

# BEAUTY

*news*

**DOUBLE PROTECTION  
GLOBAL DEFENSE CREAM**  
with infrared and UV protection

**GREEN PEEL®**  
Discover the effects of  
Aloe Vera, Ribwort & Co.

**NEW**

**SUPER BEAUTY MASK**  
– EXCLUSIVELY AVAILABLE  
AT YOUR AESTHETICIAN

*This is why we  
love masks*

You can look forward to the quick beautifiers of [derma.cosmetics](http://derma.cosmetics)

# GLOBAL DEFENSE CREAM

**Vitalizing** Day Cream with  
**infrared** & UV protection

SPF  
20



Dr. med. Christine  
**SCHRAMMEK**  
derma.cosmetics

The power of medical beauty.



## „You look great!“

A compliment everyone loves to hear. Looking good always has something to do with charisma. Whoever feels at ease with themselves and feels comfortable in their own skin also radiates that vibe. With this issue we want to encourage you to think of yourself more often. In the bustle of everyday life, this is often not possible. It's the little extras that do us good and make us look great. Masks are quick beautifiers that not only make your skin radiate but also provide a relaxing timeout. Allow yourself a moment to be pampered with one of our four highly concentrated beauty masks. Perfectly matched to meet the needs of different skin types, SENSIDERM MASK, ACTIVE CLEARING MASK, HYDRA MAXIMUM MASK and TIME CONTROL MASK offer that extra portion of care to make you and your skin glow.

When visiting your aesthetician next time, we would like to draw your attention to a very special mask. SUPER BEAUTY MASK was developed for professional use in the cabin and can be used for many different treatment objectives. The peel-off mask is enriched with vitamin C, cucumber and linden. Thanks to the additional occlusive effect, the skin is optimally sealed and the previously applied ingredients can penetrate better and deeper into the skin. Your skin benefits from this twofold effect. It appears smoother, fresher and more even. Ask your aesthetician for an individual treatment with SUPER BEAUTY MASK – and you can already start looking forward to the compliments you'll receive after the treatment.

We received a huge compliment from you last year for our GLOBAL DEFENSE CREAM. The innovative day care with infrared and UV protection was the bestseller of the summer. The main active ingredient in the GLOBAL DEFENSE CREAM is the botanical active ingredient ELIX-IR™ which minimizes damage caused by infrared damage. We are delighted that ELIX-IR™ was awarded "Gold" at the in-cosmetics ASIA Best Ingredient Award. Research and development is very important to us. Receiving appreciation for this great active ingredient also confirms the high quality of our products.

We wish you a relaxing time and lots of joy with our Beauty News.

Yours,

*Dr. Schrammek-Drusio*

Dr. med. Christine Schrammek-Drusio  
(Managing Partner, dermatologist/  
allergologist/anti-aging expert)

*A. Drusio*

Alexander Drusio  
(Managing Partner)

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# APPLY A *mask!*



Of course, you clean and care for your skin every day. But how often do you give it the time to visibly recover and regenerate? With active ingredients that make your skin more beautiful and healthier?

**Give your skin more attention - by applying a mask.**

**M**asks are an integral part of a classic cosmetic treatment and offer pure relaxation.

During the 10 to 15 minutes while the mask is taking its effect, you can come to a rest and relax. But that's only one aspect. "Masks are effective beauty products, which, in addition to the relaxation effect, also contain highly concentrated active ingredients that deeply release their potential in your skin," says Dr. med. Christine Schrammek-Drusio.

Masks are therefore both: quick beautifiers and effective problem solvers. Dr. med. Christine Schrammek derma.cosmetics has developed four masks for application at home: SENSIDERM MASK, ACTIVE CLEARING MASK,

## ARE YOU READY FOR A MASK?

- ▶ First, thoroughly clean your hands and face.
- ▶ With a gentle peeling, clear your skin of calluses, scales, sweat and makeup residues. This allows your skin to better absorb the mask's active ingredients.
- ▶ Evenly apply the mask with a spatula or cosmetic brush, avoiding the area around your eyes.
- ▶ **TIP:** Lay a warm towel on your face, the heat intensifies the effects. And for extra eye care: Apply freshly cut, cooled cucumber slices – the freshness kick for tired eyes!
- ▶ Leave the mask on for 10 to 15 minutes and enjoy your break.
- ▶ After the application time, remove the mask with moist compresses and gently dry your face.

## HYDRA MAXIMUM MASK and TIME CONTROL MASK.

The masks are tailored to different skin needs and application objectives. Basically, masks can be applied whenever you need a quick beautifier or feel that your skin urgently needs support – such as when your skin is showing stress symptoms, appearing pale or seems out of balance. To do something lasting for your skin a ‘mask day’ once a week is recommended. If you have blemished skin, you should even treat your skin with a mask two to three times a week. “Of course, a mask takes some effort. But it’s well worth it to include such a product in your care routine. They not only permanently improve the appearance of your skin, but also provide you and your skin with a little break,” says Dr. med. Christine Schrammek-Drusio.

**NEW!**



## EXCLUSIVELY AVAILABLE AT YOUR AESTHETICIAN: EXPERIENCE THE NEW SUPER BEAUTY MASK

Dr. med. Christine Schrammek Kosmetik has developed a unique peel off mask for professional salon treatments. The multifunctional SUPER BEAUTY MASK optimally seals the skin through occlusion, thus enabling powerful absorption of active ingredients. The peel off mask remains on your face for 20 minutes and is then slowly peeled off from the bottom up.

“**SUPER BEAUTY MASK achieves its extraordinary effects in connection with the active ingredients that were applied previously,**” explains Dr. med. Christine Schrammek-Drusio. “With the help of SUPER BEAUTY MASK, the skin can become refined, smooth, firm and even brighter.” The occlusive effect of the mask allows the individually-tailored ingredients applied beforehand to deeper penetrate into the skin. Moreover, the mask itself is enriched with effective extracts like linden, cucumber and vitamin C.

The vitamin C contained in the SUPER BEAUTY MASK is one of the most thoroughly researched ingredients of cosmetics. It has an antioxidant effect and protects the skin. Because of its ability to balance out uneven pigmentation, it is also a recognized anti-aging active substance. Cucumber contains plenty of proteins, plant acids, tannins, mineral salts and, most importantly, vitamin C and nicotinamide. The cucumber juice ensures a clear, even complexion and has a firming effect. Linden has a long tradition in pharmacology as a medicinal plant. The extract contains over twenty different flavonoids as well as minerals and vitamin E. Linden extract soothes irritation and protects sensitive skin.

Dr. med. Christine Schrammek-Drusio: “**With the new SUPER BEAUTY MASK we are able to support your individual treatment needs and promise you a result that will amaze you. Consult your aesthetician for advice.**”

**SENSIDERM MASK** Soothing cream mask for sensitive skin. Instant help for stressed and reddened skin. Relaxes and soothes with zinc and barley grain extract. The natural barrier function and resistance of the skin can be strengthened. Avocado oil, macadamia nut oil and panthenol make the skin soft and smooth.

**ACTIVE CLEARING MASK** Special clearing mask for greasy, impure skin. Helps to reduce the sebum production thanks to a special sebum regulator. Thyme and hops extracts have anti-inflammatory effects. Kaolin matts the complexion. The skin appears clearer and more balanced.

**HYDRA MAXIMUM MASK** Beauty mask for a radiant skin. Provides the skin with intensive moisture and freshness. Calms and refreshes tired and stressed skin. Hydranov P and hyaluronic acid smoothen dry wrinkles. The skin feels fresh, smooth and supple. The ideal refreshment booster for in between.

**TIME CONTROL MASK** Firming extra care. Replenishes the skin’s natural defences and moisture reserves. Anti-oxidative ginseng strengthens the skin, Matrixyl® 3000 and milk thistle have firming effects. Nutri oils provide the skin with new smoothness. Wrinkles appear reduced, the complexion radiates.

*All masks are without mineral oils and parabens.  
SENSIDERM MASK is also without fragrances and colorants.*



# The perfect day

**What does your perfect day look like?** Do you prefer sleeping in or going outside immediately? Would you spend the day in café in the city or rather go for a trip somewhere? No matter what you are going to do, with our tips you will be perfectly prepared – beautiful and safe.



## *This is how summer smells...*

Lavender, mint, thyme, rosemary. Simply the sound of these herbs makes you think of summer, sun and holidays and just makes you feel happy. But it's also the scent of the herbs that inspires the senses and makes you feel good. Get yourself some pots of herbs and put them in the kitchen or on the balcony.

Take your time to smell the herbs in the morning or evening. You will quickly notice which scents are good for you and when. As a guide: Rosemary is invigorating and fiery, while lavender is soothing and relaxing. What about mint? Refreshing, cooling, and also soothing.

**Trying them out is worth it.**

## **YOUR FEET IN THE SPOTLIGHT**

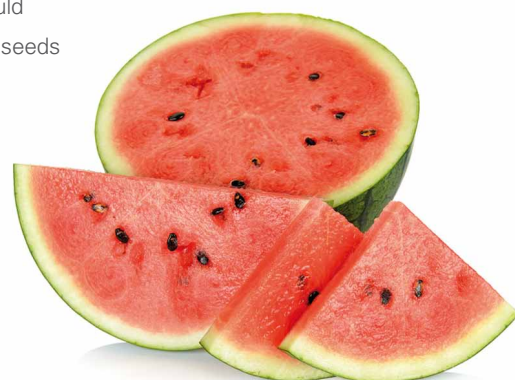
You couldn't get an appointment for a pedicure? Don't worry.

These emergency measures allow you to show off your feet in strappy sandals and peep toes:

1. Soak the skin on the balls and heels of your feet for 15 minutes in a warm foot bath.
2. Use a pumice stone or foot scrub to remove stubborn calluses.
3. Gently push the cuticles back with a wooden stick, and then cut the nails so that they are in line with the tips of your toes.
4. Generously apply foot cream with a high amount of urea to your feet, put on your cotton socks and leave the cream on for a few minutes to soak in and start working.
5. Apply your favourite nail polish colour. **Done!**

## *Beauty-melon*

Watermelons consist of more than 90 percent water. This makes them an ideal and low-calorie thirst quencher in the summer. But the fruit has even more to offer: Watermelons contain a lot of vitamin A and vitamin C – both real beautifying vitamins for your skin. Lots of good things are also in the seeds, for example, vitamins, minerals and proteins. That's why you should consciously eat the seeds rather than getting rid of them.







## BIG IS BEAUTIFUL

Sunglasses are far more than just a fashion accessory. They protect your eyes from UV rays and help to reduce the formation of wrinkles. Only when we forget to bring along our sunglasses, we realize how effective they are. Bright sunlight makes us blink and squint – the basis for crow's feet later in life. But to actually protect the area around your eyes, your favorite glasses should always meet a few criteria:

### ▶ GLASSES WITH UV 400 STANDARD

Ultraviolet rays up to a wavelength of 400 nanometers are absorbed by the lens. The glasses provide 100% protection against UVA, UVB and UVC radiation.

### ▶ LARGE GLASSES AND WIDE FRAMES

The wider the frame, the better they protect you from lateral scattered light. The glasses should sit close to your eyes without slipping. This not only looks glamorous, but also provides the best protection.

### ▶ USE THE CORRECT EYESIGHT

If you constantly need to squint when wearing your glasses because you can't see properly, then the anti-wrinkle effect is also gone.

## WELL PROTECTED WITH GLOBAL DEFENSE CREAM

Enjoy a beautiful, carefree summer day – with the GLOBAL DEFENSE CREAM with infrared protection and SPF 20. The anti-aging day cream not only provides reliable protection against UV radiation, but also responds to the danger caused by infrared rays. "The dangerous thing about infrared rays is that they penetrate deeply into the cells, where they attack the mitochondria, the "power plants" of the cells," says Dr. med. Christine Schrammek-Drusio. Infrared rays are therefore just as responsible for premature skin aging as UV radiation.

With the GLOBAL DEFENSE CREAM, Dr. med. Christine Schrammek Kosmetik developed an effective protection concept against both threats. The main active ingredient is ELIX-IR™, a botanical active ingredient from knotweed. It blocks certain enzymes that have formed through infrared rays, and thus preventing the reduction of elastin and collagen. The unique effect of ELIX-IR™ was also honored with the Best Ingredient Award at the in-cosmetics ASIA. The main active ingredient in GLOBAL DEFENSE CREAM was given Gold, the highest recognition awarded.

Dr. med. Christine Schrammek-Drusio: "When developing new products, we rely on innovative and proven effective ingredients. We also consider it a confirmation of our research work that the main active ingredient in GLOBAL DEFENSE CREAM received this reward."

However, GLOBAL DEFENSE CREAM is far more than just an excellent and reliable day cream that protects you against the effects of photo-aging. Vitamin A, vitamin E and hyaluronic acid support cell repair and cell regeneration and activate the collagen synthesis.

Your skin regains its freshness and youthfulness – for a beautiful, carefree summer.



# THE POWER OF THE *herbs*



One should not be fooled from outward appearances – at least when it comes to the ingredients of the GREEN PEEL® Herbal Peeling Treatment. Because as inconspicuous as horsetail, ribwort and the like may seem, they possess some extraordinary abilities. **Discover the secrets of the GREEN PEEL® herbs.**

*“Nature continues to surprise us with its self-healing powers. With our GREEN PEEL® herbal mixture, we are consciously working with this ability.”*

Dr. med. Christine Schrammek-Drusio



The original GREEN PEEL® Herbal Peeling Treatment is one of the most successful methods for skin regeneration and is also one of the most tolerable. Only herbal ingredients and a special massage are able to initiate the skin's renewal process. “In 60 years, we have continually developed our method and optimized the herbal mixture. That's also the reason why we can offer solutions for almost all skin conditions today,” explains Dr. med. Christine Schrammek-Drusio. “Despite the extensive development, the basic composition of our herbal mixture has not changed. It is the heart of our method.”

The GREEN PEEL® herbal mixture consists of powdered leaves, flowers, sprouts and roots from selected plants. Six plants play a unique role in the herbal mixture. These are Horsetail, Aloe Vera, Ribwort, Lungwort, Pansy and Marigold. “Some of the herbs have been used as a medicinal plant since the Middle Ages. For others, their special benefits can only be obtained in combination with other plants. Our GREEN PEEL® herbal mixture represents the sum of our plant knowledge and decades of experience in this field,” adds Dr. med. Christine Schrammek-Drusio.





HORSETAIL

### *Horsetail*

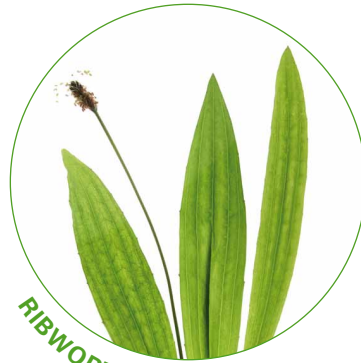
Horsetail is considered an extremely unruly weed in your garden – which is probably the reason why it was disregarded for a long time. But horsetail is actually an old medicinal plant. The branched plant, also called puzzlegrass, reduces inflammation, while also providing a strengthening and protecting effect. Horsetail contains a lot of silicic acid. It improves the skin's structure, releases blockages as well as it strengthens and enhances the elasticity of the connective tissues. Horsetail is the most important plant within the GREEN PEEL® herbal mixture.

### *Aloe Vera*

Its cooling, anti-inflammatory and healing effects often makes aloe vera a popular ingredient in after-sun products. But aloe vera has a lot more properties, which makes it so valuable to the GREEN PEEL® herbal mixture. Aloe Vera contains a variety of enzymes, vitamins, oligosaccharides and amino acids. It is soothing and can both store and provide moisture.



ALOE VERA



RIBWORT

### *Ribwort*

The plant with the wide, strong leaves is also called plantain or buckhorn. It contains a lot of silicic acid, tannins and minerals. Ribwort promotes the regeneration of damaged cells, and accelerates cell growth. The herb contains a secondary plant substance called Aucubin, which has an antibacterial effect and reduces irritations. Ribwort is therefore also considered an old home remedy for insect bites. For this purpose, the leaf is first slightly crushed to get the plant's sap and is then pressed onto the affected area.

### *Lungwort*

The small plant with the delicate blossoms is full of surprises. It was used in popular medicine to treat pulmonary diseases and for external wound healing. Lungwort causes calluses to peel or flake away. It also has astringent properties. These abilities are what make the plant so important for GREEN PEEL®. Lungwort is also rich in silicic acid, tannins and minerals and supports cell regeneration.

### *Pansy*

Pansies were known in the past as the "herbs for girls with blemished skin". Pansies contain carotenoids and salicylic acid derivatives and help with impure, inflamed skin conditions. Wild pansy is a traditional medicinal plant and is recommended for many skin diseases.



PANSY



LUNGWORT

The calming effect is derived from its grass-like leaves. They facilitate wound healing, relieve itching and have an antibacterial effect.

### *Marigold*

The plant with the bright yellow-orange coloured blossoms is an old medicinal plant which has proven effective, especially in healing wounds. Its blossoms can be found in salves, tinctures and infusions. Marigold does not only help wounds to close, but can also reduce inflammations quickly and has an antibacterial effect. In addition, it activates cell division.



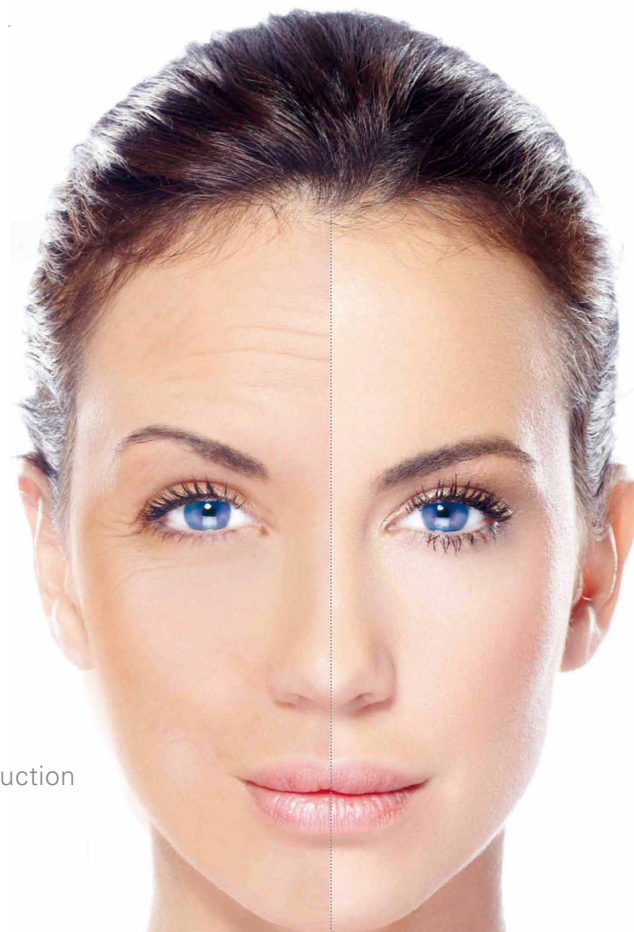
MARIGOLD

Treatment  
of the  
month

## SUPER BEAUTY TREATMENT

For **demanding skin** in need of regeneration  
as well as **mature skin** with loss of elasticity

- ✓ Provides effects with the power of two masks
- ✓ Achieves the same effect as a small lifting
- ✓ Helps to reduce wrinkles and stimulate the collagen production
- ✓ Makes the skin noticeably softer and smoother
- ✓ Treatment duration: approx. 60 minutes



### Treatment steps

Cleansing – Toning – Peeling (SUPER ENZYME PEELING –with warm compresses, without vapozone) – Serum – Massage – TIME CONTROL MASK plus SUPER BEAUTY MASK – Hand-Arm-Massage – Toning – Final care



**Double mask power: TIME CONTROL MASK and SUPER BEAUTY MASK for a firm, smooth and youthful-looking skin**



### Products and ingredients

What is so special about this treatment is the “double mask” method. SUPER BEAUTY MASK is applied on top of TIME CONTROL MASK. Additionally, the face is tightly wrapped with gauze bandage and a special bandage technique. This intensifies and optimizes the absorption of active ingredients. SUPER BEAUTY MASK closes the skin and thus allows the ingredients of TIME CONTROL MASK to better unfold their effects and penetrate deeper into the deeper layers of the skin. Especially the anti-aging ingredients Matrixyl®3000 and milk thistle oil can thus unfold their full effects. At the same time, the combination of the two masks stimulates the skin metabolism. The firm bandaging technique additionally strengthens the “double mask” effect and helps to firm the contours.

### The effect

The SUPER BEAUTY treatment has the effect of a small lifting for skin in need of regeneration. The special effect is achieved, on the one hand, due to the intensive absorption of ingredients and, on the other hand, due to the activation of the skin metabolism. This in turn, is achieved thanks to the occlusive peel off mask and the special technique with gauze bandage.

### Something to look forward to

After removing the gauze bandage and the remnants of the mask, your skin appears firm and visibly smoother. It feels firmer and looks fresher and more relaxed. Wrinkles appear visibly reduced. Your complexion glows again with youthfulness and vitality.

# FROM ALL OVER THE WORLD



## Dr. Schrammek Launch Event in Korea

At February, an exclusive Dr. Schrammek seminar took place in Seoul. Dr. med. Christine Schrammek-Drusio and Alexander Drusio personally came to Korea to witness more than 80 beauty professionals experiencing the latest products and treatments as well as a live demonstration of the original GREEN PEEL® herbal peeling. We appreciate the wonderful hospitality and professionalism of our partner and are looking forward to extend the success of Dr. Schrammek in Korea.



## GLORIA Award 2016 – Looking back at a great gala

In the course of the glamorous gala, the GLORIA award was designated on 4th March in Düsseldorf. Several VIP guests joined to select the best aestheticians in Germany. Dr. Schrammek joined this year as sponsor of the event: "It's a special interest for us to be supporting the event as a sponsor because the aesthetician is the heart of our work. We spent a wonderful evening and congratulate all winners" says Alexander Drusio, managing director of Dr. Schrammek.

## Cosmoprof Bologna 2016

In March, our Export Team presented Dr. med. Christine Schrammek Kosmetik at the biggest European exhibition for cosmetics "Cosmoprof" in Bologna.

From our perspective, the successful outcome reflects many new contacts and the deepening of existing relations with our long-standing partners. We are very happy about the successful visit to the exhibition in Italy.



## DR. SCHRAMMEK TREATMENTS & PRODUCTS:

Albania • Australia • Austria • Belarus • Benelux • Bosnia-Herzegovina • Brunei • Canada • Chile • China • Croatia • Czech Republic • Denmark • Estonia • Finland • France • Great Britain • Greece • Hungary • Iceland • Indonesia • Iran • Ireland • Israel • Japan • Kazakhstan • Korea • Kuwait • Latvia • Lebanon • Lithuania • Macedonia • Malaysia • New Zealand • Norway • Poland • Portugal • Romania • Russia • Saudi-Arabia • Serbia/Montenegro • Singapore • Slovakia • Slovenia • South Africa • Spain • Sweden • Switzerland • Taiwan • Turkey • U.A.E • Ukraine • USA



# FOR INTERESTED AESTHETICIANS

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## REASONS FOR CHOOSING DR. MED. CHRISTINE SCHRAMMEK KOSMETIK

Dr. med. Christine  
**SCHRAMMEK**  
derma.cosmetics



Dr. med. Christine  
**SCHRAMMEK**  
GREEN PEEL®

### Dr. med. Christine Schrammek Kosmetik offers:

- An effective, compact skin care series – clearly organised and ideal for every skin type.
- Concepts close to nature and high-tech products.
- Dr. med. Christine Schrammek derma.cosmetics is developed by dermatologists.
- GREEN PEEL® herbal peeling – the worldwide natural treatment method.
- Skin protection and orientation on problem skin.
- Ingredients in concentrations with time-proven effectiveness.
- Ongoing marketing and sales support.

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Dr. med. Christine  
**SCHRAMMEK**  
Kosmetik