

# FUSS VITAL



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**GEHWOL Balm  
Supple skin  
through the winter**



## ESSENTIAL OILS Aroma for the skin

The healing effects of essential oils have been known for millennia. Cosmetics use their influence on the body, spirit and soul. They fulfil numerous important care functions in foot care products.

Even the ancient Egyptians, Greek and Romans utilised the soothing effects of essential scents. These are embedded into plant parts such as flowers, leaves, stems, seeds, roots or peels in the form of tiny oil droplets. The aromatic substances are formed as organic metabolic products in the plant, both during photosynthesis in the daytime and during regeneration processes at night.

The oils evaporate rapidly and dissipate into the air. In botany, they provide protection against bacteria, fungi and viruses, and lend the plant its characteristic scent with which some attract insects and some keep them away. Essential oils have a complex acting mechanism. On the one hand, they unfold their effects through the sense of smell. The nose is the only sensory organ which transmits impulses directly into the brain. The approximately two million scent cells which are located in the nasal mucous membranes trigger stimuli due to the

scent substances which then reach the limbic system. This region of the brain is important in mental and physical well-being.

Feelings, emotional behaviour, sexuality as well as memory are activated from here. The system also influences the work of the hypothalamus. This "switchboard" of the brain governs all important functions of life, such as the cardiovascular system, respiration, sleep, the immune system and the hormonal system.

### The skin also smells

The limbic system is also directly connected to the organ which is our skin. There, the oils can unfold their



Both the medical and cosmetic professions hold the positive effects of essential oils in high esteem.

positive effects on the body, spirit and soul as components of cosmetic products as well. Due to this link, the skin is a reflection of our state, for illnesses and mental uneasiness are frequently shown by the skin: red with anger, pale with fear, worry lines, stress acne – these are known examples of this link.

Essential oils release messenger substances (neurotransmitters) which transmit stimuli into the limbic system, stimulating our sense of well-being. The effect is always holistic – in other words, essential oils influence many important body functions as well as mental and spiritual processes through various connections. As essential oils have a positive influence on the emotional state, important body functions, the hormone household and also on the immune system, they provide valuable cosmetic support.

### Versatile effects

But essential oils also have a direct cosmetic effect. With their antibacterial action, they contribute to protecting the skin. Viruses and fungi are less likely to penetrate the natural skin barrier when the skin is nourished with essential additives. Other ingredients lend some essential oils properties which encourage healing, soothe the skin, counteract inflammation and regenerate the skin – such as extracts made from chamomile flowers, arnica flowers and feverfew. Bisabolol, made from the essential oils of chamomile flowers, is one of the best known care substances to nourish sensitive skin.

## GEHWOL CARING FOOT SPRAY Spray-on care

If you don't want to apply cream all the time, rich care is also available in a spray. GEHWOL Caring Foot Spray softens callus, regenerates the skin, keeps it naturally moist and provides protection against fungal infections.

GEHWOL Caring Foot Spray was developed especially for people who like sprays and do not want to do without rich, balanced care. The care spray is also recommended for persons who are physically restricted. The practical compressed gas can makes it possible to look after your feet without bending down. Liquid care is eminently suited to feet with hardened, excessive callus. With care substances such

as urea, allantoin, panthenol, bisabolol and farnesol, it softens and regenerates the skin, also protecting it against fungal infections. Essential oils of rosemary, mountain pine, lavender and menthol ensure a fresh, pleasant scent.



# TIRED FEET AND LEGS

## Movement – the magic formula

The urge to move particularly drops during the cold season. Blood flow lessens, which can lead to tired feet and legs. Movement and suitable care agents pep them up again, boosting your sense of well-being.



*Rich creams render the skin more resistant – and not just in winter.*

always equalised during leisure times, e.g. with sports.

Long sitting or standing weakens the calf musculature. But these muscles perform important work, for they pump the blood back to the heart from the veins. If this function is weakened, the blood becomes congested in the veins, making the legs unpleasantly heavy. The feet and legs may feel tired. This occurs more frequently during the cold season, in which we usually get even less movement than usual.

### Moving care

The magic formula for affected persons is this: exercise. This is easily included even in everyday life. For instance, anyone can use the classic stair steps instead of the elevator or escalator, walk to pick up some buns, or drop off the mail on foot. So the car should stay parked whenever possible. Regular walks, alternating hot and cold showers in the morning and massages are also part of the fitness programme for tired feet.

Care agents can also provide relief for the everyday symptoms of the civilised world. Creams with a highly effective combination of natural ingredients revitalise the legs and feet. Essential oils such as mountain pine or rosemary oil activate the metabolism and the circulation. For instance, there is the proven freshness formula of GEHWOL Balm. Aloe vera extract, unsaturated fatty acids and lecithin as well as cooling menthol, natural essential oils of rosemary and lavender and vitamins A, B5 and E revitalise and simultaneously ensure smooth, silky skin. The care agents, lightly massaged into the skin, are immediately absorbed without being greasy.

### True miracles

Paralysing tiredness of the legs and feet is also driven away by a cold foot bath. It boosts the circulation and cardiovascular system, and produces a wonderful sensation of warmth in the legs. The “cold shock” helps with swollen, tired feet after a long day at work. Cold foot baths should take about ten seconds to two minutes.

### Tired legs? Here's what you can do:

- Move around as often as possible.
- Hiking, jogging, swimming – don't overstrain yourself when starting a sport.
- Pay attention to always wearing the right shoes, regardless of what you are doing.
- Do foot exercises when you have to sit for long periods. Use your toes to grip objects or roll the feet over a studded ball in all directions. Or try to paint a picture with your feet or write something.
- Nourish your feet and legs with revitalising creams which activate the circulation.
- Treat your feet and legs to a massage. This also activates the circulation. You can further intensify this effect by using creams with a rich, revitalising recipe. The same applies to hot and cold showers and cold foot baths. Use herbal baths with a balanced recipe to intensify the effects.

*People more often suffer from tired feet and legs during the dry, cold season. A lot of movement and intensive care brings them back to life.*

Life in our civilised society has much less movement than in earlier times. Travel to work, shopping, leisure – we handle most activities with modern modes of transportation such as a car or public transportation. This means that we don't walk long distances. In addition, many professional activities involve a lot of sitting. The lack of movement is not

## WHAT IS...

### ...mountain pine

The scent of mountain pine oil activates the respiration and circulation. It provides strength in states of weakness and strengthens the nerves.

Conifers (cone bearing trees) grow in large numbers in alpine regions and the Mediterranean. Mountain pine, which is in this class of plants, has a scent substance which protects it against viruses and bacteria. The “health-protecting” and soothing effect also works in the human organism. The oil with its 60 components, it is more than a scent. Some ingredients encourage the circulation, while others activate the adrenal cortex to produce more of the body's own cortisone. This mild form of stimulation of the natural pain and inflammation defences is referred to as a “healing stimulus” in natural medicine. The body trans-

ports this self-formed cortisone into the regions treated with mountain pine oil, allowing targeted therapy of problem skin. But mountain pine is not just used externally. Medical personnel also recommends inhalation of the essential oil, since its expectorant and pathogen-killing effects provide relief for colds and illnesses.

### Cosmetic multitalent

The disinfecting and deodorising properties of the oil are particularly utilised in cosmetics. Products which contain mountain pine oil protect against fungal colonisation of the skin and relieve itchy skin. In the GEHWOL Caring Foot Spray, for instance, it boosts the refreshing and cooling effects on tired feet, reduces burning sensations, and helps to prevent foot odour and fungal foot infections. Mountain pine oil also improves the circulation, activates the metabolism and has a pleasantly relaxing effect on the foot skin, blood



*Healing and caring – the essential oils of mountain pine.*

vessels, muscles and joints. It helps to relieve rheumatic and neuralgic complaints.

# TEUTOBURGER WALD

## Vitale Geschichte

**Vor rund 2.000 Jahren wurden die Römer im Teutoburger Wald von den Cheruskern besiegt. Heute triumphieren dort die Gäste der Region in Westfalen nicht über fremde Armeen, sondern über körperliche Beschwerden, den „inneren Schweinehund“ und Stress.**



*Vom ersten Atemzug an spürt der Besucher Erholung und Entspannung im Teutoburger Wald. Auf Wunsch werden die jeweiligen Vitaldaten der Wanderfreunde telemedizinisch kontrolliert.*

Germanen siedelten im ostwestfälisch-lippischen Raum bereits in der Zeit vor Christi Geburt. Ihre Beziehungen zu den Römern waren geprägt durch zahlreiche kriegerische Auseinandersetzungen. In der Region – über den genauen Austragungsort der Schlacht wird bis heute gestritten – schlug Hermann der Cherusker im Jahr 9 n. Chr. drei römische Elitelegionen. Diesem Ereignis wird von manchen Historikern welthistorische Bedeutung beigemessen. Bewegend blieb es im Teutoburger Wald auch nach diesen Auseinandersetzungen. Denn später wanderten die Sachsen ein und stellten sich weiter südlich

den Franken. Mit der Verbreitung des Christentums entstand ein ausgeprägtes Klosterwesen, welches für die geistig-kulturelle Entwicklung in Ostwestfalen-Lippe von weittragender Bedeutung war. Wirtschaftlich haben die Kaufleute der Hanse die Gegend geprägt.

### Natur genießen

Touristisch ist der Landstrich weniger bekannt – zu unrecht. Denn Besucher finden hier ein abwechslungsreiches und erholsames Naturerlebnis: Weite Ebenen wechseln sich mit den Kammgebirgen des Teutoburger

Waldes, des Wiehen- und des Eggegebirges sowie den Flusslandschaften von Weser, Ems und Lippe ab. In den zwei Naturparks „TERRA.vita“ und „Teutoburger Wald/Eggegebirge“ werden alte Kulturlandschaften gepflegt. Über allem thront der ewige Hermann auf seinem Denkmal nahe der alten Residenzstadt Detmold.

In der Urlaubsregion Teutoburger Wald ist Bewegung eine wesentliche Säule der Gesundheit. Deshalb steht Wandern im Mittelpunkt der Gesundheitsangebote der „VitalWanderWelt“. In vier Kur- und Urlaubsorten wurden im Rahmen des Konzeptes Rundwege für die Ansprüche sportlich ungeübter oder gesundheitlich beeinträchtigter Gäste markiert und mit zum Verweilen einladenden Erlebnisstationen ausgestattet.

### Sicher unterwegs

Auf organisierten Wanderungen begleiten Physiotherapeuten oder besonders ausgebildete Wanderführer die Gäste und leiten sie in Bewegungs- oder Entspannungsübungen an. Der Clou: Mittels Telemedizin können Wanderfreunde auf vielen Wegen ihre Vitaldaten überprüfen lassen. Experten des Herz- und Diabeteszentrums NRW in Bad Oeynhausen schätzen den Gesundheitszustand ein und geben gegebenenfalls Rückmeldung. Abkürzungsmöglichkeiten oder nahe gelegene Zufahrten für schnelle Hilfe sind im Notfall an den Wegen der VitalWanderWelt vorhanden.

Heilende Moore, mineralhaltige Quellen und reine Luft machen den Teutoburger Wald zum „Heilgarten Deutschlands“. Gesundheitszentren und Kureinrichtungen in zahlreichen Heilbädern, Kur- oder Erholungsorten sorgen seit 150 Jahren für die individuelle Gesunderhaltung und Entspannung. Hinzu kommt die medizinische Expertise unter anderem für Herz-Kreislauf-Erkrankungen, Psychosomatik, Allergologie, Pneumologie und Naturheilverfahren.

### Rundum vital

Für ein abwechslungsreiches Rahmenprogramm sorgen lebendige Städte mit ihrem reichhaltigen kulturellen Angebot, hervorragenden Einkaufsmöglichkeiten, bunten Stadtfesten, Jahrmärkten und kulturellen Events.

Weitere Informationen erhalten Interessierte beim Teutoburger Wald Tourismus, Jahnplatz 5, 33602 Bielefeld, Telefon 0521 96733-281, info@teutoburgerwald.de, www.teutoburgerwald.de, www.vitalwanderwelt.de.

## GEHWOL Balm for dry, rough skin

# Supple skin through the winter

**The rich, balanced recipe of the GEHWOL Balm renders dry, rough skin smooth and supple. With regular use, it keeps the skin attractive, smooth and resistant.**

Many people suffer from very dry and brittle skin – not only, but particularly in wintertime. GEHWOL Balm for dry, rough skin is made for this special state of foot skin. For this type of skin requires richer care – and it gets it. The skin-nourishing substance lanolin, also called wool wax, is by far the best. It is closely related to the lipid substances of human skin and embeds itself into the spaces in the callus layer. There, it keeps the skin from drying out. The skin becomes smooth and elastic again, protecting it from harmful external influences.

Rich avocado oil from butter fruit also renders the skin soft and supple again. Its excellent nourishing properties are due to its high share of unsaturated fatty acids and lecithin as well as the vitamin complex of vitamins A, B5 and E. The skin is soothed and its ability to retain moisture is increased. This important effect is boosted by the moisturising extract made from the leaves of the evergreen aloe vera, which intensively supplies the skin with moisture.

The high quality balm deodorises with its cooling menthol and the natural essential oils of rosemary and lavender. They refresh stressed foot skin, immediately relieving signs of fatigue and burning feet. It enlivens tired, sore feet. Proven antimicrobial substances also lastingly prevent the formation of foot odour, offer effective protection against fungal infections, and keep the feet hygienically fresh. GEHWOL Balm for dry,



*Renders dry foot skin smooth and supple again.*

rough skin is easily distributed and leaves behind the pleasant sensation of well cared for, soft and supple skin.

# AROMATHERAPY

## Caring oils

Aromatherapy is part of phytotherapy (plant medicine). Essential oils are used for therapeutic purposes in this form of therapy. Natural scents are also used a lot in professional foot care.

Based on ancient writings, it is known that the Arabs, Greeks and Romans made specific medicinal use of plant scents. The French chemist Gattefossé coined the word aromatherapy in the year 1928. He was convinced that illnesses could be fully treated using essential oils.

The French physician Jean Valnet took up this natural method again in the year 1964 and published a book on aromatherapy. Since then, the term aromatherapy is in use for many fields in which essential oils are used since that time.



Scents can activate the senses.

### Multi-talented

Plant aromas can flow from scent lamps, porous stones or a handkerchief. But it is also absorbed by being evaporated from scented baths or skin creams. Essential oils have many uses of this type. They embody highly concentrated plant forces which unfold their direct

effects on the skin, as well as our mental state. With their scent, they are even said to be able to activate the self-healing forces of human beings. GEHWOL utilises effective oils, e.g. in the exclusive GEHWOL products – such as rosemary, the medicinal plant of the year 2011, mountain pine, lavender, camphor, eucalyptus, thyme and mint.

## PREISRÄTSEL

# 20 GEHWOL-Produktsets für gepflegte Füße und Beine zu gewinnen!

**So geht's:** Finden Sie heraus, welches hochwertige ätherische Öl unter anderem vor Pilzbefall der Haut, Fußpilz, Fußbrennen und Hautjucken schützt, und gewinnen Sie je ein fünfteiliges Set mit hochwertigen GEHWOL-Fuß- und -Beinpflegepräparaten, zusammen mit einem kuscheligen Handtuch.

Mit den GEHWOL-Produkten unserer Gewinnsets kommen Sie mit warmen und gepflegten Füßen durch feuchtkalte Wintertage. Im GEHWOL Wärme-Balsam sorgen Extrakte aus Algen, Paprika, Ingwer, ätherische Öle aus Rosmarin und Lavendel sowie belebender Kampfer für ein angenehmes Wärmegefühl und wirken durchblutungsanregend. Trockene Haut wird mit GEHWOL med Lipidro Creme intensiv gepflegt. Harnstoff, Glycerin, Sanddorn- und Avocadoöl

und ein belebender Algenextrakt bringen die Haut in ihr natürliches Gleichgewicht. Hochwertige Pflegesubstanzen in den GEHWOL-Fußcremes und im GEHWOL Bein-Balsam stärken die Fuß- und Beinhaut und machen sie weich, geschmeidig und widerstandsfähig auch gegen Fußpilz. Spray-Liebhaber genießen eine ausgewogene und reichhaltige Pflege mit dem GEHWOL pflegenden Fußspray.

Bitte ausreichend frankierte Postkarte mit Ihrer Lösung bis **19. Februar 2011** (Poststempel) einsenden an:

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GEHWOL med Lipidro Creme  
GEHWOL pflegendes Fußspray  
zusammen mit einem kuschelig weichen Handtuch

