

beautynews

A woman is sitting on a light-colored wooden floor, wearing a white bathrobe. She is holding a slice of orange over her right leg. The background is a bright, out-of-focus window with white frames.

GREEN PEEL®
Body Energy
Treatment

Natural method
with intensive
efficacy

**Fit for
spring**

Detox for face
and body

**Slimming Wrap
Treatment**

To beautify
the silhouette

New

Body Science

Special products for a beautiful body silhouette

Body Science

Special products for a
beautiful body silhouette

New
at your
beautician

Dr. med. Christine
SCHRAMMEK
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Shape
Perfection
Body Oil
■ Body Science

Aktivierendes Körperöl
für eine zarte Haut
Activating body oil
for a soft skin

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Super
Body Peeling
■ Body Science

Verfeinerndes
Creme-Peeling mit
Enzymen und Guarana
Smoothing cream-peeling
with enzymes and guarana

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Body Contour
Body Cream
Body Science

Massage Creme-Gel mit
Anti-Cellulite Formel
Massage cream-gel for
a smooth skin surface

Also discover
the Slimming
Wrap Treatment.

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Dear customers,

It is not just a radiant, fresh complexion that many women dream of, a beautiful body contour also has a major impact on feeling great. Yet, whereas we focus on skin care for our face, looking after our body's skin care is often overlooked.

With the new Body Science skin care series from Dr. med. Christine Schrammek Kosmetik this is now a thing of the past! Three innovative skin care products and two highly effective body treatments for use in salons help you achieve fantastic, firm skin! Use our new Super Body Peeling to remove dead skin cells from your skin and ensure it is receptive to the follow-up products! Goodbye cellulite – with CelluContour Body Cream and its integrated massage applicator the time has come to "fight" those undesired bumps! And the perfect finish for silky soft, smooth skin? Activating Shape Perfection Body Oil which contains precious caring oils.

You want to do more for your body contour? Combine the Body Science home care products with the GREEN PEEL® Body Energy treatment to reduce stretch marks and strengthen your connective tissue. The detoxifying, toning Slimming Wrap treatment is perfect for helping you to drop a dress size – give it a try!

In this edition you will also find many more tips for a great start into spring and to help you feel comfortable in your skin.

Dr. med. Christine Schrammek-Drusio
Dermatologist/Allergologist
and Anti-Aging Expert

Christina Drusio
Doctor

Dr. Schrammek-Drusio

Christina Drusio

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New

Bye bye Problem areas – Hello Body Science!

Many women wish to have a firm body silhouette. Nobody wants to have the undesired “orange peel” skin. Nine out of ten women, independent from clothing size and age, are affected. Mostly, bumps appear on thighs, bottom and belly, even the upper arms can be affected.



Why is that? On the one hand, the blame lies with the structure of fatty tissue in the female body. In subcutaneous tissue, fat retains its shape in what are known as “fat lobules” via a framework of connective tissue fibres (septa).

In women, these strands of connective tissue run vertically to the skin. When fat in the subcutaneous tissue increases, it is pushed upwards within these connective tissue structures.

The very elastic nature of women's skin means that it is unable to sufficiently counteract this pressure, which means that the little stores of fat bulge in the skin, causing undesirable bumps to form. Men have thicker connective tissue septa which run lattice-like across the skin surface of the skin, giving the skin greater stability.

However, it is not just the anatomical structure of the skin that causes cellulite. Hormone balance, lifestyle and nutrition as well as sports are parameters that influence your body contours.

What can we do?

The bad news is that there is no “miracle cure” to make cellulite disappear. However, the good news is that cellulite can be treated effectively! The key thing is a holistic approach. A healthy diet with not much sugar and trans fats is as important as regular use of highly effective, carefully selected body care preparations. In the interim, this will help you achieve a long-lasting reduction in fat accumulation, while at the same time strengthening the connective tissue – so nothing will stand in the way of your dream figure!

Discover the three new special preparations in the Body Science range now. Developed according to latest research findings and ingredients help you enjoy the best possible body care routine available.



Step 1

Super Body Peeling with an effective mixture of mechanical & enzymatic peeling provides the ideal basis for the succeeding care: dead skin flakes are removed, the skin becomes more receptive for following care products and the complexion appears refined.

→ Contains natural peeling particles from cellulose, completely without microplastics.



The massage applicator intensifies the mechanical stimulation and thus promotes fat reduction.

Step 2

CelluContour Body Cream with integrated massage applicator and an innovative ingredient combination helps to reduce external signs of cellulite. Circulation and cell metabolism are stimulated and bumps in problem areas are counteracted.

Step 3

Finally, **Shape Perfection Body Oil** with its silky texture is recommended. The combination of valuable caring oils (e.g. milk thistle, sesame and amaranth seed oil) is enriched with an ingredient based on mustard sprouts and chili.

Microcirculation is activated & cell metabolism is supported.

For best results, apply CelluContour Body Cream in the morning, Shape Perfection Body Oil in the evening and Super Body Peeling 1-3 times per week.



Best results with our Body Science Care routine

The skin receives more elasticity and the silhouette appears firmer and smoother. For more "wow effect", combine the Body Science home care products with the Slimming Wrap treatment at your beautician. Thanks to a special massage and an effective wrapping treatment, the metabolism is supported and fat cells are activated. This way, water and metabolic waste products of the cells leak out and are transported away – the secret for girth reduction.

Do you want to know more? Ask your beautician!

Are you *fit for spring yet?*

After a long winter, spring is finally around the corner. And for this reason now is the perfect time to prepare our facial skin for the upcoming season. While skin can often look tired and pale after the cold, dark winter months, we want our healthy glow back right now. Get started with our beauty highlights and enjoy a radiant, perfectly cared spring look.

Detox for the body...

Give your body a spring cleaning after the winter with a detox treatment!

Smoothies are perfect for this since their healthy nutrients provide your body with energy, which means you feel fit and ready to tackle the challenges of the New Year!

Here is a fantastic recipe for inspiration!

GREEN BEAUTY

- ✓ ½ cucumber
- ✓ Juice of ½ lime
- ✓ 100ml coconut milk
- ✓ 100ml spring water
- ✓ 1 avocado
- ✓ 100g rocket
- ✓ ¼ pineapple

Preparation:

Wash vegetables and peel if necessary. Extract the juice of the cucumber. Blend rocket, spring water, pineapple, avocado, coconut milk & lime juice. Add cucumber water, mix and enjoy!



...and for your skin!

It is not just your body that benefits from a detox treatment, your skin does too. Our Black Clearing Mask helps you with this. The activated charcoal, it contains, has a cleansing and detoxifying effect and is able to bind with a large amount of damaging particles. The deep-down effective cleansing mask helps your skin breathe. The result: smoother, finer skin. Pamper yourself with this treatment once a week.

Vitamin C -

The booster for every immune system.



Sniffs, coughs, sore throat. It is a pain continually having a cold in the winter. Boost your immune system right now with vitamin C rich nutrient. Lots of foods have high levels of vitamin C and can be easily integrated into your meals.

These foods are rich in Vitamin C:

- ✓ Broccoli
- ✓ Carrots
- ✓ Garlic
- ✓ Citrus fruits
- ✓ Dark berries and grapes
- ✓ Cabbage
- ✓ Tomatoes
- ✓ Spinach
- ✓ Nuts



Vitamin C in top form – Discover our Vitamin C Beauty Flash!

Beauty at the push of a button: Freshly activated Vitamin C is not just able to effectively protect against skin aging, but also to regenerate the skin visibly and sustainably. As a water-soluble antioxidant, Vitamin C helps to protect against free radicals and counteract oxidative stress. It supports the collagen synthesis, helps to reduce visible UV damages and provides the skin with a brighter, even complexion. A true miracle cure. Optimal for daily application under day and night care or as an intensive treatment.



At the push of a button, Vitamin C is added and activated just shortly before the first application.

GREEN PEEL®

Treatment

Do you suffer from cellulite or undesirable stretch marks? Tackle the problem before summer starts! Discover the GREEN PEEL® Body Energy treatment to tone your skin, strengthen your tissues and enhance your body contour. The treatment is based on the tried and trusted GREEN PEEL® Energy method, which has now been tailored to suit the needs of your body skin. Using the new and effective Body Science products optimises this special body treatment, achieving the best treatment results.

The intensive and effective result of the GREEN PEEL® Body Energy treatment is achieved due to a variety of factors. The treatment promotes your circulation and stimulates your metabolism. This improves oxygen and nutrient delivery to your skin, increases the absorption of active ingredients, simultaneously promoting detoxification processes. The exfoliating effect on the surface also ensures your skin becomes silky soft and particularly receptive. Overall, your skin's elasticity and skin quality improves with each treatment.

Best treatment results can be achieved by using the GREEN PEEL® Body Energy treatment as a curative treatment. For optimum results and depending on the aim of the treatment, at least four GREEN PEEL® Body Energy treatments – each one 3 weeks apart – should be planned as part of this treatment package.

For even better results, we recommend following with a Slimming Wrap treatment. Find out more on page 10.

Area of application

- ✓ Reduce stretchmarks (belly, upper arms, thighs)
- ✓ Firm sagging abdominal wall
- ✓ Tighten the connective tissue
- ✓ As a combination treatment against cellulite
- ✓ As a support during weight reduction



Exclusively
available at your
beautician 😊



Body Energy

Convincing

The GREEN PEEL® Body Energy treatment is a natural method with intensive effect. The skin is not exfoliated in the same way as with the GREEN PEEL® Classic Herbal Peeling treatment, rather an intensified regeneration process strips dead skin cells from the skin. There is no "downtime" after this treatment.

Best results through the right skin care at home

By applying the Body Science skin care products, optimal treatment results can be achieved. CelluContour Body Cream and Shape Perfection Body Oil should be a part of your daily skin care routine after the GREEN PEEL® Body Energy treatment. Apply CelluContour Body Cream to problem areas in the morning and evening. The integrated massage applicator massages the cream intensively into your skin, while stimulating your circulation and metabolism. Shape Perfection Body Oil can also be applied to activate micro-circulation and support skin metabolism.



These products support the detoxification process, have a smoothing, firming effect and thus enhance the appearance of the skin and body contours. After the GREEN PEEL® Body Energy treatment, Super Body Peeling should be used 1-3 times per week as part of your body care routine.

This refining and invigorating exfoliation treatment makes your skin soft and smooth, stimulates the circulation and makes your skin more receptive to any subsequent care products that are applied.

Other things that can be done

Optimal treatment results are more quickly achieved when you ensure you have a balanced diet and exercise regularly. Exercise that strengthens your muscles are the best in this regard.



Slimming Wrap Treatment

Intensive *Body Treatment* to beautify the silhouette

Many women want beautiful, smooth skin. But weak connective tissue often makes the structure of your skin appear uneven, and undesirable bumps and cellulite emerge. But it doesn't have to stay that way. Effective body treatments and skin care products can help make your skin look beautiful. Try the new Slimming Wrap treatment – a detoxifying treatment for toned, smoother looking skin.

The treatment

The treatment starts by optimally preparing the skin with Super Body Peeling, followed by a brush massage. Dead skin cells are effectively removed and your circulation is stimulated. The following Body Science special massage promotes the detoxification process, alleviates tension and stimulates the metabolism, meaning that subsequent Body Science products are better absorbed by the skin. The following body wrapping treatment supports the absorption of ingredients and the detoxification process. The result is a firmer, smoother and more beautiful skin. It is recommended to have this treatment done as a cure: 6 treatments – one treatment each week is perfect.

Treatment duration

Approx. 70 - 90 minutes

Treatment procedure

Cleansing – Peeling – Brush Massage – Stimulation –
Body Science Special Massage – Body Wrapping –
Final Care



Care recommendation:

Use Body Science skin care products for your skin care routine at home. A regular use of Super Body Peeling, CelluContour Body Cream and Shape Perfection Body Oil will help make your skin soft, stimulate your metabolism, detoxify and strengthen your body tissues.

TIP

Optimal results are achieved in short time by a combination of care products, treatments, a balanced nutrition and sports.





Great joy at Don Bosco Club in Essen

In cooperation with the Christoph Metzelder Foundation, we have been supporting the club for several years. At the beginning of the year we were happy to see so many smiling faces. This is where more than 100 children spend their time after school every day. A warm meal, a box club, homework assistance, crafting and playing possibilities are some of the institution's offers and it is run with lots of love and heart.

Prix d'Honneur de la Beauté for Dr. med. Christine Schrammek-Drusio

In November 2018, the award ceremony of the BEAUTY FORUM AWARDS 2018 took place in Baden Baden, Germany. Besides awards in 6 different categories and 5 special prizes, the "Prix d'Honneur de la Beauté" honoured an excellent outstanding personality in the beauty industry. We are very proud that this special prize of the evening was awarded to Dr. med. Christine Schrammek-Drusio this year. Congratulations!



Save the date



29.-31.3.2019
Hall 10 | Booth F60

We are looking forwards to your visit!



Visit in China – big press conference in Guangzhou

The Chinese market of cosmetics booms and the demand for European products is increasing. Together with her Chinese distribution partner, Dr. med. Christine Schrammek Kosmetik presented a new sales concept during a big press conference in Guangzhou with more than 60 journalists. The press event was a huge success. The day finished with interesting conversations and a big certificate ceremony to all aestheticians certified for the original GREEN PEEL® Herbal Peeling treatment.



Pssst...

something is coming!

In May, you can look forward to a new product in our Essential line. But what we can already tell you: It will be **"Foam"-tastic!**

Stay tuned!

NEW



Follow us!

You love everything around the topics beauty & cosmetics,
always want to be up-to-date and benefit from great skin
care tips?

Follow us on Instagram & Facebook

We look forward to your likes, comments and photos.



Dr. med. Christine Schrammek Kosmetik GmbH & Co. KG

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