin, Polyaminopropyl Biguanide, Phenoxyethanol, Chlormethylisothiazolinon, Bronopol, Quarternium 115, Iodpropinylbutylcarbamate. Please note: "nature-related" preservatives are chemical preservatives.

**Petroleum-based products/Mineral oils:** Mineral Oil, Petrolatum (Vaseline), Paraffinum-Liquidum, Paraffinum-Subliquidum, Cera Microcristallina, Microcrystalline Wax, Ozokerit, Ceresin.

If you would like further information about the advantages and disadvantages of individual cosmetic ingredients we recommend the following literature: in particular the "Blue List" handed out for specialists classifies cosmetic ingredients according to the "potential allergic threat" they pose. The "Blue List" is written by the following authors: Dr. H.P. Fiedler, Wiesbaden; Prof. Dr. H. Ippen, Göttingen; Prof. Dr. F.H. Kemper, Münster; Prof. Dr. Dr. N.-P. Lüpke, Osnabrück; Prof. Dr. K.H. Schulz, Hamburg; Dr. W. Umbach, Düsseldorf.

An informative reference book for specialists and consumers without specialized knowledge is also the book "Die Bewertung kosmetischer Inhaltsstoffe anhand der INCI-Bezeichnungen" (A review of cosmetic ingredients based on INCI identification) mentioned by Dr. Ernst W. Henrich und Dr. Thomas Baumann. It serves to evaluate cosmetic products with regards to compatibility, allergic hazardousness and effectiveness. Furthermore a distinction is made between plant and animal ingredients to enable animal-friendly consumers and vegetarians to make the right product choices.

We guarantee you that in our products there are no chemical preservatives, no perfumes and no mineral oils and/or paraffin from petroleum.



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# Products and areas of application

## Bath Oils

These high-quality products contain valuable nourishing oils and active substances and are described individually below.

Note: Add the desired amount of bath oil to the bath water, preferably when the water is running. This promotes mixing and ensures that the bath oils provide the best possible nourishment to the skin. How long you spend in the bath is based on skin type and individual preference. Regular use leaves your skin nourished, soft and silky and therefore more beautiful.

### Lavender Bath Oil

This valuable bath oil with lavender also contains nourishing active ingredients such as olive oil, apricot kernel oil, jojoba oil, lecithin and vitamin E.

### Lemon Bath Oil

Citronella oil, jasmine oil and frankincense pamper and refresh your skin. In addition, olive oil, apricot kernel oil, jojoba oil, lecithin and vitamin E have a wonderfully nourishing effect.

### Rose Bath Oil

This wonderful bath oil contains rose oil as well as components of olive oil, apricot kernel oil, jojoba oil, lecithin and vitamin E to deeply nourish the skin.

### Mineral Sea Peel Oil

This sea salt oil exfoliator has a base of olive oil and sea salt for face and body. A particularly gentle and refreshing exfoliation is achieved through natural minerals without encumbering ingredients. Application time depends on individual skin type and preference. Cleansing, smoothing and revitalizing, the skin appears fresher, smoother and more attractive. A pleasant bath with one of the DR. BAUMANN bath oils followed by sea salt oil exfoliation is the ideal preparation for the application of other DR. BAUMANN COSMETIC SPA products.

## Body Tonic

A range of aromatic tonics with various essential oils which are wonderfully refreshing for both face and body. Whether after showering before applying body lotion or simply for refreshment this is always a real treat for skin, body and soul.

### Orange Body Tonic

With natural orange oil

### Mint Body Tonic

With natural peppermint oil

### Rose Body Tonic

With natural rose oil



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# Products and areas of application

## Body Lotion – SPA body products

The SPA Body Lotions are rich but light emulsions with a base of vitamins and natural oils such as apricot kernel oil, macadamia nut oil, jojoba oil and vitamin E. They are free from perfume but each Body Lotion has the effect of specific aromatherapy oils. Like all DR. BAUMANN COSMETIC products they are free of chemical preservatives, contain valuable natural substances but no mineral oils or animal products. There are four Body Lotions to choose from, each with specific aromatherapy oils:

### Citrus-Vanilla Body Lotion

Body Lotion citronella, vanilla

### Orange Body Lotion

Body Lotion with orange oil

### Jasmine Body Lotion

Body Lotion with jasmine oil

### Rose Body Lotion

Body Lotion with rose oil

## Body Oils

All the body oils are on a base of apricot kernel oil. Each body oil has its own essential oil with a specific effect on the skin, body and soul. They nourish, calm, revitalize and/or refresh the skin. The body oils are also ideal for massage. The skin appears healthy, glowing, smoother and firmer.

### Citrus-Vanilla Body Oil

Body oil with lemon and vanilla in apricot kernel oil

### Jasmine Body Oil

Body oil with jasmine oil in apricot kernel oil

### Rose Body Oil

Body oil with rose oil in apricot kernel oil

## Essential Care – SPA facial products

The term "essential" shows that all essential active ingredients together with a hint of essential oil can put beauty care products in a class of their own. The Essential Care facial products are wonderfully smooth creams, free of perfume but with the pleasantly refreshing effect of citronella oil and vanilla. Like all DR. BAUMANN COSMETIC products they are free from chemical preservatives and contain valuable natural ingredients and oils, but do not contain mineral oils or animal substances. There are three different Essential Care creams to choose from, one for each skin type:

### Essential Care for oily Skin

### Essential Care for dry Skin

### Essential Care for normal Skin

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# Our policy

For over 17 years the directors, cosmetic chemist Dr. Thomas Baumann and doctor and naturopath Dr. Ernst W. Henrich, have been pursuing their goal of developing bionome skincare products in a class of their own. From the start they worked according to a clear tried and tested concept: the doctor and naturopath provided input on what is best for the skin and the cosmetic chemist used these guidelines in his lab accordingly to develop products. The outcome was the leading-edge DR. BAUMANN bionome products available today.

Dr. Henrich and Dr. Baumann have also become well known as authors of the reference book “Die Bewertung kosmetischer Inhaltsstoffe anhand der INCI-Bezeichnungen” (An evaluation of cosmetic ingredients based on the INCI identification system). The book offers experts and interested end users useful information about rating cosmetic products according to their ingredients. The bionome quality standards are the result of continuous, systematic and ambitious research on health and skincare.

For years DR. BAUMANN COSMETIC GmbH has supported child and animal welfare projects worldwide. DR. BAUMANN COSMETIC GmbH will also continue to aid state and non-profit organisations' child and/or animal welfare programmes in the future, financially and through personal engagement. You can find some of these projects on our website [www.Dr-Baumann.com](http://www.Dr-Baumann.com).



Dr. Thomas Baumann



Dr. Ernst W. Henrich

**Warning, please note:** Only purchase our products from authorized cosmetic institutes following a consultation with trained staff, not on the internet via an online shop. Sales through online shops are strictly forbidden in our terms and conditions. By making unauthorized purchases on the internet you stand the risk of purchasing imitation or inferior quality products. We refuse to guarantee products which are bought on the internet via an online shop.

With best regards from your DR. BAUMANN Institute: