

Susanne Kaufmann™ Line Essence

There is a multitude of different approaches to “healing.” Traditional medicine encompasses knowledge about ailments, remedies, and cures that has been passed down through the generations. Natural substances such as plants, essential oils, and salts are at the heart of this alternative approach to healing.

Another major part of alternative medicine is phytotherapy – a gentle form of healing based on the cornerstones of nature, with a focus on plant-based active ingredients made using leaves, seeds, wood, fruit, flower buds, stalks, and roots. There are some 70,000 different types of plants in the world. The pure substances from these special medicinal plants can unleash their power in the form of tablets and drops, but not only that. They are even highly effective in the form of cosmetic products such as creams, lotions, and ointments.



Susanne Kaufmann started following this highly complex, holistic school of thought many years ago. This gave rise to the innovative Essence Line featuring ointments, oils, and an alkaline salt, which can soothe all kinds of external ailments. These products are still proving just as effective to this day, many years later. And Susanne Kaufmann’s comprehensive expertise continues to shine through in the Essence Line. What makes these products truly special is their link to the latest scientific discoveries and advancements. Each and every one of the products has a cutting-edge standard, but containing only natural ingredients and shunning chemical and toxic additives. This allows the natural healing powers to be unleashed to greater effect, with areas being targeted even more effectively.

The Essence Line takes care of the skin from the outside, yet it also manages to penetrate deep into the body. Aromas that calm the mind and restore harmony to the soul are another major focal point.

1. Mineral Body Lotion

Fasciae act as the body’s internal support system, enclosing and strengthening all of the muscles. The healing power of mineral salts has proven to be effective within alternative medicine over the decades, with various mineral compounds being used to restore balance within the body. For example, magnesium phosphoricum relieves lymphostasis and muscular tension. And that is why this highly effective mineral compound is used in the Mineral Body Lotion. After all, magnesium phosphoricum delivers even better, more targeted results when applied to affected areas. Another of the ingredients is natrium phosphoricum – a mineral compound used to neutralize acids. If the pH value of the blood is out of balance (not between 6 and 7.4), the transportation of nutrients and oxygen can be disrupted. Over time, this not only has a negative impact on the internal organs, but it becomes harder for muscle cells to be stimulated, which can lead to tension. The natrium phosphoricum in the Mineral Body Lotion counteracts this effect and helps the body to break down acids that have built up and restore the acid-alkaline equilibrium. Ferrum phosphoricum is the third super ingredient. Also known as iron phosphate, it stimulates cell metabolism and strengthens muscle tissue.

2. Alkali Salt deacidifying

The ideal effect of a bath with Alkali Salt deacidifying is based on the principle of osmosis, with acids and toxins being eliminated through the skin due to differences in pH values. Here’s how this works: When the pH value is different on either side of a permeable membrane, such as the skin, the values are balanced out. Since the skin is often acidic, the alkalis in the water balance out the value. The Alkali Salt deacidifying also soothes strained muscles and alleviates skin ailments thanks to the whey additive. The Alkali Salt deacidifying can also be used as a body scrub or added as an essence to a relaxing footbath as desired.

3. Evening Primrose Ointment soothing

Evening primrose oil is a superstar in the skin care world. The Evening Primrose Ointment soothing alleviates extremely dry patches of skin, neurodermatitis, and eczema. It promotes the skin’s natural regeneration processes, while also providing an intense moisture boost. The skin’s natural protective acid mantle benefits as well. It becomes more stable and better able to defend against bacteria, fungi, viruses, and the like. Plus, squalane ensures that the skin’s moisture reserves are topped up and stops free radicals from doing any harm.

4. Incense Lotion relieving

Resin beads on Boswellia trees – referred to as the “sweat of the gods” in Ancient Egypt – have a long history of being used as ritual incense and a remedy, with their proven anti-inflammatory effect. The Incense Lotion relieving alleviates muscle and joint ailments, and even chronic skin conditions.

5. Leg and Vein Spray cooling

Swollen legs are the result of the flow of lymph being disrupted. This often occurs if people don’t do enough exercise or are born with weak connective tissue and vein walls. The Leg and Vein Spray cooling delivers invigorating active ingredients like dandelion and horse chestnut that get the lymph going again. Menthol and eucalyptus are two additional ingredients that, when combined, cool, refresh, and stimulate blood circulation.

6. Pillow Spray calming

SUSANNE KAUFMANN™

press release

We have known about the calming effect of lavender for centuries now. The purple plant unleashes the most power when its soothing scent is taken in through the nasal mucous membranes. For a good night's sleep, the lavender-based Pillow Spray also contains orange oil, as it opens the airways and intensifies the effect of the lavender.

PRODUCT	SIZE	EFFECT
Mineral body lotion	200 ml	Loosens the fascial tissue, relieves muscle tension, stimulates lymph flow
Alkali salt deacidifying	60g 180g	Deacidifying, detoxifying, promotes the elimination of slag, provides lasting care
Evening primrose ointment soothing	50 ml	Moisturising, prevents the skin from drying out, intensively nourishing
Incense Lotion relieving	50 ml	Relaxing, loosening, beneficial and analgesic for tension and muscle pain
Leg and Vein Spray cooling	75 ml	Cooling, invigorating, refreshing
Pillow spray calming	50 ml	Soothing, relaxing, ensures intense recovery

Susanne Kaufmann™

Susanne Kaufmann™ is natural, effective and versatile. Today, this holistic skin and body care line is comprised of more than 100 functional products. Susanne Kaufmann's vast experience, collected during the many years of practical work, goes into each product. The products are produced with the greatest of care in a small operation in the Bregenzer Forest and filled, sealed and packaged by hand. Susanne Kaufmann™ offers products for all skin types: facial care Line T for dry skin and Line F for normal skin/combination skin, Line A for intensive, natural anti-aging and Line M for men. The product range also includes hand and foot care, body care, baths, teas and the Essence Line, based on traditional healing knowledge. You can find detailed information about all of the products at www.susannekaufmann.com.