

SUSANNE KAUFMANN™

7-day Wellness Programme



SUSANNE KAUFMANN™
Basensalz entsäuernd
Alkali Salt deacidifying
180 g (NET WT 6.3 OZ)

At SUSANNE KAUFMANN, we are dedicated to our Austrian heritage rooted in the practices of holistic wellbeing and self-care and we believe skincare should be part of this. We have lovingly created our 7-day wellness programme with a relaxing and balancing selection of products and beauty regimes for you to experience in the comfort of your home. Holistic, results-focused skincare for optimum self-care.

7-DAY WELLNESS PROGRAMME

Susanne Kaufmann's Recommendations

Monday

Kick-start the detox process and restore balance before the week ahead with an Alkali Salt Deacidifying footbath to release blocked energy and restore balance to ensure a good night's sleep. Dissolve one spoonful of Alkali Salts in a bowl of warm water and soak your feet for 10-15 minutes. You can also use the salts as an exfoliator/scrub to gently buff the skin and help restore the skin's pH level. In addition, drink an Acid Alkalizing Tea and plenty of water to support the detoxification process from within.

Tuesday

Hydration is key. After cleansing and toning, apply our Hyaluron Serum Moisturising paired with our nourishing Moisturising Mask to lock in moisture. Pop outside for a fresh, brisk morning walk to clear the mind while the products work into the skin and provide a cool firming effect. After your walk, rinse off your mask and moisturise. We recommend our Day Cream Line T to maintain a high level of hydration for soft, supple skin.

Wednesday

Mid-week wake up call? Try integrating cold-warm-treatments to your daily routine. Toxins are produced by our bodies which remain on our skin, especially overnight. Therefore, we recommend starting your morning with a cold shower to banish these toxins. Alternate 2-3 times between warm and cold water. Exposing the body to cold and warm water stimulates and promotes a healthy immune system. Follow with our Mineral Body Lotion on damp skin to enhance absorption.

Thursday

Massaging facial products into the face with our Obsidian Face Roller can help release tension and reduce stress while the product penetrates deep into the skin. We recommend our Pollution Skin Defence System. Work the serum into the centre of the face and stroke/roll horizontally outwards. To treat the area around the eyes, place the roller under the eye next to the bridge of the nose and roll it horizontally towards the temple. The precious Obsidian stone is known for its healing powers that are used to relieve inflammation, strengthen the connective tissue and release blockages.

Friday

Nearing the end of the week, try our at-home treatment ritual to prepare your body for the weekend. Apply our Restorative Toning Body Cream with the Toning Body Serum generously to your body. Wrap your arms, legs and upper body in a body wrap and leave to absorb for 30 minutes. Massage any remaining cream into the skin with upward strokes to stimulate the lymphatic system, for toner, firmer skin.

Saturday

Go offline. Try and dedicate one evening a week to a good book in place of a digital device to protect your skin as well as your eyes from blue light radiation to help you wind down and promote a good night's sleep. Bring a piece of Bezaú to you for the ultimate relaxation experience with our Balancing Room Diffuser. Breathe in the luxurious blend of incense, cedarwood, patchouli and ylang-ylang while you devour the next best read. Top tip: Take advantage and treat your feet to another Alkali Salt footbath for the perfect at-home spa treatment.

Sunday

Baths are such a great form of self-care. The wonderful thing about bathing is that you can personalise your bath depending on what your physical and/or mental needs are. Start off by pouring yourself a luxurious bath and adding 5-7 spoons of our Herbal Whey Bath Nourishing to nourish and soothe your body after a long and busy week. To restore the pH levels and balance of the skin add our unique Alkali Salts or if you prefer bubbles, our beautiful Mallow Blossom Bubble Bath works to protect the skin and soothe irritation for the perfect end of week re-boot.

THE WHOLE PICTURE

We see beauty holistically. This means if you live an all-round healthy lifestyle, you will not only look but feel your best-self. A healthy diet as well as regular exercise has a massive effect on our appearance and overall well-being. Why stop at skincare? Our approach to self-care is holistic: we look at the whole picture.

A deep inner cleanse:

- Drink a ginger and lemon shot each morning: A shot of ginger is the best cure to detox the body. Nothing helps fight a looming illness like a cold or flu, combat a lack of energy or brighten a dull complexion better than a shot of freshly pressed ginger with lemon.
- Take half an hour to yourself each day to reconnect with you. Refocus your mind with a simple breathing exercise of deep conscious inhaling and exhaling for 5-10 minutes. This supports the lymphatic system, which works to dispose of toxins in our body.
- Keeping active is an important part of a healthy, balanced lifestyle. Dedicate just 25 minutes of your day to a short power walk, pilates or yoga class. After your shower or warm bath, apply a lotion or body oil with upwards motions to activate lymphatic flow and relieve muscle tension.



Inspire us.

Tag @susannekaufmann_ to share your SUSANNE KAUFMANN wellness regimes;
we hope you enjoy your 7 days of self-care.

With love from Bezau

