

TRADITIONAL 100% HERBAL COSMETICS FROM THE CZECH TRADEMARK

Dr. Dudek



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

*During production, exclusively biologically active natural substances and ingredients are used, most of them of **Czech origin**.*

*The ointment base consists of steam purified pork lard (these being the remainders from livestock production), which is believed to have been a **traditional ointment base in the 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 in Prague**.*

*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 – Tradiční Měsíčková mast

(30 ml or 50 ml)

- 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
- Buy online [here](#)



TRADITIONAL St. JOHN'S WORT OIL – Svatojánský Třezalkový Olej

(80 and 215 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)
- Buy online [here](#)



TRADITIONAL PROPOLIS OINTMENT – Tradiční Propolisová mast

(30 ml)

- 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
- buy online [here](#)



NATURAL PROPOLIS BALM (tincture) – Přírodní propolisová tinktura

(30 ml)

- 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
- Buy online [here](#)

ASIAN SHILAJIT (MUMIJO) OINTMENT – Asijská Mumiomast

(30 ml)

- 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
- Buy online [here](#)



TRADITIONAL AGRIMONY OINTMENT – Tradiční Řepíková mast

(50 ml)

- 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
- Buy online [here](#)



TRADITIONAL COMFREY OINTMENT – Tradiční Kostivalová mast

(50 ml)

- 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 hard work or sport
- 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
- Buy online [here](#)



TRADITIONAL COMFREY BALM – Tradiční Kostivalové mazání

(80 ml)

- 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)
- Buy online [here](#)



REGENERATIVE HERBAL OINTMENT – Regenerační Bylinná mast

(50 ml)

- 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
- Buy online [here](#)



REGENERATIVE HEMP OINTMENT- Regenerační Konopná mast

(50 ml)

- 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
- Buy online [here](#)

