

A woman with dark hair tied back, wearing a blue top, is smiling and looking upwards in a field of tall, golden grass. The background is a clear blue sky. The overall mood is bright and natural.

Natural skin care

**SPEICK**  
*natural*

Speick Natural

NATURAL SKIN CARE

## The natural skin care regime

With harmonising Speick extract

### About us and our company philosophy

Speick Natural Cosmetics – behind the name is the goal of company founder Walter Rau to harness the benefits of the ancient medicinal plant Speick for human use, which the company has been pursuing since 1928. Today, the work and philosophy of the management of the family-run company, now in its third generation, and their employees are guided by this anthroposophically motivated principle. Walter Rau established the company in 1928 at great risk, at the height of the Great Depression of the late 1920s. The “Feinseifenwerk Walter Rau” (“Walter Rau Fine Soap Works”) started production of its unique Speick soap and with it made German soap history. Today, we are able to reflect on a history that has seen us develop from an anthroposophically-oriented soap manufacturer into a modern natural cosmetics company.

Our living values and 80 years of accumulated experience have created a rich corporate history spanning three generations. The location of our production facilities in Germany has been an integral part of our quality from the very beginning.

Nock Mountains National Park – The unique natural cycle of the Speick plant



*Nock Mountains National Park*

The company's remarkably forward-sighted founder already saw the growing toll on the environment back in 1958:

*"The toll of time is growing. Unhealthy, high-stress work practices, polluted water, air contaminated with dust, gases and acids, not to mention radio-activity, which may become a key problem in the future – all of which causes harm of an exceptional nature, which all affect our skin to varying degrees. Our food supply has also been damaged by pesticides, mineral fertilising practices, preservatives and so on."*

*Walter Rau*

## Speick Natural

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### Speick on the right track

The unique cultural history of this forgotten and rediscovered medicinal plant

Speick is known in botanical circles as *Valeriana celtica*. Its Latin name is cultural history at its best – "Valere" is Latin for "stay healthy", and "celtica" stands for its Celtic background, today the Carinthian Nock Mountains in alpine Austria.

The medicinal plant has a calming effect on the central nervous system while simultaneously stimulating the vegetative nervous system. Speick relaxes without tiring and revitalises body, mind, and soul.

Speick was previously known as *Spica celtica*. The medicinal plant's rootstock is reminiscent of an ear of grain, and so was unceremoniously dubbed *Spica*, the Latin word for this. *Spica* became *Speick* over the course of the plant's centuries of history.

To find Speick, you must first cover many vertical metres, leaving the tree line of the Carinthian Alps well behind. You can find what you're looking for from 1,800m. Speick builds its harmonising strength in the protected Nock Mountains National Park.

Valuable Speick oil has been gently extracted from the plant's roots for thousands of years.

Speick was used to perfume baths, and afterwards, the valuable oil was used for skin care in Egypt in 500 BC. For centuries, several tonnes of Speick were exported from Venice to all over the world every day.

The plant was already used medicinally in the 10th century – The doctor Galen cured Kaiser Marc Aurel's stomach problems with Speick. The plant was worth its weight in gold and was later subject to high taxes. Speick was exported to Turkey, Syria, Morocco and Sudan until the start of the 20th century. In 1936, Speick was threatened with extinction and was placed under protection. With it, Speick lost its economic importance and was promptly forgotten.

*Valeriana celtica*

## Speick Natural

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### The unique conservation project

Speick Natural Cosmetics are the only products in the world to contain the unique Speick extract. Since 2003, the Speick plant is one of the few European plants to be certified as an organic ingredient from biologically regulated wild harvesting. Valuable Speick extract is combined with other ingredients, depending on the product. All Speick products contain Speick plant extract, which we exclusively manufacture worldwide.

Speick is harvested by hand, as it has been for centuries. The Speick harvest is an important source of income in what is otherwise a frugal alpine existence for the two alpine farming families with harvesting licenses. Fair trade has been a given for us from the beginning.

### Speick walks

#### The peaceful star of the Nock Mountains

Speick walking tours are offered in the beautiful Carinthian Nock Mountains region from late spring right through to autumn. The Speick plant's natural habitat provides the setting for an aromatic walking experience. The Nock Mountain National Park and the Bad Kleinkirchheim Tourism association invite you on a short Speick walk, or a long Speick hike, visiting selected huts in the region. Experience pure indulgence and relaxation! The Speick plant's bewitching, aromatic perfume caresses body and mind as it wafts over alpine meadows in the mild autumn weather.

Further information about this unique programme is available from us or at [www.nationalparknockberge.at](http://www.nationalparknockberge.at) or [www.badkleinkirchheim.at](http://www.badkleinkirchheim.at)



### Speick Wellness

#### High-alpine indulgence at Harmony Hotels

A variety of natural spa treatments offer guests the opportunity to escape the daily grind and regenerate the natural way. The originally eastern idea of Speick baths has been adopted and refined for this natural alpine spa concept. The result is a holistic natural regeneration and revitalisation concept in cooperation with Harmony's in Bad Kleinkirchheim, Austria. Active baths, active infused saunas, active massage and holistic wellness programmes are just the start of Speick wellness.



Want to experience more? Ask us!  
Or visit [www.harmonys.at](http://www.harmonys.at)





## Speick Natural

NATURAL SKIN CARE

### Speick Natural

Natural skin care for the whole family

In keeping with holistic thinking, we make use of the entire plant. The Speick plant's prized extract is carefully drawn from the plant's small yet strong roots and used in all Speick products.

The popular and iconic Speick soap is now complemented by a complete natural skin care range. The classic natural Speick fragrance has an unmistakable natural freshness. Top quality raw ingredients make the range perfect for anyone with dry and/or sensitive skin.

#### Soap

For natural mild cleansing

Natural, mild cleansing with a unique classic natural fragrance. Softens stressed hands. A gem amongst real soaps for 80 years.

- Free of mineral oil-based ingredients

#### Liquid Soap

For natural mild cleansing

Plant-based ingredients gently cleanse and replenish essential oils, providing optimal protection.

- Dermatologically tested



### Deo Shower Gel Hair + Body

For gentle shower care

Refreshing shower care for the whole family with organic sage for a fragrant natural moisturising effect.

- With sage from biologically regulated cultivation
- Free of mineral oil-based ingredients

### Sensitive Shower Gel Hair + Body

For extra-mild shower care

Extra mild shower gel moisturises, calms and balances even the most sensitive skin.

- With sage from biologically regulated cultivation
- Skin-friendly PH

## Speick Natural

NATURAL SKIN CARE

### Basic body care regime

#### Gentle cosmetics

With plant extracts from biologically regulated cultivation and fragrant essential oil blends.

#### Body Lotion

##### For protective moisturising care

Plant-based body lotion for the entire family. With aloe vera, organic rosemary and organic marigold. Suitable for even the most sensitive skin.

- Does not contain preservatives
- Free of mineral oil-based ingredients

### Hand Cream

#### For natural hand care

Natural hand care with highly effective Provitamin B5 and organic camomile. Quickly absorbed and non-greasy. Especially for dry skin.

- With camomile from biologically regulated cultivation
- Free of mineral oil-based ingredients



*Body care*





Speick Natural  
NATURAL SKIN CARE

## Exclusive body care range

### Eau de Cologne

For an aromatic fragrance experience

This classic natural fragrance with essential oils refreshes and invigorates the spirit with its spicy scent.

- No artificial fragrances, colourings or preservatives
- Free of mineral oil-based ingredients

*Classic natural fragrance*



## Deodorant protection with effective organic active ingredients

Extra mild, long-lasting deodorisation with natural active ingredients. Does not contain aluminium salts. Speick deodorants are available in a variety of forms for every preference and skin type.

### Deo Spray

For a natural deodorising effect

The extra mild, effective deodorising ingredients pamper with organic sage and Echinacea extracts in an environmentally-friendly pump spray bottle.

- With sage from biologically regulated cultivation
- Does not contain aluminium salts
- Does not contain preservatives
- Free of mineral oil-based ingredients



*Gentle protection*

### Deo Stick

Organic care for sensitive skin

With effective deodorising effect. Naturally kind on the skin with top quality plant-based ingredients. For sensitive skin.

- Does not contain aluminium salts
- Free of mineral oil-based ingredients



### Deo Roll-on

Effective deodorising effect

Essential oils and plant-based active ingredients with an extra-mild deodorising effect. Especially soft and kind on the skin.

- Does not contain preservatives
- Does not contain aluminium salts
- Free of mineral oil-based ingredients







**Speick Natural**  
NATURAL SKIN CARE

## Active wellness products

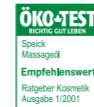
Approved natural cosmetics

### Active Body Oil

For invigorating body care

Pure plant oil noticeably invigorates after sauna or sport, warms through and maintains skin elasticity. With a relaxing blend of essential oils.

- No synthetic fragrances, colourings or preservatives
- Free of mineral oil-based ingredients



**New!**

### Active Bath Essence

Alpine bath experience



Fragrant essential oils with harmonising high-alpine Speick extract balance and gently invigorate body and mind. A rich and nurturing oil bath.

- No synthetic fragrances, colourings or preservatives
- Free of mineral oil-based ingredients



*Relaxation*

Wellness



**Speick Natural**  
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New!



**Active Sauna-Infusion**

Alpine sauna experience

Bio sauna infusion with a fragrant blend of essential oils. An aromatic sauna sensation with high alpine Speick extract from biologically regulated wild harvesting.

- No synthetic fragrances, colourings or preservatives
- Free of mineral oil-based ingredients

Experience

Other products in our range

**SPEICK**  
MEN



What men want!

Men's cosmetics for natural, vibrant radiance.

**SPEICK**  
woman



The fragrance care concept!

With top quality essential oils especially developed for sensitive skin types.

**SPEICK**  
THERMAL



100% natural spa feeling!

The unique vitalising thermal skin care range containing vitamin and mineral-rich silica and alga for sensitive skin.



Our selection of soaps is available under the "made by Speick" label, as they have been for 80 years, as part of our complete range or online at [www.speick.de](http://www.speick.de)

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## The natural skin care regime

With harmonising Speick extract

If you are unable to find one of your Speick Natural products in store or have any questions, our customer service department is happy to assist you on +49 (0) 711 1613-126. You can also contact us by email at [info@speick.de](mailto:info@speick.de)

### Of great importance to us

- As a family business with an 80-year history, we primarily source our raw ingredients and packaging from our own country.
- Now in our third generation, we develop and produce exclusively at our German premises.
- The Speick plant (lat. Valeriana celtica) is a medicinal plant with a history spanning several centuries. It is harvested by hand by Carinthian farmers in Austria as part of a conservation project. We support the active protection of biologically regulated wild harvesting.
- We do not test on animals nor do we commission this from other parties.



Walter Rau

**SPEICK** | naturkosmetik

Speick natural cosmetics

Walter Rau Speickwerk

PO Box 10 01 55

70745 Leinfelden-Echterdingen

GERMANY

Tel + 49 (0) 711 1613 -126 Fax -100

[www.speick.de](http://www.speick.de) [info@speick.de](mailto:info@speick.de)