

P. Jentschura®

# Holistic personal care

INSPIRED  
BY NATURE



# Beautifully nourished and regenerated

## It's all about the pH-value!

Today's lifestyle and eating habits result in an ever-increasing accumulation of acids in the body. These must be neutralized and eliminated in order to sustainably restore the body's vitally important acid-alkaline balance. Our skin plays a central role in this process.

## The skin is an elimination organ

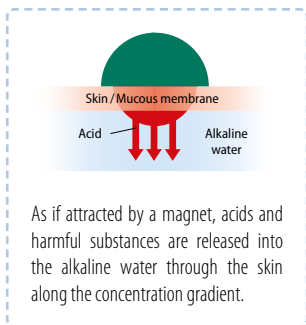
Alkaline body care with pH-values of 7.5 – 8.5 gently opens the skin's pores and activates the sweat and sebaceous glands. Skin problems are excretory problems – caused by acidity, solved by alkalinity!

- Glands are important exit gateways for our skin through which water- and fat-soluble substances, some of them harmful to the body, are discharged.
- If this metabolic pathway is overloaded, unpleasant skin conditions such as dandruff, scales, acne or excessive sweating are the result.

## The result of regular use:

smooth and healthy skin with a balanced skin environment and a strengthened lipid protective layer.

- taking pressure off the body and its other excretory organs such as lungs, liver, intestines and kidneys
- regulated sweat and sebaceous production



# Following nature's example

Baby-soft, clear and fragrant skin - that is what all newborns have in common after birth. No wonder, because they were allowed to "bathe" in their mother's weakly alkaline amniotic fluid (pH 8 – 8.5) for nine months.



*Bathe like a baby in the womb with 1 teaspoon of AlkaBath to approx. 20l of water (about one baby bath). The ideal sleeping aid!*

## Tried and tested for thousands of years, appreciated as never before

Long ago, Cleopatra was already known for her extensive baths and the ancient Romans and Greeks also attached great importance to alkaline bathing culture.

**Localized relief via the skin:** Alkaline-soaked functional textiles alleviates complaints such as muscular tension, heavy legs, abdominal pain or headaches. Valuable applications for anyone who does not have access to a bathtub or sometimes simply lacks the time.



## Benefits of alkaline body care

- deacidification of the organism
- depriving fungi & bacteria of the acidic environment in which they thrive
- optimal self-moisturising of the skin
- pleasant body odour
- regeneration
- relaxation



## Applications & wraps

For anyone who wants to leave the stress of everyday life behind, alkaline body care offers many options for pampering, intensive alkaline treatments – at the spa or at home, such as:

- P. Jentschura scalp treatment
- P. Jentschura brush massage
- **MeineBase/AlkaBath**-honey treatment and much more



### Insider beauty tip:

Oxygen products with essential oils are an effective supplement to daily alkaline body care. Oxygen is the elixir of life for all cells of the body.

The more oxygen available to the body, the more effectively many metabolic processes can run. A sufficient oxygen supply to the body is essential for the regeneration of the skin and the entire body.

### Oxygen:

- is responsible for metabolic processes and regeneration
- improves blood circulation and thereby the supply of cells, tissues and organs with nutrients
- ensures smooth and rosy skin through its vitalising function

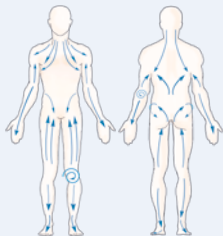


### Brush massages - a treat for your skin!

Loving body care starts with the skin pores! Through regular brushing in the direction of elimination we not only care for our pores but support their many functions such as respiration, elimination and defence against fungi, viruses and bacteria.

Regular dry and wet brushing not only ensures smooth and enviable skin, but also supports the lymphatic flow and thus the cleansing of the body from the inside!

Dry brushing provides natural detoxification and anti-aging care for the skin at the same time! This is particularly noticeable in the connective tissue.



Brushing directions according to P. Jentschura



Immerse yourself in the world of well-being of alkaline body care and feel how your whole body as well as your mind benefits from it!

# Successful exercise – the alkaline way

As an amateur or professional athlete, always observe the following three commandments for lasting fun and success and feel how your whole organism, but also your spirit, benefits from it:

## The three commandments of healthy exercise

1. Mineralise beforehand  
in an alkaline-forming way!
2. Deacidify afterwards  
in an alkaline way!
3. Regenerate continuously!



To prevent the acids created by exercise from straining your body and causing sore muscles and the like, the following tips help to relieve the organism:

- **Alkaline cuffs** during exercise
- A bath or foot bath with **MeineBase/AlkaBath** or a shower with **BasenSchauer** afterwards

## AlkaWear® alkaline wraps

- care for the skin and relieve tension and joint pain
- the mobile alternative to an alkaline bath

Alkaline soaked functional wear is based on the principle of the equalization of concentration. Here, too, acids and harmful substances are released through the skin into the alkaline textiles along the concentration gradient, as if attracted by a magnet.

The application of the alkaline functional textiles always follows the same logical principle:

- ▶ The wrap is soaked in a solution of **MeineBase/AlkaBath** and water, wrung out thoroughly and put on.
- ▶ Some products in the **AlkaWear** range only require being sprayed with an alkaline liquid.



From neck and bronchial wraps to **alkaline stockings** and **alkaline breast pads**, there is something for everyone.

# MeineBase® / AlkaBath®

## Alkaline-mineral body care salt

- ✓ the all-purpose alkaline product for effective deacidification
- ✓ with a pH of 8.5 to mimic the mother's amniotic fluid
- ✓ certified natural cosmetics
- ✓ contains no colour, fragrances or preservatives
- ✓ versatile, e.g. for baths, wraps, stockings, cuffs and as a deodorant

The "acid magnet" for alkaline-smooth skin!



Application	Dosage	Temperature/Length of Time
Bath	3 tbsp	36 – 38 °C / at least 30 min.
Children's bath	1 tsp to approx. 20 litres	ca. 37 °C / as desired
Foot and hand bath	1 tsp to one bowl	38 – 41 °C / at least 30 min.
AlkaWear (wraps etc.)	1 tsp to ½ litre of water	warm compresses 40 °C / 60 min. or overnight
Alkaline fleece mask	1 pinch to 40 ml water	36 – 38 °C / 20 min.
Peeling	1 tsp or more	as desired / a few minutes
Inhalation	1 tsp to 1.5 – 2 litres of water	boiling water / 2 – 3 min.



For information on additional applications, visit [www.p-jentschura.com/produkte/meinebase](http://www.p-jentschura.com/produkte/meinebase)

## Increasing effectiveness

Brush massages during the alkaline baths and foot baths optimise the cleansing process. Regular brushing of the skin removes dead skin cells and ensures that the skin is smooth and well supplied with blood.



# Alkaline treatments

## Alkaline foot baths

– the perfect introduction to alkaline body care. We have about 90,000 sweat glands under the soles of our feet, which we can take advantage of in an alkaline foot bath. This is also the reason why our feet are often called the body's "auxiliary kidneys".



### What you need:

- 1 tsp **MeineBase/AlkaBath**
- 1 footbath
- 38 – 41 °C warm water
- 1 brush, possibly with a handle



Mix 1 pinch of **MeineBase/AlkaBath** with a little water in the palm of your hand and apply.

## Alkaline deodorant

The alkaline environment prevents the formation of odours under the armpits and the important excretory pathways remain free.

## AlkaWear alkaline functional textiles

They are mobile, easy to use and, when soaked in an alkaline solution bring noticeable relief from localized problems.



## Professional alkaline treatments with MeineBase/AlkaBath

Let beauty professionals pamper you individually, e.g. with a AlkaBath oil massage or a AlkaBath honey treatment.



### Size Yield

75 g	1 – 2 baths or 10 foot baths
750 g	15 baths or 100 foot baths
1500 g	30 baths or 200 foot baths
2750 g	55 baths or 366 foot baths

# BasenSchauer®

Alkaline shower gel with minerals,  
herbal extracts & camphor

- ✓ gentle cleansing and care
- ✓ ideal when time is limited and there is no time for a full alkaline bath
- ✓ with its alkaline pH-value of approx. 7.5, effectively washes away already excreted acids from the skin
- ✓ certified natural cosmetics
- ✓ free from silicones, mineral oils, parabens and PEGs
- ✓ suitable for all skin types



COSMOS NATURAL  
certified by Ecocert  
Greenlife according  
to COSMOS  
standard.

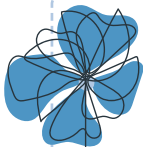


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## Refreshing care for demanding skin

Moisturising aloe vera, natural minerals and essential oils provide intensive care for the skin and support its function as an excretory organ – resulting in skin that feels velvety soft.

- the refreshing fragrance of selected oils as a treat for the senses
- exquisite herbal extracts such as birch and lemon balm leaves as well as hop flowers for a soothed and balanced complexion



Size	Yield
100 ml	30 showers
250 ml	75 showers
1000 ml	300 showers

## Showering as a daily ritual

The body sweats out many acids, especially during and after sporting activities. An alkaline shower after the activity is therefore both relaxing and cleansing at the same time.





# Alkaline peeling

An **alkaline peeling** gently removes calluses and dead skin particles and ensures good circulation. With less sensitive skin, **MeineBase/AlkaBath** can also be used undiluted. Simply put the salt into wet hands and massage gently into the skin until the grains have almost dissolved. To finish off, rinse off and dry.

## Tip: Alternating hot and cold showers

Alternating hot and cold showers not only toughen up and strengthen the body's defences, they also have an invigorating effect and promote circulation.

- start with warm/hot water and end with cold water
- alternate between warm and cold and repeat as desired
- begin at the feet, calves and thighs and then gradually move upwards to the arms and hands

To do this, simply mix **BasenSchauer** with **MeineBase/AlkaBath** at a ratio of 2:1.



The alkaline body care set is the perfect gift!

Contents:  
**MeineBase/AlkaBath** 750 g  
& **BasenSchauer** 100 ml



# SkalPuro®

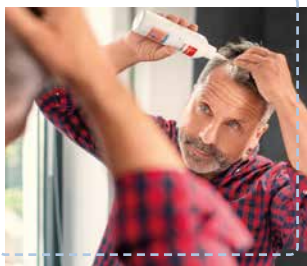
## Alkaline scalp cleansing gel

- ✓ deep cleansing of the scalp at a pH of 8 – 8.5
- ✓ strengthens and supports hair growth
- ✓ helps to control itchy, dry and flaky scalp
- ✓ has a purifying and refreshing effect
- ✓ binds harmful substances through the clay mineral bentonite
- ✓ certified natural cosmetics
- ✓ free from silicones, mineral oils, parabens and PEGs
- ✓ suitable for all skin types – skin compatibility confirmed by expert dermatological opinion

### Our scalp – the mineral-rich fertile ground for healthy hair growth

The human body has many mineral stores. The scalp, an underestimated mineral store, is the body's most readily available source along with teeth, nails, cartilage and bones.

This mineral depot is negatively affected by an mainly acidic diet, pollutants, stress, etc., and is continuously depleted. This depletion takes place because the organism transports harmful acids into the scalp to be neutralised by the minerals found there. Salts are formed, which – as long as they are not excreted – build up on the scalp. This build-up on the scalp is the cause of scalp problems and hair loss.



- ▶ With **SkalPuro**, deposits around blocked hair roots are cleansed and revitalised.
- ▶ Ideally suited for itchy, flaky scalp or hair loss.
- ▶ Selected herbal extracts – including nettle and birch bark extract – promote the scalp's blood circulation and ensure the removal of dissolved substances.

“Without detoxification of the scalp, no new hair growth!”

Dr. h. c. Peter Jentschura

## P. Jentschura scalp treatment

### Step 1

Brush the scalp using the professional hair brush.



### Step 2

Using the applicator, part the hair and apply **SkalPuro** with the applicator to the dry/unwashed scalp, massage in briefly and leave on for 5 minutes or longer if necessary.

Lather with plenty of water and rinse thoroughly. If necessary, the hair itself can be pre- and/or post-treated with a conditioner. It is not necessary to additionally use a shampoo on the day of application.

### Step 3

To finish, apply **3x3 tonic** to the scalp and massage in. It has an invigorating effect and ensures optimal nourishment of the scalp.



**Note:** When applying, massaging in and rinsing out **SkalPuro**, contact with the hair cannot be avoided.

A subsequent final acidic rinse neutralises the alkaline pH value which may cause the hair to become dull. With the extra rinse, the hair becomes manageable and shiny again.

Size	Yield
250 ml	approx. 8 - 12 weeks*
1000 ml	approx. 8 - 12 month*

\*with one application per week

# Naturally beautiful hair!

We have up to 5 million hairs on our body, 100,000 and 150,000 of which are on our scalp. Whether they are blond, red, brown, black, grey or other colours, thick, thin, curly or straight: the hair on our head is very individual and always part of our personality.

## Pay attention to the signals!

Characteristics that can signal an overacidification may include:

- itchy, burning and irritated scalp
- increased sebaceous, greasy smell
- inflammation such as pimples and pustules
- overheated or greyish white scalp
- dandruff
- hair loss
- headaches



Body, mind and soul are directly reflected in the hair growth via the acid-alkaline balance. When investigating the causes of hair loss, the whole person must always be considered, especially their metabolism.



Purification is the foundation of scalp regeneration. Only when the scalp has been cleansed, purified and at the same time replenished with minerals, the foundation for beautiful hair and a strong scalp is laid. Hair needs the proper conditions to grow!

## The perfect pair

Cleanse your scalp down to the deep layers with **SkalPuro** and regenerate your hair roots for the renewed growth of your hair with **WurzelKraft/AlkaLife**, the alkaline-forming 100-plant fine granules.

# 3x3®

## Tonic for the scalp

Our hair is supplied with a multitude of important nutrients from the scalp. The **3x3 tonic** supports this process with its valuable ingredients and invigorating effect. It contains oxygen to improve the blood circulation of the skin and promote the absorption of nutrients by the cells.

### Let your hair breathe!

A poor oxygen supply due to lack of exercise, shallow breathing or polluted outside air puts our organism and every single cell in an oxygen emergency situation.

The **3x3 tonic** is specially adapted to the individual needs of the scalp and hair growth. It energises the scalp, strengthens hair growth and promotes regeneration.



**Note:** For an optimal oxygen supply from head to toe, use **MiraVera** for the body and the **3x3 tonic** for the scalp!

**Application:** Apply the **3x3 tonic** to the scalp sparingly with a dropper two to three times a day, a few drops at a time, and massaged in gently, but for as long as possible.

The **3x3 tonic** can also be applied in combination with **SkalPuro**.



# MiraVera®

Regenerating skin tonic  
with oxygen and essential oils

- ✓ supports the skin in its regeneration and harmonises the skin's metabolism
- ✓ refreshes and vitalises: MiraVera brings oxygen deep into the skin tissue and stimulates cell activity and renewal.
- ✓ has an invigorating effect and activates the skin's blood circulation
- ✓ nourishes and soothes reddened and stressed skin areas
- ✓ for beautiful skin texture on face, neck, décolleté and chest



## Facial use

After cleansing and before further care, spray **MiraVera** onto a cotton pad or fingertips and apply to the facial skin.

## Application on the body

Spray **MiraVera** onto the skin of the body and allow to dry.

## Other uses

As a deodorant, after shaving or hair removal, after a vitalising dry brushing, for local skin impurities or for brittle skin on hands and feet.

# How hydrogen peroxide works

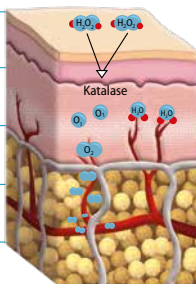
MiraVera is sprayed onto the skin

Separation into oxygen and water

Water remains in the upper skin layer

Oxygen enters the blood

Oxygen promotes resorption of nutrients



In human medicine, concentrations of hydrogen peroxide ( $\text{H}_2\text{O}_2$ ) exceeding 0.5% are considered effective against viruses. MiraVera contains 1.8 %  $\text{H}_2\text{O}_2$  and also contains valuable essential oils with antiviral and antibacterial properties.

## $\text{H}_2\text{O}_2$ , the forgotten remedy and miracle cure for the skin

As early as the late 19<sup>th</sup> century, hydrogen peroxide ( $\text{H}_2\text{O}_2$ ) saw regular medical use as a highly effective disinfectant, among other things for treating wounds. The reason for this was its well-researched positive properties, which we make use of in **MiraVera** skin tonic, e.g. for:

- improved blood circulation
- rapid wound healing
- its antibacterial and antiviral effect

### Size

45 ml

110 ml

225 ml

### Yield

300 sprays

730 sprays

1500 sprays

The key to these effects lies in the oxygen. Because the presence of oxygen, which can be optimally supplied via **MiraVera**, is just as important for the maintenance of health and the regeneration of the body as alkaline nutrition and body cleansing.



We will be happy to advise you!



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