



SHEN ESSENCE

THE HARMONIZING POWER OF THE FIVE ELEMENTS
BODY OILS, BODY- AND AIR SPRAYS, ESSENTIAL OILS,
FACIAL CREAMS, SOAPS

by DORIS SCHMAUSZER



BETTER BY NATURE – DORIS SCHMAUSZER AND THE POWER OF THE FIVE ELEMENTS.



Doris Schmauszer, Master of Chinese Medicine and Therapist of Chinese Medicine, mother of three, lives with her husband Dan Auerbach in Vienna, Austria.

MY BEGINNINGS

Originally I was not much interested in Medicine, though, as I found out later, my interest was not in the western approach to this matter. However, I owe it to my very special biology teacher, who sparked my interest in nature and its many connections and cycles.

Nevertheless I began to study theater sciences in 1988. A serious disease during the first year of my studies became a central turning point in my life: I was diagnosed with a severe kidney disease, which was said to be congenital. Since I have never had any namable health problems before that time, I didn't quite want to accept this diagnose. In search of the real answers I began to work with kinesiology. There I gathered my first experiences with the theory of the five elements of Chinese Medicine, dietetics, the meridians and much more. Discovering the first parallels to biology, I began my studies in Molecular Microbiology at Vienna University.

MY NEW LIFE

In the course of my disease I started to completely change my life with energizing exercises, Qi Gong and Meditation together with a changed diet. After about one year all this helped me to become pain free and later on free of any discomfort. In the process of my new orientation, it became clear to me, that I

wouldn't want to spend the rest of my life in a laboratory.

Out of the interest to understand the system that kinesiology is based on, I wanted to learn more about the ideas and the theory of Chinese Medicine. Since I didn't think the "normal" way of studying Western Medicine first and then specialize on Chinese Medicine would help me attain my ultimate goal, a new plan manifested, which was to study Sinology first and then to go and study Chinese Medicine in China, where it originated. Hard work and a scholarship allowed me to do so. Besides the studies of Chinese Herbal Medicine, Acupuncture and Tuina at the University, I also had the chance to learn and profit from the rich experience of the famous 70 year old Chinese Doctor KONG GUANGYI, who allowed me to be his apprentice. The basis of my studies was completed in 2002 with the diploma of Master of Chinese Traditional Medicine of the State Administration of TCM in Beijing and Kyung San University USA. My studies of Sinology at Vienna University finished with a Master of Philosophy.

MY NEW KNOWLEDGE

What has fascinated me from the beginning and also confirmed many times to be on the right path with my work as a TCM therapist is the fact that the "new knowledge" that I acquired goes back to almost 3000 year old observations and experiences.

The "Shen Nong Ben Cao Jing", the first known written monograph on the healing effects of 365 plants and herbs of the Han Dynasty (200B.C.) and the theory of the five elements taken as a basis, I then studied the external application of Chinese herbs and plants and their interaction with the five elements. While in China this form of treatment is still in common use, in our western world the knowledge and confidence in the power and effect of nature has become more and more lost.

In the product series of SHEN ESSENCE I succeeded uniting the healing methods of the East and West. Therefore my customers share the treasures and gifts from nature and benefit from thousands of years of wisdom.

SHEN ESSENCE products serve to harmonize the 5 Elements of wood, fire, earth, metal and water based on the traditional philosophy of Chinese Medicine.

All the products exclusively contain natural ingredients and natural essential oils.



NATURE DOESN'T NEED ANY MANIPULATION

– SHEN ESSENCE AND THE POWER OF THE 5 ELEMENTS



Human beings should live in tune with the 5 elements – or as a proverb beautifully says: “Observe the flow of your life and realize how many streams flow into it, that nourish and support you.”

SHEN – MORE THAN A NAME

Shen is referred to as the constitutional regularity that forms the basis of the natural movements and changes of matter. Shen also refers to all living creatures in a broader sense and to our mental activities, our consciousness and thinking in the narrower sense.

The 5 elements stand for converting phases and describe the changes of the 5 material conditions of wood, fire, earth, metal and water. Together these states form the knowledge of the world, which was created out of the characters of those same 5 material states of wood, fire, earth, metal and water and their “mutual

generating” and “mutual controlling” constitutions.

The Taoists were striving to understand and explain the world through observation of nature and meditation. They attempted to live in harmony with nature and establish a connection between the microcosmos of their body and the macrocosmos of nature and the universe.

THE KNOWLEDGE OF THE ANCIENT TAOISTS

According to the Tao, the world and the universe can exist as an all-embracing unity without any application of force. Due to changes in the course of time, tensions appeared, which set up two opposite polarities within this originally complete unity. These polarities still formed a unity in the universe and were later described as Yin and Yang, terms that originated in observation of nature by the Taoists. Therefore the sunny side and the shady side of a mountain only form a contradiction at first sight. Looking more closely you will find that over the course of a day it will change: in the morning the eastern side is illuminated, in the afternoon the western side. Aspects of a whole are therefore not absolute, but relative. Depending on time, place or point of view one “thing/matter” may show aspects of Yin or Yang.

Out of this insight the the necessity of further even more subtle divisions arose. According to the 4 cardinal points/directions, a distinction of 4 elements WOOD

(E), FIRE (S), METAL (W), WATER (N) was established, with an additional harmonizing element EARTH.



According to the change of seasons, a day also passes through different qualities of energy. Ideally – when living in accordance with nature – human beings have a natural rhythm, which matches one of the 5 elements and aligns with nature. Therefore everyday we have a transformation period before we are fully awake, reach our height of activity later on, then tuning down into a calmer period, until our outer activity relatively diminishes while we are asleep.

Based on the knowledge about the interaction of the 5 elements a human life span may also be divided into 5 periods: Childhood/growth (Wood), maturation/puberty (Fire), middle age/family/sedentarieness (Earth), later middle age/experienced working process (Metal), senior age/retirement/wise adviser (Water).

The 5 elements are not considered to

be static conditions. Each wholeness consists also of the 5 changing phases and each element contains Yin and Yang aspects. The elemental phases are connected with each other and exist in a balanced state towards each other or can pass into the next phase. In order to keep that balance despite external influences there exists a mutual support and positive control. This ensures that none of the elements will be able to overtake another or be suppressed by another. Which brings us back to the beginning of the observation of nature and the unity with nature. The highest of wisdom tells us to learn from nature and to live in tune with nature

With Shen Essence products we manage, in the hectic and fast living times we live in, to give some of these natural strengths back to our body. When harmonizing the 5 elements we then become centered and support our body, mind and spirit in their natural grounding, and a positive outer radiance. In the cosmetic products, the 5 elements find their equivalence in the different skin types and the condition of the skin throughout the changes of seasons.

SHEN ESSENCE products serve to harmonize the 5 Elements of wood, fire, earth, metal and water based on the traditional philosophy of Chinese Medicine.

All the products exclusively contain natural ingredients and natural essential oils.



BODY OIL, BODY- AND AIRSPRAY, ESSENTIAL OIL – THERAPY AND THE POWER OF THE 5 ELEMENTS.



The evolvement of pure power is not an act of art – therefore you will not find artificial ingredients in Shen Essence products, but just the purest natural raw materials.

ABOUT HERBS AND FRAGRANCES

The external application of herbal decoctions has a century old tradition with the Chinese. Despite decocting the herbs, these digestions are still very intense in their smell for our noses. By enrichment with essential oils the smell can be harmonized and the effect can be enhanced.

The inhalation of natural fragrances in our culture has a long tradition: our sense of smelling is a process that has a connection with “old” areas of our brain and therefore sets up a deep connection with our past and past experiences. This way through the sense of smelling, those brain areas will be reactivated, which play an essential role in our spiritual experiences.

The external use of essential oils serves therefore two purposes: the scent molecules will not only be inhaled but also absorbed through the skin and are traceable in our blood after a short period of time. Besides their effect on moods and emotions, the essential oils also have a positive influence on our different organ functions.

ABOUT THE APPLICATION

SHEN ESSENCE BODY OILS and SPRAYS can be applied to harmonize the psychic-emotional as well as physiologic realm. The composition of the mixtures of 100% pure essential oils results on the one hand from the psychic-emotional and physiological effect of the oils and on the other hand from their affiliation to the 5 Chinese elements. Therefore we establish a connection between Eastern and Wes-

tern knowledge and empirical treasure.

The choice for a certain element may result from a preference for a certain fragrance/scent or a personal element affiliation. Also when in certain emotional conditions or to support a TCM Diagnosis there are suitable oils or sprays to choose. Additionally one may select according to the season: WOOD in Spring, FIRE in Summer, EARTH in late Summer or inbetween seasons, METAL in Autumn and WATER in Winter.

BODY OIL

For application as body-oil or massage-oil for the whole body or for special areas.

- each of the 5 elements in 50 ml
- each of the 5 elements in 100ml

BODY- UND AIRSPRAYS

For external use as Eau de Toilette/Body Spray or as Air Spray to improve and harmonize the air.

- each of the 5 elements in 50ml
- each of the 5 elements in 100ml

ESSENTIAL OIL

For usage on fragrance lamps or stones, not for external or internal body application!

- je Element zu 5ml

WOOD

Brings back balance and harmony in life, supports the ability to relax and flexibility. Invigorates and refreshes, like the young spring fragrance.

FIRE

Enhances the evolvement of well being and comfort and has a calming effect, inner harmony is the result. When there is heartache mood brightening and heart comforting.

EARTH

Supports our inner sense of grounding and harmonizes our digestive organs, in order to be able to think clearer and produce more life energy.

METAL

Strengthens from within, helps to create courage and to listen to our inner voice and to trust to follow. The immune system is positively influenced.

WATER

Positively influences our primordial trust and helps to overcome fears. Warms the Yang Water emotionally and sensual-bodily, a natural aphrodisiac.

Prices according to attached price list or through office@shenessence.com

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SHEN ESSENCE FACIAL CREAMS FOR WOMEN & MEN, DAY & NIGHT – FACIAL CARE AND THE POWER OF THE 5 ELEMENTS.



WOMEN & MEN, DAY & NIGHT

Since time immemorial, Chinese are responsive to a high degree to the different circumstances within the cycle of day and night as well as to women and men and their respective life cycles. The range reaches from dietetics through diagnostics, all the way to individual treatment of life or disease determined conditions. Therefore SHEN ESSENCE FACIAL CREAMS offer now also in skin care the opportunity to take these differences based on the theory of the 5 elements into account.

PHOENIX – DRAGON

Since the ages, traditional Chinese medicine respects the differences between women and men and their different life cycles. In the imperial palace, the phoenix was the symbol for the empress and embodied, hence, the female Yin. The dragon stood for the emperor and became the symbol for the masculine Yang.

WHICH CREAM TO CHOOSE?

Who doesn't know the feeling: the flood of products, effective formulas and promises literally overwhelms us. Here the 5 elements and their interactions provide a good aid to choose the suitable SHEN ESSENCE FACIAL CREAM. The good thing about it, you cannot really go wrong, since each cream contributes a valuable share to harmonize the energetic conditions of our skin. Therefore we recommend – besides the best suited facial cream for your skin type – to use also a facial cream of a different element in between. This way your skin will not get accustomed to a certain cream composition.

SHEN ESSENCE CREAMS offer for individual preferences, each skin type, each age and also suitable for each season the ideal care:

WOOD

For normal or young skin, still full of elasticity and free from problem areas

FIRE

For the juvenescent problematic skin or with existing impurities, as well as oily skin. Also suitable for periods of enhanced metabolism through the skin (e.g. before menstruation).

EARTH

For combination skin type, especially oily skin areas in the T-zone, dryer skin areas on the cheeks.

METAL

For sensitive and dry skin, which needs especially gentle care.

WATER

For dry skin, which needs special nutritive care in order to prevent the formation of wrinkles.

RICH

For the especially rich intensive care and the special needs of mature and damaged skin.

The creams may and should also be used besides the different skin types according to the different seasons and the changing needs of the skin during the seasons:

- WOOD in Spring
- FIRE in Summer
- METAL in Autumn
- WATER in Winter
- EARTH always in between seasons

SHEN ESSENCE FACIAL CREAMS

FOR WOMEN

- SHEN ESSENCE PHOENIX DAY
Day creams for all five elements
- SHEN ESSENCE PHOENIX NIGHT
Night creams in all five elements

FOR MEN

- SHEN ESSENCE DRAGON DAY
Day creams for all five elements
- SHEN ESSENCE DRAGON NIGHT
Night creams in all five elements

FOR WOMEN AND MEN

- SHEN ESSENCE RICH
DAY AND NIGHT CREAMS
for the special needs of mature skin

Prices according to attached price list or through office@shenessence.com

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NATURAL SOAPS – SKIN CARE AND THE POWER OF THE 5 ELEMENTS



SHEN ESSENCE natural soaps are produced out of pure plant oils in combination with blossom petals, herbs and enriched with other natural ingredients. During production, not the whole plant oil is saponified, in order to keep a certain amount for relubrication of the skin. By adding the whole flowers, leaves and herbs, the invigorating scent and the harmonizing effect can evolve fully. Therefore SHEN ESSENCE natural soaps serve as an ideal and valuable addition to the oils, sprays and creams.

SHEN ESSENCE NATURAL SOAPS

WOOD

Green Tea
Green Mint
Lemongrass

FIRE

Rose Blossom
Lavender Bud
Coffee
Natural Cacao

EARTH

Ginger-Orange
Honey-Oat

METAL

Silk-Shea
Mountain Thyme
Coconut-Peeling
Sweet Almond

WATER

Cinnamon-Clove
Amyris-Cedar
Jasmine

SPECIALITIES

Natural Shampoo Bar

Prices according to attached price list or through office@shenessence.com

NATURALNESS AND ETHICS – SHEN ESSENCE AND THE PHILOSOPHY OF TAO

MY COMPANY PHILOSOPHY

Based on the original ideas of the Tao (meaning "Road", "Way", "Path", but also "Method", "Principle" and "The Way", "The Truth") I use exclusively top quality natural raw materials, essential oils and Chinese herbs for Shen Essence products. All ingredients are – if available – of organic origin.

For all products applies: what you cannot use internally, you should not use externally neither, since the skin absorbs active ingredients and transfers them into the body. Therefore I am not using Parabenes (artificial preservatives, which hinder important enzyme activity in the body). This surplus of closeness to nature makes up by far for the shorter shelf/storage life in comparison with conventional products.

For this reason there are no other synthetic ingredients used – like artificial perfumes or fragrances, sodium lauryl sulfates, etc. – that are classified/graded as harmful for the human organism.

I also refrain from paraffines, since they make our skin pores impermeable and therefore impede the ability for active ingredients to permeate the deeper skin layers, where they are most needed.

In order to be able guarantee the best quality of production, all products are manufactured in small batches and in the

elaborate and traditional way of manual production.

Out of deep inner conviction, I reject animal testing and I disapprove of any type of discrimination, esp. gender or race.

BACK TO NATURE

Since nature offers its treasures for our well being and beauty to us, I am giving back a minimum amount of 10% of the profit of Shen Essence products to institutions that actively contribute to environmental protection, preserve nature or support people especially women and children in need.

PRICES, INFOS,
REQUESTS & ORDERS:
OFFICE@SHENESSENCE.COM

You want an up to date price list, have questions to the products or interest in becoming a reseller/distributor? Or you want to order? Then just write an email to office@shenessence.com. At the moment orders are only possible through advance payment (details by mail). Shipment normally takes place within 3 working days after receiving of the payment.

SHEN ESSENCE products harmonize the 5 Elements of wood, fire, earth, metal and water.



Infos and news about SHEN ESSENCE Products at www.shenessence.com





SHEN ESSENCE

by DORIS SCHMAUSZER

MAG. DORIS SCHMAUSZER
MASTER OF CHINESE MEDICINE

TCM Therapist,
Teaching at the TCM Academy and TCM Privat University

Studies of Sinology at Vienna University, Master of Philosophy

Studies of Chinese Medicine in Beijing,
University of Traditional Chinese Medicine and Pharmacology

INQUIRIES AND ORDERS

office@shenessence.com, www.shenessence.com