

# TRADITIONAL HANDMADE NATURAL COSMETICS

## Dr. Dudek



- *small family company*
- *100% natural ingredients*
- *traditional recipes*
- *handmade technologies*
- *since 1990*

*During production, exclusively biologically active natural substances and ingredients are used.*

*The ointment base consists of Adeps Suillus (steam purified pork lard), which is believed to have been a traditional ointment base in the west and middle European region for ages, and unbleached natural beeswax. Dr. Dudek cosmetics contain also bee propolis, non-raffinated vegetable oils, pure alcohol, spring water, herbal extracts, essential oils or mountain shilajit also known as mumijo.*

*All products are 100% natural, which means no chemical additives are contained in Dr. Dudek cosmetics, as only essential oils and vitamins are used for the conservation.*

*Dr. Dudek products' safety and efficacy have been proved not only by ample experience in the field of traditional medicine but also by dermal tolerance and efficacy tests done in the Skin Metabolism and Pathophysiology Laboratory at the First Medical Faculty of Charles University.*

*Traditional herbal ointments, massage oils, and balms are suitable for the care of sensitive and irritated skin, including different skin problems such as eczema, allergy, acne, psoriasis, and others.*

## OUR PRODUCTS

### TRADITIONAL MARIGOLD OINTMENT – Goudsbloemzalf (Calendula zalf)

(50 ml) [BUY NOW](#)

- Suitable for the care of dry and irritated skin
- Fine skin protection during harsh and frosty weather
- Healing balm for cracked hands/feet
- Additional remedy for phlebitis and scar treatment
- Contains marigold (*Calendula officinalis*) extract that has been proven to have antiseptic, antibacterial, healing and anti-inflammatory effects



### TRADITIONAL St. JOHN'S WORT OIL – Traditionele Sint-Janskruid olie

(215 ml) [BUY NOW](#)

(Package 3+1 860 ml en 5+2 1505 ml)

- Contains St. John's Wort (*Hypericum perforatum*) extract which, used in herbalism and folk medicine for ages, possesses proven anti-inflammatory, healing, and antidepressant effects
- A highly regenerative balm for dry, sensitive, and problematic skin
- Suitable for treatment of eczemas, scars, decubitus, sore spots and burns incl. sunburn
- Massage oil for various types of massage to relieve muscular or back pain
- Thought to be an essential part of a special Breuss' massage of a spine - used also by licensed massage therapists
- Proven to possess an optimal local blood circulation improving effect which begins within 2 minutes and lasts up to 1,5 hours
- Suitable also as a bath additive (add 1-2 big spoons into a bathtub of warm water)



## **TRADITIONAL PROPOLIS OINTMENT – Traditionele Propoliszalf**

(30 ml) [BUY NOW](#)

- Provides protection and regeneration of dry, sensitive, and cracked skin
- For the treatment of minor scratches, wounds, burns and skin cracks, sore spots, or acne
- Suitable as a lip-balm and cheek protection during harsh and frosty weather
- Contains natural bee propolis (also known as bee glue), a resinous mixture produced by bees, possessing a wide range of various substances and believed to have strong anti-inflammatory, antimicrobial, preservative, and disinfecting effects



## **NATURAL PROPOLIS BALM (tincture) – Natuurlijke Propolis tinctuur**

(30 ml) [BUY NOW](#)

(Package 2pcs tincture + 1pc ointment)

- Effectively disinfects and heals minor wounds, pimples, and insect bites including those of ticks
- Suitable for oral hygiene and regeneration in case of various inflammatory conditions in the mouth such as gum disease, aphthae, or herpes
- For gargling and mouth washing to treat a sore throat, cold, or cough. As this tincture contains more than 70% of alcohol, it needs to be diluted approx. 1:2 with water for use on gums and mucosa, generally.
- Contains natural bee propolis (also known as bee glue), a resinous mixture produced by bees, possessing a wide range of various substances and believed to have strong anti-inflammatory, antimicrobial, preservative, and disinfecting effects
- Propolis is thought to help against molds, aphthae, herpes, and warts



## **ASIAN SHILAJIT (MUMIJO) OINTMENT – Aziatische Mumijozalf**

(30 ml) [BUY NOW](#)

- Suitable for the protection and intensive regeneration of dry and irritated skin
- Shilajit is thought to have outstanding regenerative, healing, protective, and anti-inflammatory effects
- A highly nourishing night cream for rejuvenation and wrinkle prevention
- Helps to heal minor wounds, scratches, burns, and acne spots
- Effectively restores, regenerates, and placates skin problems caused by sunburn
- Contains pure mountain shilajit (also known as mumijo, mineral pitch or mineral wax), a sticky tar-like substance of dark brown to black color, found predominantly in the extremely harsh conditions of the Asian mountains (Himalaya, Karakoram, Tibet, Caucasus, Altai). Shilajit is believed to be a product of a long-term decay and polymerization of geological and biological residues in a specific extreme climate of high mountain ranges. It is still unclear whether shilajit has a geological or biological origin as it has numerous traces of vitamins and amino acids and has been reported to contain at least 85 minerals and a number of other substances.



## **TRADITIONAL AGRIMONY OINTMENT – Traditionele Agrimoniezalf**

(50 ml) [BUY NOW](#)

- Suitable for care of minor skin abrasions, scratches, and scars
- For the treatment of sore spots or skin cracks
- For varicose veins massage as well as an additional remedy for phlebitis and scar treatment
- Contains agrimony (*Agrimonia eupatoria*) extract that has been proven to have antiseptic, drying and anti-inflammatory effects



## **TRADITIONAL COMFREY OINTMENT – Traditionele Smeerwortelzalf**

(50 ml) [BUY NOW](#)

(Package 3+1 200ml, 2+1 Comfrey balm)

- Suitable for the treatment of painful muscle and joint conditions, such as sprains, strains, and bruises
- Brings relief to painful muscles and improves blood circulation after a hard work or sport
- A concurrent use with The Traditional Comfrey Balm is recommended in order to strengthen the effect of the ointment
- Contains comfrey (*Symphytum officinale*) extract possessing anti-inflammatory compounds and allantoin, a substance thought to speed up wound healing by stimulating the growth of new cells



## **TRADITIONAL COMFREY BALM – Traditionele Smeerwortelbalsem**

(80 ml) [BUY NOW](#)

- Effectively supports the action of The Traditional Comfrey Ointment
- Advisable use as a night-time compress combined with the ointment
- For massage and treatment of sprains, strains, bruises, and other painful muscle and joint conditions
- For supplementary treatment of rheumatism and fractures
- Contains comfrey (*Symphytum officinale*) extract possessing anti-inflammatory compounds and allantoin, a substance thought to speed up wound healing by stimulating the growth of new cells



## **REGENERATIVE HERBAL /PSORIASIS/ OINTMENT – Herstellende Kruidenzalf**

(50 ml) [BUY NOW](#)

(Package 3+1 200ml)

- Based on an original recipe of Dr. Dudek, created especially for the treatment of sensitive skin suffering from psoriasis, or psoriasis-like problems, such as red, itching, cracked and scaly patches
- Contains a specific combination of herbal extracts (*Agrimonia eupatoria* - Agrimony, *Equisetum arvense* - Horsetail, *Malva sylvestris* – Mallow, *Salix alba* – Willow, and *Urtica dioica* – Nettle) and other ingredients, such as Fish oil, Dead Sea salt, egg yolk oil, and Vitamin A
- The ingredients together with ointment base itself (pork lard) show healing, regenerating anti-inflammatory and mildly disinfecting effects on broken, frail and sensitive skin



## **REGENERATIVE HEMP /CANNABIS/ OINTMENT - Herstellende Hennepzalf**

(50 ml) [BUY NOW](#)

(Package 3+1 200ml)

- Based on an original recipe of Dr. Dudek, created especially for the treatment of sensitive skin suffering from eczema and eczema-like problems, such as dry, itchy and cracked skin
- Effectively restores skin hydration and reduces the occurrence of harsh, sore spots on the skin
- Also suitable for massages of chronically painful muscles, tendons, and joints
- Contains hemp oil, hemp extract, wood sanicle, and burdock extracts – the unique combination with regenerative, anti-inflammatory, antiseptic and antifungal effects, which, together with the traditional lard and beeswax base nourishes, restores, protects and soothes sensitive skin

