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quality



DR. BAUMANN
bionome® SPA



THE WELLNESS EXPERIENCE

THE TOP CLASS FROM DR. BAUMANN.

bionome SPA



Historically, SPA stands for Latin “sana per aquam” = healthy through water. SPA now also includes applications with oils, essential oils, mud packs, sea salt, algae, etc., i.e. everything that promotes health and well-being. Today SPA is also used as a synonym for beauty farm, day beauty farm and cosmetic institute with wellness offers. The wellness treatments are carried out in the institute using special SPA products. Daily beauty care should follow this at home in order to achieve optimal long-term success. In addition to well-being and relaxation, the bionomen SPA products are also intended to ensure optimal skin care. Therefore, all ingredients are selected according to strict criteria and the aspects of our environment and fellow living beings are taken into account.

The goals of our bionome beauty care are:

- Optimal tolerability achieved by consistently applying dermatological insights when selecting ingredients.
- Targeted selection of ingredients with documented, proven effects that benefit the skin.
- Harmonious alignment of ingredients with the skin's physiology and anatomy. This is achieved when as many ingredients as possible occur naturally within the skin and the body, making them "skin-identical". Our premium SkinIdent line consists exclusively of skin-identical ingredients and vitamins.
- Environmentally friendly, avoiding unnecessary packaging waste such as outer cartons.
- Animal-friendly, rejecting ingredients derived from slaughtered animals.



Feel good and relax at the salon, combined with optimal daily beauty care at home.

Treatments at a beauty institute or spa using Dr. Baumann SkinIdent bionome SPA products revitalize body, mind, and soul. Your skin, too, looks visibly fresher and "rejuvenated". A truly special revitalizing boost.

This wonderful source of enhanced well-being and beauty should certainly be part of your routine at home; simply care for and pamper yourself daily with Dr. Baumann SkinIdent bionome beauty products.

Even the best professional treatment, lasting just a few hours, cannot possibly replace a healthy daily home-care routine maintained over weeks, months, and years, nor can it undo mistakes made in your home-care regimen. Therefore, combine professional treatments with a healthy bionome home-care routine to create the perfect synergy. This way, you will achieve optimal results for both your well-being and your skin.

The Importance of Nutrition for Health, Beauty, and Well-being

A healthy diet is of paramount importance for beautiful skin, as well as for the health and well-being of body, mind, and soul. A large proportion of human diseases could be prevented through measures such as a healthy diet, adequate physical activity, and abstaining from nicotine. The significance of a healthy diet for beautiful skin cannot be overstated. Numerous scientific studies demonstrate that a purely plant-based diet is the healthiest option. "The Physicians Committee for Responsible Medicine" (PCRM) recommends a purely plant-based vegan diet as the healthiest form of nutrition, providing a logical rationale for this recommendation:

"A vegan diet, which contains no animal products, is even healthier than a vegetarian diet. Vegan diets contain no cholesterol and are lower in fat, saturated fatty acids, and calories than vegetarian diets because they exclude dairy products and eggs. Scientific research shows that health benefits increase as the intake of animal-based foods decreases, making the vegan diet the healthiest overall."

For further reading on healthy nutrition, the book "The China Study" by Professor T. Colin Campbell, published by Systemische Medizin, is highly recommended.

Consumer Protection: Recognizing Cosmetic Ingredients

To protect consumers, the law requires that the ingredients of cosmetic products be listed on the packaging (the „INCI declaration“). However, very few people know what lies behind these (often Latin) terms. We have therefore compiled a selection of frequently used substances for you, such as chemical preservatives, fragrances, and mineral oils.

Perfume and fragrances: Perfume, Fragrance.

Chemical preservatives: Benzoic Acid, Methylparaben, Ethylparaben, Butylparaben, Propylparaben, Triclosan, Imidazolidinyl Urea, Diazolidinyl Urea, Chlorhexidine, Methylisothiazolinone, Sodium Benzoate, Potassium Sorbate, Polyaminopropyl Biguanide, Phenoxyethanol, Chloromethylisothiazolinone, Bronopol, Quaternium-115, Iodopropynyl Butylcarbamate.

Please note: Nature-identical preservatives are chemical preservatives.

Petroleum products/mineral oils: Mineral Oil, Petrolatum (Vaseline), Paraffinum Liquidum, Paraffinum Subliquidum, Cera Microcristallina, Microcrystalline Wax, Ozokerite, Ceresin.

If you would like to learn more about the advantages and disadvantages of specific cosmetic ingredients, we recommend the following literature:

The „**Blaue Liste**“ (Blue List) published primarily for professionals classifies cosmetic ingredients according to their „allergenic risk potential.“ The „Blaue Liste“ is published by the following authors: Dr. H.P. Fiedler, Wiesbaden; Prof. Dr. H. Ippen, Göttingen; Prof. Dr. F.H. Kemper, Münster; Prof. Dr. Dr. N.-P. Lüpke, Osnabrück; Prof. Dr. K.H. Schulz, Hamburg; Dr. W. Umbach, Düsseldorf.

The book „**Die Bewertung kosmetischer Inhaltsstoffe anhand der INCI-Bezeichnungen**“ (Evaluating Cosmetic Ingredients Based on INCI Names) by Dr. med. Ernst Walter Henrich and Dr. rer. nat. Thomas Baumann is also worth mentioning as an informative reference work for both professionals and lay consumers. It serves as a guide for assessing cosmetic products in terms of tolerability, allergy risks, and efficacy. Furthermore, it distinguishes between plant-based and animal-derived ingredients, enabling animal-friendly consumers and vegetarians to make the right product choices.

Bath Oil

These high-quality products contain valuable nourishing oils and active ingredients, which are specified below for each individual bath oil.

Application: Add the desired amount of bath oil to the bathwater, ideally while the tub is filling. This promotes mixing and ensures the bath oil delivers its optimal nourishing effect. The duration of the bath depends on your skin type and personal preference. With regular use, your skin will feel more nourished and velvety, making it look more attractive.



Lavender Bath Oil

This exquisite lavender bath oil also contains valuable nourishing and active ingredients such as olive oil, apricot kernel oil, jojoba oil, lecithin, and vitamin E.

Lemon Bath Oil

Lemon oil, jasmine oil and frankincense oil pamper you with a particularly pleasant freshness. In addition, olive oil, apricot kernel oil, jojoba oil, lecithin and vitamin E have a wonderfully nourishing effect.

Rose Bath Oil

In addition to rose oil, this wonderful bath oil contains olive oil, apricot kernel oil, jojoba oil, lecithin, and vitamin E as ingredients that intensively nourish the skin.

Mineral Sea Peel Oil

Sea salt and oil scrub based on olive oil and sea salt, suitable for both face and body. This exceptionally gentle and refreshing scrub utilizes natural minerals and contains no harsh ingredients. The duration of use depends on individual skin type and personal preference. By cleansing, smoothing, and revitalizing the skin, it leaves the complexion looking fresher, smoother, and more attractive. A soothing bath with one of the SPA bath oils followed by a sea salt and oil scrub provides the ideal preparation for using other SPA products from Dr. Baumann SkinIdent.

Shower Gel

Body Tonic

A range of aromatic waters with various essential oils wonderfully refresh body and facial skin.

Body Lotion – SPA body care

SPA body lotions are rich yet lightweight, smooth emulsions formulated with valuable vitamins and natural oils, such as apricot kernel oil, macadamia oil, jojoba oil, and vitamin E. While fragrance-free, they feature the distinctive properties of an aromatic oil specific to each lotion. You can choose from four body lotions, each featuring a specific aromatic oil, to suit your personal preference.



Shower Gel

Shower Gel

Provides exceptionally gentle cleansing for the body using very mild cleansing agents, with the scent of rose and lemon. We recommend applying one of our body lotions afterwards.

Body Tonic

Orange Body Tonic

Aromatic water made from natural orange oil. Whether used after a shower and before applying body lotion, or simply for a quick refresh, it is always a true treat for the skin, body, mind, and soul.

Rose Body Tonic

Aromatic water made from nature-identical rose oil. Whether used after a shower and before applying body lotion, or simply for a quick refresh, it is always a true treat for the skin, body, mind, and soul..

Mint Body Tonic

Aromatic water made from natural peppermint oil. Whether used after a shower and before applying body lotion, or simply for a quick refresh, it is always a true treat for skin, body, mind, and soul.



Body Lotion – the SPA body care

Citrus-Vanilla Body Lotion

Body lotion based on macadamia oil, jojoba oil, and apricot kernel oil, featuring the scent of real lemon and vanilla aroma. Like all Dr. Baumann SkinIdent products, it is free from chemical preservatives while maintaining a full shelf life; it contains valuable natural ingredients but no mineral oils or ingredients derived from slaughtered animals.

Orange Body Lotion

Body lotion based on macadamia oil, jojoba oil, and apricot kernel oil, with an orange scent. Like all Dr. Baumann SkinIdent products, it is free from chemical preservatives while maintaining a full shelf life; it contains valuable natural ingredients but no mineral oils or ingredients derived from slaughtered animals.

Jasmin Body Lotion

A body lotion based on macadamia oil, jojoba oil, and apricot kernel oil, featuring a jasmine scent. Like all Dr. Baumann SkinIdent products, it is free from chemical preservatives while maintaining a full shelf life; it contains valuable natural ingredients but no mineral oils or ingredients derived from slaughtered animals.

Rose Body Lotion

A rose-scented body lotion based on macadamia, jojoba, and apricot kernel oils. Like all Dr. Baumann SkinIdent products, it is free from chemical preservatives while maintaining a full shelf life; it contains valuable natural ingredients but no mineral oils or ingredients derived from slaughtered animals.

Body Oil

Essential Care – the SPA facial care

The term „essential“ indicates that all vital nourishing and active ingredients, combined with a hint of essential oil, have been blended to create top-tier beauty care products. Like all Dr. Baumann SkinIdent products, they offer a full shelf life without chemical preservatives and contain high-quality natural substances and oils, yet are free from mineral oils and ingredients derived from slaughtered animals. Depending on your skin type, you can choose from three different Essential Care creams.



Body Oil

Citrus-Vanilla Body Oil

Body oil based on apricot kernel oil with the wonderful scent of lemon and vanilla. The essential oils inherent in body oil have a very specific effect on the skin, body, soul and spirit. They nourish, soothe, revitalize and/or refresh the skin. The body oils are also ideal for massage. The skin then appears better supplied with blood, smoother and firmer.

Rose Body Oil

A body oil based on apricot kernel oil, featuring the wonderful scent of rose. The essential oils within the blend have a specific effect on the skin, body, soul, and mind; they nourish, soothe, revitalize, and/or refresh the skin. These body oils are also ideal for massage, leaving the skin looking smoother, firmer, and with improved circulation.

Jasmin Body Oil

Body oil based on apricot kernel oil with the wonderful scent of jasmine. The essential oils inherent in body oil have a very specific effect on the skin, body, soul and spirit. They nourish, soothe, revitalize and/or refresh the skin. The body oils are also ideal for massage. The skin then appears better supplied with blood, smoother and firmer.



Essential Care – the SPA facial care

Essential Care for oily Skin

Essential Care facial product for oily skin, featuring the wonderfully pleasant, refreshing effect of lemon oil and vanilla.

Essential Care for normal Skin

Essential Care facial product for normal skin, featuring the wonderfully pleasant, refreshing effect of lemon oil and vanilla.

Essential Care for dry Skin

Essential Care facial product for dry skin, featuring the wonderfully pleasant, refreshing effect of lemon oil and vanilla.

Guiding principles of our actions

For 30 years, cosmetic chemist Dr. rer. nat. Thomas Baumann and physician/naturopath Dr. med. Ernst Walter Henrich have pursued a shared goal: to develop top-tier bionome skincare products.

From the outset, they have operated according to a proven concept: Dr. med. Ernst Walter Henrich determines what is ideal for the skin based on dermatological criteria, while Dr. rer. nat. Thomas Baumann brilliantly translates these specifications into reality in the laboratory. The result is the range of premium bionome products from Dr. Baumann SkinIdent available today.

Dr. med. Ernst Walter Henrich and Dr. rer. nat. Thomas Baumann have also gained recognition as authors of the specialist book „Die Bewertung kosmetischer Inhaltsstoffe anhand der INCI-Bezeichnungen“ (Evaluating Cosmetic Ingredients Based on INCI Names). Now in its fourth edition, the book provides professionals and interested consumers alike with valuable information for assessing cosmetic products based on their ingredients.



The exceptional bionome quality standards achieved are the result of continuous, systematic, and ambitious research dedicated to the benefit of skin health and human well-being.

For years, Dr. Baumann SkinIdent has supported numerous child welfare and animal protection projects worldwide. The company will continue to provide financial support for such projects through recognized charitable organizations. Furthermore, environmental protection, animal welfare, and human rights are championed through personal commitment and systematic educational initiatives.



Dr. med. Ernst Walter Henrich



Dr. rer. nat. Thomas Baumann

With the best recommendations from your Dr. Baumann SkinIdent Institute:

SkinIdent AG
www.SkinIdent.com

Please note: Purchase our products only from an authorized beauty salon following a professional consultation. After an in-salon consultation, many salons offer the option to purchase additional products via their own password-protected online shop. Sales through other online shops not authorized by SkinIdent AG are prohibited under our General Terms and Conditions. Furthermore, unauthorized online sales carry a significant risk that you may purchase a counterfeit, tampered, or inferior product. We do not provide any warranty for products purchased from unauthorized online shops.

