

# beautynews

Knowledge of herbs  
How the GREEN PEEL®  
herbs work

Fresh Up, Energy  
and Classic  
Overview of the 3  
treatment methods

Happy *Birthday*  
GREEN PEEL® turns 60!

60  
years of  
GREEN PEEL®

Dr. med. Christine  
**SCHRAMMEK**  
**GREEN PEEL®**



The power of natural beauty.



Dear customers,  
Dear colleagues,

Today we would like to welcome you with a very special edition of our Beauty News – a special edition for the 60<sup>th</sup> anniversary of our original GREEN PEEL® Herbal Peeling treatment.

60 years ago, Christine Schrammek laid the foundation for the original GREEN PEEL® Herbal Peeling Treatment which helps people with various skin problems to get a clean and clear skin. Today, the GREEN PEEL® Herbal Peeling is exclusively applied by certified aestheticians and doctors in more than 50 countries worldwide. Different dosages of the herbal mixture allow individual treatment methods – individually tailored to the skin condition and personal treatment goal.

We are very proud that our original method again won the first prize of the BEAUTY FORUM Readers' Choice Award in the category problem skin, shortly before its 60<sup>th</sup> birthday. More than 70.000 votes were collected to honour and award the most popular beauty products within the beauty industry. What a great present for the 60th birthday of our renowned GREEN PEEL® Herbal Peeling!

Read more about the success story of the original GREEN PEEL® Herbal Peeling treatment and learn all about the diverse treatment possibilities, the procedure, the effects as well as the results of this unique treatment method.

Yours,

*Dr. Schrammek-Drusio*

Dr. med. Christine Schrammek-Drusio  
dermatologist/allergologist  
and anti-aging expert

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A new skin in 5 days

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# Happy Birthday – GREEN PEEL®

Since 1958, the GREEN PEEL® Herbal Peeling treatment enthuses many people in more than 50 countries worldwide. Invented by Christine Schrammek, the method still belongs to the most effect cosmetic treatments for problem skin today. Learn more about the success story of the unique, natural herbal method.

How can you help women who suffer from blemished or scarred skin? This question could not leave the mind of the young Christine Schrammek in the 1950s. Born during the war, she actually wanted to study medicine but in the post-war period the medical profession remained a dream. Instead, she completed the training as a cosmetologist and at the same time began experimenting with herbs. The young cosmetologist was convinced of their natural healing power and already began to get in touch with researchers. In 1958, she carried out her own developed herbal peeling treatments for the first time at the medical academy in

Hindenburg in collaboration with the scientific director and dermatologist Prof. Dr. Horazak.

The idea of her method: by massaging a certain amount of selected herbs into the skin, the blood circulation is stimulated and the skin's metabolism is activated. Usually the skin needs around 28 days to renew itself. The processes set into motion by the herbs cause the skin to renew itself naturally through the peeling process in only five days.



Originally, Christine Schrammek was researching for an anti-inflammatory and soothing skin care to be used after a GREEN PEEL® treatment. She developed the first tinted cream against blemishes – the original Blemish Balm.



**1958**

In the 50s, Christine Schrammek developed the original GREEN PEEL® Herbal Peeling, a natural method for exfoliation of the skin.

**1967**



**1989**

Together with her daughter, dermatologist and allergologist Dr. med. Christine Schrammek-Drusio, Christine Schrammek continuously further developed the GREEN PEEL® Herbal Peeling



# turns 60!

A new, healthy, and above all pure skin layer is formed. Her exceedingly successful treatment method quickly drew attention. A new skin in just five days! This promise made Christine Schrammek famous.

In 1967, the specialist of herbs opened a vocational school and an international advanced training centre. Here, Christine Schrammek taught how to apply and handle the herbal peeling treatment she had developed. At the same time, Christine Schrammek launched another pioneering product on the market: the original Blemish Balm. The anti-inflammatory concealer cream is closely linked to the success story of the herbal peeling treatment: Christine Schrammek developed Blemish Balm for the use during the period when the skin was peeling. The special cream supports the skin's regeneration process and at the same time conceals the blemished complexion. The Blemish Balm she invented with its double effect is the model all BB creams are based on today.

At the beginning of the 1980's, GREEN PEEL® Herbal Peeling

Treatment's success story stepped up on a global level. Finland, the USA and Korea were the first countries to show interest in this herbal peeling treatment from Germany. Over the years, hundreds of cosmetologists across the globe have been trained to apply this method.

In 1988, the dermatologist Dr. med. Christine Schrammek-Drusio joined the company founded by her mother and gave them new impetus with the dermatological skin care series. In the 1990s, the dermatologist further developed the GREEN PEEL® herbal mixture based on the latest scientific findings. The range of applications was also expanded. Originally, Christine Schrammek had invented the herbal peeling treatment in order to treat blemished and scarred skin. Her daughter, the dermatologists Dr. med. Christine Schrammek-Drusio, increasingly used the method to treat age marks and wrinkles as well. 'We were able to prove that the peeling triggered by certain herbs and massage techniques reduces typical signs of aging skin and, in some cases, even completely eliminates them,' emphasizes Dr. med. Christine Schrammek-Drusio. Nowadays, anti-aging is also an important field for the application of the original GREEN PEEL® Herbal Peeling Treatment.

Since 2009, two additional versions of the successful method have been available: GREEN PEEL® Energy and GREEN PEEL® Fresh Up. You can already look forward to what new surprises GREEN PEEL® will have available for you in the future.



In the following years, the **original GREEN PEEL® Herbal Peeling Classic** was extended by 2 additional methods to treat skin problems more individually



**2009**

**2018**

**1999**

Christine Schrammek inspires people all over the world with her presentations and demonstrations.

**2017**

As the only herbal peeling awarded with the Beauty Forum Readers' Choice Award – **first prize for the third time.**

2009/2010  
2011/2012  
2017



GREEN PEEL® celebrates its 60th birthday



GREEN PEEL®

# Discover the GREEN PEEL® Herbal

Fresh Up, Energy and Classic –  
With three treatment methods,  
the original GREEN PEEL® herbal  
peeling provides individual  
solutions for nearly all skin  
conditions.

The natural peeling refreshes,  
vitalizes or renews your skin.  
Just as you like...

The power of the herbs –  
the original GREEN PEEL®  
herbal peeling renews the  
skin in a natural way.

The GREEN PEEL® herbal peeling treatment is one of the best known and proven methods for improving skin conditions. It was invented by Christine Schrammek already 60 years ago. The aim was to help people with skin problems, such as blemished and scarred skin, to have a beautiful and healthy complexion.

The desire for pure, clear skin is still an important treatment goal of the GREEN PEEL® herbal peeling, but the possibilities have become more diversified. Over the years, dermatologist Dr. med. Christine Schrammek-Drusio has further developed the methods and formulas. Different doses have created completely individual treatment methods and solutions. "We are now able to respond to almost any skin condition," says Dr. med. Christine Schrammek-Drusio. "The results of the GREEN PEEL® herbal peeling in the area of pre-aging and anti-aging are particularly impressive."



# Peeling

The three GREEN PEEL® herbal peeling treatments – Classic, Energy and Fresh Up – may only be offered by certified aestheticians. Their unique effect is based on a mixture of selected herbs, which contain enzymes, minerals and vitamins, among others. The herbal mixture is massaged into the skin with a special technique of massage and pressure.

Depending on the amount of the herbs used and the duration of the massage, the upper skin layer is either stimulated or completely renewed after a peeling process.

The amount of herbs plays an essential role in this process. They improve blood circulation and thus the exchange of oxygen in the skin while stimulating the cell metabolism.

## What do you want to do for your skin?

Every skin is different and has other needs. For best results, consult your certified GREEN PEEL® aesthetician who can individually tailor the GREEN PEEL® herbal peeling treatment to your skin type.

Skin condition / problem	Classic	Energy	Fresh Up
Strong impurities	✓		
Regular light to medium strong impurities		✓	
Sudden impurities, e.g. caused by stress		✓*	✓
Large pores	✓	✓	
Visible, deep wrinkles	✓	✓*	
Fine wrinkles		✓	
Pigmentation	✓** (light)	✓**	
Tired, pale skin		✓	✓
Uneven skin, scars	✓	✓	
Flagged skin	✓		
General dissatisfaction, feeling of aging			✓

\*several times or as a cure    \*\*several times and in combination with Mela Wave treatment



### GREEN PEEL® Herbal Peeling Classic

#### GOAL: Skin renewal

During the herbal massage, the upper layers of the epidermis are removed, blood circulation, oxygen supply as well as metabolism are increased and regeneration processes are stimulated. This reduces the usual time for skin renewal from 28 days to 5 days. A new, fresh skin appears after the peeling process. The Beauty Finish treatment nourishes then the particularly receptive skin with valuable ingredients.

### GREEN PEEL® Herbal Peeling Energy

#### GOAL: Regeneration of the skin

The treatment stimulates blood circulation, oxygen supply and metabolism of the cells and leads to a natural improvement of the skin texture without any peeling effect. The skin is provided with noticeably more energy and age-related skin appearances are reduced.

### GREEN PEEL® Herbal Peeling Fresh Up

#### GOAL: Refreshment of the skin

With this gentle method, the skin is not peeled but rather stimulated and refreshed with natural herbs. Blood circulation is stimulated, pores open and the skin is now able to optimally absorb the ingredients of the subsequent skin care. The complexion appears brighter, fresher and relaxed.



# The GREEN PEEL®

**A new skin in 5 days** For 60 years, the original GREEN PEEL® Herbal Peeling Classic helps many people to get their desired skin. This unique treatment method, which renews the skin on a natural basis, is based on an extensive knowledge of herbs and a long-standing experience over years.



A new skin in 5 days  
with GREEN PEEL®  
Herbal Peeling Classic.

**This is how a treatment with  
GREEN PEEL® Herbal Peeling  
Classic works:**

## Day 1

Enjoy a short break with your aesthetician. Following an extensive consultation and a detailed skin analysis, your aesthetician will begin by gently cleansing your skin. The essence of the treatment follows as the freshly mixed herbal mixture is applied to the skin. The herbal mixture is massaged into your skin for about 7-10 minutes using special circular movements and just the right amount of pressure for your skin. Depending on the treatment goal, duration and pressure of the massage may vary. To provide treatments with consistent quality worldwide, the original GREEN PEEL® Herbal Peeling Classic is only carried out by certified aestheticians.

The GREEN PEEL® herbal mixture consists of powdered leaves, flowers and roots from selected herbs and contains a number of enzymes, minerals, vitamins and phytohormones. The massage with the special herbal mixture removes the upper layers of the epidermis, increases blood circulation, oxygen supply and the skin's metabolism, while regenerative processes are stimulated. Your skin will be slightly red after the herbal massage and you may experience a slight tingling sensation.

This is absolutely normal and is a sign that the herbs are working.



# principle

„The GREEN PEEL® Herbal Peeling Classic is the answer to your skin problems. For large-pored and impure skin as well as for skin in need of regeneration and sun-damaged skin. Try it.“

Dr. med. Christine Schrammek-Drusio

## Day 2

One day after your GREEN PEEL® Classic treatment, the redness and tingling in your skin will be significantly reduced. The herbal active ingredients now enfold their full effect and continue to promote the renewal process even further. To achieve best treatment results, you will receive a Home Care Set from your aesthetician, which includes the most essential care products for the next few days. It is important to use these regularly and as instructed to protect the skin, to maintain and enrich it with essential active ingredients. All products of the Home Care Set are specifically designed by Dr. med. Christine Schrammek-Drusio for the care of your skin after a GREEN PEEL® Herbal Classic treatment and contain all the essential ingredients the skin now requires.

## Day 3

Your skin will now start to flake or peel. The intensity of the peeling of your skin depends on the thickness of the corneal layer, your skin type and your individual metabolism. The differences in the levels of peeling do not have an impact on the success of the treatment. It is also important to continue to use the home care products. The set also includes a Blemish Balm which covers any peeling and possible redness.

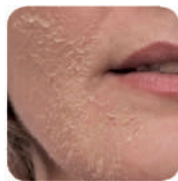
### Reactions of the skin on the third day



Scaling  
(very light peeling)



Light peeling



Strong peeling

## Day 4

Your skin's renewal process has now reached its peak. The upper layer of the epidermis is now dissolving gradually while simultaneously new, young cells appear on the skin's surface. On this day, treat yourself with a day at home and support the peeling process by using the home care products. So just relax – you deserve it!

## Day 5

Your skin's renewal process is now complete. Old skin has been replaced by fresh, clean skin. You have an appointment today with your aesthetician to receive a Beauty Finish treatment. Any remaining old skin is carefully removed during the massage and then you can relax while the mask is taking effect. The aesthetician uses this step to apply ampoules containing active ingredients specially designed for your skin type. Since the skin is now particularly receptive, these help reinforce the treatment's effects.

Your skin is now visibly rejuvenated after the GREEN PEEL® Herbal Classic treatment. Your new, fresh skin is however very sensitive right afterwards, so you should avoid direct exposure to the sun for the next 6 to 8 weeks. During this time, use the Optimum Protection Cream with SPF 20 in your Home Care Set as a day care.



The Home Care Set contains all products you need to provide your skin with the care it needs after the herbal peeling treatment. The products are individually tailored to your skin type and support the regeneration process.

# The power of the herbs



One should not be fooled from outward appearances – at least when it comes to the ingredients of the GREEN PEEL® Herbal Peeling Treatment. Because as inconspicuous as horsetail, ribwort and the like may seem, they possess some extraordinary abilities.

**Discover the secrets of the GREEN PEEL® herbs.**

The original GREEN PEEL® Herbal Peeling Treatment is one of the most successful methods for skin regeneration and is also one of the most tolerable. Only herbal ingredients and a special massage are able to initiate the skin's renewal process. "In 60 years, we have continually developed our method and optimized the herbal mixture.

That's why we can offer solutions for almost all skin conditions today," explains Dr. med. Christine Schrammek-Drusio. "Despite the further extensive development, the basic composition of our herbal mixture has not changed. It is the heart of our method."

The GREEN PEEL® herbal mixture consists of powdered leaves, flowers, sprouts and roots from selected plants. Six plants play a unique role in the herbal mixture. These are Horsetail, Aloe Vera, Ribwort, Lungwort, Pansy and Marigold. "Some of the herbs have been used as a medicinal plant since the Middle Ages. For others, their special benefits can only be obtained in combination with other plants. Our GREEN PEEL® herbal mixture represents the sum of our plant knowledge and decades of experience in this field," adds Dr. med. Christine Schrammek-Drusio.

"Nature continues to surprise us with its self-healing powers.

With our GREEN PEEL® herbal mixture, we are consciously working with this ability."

Dr. med. Christine Schrammek-Drusio





Horsetail



Ribwort



Marigold



Lungwort

## Horsetail

Horsetail is considered an extremely unruly weed in your garden – which is probably the reason why it was disregarded for a long time. But horsetail is actually an old medicinal plant. The branched plant, also called puzzlegrass, reduces inflammation, while also providing a strengthening and protecting effect. Horsetail contains a lot of silicic acid. It improves the skin's structure, releases blockages as well as it strengthens and enhances the elasticity of the connective tissues. Horsetail is the most important plant within the GREEN PEEL® herbal mixture.

## Aloe Vera

Its cooling, anti-inflammatory and healing effects often makes aloe vera a popular ingredient in after-sun products. But Aloe Vera has a lot more properties, which makes it so valuable to the GREEN PEEL® herbal mixture. Aloe Vera contains a variety of enzymes, vitamins, oligosaccharides and amino acids. It is soothing and can both store and provide moisture.



Aloe Vera

## Ribwort

The plant with the wide, strong leaves is also called plantain or buckhorn. It contains a lot of silicic acid, tannins and minerals. Ribwort promotes the regeneration of damaged cells, and accelerates cell growth. The herb contains a secondary plant substance called Aucubin, which has an antibacterial effect and reduces skin irritations. Ribwort is therefore also considered an old home remedy for insect bites. For this purpose, the leaf is first slightly crushed to get the plant's sap and is then pressed onto the affected area.

## Lungwort

The small plant with the delicate blossoms is full of surprises. It was used in popular medicine to treat pulmonary diseases and for external wound healing. Lungwort causes calluses to peel or flake away. It also has astringent properties. These abilities are what make the plant so important for GREEN PEEL®. Lungwort is also rich in silicic acid, tannins and minerals and supports cell regeneration.

## Pansy

Pansies were known in the past as the "herbs for girls with blemished skin". Pansies contain carotenoids and salicylic acid derivatives and help with impure, inflamed skin conditions. Wild Pansy is a traditional medicinal plant and is recommended for many skin diseases. The calming effect

is derived from its grasslike leaves. They facilitate wound healing, relieve itching and have an antibacterial effect.

## Marigold

The plant with the bright yellow-orange coloured blossoms is an old medicinal plant which has proven effective, especially in healing wounds. Its blossoms can be found in salves, tinctures and infusions. Marigold does not only help wounds to close, but can also reduce inflammations quickly and has an antibacterial effect. In addition, it activates cell division.



Pansy

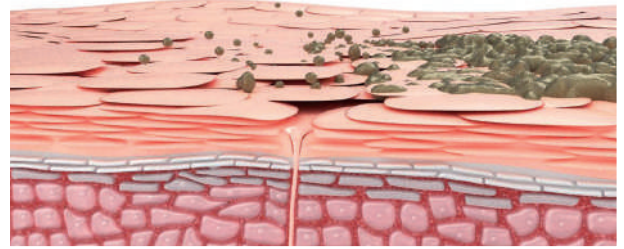
# How the GREEN PEEL® herbs work



## Skin renewal in a natural way.

The original GREEN PEEL® Herbal Peeling Treatment is an all-natural peeling treatment with a worldwide proven track record for 60 years. A unique renewal process is triggered by carefully massaging selected herbs into the skin. **This is how it works:**

1. Certified GREEN PEEL® aestheticians apply the herbal mixture and massage it into the skin. This mixture consists exclusively of natural plant extracts and contains no aggressive substances or acids.

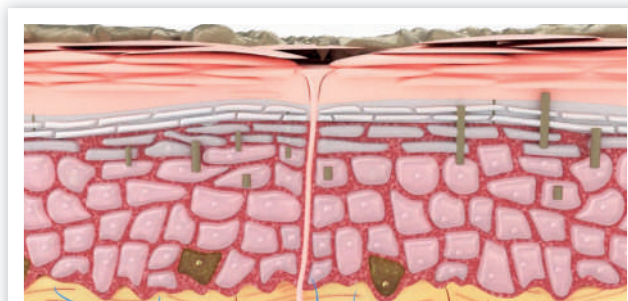


## The herbal mixture

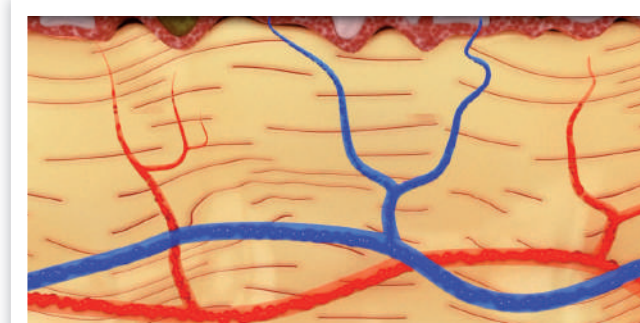
Only natural herbs are used for the GREEN PEEL® CLASSIC herbal peeling treatment. The herbal blend consists of selected herbs that include aloe vera, horsetail, water horsetail, buckhorn, pansy, marigold, chamomile, lungwort and algae. The leaves, blossoms, shoots and roots from the plants are used in powdered form. The herbal blend is mixed fresh before use.



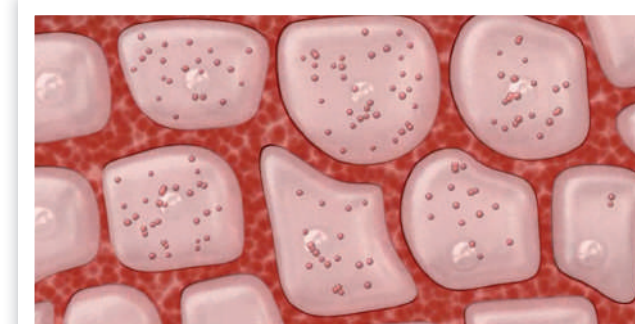
2. Micro-particles of the herbs penetrate into the upper layers of the skin. The duration and intensity of the massage depend on the skin type and structure.



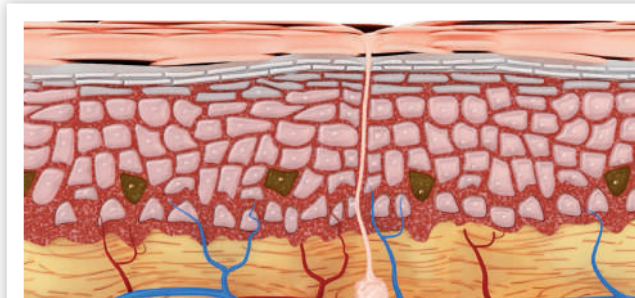
3. Plant ingredients initiate a series of reactions in the skin. First of all, circulation is increased.



4. This results in a better supply of oxygen to the skin cells, activating their metabolism.



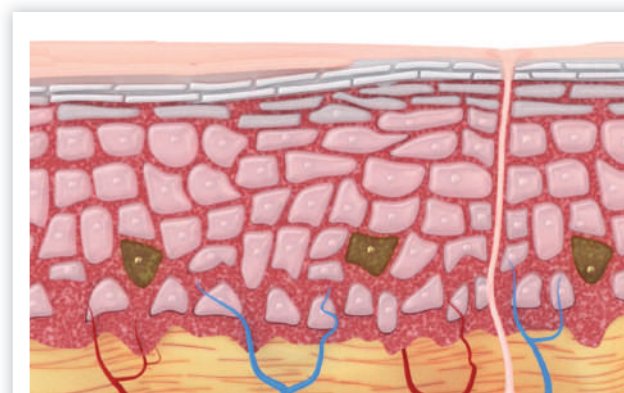
5. The intensive effect of the herbs accelerates the cells' natural regeneration process. Cell renewal is stimulated and new collagen fibres are formed.



6. The skin begins to peel visibly. Gradually, the top layers of the epidermis start to loosen while simultaneously pushing new, young cells to the skin's surface.



7. The skin's renewal process is complete after five days. Your 'old' skin is replaced with a new, fresh and clean skin. Normally, the skin needs about 28 days to renew itself. The GREEN PEEL® method reduces this process to about 5 days.



## Do's and Dont's

What to do after the GREEN PEEL® Classic treatment:

### Do's

- Drink plenty of water and purifying herbal teas
- Make sure to get plenty of fresh air, exercise and healthy food
- Relaxation and many positive thoughts
- For care and refreshment, apply HERBAL CARE LOTION with a cotton pad to your face
- To cover any redness: Mix Special Care Cream or Special Regulating Cream with Blemish Balm (Light, Classic, Honey or Snow which is especially suitable for the night) in a 1:1 ratio and apply to the skin mornings and evenings.

### Dont's

- Don't allow water to touch the treated areas until the Beauty Finish treatment on day 5
- Avoid excessive sweating
- Don't use any peeling for a period of 4 weeks after the treatment
- Avoid direct sunlight for 6-8 weeks. Stay away from the tanning salon!
- For man: Only dry shave until the Beauty Finish treatment.

# The GREEN PEEL® Herbal

What do you  
want to do for yourself  
and your skin?  
Get in touch with a certified  
GREEN PEEL® aesthetician  
for advice. Addresses  
can be found under  
[www.greenpeel.com](http://www.greenpeel.com)

The original GREEN PEEL® herbal peeling treatment Classic belongs to the best proven methods of natural skin renewal.

Many women worldwide trust the GREEN PEEL® principle – also because the herbal peeling is a solution for nearly all skin problems, which is shown by these before-after pictures.



## Problem: Impure skin

Skin impurities are a typical problem of young skin. Impurities such as inflammations, pimples and cornification can actually also appear at adult age. Especially women between the age of 30 and 40 years are often affected by the so-called acne tarda or late acne.

**Treatment:** With impurities at adult age, one treatment with GREEN PEEL® herbal peeling Classic is usually sufficient to achieve a significant improvement of the skin appearance. With acute acne, usually several treatments are necessary.

**Result:** A fresh and healthy complexion. This customer was suffering from strong acne. After just one treatment with GREEN PEEL® herbal peeling Classic, inflammations and pimples mostly disappeared, the skin is clean and even.



## Problem: Atrophic skin

Characteristics of atrophic skin or early aged skin are wrinkles and age spots. The skin has visibly lost elasticity. It appears sluggish and tired. This can be quite stressing for women affected as their skin appearance does not present their biological age.

**Treatment:** The herbal peeling is like a wake-up call for the skin. Microcirculation, which is caused through the herbal massage, stimulates blood circulation and activates the metabolism. The skin is then able to regenerate itself and to build up elasticity.

**Result:** More elasticity, firmness and an even complexion. The skin of this customer radiates again with more vitality and freshness. The skin is firmer and wrinkles appear reduced.



# Peeling Classic – a new skin in 5 days



## Problem: Hyperpigmentation

Pigment spots make the complexion appear darker and uneven which in turn generally makes the skin look older. Especially now when the light summer tan begins to disappear step by step, dark discolorations become specifically visible.

**Treatment:** With GREEN PEEL® herbal peeling Classic, acquired hyperpigmentation can be reduced and pigment disorders balanced. Best results can be achieved if the treatment is conducted several times but only with light pressure.

**Result:** Young and attractive, this is what our client looks like after three treatments. Her complexion is much brighter and more even. The dark spots have mostly disappeared.

## Problem: Scars

At first sight, scars are small flaws but they can easily turn into mental stress. Especially bulging, large scars are striking and perceived as unfavourable flaws.

**Treatment:** Scar tissue is often less elastic than the rest of the skin. The specific pressure massage allows the upper skin layer to peel off and thus a flattening. At the same time, cell division is activated and new, intact cells press to the skin surface.

**Result:** With this not very striking scar, our customer now feels comfortable again wearing a bikini. After the treatment, the scar is significantly flatter and less red. The skin appears more even overall.

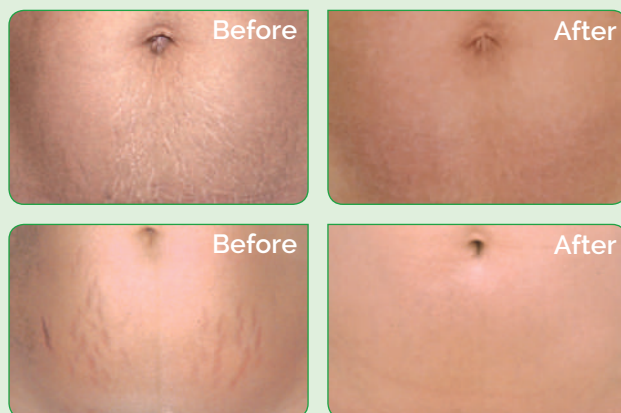


## Problem: Stretch marks

After pregnancy, some women can do as much sports as they want – but the stretch marks remain. The reason: due to the stretching of the skin, cracks of the connective tissue have been formed.

**Treatment:** The GREEN PEEL® herbal peeling treatment Classic directly intervenes in the skin relief. The regeneration process triggered by the herbal massage improves the quality of collagen and elastin fibers and thus leads to a tightening of the skin.

**Result:** A firmer and more even skin. The stretch marks of this customer have been significantly reduced after just one treatment.





# Follow us!

You love everything around the topics beauty & cosmetics, always want to be up-to-date and benefit from great skin care tips?

**Follow us on Instagram**

We look forward to you likes, comments and photos.



<https://www.instagram.com/greenpeel>

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