



4 QUESTIONS TO

SIMPLE LIVING

In our "Live simply" series, we ask people from the beauty industry, how they keep fit in their everyday lives, how they can relax and what their favourite travel destination is. Let yourself be inspired by ...



DR. HANS LAUTENSCHLÄGER

The doctor of chemistry was born in Berlin, has been managing partner of "Koko Kosmetikvertrieb GmbH & Co. KG" since 1998 and specialises in the development, production and distribution of physiological skin care products. www.dermaiduals.de



The annual roped party, as seen here climbing the Torre del Diavolo via Torre Leo near the Fonda Savio hut (Dolomites), is one of Hans Lautenschläger's highlights.

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What is your favourite travel destination and what do you like best there?

The destinations are defined less by locations than by the activities that take place there. In addition to an annual multi-day hike with friends through Germany, the highlight of the year consists of a rope team climbing somewhere in the Alps for a week. If time permits, I like to swim in the North Sea and Baltic Sea - far out and in December. Those are moments when you can only feel your own body and can't think about anything else.

What does beauty mean to you?

„BEAUTY IS A PRIVILEGE -

consisting of the interplay of external appearance and internal values.

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2 HOW DO YOU RELAX AT THE END OF THE WEEK OR AFTER WORK?

At the weekend, it often happens that the change from horizontal to vertical and reading the newspaper in the morning takes longer than usual. Saturdays are usually characterised by complete relaxation without plans or appointments. Spontaneous interruptions take place in the garden at home. Reading about history, meteorology and old steam trains are also part of the leisure time and the evening. The week ends with a twelve-kilometre run on Sunday.



Blooming, native garden wilderness on a June evening: Dr Hans Lautenschläger likes to spend time in his home garden.



Fresh from the oven: mini rye loaves with ginger, prunes, coriander and fennel seeds.

What do you do when you have a day off?

As I allow myself days off, this happens rather rarely. As a widow I like to be a solo entertainer in the kitchen and prepare my own creations, such as bread, rolls, pizza, spaghetti, boulettes, stews and spicy dishes, sauces, which are tasted by visitors during the course of the event. A special sport is to develop new recipes with regional ingredients.

4 HOW DO YOU KEEP FIT AND HEALTHY IN YOUR FREE TIME?

With the exception of Saturday, I'm on the move every day. Apart from the aforementioned Sunday cross-country run in the Bergisches Land region, I swim two kilometres of breaststroke and back crawl twice a week to recover my backside, which has been worn down by my sedentary job - plus four online hours on the mat at home, led by a qualified sports instructor and filled with Tabata, back exercises, work-outs and Pilates. This also answers the question of what to do after work - namely put your feet up and have a drink with or without company.



Cross-country in the Bergisches Land: the Wupper valley near Leichlingen.