

Julia Roberts, Eva Longoria, Jennifer Lopez, Kate Winslet and Kirsten Dunst all have healthy, luxuriant hair the kind of hair that everyone wants but doesn't necessarily have. Our hair can make our day or ruin it; makes us feel elated or totally miserable. The joy of good looking hair "under control" gives a psychological boost like no other. Your Hair cannot repair itself like your skin therefore it needs a helping hand to care for and protect it.

Suggestions for improving the health and appearance of your hair:

Drink 2 litres of water per day.

Don't have too much salt in your diet or eat high fat content foods.

No black tea as the tannin binds to iron and reduces your iron storage. A well balanced nutritional supplement containing essential vitamins and minerals is key for healthy glossy hair. Especially good - Iron sulphur zinc B complex and vitamin C. The DR BAUMANN Food Supplement is the basis for a healthy skin, hair and body. Eat a little between meals if not the energy to your hair follicles gets depleted. (just as you feel less vital around late afternoon.) Poor blood circulation on the scalp is caused by tension in the scalp or fatty deposits which dry the sebum and starve the hair roots. Massage your scalp with Olive or Macadamia nut vegetable oil as this will immediately improve the circulation and free your hair roots from dry sebum. All the hair products that you use must be BIONOME, meaning Free of Chemical Preservatives, Free of Mineral Oils, Free of Fragrance, Free of Colorants, and Free of Oxygen. In fact every product that you use on your hair should be completely compatible with your hair and scalp.

Dry hair: Massage your scalp well with a vegetable oil at least twice a week. Have a diet that is rich in zinc. You should use DR. BAUMANN Bionome Shampoo and DR BAUMANN Conditioner Special. Avoid harsh hair products as the chemicals they contain remove the outer protein layer and strip the hair of its natural protective oils. Try to minimize the use of electric curlers and hair dryers.

Dandruff: Massage scalp with the DR BAUMANN ethereal oils i.e. Myrrh, sandalwood or lemon, to decrease the flaking and itchiness of the scalp. Avoid fatty foods and red meat.



Oily hair: Oily hair needs washing every other day. Rinse out with lemon. Use shampoos and conditioners that are mild, maintain the ph balance of the hair and do not dry out the hair, because if you dry it out the hair even more sebum production will result. Eat loads of green leafy vegetables and fruits.

Hair fallout: This is due to a diet lacking in zinc, vitamins and B-complex, minerals and proteins. Another cause is stress, tension, hormonal imbalance, thyroid imbalance, a long illness and medication. The chemicals used in perm lotions and hair colorants are another cause of hair loss. The remedy: would mean you would have to make a change to your diet, treat hair with DR BAUMANN Shampoo (for every Type of hair) Hair Revitalising Lotion, DR BAUMANN Conditioner Special and massage it with Dr Baumann Black Pepper ethereal oil. The DR BAUMANN Food Supplement is essential for a healthy body, healthy skin and healthy hair.

Greying: As you get older, the middle layer of your hair loses the pigment, meaning that the hair goes grey. Premature ageing can be brought on by constant mental stress and excessive body heat and is genetically determined. Bleaching, colouring, and perming, all help to bring on that grey hair.

The hair "rescue pack" contains essential hair care from DR BAUMANN:

- The Shampoo containing an extremely mild tenside (foaming element) Vitamin E, D-Panthenol, Urea and Chamomile. (Can be used daily)
- The Conditioner Special: contains D-Panthenol, and Vitamin E to protect and revitalize the hair.
- The Hair Revitalising Lotion: Has Vitamin E, A, Panthenol and Biotin to strengthen, revitalise and treat hair loss.
- The DR BAUMANN Food Supplement: contains all the prerequisites for a healthy skin and body and luxurious, vital hair.

Make every day a good hair day

**Your personal guarantee from Dr. Baumann Bionome Cosmetics;
A visibly more beautiful skin in just 3-5 weeks!**

Irresistible offers from Dr Baumann

WITH A PURCHASE OF: DR BAUMANN SHAMPOO full size, 200 ml, valued at R228 you will receive FREE OF CHARGE THE DR BAUMANN CONDITIONER SPECIAL 75ml, valued at R133, You save R133 - this is a 58% discount. It's the perfect hair kit for shining and healthy looking hair. limited quantity left!!!

WITH A PURCHASE OF: DR BAUMANN CONDITIONER SPECIAL full size, 200 ml, valued at R245, you will receive FREE OF CHARGE THE DR BAUMANN SHAMPOO 75ml, valued at R133, You save R133 - this is a 54% discount. It's the perfect hair kit for shining and healthy looking hair. limited quantity left!!!

WITH A PURCHASE OF: DR BAUMANN HAIR REVITALIZING LOTION full size, 200 ml, valued at R264 you will receive FREE OF CHARGE THE DR BAUMANN CONDITIONER SPECIAL 75ml, valued at R133, You save R133 - this is a 50% discount. It's the perfect hair kit for NOURISHED, shining and healthy looking hair. limited quantity left!!!

Available from 28 May - 3 June or while stocks last