

Bionome

Beauty Care



The bionome quality criteria for skin-friendly, animal-friendly and environmentally friendly products:

- Free from preservatives
- Free from mineral oils
- Free from animal substances
- Does away with unnecessary waste: no additional packaging
- Free from perfume, except for special products containing essential oils*

* Essential oils are indicated on respective products in accordance with legal requirements



DR. BAUMANN®

Exclusive bionome beauty care for her and him

The advantages of DR. BAUMANN COSMETIC

Bionome Beauty Care

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. This means that not only the skin’s metabolism and structure is taken into account, but also aspects of our environment are considered.

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.

Exceptional Compatibility

The scientifically-based selection of ingredients means that the probability of allergies is minimized and provides the basis for outstanding compatibility and effectiveness. Specific fragrances, essential oils and preservatives in cosmetics can trigger allergies. These are referred to in technical literature such as the “Blue List” (published by ECV) and the IVDK “Investigation into the prevalence of environmental contact allergies” commissioned by the National Environmental Agency in 2004. Even if your skin has tolerated allergens for a long period of time, sustained use can cause allergic skin reactions months or

even years down the line. In the interests of our clients we would like to minimize this risk. Therefore DR. BAUMANN COSMETIC has invested a considerable amount in research to make products with pleasant fragrances without the use of perfume, or essential oils and durable without the addition of preservatives. (For identification of perfumes and chemical preservatives see the article “Consumer Protection” on page five). Certain DR. BAUMANN products contain essential oils which are listed on each product in accordance with legal requirements.

Scientific Expertise and quality

DR. BAUMANN COSMETIC manufactures high-quality products for particularly discerning and informed people. All decisions are made by qualified academics (doctor and cosmetic chemist) who are the also the owners of

the company. The focus is on benefits for you and your skin and not on adapting to changing cosmetic fashion trends which have questionable value for your skin.

Scientific Accuracy and Honesty

We guarantee that at DR. BAUMANN no false or exaggerated promises are made. Our goal is to secure the best for you and your skin within predisposed limits. Our multilamellar liposomes are comprised of the same

lipids as human skin cells. These lipids and the ceramides we use are important components of the intercellular substance between the skin cells.

Documented Effectiveness

Multilamellar liposomes exhibit a range of effects which are particularly advantageous in caring for the skin. They are able to transport important active substances such

as vitamins into the skin and greatly improve the skin’s moisture content within a short period of time. (See the insert “Multilamellar liposomes” on page 9).

The paradigm of the skin

With DR. BAUMANN liposome products you treat your skin with exactly the same substances which are found there naturally. Simply put, you are caring for your skin with "skin"! Can there be anything more natural for the skin? An important requirement is that liposome products do not contain preservatives or perfume. Certainly you now understand why our skincare products are so

effective and compatible with the skin. Criteria for natural cosmetics which allow, for example, preservatives to be included are not adequate in our opinion. Our specific quality requirements adhere to the notion of "bionome beauty care".

Safety through natural ingredients

Our products contain valuable natural plant oils, but no mineral oils such as paraffin's from petroleum. Mineral oils are so cheaply priced that they can greatly decrease the manufacturing costs of cosmetics. However experience shows that in high concentrations they can form a film on the surface of the skin and, according to a study by the Dermatological University Hospital of Copenhagen, they can impair the regeneration of the skin's protective barrier. Even after use of mineral oils is dis-

continued the skin may dry out and develop blemishes until it adjusts to a healthier way of treating with a DR. BAUMANN product containing natural plant oils. In such cases continue to use the DR. BAUMANN product in order to regenerate the skin's protective barrier so that the skin can conserve moisture (for more information on mineral oils see "Consumer Protection: Recognizing Cosmetic Ingredients" on page 6).

Responsibility for people, animals and environment

An important goal of DR. BAUMANN COSMETIC is to look after the animals and the environment. We therefore do not use unnecessary packaging such as outer packaging around containers and bottles, and for the sake of animal protection we do not use any animal substances in our products. Animal ingredients in cosmetic products

derive predominantly from waste from slaughterhouses and from animals who have suffered their whole lives in "factory farms" where animals are intensively mass-farmed. True animal protection completely rejects the killing of any animal. A meat-free diet does not only benefit animals but also your health and therefore your skin.

Beauty from within – the importance of a healthy diet

The importance of a healthy diet for a beautiful skin cannot be stressed enough. Scientific studies show how spectacular the health benefits of a meat-free diet are. An example is shown in a relevant policy document published in 2003 by the ADA (American Dietetic Association) and the DC (Dieticians of Canada) collectively on the Health benefits of vegetarian (meat-free) and vegan (no meat, fish, milk or eggs) 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 conducive 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."

One of the most recognised and renowned German dieticians Prof. Dr. Claus Leitzmann from the University of Gießen is also clear on the subject:

"Studies with people living vegan lifestyles which are being carried out across the world show that vegans are on average healthier than the general population. Body weight, blood pressure, cholesterol, kidney function and general state of health are by in large worse in the normal population. In addition to these positive aspects a vegan diet is less damaging to the environment (liquid manure and methane from animal farming), Developing countries will become more independent (no import of animal feed) and animals will be more humanely treated. Therefore the breeding of livestock, animal farming, transportation of animals and animal experiments will be reduced or can be completely eradicated."



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 consumers are often not aware about the meaning of 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.

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, Quaternium 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, Microcristalline 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. This 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) compiled by Dr. Ernst W. Henrich und Dr. Thomas Baumann. It serves to evaluate cosmetic products with regard to compatibility, allergic hazard 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, no mineral oils and/or paraffin from petroleum and no animal ingredients.

The importance of correct skincare at home

Our certified cosmeticians are trained by us and are well qualified to help you choose the correct DR. BAUMANN products for you during a consultation, based on the condition of your skin and the season. **These DR. BAUMANN cosmeticians are experts in healthy and effective skincare.**

The skilled personnel at your DR. BAUMANN cosmetic institute are not only **experts** on the treatments offered at the institute but also **especially on planning your home skincare regime**. Consider that a 1-2 hour treatment at a cosmetic institute cannot correct what has

been caused through incorrect skin care at home. Cosmetic treatments at the institute and home skincare must be **coordinated** in order to achieve the best success with your skin. Professional treatments are only the initial starting point followed by skincare to be continued and perfected at home with the correct products.

Correct daily skincare at home is of crucial importance for the condition of your skin. You can trust in the recommendations of your DR. BAUMANN cosmetic institute and in DR. BAUMANN products.

The leading-edge

DR. BAUMANN skincare line

The bionome quality criteria set for DR. BAUMANN products make this a special kind of beauty care. The skin looks fantastic after consistent use and this bears testament to the benefits of the bionome concept in practice. The DR. BAUMANN research team presents the 5 top-level products of the DR. BAUMANN line.

Leading-edge product No. 1

Super Cream

This product shows what bionome skincare can do! The rich but light composition of oils, Vitamins, lecithin and ceramides (skin-related lipids) provide the answer – better than words can describe. The *SUPER CREAM* contains exactly the right active ingredients in the right concentrations which have been identified by the DR. BAUMANN team, after analysis of the skin's physiology, as the most effective and compatible. The *SUPER CREAM* can be used alone or preferably after the application of a DR. BAUMANN liposome treatment. (E.g. *Liposome MultiActive Super Cure*).



Leading-edge product No. 2

Liposome MultiActive Super Cure

Contains valuable multilamellar liposomes, nanosomes, ceramides, evening primrose oil, jojoba oil, vitamins A + E and provitamin B5. This luxury product meets high expectations and shows what is possible with a bionome skincare regime.

Especially for men:

This product is particularly useful after shaving as it has a high concentration of skin-endemic lipids and multilamellar liposomes.



Leading-edge product No. 3

Cleansing Milk Special

This mild cleansing emulsion is suitable for all skin types. It cleanses exceptionally gently and the high concentration of nourishing ingredients such as skin-friendly oils, natural vitamin E and moisture dispensers nurture the skin. As with all DR. BAUMANN products it is naturally free from mineral oils.

Especially for men:

Ideal to use as a special "shaving lotion" as it softens your beard before shaving.

Leading-edge product No. 4

Facial Tonic Lotion Special

An extraordinary toner with mild, nourishing properties. You will notice the difference from the first application. The high concentration of hyaluronic acid, provitamin B5 and other skin-friendly ingredients are evident in the texture of this product. Like all DR. BAUMANN toners, this product does not contain alcohol. The *Facial Tonic Lotion Special* is ideal for application after the *Cleansing Milk Special* and in preparation for the DR. BAUMANN liposome product to follow e.g. *Liposome MultiActive Super Cure* and the *Super Cream*.

Leading-edge product No. 5

Body Lotion Super

Do you want to really pamper your skin and enjoy a silky smooth result? Besides fine natural oils such as Shea Butter and jojoba oil this luxury product also contains natural vitamin E, ceramides and moisture dispensing hyaluronic acid in high concentrations. Ideal for use after showering and bathing.

Products and application

Facial Cleansing

Cleansing Milk

A mild emulsion free from mineral oils which gently but thoroughly cleanses the skin without leaving an oily residue. Suitable for all skin types and gentle enough to use for the removal of eye makeup.

Especially for men:

Ideal for use as a shaving cream. Allow the beard to soften for 5-10 minutes after application.

Cleansing Gel

A mild cleansing gel which contains very gentle cleansing substances. For those who prefer a foaming cleanser or want to gently remove oiliness.

Facial Tonic Lotion

For dry, oily, normal and combination skin. Removes residue and maintains the physiological pH-value of the skin. It clarifies and refreshes the skin. After application of a DR. BAUMANN toner the skin is well prepared for the products to follow.

The more significant *Facial Tonic Lotion Special* is described on page 7.

Basic Care

Documented effectiveness of the application of multilamellar liposomes:

After cleansing the skin one of the following *Liposome MultiActive* products should be applied so that the liposomes can transport moisture and ingredients into the skin. Thereafter a moisturizer suitable for your skin type can be applied. The *Liposome MultiActive* products represent the essence of DR. BAUMANN COSMETIC basic care and highlight their difference from other cosmetic products.

Especially for men:

All liposome products are ideal for regenerating the skin after shaving.

Liposome MultiActive Chamomile

(With chamomile)

Contains evening primrose oil, jojoba oil, vitamins A + E, provitamin B5, hyaluronic acid, chamomile and a high concentration of multilamellar liposomes. These have a strong moisture-boosting effect on the skin. The active ingredients are taken up by the liposomes and transported into the skin. Chamomile calms the skin.



Liposome MultiActive Tea Tree

(With tea tree oil)

Contains the same ingredients as *Multi-Active Chamomile*, but instead of chamomile it contains tea tree oil. Therefore it is particularly suitable for care of impure or blemish-prone skin.

Liposome MultiActive Manuka, Tea Tree, Lavender

(With manuka, tea tree and lavender oils)

Contains the same ingredients as *Liposome MultiActive Tea Tree*, but also contains manuka and lavender for intensive care of impure or blemish-prone skin.

Liposome MultiActive Vitamin E + C

(With vitamins E + C)

Contains the same ingredients as *Liposome MultiActive Chamomile*, but instead of the chamomile it contains high concentrations of vitamins E + C. These vitamins protect the skin from environmental stressors such as UV-rays.

Liposome MultiActive Ceramid

(With ceramides)

In addition this product contains ceramides. Ceramides, together with phospholipids, are important components of the intercellular substance between the skin cells and work on the skin's outer layer. This strengthens the barrier function of the skin's horny later, which is vital for a dry, flaky skin. Contains no essential oils, chamomile or tea tree oil.

Liposome MultiActive light

Has the same ingredients and effect as *Liposome MultiActive Ceramide*, but essentially contains less oil and fewer liposomes. Ideal for oily skin, warm weather and for adapting the skin to the initial use of multilamellar liposomes.

Liposome MultiActive Super light

Contains the same ingredients as *Liposome MultiActive light*, but by contrast contains no evening primrose oil and jojoba oil. Particularly recommended for very warm weather, very oily skin and for adapting the skin to the initial use of multilamellar liposomes.

A special active substance and excipient

Multilamellar liposomes

Assured Effectiveness

Scientific studies have shown that a twice-daily application of multilamellar liposomes can greatly boost the skin's moisture content within a short period of time. These findings have been documented in scientific publications such as "Haut und Liposome" (Skin and liposomes) by Dr. Ghyczy et al (1992) and "Beeinflussung der Hautfeuchtigkeit durch Liposomen" (Influencing the moisture of the skin through the use of liposomes) in the journal SöFW 10/92 by Dr. Röding et al.

Amazing characteristics:

Liposomes are both an active substance and an excipient (transporter) of active substances. They are related to the skin and perform an important moisture dispensing function. They are therefore in a position to transport other skin-friendly active substances (such as vitamins E, A and provitamin B5) into the skin.

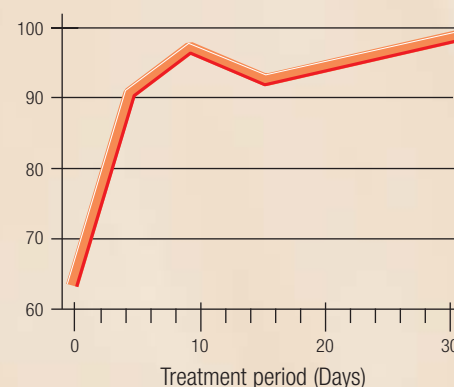
Excellent compatibility

The lipid building-blocks of multilamellar liposomes come from nature and occur as components of the skin. This is the basis for particularly good compatibility. Therefore as a matter of course we do not use preservatives or perfume due to the risk caused by the transporting function of multilamellar liposomes.



Electro microscopic image of multilamellar liposomes.

Relative moisture of the skin (%)



Facial Care

The perfect complement to basic care

Application: To achieve the best possible results from DR. BAUMANN facial care, the liposome product (see basic care) should be applied before application of the corresponding DR. BAUMANN skin cream.

Intensive Product Range

For demanding skins

Intensive for normal Skin

(For normal and combination skin)

Contains skin-friendly oils such as Shea Butter and jojoba oil. Protective vitamins such as provitamin B5, vitamins E and A protect the skin and work effectively against premature ageing of the skin.

Intensive for dry Skin

A rich cream with a high quota of oils such as Shea butter and jojoba oil. Also contains vitamin E, vitamin A and provitamin B5. These are important protective vitamins which protect, nourish and revitalize the skin.

Intensive for very dry Skin

A particularly rich product containing all of the previously mentioned oils and vitamins for very dry, flaky skin. Also ideal for use as a cold-block in winter and as a neck cream.

Intensive Color light / Color dark

Contains the same active substances and valuable oils as the Intensive for Normal and Combination Skin (see facial care products). The addition of mineral pigments gives the skin a fresh and even appearance.

Intensive Lotion

The fluid consistency and proportion of evening primrose oil make this product the ideal alternative for the intensive care of dry, fragile skin if one prefers a lighter texture. Can also be used as an intensive body lotion for dry skin. Ideally suited for facial and body massage.

Sensitive Product Range

For sensitive skins

Sensitive Super light for oily Skin

(For oily skin)



Sensitive for oily and normal Skin

(For oily to normal skin)

Sensitive for normal and dry Skin

(For normal to dry skin)

A particularly compatible, light-textured cream with jojoba oil, vitamin E, vitamin A, provitamin B5, urea and lactic acid. In developing the Sensitive products especially compatible ingredients were used to minimize the risk of a skin reaction.

Sensitive for Couperose Skin

(With horse chestnut for couperose)

Contains the same ingredients as the other Sensitive creams, but in addition this product contains horse chestnut extract. Ideal for reddened skin and couperose.

Multi-Vitamin Product Range

For young or blemish-prone skin

Multi-Vitamin-Complex

A special product with vitamins and herb extracts for normal to dry or blemish-prone skin.

Multi-Vitamin-Fluid

Like the *Multi-Vitamin Complex* this product also contains a special combination of active ingredients to work against impurities. The low oil content makes the *Multi-Vitamin Fluid* suitable for normal to oily skin.



Eye Care

Eye Cream

A rich cream with jojoba oil, vitamin E, vitamin A and provitamin B5 for care of the delicate and dry eye area. Reduces and help prevents the formation of fine lines.

Eye Gel

(Special gel for the eye area)

A non-oily gel with ceramides, hyaluronic acid and vitamin E which delivers needed moisture to the eye area. Recommended for improving elasticity. The non-oily consistency is also a good basis for long lasting eye makeup.

A tip for use:

The combined use of both eye care products (first the gel and then the cream) has proven to be particularly effective.



Essential Oils

- Rose
- Lavender
- Neroli
- Verbena Oil
- Geranium
- Sandalwood
- Ylang Ylang
- Lemongrass
- Myrrh
- Turpentine Oil
- Tee Tree Oil
- Basil
- Blackpepper
- Citrus-Vanilla aromatherapy oil

These essential oils can be used in their pure form or mixed with one of the DR. BAUMANN products, according to the required effect and/or scent.

Body Care

Hand Cream

With DR. BAUMANN well cared for hands are more attractive! The DR. BAUMANN Hand Cream protects the hands against drying cleansing substances and prevents premature skin ageing. It is quickly absorbed after application without leaving behind an oily residue.

Shower & Bath

Skin is gently cleansed by mild cleansing substances. Afterwards we recommend the use of one of the body lotions. For very dry and flaky skin we recommend the Intensive Lotion and Body-Lotion Super.

Body-Lotion

A light yet intensive product for the body. It spreads well and is quickly absorbed. For itchy, tight and dry skin the Intensive Body Lotion or Body Lotion Super should be applied. The Body Lotion Super is described on page 7. If you would like a particular scent when applying the body lotion, it can be mixed with one of our essential oils (see page 11) or you can choose one of the following body lotions:

Body Lotion fresh

Body Lotion aromatic

This lotion contains the same ingredients as the scent-free body lotion. The lotion contains a combination of selected essential oils which provide the body with a subtle scent which energizes or calms.



Baby and Child Care

Whoever wants to treat their children to just as high-quality bionome care as themselves will be excited about these products:

Baby & Kids Cream

Mild care with gentle and protective active ingredients for babies' and children's delicate skin.

Baby & Kids Cleansing Lotion

Mild cleansing for tender and delicate skin of babies and children. Ideal in preparation for the DR. BAUMANN *Baby & Kids Cream*.



Special Care

Body-Special light

(Body contouring with liposomes)

Contains a high concentration of multilamellar liposomes and special active ingredients from the Indian medicinal plant *Coleus Forskohlii*. An ideal liposome product for the body and problem areas e.g. orange-peel effect and cellulite.

Body-Special strong

(Anti-cellulite complex)

A high-quality lotion with a special combination of active ingredients from the Indian medicinal plant *Coleus Forskohlii* and substances which boost blood circulation. The metabolism is activated, which helps to deal with cellulite and orange-peel effect. Due to the stimulation of blood circulation do not apply to spider veins or varicose veins. Apply with care if you have circulatory problems and during hot weather. In these circumstances it is recommended that you use *Body-Special Light*.

Bosom Lotion

A special gel treatment for bust and décolleté.

Bleaching Cream

A mild specialized product to lighten the skin. Also suitable for intensive sun protection.

Pimple Cream

A specialized product to dry out and quickly heal blemishes.

Deo extra mild

Works in a gentle way against perspiration and body odour.

Deo mild

(With manuka, tea tree oil and lavender)

Contains the same ingredients as *Deo extra mild* with the addition of manuka, tea tree and lavender oil which are particularly effective against troublesome body odour.

Insect Stop

A light fluid gel with a mixture of essential oils such as lavender, citronella, clove and myrrh which act as natural insect repellent. In warm weather it is pleasantly refreshing.

Lipstick Factor 7

Valuable active ingredients and oils nourish and protect the delicate skin on the lips, both in cold weather as well as in the sun. It contains no mineral oils, so it is convenient and comfortable for frequent application.



Peeling mild / medium / strong

Massaging with gentle exfoliating particles stimulates blood circulation without damaging the skin. The exfoliation of dead skin cells prevents blackheads and impurities from forming and improves the effectiveness of skincare products.



Ampoules

Masks and ampoules play an important role in DR. BAUMANN COSMETIC. Their high concentration of active substances in conjunction with the liposome treatments provide sustainable and specialized skin-care, which leads to an amazing improvement in the relative condition of the skin. This way one can successfully continue at home the treatment begun by one's cosmetician. Your cosmetician will gladly give you advice pertaining to the correct products for your skin type and their application.

Humidity / Moisture

The tightening effect of hyaluronic acid and its exceptional compatibility with the eye area makes these ampoules an ideal intensive product for the delicate eye area. With regular use these ampoules perfectly complement the effect of both DR. BAUMANN eye care products.

Hyaluronic

These ampoules contain the same ingredients as the moisture ampoules but in different concentrations. The powerful moisture-dispensing and skin-tightening effect of hyaluronic acid makes these ampoules ideal for treating loss of elasticity and dryness.

Vitamin E

(Natural vitamin E dispensed through hyaluronic acid gel)

These ampoules should definitely be applied to the delicate skin of the face and neck before sun tanning and sun bed sessions. The panthenol and urea contained in these ampoules makes them perfectly suited to mature skin and skin types inclined towards pigmentation and sun allergies.

Vitamin E natural 100 %

This 100% concentrated plant-derived natural vitamin E is very easy to mix with other DR. BAUMANN skincare products when one desires a specifically high concentration of natural vitamin E.

Vitamin A

Scientific studies indicate that the regular and consistent application of vitamin A can regenerate damaged skin cells and boost the skin's collagen concentration. UV-rays really dry out the skin this can be counterbalanced by the vitamin A and hyaluronic acid contained in these ampoules. This can work against the premature development of wrinkles. Ideal for use after being in the sun or sun bed or for prematurely aged, sun-damaged skin.



Horse Chestnut

Together with the other valuable ingredients, horse chestnut regulates the skin's blood circulation and strengthens the walls of the peripheral blood vessels. This can visibly diminish redness e.g. around the cheek or nose area, and work against the progression of couperose. Therefore this product is definitely recommended for couperose and couperose-prone skin.

Interesting information from scientific studies on

Natural Vitamin E

Natural vitamin E has many positive effects on the skin. It improves moisture retention in the skin's horny layer which leads to an improvement in skin texture. Vitamin E also has a calming effect and increases enzyme activity in the skin. It protects the skin against damage from free radicals, reduces the number of UV-damaged skin cells and thereby slows down the ageing process. Regular application of vitamin E protects the skin against UV-rays and daily application can provide a sun protection factor of up to SPF3. Due to its highly effective nature all DR. BAUMANN products contain at least 2% vitamin E.

Ampoules – the fast way to a more beautiful skin

This comprehensive range of concentrated active ingredients offers special treatments for every skin type. They should be introduced as a regular part of your skincare regime or as a treatment for particular skin problems. This comprehensive range of DR. BAUMANN ampoules provides the exact dose of valuable active ingredients.

Ceramide

Despite comprehensive skincare, the skin can appear flaky and rough when the lipids in the horny layer are displaced due to ageing, environmental influences etc., impairing the skin's barrier function. The affected inter-cellular substance in the horny layer is comprised of ceramides and other lipids. The Ceramide ampoules work effectively against rough and flaky skin. They are suitable as a treatment for neurodermitis and psoriasis.

Herb-Vital

The combination of basic, chamomile and summer savoury contained in these ampoules has a calming and soothing effect, recommended for dryness, impurities, redness and skin prone to blemishes.

Propolis

Waxes, resins, balsams, amino acids, trace elements, enzymes, vitamins and provitamins are contained in Propolis. Daily application is recommended to areas affected by impurities and blemishes.

Lecithin

Ideal for problems such as stubborn blackheads. Because lecithin positively influences the water balance in the horny layer of the skin, the skin becomes softer, roughness is smoothed out and blackheads are more easily removed. The macadamia nut oil contained in this product strengthens the effect of the lecithin.

After AHA Peeling

The active ingredients in these ampoules are lecithin and vitamin C. Very well suited to irritated, reddened skin e.g. after skin peels, to regenerate the skin's lipid barrier.

Jojoba

These ampoules contain 100% pure cold-pressed jojoba oil. Because jojoba oil is so similar to the sebum produced by the skin, these ampoules should be applied to dry skin. Because jojoba oil remains on the skin's surface it makes sense to use these ampoules overnight.

Evening Primrose Oil

These ampoules contain 100% pure evening primrose oil with a naturally high content of gamma-linoleic acids. These ampoules are especially recommended for the treatment of dry, rough and flaky skin. For damaged, chapped skin, evening primrose oil is a product which does not burn and which is often used on its own. In these circumstances it is advisable to treat the skin first only with evening primrose oil ampoules and eventually in combination with the Ceramide ampoules, and then to progress to a complete skincare regime with liposomes and moisturizer. Evening primrose oil can also be taken orally to provide the body with gamma-linoleic acids. A drop 2 to 3 times per day is adequate.

Aloe Vera

The calming and soothing effect of Aloe Vera gel, together with hyaluronic acids and urea, is superb for stressed and irritated skin.

Aloe Vera PLUS

In addition to Aloe Vera extract these ampoules contain pure natural vitamin E and vitamins A and C. The calming and soothing effect is more intense than with the Aloe Vera ampoules. Vitamins E and A also have a protective and regenerative effect on the skin. These ampoules are highly recommended for very dry, irritated, sunburnt skin.

Face Masks

Face masks pamper, relax and nourish the skin.

The five DR. BAUMANN COSMETIC masks each meet individual skincare needs. The effectiveness of the masks can be enhanced by applying a corresponding ampule beforehand.

Liposome Mask

Regular application supplies the skin with lipids and active substances such as Aloe Vera, macadamia nut oil, vitamin A, natural vitamin E etc. resulting in a much purer skin. The moisture content of the skin is strongly increased, which in turn works against fine lines caused by dryness. With time blemishes and blackheads are dissolved and impurities are slowly repressed. The complexion appears fresher, rosier and more attractive. Your skin gains resilience and freshness.

Aloe Vera Mask

The valuable ingredients in this gel-based mask have a calming and soothing effect on stressed, irritated, reddened or impure skin. Aloe Vera with its cooling and calming properties, and herbs such as chamomile, basil, summer savoury and lavender, make this product ideal for use after sunbathing and for a sunburnt skin.

Cream Mask for dry skin

Ideal not only when the skin requires moisture and active substances, but also when the oil content of the upper skin layers is low. Mild kaolin gives this mask a cleansing and soothing effect. The inclusion of active substances such as jojoba oil, lactate and basil provides intense nourishment for the skin.



Cream Mask for oily and impure skin

Valuable ingredients such as kaolin, diatomite, jojoba oil, Shea butter, sesame oil and chamomile oil have intense calming and cleansing properties. They remove excess sebum and dead skin cells and have an oil-absorbing effect. The skin feels smoother, cleaner and less oily.

Hair Care

Cleanse

Shampoo

Particularly mild cleansing substances gently cleanse the hair and scalp. Herbal extracts alleviate itchiness and flakiness and a special active ingredient reduces dandruff. Although this shampoo contains special nourishing substances and gives the hair body. Afterwards the application of the Conditioner Special is recommended.



Nourish

Conditioner Special

Detangles the hair and regular use gives the hair a silky, healthy shine through D-panthenol and other selective ingredients. Macadamia nut oil has an intensively nourishing effect on the hair as well as on the scalp, leaving the hair with body.

Revitalise

Hair Revitalising Lotion

A special product for daily care of hair and scalp. Ideal for treating hair loss and premature grey hairs. Contains biotin (vitamin H) and provitamin B5. Strengthens roots.

Leg and Foot Care

The DR. BAUMANN COSMETIC foot care products contain exactly the same high-quality oils and active ingredients as the facial care products.

Foot Bath

A gentle cleansing and refreshing foot bath with tea tree oil and other essential oils. Ideally suited in preparation for a pedicure. Pleasant and relaxing for tired, sore feet.

Foot Cream Tea Tree

Because the feet are exposed to all kinds of stresses and strains, which can lead to athlete's foot or odour, the skin of the feet also needs special care. It works in both a preventative and corrective way.

Leg Lotion

An intensive but light lotion with horse chestnut extract, ideal for the treatment of varicose veins and spider veins. This lotion has an especially invigorating effect on tired legs.

Chaps Cream

A special, rich cream with softening ingredients such as Shea butter and urea. Ideal for dry, rough and chapped heels and feet. With regular use even deep cracks and build-up of rough skin are smoothed and softened. Also well suited for foot massage.



Nutritional Supplements

Vitamins, Minerals, Trace Elements

DR. BAUMANN nutritional supplements ensure that you get the exact vitamins, minerals and trace elements recommended by Dr. Baumann and Dr. Henrich in addition to a vegetarian/vegan diet of whole foods for a beautiful skin and healthy body. Contains vitamin C, vitamin E (natural vitamin E is particularly important as natural vitamin E is much more effective than synthetic vitamin E), beta-carotene, magnesium, calcium, diatomite, selenium, iron, copper, iodine, potassium, manganese, zinc, chromium, molybdenum, vitamin B1, vitamin B2, vitamin B6, vitamin B12, folic acid, pantothenic acid, niacin, biotin and vitamin K1. Can be taken in capsules (with cellulose, without gelatine) or as a powder.

Omega-3 Fatty Acids

Omega-3 fatty acids are essential fatty acids which the body cannot create itself and which must be taken in the interests of good health. Alpha linolenic acids can be taken by means of linseed and rapeseed oil. The conversion of alpha linolenic acids into the two other essential omega-3 fatty acids EPA (Eicosapentaenoic acid) and DHA (Docosahexaenoic acid) is often insufficient, which is why taking additional EPA and/or DHA is recommended. They do not supply EPA and/or DHA from fish oils for health reasons (due to the increasing pollution of the sea), environmental reasons (over-fishing) and on ethical grounds (killing of animals). We offer omega-3 fatty acid DHA from algae and alpha linolenic acids from linseed oil.

Simple and Efficient Skincare

Simple and Efficient Skincare

The skins of men and women show only small differences e.g. in the thickness of the epidermis and sebum production. In men's skin there remains a strong sebum production even after their 30's, whereas the sebaceous glands in women show greatly reduced activity after 30. In addition, men's skin is often stressed and dried out by shaving, especially when aftershave containing alcohol is applied to the skin. All of this means that particular care should be taken in choosing the correct products. Therefore the DR. BAUMANN products are perfect for the care of both female and male skin. Men are well advised not to wait until the first skin problems arise, but to prevent them from occurring by using DR. BAUMANN skincare products such as the *Cleansing Gel*, or using mild cleansing milk such as the *Cleansing Milk* or *Cleansing Milk Super* in place of shaving cream. The Cleansing Milk acts within minutes to prepare the skin for a gentle wet shave. At the same time the skin is gently cleansed. Afterwards the *Facial Tonic Lotion Special* can be used, which contains moisture-dispersing hyaluronic acid.

Perfect care after shaving

After shaving it is essential to apply a DR. BAUMANN liposome product (*Liposome MultiActive*) to replenish the skin with the lipids which are lost during shaving. This ensures that the regenerative forces are optimally effective. One should use *Liposome MultiActive Light* on oily to normal skin, *Liposome MultiActive* with Chamomile on irritated skin, *Liposome MultiActive* with Tea Tree Oil on impure and blemished skin, *Liposome MultiActive Vitamin E+C* on skin need-

ing protection and *Liposome MultiActive Super Cure* on difficult problem skin. After the liposome treatment if you wish you may apply a DR. BAUMANN moisturizer or one of the Multivitamin products.

Showering

The DR. BAUMANN Shower Gel provides a mild but thorough cleansing. The same can be said for the DR. BAUMANN shampoo, which is suitable for all hair types. To nourish the hair the DR. BAUMANN conditioner should be used regularly. The DR. BAUMANN *Hair Revitalizing Lotion* is really beneficial in strengthening the roots and preventing hair-loss.

Sport, sun and feet

For sport in summer where there is a large amount of perspiration we recommend the use of the oil-free Sun Gel with SPF 10. For strong solar radiation e.g. while skiing, the *Sun Lotion* SPF 20 or SPF 30 is just right. The *Sun Cream* SPF 30, which contains oil, is recommended for sun protection of dry skin and also for skiing in winter to protect all skin-types from the cold. The lips are protected and smoothed by the *Lipstick* SPF 7. With or without sun the DR. BAUMANN *Self Tan* provides a healthy, natural looking tan without blotches. Foot odour and athlete's foot is not only common amongst sportsmen. Spare the environment from aerosol sprays by using the DR. BAUMANN *Foot Cream* with tea tree oil and prevent other problems such as athlete's foot at the same time. Dry and rough hands and feet can be treated with the *Chaps Cream* – if it is not acute, the *Hand Cream* can be used.

Sun & Tanning Bed

Sun Lotion Factor 12 / 20

Compatible sun protection with sun-protecting vitamin E, UV-light reflecting minerals and a high-quality light-protection filter. For a particularly gentle yet intensive, long-lasting tan. Natural oils deeply nourish your skin.

Solarium Liposome

Based on a special principle of effect. The skin-protective vitamins E and beta-carotene are delivered to the skin by means of liposomes. The skin is effectively protected and nourished and the best possible tan is achieved. It can also be used as a wonderful body lotion, especially in summer.



Sun Lotion Factor 30

(SPF 30 without chemical light-protection filters)

A particularly innovative and compatible sun protection product which does not contain chemical light-protection filters, only light-protective mineral pigments. This sun lotion is waterproof and effective immediately after application.

After Sun Lotion

Calms and refreshes the skin after being in the sun or sun bed through a special combination of active substances. Sunburn fades more quickly and the intensity of the tan is enhanced. Ideal for use in combination with the regenerative *Vitamin A Ampules*.

Sun Cream Factor 30

(SPF 30 without chemical light-protection filters)

A rich sun cream with high light protection. This cream contains no chemical light-protection filters, only mineral pigments. Especially suitable for dry skin and in cold weather (e.g. whilst skiing) to protect all skin types from the cold. The light protection is effective immediately after application.

Self Tanning Lotion

Natural sugars create a healthy, safe tan without the sun. Ideal for using after sunbathing to soothe the skin whilst simultaneously boosting your tan. Can also be used once a day in the long term or applied before face cream, depending on the oiliness of the skin. We emphatically recommend the prior application of a *Liposome MultiActive* product (see pages 7, 8 and 9) because of the particular effectiveness of the liposomes, to achieve the best possible deep tan.

Sun Gel Factor 10 Free of Oil

Oil Free

An oil-free gel for particularly delicate skin prone to sun allergies and "Mallorca acne". Also idea for vigorous sporting activity.

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. The crowning achievement of this research work is the SkinIdent® skincare line, which is comprised exclusively of skin-endemic ingredients and vitamins, so that the best possible compatibility and effectiveness is achieved.

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). Already published in its 4th edition, this work 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.

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.



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, your DR. BAUMANN Institute: