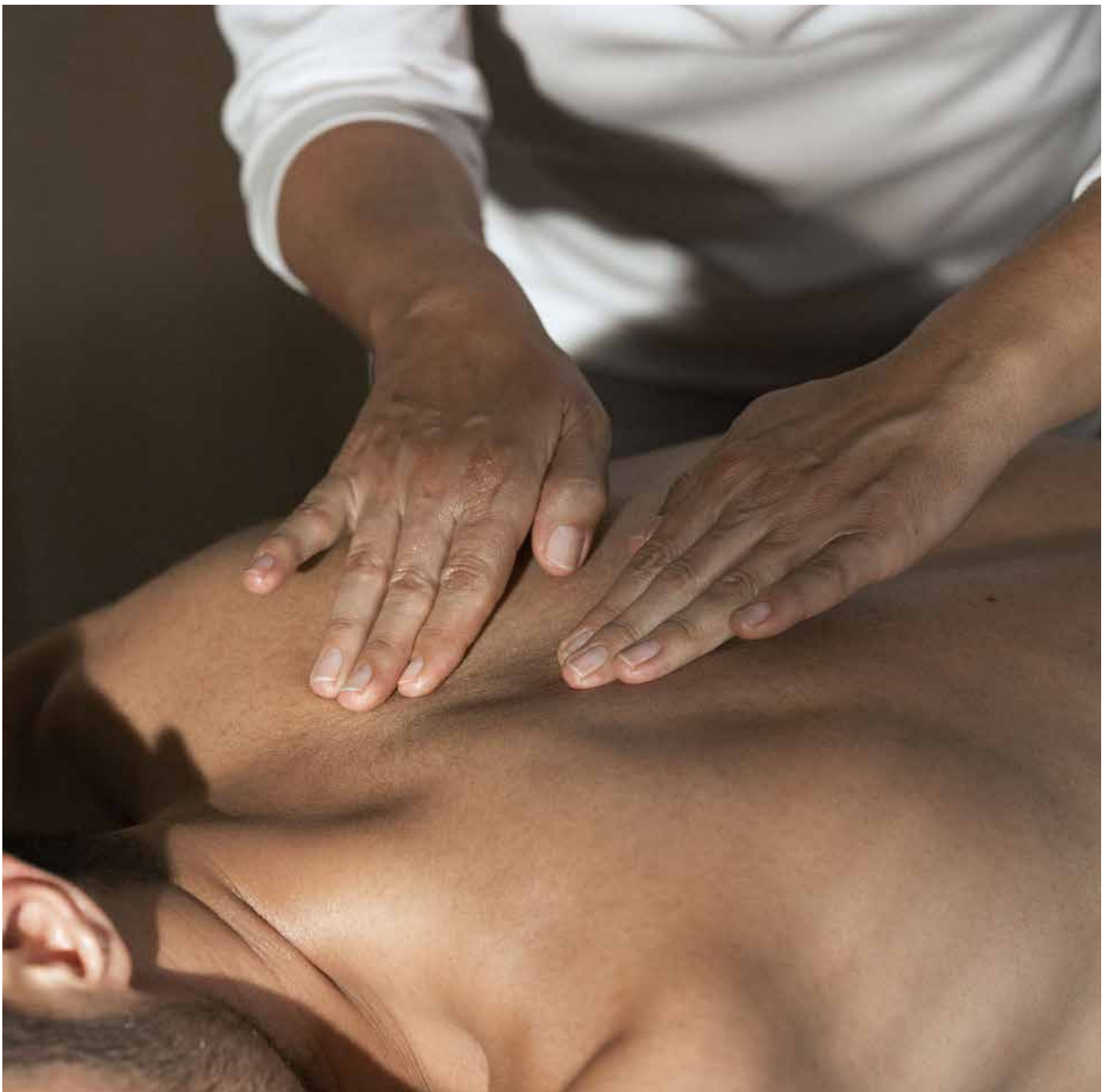


Dr. Hauschka



Treatments List

Dr. Hauschka



Dr. Hauschka cosmetics was born in 1967 and since its origins it has been an unconventional and revolutionary cosmetic, based on the natural support of the skin and its intrinsic capacity for renewal and regeneration.

Even today, we complement age-old knowledge with state-of-the-art technology. Our laboratories continue to conduct intensive basic research into active botanical ingredients, which we then use to develop new, effective formulations.

Our skin care products contain zero mineral oils, silicones, PEGs and synthetic preservatives. Instead, they are made of 100% natural raw ingredients, most of which are organic and often even of biodynamic quality, naturally certified under the Natrue label.

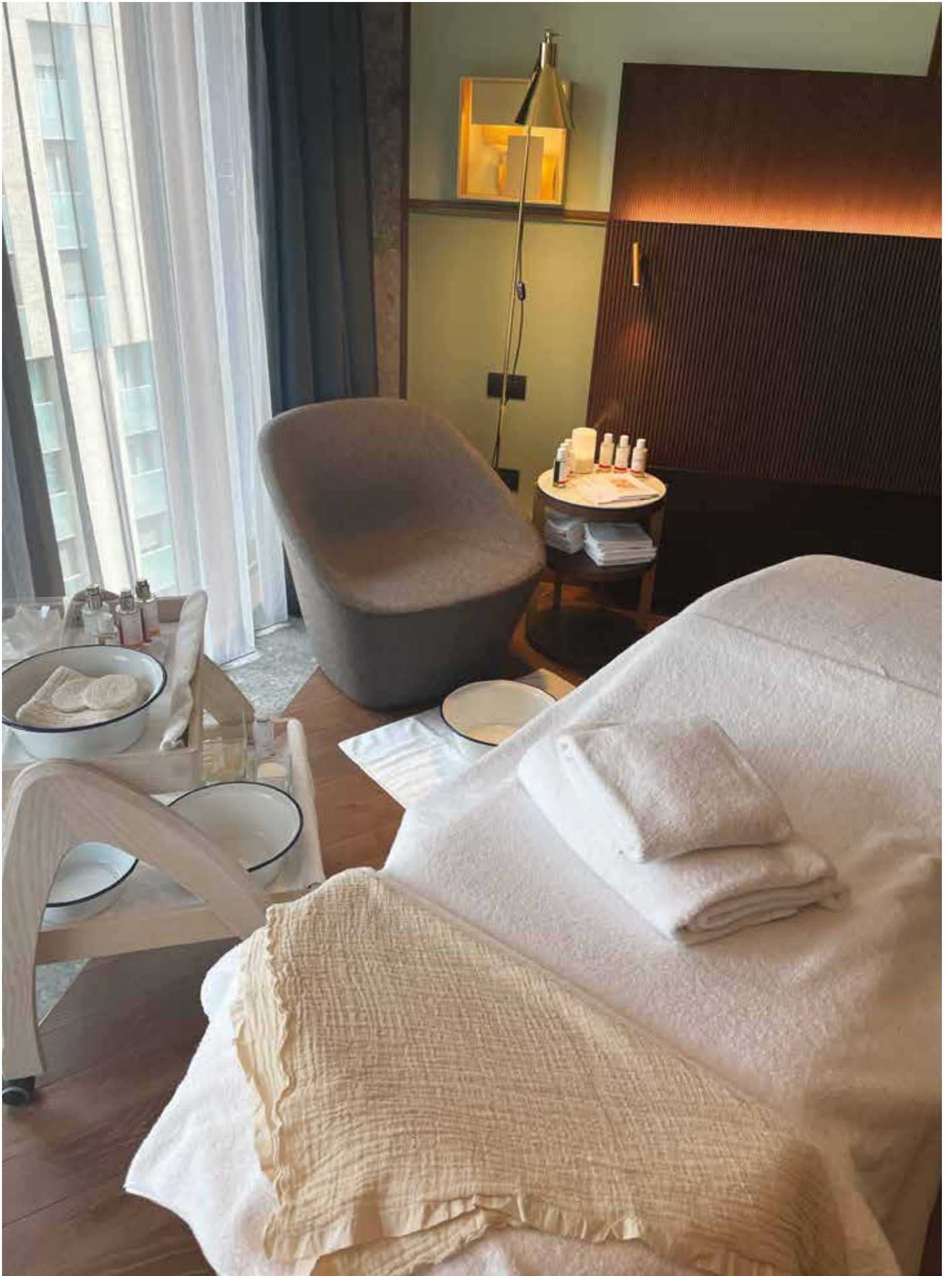
The Dr. Hauschka beauty routine is divided into 3 skin care steps:

1. Cleansing to remove the excess of metabolic products and prepare it to receive subsequent treatments
2. Toning to stimulate and strengthen the skin's natural activities
3. Moisturising to protect the skin during the day against environmental influences

The Dr. Hauschka evening beauty routine, on the other hand, involves the use of aqueous products to support the skin's natural rhythms and do not hinder its important nocturnal regeneration and reinforcement actions.

Dr. Hauschka beauty treatments are able to take care of the skin and the person at 360 degrees.

This holistic vision of treatment restores new vitality to the skin and new energy to the person.





Index

Face Treatments

	<u>Durata</u>	<u>Costo</u>	<u>Pagina</u>
Classic Facial Treatment according to Elisabeth Sigmund	120 Min.	165 €	6
Luxurious Facial Treatment	135 Min.	185 €	7
Cleansing Facial Treatment	90 Min.	120 €	8
Facial Treatment "One hour for myself"	60 Min.	85 €	9
Firming Facial Treatment	135 Min.	185 €	10
Reviving Eye Treatment	15 Min.	25 €	11

Body Treatments

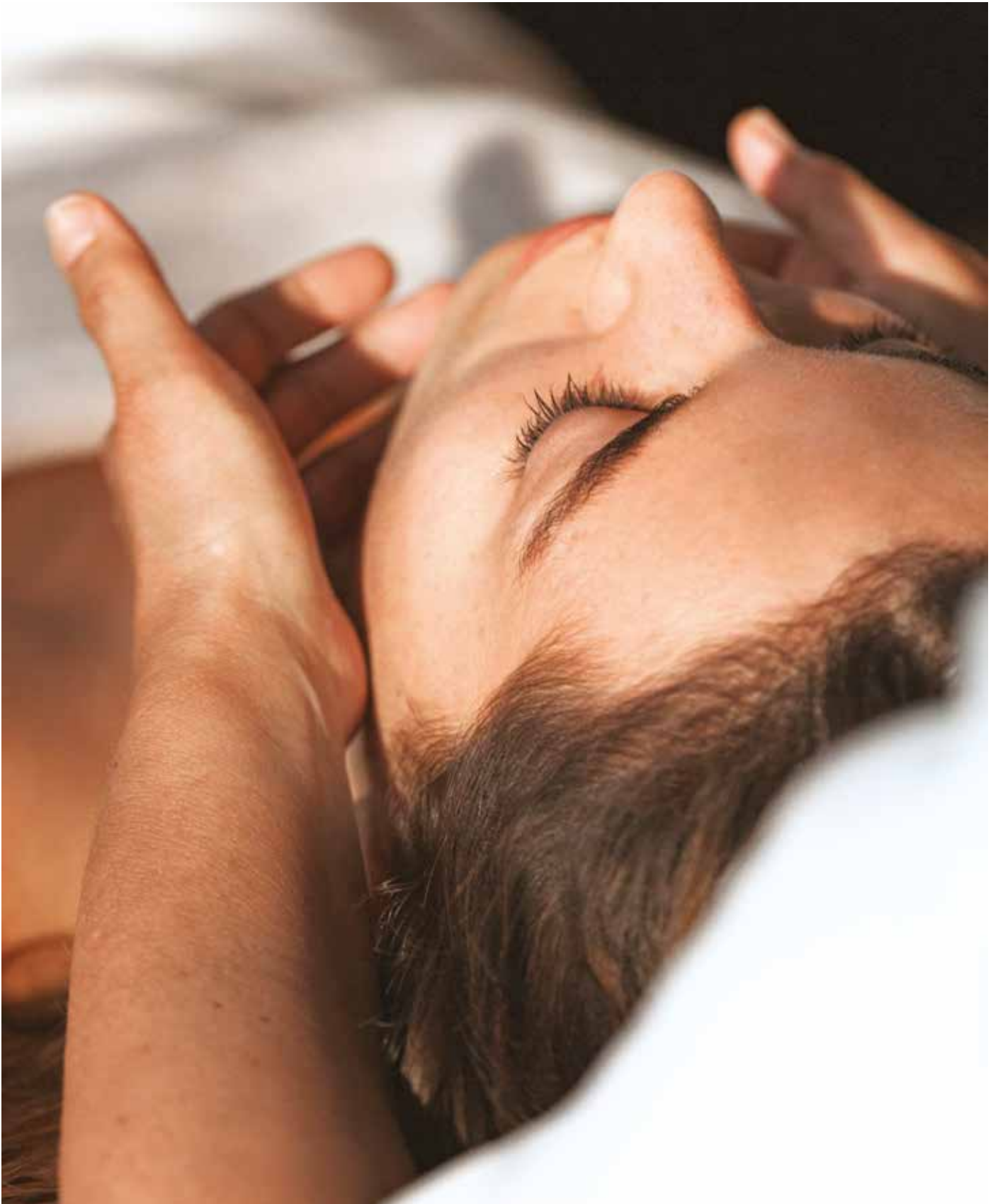
	<u>Durata</u>	<u>Costo</u>	<u>Pagina</u>
Revitalising Body Treatment	90 Min.	120 €	13
Strengthening Back Treatment	30 Min.	45 €	14
Pampering Body Oil Treatment	60 Min.	85 €	15
Revitalising Leg Treatment	45 Min.	65 €	16
Cleansing Back Treatment	45 Min.	65 €	17
Relax treatment with Dr. Hauschka treating oils	60 Min.	85 €	18
Detox Body Treatment with brushing	90 Min.	120 €	19
Decontracting Body Treatment	60 Min.	85 €	20
Revitalising Hand Treatment	45 Min.	65 €	21
Revitalising Foot Treatment	45 Min.	65 €	22

SPA ENTRANCE only with reservation - 15 € per person

It is possible to cancel the reservation without charge up to 24 hours before the treatment.



Face Treatments





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.

Recommended treatment duration: **120 Min.** | Fragrant footbath, delicate touches of the legs and feet, of the head, of the arms and the hands, pre-cleansing, deep cleansing, purifying mask, rhythmic movement for lymphatic stimulation with brushes, beauty mask, rhythmic stroking of décolleté and hot and cold compresses.

Cost 165 euros



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.

Recommended treatment duration: **135 Min.** | Fragrant footbath, delicate touches of the legs and feet, of the head, of the arms and the hands, pre-cleansing, deep cleansing, purifying mask, rhythmic movement for lymphatic stimulation with brushes, beauty mask, rhythmic stroking of décolleté and hot and cold compresses and Streightening Back Treatment .

Cost 185 euros



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 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.

Recommended treatment duration: **90 Min.** | Fragrant footbath, delicate touches of the head and the hairs, pre-cleansing, deep cleansing, purifying mask, rhythmic movement for lymphatic stimulation with brushes, beauty mask, rhythmic stroking of décolleté and hot and cold compresses.

Cost 120 euros



Facial Treatment “One hour for myself” A present for yourself, pampering and revitalising



Do you yearn for pampering care? For a revitalizing 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.

Recommended treatment duration: **60 Min.** | Fragrant footbath, pre-cleansing, deep cleansing, rhythmic movement for lymphatic stimulation with brushes, beauty mask, rhythmic stroking of décolleté and hot and cold compresses.

Cost 85 euros



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.

Recommended treatment duration: **135 Min.** | Fragrant footbath, delicate touches of the legs and feet, of the head, of the arms and the hands, pre-cleansing, deep cleansing, purifying mask, rhythmic movement for lymphatic stimulation with brushes, beauty mask, rhythmic stroking of décolleté, eye and neck toning compresses, firming eye treatment.

Cost 185 euros



Reviving Eye Treatment

Relaxing and refreshing moment



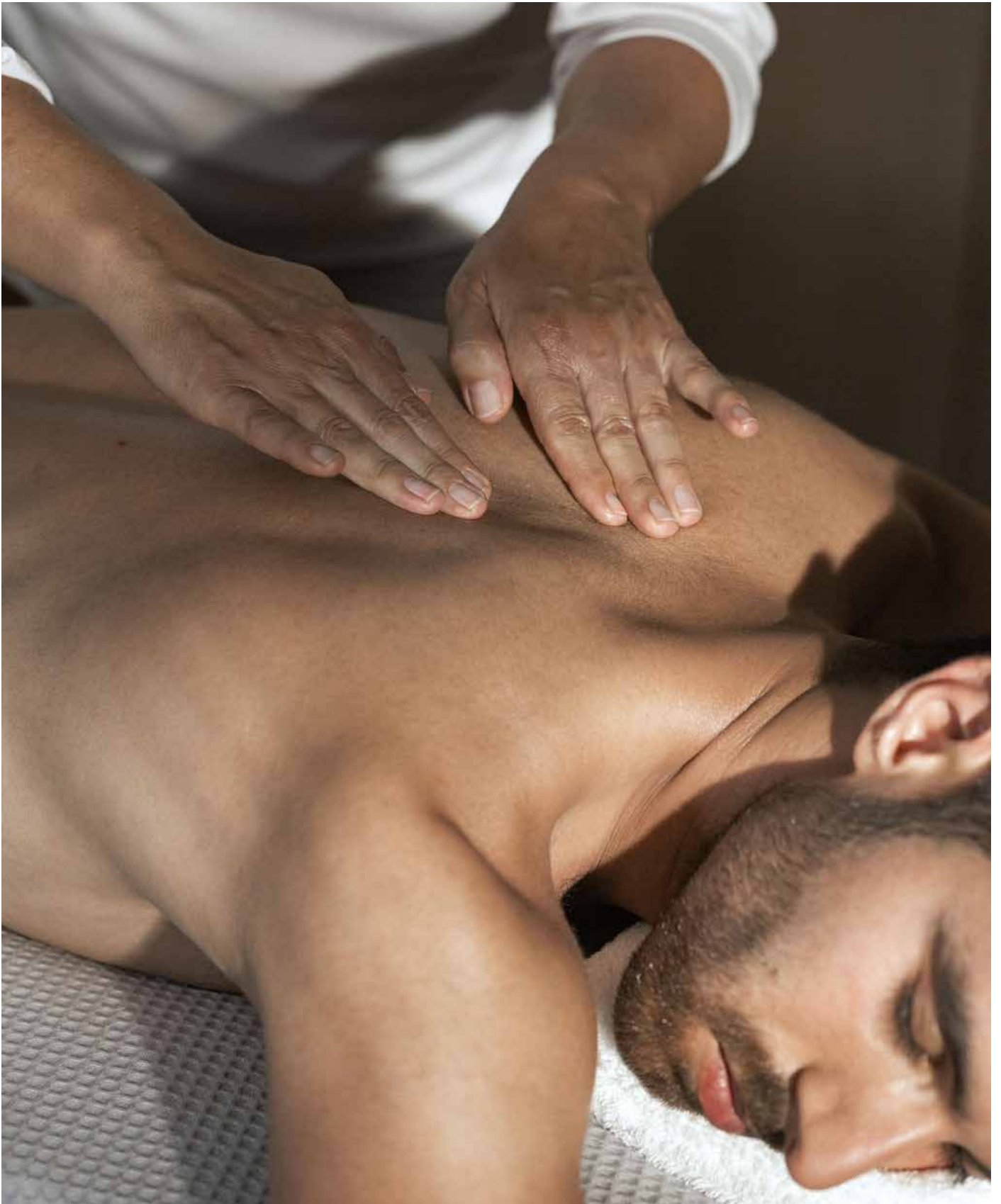
Our eyes laugh, cry and show us the whole world. This can be quite exhausting. This refreshing eye treatment relaxes while also revitalising the delicate skin in the eye area. Gentle stroking movements on the forehead and eye area stimulate the lymphatic flow and detoxify, while Eye Revive compresses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

Recommended treatment duration: **15 Min.** | Relaxation of the muscles, lymphatic stimulation of the eye contour, gentle invigorating and relaxing touches, refreshing compresses with Eye Revive.

Cost 25 euros



Body Treatments





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.

Recommended treatment duration: **90 Min.** | Fragrant footbath, delicate and lymphatic touches with Dr. Hauschka Body Oil from head to toe.

Cost 120 euros



Strengthening Back Treatment

Relaxes and lets breathe deeply



Our back defines our posture and intercepts a certain amount of tension. 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.

Recommended treatment duration: **30 Min.** | Fragrant footbath, delicate and lymphatic touches with Dr. Hauschka Body Oil on the back.

Cost 45 euros



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 longlasting effects.

Recommended treatment duration: **60 Min.** | Fragrant footbath, pack with Body Oils on the whole body, pose and removing with hot compresses.

Cost 85 euros



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!

Recommended treatment duration: **45 Min.** | Fragrant footbath, delicate and lymphatic touches with Dr. Hauschka Body Oil on the legs and feet.

Cost 65 euros



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.

Recommended treatment duration: **45 Min.** | Fragrant footbath, pre-cleansing, deep cleansing, purifying mask, beauty mask, rhythmic stroking the back with Body Oil.

Cost 65 euros



Relax Treatment with Dr. Hauschka treating oils

Relaxation and deep breathing
for true relaxation



Dr. Hauschka treating oils are not only vegetable oils for the skin but are enriched with medicinal plants that help our whole organism to find its natural balance. Delicate touches help the most tense areas of our body to regain the correct fluidity and help fight mental wear, to prepare us for a perfect moment of physical and inner relaxation.

Recommended treatment duration: **60 Min.** | Fragrant footbath, relaxing treatment for whole body with Dr. Hauschka Body Oil.

Cost 85 euros



Detox Body Treatment with brushing

Activates the skin and detoxifies
it in depth



Our skin is a complex and extremely important organ for our health. A dry brushing stimulates the microcirculation, the lymphatic system and the intrinsic ability of the skin to detoxify itself. A deeply relaxing and purifying treatment.

Recommended treatment duration: **90 Min.** | Footbath, back and leg brushing, warm compresses and gentle massage with treating oils, brushing on the front of the body, warm compresses and gentle massage with treating oils.

Cost 120 euros



Decontracting Body Treatment

Deep massage to eliminate the tensions of the day



Tension and stress accumulate in specific different areas depending on our posture or the situations we are experiencing. Deeply warming up the muscles and relieving tension helps us to counteract our “bad habits”.

Recommended treatment duration: **60 Min.** | Footbath, deep leg, shoulder and neck massage with Dr. Hauschka Birch and Arnica and Peat and Lavender treating oils.

Cost 85 euros



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.

Recommended treatment duration: **45 Min.** | Fragrant handbath, delicate touches of the arms and the hands, purifying compress, nourishing compress, rhythmic stroking of the hands.

Cost 65 euros



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.

Recommended treatment duration: **45 Min.** | Fragrant footbath, delicate touches of the legs and the feet, purifying compress, nourishing compress, rhythmic stroking of the feet.

Cost 65 euros



Book your Treatment

milanoverticalespa@wala.it

Tel. 0262271

Dr. Hauschka



MILANO VERTICALE - UNA Esperienze
Via Carlo de Cristoforis, 6 - Milano

www.drhauschka.it

