

FUSS VITAL



Yellow discoloured nails
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What is..... algae extract?



THE SKIN

The super organ

The skin has many tasks. Our largest organ is able to absorb or release materials, store fats as a reserve and react as a thermostat in the case of heat or cold. A hydrolipid film composed of water and lipids forms a protective shield, protecting the skin from dryness and keeping it smooth and soft.

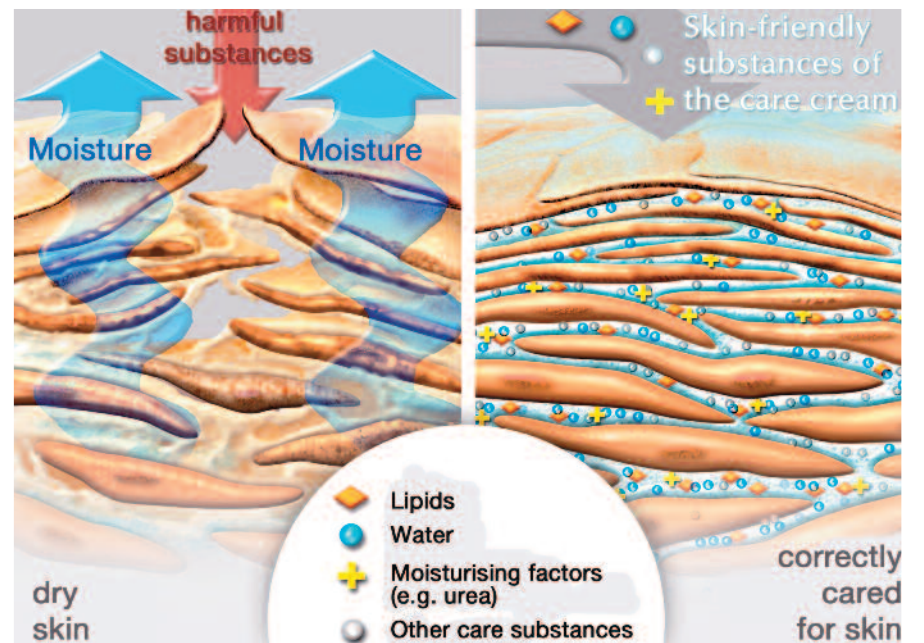
What we see of our skin sounds rather shocking: dead cells! Several billions of minute particles of skin are rubbed off every day and therefore every adult carries approximately two kilograms of dead skin around with him/ her on the skin surface. The body surface of about two square metres renews itself every 30 days without the bearer of the skin being consciously aware of this.

Our skin is built up of several layers - the epidermis, the dermis and the subcutaneous skin. According to the region of the body, it contains different cells, sweat and sebaceous glands, hairs, nerves and blood vessels. As a partition between the environment and the body, the skin functions range from protection, defence and danger alarm to absorption, transmission and storage. It can regulate the temperature, provide a cooling effect in the case of heat by expanding the blood vessels and

enabling the body to sweat. The skin reacts to cold by constricting the blood vessels. It cushions mechanical impact such as pressure with the elastic fibres (collagen) of the dermis or counteracts the impact with the fat reserves in the dermis. If subjected to continuous pressure, it increasingly forms calluses, which can also grow inwardly as is the case with corns.

The biochemical defence system

The skin surface is surrounded by an invisible film of fat /moisture (hydrolipid film). It consists of a mixture of fat from the sweat and sebaceous glands. This is also known as the protective acid mantle as the slightly acidic



The skin retains its natural barrier function if it receives intensive care.

environment of the hydrolipid film repels pathogens. In regions naturally containing fewer sebaceous glands, the skin fat content is reduced - for example on the arms, legs and feet.

The protective mantle and the so-called permeability barrier form a biochemical defence system. The barrier consists of lipids of the epidermis in connection with horn cells. The permeability of foreign substances and bodily fluids is decreased as in a model of bricks with mortar. Water from the lower skin layers cannot proceed unhindered to the surface of the skin and be lost due to evaporation. The skin is better moisturised, smoother and firmer. The natural moisturising substances beneath the barrier also support the storage of water.

Skin needs care

Normal skin has a thin, delicately translucent, well supplied with blood, rosy and not too greasy or dry appearance.

The lower content of skin fat weakens the natural barrier function, causing the skin to lose moisture in an uncontrolled manner. Especially dry skin should be supported in its functioning and defence capacity by the regular use of suitable care products. The skin needs the administration of lipids. The care products from GEHWOL are distinguished by balanced and enriched recipes. Thus it is not only dry feet that receive the optimal supply of lipids and moisture.

GEHWOL MOTHER-OF-PEARL SCRUB

Gentle descaling

First scrub, then nourish – with a select combination of scrub and care substances, the GEHWOL Mother-of-Pearl scrub ensures an optimal skin sensation. Soothing care starts even during the scrub.

The biomineral mother-of-pearl in the GEHWOL Mother-of-Pearl scrub gently but effectively removes dead skin scales from the foot and leg skin. The gentle scrub cream achieves the best results in combination with sugar crystals and massaging jojoba beads. The peeling cream contains bisabolol and panthenol that is converted to Vitamin B5 in the skin,



skin-soothing and anti-inflammatory care ingredients. The jojoba oil as well as mineral-rich seawater and high quality moisturising substances from a special algae extract, produce a silky-soft skin sensation and strengthen natural skin barriers against pathogens. The scrub treatment therefore produces a new, smooth, silky and resistant skin surface.

YELLOW DISCOLOURED NAILS

From varnish to unhealthy

If finger- and toenails exhibit discolouration, this often has nothing to do with a lack of care. It is often a sign that something is not quite right in the body or that there are some external influences.

Finger and toe nails reflect the general state of health. Beautiful and well-cared for usually also means healthy. However, changes exhibited by the nails – for example, too soft or splitting nails, transverse grooves, flaking of the nail plate or crumbling nails can be a sign of a physical disorder. There are numerous causes for this such as metabolic disorders, diseases of the skin glands or the thyroid, nutritional deficiencies or infections.

The dermatologist should in any case be the first port of call for changes in nails, especially when the cause has still to be clarified. Many impairments happily prove to be harmless. Yellow finger nails are a frequent phenomenon, for example. With the exception of yellow nail syndrome, which is caused by disturbance in the lymphatic drainage, this unpopular discolouration is often due to external influences.

The yellow colouration could also be due to cigarette smoke, chemicals and medicines. Physical influences such as X-rays or colour-forming bacteria could also be the cause. Yellow nails often appear after a pedicure, especially in summer. The causes are frequently the solvents that are contained in the majority of coloured nail varnishes.

What can we do?

There are numerous suggestions and household remedies to get rid of the annoying flaws. The application of lemon juice is frequently recommended. A lemon is squeezed and the juice is collected in a small household bowl. A cloth of pure cotton, is soaked in the lemon juice. In this way the yellow discolouration can be removed gradually with the moistened cloth.

Rubbing with dissolved baking powder is also said to remove the yellow discolouration from the nails. Other people swear by a bath in vinegar water or use olive oil. Improved nutrition can help if the discolouration is caused by a deficiency in minerals. If the nails become yellow, an increased administration of Vitamin E can help, concentrations of which are found in nuts and in wheat germ oil, maize oil, rape seed oil and sunflower seeds.

A base coat can be applied to protect discolouration due to nail varnish. The recommendations range from a special UV hardening varnish to a simple colourless nail varnish. A visit to the footcare specialist is also helpful when cosmetic work needs to be done to the feet. There the nails are treated professionally, if necessary polished and cared for with suitable products.



Not only do well cared-for nails look beautiful. They are also more resistant to discolouration..

Care for beautiful and healthy nails

The care and optimal provision of important nutrients to the toenails can be accomplished by everyone on a daily basis. In this way the pampering of the nails is rounded off with an extra portion of panthenol, bisabolol and Vitamin E. With these substances, the practical GEHWOL FUSSKRAFT Nail protection pen ensures for example that moisture is stored deep in the nails, improving their elasticity.

They also support the regeneration process of the surrounding skin, which provides the nails with a sure hold. The administered Vitamin E stabilises the skin cells, delays the aging process and prevents yellowing discolouration. As a supplementary measure, panthenol and bisabolol possess antimicrobial properties and protect against annoying and tedious nail fungal infections in combination with the proven antifungal active ingredient clotrimazole.



Coloured nail varnish can lead to yellow discolouration of finger nails and toenails.

WHAT IS... algae extract

The statement “Protective shield against evaporation“ distinguishes the essential characteristics of this cosmetic skin care from the sea. Its moisture binding function makes algae extract a preferential ingredient for skin care products.

Researchers estimate that there are approximately two million different kinds of algae – a gigantic potential for the fertilisation of cultivated soils, for nutritional products and for application in the cosmetic field. In the wellness area, for example in Thalassic therapy, they are used to feed nutrients and especially minerals to the skin.

Well-known and researched species have been well tried and tested as ingredients for beauty care products. They are used as ingredients of care products for sensitive and irritated skin, but also for the vitalisation or

smoothing of the body’s own protective covering. Some constituents of the algae extract correspond in part to the components of the natural moisturising factors of the skin. They bind molecules of water in the top cellular layer. This mechanism supports the effect of other ingredients, for example essential oils in a skin care cream.

It comes down to the mixture

Due to the storage of moisture in the epidermis of the skin, the cared for skin surface becomes smoother and can fulfil its essential barrier function much more



The algae extracts and their richness in minerals encourage the sustainable moisturisation of the skin.

easily. Amino acids, polysaccharides and marine minerals support this positive effect. For example, the algae extract is used in GEHWOL med Lipidro Cream, where it supplements the effective combination of conditioning lipids, urea content and glycerine. It also unfolds its ability to bind moisture in GEHWOL Mother-of-Pearl scrub.

TIROLER WIPPTAL

Das Blütenkleid der Alpen

Ob Sommer oder Winter, das Wipptal hält, was eine Alpenregion verspricht. An der Grenzlinie zwischen Nord- und Südtirol finden Besucher Erholung, traumhafte Wanderwege und ideale Skipisten. Ob jung, ob alt – das Wipptal begeistert jedermann.



An- und Entspannung auf den atemberaubenden Wanderwegen im Tiroler Alpenland

Das Wipptal ist ein Stück Tirols, das frühere Grenzen überwindet. Wie nahe sich hier Nord- und Südtirol liegen, zeigen viele Kleinigkeiten. So lehnt sich der italienische Name des Südtiroler Städtchens Sterzing an den alten Talbegriff an. Es heißt Vipiteno. Als die italienische Grenze noch bewacht war, galt das Schmuggeln neben dem offiziellen Kultur- und Warenaustausch zwischen Nord- und Südtirol als beliebter „Sport“.

Wanderparadies

Eine Art Rennstrecke der Schmuggler verlief von Gries am Brenner auf den Sattelberg, dort an Zollhütten vorbei zum Kornsattel und nach Obernberg am Brenner. Heute ist dieser Weg einer von vielen atemberaubenden Wanderstrecken im Wipptal. Denn seitdem beide, Österreich und Italien, zur EU gehören, ist das Wandern im Grenzgebiet auch ohne Ausweis möglich.

Überhaupt ist das Wandern im Wipptal mit seinen fünf unberührten Hochtälern die touristische Attraktion schlechthin. Wenige Minuten von der Autobahn entfernt, entfaltet sich eine Urlaubslandschaft von sanfter Schönheit mit elf ursprünglichen, fast romantischen Dörfern. Als „Muss“ für den wandernden Grenzgänger gilt der „Pflerscher Höhenweg“. Die Tour über zwei Tage beginnt bei Obernberg am Brenner und führt über das Portjoch. Anderntags führt der Weg weiter über den Pflerscher Pinggl nach Gschnitz in Nordtirol.

Viele geführte Touren

Dreimal wöchentlich sorgen Wanderführer auf Gipfeltouren sowie Themen- und Familienwanderungen für reichlich Abwechslung auf insgesamt über 70 verschiedenen Wanderwegen und Bergsteigerrouen. Insgesamt summiert sich das markierte, nummerierte und kategorisierte Wanderwegenetz auf eine Länge von rund 500

Kilometern. Für eine gemütliche Einkehr sorgen zahlreiche bewirtschaftete Almen, wo die kulinarischen Köstlichkeiten des Wipptals zu finden sind.

Blumige Aussichten

Zu sehen gibt es generell viel, zum Beispiel auch den blumenreichsten Berg der Alpen. Der hohe Blaser (2.241 Meter) besticht durch sein farbenprächtiges Antlitz – vor allem im Frühjahr und Sommer blühen Alpenrosen, Enzian oder Edelweiß. Wer mehr über die Region und ihre blumige Natur erfahren will, sollte sich für eine der geführten Wanderungen entscheiden, zum Beispiel im Gschnitztal, dessen Talabschluss als einer der schönsten der Alpen gilt und schon als Kulisse für Hollywoodfilme genutzt wurde. Familien mit Kindern zieht die Wasser- und Erlebniswelt Bärenbachl an, die mit der Gondelbahn erreicht werden kann. Das Areal bietet auf einem kinderwagentauglichen Rundwanderweg zahlreiche interaktive Stationen, auf denen sich die heimische Fauna erkunden lässt. Kinder lernen, Tierspuren zu deuten, schauen den Ameisen bei der Arbeit zu oder erfahren, wie Vögel ihre Nester bauen.

Rad und Ski gut

Ab Juli dieses Jahres kommt im Wipptal eine sportliche Attraktion hinzu. In Steinbach eröffnet der Bikerpark. Neben den gut ausgebauten Mountainbike-Strecken garantieren Freeride- oder geschotterte Strecken Spaß und Action. So ist das ganze Jahr für Abwechslung gesorgt. Denn im Winter diktieren Snowboarden, Skifahren und Langlauf auf den nicht minder anspruchsvollen und beeindruckenden Pisten das Geschehen im Wipptal.

Information

Tourismusverband Wipptal, 6150 Steinach, Österreich, Telefon: +43 (0) 5272 6270, Fax: +43 (0) 5272 2110, tourismus@wipptal.at, www.wipptal.at



Schönheit genießen: von faszinierenden Bergformationen bis hin zu romantischen Seen mit klarem Wasser

GEHWOL MED NAIL PROTECTION PEN

Intensive care and protection

More than one in ten people in Germany suffer from fungal infections of the toenails. Prevention is therefore essential. The easy to handle and space-saving GEHWOL Nail protection provides effective protection against fungal infections and is economical in use.

If you already have an established fungal infection in the nail, it can have painful consequences: three out of four of those affected suffer from walking difficulties. If the infection is not treated promptly, the fungus can spread to other areas of the body. In the worst cases, patients may have to undergo protracted treatment for several months or even years. This does not have to be the case with the right preventative treatment. The new GEHWOL med Nail protection pen offers ideal protection against fungi that infect the feet

and nails and helps provide dry, brittle nails with the moisture and elasticity they need. Nails look natural and healthy again and are brightened by a silky glow.

Soothing and caring

A balanced combination of ingredients is responsible for these functions. The active substance clotrimazole helps protect against fungal infections. Bisabolol is a natural active ingredient that is also found in camomile oil. It is effective against the fungus that causes infections and against the bacteria that decompose sweat. As a precursor of pantothenic acid (Vitamin B5), the panthenol activates the regeneration process in the cells. The pen is also excellent for the

care of nails, as jojoba oil, Vitamin E, panthenol and bisabolol are blended into an effective care formula. The GEHWOL med Nail protection pen is especially practical in handling because it can also be used via a nail pusher to accomplish an ideal preparation for the care. The active ingredients can then be applied comfortably and economically dosed, meaning that the pen can be used for over 1.000 applications. The three substitute tips in the rear pen cap are also very practical.



FOOT FACELIFTING

A firmer trend

“Whatever does not fit will be made to fit” – true to this motto a trend has been developing – the facelifting of feet. A surgical procedure is not always reasonable. In many cases the seemingly scurrilous proves itself to be the sensible correction.

The feet and toenails of Victoria Beckham have become absolutely deformed by the continuous wearing of stiletto heels. Such deformations do not look nice and can also cause considerable pain. However, today modern aesthetic foot surgery can correct an such deformities.

Straightening, shortening or lengthening toes or liposuction for example on the ankle are part of the repertoire of foot surgeons as well as the correction of toe malposition (hallux valgus, claw toes, hammer toes etc.) and thorn warts on feet or the injection of fillers into saggy skin. Benign tumours – known as ganglions – can also be alleviated. If corns cannot be removed by the footcare specialist, surgical correction is also recommended here.

For the good shoe

In other cases, however, whatever does not fit will be made to fit. In many people there is a natural difference in length between the big toe and the second toe. The footlifting surgeons remove a piece of the middle toe bone and thus eliminate the difference in length. A thin wire is used to press the remaining skeletal members together.

After one hour and an estimated fee of EURO 2.500, there are no more obstacles to the perfect fit for every shoe. Patients have reported suffering considerable pain during the approximate period of four weeks that it takes for the bones to grow together and the wire to be removed. In the view of these restrictions, one could ask whether cosmetic foot corrections are ultimately the appropriate measure to be taken.



Foot facelifting can make abused and deformed feet attractive once again.

PREISRÄTSEL

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

So geht's: Finden Sie heraus, welcher Extrakt sich durch seine hervorragende, natürliche Fähigkeit auszeichnet, Feuchtigkeit in der Haut zu halten, und gewinnen Sie je ein fünfteiliges Set mit hochwertigen GEHWOL-Fuß- und -Beinpflegepräparaten – zusammen mit einem kuscheligen Handtuch.

Frische, gepflegte Füße verleihen auch an heißen Tagen ein angenehmes Gefühl. Um dafür bestmöglich gerüstet zu sein, eignen sich ideal GEHWOL Pflegepräparate. Das GEHWOL Frische-Balsam macht dank natürlichem Pfefferminzöl und Menthol müde, brennende und stark beanspruchte Füße und Beine wieder frisch. Den Frische-Effekt unterstützt auch das GEHWOL pflegende Fußspray. Darüber

hinaus wirkt es effektiv gegen lästigen Fußgeruch und schützt vor Fußpilz. Wertvolles Perlmutterpulver, feine Zuckerkrystalle und massierende Wachskügelchen im GEHWOL Perlmutter-Peeling entfernen sanft und gründlich abgestorbene Hautzellen, erneuern die Hautoberfläche und glätten sie. Geschützte und gepflegte Nägel mit dem GEHWOL med Nagelschutz-Stift runden das Wellness-Programm für schöne Sommer-Füße ab.

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