

GERNETIC TECHNICAL

Applied Cellular Biology

Great Chemistry



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Laboratoires Gernétic Synthèse (Labo.Ger.S)

Created in 1978 by french biologist Albert Laporte.

Albert Laporte's original idea was to apply the cellulotherapy concepts to formulate a product to treat skin burns for a hospital in Paris.

In 1978 he established Labo.Ger.S with the aim of creating a highly concentrated and highly effective skin care range of products for beauty and wellbeing.

The results achieved by Gernétic are based on the body ability to recover its health and harmony when its cells receive active nutritional molecules.

This novel approach was the result of 20 years of study and research into Biology, the study of life, and Gerontology, the study of the ageing process, and, in particular, the changes that occur at a cellular level as we age.

Albert Laporte discovered through his studies that many skin conditions and body imperfections are the result of specific deficiencies at the cellular level and he understood that, to achieve his aim, it was important to incorporate the missing nutrients in his formulae.

For that reason, Gernétic's approach is to deliver the optimal dosage and combination of nutritional molecules such as amino acids, proteins, peptides, bio-peptides, vitamins and trace elements in order to assist repair of the damaged skin, to relieve skin conditions and to delay the appearance of the visual signs of the ageing process.



The Gernétic International Logo

Why the picture of a seagull as trademark to define the philosophy of Gernétic ?

When Mr Laporte launched his Gernétic range, back in 1980, an inspiring movie called "Jonathan Livingstone Seagull" had just been released.

In this film and through its score by Neil Diamond, the human mind is represented by a seagull, Jonathan, that strives to broaden its horizon and knowledge and to share it with its fellow seagulls.

"To begin with, you've got to understand that a seagull is an unlimited idea of freedom and your whole body is nothing more than your thought itself" writes Richard Bach author of the book.

Ultimately this is a fable about the importance of seeking a higher purpose in life, even if your flock, tribe or colleagues find your ambition threatening.

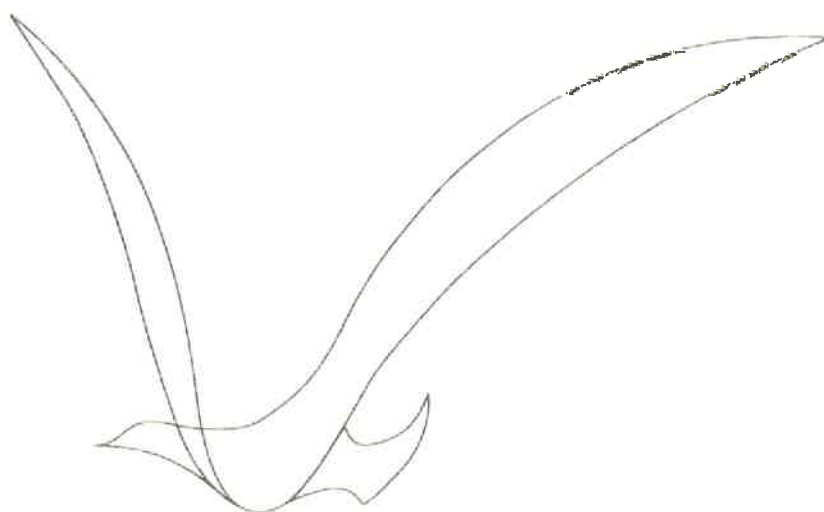
But not compromising his higher vision, Jonathan learns the meaning of love and kindness.

This story reflected so perfectly the belief of Mr Laporte in learning, studying and sharing his knowledge in a spirit of love that he choose the image of a seagull as his trademark. Through their research, this is the objective of Laboratoires Gernétic Synthèse, to bring education as well as high quality products for the betterment of this superb profession, Beauty Therapist, and of their client.

All of us, in the beauty industry, should share the same goals.

Develop our own personal "self" by learning and studying.

Help our clients, by transmitting our knowledge, to improve their wellbeing and beauty,



Gernétic Skin Care

Active ingredients obtained from Biotechnology are used in all Gernétic products to treat skin conditions that affect the face, the bust, the body and the scalp from the simplest to the most complex ones.

The skin is a reflection of the body's inner state and Gernétic's unique method is to address the internal deficiencies in order to alleviate or eliminate the visual problems.

Vital nutritional molecules such as amino acids, peptides, vitamins and trace elements in physiologically measured proportions can be transferred through the skin to enhance the beauty and aesthetics of the skin and body.

Labo.Ger.S method is based on 3 main concepts:

- To use high-tech processes to enrich the formulation of our products with increasingly active naturally source substances.
- To develop their synergy, making them up to 10 times more efficient.
- To guarantee flawless quality by testing and controlling all our products before, during and after their production

Gernétic products have been deliberately designed for an easy application in your salon and at your clients' home.

Gernétic products have been distributed in Australia since 1989 and are used in 49 leading countries.



Being in a constant search for the finest, the most modern and the most active materials in the field of health and beauty, our aim is to give every woman the beauty care product that enables her to express herself through a perfect synergy of her personality and her body.

The daily challenge taken up by Laboratoires Gernétic Synthèse is to provide the best and the most precise service in order to fulfil all expectations.

Welcome to a world that combines beauty, high-technology, beauty care and pleasure.

Albert Laporte

Biology

Biology

Biology is a natural science concerned with the study of life and living organisms, including their structure, function, growth, origin, evolution, distribution...

Genetics is based on cellular biology, which is the study of the activities, functions, properties and structures of cells.

When given the right nutritional elements, the cells have an incredible ability to regenerate themselves.

These nutritional elements are:

- Amino acids, peptides, bio-peptides, proteins and other metabolic compounds
- Vitamins
- Trace elements

Green Technologies

Labo.Ger.S gets these nutritional elements from different sources:

- Phytobiology: all plant extracts are obtained from this process.
- Biotechnology: amino acids, peptides, proteins, some vitamins and other metabolic molecules are obtained from this process.

The method is based on 3 main concepts:

- The use of high-tech processes to enrich the formulation of our products with increasingly active natural source substances.
- The development of their synergy, making them up to 10 times more efficient.
- A guaranteed flawless quality by testing and controlling all our products before, during and after their production

Phytobiology

Phytobiology

Phytobiology encompasses the extraction of active components from plants.

Contemporary phytobiology utilises specially selected and produced plants that are grown under highly controlled conditions and harvested when their content in beneficial elements is at its highest.

The end products obtained from these techniques are purer, far more reliable, standardised and more potent.

Pharmaceutical or cosmetic laboratories use them for their properties and effects that are much more predictable and can therefore be much more specifically targeted.

Biotechnology

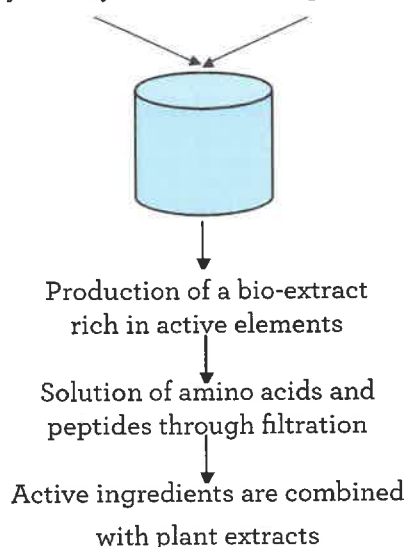
Biotechnology

Biotechnology is the latest green high-tech method of obtaining active ingredients. It consists of the culture of microorganisms (*Lactobacillus casei*) with mostly marine microalgae (*Chlorella*, *Spirulina*) or plant cells (soy), which produces compounds rich in amino acids, proteins, vitamins and other valuable compounds.

Medical laboratories and, more recently, cosmetic laboratories, have become interested in microorganism fermentation to produce compounds rich in proteins, amino-acids, vitamins and other metabolic compounds.

These compounds are then filtrated in order to isolate the sought-after components.

Lactobacillus casei rich in lytic enzymes *Chlorella* or *Spirulina* rich in proteins



Laboratoires Gernétic's knowledge in cell physiology has brought them to select a special strain of microorganism that occurs in milk, *Lactobacillus casei*, for its content in lytic enzymes.

The culture medium too has been carefully chosen: it is made of an aquatic vegetal substrate and contains micro algae rich in proteins.

The production is done in a specialized laboratory and is closely monitored by Gernétic to ensure that the end products meet their stringent quality requirements.

The bio-extracts, bio-filtrates and bio-conversions Gernétic Laboratories get from this process are then combined with various phyto-biologically-produced plant extracts.

Labo Ger.S have formulated all their lines of face, bust and body products to make the best use of this new technology and their entire range is totally based on it.

Amino Acids

Essential Amino Acids

Amino acids are compounds that contain nitrogen atoms associated with atoms of carbon, hydrogen and oxygen.

Half the dry matter of an adult human being is made up from amino acids.

There are 24 amino acids from which we manufacture our proteins.

8 amino acids must be found in the food and are called Essential Amino Acids (EAA):

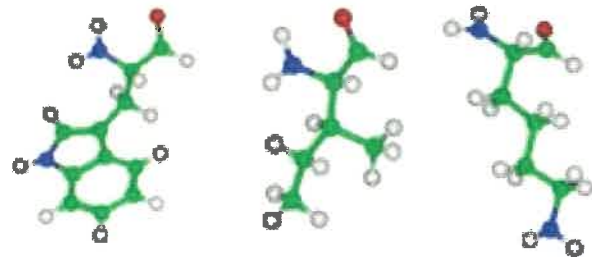
- Tryptophan
- Isoleucine
- Lysine
- Threonine
- Leucine
- Methionine
- Phenylalanine
- Valine

2 other amino acids are also essential for children:

- Arginine
- Histidine

From the EAA, the human body synthesizes the 16 other amino acids:

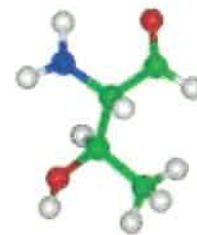
- Proline
- Taurine
- Carnitine
- Tyrosine
- Glutamine & Glutamic Acid
- Cysteine & Cystine
- Glycine
- Alanine
- Beta Alanine
- Gamma Aminobutyric Acid (GABA)
- Asparagine & Aspartic Acid
- Citrulline
- Ornithine
- Serine
- Glutathione (a tripeptide made of cysteine, glutamine acid & glycine.)



Tryptophan

Isoleucine

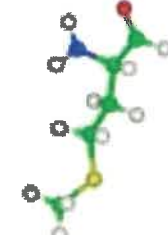
Lysine



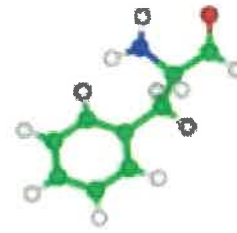
Threonine



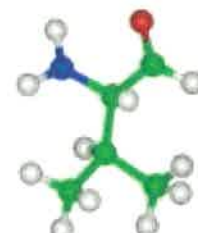
Leucine



Methionine



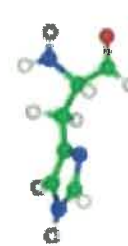
Phenylalanine



Valine



Arginine



Histidine

- Carbon
- Sulphur
- Nitrogen
- Hydrogen
- Oxygen

Amino Acids

Amino acids are the smallest essential building blocks needed for the synthesis of protein structures.

During the digestive process, the proteins we eat are broken down to their smaller constituents (amino acids). These constituents are then reassembled in chains according to the body's needs. These chains are Y shaped and are called polypeptides. Each time another amino acid is added to a chain it becomes a new protein with a different function.

Proteins were first discovered in the late 1830's and were described at that time as being the most important food substances. The name "protein" is derived from the ancient Greek and means "primary" or "to take first place".

100,000 different proteins have been identified in nature and the human body alone is made of over 50,000 different protein chains. These proteins are used by the billions of cells the body is made of for their growth, repair and functioning.

The skin is normally made up of "acid" amino acids and 'basic' amino acids:

- 18% of "acid" amino acids
- 12% of "basic" amino acids.

In problems such as dermatosis, the level of "basic" amino acids can rise to 25 to 35 % instead of 12%.

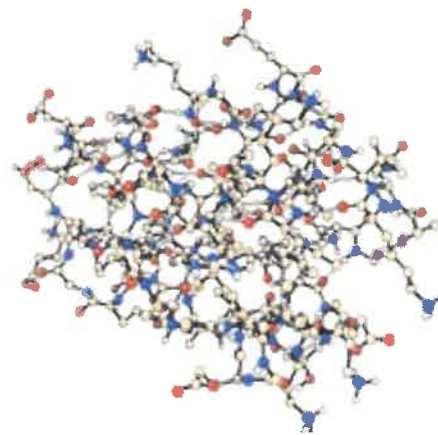
Amino acids are microscopic molecules that can penetrate through the skin and be carried away by the blood.

Drawing on their knowledge of cell physiology, Laboratoires Gernétic have carefully selected amino acids, polypeptides and proteins that have been identified as having beneficial effects on the causes of various aesthetic problems.

Laboratoires Gernétic get their amino acids exclusively from biotechnology. This new 21st century technology helps to get long lasting results in beauty care, efficiently and without aggression.

Laboratoires Gernétic have carefully selected amino acids, polypeptides and proteins that have been identified as having beneficial effects on the causes of various aesthetic problems. And above all, it is also very beneficial for the general well-being. Each Gernétic product contains different combinations of amino acids that have specific benefits.

Structure of a Protein



A protein is a complex structure of numerous amino acids.

The human body manufactures over 50,000 different types of proteins. The proteins are linked and crossed together to form the various living tissues.

Transition to Gernétic

Changing your customers' skin care range is always a delicate procedure and you have to allow time for a slow transition.

As you know, the skin is an important organ of elimination.

Some skin care ranges do not favour this elimination process and toxins and other harmful compounds may accumulate within the skin cells over time.

On the opposite, Gernétic products brings essential nutritional molecules rich in trace elements that maintain the skin activity and encourage the elimination of toxins, thus keeping the skin healthy.

Most of your clients experience a pleasant feeling of skin activity when they are introduced to Gernétic; this is because their skin has been fed with numerous nutritional molecules it was not used to receiving.

A very few number of clients however may experience a hot sensation together with redness. This feeling can be mistaken for an allergic reaction but in most cases this is not.

So what is happening?

It is the sign that your client's skin that has so far not been able to properly eliminate toxins starts to function again as it should.

The numerous nutritional molecules contained in Gernétic products bring energy back to the skin, which encourages the elimination process.

Though not very pleasant, this is actually a good sign. It is similar to what is occurring at the beginning of a detox diet when headaches and tiredness develop. These are not pleasant reactions but they are necessary to restore health. So what should you do should they happen?

First, test on your customer's wrists all the products that have been used; if she has a similar reaction that would indicate that she is experiencing an allergic reaction and you should be able to find out which product is the culprit.

If there is no reaction, you can reassure your customer that she will be able to use all Gernétic products after a few weeks of transition: for two to four weeks use Ger-Oxy only to gently encourage skin oxygenation.

Normally your client could then try a small quantity of Synchro and if everything is all right the other Gernétic products can be gradually added one by one.

As a general rule, always start the first salon treatment and home program with only the basic products such as Glyco, Fibro, Ger-Oxy, Synchro or Cytobi and Argini mask.

Also when performing a facial, only use gentle massage on your client's skin to minimise any possible reaction.

Considerations

Equipment

To achieve outstanding results Gernétic products do not require the use of any kind of equipment.

Micro currents, ionization laser or IPL... may reduce the efficiency of the active elements. If you are using them, apply Gernétic products after you have been using the equipment. See our specific technical training book "The use of Gernétic in conjunction with equipment".

Incompatibility

It is not advisable to mix Gernétic products with any other brand.

The incompatibility of ingredients may lead to some adverse reactions at skin level.

Medicines

The intake and saturation of some medicines may also provoke adverse reactions such as itchiness, dryness and redness at the beginning of using Gernétic.

In this case start with only a minimum of products such as Glyco Cleansing Milk and Ger-Oxy Cream for few weeks.

Smoking

Smoking releases free radicals, slowing down the production of collagen and elastin.

Smoking reduces the blood flow in the epidermis, starving the skin of the nutrients it requires, which gives the skin a dull look.

It is very easy to understand that in the case of heavy smoking the expected results for any skin conditions may be more difficult to be achieved.

Skin Types

Relevant or irrelevant?

The Gernétic method is very simple but very effective.

We are all born with a skin type that we cannot change. That is why Gernétic doesn't have specific skin type lines; the skin analysis you perform during the initial consultation is not about finding a skin type but about reviewing your customer's skin conditions, her age, her lifestyle and expectations and establish a program based on these information.

Some of the skin conditions to be on the lookout for are:

- Dull lifeless skin
- Dehydration
- Excess of keratinisation
- Red, congested, couperosed skin
- Sensitivity, inflammation, erythema, rosacea, psoriasis, eczema
- Excess of oiliness, blackheads, milium
- Loss of dermal elasticity and resilience
- Loss of subcutaneous muscles mass
- Pigmentation

Healthy cells = glowing skin

Gernétic programs always start by the regeneration of the epidermis, which results in a healthy cell turnover, restores the acid mantle and improves the skin immunity, whatever the skin type.

This is the first step to a healthy skin for any customer.

All Gernétic products can be used on top of each other. So, if your customer presents more than one problem or imperfection, you will be able to deal with them all simultaneously.

To help you with consultation we provide Gernétic Consultation Cards where all skin concerns and lifestyle questions are listed.

Considerations

French and International pharmacopeia

The raw materials used in our products contain only codex elements that meet the requirements of the French and International pharmacopeia. All our products have been registered with the French Ministry of Health.

Preservatives

Although it has become fashionable to vilify preservatives, the ones used in cosmetics are included on a positive list and have been tested repeatedly to ensure their safety. In addition, they are essential for protecting public health.

Parabens are a class of chemicals widely used as preservatives by cosmetic and pharmaceutical industries.

Parabens are anti-fungal, anti-bacterial, anti-microbial preservatives used in many cosmetics, sunscreens, foods, medications, vitamins, shampoos, moisturisers, shaving gels, spray tanning solutions, makeups and toothpastes.

Parabens help to maintain the integrity of a product and are the preferred method of preservation due to their low irritant values.

Parabens are produced naturally and are found in numerous fruits and plants, including barley, strawberries, blueberries, black currants, peaches, carrots, onions, cocoa-beans, vanilla...

They are also found in foods prepared from fruit and plants such as grapes and fruit juices, yeast extract, wine vinegar and cheeses.

Parabens are also used as food additives under E214 to E219.

Parabens are biodegradable and rapidly excreted in urine, without accumulating in the body.

Chemistry

Parabens are esters of para-hydroxybenzoic acid, from which the name is derived. The most common parabens are methylparaben (E218), ethylparaben (E214), propylparaben (E216) and butylparaben. Less common parabens include isobutylparaben, isopropylparaben, benzylparaben and their sodium salts.

Parabens efficacy as preservatives, and the inefficacy of some natural alternatives like grape seeds extract, probably explains why they are so common.

Grape seeds extract that is promoted as a natural preservative was identified as containing methylparaben.

Parabens can mimic the oestrogen hormone, which some people have hypothesised could be a source of concern. However, a study published in 1998 (Routledge et al., in Toxicology and Applied Pharmacology) found that the most potent parabens had 10,000 to 100,000-fold less activity than naturally occurring oestrogen. In a 2005 review of the oestrogenic activity of parabens, (Golden et al., in Critical Reviews in Toxicology) the author concluded that based on maximum daily exposure estimates, it was implausible that parabens could increase the risk associated with exposure to oestrogenic chemicals.

The American Cosmetic Ingredient Review (CIR) reviewed the safety of parabens and concluded they were safe for use in cosmetic products at levels up to 0.25%. Typically parabens are used at levels ranging from 0.01 to 0.3%. Gernétic uses small amounts of parabens in some products at an average of less than 0.2%.

The Australian Cancer Council surmised that there is no evidence to suggest that cosmetics containing parabens increase cancer risk.

The Food and Drug Administration (FDA) believes that there is no reason for consumers to be concerned about the use of cosmetics containing parabens products.

SKIN CONDITIONS

- 2 Eye contour conditions
- 3 Reactive skin
- 4 Dehydration
- 5 Diffused redness, congestion, couperose
- 6 Oiliness, acne
- 7 Loss of dermal elasticity and subcutaneous tone
- 8 Actions of the Age Management Creams
- 9 The Pigmentation Process
- 10 Excess of pigmentation The process
- 11 Pigmentation Genetic approach

Eye Contour Conditions

Dehydration, lines, loss of dermal elasticity, dark circles and puffiness

The eye contour is the most fragile area of the face. It is where the signs of tiredness and ageing are most visible.

The eye area also shows internal dysfunctions such as insufficient lymphatic drainage, accumulation of water and lipids in the tissue and loss of vascular tonicity slowing down the venous micro-circulation leading to dark circles and puffiness.

The skin of the eye area is four times thinner than the rest of the face.

The eyelids blink about 10,000 times a day, leading to the elastin and collagen fibres becoming more fragile showing first sign of fine wrinkles.

This area is also prone to intolerant reactions and allergies.

Gernétic's approach to eye contour conditions

Products	Ingredients	Actions
To restore lymphatic drainage		
Eye Gel	<i>Peptide: di-peptide 2: Hesperidine flavonoid extracted from citrus fruits:</i>	Improves lymphatic circulation. Combats dark and puffy under-eye circles.
To improve lymphatic and venous micro-circulation, reducing dark circles and puffiness		
Eye Mask	<i>Biological extracts associated with artichoke and wild camomile extracts.</i>	Allow lymphatic drainage and improve vascularisation, which is essential to reduce dark circles, puffiness and swelling of the eye area.
To protect against glycation the inelastic state of collagen		
Lift Cream	<i>Albizia julibrissin (Persian Silk Tree) extract</i>	Reduces signs of skin fatigue caused by glycation namely under the eyes bags, dark circles.
To restore elasticity around the eye area and reduce fine lines		
Eye Gel	<i>Peptide: di-peptide 2: (valine and tryptophan)</i>	Stimules fibroblasts production of collagen and elastin reducing fine lines.
Lift Cream	<i>Organic silicon</i>	Restores springiness to the skin. Restructures the elastin and collagen fibres that support the extracellular matrix, bringing density and thickness to the skin.
To protect against pollution, sooth and repair		
Eye Gel	<i>Vegetal Extracts of Bacopa:</i>	Anti free radicals, soothing.
Lift Cream	<i>Bisabolol from German chamomille</i>	Anti-irritant and anti-inflammatory.

Reactive Skin

Sensitivity, allergies, skin inflammation

Many reactive conditions such as sensitivity, allergies, psoriasis, eczema, rosacea can stem from immunity disorders.

One of the major causes of immunity disorders is the lack of essential fatty acids in the diet.

Essential fatty acids are found in many vegetal oils. However, it is essential that these oils be cold pressed for the linoleic and linolenic acids to remain active

From these two essential fatty acids the human body can manufacture the very important anti-inflammatory prostaglandins.

Another source of essential fatty acids eicosapentaenoid "EPA" come from wild oily fish like salmon and sardine.

When the diet is very poor in essential fatty acids, the cell membrane is affected and is no longer able to regulate the process that allows substances to penetrate the cells while barring others.

The protective barrier, the acid mantle, is impaired and inflammation can take place, which may result in many skin conditions, from simple dehydration to severe skin reactive problems.

Gernétic's approach to reactive skin conditions

Products	Ingredients	Actions
To restore the acid mantle and repair epidermis		
Synchro	<i>Biological compounds rich in amino acids such as glutamine, arginine and lysine and trace elements including potassium and magnesium.</i>	Regenerate the basal cells. Healing properties. Restore the skin's natural defence system.
To bring nutrition and to reduce inflammation		
Cytobi	<i>A synergy of 5 biological compounds containing nearly all the essential amino acids, proteins, vitamins and trace elements that are absolutely essential for a well-nourished skin.</i>	Alleviates reactive skin. Healing, anti-inflammatory, protecting, soothing.

Dehydration

Scaly, fine lined, delicate, sensitive, uncomfortable skin.

Water is a vital element to the skin. It represents 60% to 70% of the dermis and 13% of the outer corneum layers of the epidermis.

This water contributes to the suppleness, comfort and quality of the skin and helps inhibit aging of the epidermis.

Natural hydration of the skin is obtained by proper functioning of all of the components of the stratum corneum.

A complex association of water and lipids form the hydrolipidic film, the acid mantle.

These components hold water and prevent its loss.

Essential fatty acids are essentials for slowing trans-epidermal water loss (TEWL)

Essential fatty acids are essentials for healthy cell membranes.

The main function of the cell membrane is to regulate the transfer of molecules in and out of the cell.

A damaged cell membrane accelerates ageing.

Humans cannot metabolise essential fatty acids.

Fatty acids, including the essential omega-3 from Alpha Linolenic Acid and omega-6 from Linoleic Acid, are best sourced from the diet.

External causes of cutaneous dehydration can be inadequate cosmetic, soap, excessive peeling, excessive sun exposure, wind, heat...

Gernétic's approach to skin dehydration

Products	Ingredients	Actions
To restore the protective barrier and repair the epidermis		
Synchro	<i>Biological compounds rich in amino acids glutamine, arginine and lysine, trace elements potassium and magnesium and essential fatty acids.</i>	Regenerate the basal cells. Healing properties. Restore skin's natural defence system.
Cytobi	<i>A synergy of 5 biological compounds containing nearly all the essential amino acids, proteins, vitamins, and trace elements absolutely essential for a well-nourished skin.</i>	Alleviates a number of skin problems. Healing, anti-inflammatory, protecting, soothing.
To enhance the skin to maintain ideal hydration		
Hydra Ger Mask	<i>Aleuritic Acid "Type-I ceramide liposoluble molecule". Phosphorylated Lipid. Homarine "Marine realm-inspired Osmolyte".</i>	Acts as an epidermal lipid thus strengthens the skin barrier limiting water loss. Prompts epidermal cells to produce more natural ceramides and Natural Moisturizing Factors (NMF). Homarine regulates the water content of skin cells, maintaining an optimal level of hydration.
To ensure hydration of the stratum corneum		
Cells-Life	<i>Several biological compounds based on proteoglycans and hyaluronic acid.</i>	The hydrophilic properties of the active ingredients allow larger quantities of water to be retained, restructuring the cutaneous tissues.

Diffused Redness, Congestion, Couperose

Poor elasticity of capillary walls, congestion and couperose

A dense network of capillaries located at the dermis level forms the micro-circulation.

The capillaries control the cutaneous blood flow in response to the body thermo-regulation and the transportation of waste, nutrients and oxygen.

Capillaries are only one epithelial cell thick, so they are very thin and fragile.

Exchanges of fluid, nutrients and wastes between the blood and tissues occur through the capillaries' walls.

Congestion and diffused redness can be due to emotional stress, heat and extreme cold conditions or to an impaired acid mantle.

Capillaries fragility and couperose can be the result of a poor diet in essential fatty acids and others essential nutrients such as amino acids, vitamins B3 or PP and E.

The result is thin and transparent capillaries with a poor elasticity, which can cause congestion.

If an inflammation takes place and the skin immunity is poor, rosacea can develop.

Gernétic's approach to skin redness

Products	Ingredients	Actions
To restore the acid mantle and repair the epidermis		
Synchro	<i>Biological compounds rich in amino acids glutamine, arginine and lysine, trace elements potassium and magnesium and essential fatty acids.</i>	Regenerate the basal cells. Healing properties. Restore skin's natural defence system.
To reduce inflammation		
Cytobi	<i>A synergy of 5 biological compounds containing nearly all the essential amino acids, proteins, vitamins, and trace elements absolutely essential for a well-nourished skin.</i>	Alleviates a number of skin problems. Healing, anti-inflammatory, protecting, soothing.
To enhance repair of capillary walls, to decongest and induce better blood flow		
Veinulo Special Plus	<i>Vitamins B3 or PP and E. One bio filtrate containing small peptide fragments and one filtrate rich in cellular growth factor. An expertly balanced mix of 8 essential amino acids.</i>	Anti-oxidant. Maintains the structural integrity of the capillaries tissues. Acts against capillaries fragility.
To reduce diffused redness and couperose		
Vasco	<i>Phytostimulines from camomile, St John's wort, coltsfoot, sage and althea. One biological compound with glycine and vitamins B3 or PP and E.</i>	Allow a better vascularisation of the capillaries. Decongesting, soothing, anti inflammatory, healing and antiseptic.

Oiliness, Acne

Clogged pores, blackheads and dead skin cells build-up

The sebaceous glands produce the sebum, a naturally healthy skin lubricant. When this production is excessive the skin becomes oily and thick in texture.

An oily-skin type is not necessarily bad, such skin is less prone to wrinkles or early signs of aging because the sebum helps to keep moisture locked into the epidermis and protect the acid mantle.

Problems arise when this over production of sebum causes clogged pores, blackheads and dead skin cells build-up.

Today industrial food, poor in essential nutrients such as vitamins, trace elements and essential fatty

acids but saturated with refined sugars and based on dairy products, leads to the dysfunction of the digestive system causing seborrhoea, dilated pores, blackheads and, later, digestive related acne.

Serious deficiencies in vitamins folic acid B9, alpha-tocopherol E and trace element zinc combined with a lack of essential fatty acids can be the cause of hormonal related acne.

Acne is not necessary a sign of oiliness, the skin can be sensitive and inflamed with an impaired hydrolipidic film and poor immunity.

The first step is to restore the hydrolipidic film and to re-balance the skin's function and immunity.

Gernétic's approach to oiliness and acne

Products	Ingredients	Actions
To restore the acid mantle, regulate skin functions and restore immunity		
Synchro	Biological compounds rich in glutamine, arginine and lysine and potassium and magnesium.	Regenerate basal cells. Restore its natural defence system and regulate skin functions. Healing, anti-inflammatory, soothing.
To purify the skin		
Sebo-Ger	Burdock, watercress and myrrh extracts.	Antiseptic, anti-inflammatory, anti-microbial.
To regulate sebaceous glands, eliminate blackheads.		
Octo	A synergy of extracts from wild thyme, rosemary, sage, witch hazel, camomile and yarrow.	Regulates the sebaceous glands, reducing seborrhoea.
To regulate sebaceous glands and reduce break-up		
Mixed and Oily	A lipo-amino acid from amino acids and octanoic acid, rich in hydroxyproline.	Anti-microbial, anti-seborrhea, anti-fungal, anti-acne.
Digestive related acne		
Adipo Gasta Body Cream	Essential nutrients.	Reduce break-up on the T zone
Hormonal related acne		
Macro 2000 Bust Cream	Essential nutrients including folic acid Vit B9 and alpha-tocopherol Vit E.	Reduce break-up on the jaw line

Loss of dermal elasticity and subcutaneous tone

The production of collagen and elastin and the volume of muscle mass decrease

At the dermis level

The main function of the fibroblasts is to maintain the structural integrity of the connective tissues by continuously secreting a variety of fibers that are precursors to the extra-cellular matrix.

The composition of the extra-cellular matrix determines the physical properties of the connective tissues.

With age, the fibroblasts produce less and less collagen and elastin, which leads to the appearance

of fine wrinkles and to the loss of dermal elasticity.

The synthesis of proteoglycan is slashed, resulting in the fundamental degenerative changes that occur in skin with age.

At the hypodermis level

As we age the face undergoes predictable changes, the volume of muscles decreases and, consequently, this loss of facial muscle mass reduces the tautness of the skin and causes its sagging look.

Gernétic's approach to loss of dermal elasticity and muscle tone.

Products	Ingredients	Actions
To help the fibroblasts to increase their production of elastin and collagen		
Marine Ger-Lift	Palmitoyl pentapeptide – 3 with lysine-threonine-serine. A biological compound rich in vitamins B1, B2, B3, B6, B12, C and E, as well as proteins, peptides and pantapeptides.	Stimulate the fibroblasts to increase their production of collagen I, collagen IV and hyaluronic acid. Supports the synthesis of the extra cellular matrix by stimulating the production of glycosaminoglycans.
To tone the subcutaneous muscles		
Myo/Myoso	One very active biological compound of proteins including cysteine, methionine, ornithine and leucine.	Nutritive compound causing a tightening of the subcutaneous muscles.
To restructure the extracellular matrix and restores the dermal elasticity		
Cells-life Serum	Palmitoyl oiligopeptide, a chain of 5 amino acids bonded together and linked to a fatty acid. Several biological compounds based on proteoglycans and hyaluronic acid.	Increases collagen and elastin production, speeding the skin's healing process. The hydrophilic properties of the active ingredients help retain larger quantities of water, restructuring the cutaneous tissues. The skin recovers vitality and firmness.
To restore elasticity around the neck, eyes and around the lips		
Lift Cream	Organic Silicon Sigesbeckia Orientalis extract	Restores springiness to the skin. Restructures the elastin and collagen fibres that support the extracellular matrix, bringing density and thickness to the skin. Induces tissues regeneration by stimulating collagen matrix build-up and promotes regular tissues renewal.
To provide mature skin optimal functioning and reducing loss of elasticity		
Vital Transfer Cream	Ginestein from soy, clover, hops. Sphingosine-1-phosphate analog	Anti-inflammatory, collagen producer. Bioactive lipid mediator, regulate oxidative stress.

Actions of the Age Management Creams

Myo/Myoso Cream

The main active ingredient is a biological compound of proteins including cysteine, methionine, ornithine and leucine.

It enhances the tightening of the subcutaneous muscles.

Use Myo/Myoso cream, in the morning, from the age of 30.

Marine Ger-Lift

The main active palmitoyl pentapeptide-3 with lysine-threonine-serine chains are nutritive molecules that stimulate the fibroblasts increasing their production of collagen and elastin. This restores dermal elasticity.

Use Marine Ger-Lift from the age of 40. In the morning or evening.

Lift Cream

*The main active ingredient, an extract from *Albizia julibrissin* (Persian Silk Tree), protects against glycation.*

Glycation (an inelastic state of collagen) is caused by toxic glycogens that are produced from an excessive consumption of refined carbohydrates and sugars in the diet.

Lift Cream restores springiness and restructures elastin and collagen fibres.

Use Lift Cream to lessen wrinkles around the lip contour, the neck area, or to fade dark circles around the eyes.

Vital Transfer Face Cream

The main active ingredient Ginestein is a phyto-oestrogen found in clover soy and hops with a structure that mimics oestrogen. It behaves as an anti-oxidant and anti-inflammatory as well as a collagen producer.

It counteracts the effect on the skin of a low level of oestrogen after menopause.

Use Vital Transfer around 50 when the skin shows signs of low level of oestrogen such as: Dryness, loss of density, thickness and elasticity, easily irritated skin, bruises, age spots, slow wound healing, hair loss.

Nutritive and Protective Creams and Masks

Nutritive Creams

Nutritive cream Synchrono is necessary to maintain the health of the epidermis and its function.

Synchrono should be applied after Vital Transfer in the morning or evening.

Protective creams Marine Day or Crème Jeunesse can be used after Synchrono in the morning.

Nutritive cream Cytobi can be used instead of Synchrono at night.

Nucléa repairing cream can be used after Synchrono at night on wrinkles or scars.

One jar once or twice a year.

Weekly Masks can be alternated between Immuno and Marine Mask.

The Pigmentation Process

Hyperpigmentation

Hyperpigmentation is an excessive production of melanin on some body parts. It can lead to melasma and unsightly diffuse brown spots. With age, pigmentary disorders are accentuated, which leads to an irregular skin colour and the heterogeneity of the skin colouring gives the skin an “aged” appearance.

Skin Lightening

The opposite of tan! A global demand from Asian, black and Hispanic but also Caucasian persons. Applications range from generalised lightening and homogenisation of the complexion to reduce spots and pregnancy melasma.

Tanning and skin pigmentation are not always regular, leaving irregular patches on the skin.

This phenomenon is not pathological and is simply due to the overproduction of melanin.

A lightening cosmetic acts on equalization of homogeneity.

Action of Lightening Products

It is possible to act at a multitude of levels to reduce the production of melanin and thus obtain a “lightening” of the skin.

Firstly, it is possible to act directly on the precursors of melanin production: by acting on it, the skin will clear gradually by natural desquamation and through basal cell renewal.

It is necessary to impact on the synthesis of tyrosinase, blocking its activation and inhibiting its activity and the migration of the melanosomes to the epidermis.

The lightening effect may also be enhanced by combining this inhibition of the synthesis of melanin with the acceleration of the cell turnover in the epidermis by keratolysis, which is achieved by the use of AHA.

The “tan” can finally be reduced by controlling the penetration of UV rays through the use of a sunscreen.

Melanocytes

These are specialized epidermis cells that produce the melanin. The melanocytes are present in the basal membrane of the epidermis. They are large cells that have many extensions “dendrites” that allow them to reach the third layer of keratinocytes.

Inside the melanocytes are found rough organelles called melanosomes that migrate to the dendrites. Their number and density differ from person to person even if the colour of the skin is more determined by the amount of melanin produced than by the number of cells. Melanocytes also vary on different parts of the body. A melanocyte is linked with about 36 keratinocytes to form a melanization unit that controls the tanning process.

Melanin migrates through melanosomes from the melanocyte’s dendrites to the epidermis with the keratinocytes and are eliminated completely by desquamation.

Melanogenesis

Melanogenesis is the process of the melanin synthesis from its precursors and its distribution and transfer in the epidermis. There are several successive stages from the melanocytes to the surface of the skin:

- Melanocytes produce melanosomes
- Melanosomes synthesize melanin
- Once loaded in melanin, melanosomes migrate towards the ends of the melanocyte dendrites.
- They are then transferred to the keratinocytes where they release their melanin.
- The keratinocytes then rise to the surface of the skin that become pigmented.

Melanogenesis is triggered by intrinsic factors (genetic, age ..) or under the effect of UV.

Lightening products are intended to inhibit the melanogenesis while tanning enhancer boosts it!

Tyrosin

Tyrosine is the amino acid that begins the process of melanogenesis.

Tyrosinase

Tyrosinase is the key enzyme of melanogenesis. It acts on the tyrosin, oxidizing it into DOPA.

It is also involved in several steps to produce the skin colouring.

DOPA - Di(hydr)oxyphenylalanine

DOPA is the molecule produced during the first step of the melanin synthesis by the action of the tyrosinase on tyrosin.

Excess of pigmentation

The Pigmentation Process

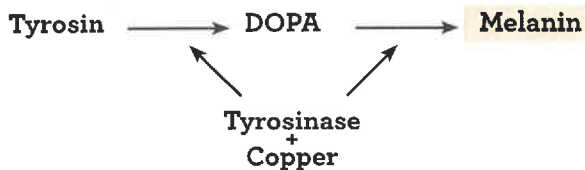
Pigmentation is the result of a very complex process that occurs deep down in the skin at the boundary between the epidermis and the dermis.

The melanocytes are the cells that produce the melanin. They make up 13% of the epidermis cells. They contain specialized corpuscles, called melanosomes that produce the melanin.

Tyrosin, an amino acid present in the epidermis, is transformed into DOPA under the action of an enzyme called tyrosinase.

Under the action of this same tyrosinase, DOPA is transformed into other components, the end result being the melanin.

It is important to note that these reactions require the presence of copper and that, mainly in Caucasian's skin reactions are sped up by exposure to UV rays.



Melanin is then discharged into the keratocytes and are carried to the surface of the skin.

Skin colour differentiation:

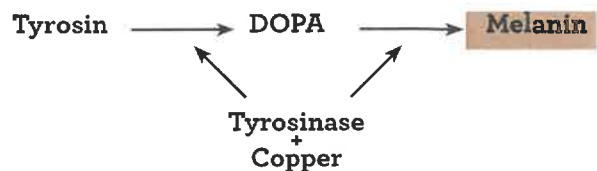
Caucasian: Small melanosomes, Melanin mainly found in the mid-epidermis layers. Melanin production stimulated by UV

Asian: Medium-sized melanosomes, Melanin mainly found in the mid-epidermis layers.

African: Large melanosomes, Melanin found in all the epidermis layers. Continuous and important production of melanin.

Lightening Line- Principle of Action

Excessive melanin production:



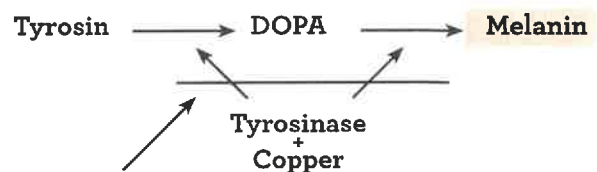
Internal causes:

- Deficiencies in folic acid, vitamin E and zinc that may be caused by the pill.
- Pregnancy.
- Acute photo-sensitivity that may be caused by various medicines.
- Deficiencies in vitamins E and C.
- Oxidation due to the ageing process.
- Excess of toxins within the cells.

External causes:

- Exposure to the sun while wearing perfumes.

Lightening Line slows down the melanin production:



Blocking action of Lightening line bio-engineered molecules and plant extract

Lightening products are mainly used by 3 different types of clients:

- 1 Clients who have a naturally dark skin and wish to achieve a lighter complexion.
- 2 Clients who wish to get rid of pigmentation marks; pigmentation marks are due to various causes resulting in the anarchical production and distribution of melanin.
- 3 Clients who want a radiant and transparent complexion.

With Lightening Line you can now satisfy all your clients who have a pigmentation problem.

Pigmentation

Gernétic's approach to pigmentation

Products	Ingredients	Actions
To eliminate deep tanned cells		
Lightening Concentrate	A keratolytic enzyme and a stabilized protease. Extracts from white mulberry tree, bearberry, birch, liquorice and grapefruit.	Help the elimination of deep tanned cells through a natural process. Increase cellular renewal. Depigmenting and whitening.
	Gluconic acid, a potent chelator of copper.	Reduction of the melanin production by trapping copper atoms at the cellular level.
To reduce melanin production, re-program normal melanin production and revitalise		
Lightening Cream	Citrus flavonoids	Inhibits tyrosinase enzyme, thus reducing melanin production.
	Ascophylum nodosum.	Inhibits melanin synthesis by preventing the triggering of the melanogenesis.
	One bio-extract rich in proteins, enzymes, vitamins and other nutritive molecules.	Anti-tiring action which improves the skin vitality.
	Amino Acids.	Revitalizing

SKIN CARE PRODUCTS

Cleansing Line

- 2 Glyco - *Cleansing Milk*
- 3 Démaquillant Douceur - *Cleansing Emulsion*
- 4 Derma - *Liquid Cleanser*

Preparing & Purifying Line

- 5 Fibro - *Preparing Lotion*
- 6 Sebo-Ger - *Purifying Lotion*

Cleansing and Exfolating Line

- 7 Marine Cleanser - *Cleansing Exfoliating Gel*
- 8 Ger-Peel - *Exfoliating Cream*

Concentrate Line

- 9 Flower Acid - *Cell Renewal Concentrate*
- 10 Mito Special Plus - *Cell Energizing Concentrate*

Ampoule Concentrates

- 11 Lift Express - *Prevent the emergence of wrinkles*
- 12 Flash Toning - *Reduce the depth of wrinkles*
- 13 Sensi Boost - *Sooth discomfort and redness*
- 14 Shine Control - *Mattifying Concentrate*

Eye Contour Line

- 15 Eye Gel - *Draining Restoring Gel*
- 16 Eye Mask - *Decongesting Mask*

Epidermis Regenerating Masks

- 17 Argini - *Soothing Mask*
- 18 Immuno - *Regenerating Mask*

Vascularizing Line

- 19 Veinulo Special Plus - *Capillary Concentrate*
- 20 Vasco - *Decongesting Cream*
- 21 Ger-Oxy - *Oxygenating Cream*

Delicate Skin

- 22 Cold Cream Mousse - *Strengthening delicate skin*

Purifying Line

- 23 Octo - *Purifying Anti-Blackhead Cream*
- 24 Mixed and Oily - *Purifying Anti-Acne Cream*

Age Management Line

- 25 Myo/Myoso - *Toning and Lifting Cream*
- 26 Marine Ger Lift - *Anti-wrinkles Cream*
- 27 Lift Cream - *Cream for Neck, Lips, Eyes*
- 28 Vital Transfer - *Hormocephic Cream*
- 29 Les Parfaits - *Concentré Réparateur*

Epidermis Regenerating Line

- 30 Balancing Cream - *Peaux Jeunes*
- 31 Synchro - *Regenerating Cream*
- 32 Synchro 2000 - *Regenerating Cream*
- 33 Nucléa - *Regenerating Repairing Cream*
- 34 Cytobi - *Regenerating Soothing Cream*
- 35 Les Parfaits - *Crème Anti-Temps*

Epidermis and Dermis Serum

- 36 Cells-Life - *Hydrating Revitalizing Serum*

Specific Masks

- 37 Hydra Ger - *Hydrating Mask*
- 38 Marine Mask - *Remineralizing Mask*

Professional Masks

- 39 Marine Essence Mask - *Powder Seaweeds*
- 40 Marine Essence - *Essential Oils*
- 41 Anti-Ageing Mask - *Peel off Powder Mask*
- 42 Lightening Mask - *Peel off Powder Mask*
- 43 Vegetal Mask - *Soothing Nutritive*
- 44 Mineral Mask - *Infusing Self Heating*

Protecting Line

- 45 Tropo Plus - *Anti-Allergenic Day Cream*
- 46 Symbiose - *Nutritive Day Cream*
- 47 Marine Day - *Remineralizing Day Cream*
- 48 Les Parfaits - *Crème Jeunesse*
- 49 Aftersun Sun Gel - *Cooling Sun Damage Repair*
- 50 Post Epilation - *Soothing Post Hair Removal Care*

Lightening Line

- 51 Lightening Serum - *Depigmenting*
- 52 Lightening Cream - *Lightening*

Men Line

- 53 Men Gel - *Cleansing Purifying Gel*
- 54 After Shave - *Soothing Balsam*
- 55 Hydra Men - *Hydrating Cream*
- 56 Lift Men - *Toning Anti-Wrinkles Cream*
- 57 L'homme - *Energizing Gel Cream*

Hand Care

- 58 Manno - *Nutritive Hand Cream*

Make-up Care

- 59 Crème GG - *Perfecting Illuminating Cream*

Fragrance

- 60 L'Exquis - *Eau de Parfum*

Glyco

Cleansing Milk

Cleansing Line

Glyco is a rich textured cleansing milk. It removes make-up, cleans the skin deeply and eliminates dead cells.



Size: Retail 100 & 200 mL/Salon 500 mL

About

Key Ingredients

Glycoproteins

Constitute the fundamental substance of the skin tissues.

Protect the immune barrier of the skin.

Hydrating, softening, soothing and protecting.

Calendula Oil

Soothing, anti-inflammatory, antiseptic, antibacterial.

Actions

Glyco cleans the skin deeply.

It is perfect to eliminate make up and impurities.

Glyco induces a mild dead cells desquamation, encouraging cellular renewal. It hydrates and softens keratinised dry dull skins.

Use

Skin Conditions

All skin types.

Avoid on acneic skin.

Home Use

Morning & Evening

Apply all over face and neck by light strokes.

Remove with soft tissues or, if preferred, rinse with lukewarm water.

Follow with Fibro Lotion

Salon Use

Step #1 of Skin Care Treatment

Glyco cleans deeply, preparing your client's skin to get the best results from your treatment.

Apply all over face and neck by light strokes.

Remove with soft tissues.

Two applications are advisable.

Continue the cleansing process with Fibro Lotion.

Démaquillant Douceur

Gentle Cleansing Emulsion



Size: Retail 200 mL

Cleansing Line

Démaquillant Douceur achieves a deep cleansing of the skin leaving it fresh with comfort.

About

Key Ingredients

Soft tensio-active agents in micellar emulsion.
Gentle cleansing action.

Lime blossom

Soothing and anti-inflammatory.

Camomile

Calms and soothes redness and skin irritations.

Ginseng

Revitalizing, tonic and stimulating.

Witch hazel

Rich in astringent tannins and flavonoids.
Flavonoids or bioflavonoids are referred to as Vitamin P because of the effect they have on the permeability of vascular capillaries.
Decongesting and anti-bacterial.
Reduces skin's discomfort.

Cucumber

Refreshing and decongesting.

Actions

Démaquillant Douceur cleans the skin deeply and is calming, regenerating and toning.
It refreshes the skin, brings comfort and tones.
It prepares the skin to receive Gernétic specific creams.

Use

Skin Conditions

Younger customers of all skin types.
Ideal to remove make-up around the eyes and to refresh the skin in the morning.

Home Use

Morning & Evening

Démaquillant Douceur can be sprayed on the skin and then removed using cotton pads or soft tissues and then rinse with lukewarm water.
Alternatively, it can be smoothed over with dampened cotton pads and rinse with lukewarm water.

Derma

Liquid Cleanser

Cleansing Line

Derma is an emulsion that cleans the skin gently and deeply. It disinfects and clears oily and acneic skins.



Size: Retail 100 & 200 mL/ Salon 500 mL

About

Key Ingredients

Octanoyl enzyme.

Non-irritating cleansing action.

Hydrolyzed collagen rich in peptides and proline, glycine, glutamic acid, arginine and alanine.

Moisturising. Balances skin's pH.

Actions

Derma is suitable to use few times a week for pimples, oily and acne skins. Can be used on the face and back if necessary. It reduces sebum secretions and keeps germs at bay.

Use

Skin Conditions

Oiliness, blackheads, pimples.

Home Use

A few times a week

Derma is normally used a few times a week but can be used every day on stronger skins.

Gently massage a small quantity of Derma all over face and neck with wet hands.

Emulsify with water.

Rinse with lukewarm water.

Salon Use

Step #1 of Skin Care Treatment

Gently massage some Derma with wet hands.

Rinse with lukewarm water.

Fibro

Preparing Lotion

Preparing and Purifying Line

Fibro preparing lotion is suitable for all skin types.

In association with Glyco this lotion cleanses deeply and prepares the skin.



Size: Retail 100 & 200 mL/ Salon 500 mL

About

Key Ingredients

A complex of alanine and glutamic and aspartic acids.

Re-balances the skin pH.

Complex of lime, camomile, ginseng, witch hazel and cucumber extracts.

Decongesting, anti-inflammatory, toning, astringent and refreshing.

Actions

Fibro completes the cleansing process of Glyco.

It re-balances the skin pH.

Fibro can also be used alone to clean the skin in the morning.

It is ideal to remove mascara.

Use

Skin Conditions

All skin types.

Home Use

Morning and Evening

After using Glyco milk, complete the cleansing process with cotton pads dampened with Fibro.

Salon Use

Step #1 of Skin Care Treatment

After using Glyco milk, finish the cleansing process using cotton pads damped with Fibro.

You might need to change cotton pads few times to completely remove traces of impurities.

Sébo-Ger

Purifying Lotion

Preparing and Purifying Line

Sébo-Ger is a depurative lotion suitable for skins with a tendency to oiliness and present blackheads and/or pimples.



Size: Retail 200 mL/Salon 500 mL

About

Key Ingredients

Burdock extract.

Cleansing,
A natural antibiotic. Prevents boils.

Watercress extract.

Nourishing and remineralizing, strengthens the skin's immunity.

Myrrh extract.

Antiseptic.

Actions

Sébo-Ger is very efficient for treating infected and inflamed pimples and acneic skin. It stabilizes the acid mantle and reduces the sebum production. It clarifies and brightens the skin.

Use

Skin Conditions

Skins that have a tendency to be oily and that present blackheads and/or pimples.

Home Use

Morning and Evening

On a cleaned skin, apply Sébo-Ger to problem areas, blackheads, dilated pores, oiliness and pimples.

Follow on with the necessary specific creams.

Salon Use

Step #1 of Skin Care Treatment

After cleaning the skin, apply to problem areas and continue with the necessary specific creams.

Marine Cleanser

Cleansing and Exfoliating Gel

Cleansing and Exfoliating Line

Marine Cleanser is a cleansing and exfoliating gel with micro-capsules. It remineralizes and energises the skin.



Size: Retail 90 mL - 100 mL/Salon 500 mL

About

Key Ingredients

Soft tensio-active ingredients.
Gentle cleansing action.

Polyolefine microcapsules.
Insure a smooth peeling and the elimination of dead cells.

Extracts of sea sediments rich in trace elements such as zinc, copper, manganese and cobalt.
Remineralizing and energizing.

Actions

Marine Cleanser microcapsules dissolve when rubbed and release a polyolefine gel that gently polishes the skin. It ensures a deep cleanse whilst lifting away the superficial dead cells. The skin becomes exceptionally smooth and radiant.

Use

Skin Conditions

Irritation-free skins of any age.

Home Use

A few times a week

Recommended before the application of a mask or when a deep cleanse is necessary.

Gently massage a small quantity of Marine Cleansing all over the face and neck with wet hands but avoid the eye area.

Rinse with lukewarm water.

Perfect for use under a shower.

Salon Use

Step #1 of Skin Care Treatment

Use Marine Cleansing to deep cleanse at the beginning of a face treatment

Massage gently with wet hands.

Rinse thoroughly with lukewarm water.

Ger-Peel

Exfoliating Cream

Ger-Peel

GER-PEEL

Cleansing and Exfoliating Line

Ger-Peel is a creamy finely granulated textured peeling.

It lightens the complexion and reduces blackheads.

Size: Retail 125 mL/Salon 150 mL

About

Key Ingredients

Polyolefine microcapsules.

Assure a smooth peeling and the elimination of dead cells.

Extracts of cucumber, arnica and elm.

Softening and soothing action

Actions

Suitable for healthy, irritation-free skins only.

Avoid using on the eye area.

It is mainly used to eliminate dead cells and impurities on the T-Zone.

Ger-Peel contains microcapsules that dissolve when rubbed, releasing a polyolefine gel that gently smooths the skin.

It eliminates dead cells, sebaceous secretions and other impurities.

Ger-Peel makes the skin look radiant and softer and it lightens the complexion and reduces blackheads.

Use

Skin Conditions

Irritation-free skins of all ages with a tendency to become oily and that present blackheads.

Home Use

Once a week

Gently massage a small quantity of Ger-Peel with wet hands.

Use circular movements insisting on the T-Zone area. Avoid the eye area.

Rinse with lukewarm water.

Salon Use

Step #1 of Skin Care Treatment

After using Glyco and Fibro, apply a thin layer of Ger-Peel and massage gently with wet hands.

Use circular movements.

Rinse thoroughly with lukewarm water.

Flower Acid

Cell Renewal Concentrate

Concentrate Line

Flower Acid enhances natural desquamation of dead cells without uncomfortable redness or flaking. It improves cellular renewal and promotes hydration.



Size: Retail 20 mL/Salon40 mL

About

Key Ingredients

A 6% concentration of citric, malic and tartaric acids from frangipani, freesia, hibiscus and lily. Increases the activity of extra corneocyte enzymes, accelerating the natural desquamation process. Improves cellular renewal and hydration.

Actions

Flower Acid increases the activity of extra-corneocyte enzymes, which accelerates the natural desquamation process. It improves cellular renewal, promotes hydration and revitalization. Flower Acid leaves the skin soft, smooth and supple with a more luminous complexion.

Use

Skin Conditions

Suitable for any skins that are free of irritation, inflammation or dermatitis. Avoid using it on the eye area.

Home Use

Once a week until the bottle ends

Remove make-up and thoroughly clean the skin using Glyco and Fibro.

Spray Flower Acid 10 to 12 times and gently pat into the skin.

Leave for 5 minutes, do not rinse off and then apply the other Gernétic products, specially Synchro or Cytobi.

Avoid Mito Special Plus and Immuno the same day.

Salon Use

Step #2 of Skin Care Treatment

Remove make-up and thoroughly clean the face using Glyco and Fibro.

Spray Flower Acid Lotion 12 to 15 times and gently pat into the skin.

Leave for 5 minutes, do not rinse off. Then apply any other Gernétic product but avoid Mito Special Plus and Immuno.

For best results you can recommend a course of 6 weekly treatments.

Mito Special Plus

Cell Energizing Concentrate

Concentrate Line

Mito Special Plus enhances epidermis regeneration by increasing cellular energy and activity. It boosts the regenerating process of damaged and aged skins.



Size: Retail 20 mL/Salon 40 mL

About

Key Ingredients

Solanum Tuberosum providing purified vegetal glycoprotein of very small molecular weight. Stimulates epidermal keratinocytes and dermal fibroblasts.

Induces regeneration and repairing of skin tissues.

Peptides from fibroblasts and tripeptides, glycyl, histidyl and lysine, that are fragments of the collagen chain.

Powerful cellular stimulators of collagen synthesis. Protect and repair epidermis.

Filtrate with stimulating cellular properties.

Increases the mitochondrial metabolism (+142% in vitro).

Stimulates the skin oxygen consumption.

Boosts the cellular growth of fibroblasts.

Reduces the effects of ageing skin.

Revives lifeless, tired skin.

An expertly balanced blend of 8 essential amino acids.

Optimizes the health of the skin.

Actions

Mito Special Plus increases cellular respiration (+282 % in vitro) which results in the better use of the cells reserve substances (polysaccharides, triglycerides) there by regenerating and repairing tissues.

Use

Skin Conditions

Skins of all ages that are free of irritation, inflammation or dermatitis.

It is recommended for ageing skins, old scars and acne scars.

Home Use

Morning or Evening

Can be used daily under a nutritive cream or weekly under Immuno mask.

Spray a small quantity to areas that need regeneration or everywhere.

For maintenance, a course of one bottle, few times a year, is recommended.

In case of old scars one or two bottles should be sufficient.

Salon Use

Step #2 of Skin Care Treatment

Face:

Use Mito S+ at the start of preliminary treatments. (See preliminary treatment).

Apply 10 to 12 sprays and gently massage it in.

Body:

Use Mito S+ at the beginning of body treatments in case of tired body tissues, particularly stretch marks or old scars.

15 to 20 sprays should be sufficient.

Lift Express

Ampoule Concentrate for first wrinkles.

Concentrate to prevent the emergence of first wrinkles

Immediate mechanical tensor and myorelaxing effects that target the first wrinkles.



Size: 7 x 2 ml Salon/Retail

About

Key Ingredients

Tara seeds.

Rich in polysaccharides that trigger the mechanical tensor effect.

They have also a great capacity to prevent dehydration, thus preserving the water barrier of the skin.

Mafane.

Strengthens and reduces fine lines and wrinkles.

Chicory root.

Gradually improves the collagen synthesis.

Cocktail of peptides.

Boosts cell metabolism and restores the vitality of the skin.

Actions

Lift Express has an immediate mechanical tensor effect on emerging wrinkles.

Its preventive action acts on expression lines.

It has a powerful myorelaxing effect by working on the contractions of the muscles, preventing the formation of wrinkles by counteracting their deepening.

Lift Express acts on the collagen synthesis, allowing the dermis tissues to regenerate and to keep their elasticity.

Use

Conditions

Suitable for all skin types from the age of 30 when the first wrinkles start to emerge.

Home Use

It is recommended to use Lift Express in the morning as a 7-day treatment.

Insert the phial breaker to break it and push the nipple onto the head of the phial.

Apply the concentrate to the whole of your face, neck and décolletage with light effleurages before applying your usual creams.

If any leftover close the phial and apply the remaining in the evening.

Salon Use

Activation

Step #4 of Skin Care Treatment

Apply with light effleurages on the face, neck and décolletage.



Flash Toning

Concentrate for established wrinkles.

Concentrate to reduce the depth of wrinkles.

Immediate mechanical tensor effect, age management and immunity focus.



Size: 7 x 2 ml Salon/Retail

About

Key Ingredients

Honey locus seeds.

Rich in polysaccharides, triggering the mechanical tensor effect.

It has a skin protective action.

Biomimetic peptide.

Peptide of the youth hormone, acting on skin immunity.

Kigelia fruit.

Flavonoids and saponosides, toning and firming the skin.

Fight against free radicals and the signs of ageing.

Actions

Flash Toning Concentrate has an immediate mechanical tensor effect on the established wrinkles.

The depth of the wrinkles is visibly reduced. The skin appears smoother and rejuvenated.

Flash Toning acts on the immunity cells, the Langerhans cells, which decreases pro-inflammatory factors and strengthens immunity.

With regenerating and restructuring properties of the epidermis, it improves the barrier function of the skin.

Use

Conditions

Suitable for all skin types from the age of 40 particularly for mature skin with established wrinkles.

Home Use

It is recommended to use Flash Toning Concentrate in the morning as a 7-day treatment.

Insert the phial breaker to break it and push the nipple onto the head of the phial.

Apply the concentrate to the whole of your face, neck and décolletage with light effleurages before your usual cream.

If any leftover close the phial and apply the remaining in the evening.

Salon Use

Activation: Step #4

Apply with light effleurages on the face, neck and décolletage.



Sensi Boost

Soothing Lotion for delicate skins.

Soothing lotion for delicate skins.

Sensi Boost is a concentrate for sensitive and reactive skins that immediately calms discomfort and redness.



Size: 7 x 2 ml Salon/Retail

About

Key Ingredients

Marshmallow extract.

Soothes, moisturizes and softens the skin.

Polyphenol from tomato peel.

Fights skin allergy mechanisms and inflammation. Polyphenol also regulates pro-inflammatory mediators and reduces the release of pro-inflammatory cytokines therefore reducing blood flow.

The result, a protected and comfortable skin.

Actions

Sensi Boost lotion has an instant calming effect. Redness gets blurred over the long term.

This vial has soothing properties that reduce the reactivity and sensitivity of the skin as well as irritation and discomfort.

The skin comfort persists all day long.

Sensi Boost also reinforces the skin's natural defences by acting on pro-inflammatory markers.

Use

Conditions

Suitable for delicate and sensitive skins that are prone to redness with feelings of irritation and discomfort.

Home Application

It is recommended to use Sensi Boost vial as a 7-day treatment morning or evening.

Insert the phial breaker to break it and push the nipple onto the head of the phial.

Apply the lotion to the whole of your face, neck and décolletage with light effleurages before applying your usual creams.

If any leftover, close the phial and apply the remaining in the evening.

Salon Use

Activation

Step #4 of Skin Care Treatment

Apply with light effleurages on the face, neck and décolletage.

Shine Control

Mattifying Concentrate

Mattifying serum for Oily skin

To provide an immediate matte finish on the skin, with a long-term sebum-regulating action.



Size: 7 x 2mL Salon/Retail 2 x 1mL Sample

About

Key Ingredients

Marine Sugar: excellent mattifying agent to rebalance sebum production.

Tea Tree: extracted from the leaves of the tea tree this is a purifying active ingredient with anti-bacterial and anti-inflammatory properties. These properties enable the skin to fight against the appearance of imperfections and acne.

White Willow: known for its astringent properties, will tighten the pores of the skin and tone it up. In addition, it acts against the mechanisms of overproduction of sebum.

Actions

- Shine Control serum provides an immediate matte finish and a long-lasting sebum regulating action.
- Regulates skin shine for a long-lasting matte and velvety finish.
- Pores are visibly tightened and skin texture is smoothed. It also reduces the appearance of imperfections.
- Your skin is purified and you feel a pleasant sensation of freshness.
- Easily breakable glass ampoule, containing a translucent beige lotion and a fresh, green Tea Tree fragrance.

Use

Conditions

Suitable for oily to combination skin. Shine Control is also suitable for skin with imperfections and acne.

Home Use

It is recommended to use the Shine Control ampoule as a 7 day treatment in the morning.

Insert the ampoule breaker to break it open, then place the special applicator tip on to the now open ampoule.

Apply the lotion to the whole of your face with light strokes in the morning before your usual cream.

If a matte finish is required on the skin apply 1/2 an ampoule and follow with a hydrator and make up

It is recommended to avoid sun exposure immediately after applying this serum.

Salon Use

Face step #4

Activation

Apply with light effleurages on the whole face and particularly on the T-zone after cleansing the skin.

Eye Gel

Draining, Restoring Gel

Eye Contour Line

Eye Contour Gel improves lymphatic circulation and drainage.

Combats dark and puffy under-eye circles.

Protects against external pollution.



Size: Retail 25 mL

About

Key Ingredients

Vegetal Extracts of Bacopa:

Anti free radicals, soothing.

Hyaluronic acid and flower honey in liposomes:

Anti-ageing and toning.

Hesperidine flavonoid extracted from citrus fruits:

Anti-oxidant, reduces lymphatic retention,

Restores capillaries permeability and elasticity.

Peptide: di-peptide 2: (valine and tryptophan)

Improves lymphatic circulation and drainage.

Combats dark and puffy under-eye circles.

Stimulates fibroblasts production of collagen and elastin reducing fine lines.

Hydrating agents.

Actions

Eye Gel's anti-oxidant action strengthens the anti-radical defences of the skin protecting it from pollution.

It also contributes to the synthesis of collagen and elastin thus reducing the appearance of fine lines.

It improves lymphatic drainage reducing dark and under-eye circles.

Use

Skin Conditions

Dehydration and fine lines around the eye area.

Fluid retention and dark circles.

Home Use

Morning

Apply a small quantity to the eye area and follow with other specific creams on top of it.

Eye Mask

Decongesting Mask

Eye Contour Line

Eye Mask improves lymphatic drainage and micro-circulation, which contributes to reducing swelling and dark circles around the eyes.



Size: Retail 30 mL/Salon 150 mL

About

Key Ingredients

Extracts of artichoke and wild camomile.

Improves lymphatic drainage, which is essential to reduce puffiness and swelling around the eyes.

Biological extracts.

Soothing and relaxing.

Actions

Eye Mask reduces dark circles and puffiness. It enhances lymphatic drainage, which is essential to reduce swelling of the eye area. It also improves micro-circulation, which contributes to reducing dark circles.

Please note that Eye Mask will not diminish dark shadows that are from genetic causes.

Use

Skin Conditions

Suitable for all skins type.

Puffiness or dark circles around eyes.

Home Use

Morning

First thing in the morning, apply a moderate layer to the eye area.

Leave for 5 minutes and remove with wet cotton pads.

Please note that a tingling sensation is absolutely normal.

Follow up with Eye Gel.

Salon Use

Step #3 or #7 of Skin Care Treatment

Use during or after a draining and relaxing massage of the eye area. (See Radiant Eye Treatment section 4)

Or

Use at the beginning or at the end of any face treatment in conjunction with another mask.

Apply a moderate layer to the eye area.

Leave for 10 minutes.

Argini

Soothing Mask

Epidermis Regenerating Masks

Argini is a hypo-allergenic soothing cream mask with anti-inflammatory properties.

It is suitable for sensitive skins of all ages.



Size: Retail 50 mL/Salon 150 mL

About

Key Ingredients

Kaolin.

Purifying, astringent and toning.

Extracts of camomile, witch hazel and cucumber.

Anti-inflammatory and soothing.

Sweet almond oil.

Brings essential fatty acids, soothing.

Actions

Argini anti-inflammatory and calming plant extracts make it suitable for all skin types but particularly for sensitive and inflamed skins. It is purifying, astringent and toning and leaves the skin calm and refresh.

Use

Skin Conditions

Suitable for all skin types but is particularly recommended for sensitive and inflamed skins.

Home Use

Once or twice a week

After cleansing the skin, apply 1/2 teaspoon by light massage all over face, neck and eye area.

Leave for 10-15 minutes and remove with lukewarm water.

Salon Use

Step #7 of Skin Care Treatment

Use Argini at the end of the face treatment, alone or under Vegetal mask.

Cover with polyester foil to help infusion of active ingredients.

Leave for 15 minutes.

Argini leaves the skin clean and relaxed.

Can be followed by a protective cream.

Immuno

Regenerating Mask

Epidermis Regenerating Masks

Immuno is the most important mask in the Gernetic method as it supports the regeneration of the basal cells and a healthy turnover of skin cells.



Size: Retail 50 mL/Salon 150 mL

About

Key Ingredients

Kaolin.

Purifying, astringent and toning.

Biological compound rich in amino acids and trace elements.

Plays a role in restoring and regulating the skin functions.

Encourages a healthy turnover of the skin cells.

Amino acids: arginine, lysine, methionine and glutamine.

Nutritive, favour the regeneration of the basal cells.

Actions

Immuno rejuvenates the basal cells, restores and regulates the skin functions making it very effective to slow down the visible signs of the ageing process.

It is also purifying and astringent, which makes it ideal for oily or acne prone skins.

Use

Skin Conditions

Immuno is suitable for all skin types and is to be used on a weekly basis.

Avoid it on inflamed skins such as eczema, psoriasis and rosacea.

In these cases Argini mask is the correct mask to use.

Home Use

Once a week

Can be used as a stand-alone mask or after Mito Special Plus.

Apply all over face and neck and gently massage.

Leave for 10 minutes and remove with water.

Immuno can be used by itself or mixed fifty-fifty with Synchro to enhance rejuvenation.

Salon Use

Step #3 of Skin Care Treatment

After the application of Mito Special Plus, apply Immuno all over face and neck and gently massage in.

Acne treatments:

Mix 1/2 teaspoon Immuno with 1/2 teaspoon Synchro.

Apply all over face and neck and massage in.

Body treatments:

Mix 1/2 teaspoon Immuno with 1/2 teaspoon Synchro and gently massage on scars and stretch marks.

Follow up with other specific creams.

Veinulo Special Plus

Capillary Rejuvenating Concentrate

Vascularizing Line

Veinulo Special Plus relieves capillary fragility and rejuvenates capillary walls. It is decongesting and revitalizing.



Size: Retail 20 mL/Salon 40 mL

About

Key Ingredients

Vitamin B3 or PP nicotinic acid.

Boosts cellular respiration by contributing to the transport of oxygen, which results in a positive effect on blood circulation disorders.

It is an excellent cellular stimulator that relieves capillary fragility.

Vitamin E alpha tocopherol.

Anti-oxidant.

Maintains the structural integrity of the intracellular elements and relieves capillary fragility.

Biofiltrate of lactobacillus Casei containing l-lactic acid and small peptide fragments.

Moisturises the epidermal layers and reinforces the dermal barrier.

Filtrate rich in cellular growth factor with cellular stimulation properties.

Increases mitochondrial metabolism, stimulates cellular oxygen intake, reduces the effects of ageing and restructures the capillary walls.

An expertly balanced blend of 8 essential amino acids.

Optimizes capillary health.

Actions

Veinulo Special Plus restructures the capillary walls thanks to its decongesting, revitalizing and regenerating properties.

It also boosts cellular respiration by contributing to the transport of oxygen, which has a positive effect on the blood circulation.

Use

Skin Conditions

Congestion, capillary fragility and couperose.

Home Use

Morning

Spray some Veinulo Special Plus onto areas affected by weak capillaries and couperose and gently pat it in.

Follow with the local application of Vasco and of Synchro everywhere.

Salon Use

Step #4 of Skin Care Treatment

Veinulo Special Plus is used on congested area and apparent capillaries.

Apply few sprays on problem areas and gently massage.

Follow with the application of Vasco and Synchro.

Vasco

Decongesting Cream

Vascularizing Line

Vasco is a decongesting cream suitable for blotchiness or couperose. It facilitates the vascularization of the capillaries.



Size: Retail 30 mL/Salon 150 mL

About

Key Ingredients

Phytostimulines from camomile, St. John's wort, coltsfoot, sage and althea.

Allow a better vascularisation of the capillaries. Decongesting, soothing, anti-inflammatory, healing and antiseptic.

One biological compound with glycine and vitamin PP or B3 nicotinic acid and vitamin E.

Rejuvenates and strengthens capillary walls, which contributes to the increase of their elasticity.

Sweet almond oil rich in essential fatty acid.
Nourishes and softens the skin.

Actions

Vasco allows a better vascularisation of the capillaries and strengthens their walls therefore increasing their elasticity.

In the case of local congestion Vasco should only be used where needed.

Vasco vascularizing properties accelerate the results of rejuvenation of dull, lifeless and ageing skins.

In these cases Vasco should be used all over the face.

Use

Skin Conditions

Vasco is used locally for congested or couperose skin.

Vasco can also be used all over the face in case of lifeless ageing skin to accelerate the results of rejuvenation.

Home Use

Morning

In the morning, apply a small amount to blotchiness or couperose and follow with Synchro regenerating cream.

Or, in case of lifeless ageing skin, apply all over the face and follow with other specific creams.

Salon Use

Step #4 of Skin Care Treatment

Vasco should be used after the preliminary treatment.

Use a small amount locally on couperose or congested areas, or a large quantity on dull, lifeless skin.

Must be followed by Synchro regenerating cream.

Ger-Oxy

Oxygenating Cream

Vascularizing Line

Ger-Oxy activates the micro-circulation and contributes to boost the oxygenation.

It is suitable for skins that are lifeless or affected by pollution.



Size: Retail 40 mL/Salon 150 mL

About

Key Ingredients

Biological compound rich in amino acids.

Enhances the dermal cells' regeneration, oxygenation and breathing.

Extracts of sage, hypericum, camomile, yarrow, hops, calendula, arnica and althea.

Soothing, astringent and antiseptic.

A synergy of vitamins B1, B3, B6, B7, B8, B9 and C.

Enhances the skin functions and hydration.

Sweet almond oil rich in essential fatty acids.

Nourishes and softens the skin.

Sun filter SPF 7+.

Light sun protection.

Actions

Ger-Oxy allows a better micro-circulation and better oxygenation of the dermal cells.

The active ingredients are soothing, nourishing and balancing.

Ger-Oxy is suitable for skins affected by pollution, smoke.

Use

Skin Conditions

Suitable for skins that are lifeless, affected by pollution or lightly sensitive.

For a new customer Ger-Oxy can be used alone at first to assure a smooth transition from the products that she had been using beforehand.

Home Use

Morning

In the morning, apply a small quantity all over the face and neck.

Ger-Oxy can be used by itself or in association with Synchro regenerating cream.

Salon Use

Step #4 of Skin Care Treatment

Ger-Oxy should be used after the preliminary treatment on lifeless and polluted skins.

Must be followed by Synchro regenerating cream.

Cold Cream Mousse

Strengthening cream for delicate skin.

Cold Cream Mousse reinforces the natural defences of damaged or atopic skin.

An ultra-sensorial cream, its airy and unctuous texture turns into a silky cream when applied to the skin. Its innovative foamy texture melts into the skin leaving a protecting film.



Sizes: Sale 50 ml/Professional 150 ml

About

Key Ingredients

Tomato Peel Polyphenol

Reduces redness, protects and comforts stressed skin, controls the appearance and symptoms of rosacea.

Beta Glucan.

Inhibits free radicals, improves wound healing and reduces inflammation, immunity boosting.

Niacinamide (vitamin B3)

Helps to maintain the integrity of the skin barrier, retains moisture.

Bacopa

A plant that has healing properties, reverses the effects of stress and slows down ageing.

Squalane.

Mimics skin natural oils, strengthens skin.

Almond Oil

Rich in omega-3, Vitamins A and E, treats eczema.

Sacha Inchi

Soothes and promotes softness, smoothness and suppleness.

Actions

Cold Cream Mousse shields the skin and strengthens it against any external aggressions. Aside from protecting it, Cold Cream Mousse intensely nourishes the skin and helps restore its lipid content to rebalance it.

In addition to acting as an effective protection for the skin, it soothes any sense of tightness and irritation.

Use

Conditions

Suitable for fragile skins with atopic tendency that suffers from extreme dryness, irritation, redness, itching or flaking.

Home Application

It is recommended that you apply Cold Cream Mousse morning and evening to your face, neck and décolletage with light effleurages. We recommend using Cold Cream Mousse over Synchrono.

Salon Use

Activation

Step #4 of Skin Care Treatment

Apply with light effleurages to the face, neck and décolletage.

Octo

Purifying Anti-Blackhead Cream

Purifying Line

Octo regulates sebaceous glands, which contributes to reduced seborrhea.

It eliminates blackheads and is antiseptic and anti-inflammatory.



Size: Retail 30 mL/Salon 150 mL

About

Key Ingredients

Essential fatty acids.

Prevents the drying of the skin and protects the acid mantle.

A synergy of 6 plant extracts wild thyme, rosemary, sage, witch hazel, camomile and yarrow.

Antiseptic, cleansing, astringent, anti-inflammatory and anti-microbial.

Regulates the sebaceous glands, which contributes to reduced seborrhea.

Actions

Octo regulates the sebaceous glands, reduces seborrhea, dissolves blackheads and/or milium and tightens dilated pores without drying the skin.

Use

Skin Conditions

Over-active sebaceous secretion causing oiliness and blackheads.

Avoid on acne and pimples.

Home Use

Morning

Octo can be used after Sebo-Ger.

Apply a small amount on T-Zone and/or on all areas affected by oiliness, open pores and blackheads.

Follow with a very small quantity of Synchro or Synchro 2000 regenerating creams.

Salon Use

Step #4 of Skin Care Treatment

Use on problem areas, oiliness, blackheads and dilated pores.

If the extraction of blackheads is needed, use Octo on blackheads, follow with Vapozone for 5 minutes then proceed with the extraction: Octo will make it easier.

Follow up with an application of Sebo-Ger.

Also see Marine-Essence Treatment method 1, section 4, page 5.

Mixed and Oily

Purifying Anti-acne Cream

Purifying Line

Mixed and Oily is depurative, antimicrobial and anti-acne cream. It de-activates the formation of pimples and reduces seborrhea.



Size: Retail 50 mL/Salon 150 mL

About

Key Ingredients

A hydroxyproline-rich lipo-amino obtained from amino acids and octanoic acid.

Antimicrobial, anti-seborrhea, antifungal and anti-acne.

An active bio-vegetal base from chlorella and lactobacillus Casei.

Regulates and balances skin's functions. Anti-seborrhea and anti-acne.

One cellular hydrating factor composed of β -lacto globulin and a filtrate rich in amino acids and l-lactic acid.

Hydrating and softening.

A compound of myrrh, burdock, plantain and thyme extracts.

Bacteriostatic, antiseptic, astringent, depurative and anti-putrid actions

Actions

Mixed and Oily cream is suitable for pimples and skins that are acne prone.

It has antiseptic, bacteriostatic, anti-seborrhea, depurative and astringent properties.

It reduces excess of seborrhea and de-activates the formation of pimples.

Use

Skin Conditions

Oiliness, blackheads, pimples and acneic skins.

Home Use

Morning and Evening

Mixed and Oily can be used after Sebo-Ger.

Can be applied everywhere, on the face, chest and even on the back if necessary.

Follow with a very small quantity of Synchron or Synchron 2000 regenerating cream.

Salon Use

Step #4 of Skin Care Treatment

Use on cutaneous imperfections, oily skins pimples and acneic skins.

Follow up with Synchron and Immuno mixed.

Myo/Myoso

Toning and Lifting Cream



Toning and Anti-Wrinkle Line

Myo/Myoso prevents and corrects sagging of the subcutaneous muscles on the jaw line, the neck and the eye and lip areas.

Size: Retail 30 mL/Salon 150 mL

About

Key Ingredients

Very active biological compound of proteins that includes cysteine, methionine, ornithine and leucine.

Brings nutritive molecules enhancing tightening of the subcutaneous muscles.

Vitamins A, C, H and B complex.

Nutritive.

Phytostimulines from hazel, hops and wheat germ.

Promote a better elasticity of the connective tissues.

Avocado oil rich in essential fatty acid.

Soothing and smoothing.

Actions

Myo/Myoso promotes the firmness of the subcutaneous muscles and a better elasticity of the connective tissues.

Use

Skin Conditions

From 30 years of age to prevent and correct sagging of the subcutaneous muscles.

Home Use

Morning

In the morning, apply Myo/Myoso to the whole face including the eye and neck areas.

Must be followed by Synchro regenerating cream.

Salon Use

Step #4 of Skin Care Treatment

Use approximately 1/2 teaspoon and massage gently all over face, eyelids and neck.

Must be followed by Synchro regenerating cream.

Marine Ger-Lift

Anti-Wrinkles Cream

Toning and Anti-Wrinkle Line

Marine Ger-Lift encourages the fibroblasts to produce collagen. It is a very efficient formula that reduces wrinkles caused by loss of dermal elasticity.



Size: Retail 30 mL/Salon 150 mL

About

Key Ingredients

Palmitoyl pentapeptide-3 with lysine-threonine-serine chains.

Stimulates the fibroblasts to increase the production of collagen I by up to 177%, collagen IV by up to 327% and hyaluronic acid by up to 267%.

A biological compound obtained from porphyridium cruentum, spirulina and chlorella rich in vitamins B1, B2, B6, B12, C, PP and E, as well as proteins, peptides and pentapeptides.

Supports the synthesis of the extra cellular matrix by stimulating the production of glycosaminoglycans increasing cellular respiration (131%) and cellular growth (35%).

Zinc, copper, manganese and cobalt as well as sodium, potassium, calcium and magnesium extracted from marine sediment.

Remineralizing, anti cellular exhaustion.

Anti oxidant.

Boost cellular reaction.

Actions

Marine Ger-Lift's nutritive molecules assist the fibroblasts to produce collagen and elastin and increase cellular respiration.

Marine Ger-Lift restores the dermal elasticity, therefore diminishing the appearance of wrinkles.

Use

Skin Conditions

From 35-40 years of age, when the skin is showing signs of a loss of superficial elasticity that causes fine wrinkles.

Home Use

Morning or Evening

Apply a small quantity to the jaw line, neck and other areas of concern.

Should be followed by Synchro or Cytobi regenerating creams.

Salon Use

Step #4 of Skin Care Treatment

Marine Ger-Lift is an integral part of the Marine Lifting Treatment.

It can also be used with any other treatment on client over 35 years of age.

Massage gently 1/2 teaspoon of Ger-Lift and follow up with Synchro.

Lift Cream

Cream for Neck, Lips and Eye Area

Toning and Anti-Wrinkle Line

Lift Cream restores elasticity to the neck area and lessens wrinkles around the lip contour. Visibly lifts the upper eyelids, diminishes the crow's feet wrinkles, fades dark circles and reduces puffiness around the eyes.



Size: Retail 40 mL

About

Key Ingredients

Albizia julibrissin (Persian Silk Tree) extract

Protects against glycation, a process resulting in an aged, inelastic state of collagen inducing loss of suppleness to the skin.

Reduces signs of skin fatigue caused by glycation namely under the eyes bags, dark circles, dull complexion and some pigmentation.

Improves overall cellular respiration and increases cellular energy (ATP).

Protects existing collagen and elastin fibres.

Sigesbeckia Orientalis extract

Induces tissues regeneration by stimulating collagen matrix build-up and promotes regular tissues renewal. Anti-inflammatory.

Organic silicon

Restores springiness to the skin.

Restructures the elastin and collagen fibres that support the extracellular matrix, bringing density and thickness to the skin.

Accelerates the processes of cicatrisation

Bisabolol from German chamomille

Anti-irritant and anti-inflammatory.

Leucine, lysine and methionine amino acids

Optimizes the health of the skin.

Actions

A true anti-age jewel to restore the neck contour, reduce top lips wrinkles and lift the eyelids.

This cream stimulates the skin to regain elasticity. It has a very pleasant summery fragrance with green, fruity and woody notes.

Lift Cream leave the skin hydrated and soft.

Use

Skin Conditions

Recommended for anyone when the skin of the neck and eye area is showing signs of loss of elasticity and when wrinkles start to appear around the lips.

Home Use

Apply 2 pumps of Lift Cream by light massage on the neck, lips and eyes area.

Should be followed by Synchro or Cytobi regenerating cremes.

Salon Use

Step #4 of Skin Care Treatment

Lift Cream can also be incorporated into any Gernétic treatment.

Apply 3-4 pumps of Lift Cream directly onto your client's skin, targeting the eye, neck and lip contour. Massage gently until absorbed.

Follow up with any other necessary Gernétic creams such as Myo/Myoso, Ger-Lift and Synchro.

Additional Information

Glycation

Is caused by toxic glycogens produced from the consumption of refined carbohydrates and sugars.

Sigesbeckia Orientalis

A species of plant from the Asteraceae family, also known as Eastern St Paul wort, used in traditional medicine for its anti-inflammatory properties.

Vital Transfer

Hormoceutic Face Cream

Formulated for mature skins that show signs of low level of estrogen.

Based on the synergy of phyto-estrogens these isoflavons re-launch the mechanisms of action by using skin's estrogen receptors . Providing each skin layer a supplementary essential element for its optimal functioning.



Size: Retail 50ml/Salon 150 ml

About

Key Ingredients

Genistein from clover and soy.

Genistein is a phyto-estrogen found in soy, clover and hops with a structure that mimics estrogen. It behaves as an anti-oxidant and anti-inflammatory as well as a collagen producer. With its low molecular weight, Genistein can easily penetrate the skin.

As a potent anti-oxidant, Genistein reduces lipid peroxidation, scavenges free radicals and alleviates the damage these free radicals can cause to the skin's tissues. It has been recognised as a wound healer.

Squalane, beeswax and native collagen.

Restoration of the hydrolypidic film.

Fatty acids from the best oils: Sacha inci, borrago, onager, loofah, almond, avocado, and shea butter

Auto-regulation of the intercellular cement.

Sphingosine-1-phosphate analog.

Bioactive lipid mediator, regulate oxidative stress.

A synergy of amino acids vitamins and trace elements.

Cellular systems nutrition.

Calcium.

Contributes to the optimisation of keratinocyte differentiation.

Peptides, organic silicium.

Act on the proliferation of fibroblasts.

Witch hazel, butcher broom, vine.

Beneficial to the blood circulation.

Use

Conditions

Skin clinical signs of low level of estrogen:

Extreme dryness, loss of density, thickness and elasticity, easily irritated skin, bruises, age spots, slow wound healing, hair loss.

Home Use (Examples)

Morning

Can be applied after Myo/Myoso but before Synchro and followed with a protective cream such as Parfait Day or Symbiose or Marine Day.

Evening

Can be applied after Marine Ger-Lift or Parfait Serum or Parfait Night but before Synchro or Cytobi.

Weekly

Mask with Immuno or Marine Ger-Lift .

Salon Use (Example)

Vital Transfer can be applied after Mito Special + or Parfait Serum and Myo/Myoso.

Then massage with Synchro and follow with Nucléa and Cytobi.

Finish with a professional mask like Anti-Ageing or Marine Essence or Immuno or Marine Mask.

Actions

Phyto-estrogen bind to skin receptors, thus activate the fibroblasts, keratinocytes and other skin cells to produce collagen and elastin , boosting skin repair and improving skin quality.

Concentré Réparateur

Concentrated Repairer Serum

Les Parfaits Line

Concentré Réparateur provides quintessential rejuvenation. It naturally rebuilds the matrix in conjunctive tissues.



About

Key Ingredients

Concentrated solution of peptides with 17 amino acids including 8 essential ones obtained by the hydrolysis of glutamine-rich barley, wheat and oats. Promotes genuine cellular repair to aged skins. Protects catalase, an epidermal enzyme.

Palmitoyl pentapeptides 3 with lysi-threoni and threoni-lysi-seri sequences from the C-terminal part of collagen I.

Naturally rebuilds the matrix in conjunctive tissue by improving fibroblasts activity. Stimulates the synthesis of collagen I (117%) and collagen IV (327%) and the production of glycosaminoglycans (267%).

One marine active compound containing 18 amino-acids, including taurine, glutamine, glycine, alanine and lysine.

Enhances regeneration, nutrition, hydration and cellular stimulation.

Xylem sap containing numerous minerals and trace elements (K, Ca, Mg, Si, Zn, Mn, Se, Co and Cu) and vitamins B1, B2, B6, B12, C, PP and E.

Considered as an elixir of health and long life since the 9th century,

Highly nutritive and remineralizing.

Promotes cellular respiration by 131% and stimulates cellular proliferation.

A tensor agent from Kigelia africana and Quillaja saponaria molina.

Excellent moisturizer and tensor.

Gives a veritable flash of radiance.

Vitamin E encapsulated in slow release multi-lamellar vesicles.

Anti-oxidant.

Size: Retail 17 mL

Actions

Concentré Réparateur is effective at preventing, slowing down and reversing the manifestations of ageing.

Naturally rebuilds the matrix in conjunctive tissues by boosting the activity of the fibroblasts, thus increasing the skin's elasticity.

It provides genuine cellular repair in ageing, demineralized and dehydrated skin, marked by wrinkles, small lines and slackening tissues.

Use

Skin Conditions

Suits any skins over the age of 40.

Home Use

Morning and or Evening

Apply about 2 pumps of Concentré Réparateur to the whole face and neck.

Follow with Crème Jeunesse in the morning or Crème Anti-Temps at night.

Salon Use

Step #4

Intense Anti-Age Treatment

Apply a moderate quantity of Concentré Réparateur Serum all over face and neck.

Balancing Cream

Peaux Jeunes

Epidermis Regenerating Line

Peaux Jeunes controls the production of sebum, reduces dilated pores and keeps the skin hydrated, calm and healthy.

It harmonizes the skin's functions.



Size: Retail 50 mL

About

Key Ingredients

Allantoin.

Stimulates healthy tissue formation.
Healing, anti-irritating and moisturising.

Essential oils of myrrh and thyme.

Anti-bacterial.

Extract of burdock's root

Astringent and depurative.

Extract of mallow

Soothing and astringent.

Extract of watercress.

Anti-seborrhea. Soothing, it procures freshness and comfort.

Actions

Peaux Jeunes is formulated for the young skins. It balances the skin pH, reduces excess of seborrhea and dilated pores. It soothes irritations and brings comfort and freshness to the skin.

Use

Skin Conditions

An all-in-one cream for young skins without problems or with just mild imperfections.

Home Use

Morning and Evening

Peaux Jeunes can be applied all over the face. It can be associated to any other Gernétic cream if necessary.

Synchro

Regenerating Cream

Epidermis Regenerating Line

Synchro balances the skin's functions. It is suitable for all skin types and all age groups. It is the most important cream from the whole Gernétic range.



Size: Retail 30 & 50 mL, /Salon 250 mL

About

Key Ingredients

Biological compounds rich in glutamine, arginine and lysine and in potassium and magnesium.

Regenerate the basal cells of the epidermis.

Healing properties.

Regulate the skin's functions and restore its natural defence system.

Vitamins A, C, E, H and B complex.

Bring essential nutrients that improves the skin's functions. Anti-oxidants.

Calendula and sweet almond oils rich in essential fatty acids.

Alleviate a number of skin problems.

Healing, anti-inflammatory, antiseptic, antibacterial and anti-fungal.

Hypericum oil.

Antimicrobial, skin protecting.

White beeswax.

Emollient.

Actions

Synchro balances skin's function: oiliness as well as dryness are normalised.

Synchro regenerates the epidermis cells and keeps a healthy cell turnover.

Synchro has unrivalled anti-inflammatory, antibacterial, regenerating and healing capabilities.

Synchro was originally developed for skin burns.

Use

Skin Conditions

Synchro is suitable for all skin types and all ages. Synchro is part of every skin program.

Synchro can be used alone or in conjunction with any other cream.

Synchro is not only used on the face but can also be used on the bust, body, hands and scalp in case of fresh scars or skin inflammations.

Home Use

Morning and Evening

Synchro is to be used in very small quantities. It should be applied all over the face, neck and eye area.

Any specific cream can be used in conjunction with Synchro.

At night Synchro can be followed with the application of Nucléa or Cytobi.

Salon Use

Step # 5 of Skin Care Treatment

Synchro is used for all face treatments. Use Synchro as your massaging cream and leave it on under the mask.

Bust treatments:

Apply Synchro on scars, after Macro 2000 and before the mineral mask.

Body treatments:

Use Synchro for scar and stretch mark treatments.

Synchro 2000

Regenerating Cream

Epidermis Regenerating Line

Synchro 2000 is an alternative to Synchro for people who may wish a lighter texture cream. Their nutritive properties are the same.



Size: Retail 50 mL/Salon 150 mL

About

Key Ingredients

Biological compounds rich in glutamine, arginine and lysine and in potassium and magnesium.

Regenerate the basal cells of the epidermis. Healing.

Regulate the skin's functions and restore its natural defence system.

Vitamins A, C, E, H and B complex.

Bring essential nutrients enhancing skin's functions. Anti-oxidants.

Calendula and sweet almond oils rich in essential fatty acids.

Alleviate a number of skin's problems.

Healing, anti-inflammatory, antiseptic, antibacterial and anti-fungal.

Hypericum extract.

Antimicrobial and skin protecting actions.

Essential fatty acids rich in vitamin F.

Soothing and healing.

Actions

Synchro 2000 is regenerating and revitalizing.

It restores the skin pH.

Synchro 2000 has anti-pollution and anti-oxidant properties.

Use

Skin Conditions

Synchro 2000 is suitable for people who prefer to wear a light-texture cream in the morning.

Home Use

Morning

In the morning, Synchro 2000 can be used by itself or in conjunction with any specific cream.

Only a small amount is applied to the whole face, eye and neck areas.

Note: Synchro 2000 and Synchro "classic" have very similar compositions but are nevertheless somewhat different.

It is recommended that if Synchro 2000 is used in the morning and Synchro be used at night.

Salon Use

Step #8 of Skin Care Treatment

Apply Synchro 2000 at the end of your treatment for customer who prefer to wear a light-texture cream.

Nucléa

Regenerating Repairing Cream

Epidermis Regenerating Line

Nucléa complements Synchro's regenerating properties in repairing damaged skins.

It reduces the depth of wrinkles and scars.



Size: Retail 30 mL/Salon 150 mL

About

Key Ingredients

Biological filtrates rich in proteins, peptides, and trace elements.

Stimulate DNA and accelerate cell division Induce faster collagen renewal.

A skin repair factor containing 12 amino acids precursor of Epidermal Growth Factor (EGF).

Activates the repairing action on damaged tissues, wrinkles and old scars.

Regularizes melanin production.

Vitamins A, C, E, H and B complex.

Bring essential nutrients that enhances the skin's functions. Anti-oxidants.

Allantoin.

Stimulates healthy tissue formation.

Healing, anti-irritating and moisturising.

Calendula Oil.

Alleviates a number of skin problems.

Healing, anti-inflammatory, antiseptic.

Hypericum oil.

Antimicrobial, skin protecting.

Actions

Nucléa is the anti-age cream "par excellence". Its exceptional regenerating actions stimulate basal cellular activity, reducing dramatically the depth of wrinkles and scars.

Nucléa can be useful to control and reduce vitiligo (skin discoloration).

Nucléa is also beneficial to reduce pigmentation related to the ageing process.

Use

Skin Conditions

Damaged and ageing skin.

Wrinkles, scars and pigmentation or depigmentation (vitiligo).

Ideal to prevent and to slow down the ageing process.

Home Use

Evening

Nucléa is to be used in very small quantities over Synchro on areas that need more regeneration such as wrinkles, scars and pigmentation.

It can also be used all over the face, neck and eye area to slow down the ageing process.

In case of vitiligo, Nucléa is applied before Synchro on the white patches.

Nucléa can be used 2 or 3 times a year in courses of 1 jar.

Salon Use

Step #6 of Skin Care Treatment

Face treatments

Nucléa is applied on top of Synchro on areas that need regeneration such as ageing, wrinkles and scars.

Body treatments

Use Nucléa after Synchro when a deep regeneration is needed, such as scars and stretch marks.

Cytobi

Regenerating Soothing Cream

Epidermis Regenerating Line

Cytobi is a very efficient complement to Synchro for all sensitive or inflamed skins thanks to its rejuvenating and calming actions.



Size: Retail 30 mL/Salon 150 mL

About

Key Ingredients

A synergy of 5 biological compounds that contain nearly all the essential amino-acids, proteins, vitamins and trace elements that are absolutely essential for a healthy skin.

Amino acids: methionine, glycine, valine, isoleucine, proline, lysine, serine, leucine, threonine, alanine, cysteine, glutamine, arginine, histidine and tyrosine.

Trace elements: zinc, cobalt, manganese, iron, copper, magnesium and potassium.

Vitamins: A, C, E, H and B complex.

Keep skin healthy by providing a synergy of super nutrition.

Induce tissues regeneration and revitalization.

Anti-inflammatory, healing and calming.

Calendula oil rich in essential fatty acids.

Alleviates numerous skin problems.

Healing, anti-inflammatory, antiseptic, antibacterial and anti-fungal.

Hypericum oil.

Antimicrobial, skin protecting action.

Actions

Cytobi induces tissues regeneration and revitalization. It has anti-inflammatory, healing and calming properties.

Its regenerating action slows down the ageing process and keeps the skin healthy.

Cytobi is ideal for rapidly healing fresh scars on the face or body.

Use

Skin Conditions

Cytobi is suitable for fine, sensitive or inflamed skins of any age, for various types of inflammations such as acne, rosacea, psoriasis, erythema and for all kinds of skin conditions that are difficult to resolve.

Excellent regenerating cream to prevent and to slow down the ageing process due to its anti-inflammatory properties

Home Use

Evening

Cytobi is to be used in very small quantities.

It can be used over Synchro or alone.

Cytobi can be applied just to areas in need or all over the face, neck and eye area and on the body.

Salon Use

Step #6 of Skin Care Treatment

Cytobi is applied by light massage on top of other specific creams, in case of fine, sensitive, dry, dehydrated, ageing and reactive skin.

Crème Anti-Temps

Time-Defying Night Cream

Les Parfaits Line

Crème Anti-Temps is a powerful cocktail of nutrients that combat ageing at the cellular level.

It is soothing and desensitizing.

About

Key Ingredients

One biological compound with phytosterols, phospholipids and vitamins A, D and E.

Source of essential nutrition.

Marine oligosaccharide.

Cellular protective action to fight the ageing process.

One tripeptide (glycine-histidine-lysine) that is a fragment of the collagen chain and acts as a cellular growth stimulator.

Naturally rebuilds the matrix in conjunctive tissue. Stimulates cellular growth.

One active compound that stimulates fibroblast proliferation and mitochondrial respiration.

Stimulates fibroblast proliferation, thus increasing skin's elasticity. Boosts cells energy.

One anti free radical element that acts on the phosphocreatine precursors.

Reinforces cutaneous vitality, soothing and desensitizing

One complex of essential amino acids.

Reinforces cutaneous vitality.

Evening primrose oil rich in gamma-linoleic acid and liposoluble vitamins A, D and E.

Soothing and desensitizing benefits.

Anti-oxidant.

Numerous peptides, minerals salts and Niacin (vitamin B3).

Nutritive remineralizing.



Size: Retail 30 mL

Actions

Genuine biological regenerator.

It is a source of essential nutrients that provides a deep-down action to fight against the ageing process.

Crème Anti-Temps has soothing and desensitizing benefits, it is particularly recommended for sensitive and fragile skin.

Use

Skin Conditions

Suits any skins over the age of 40.

Home Use

Evening

Crème Anti-Temps can be applied over Concentré Réparateur and followed by Synchro or Cytobi.

Salon Use

Step #6

Intense Anti-Age Treatment

Apply a moderate quantity of Crème Anti-Temps everywhere.

Follow with Cytobi.

Cells-Life

Hydrating Revitalizing Serum

Epidermis and Dermis Serum

Cells-Life is a subtly scented hydrating restoring serum.

It revitalizes epidermis and dermis thus bringing vitality and bounce to the skin.



Size: Retail 15 mL/Salon 50 mL

About

Key Ingredients

Several biological compounds based on proteoglycans and hyaluronic acid.

These compounds contain a mucoglycoprotein complex, chondroitin sulphates, mucopolysaccharides and native hydroxiprolin.

Proteoglycans and hyaluronic acid make up a major part of the extra-cellular matrix, the material between the cells that provides structural support.

Palmitoyl oligopeptide is a chain of 5 amino acids bonded together and linked to a fatty acid.

Palmitoyl oligopeptide increases collagen and elastin production speeding skin's healing.

A precursor of Epidermal Growth Factor (EGF) from amino acids enhancing skin healing and repair.

Actions

The hydrophilic properties of the active ingredients help to retain larger quantities of water, restructuring the cutaneous tissues. These compounds are revitalizing and nourishing. The skin recovers its vitality and firmness.

Cells-Life reduces fine lines and it is particularly beneficial for the dehydration of the eye area and neck.

Cells-Life also increases the collagen and elastin production, speeding up the skin's healing process.

Use

Skin Conditions

Dehydrated skin, fine lines around the eyes and on the neck.

Loss of skin vitality and bounce.

Home Use

Morning or Evening

Face:

Cells-Life is used as a complement to the nutritive creams.

Few drops are applied to the eye and neck areas or all over the face.

It can be applied morning or evening, before or after all other creams or after a weekly mask.

Body:

Few drops of Cells-Life can be applied in case of scars or stretch marks in conjunction with other regenerating creams to speed up the regeneration.

Salon Use

Step #6 of Skin Care Treatment

Face treatments:

Few drops of Cells-Life are applied at the end of the treatment, before the application of the mask or after it is removed.

Body treatments:

In case of scars or stretch marks, few drops of Cells-Life are applied at the end of the treatment, before the application of the mask.

Hydra-Ger

Hydrating Mask

Specific Masks

Hydra-Ger is designed to nourish and maintain an optimal water level to the epidermis.

Moreover, its active ingredients strenghtens the skin barrier.



Size: Retail 50 mL/Salon 150 mL

About

Key Ingredients

Kaolin "White natural clay".
Purifying, astringent and toning.

Aleuritic Acid "Type-I ceramide liposoluble molecule".

Acts as an epidermal lipid thus stengtens the skin barrier limiting water loss.

Phosphorylated Lipid.

Prompts epidermal cells to produce more natural ceramides and Natural Moisturizing Factors (NMF). Stimulates the activity of the flaggrinase, one of the enzymes responsible for producing NMF.

Homarine "Marine realm-inspired Osmolyte".

Osmolytes are found in marine invertebrates. They balance the osmotic pressure at cellular level. Homarine regulates the water content of skin cells, maintaining an optimal level of hydration.

Actions

Hydra-Ger allows the basal cells to preserve their moisture, ensuring the hydration of the stratum corneum.

Use

Skin Conditions

Suitable for dehydrated skins without sensitivity or irritation.

It is an deal mask for achieving an instant skin glow before going out.

Home Use

Once a week

1/2 teaspoon is applied by light massage all over face, neck and eye area.

Leave for 10 - 15 minutes and remove with lukewarm water.

Follow with few drops of Cells-Life and a nutritive cream like Synchro or Cytobi.

Hydra-Ger can be used daily for 4 or 5 days to speed up the results.

Salon Use

Step #3 or #7 of Skin Care Treatment

Apply Hydra-Ger at the 3rd step to prepare the skin or at the end of a skin care treatment, over the specific creams.

Cover the mask with polyester foil to help infusion of its active ingredients. Leave it for 15 minutes.

Follow with few drops of Cells-Life.

Marine Mask

Remineralizing Mask

Specific Masks

Marine Mask is a cream mask that favours cellular reactions. It is an ideal antidote to cellular exhaustion and should be part of any age management program.



Size: Retail 30 mL/Salon 150 mL

About

Key Ingredients

Kaolin.

Purifying, astringent and toning.

One marine compound containing essential minerals, zinc, copper, cobalt, manganese, potassium and phosphorus.

Antidote to cellular exhaustion.

Energises cellular reactions.

Extracts of witch hazel and camomile.

Astringent, soothing and anti-inflammatory.

Sweet almond oil.

Nourishes and softens the complexion.

Actions

Marine Mask revitalizing and remineralizing properties facilitate cellular reactions, thus eliminating cellular tiredness.

Marine Mask facilitates the synthesis of Marine Ger-Lift's active ingredients

Use

Skin Conditions

Marine Mask is suitable for mature customers but is to be avoided on inflamed skins like eczema, psoriasis, rosacea.

In these cases Argini mask is the mask that should be used.

Home Use

Once or twice a week

Integral part of the Marine and Anti-age programs.

1/2 teaspoon is applied by light massage all over face, neck and eye area.

Leave for 10 minutes and remove with lukewarm water.

Follow with Ger-Lift.

Should be alternated with Immuno mask.

Salon Use

Step #3 of Skin Care Treatment

Use Marine Cream Mask at the start of the face treatment, after cleaning the skin with Marine Cleanser.

Apply 1/2 teaspoon by light massage all over face and neck.

Cover with polyester foil and leave for 10 minutes. Rinse off with lukewarm water and continue with Ger-Lift.

Marine-Essence Mask

Powder Seaweeds

Professional Masks

Marine-Essence Mask is a powder mask made of freeze-dried brown and red seaweeds.

Contra indication: allergy to iodine and seaweed.



Size: Salon 500g Face - 2kg Body

About

Key Ingredients

Brown seaweeds: *Fucus vesiculosus*, *Laminaria digitata*, *Ascophyllum nodosum*.

Very nutritive, firming and hydrating.

Brown seaweeds contain copper, chrome, zinc, selenium, iron, calcium, magnesium, manganese, and iodine.

They are rich in vitamins, C, B1, B2, B3, B6, B9 and B12.

Contain numerous peptides and the 8 essential amino acids that help the production of collagen and elastin.

Red seaweeds: *Palmaria palmata*, *Chondrus crispus* and *Delesseria sanguinea*.

Improve microcirculation.

Red seaweeds are draining, decongesting and soothing.

Coral red seaweeds: *Lithotamnium calcareum*.

Remineralising and soothing.

Lithotamnium contains essential fatty acids vitamin F and vitamin E.

It is very rich in calcium and magnesium.

Actions

Marine-Essence Mask has two main uses:

Deep cleansing: use it at Step # 3 of face treatments for oiliness, blackheads and pimples.

Nutritive and firming: use it at Step #7 of face treatment over all the specific creams.

Use

Skin Conditions

Marine Essence Mask is suitable for all skins and all ages but do not use it if your customer is allergic to iodine or seaweed.

Marine Essence Mask reduces oiliness, blackheads and pimples.

Marine Essence Mask is also nutritive and firming.

Salon Use

Step #3 or #7 of Skin Care Treatment

Refer to Marine-Essence Method 1 for Deep Cleansing Treatment section 4 page 5.

and refer to Marine-Essence Method 2 for Nutritive and Firming Treatment section 4 page 6.

Marine-Essence

Essential Oils

Professional Masks

Marine-Essence Essential Oils is a complex of rosemary and lavender pure essential oils.
It is to be used with Marine Essence Mask.



Size: Salon 40 mL

About

Key Ingredients

Pure rosemary essential oil.
Beneficial for general skin health, decongesting.

Pure lavender essential oil.
Antiseptic, antifungal, calming.

Actions

Marine-Essence Essential Oil has decongesting, calming, antiseptic and anti-fungal properties.

Use

Skin Conditions

Marine Essence essential oil is used in conjunction with Marine Essence Mask.

Salon Use Only

Step #3 or #7 of Skin Care Treatment
20 sprays are to be added to Marine-Essence Powder Mask.
Refer to Marine-Essence Deep Cleansing and Marine-Essence Nutritive and Firming Treatment Sheets.

Anti-Ageing Mask

Peel off supple mask

Professional Masks

Anti-Ageing Mask is ideal for revitalizing dry skin and to fight against ageing.

It complements and assists the transfer of the other Gernétic products.



Size: Salon 500g

About

Key Ingredients

Phycocolloidal marine complex based on alginates derived from laminaria seaweed.

Gives its natural plasticity.

Healing and moisturizing properties.

(Alginates are phycocolloides, natural gelling agents from marine origin. These salts of the alginic acid are biopolymers that are components of the cell wall of brown algae and they allow these algae to withstand the stresses they subjected to (osmotic, light, stretching...))

Argan oil.

Argan oil is rich in anti-oxidants.

It contains Alpha linolenic acid (omega-3) and Alpha linoleic acid (omega 6). These essential fatty acids, when applied to the skin, ease inflammation.

Argan oil also contains Alpha tocopherol (VitE) that helps to boost cell production while promoting healthy skin.

Argan oil has moisturizing, repairing and anti-ageing properties.

Actions

Anti-Ageing Mask delivers active ingredients. It also allows the transfer of the active ingredients of other Gernétic products applied previously.

Anti-Ageing Mask: can be used at Step #7 of the *Hydrating Treatment, Anti-Age Treatment* and *Intense Anti-Age Treatment* after and over all the specific products.

Use

Skin Conditions

Anti-Ageing Mask is suitable for dehydrated skins and to fight the ageing process.

Anti-Ageing Mask fights oxidation.

It is hydrating and it has anti-ageing action.

Salon Use

Step #7 of Hydrating Treatment, Anti-Age Treatment and Intense Anti-Age Treatment.

In a bowl put 3 measuring spoons of powder with 90ml of water at ambient temperature.

Mix thoroughly with a spatula for about 1 minute until smooth and even.

(It is important to take the necessary time to smooth the mask, in order to avoid lumps).

Leave the mask to stand for 2 minutes in order to allow the active ingredients to dissolve.

Then apply the mask with a spatula in a semi-thick layer to the face, neck and décolletage.

(Eye area may be avoided).

Ensure to leave thick enough edges to facilitate removal.

After 10 minutes loosen the edges of the mask and remove the film with a single gesture from the neck to the forehead.

Remove any residue with Fibro Lotion.

Conservation

Close lid tightly after use.

Store in a clean, dry place, away from light and at room temperature.

Lightening Mask

Peel off supple mask

Professional Masks

Lightening Mask is ideal to clarify complexion and to reduce pigmentation spots.

It complements and assists the transfer of the other Gernétic lightening products.



Size: Salon 500g

About

Key Ingredients

Phycocolloidal marine complex based on alginates derived from laminaria seaweed.

Gives its natural plasticity.

Healing and moisturizing properties..

(Alginates are phycocolloides, natural gelling agents from marine origin. These salts of the alginic acid are biopolymers that are components of the cell wall of brown algae and they allow these algae to withstand the stresses they subjected to (osmotic, light, stretching...))

Bio-based lightening complex containing mulberry, scutellaria root and grape juice.

Rich in:

- *Arbutin* decreases melanin synthesis activity.
- *Alpha hydroxy acids (AHA)* enhance the exfoliation of pigmented dead cells.
- *Flavonoids* have an anti-oxydant activity.
- *Phenyl flavones* have anti-inflammatory and antimicrobial activity.

Actions

Lightening Mask depigmenting approach is optimized through an anti-tyrosinase effect, inducing a significant decrease in melanin synthesis activity.

This results is a lighter complexion and a reduction of the pigmentation spots.

Lightening Mask: is to be used at Step #7 of the *Clarifying Treatment* after and over all the specific products.

Use

Skin Conditions

Suitable for dark complexion and patches of over-pigmentation.

Salon Use

Step #7 of Clarifying Treatment.

In a bowl put 3 measuring spoons of powder with 90ml of water at ambient temperature.

Mix thoroughly with a spatula for about 1 minute until smooth and even.

(It is important to take the necessary time to smooth the mask, in order to avoid lumps).

Leave the mask to stand for 2 minutes in order to allow the active ingredients to dissolve.

Then apply the mask with a spatula in a semi-thick layer to the face, neck and décolletage. (Eye area may be avoided).

Ensure to leave thick enough edges to facilitate removal.

After 10 minutes loosen the edges of the mask and remove the film with a single gesture from the neck to the forehead.

Remove any residue with Fibro Lotion.

Conservation

Close lid tightly after use.

Store in a clean, dry place, away from light and at room temperature.

Vegetal Mask

Soothing Nutritive

Professional Masks

Vegetal Mask is a nutritive and soothing supple mask of vegetal matter, specifically designed to infuse the active ingredients of the Gernétic products.



Size: Salon 350g bag

About

Key Ingredients

Mix of wheat bran and flour, kaolin, lime, lavender containing vitamins B1, B2, B6, E, PP and sulphur, magnesium, manganese, iron, copper and phosphorus mineral salts.

Very nutritive, purifying, astringent, anti-oxidant, decongestant and remineralizing.

Actions

Vegetal Mask is very nutritive and calming. It is extremely beneficial for any skin type. The composition of Vegetal Mask has been studied to compliment all Gernétic creams.

Use

Skin Conditions

Vegetal Mask is very beneficial for all skin types and all ages.

Salon Use Only

Step #7 of Skin Care Treatment

There is not any contra-indication to the use of the Vegetal Face Mask.

Apply over the specific creams.

Mix 1/2 bag (1.5 cup) with 150mL of very hot water to obtain a dough heavy.

Spread half on a large piece of gauze.

Fold the gauze over to make a poultice and apply on the upper part of the face.

Proceed similarly for the lower part of the face from nose down to the neck.

Cover with polyester foil.

Leave for 20 minutes.

Lift the gauze to remove the mask and clean off any residue with Fibro Lotion.

Apply a nutritive and a protective cream to finish.

1 bag is enough for 2 face treatments

See Vegetal Mask, section 4, page 4.

Mineral Mask

Infusing Self-Heating

Professional Masks

Mineral Mask is made from natural gypsum, it produces heat when mixed with water. It is the most efficient mask to infuse active ingredients from the products used during a treatment.



Size: Salon 350g bag

About

Key Ingredients

Natural gypsum.

Produces an exothermic reaction that helps to infuse the active ingredients of the Gernétic products used in salon treatments.

Actions

Due to its exothermic reaction, this mask is the most efficient to infuse the active ingredients of the products used in the face, bust and body treatments.

Use

Skin Conditions

Specifically recommended for Acne and Skin Repairing Treatments, as well as all Bust and Body Treatments.

Salon Use Only

Step #7 of Skin Care Treatment

Avoid this mask on the face if your client is claustrophobic.

Apply on gauze over the specific creams.
For the face, 1/2 bag with 125 mL of water is enough.

Pour water in a bowl.

Sprinkle the powder over the water and leave it to absorb the water for 1 minute.

Mix thoroughly and apply immediately with a spatula.

Cover with polyester foil and remove after 15-20 minutes.

Face treatment: needs 1/2 bag and 125 ml water

Bust treatment: needs 1 bag and 250 ml water

Body treatment needs 2 bags and 500 ml water

See Mineral Mask, section 4, page 4.

Tropo Plus

Anti-allergenic Day Cream

Protective Line

Tropo Plus is an excellent make-up base protection, suitable for skins with a tendency to be dry. It has a SPF 5 sun filter.



Size: Retail 40 mL/Salon 150 mL

About

Key Ingredients

Phytostimulines from camomile, allantoin and wheat germ.

Prevent allergic reactions to some make-ups.

Biological extracts.

Restore and regulate skin functions.

Protect against pollution.

Give a matte finish.

Fatty acid ester from sweet almond.

Soothing and anti-inflammatory.

SPF 5 sun filter.

Light sun protection.

Actions

Tropo Plus protects against pollution and prevents allergic reactions to some make-ups. It regulates skin functions.

Use

Skin Conditions

Suitable for customers under 30 years of age whose skin has a tendency to be dry and sensitive.

Home Use

Morning

Tropo Plus can be used by itself or after any specific creams.

Only a small amount is needed. Tropo Plus can be applied to the whole face and eye and neck areas.

Follow with make-up if desired.

Salon Use

Step #8 of Skin Care Treatment

Apply Tropo Plus as a make-up base at the end of your treatments.

Symbiose

Nutritive Day Cream

Protective Line

Symbiose is a light texture cream, nutritive and protective with SPF 10. It is ideal for those who want to use only one cream in the morning.



Size: Retail 40 mL/Salon 150 mL

About

Key Ingredients

A biological marine compound from chlorella rich in amino-acids, vitamins C, E, H and B complex and magnesium, calcium, zinc, manganese and iron.

Helps in the prevention of ageing, promotes collagen renewal and enhances skin functions.

Calendula oil.

Alleviates a number of skin problems. Healing, soothing, anti-inflammatory, antibacterial and anti-fungal.

Sun filter SPF 10.

Medium sun protection.

Actions

Symbiose is an excellent all-in-one nutritive and protective day cream recommended for mature skins over the age of 30.

It promotes collagen renewal and enhances skin functions.

Symbiose is also ideal for those who want to use only one cream in the morning.

Use

Skin Conditions

Suitable for customers over 30-years of age.

Home Use

Morning

In the morning, Symbiose can be used by itself or after any specific cream.

Apply a small amount to the whole face and eye and neck areas.

Follow with make-up if desired.

Salon Use

Step #8 of Skin Care Treatment

Apply Symbiose as a make-up base at the end of your treatments.

Marine Day

Remineralizing Day Cream

Protective Line

Marine Day is a remineralizing make-up base with SPF 5. It should be used with Ger-Lift as an integral part of an anti-ageing program to bust cellular energy.



Size: Retail 30 mL/Salon 150 mL

About

Key Ingredients

Phytostimulines obtained from camomile, allantoin and wheat germ.

Prevent allergic reactions to some make-ups.

Vegetal proteins of very small molecular weight.

Stimulate biological reactions and cellular renewal.

Marine compound containing zinc, copper, cobalt, manganese, potassium and phosphorus.

Antidote to cellular exhaustion, energises cellular reactions.

Fatty acid ester from sweet almond.

Soothing and anti-inflammatory.

Sun filter SPF 5.

Light sun protection.

Actions

Marine Day cream is very rich in trace elements that stimulate biological reactions, boosting the skin energy.

It can be used in conjunction with Marine Ger-Lift.

Use

Skin Conditions

Mature customers over 40 years of age.

Home Use

Morning

Apply Marine Day Cream in the morning, after other specific creams.

Apply a small amount to the whole face and eye and neck areas.

Follow with make-up if desired.

Salon Use

Step #8 of Skin Care Treatment

Apply Marine Day Cream as a make-up base at the end of Marine Lifting or Anti-Age Treatments.

Crème Jeunesse

Youth Day Cream

Les Parfaits Line

Crème Jeunesse is a powerful protective, detoxifying and repairing cream. It reverses skin damages caused by the sun.

About

Key Ingredients

DNA from fish milt (desoxyribonucleic acid).

Powerful anti-ageing action. Procures a genuine biological lifting effect.

Lipopeptide tyrosine-arginine with one polypeptide/ glycopeptide compound of 15 amino acids.

A source of moisture and cellular repair factors.

A hygroscopic amphiphilic β -lactoglobuline with lactic acid.

Attenuates lines by reducing the thickness of stratum corneum and by retaining moisture.

One active compound stimulating the activity of the Langerhans cells.

Enhances the skin defence mechanism.

Chritmum maritimum: Sea fennel, also called rock samphire, rich in vitamin C and mineral salts.

Anti free radicals, calming and regenerating.

One repairing enzyme from Thermus thermophilus, a bacterium that lives in the hot springs (75°C) found under the sea level.

Characterised by its exceptional ability to repair its own genetic make-up.

Slows down and reverses the ageing process caused by UVA and UVB damages.

Enzymatic detoxification of intra-cellular oxygen peroxide.

Vegetal glycoprotein of small molecular weight.

Boosts cellular renewal of epidermis cells.

One complex of essential amino acids.

Reinforces cutaneous vitality procuring elimination of skin exhaustion.

Borage oil rich in gamma-linolenic acid, vitamin E and liposoluble vitamins A & D.

Soothing and desensitizing benefits.

Anti-oxidant.



Size: Retail 30 mL

Actions

Powerful protective, detoxifying and repairing cream.

Reverses skin damages caused by the sun.

Procures a genuine biological lifting effect and helps facial skin to preserve or regain a youthful appearance.

Use

Skin Conditions

Suits any skins over the age of 40.

Home Use

Morning

After the application of a very small amount of Synchro, apply Crème Jeunesse all over the face and neck.

Can also be used on hands.

Salon Use

Step #8

Intense Anti-Age Treatment

Finish treatment with a small amount of Crème Jeunesse.

Post Epilation

Soothing Post Hair Removal Care

Cream gel for after any depilation type on any area.



Sizes: Professional 250 ml

About

Key Ingredients

Avocado oil.

Avocado oil is nourishing and softening. It protects, repairs and regenerates the skin.

Chamomile.

Chamomile contains powerful soothing and healing active ingredients that soothe irritation and inflammation on sensitive skin.

Arnica.

Arnica is a potent anti-inflammatory that is calming, decongesting and soothing. It also stimulates tissues repair and it softens the skin.

Actions

Post Epilation provides an immediate sensation of soothing freshness on any depilated areas, including the face and full bikini. It improves the skin comfort by bringing down the sensation of warmth and redness after the fire of depilation.

The skin feels hydrated, nourished and soft. Its cream gel texture allows easy dressing again.

Post Epilation also removes sticky wax residues and limits the appearance of any small pimples after a depilation.

Use

Conditions

Suitable for all skin types. Post Epilation can be applied to all areas of the face and body, including full bikini.

Hair removal technique

It is suitable for all types of depilation techniques such as waxing, laser or threading.

Salon Use

Protection

Apply soothing Post Epilation immediately after a face or body depilation. Gently massage the cream gel into the skin.



Lightening Serum

Depigmenting Serum

Lightening Line

Depigmenting Serum contains complementing active ingredients that normalise the melanin production preventing and fading hyper-pigmented spots.



Size: Retail 25 mL

About

Key Ingredients

Citrus flavonoids.

In liposomal form, which facilitates their absorption.

Inhibit the tyrosinase enzyme, which contributes to the reduction and normalization of the melanin production.

Ascophylum nodosum.

Improves skin natural exfoliation and cellular renewal.

Inhibits melanin synthesis by preventing the triggering of the melanogenesis and by inhibiting tyrosinase activity.

Diacetyl boldine.

Diacetyl boldine is an extract from the bark of the Chilean Boldo tree.

This powerful ingredient acts at the tyrosinase level, reducing and controlling melanin production.

It is also a powerful antioxidant that has anti-ageing and brightening effects.

Lactic acid AHA.

Exfoliating and hydrating.

Vitamin E.

Antioxidant properties.

Actions

Depigmenting Serum reduces and controls melanin production, thus preventing and reducing hyper-pigmented spots.

The complexion becomes even and regains its youthful brightness.

Use

Skin Conditions

Skin with patches of over-pigmentation and age-spots

Home Use

Morning and or Evening

Apply a very small quantity to over-pigmented spots only.

Must be followed with Lightening Cream.

Salon Use

Step #4 of Skin Care Treatment

Apply Depigmenting Serum on pigmentation spots only.

Refer to Clarifying Treatment.

Lightening Cream

Lightening Revitalizing Cream



Lightening Line

Lightening Cream is designed to lighten the complexion and to act on pigmentation irregularities. It restores the skin radiance of its youth.

Size: Retail 50 mL

About

Key Ingredients

Citrus flavonoids.

In liposomal form, which facilitates their absorption.

Inhibit the tyrosinase enzyme, which contributes to the reduction and normalization of the melanin production.

Ascophyllum nodosum.

Improves skin natural exfoliation and cellular renewal.

Inhibits melanin synthesis by preventing the triggering of the melanogenesis and by inhibiting tyrosinase activity.

Dynamic hydrating complex.

Preserves the quantity of cellular water at its optimal level.

One bio-extract rich in proteins, enzymes, vitamins and other nutritive molecules.

Anti-tiring action, which improves the skin vitality and stimulates the energetic skin metabolism.

Amino acids.

Revitalizing.

Actions

Lightening Cream contains numerous complementary active ingredients that have a depigmenting effect thus slowing down and preventing the formation of pigmentation spots. Lightening Cream has anti-oxidant and moisturizing effects.

Use

Skin Conditions

Skin with patches of over-pigmentation.
Dark complexion.

Home Use

Morning

Pigmentation spots:

After the application of Depigmenting Liquid Concentrate, apply a small amount of Lightening Cream where needed.

To lighten complexion:

Apply a small amount of Lightening Cream all over the face.

Follow with Gernetic sunscreen.

Salon Use

Step #4 of Skin Care Treatment

Apply Lightening Cream where needed.

Refer to Clarifying Treatment.

Soap Gel

Cleansing Purifying Gel

Men Line

Men Gel is a non-foaming cleanser specifically formulated for the needs of male skins.

It purifies, disinfects and deeply cleanses the pores.

Gel Men



Size: Retail 90 mL

About

Key Ingredients

Stearic acid ester and glycerol from vegetal sources.

Allow a deeper cleansing of the pores.
Regulate sebum production, anti-microbial.

Cecyl-polyglucoside, a sugar from plants.
Cleans and leaves the skin soft and pleasant.

Lipo-amino-acid.
Prepares the skin to get the best from the application of other specific Gernetic products.

Actions

Men Gel allows a deeper cleansing of the pores.
It purifies and disinfects.

Use

Conditions

Ideal for all male skin types.

Men Gel can be used on face and hands.

Home Use

Morning and or Evening

Apply a small quantity of Men Gel by light massage, rinse off with warm water.

Can be used under a shower.

After Shave

Soothing Balsam

Men Line

After Shave is a light texture alcohol-free balsam.

It soothes irritation and redness from shaving.



Size: Retail 50 mL,

About

Key Ingredients

Synergy of horsetail, camomile, arnica, calendula and birch extracts.

Astringent, remineralizing, soothing, decongesting and nourishing.

Actions

After Shave soothes irritation and redness from shaving.

It brings freshness, softness and smoothness to the skin.

Use

Conditions

All male skin types.

Home Use

Morning or as required

Apply to shaved areas immediately after shaving and massage lightly until completely absorbed.

Can be followed by Hydra Men or Lift Men.

Hydra Men

Nutritive Hydrating Cream

Men Line

Hydra-Men is specifically formulated for the needs of male skins. It is nutritive and alleviates a number of skin problems.

Hydra Men

Tested and certified
dermatology safe



Size: Retail 50 mL,

About

Key Ingredients

Numerous amino acids.

Enhance regeneration oxygenation and breathing of the dermal cells.

Vegetal extracts from hypericum, calendula and may weed, synergised by vitamins B1 thiamine, B3 niacin, B6 pyridoxine, B8 biotin, B9 folic acid and I inositol and calcium, magnesium and potassium.

Enhance skin health alleviating a number of skin problems.

Astringent, antimicrobial, antiseptic, antibacterial, anti-inflammatory.

Healing and soothing.

SPF 5 sun filter.

Light sun protection.

Actions

Hydra Men supplies all the elements essential to the very core of the skin's cells.

It is nutritive and moisturising and gives a healthy look.

Use

Conditions

All male skin types.

Home Use

Morning

After cleaning skin with Men Gel, apply a small amount to the face and neck.

Lightly massage it in.

Can be used on hands.

Lift Men

Toning Anti-Wrinkles Cream

Men Line

Lift Men is an anti-age cream specifically formulated for the needs of male skins.

It tones the skin and smooths out wrinkles.

Lift Men



Size: Retail 50 mL

About

Key Ingredients

Compounds of porphyridium cruendum, spirulina and chlorella.

Stimulate the fibroblasts to increase the collagen production.

Support the synthesis of the extra cellular matrix

Increase cellular respiration.

A synergy of biological plant compounds providing essential amino-acids, methionine, alanine and phenylalanine, vitamins B1, B2, B6, B12, C, PP and E and calcium, magnesium, phosphorus and potassium.

Nutritive and remineralising.

Promotes cellular reactions.

Actions

Lift Men has noticeable and lasting firming effects.

It tones the skin and smooths out wrinkles.

It also helps control seborrhea.

Use

Conditions

All male skin types over 30 years of age.

Home Use

Morning and or Evening

After cleaning the skin with Men Gel, apply a very small amount to face and neck.

Lightly massage it in.

Can be followed by Hydra Men to nourish the skin cells.

L'homme by GERnétic

Energizing, refreshing and tonic gel cream.



Size: Retail 50mL

Adapted to men skin

This transversal treatment is adapted to men skin and prevents the effects of fatigue, stress and pollution.

About

Key Ingredients

Extracts of horsetail.

Rich in saponins and silica, particularly recommended to purify and tighten the pores of combination, oily or prone to imperfections skins. Regulate sebum, balance the skin throughout the day and restore firmness and elasticity to mature skin.

Ulva compressa.

This green algae rich in marine pentasaccharide acts by increasing the synthesis of the extracellular matrix and collagen, de facto improving the barrier function of even irritated skin.

Via the activation of protein synthesis, notably collagen I and II, it also optimizes the consistency of the skin corneal layer.

Tusli or Holy Basil.

A plant widely used in ayurvedic medicine, it has anti-inflammatory and energizing properties thanks to the ursolic acid it contains.

A cocktail of peptides.

Boosts cell metabolism and restores the vitality of the skin.

Actions

Skin anti-fatigue

Use

Conditions

Suitable for all skin types.

Home Use

Frequency:

Daily, morning or evening after cleaning the skin with **Men Gel**

Apply L'homme gel cream on a dry cleansed skin on the face and neck by gentle effleurages.

Salon Use

Activation:

Apply in small quantities on the face and neck by gentle effleurages until complete absorption.

Manno

Nutritive Hand Cream

Hand Care

Manno is the perfect cream to keep hands soft and flawless.



Size: Retail 40 mL/Salon 150 mL

About

Key Ingredients

A biological compound rich in amino acids, trace elements and vitamins B1, B2 and B6.
Helps the formation of epithelial tissues.

One lime extract rich in vitamin C.
Astringent and antiseptic, reduces ageing spots.

Sweet almond oil rich in essential fatty acids.
Soothing.

Actions

Manno has been especially developed to treat dry and damaged hands.

It is the perfect cream to keep the hands soft and white.

Manno also reduces age-related pigmentation spots.

Use

Conditions

Very beneficial to keep hands soft and ageless.

Home Use

Apply to hands at any time of the day or at night, especially after harsh housework.

Salon Use

Refer to Hand Treatment

Used as part of the Gernétic hand mask or at the end of a manicure.

Crème GG

Perfecting and Illuminating Cream

Make up Line

Gernétic expertise in Skin Care is now pushing the boundaries of Make-Up. Crème GG instantly transform the skin making it brighter and unified.



Size: Retail 30 mL tube

About

Key Ingredients

From the Vegetal Realm and Biotechnology

Ferments, peptides, oils and plant extracts, nutritive molecules, cell growth stimulator and natural skin anti-fatigue factor.

Internal effects

Crème GG associates all the necessary elements for proper cellular health and functions.

From the Mineral Realm

Pigments: insoluble colouring powders.

Iron (red, yellow and black) and titanium (white) oxides give their colour to the cream.

“Magic” microcapsules release the tinted micro-pigments when spread onto the skin.

Visual effects:

Provides colour, light reflection and soft touch. Mattifying and protective.

Silicone-free soft-focus microspheres

Soft-focus is a word borrowed from photography that defines the optical effect brought by the tiny particles in the product that disperse light and blur imperfections such as wrinkles.

Protective agents against UV

Actions

Focussing on Appearance and Beauty

The skin appears luminous
The skin regains its vitality
The skin is protected
The skin no longer shines, its touch is soft and powdery

About

A Perfect alchemy between plants and minerals

Presentation:

A smooth cream for an easy application.

Colour:

Lightly beige revealing its real tint when applied.

Fragrance: Elegant, floral and spicy.

Use

Skin Conditions

Ideal for all skin types all year round.

A single shade is adapted to all complexions:

Light complexion:

gives a healthy glowing look

Dark complexion:

evens out the skin tone and hides any imperfection

Home Use

As required

Apply *Crème GG* evenly to the entire face and neck as a day base for a natural effect on top of the necessary Gernétic Skin Care products.

Salon Use

Finishing Touch

Crème GG can be applied at the end of any Gernétic Skin Care Treatment.

L'Exquis

Eau de Parfum

L'Exquis was born from a strong desire to bring the essence of GERnétic products to life beyond skin care. This fresh fragrance is composed of citrus, floral and aquatic notes.

Discover the olfactory universe of GERnétic through L'Exquis.



Size: Retail 50 mL/15 mL

About

Key Ingredients

Top Note: Lime

Heart Note: Lavender, *marine notes*, lotus

Marine notes can be partially obtained from lotus, blue cypress, sea fennel or from watery fruits such as melon and watermelon. To recreate marine notes in an identical way, perfumers synthesise a scent from several sources. Fresh and iodized marine notes make L'Exquis so distinctive.

Base Note: Cedarwood, white musk

Actions

The first zesty notes of lime reveal a luminous acidic radiance.

Then the heart leads us to a vibrant freshness revealed by the marine notes. Lavender, known for its aromatic scent, is softened by the aquatic florality of lotus.

This floral heart finally warms up on the skin with the elegant cedar wood and the sensual white musk.

Use

End your beauty ritual by spritzing over the body. This is a luxurious sensory experience for those who want to discover the olfactory universe of GERnétic.

Ideal for your clients who love the GERnétic scent and for new clients who wish to discover the olfactory universe of GERnétic through L'Exquis.

Salon Use

At the end of the treatment, don't hesitate to spray L'Exquis on the client to finish the GERnétic experience in fragrance.

SKIN CARE TREATMENT

This chapter will give you examples of treatments that you can perform following the 8-step method.

Please note that these treatments can be individualized and combined according to the needs of your clients.

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- 3 Skin Care Step by Step
- 4 Vegetal Mask - Mineral Mask
- 5 Marine-Essence Mask - Method 1
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- 9 Preliminary Treatment
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- 19 Age Management Hormoecutic Treatment 50+
- 20 Skin Repair and Scars Treatment
- 21 Marine Lifting Treatment
- 22 Purifying Treatment
- 23 Acne Treatment
- 24 Clarifying Treatment
- 25 Hands Treatment

Allow for a 30-minute consultation to establish your client's program before the first treatment.

Allow 15 minutes after each subsequent treatment for follow-up and for home care explanations.

Program Outline

We recommend that the therapist who conducts the assessment or consultation and puts the program together be well trained in the Gernétic method.

A less-experienced person can then easily perform the treatments.

1 Consultation

A wellbeing assessment card has to be filled in by your client, then discuss her beauty concerns, recommend a salon treatment program and indicate the approximate number of treatments required.

- It is important that you fill in her completed prescription card and it is preferable at this stage to sell only basic home products to regenerate the cells. This will enable the skin to adapt to Gernétic before treatments begin and other home care products are introduced.
- Retail only the basic products: cleansing products and nutritive and protective day creams.
- Make sure that you show how to apply the products and which quantity to use. Mention also the possibility of the skin detoxifying effect.
- If you don't perform the 1st salon treatment immediately, book your client now.
- If the skin you are dealing with is healthy then recommend a maintenance program.
Refer to paragraph 5.

2 Salon Treatment Schedule

Treatments should be sold in blocks of three and performed once a week or once every second week. The skin condition will determine the number of treatments actually required.

Selling 3 treatments at a time means the investment is kept reasonable and it gives you flexibility in determining the number of treatments required. E.g. a skin of not so poor condition may only take 3 treatments. A skin that is in need of extra care may require 6 to 12 treatments.

The treatment program may begin straight away after the consultation or after one week of using the basic home products mentioned in paragraph 1.

3 First Treatment

To make the program 100% effective, it is essential that all products required for home use are gradually introduced on or after the 2nd treatment and when the client has no problem using the basic products. The daily use of home products will improve the results you have achieved with your salon treatment.

4 Third Treatment

Reassess your client's skin condition at the end of the 3rd and 6th treatments.

If further treatments are required, then your client may purchase another course of 3 treatments and another 3 after that if necessary, and so on.

When your client is satisfied with the results then refer to paragraph 5.

5 Maintenance

When your client is happy with her skin condition and you see no further need for intensive treatments, a maintenance program should be recommended.

Maintenance treatments are performed once a month.

Again, they may be sold in a block of 3.

You may wish to devise your own special offer at this stage. E.g. for every 11 treatments purchased the 12th one is free.

6 One very happy client

Your client needs to be looked after and, with this program, she will be yours forever.

Skin Care Step by Step

Products Used

Prepare

STEP #1 - Clean and exfoliate

Clean all skin types _____	Glyco and Fibro
Clean and exfoliate _____	Marine Gumming
Clean and purify oily skin, blackheads, pimples _____	Derma and Sebo Ger
Exfoliate <i>Not to be used on sensitive area</i> _____	Ger-Peel

STEP #2 - Select a Concentrate

Accelerate natural desquamation of epidermis dead cells _____	Flower Acid
Energise epidermis cells _____	Mito Special Plus

Care

STEP #3 - Select a Preliminary Mask *Skip if Flower Acid has been used or if your client has eczema or psoriasis...*

Decongest and reduce dark circles and puffiness _____	Eye Mask
Rejuvenate basal cells _____	Immuno Mask
Remineralize and energise cells _____	Marine Mask
Prepare the skin for the hydrating products _____	Hydra-Ger Mask
Purify and deep clean blackheads <i>Avoid if client is allergic to seaweed</i> _____	Marine Essence Mask

STEP #4 - Treat skin conditions *Skip if your client has eczema or psoriasis*

Couperose: Restructure capillary walls _____	Veinulo Special Plus
Couperose: Vascularise, decongest _____	Vasco
Oxygenate polluted lifeless skin _____	Ger-Oxy
Open pores, oiliness, blackheads _____	Octo
Seborrhoea, pimples, acne _____	Mixed and Oily
Sagging skin, loss of muscle tone _____	Myo/Myoso
Loss of dermal skin elasticity, fine wrinkles _____	Marine Ger-Lift
50+ Hormoecutic Age Management _____	Vital Transfer
Pigmentation spots _____	Lightening Concentrate
Pigmentation spots or dark skin _____	Lightening Cream

STEP #5 - Nourish epidermis cells

Nutrition for epidermis cells <i>To be done for all treatments</i> _____	Synchro
In certain cases like acne or very poor skin elasticity use _____	Immuno/Synchro mixed

STEP #6 - Add nutrition to epidermis cells

Wrinkles, ageing, scars, pigmentation, vitiligo _____	Nucléa
Fine, sensitive, dehydrated, inflamed skins, ageing _____	Cytobi
Dehydration, loss of dermal elasticity _____	Cells-Life Serum

Infuse

STEP #7 - Apply an infusing mask

Calm and soothe the skin _____	Argini Mask
Hydrate _____	Hydra-Ger Mask
Hydrate and slow down the ageing process _____	Anti-Ageing Peel off Mask
Nourish and soothe the skin _____	Vegetal Mask
Tone and deeply infuse <i>Avoid if client is claustrophobic</i> _____	Mineral Modeling Mask
Remineralize, nourish, tone <i>Avoid if client is allergic to seaweed</i> _____	Marine Essence Mask
Clarify the skin _____	Lightening Peel off Mask

STEP #8 - Finishing touch

For all skin types apply a very small quantity of _____	Synchro
For skin with tendency to be oily _____	Synchro 2000
For younger customers who wish to wear make-up, add _____	Tropo Plus
For customers who skin is affected by pollution _____	Ger-Oxy
For mature customers who wish to wear make-up, add _____	Symbiose or Marine Day

Vegetal Soothing Mask - Method of Application

Purpose

Professional infusing mask to be used at the end of a skin care treatment.
There is not any contra-indication to the use of the Vegetal Mask

Products

Vegetal Mask
1/2 bag is needed for a face treatment

Gauze
Polyester sheet

See demonstration on
Gernétic DVD

Procedure

STEP #7- Infuse

This mask is used over the specific creams that have been applied.
Mix 1/2 bag with 100 mL to 150 mL of very hot water to obtain a heavy dough.

Spread half on a large piece of gauze.

Fold the gauze over to make a poultice and apply on the upper part of the face.

Proceed similarly for the lower part of the face from nose down to the neck.

Cover with polyester foil.

Leave for 20 minutes.

Lift the gauze to remove the mask and clean skin with *Fibro Lotion*.

Finish with the application of a nutritive and a protective cream.

Mineral Self-Heating Mask - Method of Application

Purpose

Professional infusing mask to be used at the end of a skin care treatment.
Mineral Mask can be used for a face, bust and body treatment.

Products

Mineral Mask
Face: 1/2 bag with 125 mL of lukewarm water.
Bust: 1 bag with 250 mL of lukewarm water.
Body: 2 bags with 500 mL of lukewarm water.

Gauze
Polyester sheet

See demonstration on
Gernétic DVD

Procedure

STEP #7- Infuse

Specifically recommended for the Repairing Skin Care Treatments, as well as all Bust Treatments, Stretch Marks Treatments and Body Treatments.

Skin Care Treatment.

Use over the specific creams. Cover the face and neck with 2 pieces of gauze.

Mix 1/2 bag with 125 mL of water. Pour water in a bowl.

Sprinkle the powder over the water and leave it to absorb the water for 1 or 2 minutes.

Mix thoroughly and apply immediately with a spatula.

Cover with 2 pieces of polyester foil and remove after 15-20 minutes.

Marine Essence Mask - Method 1

Purpose

To be performed at the beginning of a skin care treatment to achieve a deep cleanse.
Ideal in case of blackheads and pimples.

Products

Glyco
Cleansing Milk
Fibro
Preparing Lotion
Ger-Peel
Exfoliating Cream
Octo
Purifying Cream
Marine-Essence
Seaweeds Mask
30g with 60 mL of warm
water
Marine Essence
Essential Oils
Gauze
Polyester foil
Two small sheets

See demonstration on
Gernétic DVD

Procedure

STEP #1- Clean and exfoliate

Remove eye make-up and lipstick with *Fibro* lotion.
Clean the skin, face and neck, with *Glyco* milk.
Complete cleansing with *Fibro* lotion, using a cotton pad.
Apply a thin coat of *Ger-Peel* and gentle massage with wet fingers for one minute or two.
Rinse thoroughly with warm water.

STEP #2

Skip

STEP #3 - Preliminary Mask

Apply *Octo* to blackheads.
Mix *Marine-Essence Seaweed Mask* with the water to obtain a creamy paste.
Add 10 to 12 sprays of *Marine-Essence Essential Oils* to the mask.
Cover your client's face and neck with a wet sheet of gauze.
Apply the mask in a thick layer with a brush.
If you have a Vapozone, you can now spray face and neck for a few minutes, and then cover with polyester foil sheets.
Leave for 15 minutes and remove the mask by lifting the gauze.
Rinse off residues with warm water.

If you wish to proceed with blackheads extraction you can do it now.
Octo will make it easier.

Carry on with the selected face treatment.

Marine Essence Mask - Method 2

Purpose

Can be performed at the end of a hydrating, firming, nutritive or anti-redness skin care treatment.

Products

Marine-Essence
Seaweeds Mask
30g with 60 mL of warm
water

Marine-Essence
Essential Oils

Gauze
Polyester foil
Two small sheets

See demonstration on
Gernétic DVD

Procedure

After the 6 first steps of the specific treatment apply this mask over the creams.

STEP #7 - Infuse

Mix *Marine-Essence Seaweed Mask* with the water to obtain a creamy paste.

Add 10 to 12 sprays of *Marine-Essence Essential Oils* to the mask.

Cover your client's face and neck with a wet sheet of gauze.

Apply the mask in a thick layer with a brush and cover with polyester foil sheets.

Leave for 15 minutes and remove the mask by lifting the gauze.

Rinse off residues with warm water.

STEP #8 - Finishing Touch

Apply a small quantity of Synchron and a protective cream.

Anti-Ageing Mask - Peel off supple mask

Purpose

Can be performed at the end of a hydrating, anti-age and intense anti-age skin care treatment.

Products

Anti-Ageing Mask
Powder Mask

Procedure

After the 6 first steps of Hydrating Treatment or Anti-Age Treatment or Intense Anti-Age Treatment apply this mask over the creams.

STEP #7 - Infuse

In a bowl put 3 measuring spoons of powder with 90ml of water at ambient temperature.

Mix thoroughly with a spatula for about 1 minute until smooth and even. (It is important to take the necessary time to smooth the mask, in order to avoid lumps).

Leave the mask to stand for 2 minutes in order to allow the active ingredients to dissolve.

Then apply the mask with a spatula in a semi-thick layer to the face, neck and décolletage. (Eye area may be avoided).

Ensure to leave thick enough edges to facilitate removal.

After 10 minutes loosen the edges of the mask and remove the film with a single gesture from the neck to the forehead.

Remove any residue with Fibro Lotion.

STEP #8 - Finishing Touch

Apply a small quantity of Synchro and a protective cream.

Lightening Mask - Peel off supple mask

Purpose

Can be performed at the end of a clarifying skin care treatment.

Products

Lightening Mask
Powder Mask

Procedure

After the 6 first steps of Clarifying Treatment apply this mask over the creams.

STEP #7 - Infuse

In a bowl put 3 measuring spoons of powder with 90ml of water at ambient temperature.

Mix thoroughly with a spatula for about 1 minute until smooth and even. (It is important to take the necessary time to smooth the mask, in order to avoid lumps).

Leave the mask to stand for 2 minutes in order to allow the active ingredients to dissolve.

Then apply the mask with a spatula in a semi-thick layer to the face, neck and décolletage. (Eye area may be avoided).

Ensure to leave thick enough edges to facilitate removal.

After 10 minutes loosen the edges of the mask and remove the film with a single gesture from the neck to the forehead.

Remove any residue with Fibro Lotion.

STEP #8 - Finishing Touch

Apply a small quantity of Synchron and a protective cream.

Preliminary Treatment

Purpose

The preliminary treatment gives you a choice of concentrates and masks to use in your treatment depending on your customer's skin condition.

Products

Glyco
Cleansing Milk
Fibro
Preparing Lotion
Ger-Peel
Exfoliating Cream
Flower Acid
Cells Renewal Concentrate
Or Mito Special
Energizing Concentrate

Masks to choose from:

Immuno
Regenerating Mask
Or
Hydra Ger
Hydrating Mask
Or
Marine Mask
Remineralizing Mask

Polyester foil
Two small sheets

See demonstration on
Gernétic DVD

Procedure

STEP #1 - Clean and exfoliate

Remove eye make-up and lipstick with *Fibro* lotion.
Apply *Glyco* all over face and neck by light strokes. Remove with soft tissues.
Two applications are advisable.
Finish the cleansing process using cotton pads damped with *Fibro*.
Apply a thin coat of *Ger-Peel*. Massage gently with wet fingers for one minute or two.
(Do not use Ger-Peel if Flower Acid is going to be applied on step 2)
Rinse off completely with warm water.

STEP #2 - Select and apply a Concentrate.

Avoid on very irritated skin or in case of inflamed acne, psoriasis, eczema...
Flower Acid to accelerate desquamation of dead cells.
Apply 15 to 20 sprays gently all over face and neck.
In this case do not use any mask in the next step.
Do not apply it around the eyes area.
Or
Mito Special Plus to enhance cellular reaction.
Apply 10 to 12 sprays gently all over face and neck.

STEP #3 - Select and apply a Preliminary Mask

Avoid on very irritated skin or in case of inflamed acne, psoriasis, eczema...
Apply *Eye Mask* and select a mask.
Immuno to enhance cellular rejuvenation.
Or
Marine Mask to energise tired skin
Or
Hydra-Ger to enhance hydration.
Apply the selected mask all over face and neck and gentle massage it in.
Cover face and neck with polyester foil sheets. Leave for 5 to 10 minutes.
Rinse off completely with warm water.

Follow with a specific treatment:

Wellbeing, Cellular Regeneration, Hydrating, Oxygenating, Capillaries Rejuvenating, Anti-age, Repairing.
Your Client's skin is now ready to get the most from it.

*This Treatment can also be performed as an express 30-minute treatment, in that case just follow with a small application of *Synchro* and a protective cream.*

Radiant Eyes Treatment

Purpose

To reduce wrinkles, puffiness and dark circles around eyes.

Products

Glyco
Cleansing Milk
Fibro
Preparing Lotion
Eye Mask
Decongesting
Eye Gel
Hydrating
Or
Lift Cream
Decongesting Lifting
Myo/Myoso
Toning Cream
Synchro
Regenerating Cream
Cytobi
Regenerating Cream
Cells-Life
Hydrating Serum
Argini
Soothing Mask
Vegetal Mask
1/3 of bag with hot water
Soothing Nutritive Mask

Gauze
Polyester foil
One small sheet

*See demonstration on
Gernétic DVD*

Procedure: Prepare

STEP #1 - Clean and exfoliate

If necessary remove eye make-up and lipstick with *Fibro*.
Apply *Glyco* all over face and neck by light strokes. Remove with soft tissues.
Two applications are advisable.
Finish the cleansing process using cotton pads dampened with *Fibro*.

STEP #2 - Skip

STEP #3 - Select and apply a Preliminary Mask

Apply a moderate layer of *Eye Mask* to the eye area.
Cover with polyester foil. Leave for 5 minutes.
Rinse off lightly with lukewarm water.

Procedure: Care

STEP #4 - Treat skin conditions

Apply a small amount of *Eye Gel* Or *Lift Cream* around the eyes with light circular movements and some *Myo/Myoso*. Massage in gently.

STEP #5 - Nourish epidermis cells

Perform a relaxing massage around the eyes with *Synchro* for few minutes using specific relaxation, draining and anti-wrinkle techniques.
Do not rinse off.

STEP #6 - Add nutrition to epidermis cells

Apply a small amount of *Cytobi* and a few drops of *Cells-Life* and massage gently.

Procedure: Infuse

STEP #7 - Infuse nutritional molecules with a selected mask

Mix *Vegetal Mask* with the water to obtain a heavy dough.
Add a small quantity of *Argini* to the prepared *Vegetal Mask* and put this mix into a sheet of gauze and apply it to eye area.
Cover with polyester foil. Leave for 10 minutes.
Remove residues of mask with *Fibro*.

STEP #8 - Finishing Touch

Finish with the application of *Eye-Gel* Or *Lift Cream* and *Synchro*.

A course of 3 or 6 treatments once a week is recommended

Home treatment:

Refer to the Gernétic Home Treatment File "Age Management"

Discovery Treatment

Purpose

This Treatment can be performed on all skin types as an introduction to Gernétic or when little time is available. Discovery Treatment brings essential nutrition and achieve a healthy glow.

Products

Glyco
Cleansing Milk
Fibro
Preparing Lotion
Synchro
Regenerating Cream
Eye Mask
Decongesting
Argini
Soothing Cream Mask
Polyester foil
Two small sheets
Ger-Oxy
Oxygenating Cream

*See demonstration on
Gernétic DVD*

Procedure: Prepare

STEP #1 - Clean and exfoliate

If necessary, remove eye make-up and lipstick with *Fibro*.

Apply *Glyco* all over face and neck by light strokes. Remove with soft tissues.

Two applications are advisable.

Finish the cleansing process using cotton pads damped with *Fibro*.

STEP #2 - Skip

STEP #3 - Skip

Procedure: Care

STEP #4 - Skip

STEP #5 - Nourish epidermis cells

Perform a gentle massage of the face, neck and eye area with *Synchro* for 5 minutes. Do not remove the cream.

STEP #6 - Skip

Procedure: Infuse

STEP #7 - Infuse nutritional molecules with a selected mask

Apply a moderate layer of *Eye Mask* around the eye area.

Then apply a thick layer of *Argini* all over face and neck by light massage.

Cover face and neck with polyester foil sheets. Leave for 5 minutes.

Rinse off completely with lukewarm water.

STEP #8- Finishing Touch

Apply *Ger-Oxy*.

Home treatment:

Refer to the Gernétic Home Treatment File "Hydrate and Soothe"

Wellbeing Treatment

Purpose

This Treatment can be performed on all skin types as an introduction to Gernétic or when an inexpensive treatment is requested. Wellbeing Treatment brings essential nutrition and keeps the skin healthy.

Products

Glyco
Cleansing Milk
Fibro
Preparing Lotion
Mito Special Plus
Cell Energizing Concentrate
Eye Mask
Decongesting
Immuno
Regenerating Mask
Ger-Oxy
Oxygenating Cream
Synchro
Regenerating Cream
Argini
Soothing Mask
Polyester foil
Two small sheets
Symbiose
Protective Nutritive cream

*See demonstration on
Gernétic DVD*

Procedure: Prepare

STEP #1 - Clean and exfoliate

If necessary, remove eye make-up and lipstick with *Fibro*.
Apply *Glyco* all over face and neck by light strokes. Remove with soft tissues.
Two applications are advisable.
Finish the cleansing process using cotton pads dampened with *Fibro*.

STEP #2 - Select and apply a Concentrate.

Apply 15 sprays of *Mito Special Plus* to enhance cellular reaction.

STEP #3 - Select and apply a Preliminary Mask

Apply a moderate layer of *Eye Mask* around the eye area.
Then apply a teaspoon of *Immuno* all over the face and neck by light massage to enhance cellular rejuvenation.
Cover face and neck with polyester foil sheets. Leave for 10 minutes.
Rinse off lightly with lukewarm water.

Procedure: Care

STEP #4 - Treat skin conditions

Apply a small amount of *Ger-Oxy* all over to activate micro-circulation.

STEP #5 - Nourish epidermis cells

Perform a gentle massage of the face, neck and eye area with *Synchro* for 10 to 15 minutes. Do not remove the creams.

STEP #6 - Skip

Procedure: Infuse

STEP #7 - Infuse nutritional molecules with a selected mask

Apply a thick layer of *Argini* all over face and neck by light massage.
Cover face and neck with polyester foil sheets. Leave for 15 minutes.
Rinse off completely with lukewarm water.

STEP #8- Finishing Touch

Apply *Ger-Oxy* or *Symbiose*.

Home treatment:

Refer to the Gernétic Home Treatment File "Hydrate and Soothe"

Cellular Regeneration Treatment

Purpose

To achieve a glowing look by accelerating natural desquamation of dead cells and by nourishing the living cells. Avoid this treatment on very irritated skin or in case of inflamed acne, psoriasis, eczema...

Products

Glyco
Cleansing Milk
Fibro
Preparing Lotion
Flower Acid
Cell Renewal Concentrate
Synchro
Regenerating Cream
Cytobi
Regenerating Cream
Argini
Soothing Mask
Cells-Life
Revitalizing Serum

Polyester foil
Two small sheets

See demonstration on
Gernétic DVD

Procedure: Prepare

STEP #1 - Clean and exfoliate

If necessary, remove eye make-up and lipstick with *Fibro*.

Apply *Glyco* all over face and neck by light strokes. Remove with soft tissues.

Two applications are advisable.

Finish the cleansing process using cotton pads damped with *Fibro*.

STEP #2 - Select and apply a Concentrate.

Apply 15 to 20 sprays of *Flower Acid* to face and neck, avoiding eye area. Pat it in gently.

Leave for 5 minutes. Do not rinse off.

STEP #3 - Skip

Procedure: Care

STEP #4 - Skip

STEP #5 - Nourish epidermis cells

Perform a gentle massage of the face, neck and eye area with *Synchro* for 10 to 15 minutes. Do not remove the cream.

STEP #6 - Add nutrition to epidermis cells

Follow with the application of a small amount of *Cytobi*.

Procedure: Infuse

STEP #7 - Infuse nutritional molecules with a selected mask

Apply a thick layer of *Argini* all over face and neck by light massage. Cover face and neck with polyester foil sheets. Leave for 15 minutes. Rinse off completely with lukewarm water.

STEP #8- Finishing Touch

Apply a few drops of *Cells Life* and a small amount of *Synchro* and *Cytobi*.

Home treatment:

Refer to the *Gernétic Home Treatment File "Age Management"*

A course of 6 to 12 treatments, once a week, is recommended.

Hydrating Treatment

Purpose

To nourish, hydrate and soothe dehydrated skin.

Products

Glyco
Cleansing Milk
Fibro
Preparing Lotion
Eye Mask
Decongesting Mask
Hydra-Ger
Hydrating Mask
Ger-Oxy
Oxygenating Cream
Synchro
Regenerating Cream
Cytobi
Regenerating Cream
Cells-Life
Hydrating Serum

Masks to choose from:

Anti-Ageing Mask
Peel off Supple Mask

Or

Marine Essence
Seaweeds Mask & Ess Oils

Gauze

Polyester foil
Four small sheets

Symbiose
Protective Nutritive cream

See demonstration on
Gernétic DVD

Procedure: Prepare

STEP #1 - Clean and exfoliate

If necessary, remove eye make-up and lipstick with *Fibro*.

Apply *Glyco* all over face and neck by light strokes. Remove with soft tissues.

Two applications are advisable.

Finish the cleansing process using cotton pads dampened with *Fibro*.

STEP #2 - Skip

STEP #3 - Select and apply a Preliminary Mask

Apply a moderate layer of *Eye Mask* to the eye contour area.

Then apply a teaspoon of *Hydra-Ger* all over the face and neck by light massage to enhance hydration.

Cover face and neck with polyester foil sheets. Leave for 10 minutes.

Rinse off lightly with lukewarm water.

Procedure: Care

STEP #4 - Treat skin conditions

Apply a small amount of *Ger-Oxy* all over to activate micro-circulation.

STEP #5 - Nourish epidermis cells

Perform a gentle massage of the face, neck and eye area with *Synchro* for 10 to 15 minutes. Do not remove the cream.

STEP #6 - Add nutrition to epidermis cells

Apply a small quantity of *Cytobi* all over face, neck and eye contour area as well as 10 to 12 drops of *Cells-Life*.

Procedure: Infuse

STEP #7 - Infuse nutritional molecules with a selected mask:

Apply *Peel-off Anti-Ageing Mask* directly to the skin of the face and neck.

Eye area may be avoided. Leave for 10 minutes. Do not cover this mask.

Refer for procedure to Anti-Ageing Mask - page 4. 07

Or apply *Marine-Essence Mask* over the gauze. Cover face and neck with polyester foil sheets. Leave for 15 minutes.

Refer to Marine-Essence Face Mask 2 - page 4-06

Rinse off completely with lukewarm water.

STEP #8 - Finishing Touch

Apply a few drops of *Cells Life* and a small amount of *Synchro* and *Cytobi*.

Home treatment:

Refer to the Gernétic Home Treatment File "Hydrate and Soothe"

Oxygenating Treatment

Purpose

To relax your customer by giving her a very pleasant experience.
Can also be performed as an introduction to the Gernétic treatments.

Products

Glyco
Cleansing Milk
Fibro
Preparing Lotion
Eye Mask
Decongesting Mask
Immuno
Regenerating Mask
Ger-Oxy
Oxygenating Cream
Synchro
Regenerating Cream
Cytobi
Regenerating Cream

Masks to choose from:
Hydrating Mask

Or
Marine Essence
Seaweeds Mask & Ess Oils

Gauze
Polyester foil
Four small sheets

See demonstration on
Gernétic DVD

Procedure: Prepare

STEP #1 - Clean and exfoliate

If necessary, remove eye make-up and lipstick with *Fibro*.
Apply *Glyco* all over face and neck by light strokes. Remove with soft tissues.
Two applications are advisable.
Finish the cleansing process using cotton pads damped with *Fibro*.

STEP #2 - Skip

STEP #3 - Select and apply a Preliminary Mask

Apply a moderate layer of *Eye Mask* to the eye contour area.
Then apply all over the face and neck by light massage, a teaspoon of *Immuno* to enhance regeneration.
Cover face and neck with polyester foil sheets. Leave for 10 minutes.
Rinse off lightly with lukewarm water.

Procedure: Care

STEP #4 - Treat skin conditions

Apply a small amount of *Ger-Oxy* all over to activate micro-circulation.

STEP #5 - Nourish epidermis cells

Perform a gentle massage of the face, neck and eye area with *Synchro* for 10 to 15 minutes. Do not remove the cream.

STEP #6 - Add nutrition to epidermis cells

Apply a small quantity of *Cytobi* all over face, neck and eye contour area.
Leave all creams. Do not rinse them off.

Procedure: Infuse

STEP #7 - Infuse nutritional molecules with a selected mask

Use *Hydra-Ger* to hydrate, apply it all over face and neck by light massage.
Or apply over gauze *Marine~Essence Mask* to remineralize.
Refer to Marine-Essence Method 2 page 6.
Cover mask with polyester sheets and leave for 15 minutes.
Rinse off mask completely with lukewarm water.

STEP #8 - Finishing Touch

Finish with a small quantity of *Synchro* and *Ger-Oxy*.

Home treatment:

Refer to the Gernétic Home Treatment File "Hydrate and Soothe"

Capillaries Rejuvenating Treatment

Purpose

To calm, decongest, strengthen and nourish capillary walls thus reducing couperose.

Products

Glyco
Cleansing Milk
Fibro
Preparing Lotion
Eye Mask
Decongesting Mask
Synchro
Regenerating Cream
Immuno
Regenerating Mask
Veinulo Special Plus
Capillary Concentrate
Vasco
Decongesting Cream

Cytobi
Soothing Cream

Masks to choose from:

Argini
Soothing Mask
Or
Marine Essence
Seaweeds Mask & Ess Oils

Gauze
Polyester foil
Four small sheets

Symbiose
Protective Nutritive cream

See demonstration on
Gernétic DVD

Procedure: Prepare

STEP #1 - Clean and exfoliate

If necessary, remove eye make-up and lipstick with *Fibro*.
Apply *Glyco* all over face and neck by light strokes. Remove with soft tissues.
Two applications are advisable.
Finish the cleansing process using cotton pads damped with *Fibro*.

STEP #2 - Skip

STEP #3 - Select and apply a Preliminary Mask

Apply a moderate layer of *Eye Mask* to the eye contour area.
Apply a small quantity of *Synchro* on capillaries.
Then apply a teaspoon of *Immuno* all over the face and neck by light massage to enhance cellular rejuvenation.
Cover face and neck with polyester foil sheets. Leave for 10 minutes.
Rinse off lightly with lukewarm water.

Procedure: Care

STEP #4 - Treat skin conditions

Apply few sprays of *Veinulo Special Plus* on blotched areas and follow with a small quantity of *Vasco*.

STEP #5 - Nourish epidermis cells

Perform a gentle massage of the face, neck and eye area with *Synchro* for 10 to 15 minutes. Do not remove the cream.

STEP #6 - Add nutrition to epidermis cells

Apply a small quantity of *Cytobi* all over face, neck and eye contour area.
Leave all creams. Do not rinse them off.

Procedure: Infuse

STEP #7 - Infuse nutritional molecules with a selected mask

Use *Argini* to soothe, apply it all over face and neck by light massage .
Or use *Marine~Essence Mask* to remineralize.
Refer to Marine-Essence Face Mask 2 page 6.
Cover mask with polyester sheets and leave for 15 minutes.
Rinse off completely with lukewarm water.

STEP #8 - Finishing Touch

Apply a small quantity of *Synchro* and *Symbiose*.

Home treatment:

Refer to the Gernétic Home Treatment File "Hydrate and Soothe"

Sensitive Skin Treatment

Purpose

To calm and nourish allergic and problem prone skins, and to reinforce its immunity.
This treatment is ideal to introduce a new customer to Gernétic.

Products

Glyco
Cleansing Milk
Fibro
Preparing Lotion
Synchro
Regenerating Cream
Cytobi
Soothing Cream
Argini
Soothing Mask
Vegetal
Soothing Nutritive Mask

Gauze
Polyester foil
Two small sheets

See demonstration on
Gernétic DVD

Procedure: Prepare

STEP #1 - Clean

If necessary, remove eye make-up and lipstick with *Fibro*.
Apply *Glyco* all over face and neck by light strokes. Remove with soft tissues.
Two applications are advisable.
Finish the cleansing process using cotton pads damped with *Fibro*.

STEP #2 - Skip

STEP #3 - Skip

Procedure: Care

STEP #4 - Skip

STEP #5 - Nourish epidermis cells

Perform a gentle massage of the face, neck and eye area with *Synchro* for 10 minutes. Do not remove the cream.

STEP #6 - Add nutrition to epidermis cells

Apply a small quantity of *Cytobi* all over face, neck and eye area.
Leave all creams. Do not rinse them off.

Procedure: Infuse

STEP #7 - Infuse nutritional molecules with a selected mask

Apply a thin layer of *Argini* mask all over face and neck and massage it in gently
Follow with the application of *Vegetal Mask* between 2 sheets of gauze. Cover face and neck with polyester foil. Leave for 15 minutes.
Refer to Vegetal Mask page 4 for method of application.
Lift the gauze to remove the mask and clean the skin with lukewarm water.

STEP #8 - Finishing Touch

Apply a small quantity of *Cytobi*.

Home treatment:

Refer to the Gernétic Home Treatment File "Hydrate and Soothe"

Age Management Treatment

Purpose

To reduce deepness of wrinkles and to improve skin's tone and elasticity as well as energizing, nourishing and hydrating the skin.

Products

Glyco
Cleansing Milk
Fibro
Preparing Lotion
Marine Cleanser
Exfoliating Gel
Mito Special Plus
Energizing Concentrate
Eye Mask
Decongesting Mask
Immuno
Regenerating Mask
Myo/Myoso
Toning Lifting Cream
Ger-Lift
Anti-Wrinkles Cream
Synchro
Regenerating Cream
Nucléa
Repairing Cream
Cytobi
Regenerating Cream
Masks to choose from:
Anti-Ageing Mask
Peel off Supple Mask
Or Argini
Soothing Mask
and Vegetal
Soothing Nutritive Mask
Or Marine Essence
Seaweeds Mask & Ess Oils
Or Mineral Mask
Self Heating Infusing Mask
Gauze
Polyester foil
Four small sheets
Cells-Life
Revitalizing Serum
Symbiose
Protective Nutritive cream

See demonstration on
Gernétic DVD

Procedure: Prepare

STEP #1 - Clean and exfoliate

If necessary, remove eye make-up and lipstick with *Fibro*.
Apply *Glyco* all over face and neck by light strokes. Remove with tissues.
Then clean the skin with *Marine Guming*, gentle massage with wet hands for 1 or 2 minutes. Rinse off with warm water.

STEP #2 - Select and apply a Concentrate.

Apply all over face and neck 10 to 12 sprays of *Mito Special Plus* to enhance cellular reaction.

STEP #3 - Select and apply a Preliminary Mask

Alternate between those masks at each treatment.

Apply a moderate layer of *Eye Mask* to the eye contour.

Apply a teaspoon of *Immuno* all over the face and neck by light massage to enhance cellular regeneration,

Procedure: Care

STEP #4 - Treat skin conditions

Apply *Myo/Myoso* to areas where a loss of elasticity is noticeable, including neck, lips and eye contour, then apply *Ger-Lift*.

STEP #5 - Nourish epidermis cells

Perform a gentle massage of the face, neck and eye area with *Synchro* for 10 to 15 minutes. Do not remove the cream.

STEP #6 - Add nutrition to epidermis cells

Apply a small quantity of *Nucléa* to wrinkles and/or scars.

Apply a small quantity of *Cytobi* all over face and neck.

Leave all creams. Do not rinse them off.

Procedure: Infuse

STEP #7 - Infuse nutritional molecules with a selected mask

Apply *Peel-off Anti-Ageing Mask* directly to the skin of the face and neck. Eye area may be avoided. Leave for 10 minutes. Do not cover this mask.

Refer for procedure to *Anti-Ageing Mask* - page 4-07.

Or apply *Argini* followed by *Vegetal Mask* to soothe and nourish.

Refer to *Vegetal Mask* page 4-04 for method of application.

Or apply *Marine-Essence Mask* to remineralize.

Refer to *Marine-Essence Mask* method 2 page 4-06.

Or apply *Mineral Self Heating Mask* to infuse.

Refer to *Mineral Mask* page 4-04 for method of application.

Cover masks with polyester sheets and leave for 15 minutes.

Rinse off completely with lukewarm water.

STEP #8 - Finishing Touch

Apply 12 drops of *Cells-Life*, a small amount of *Synchro* and *Symbiose*.

Home treatment:

Refer to the *Gernétic Home Treatment File "Age Management"*

Age Management Hormocephic Treatment 50+

Purpose

To bring essential nutritive molecules to the skin for optimal functioning.
It complements the Gernétic holistic approach for mature women.

Products

Glyco
Cleansing Milk
Fibro
Preparing Lotion
Mito Special Plus
Energizing Concentrate
Eye Mask
Decongesting Mask
Immuno
Regenerating Mask
Or Marine Mask
Remineralizing Mask
Concentré Réparateur
Repairer Serum
Myo/Myoso
Toning Lifting Cream
Vital Transfer
Hormocephic Cream
Synchro
Regenerating Cream
Cytobi
Regenerating Cream

Masks to choose from:
Anti-Ageing Mask
Peel off Supple Mask
Or Marine Essence
Seaweeds Mask & Ess Oils

Gauze
Polyester foil
Four small sheets
Cells Life
Hydrating Serum

Crème Jeunesse
Protective Cream

Procedure: Prepare

STEP #1 - Clean and exfoliate

If necessary, remove eye make-up and lipstick with *Fibro*.
Apply *Glyco* all over face and neck by light strokes. Remove with tissues.
Then finish cleaning the skin deeply by using *Fibro* lotion on cotton pad.

STEP #2 - Select and apply a Concentrate.

Apply all over face and neck 10 to 12 sprays of *Mito Special Plus* to enhance cellular reaction.

STEP #3 - Select and apply a Preliminary Mask

Alternate between those masks at each treatment.

Apply a moderate layer of *Eye Mask* to the eye contour.

Apply a teaspoon of *Immuno* all over the face and neck by light massage to enhance cellular regeneration

Or *Marine Mask* to energise the skin .

Procedure: Care

STEP #4 - Treat skin conditions

Apply a moderate quantity of *Concentré Réparateur* all over the face and neck.

Apply *Myo/Myoso* to areas where a loss of elasticity is noticeable, including neck, and eye contour.

Apply *Vital Transfer* all over the face, including the neck.

STEP #5 - Nourish epidermis cells

Perform a gentle massage of the face, neck and eye area with *Synchro* for 10 to 15 minutes. Do not remove the cream.

STEP #6 - Add nutrition to epidermis cells

Apply a small quantity of *Cytobi* all over face and neck.

Leave all creams. Do not rinse them off.

Procedure: Infuse

STEP #7 - Infuse nutritional molecules with a selected mask

Apply *Peel-off Anti-Ageing Mask* directly to the skin of the face and neck. Eye area may be avoided. Leave for 10 minutes. Do not cover this mask.

Refer for procedure to Anti-Ageing Mask - page 4-07.

Or apply *Marine-Essence Mask* to remineralize.

Refer to Marine-Essence Mask method 2 page 4-06.

Cover masks with polyester sheets and leave for 15 minutes.

Rinse off completely with lukewarm water.

STEP #8 - Finishing Touch

Apply 12 drops of *Cells-Life*, follow with the application of *Crème Jeunesse*.

Home treatment:

Refer to the Gernétic Home Treatment File "Hormocephic"

Skin Repair and Scars Treatment

Purpose

To regenerate the skin thus reducing the depth of wrinkles and/or to improve scars.

Products

Glyco
Cleansing Milk
Fibro
Preparing Lotion
Mito Special Plus
Energizing Concentrate
Eye Mask
Decongesting Mask
Immuno
Regenerating Mask
Vasco
Decongesting Cream
Synchro
Regenerating Cream
Nucléa
Repairing Cream
Cytobi
Regenerating Cream
Cells-ife
Revitalizing Serum
Mineral
Self Heating Infusing Mask
Gauze
Polyester foil
Four small sheets
Symbiose
Protective Nutritive cream

*See demonstration on
Gernétic DVD*

Procedure: Prepare

STEP #1 - Clean

If necessary, remove eye make-up and lipstick with *Fibro*.
Apply *Glyco* all over face and neck by light strokes.
Remove with soft tissues. Two applications are advisable.
Finish the cleansing process using cotton pads dampened with *Fibro*.

STEP #2 - Select and apply a Concentrate.

Apply 10 to 12 sprays of *Mito Special Plus* gently all over face and neck to enhance cellular reaction.

STEP #3 - Select and apply a Preliminary Mask

Apply a moderate layer of *Eye Mask* to the eye contour area.
Apply a teaspoon of *Immuno* all over the face and neck by light massage to enhance cellular regeneration.
Cover face and neck with polyester foil sheets. Leave for 10 minutes.
Rinse off lightly with lukewarm water.

Procedure: Care

STEP #4 - Treat skin conditions

Apply *Vasco* all over face and neck using light massages to vascularize the skin thus enhancing regeneration.

STEP #5 - Nourish epidermis cells

Perform a gentle massage of the face, neck and eye area with *Synchro* for 10 to 15 minutes. Do not remove the cream.

STEP #6 - Add nutrition to epidermis cells

Apply a small quantity of *Nucléa* to wrinkles and/or scars.
Apply a small quantity of *Cytobi* all over face and neck.
Apply about 12 drops of *Cells Life* to more delicate areas including eye contour and neck.
Leave all creams. Do not rinse them off.

Procedure: Infuse

STEP #7 - Infuse nutritional molecules with a selected mask

Cover the face and neck with gauze.
Apply *Mineral Self Heating Mask* to infuse the active ingredients.
Refer to Mineral Mask page 4 for method of application.
Cover the mask with polyester foil sheets.
Leave for 15 minutes and remove the mask by lifting the gauze.
Rinse off residues with *Fibro*.

STEP #8 - Finishing Touch

Apply few drops of *Cells-Life* and a small amount of *Synchro* and *Symbiose*.

Home treatment:

Refer to the *Gernétic Home Treatment File "Age Management"*

Marine lifting Treatment

Purpose

To encourage the production of collagen and elastin reducing wrinkles and achieving a smoother skin.
A course of 6 treatments, once a week, is recommended.

Products

Fibro
Preparing Lotion
Marine Cleanser
Exfoliating Gel
Marine Mask
Remineralizing Mask
Ger-Lift
Anti-Wrinkles Cream
Synchro
Regenerating Cream
Marine~Essence
Seaweeds Mask
30g with 60 mL of warm water
Marine~Essence
Essential Oils
12 to 15 sprays
Gauze
Polyester foil
Four small sheets
Marine Day
Remineralizing cream

See demonstration on
Gernétic DVD

Procedure: Prepare

STEP #1 - Clean and exfoliate

If necessary, remove eye make-up and lipstick with *Fibro*.
Clean the skin with *Marine Guming*, gentle massage with wet hands for 1 or 2 minutes. Rinse off with warm water.

STEP #2 - Skip

STEP #3 - Select and apply a Preliminary Mask

Apply one teaspoon of *Marine Mask* using light massages all over face and neck.

Cover face and neck with polyester foil sheets. Leave for 10 minutes.
Rinse off lightly with lukewarm water.

Procedure: Care

STEP #4 - Treat skin conditions

To stimulate collagen production, apply 1/2 teaspoon of *Ger-Lift*, focusing on deep wrinkles and neck.

STEP #5 - Nourish epidermis cells

Perform a gentle massage of the face, neck and eye area with *Synchro* for 10 minutes. Do not remove the cream.

STEP #6 - Skip

Procedure: Infuse

STEP #7 - Infuse nutritional molecules with a selected mask

Refer to *Marine-Essence Mask method 2 page 6*.

Mix *Marine-Essence Seaweed Mask* with warm water to obtain a creamy paste.

Add *Marine-Essence Essential Oils* to the paste.

Cover your client's face and neck with a wet sheet of gauze.

Apply the mask in a thick layer with a brush and cover with polyester foil sheets.

Leave for 15 minutes and remove the mask by lifting the gauze.

Rinse off residues with warm water.

STEP #8 - Finishing Touch

Apply a small amount of *Synchro and Marine Day*.

Home treatment:

Refer to the *Gernétic Home Treatment File "Age Management"*

Purifying Treatment

Purpose

To achieve a deep cleansing of the skin and eliminate blackheads, reduce oiliness and pimples.

Products

Glyco
Cleansing Milk
Fibro
Preparing Lotion
Or Derma
Liquid Cleanser
Ger-Peel
Exfoliating Cream
Octo
Purifying Cream
Marine-Essence
Seaweeds Mask
Need 30g with 60 mL of very warm water
Marine Essence
Essential Oils
Sebo-Ger
Purifying Lotion
Mixed and Oily
Purifying Cream
Synchro
Regenerating Cream
Immuno
Regenerating Mask
Cytobi
Soothing Cream
Argini
Soothing Mask
Gauze
Polyester foil
Four small sheets
Synchro 2000
Light Regenerating Cream

See demonstration on
Gernétic DVD

Procedure: Prepare

STEP #1 - Clean and exfoliate

If necessary, remove eye make-up and lipstick with *Fibro*.
Apply *Glyco* all over face and neck by light strokes.
Remove with soft tissues. Two applications are advisable.
Finish the cleansing process using cotton pads damped with *Fibro*.

Alternatively apply *Derma* all over face and neck by light massage, remove it with water and finish with *Fibro*.

Apply a thin coat of *Ger-Peel* on the T-zone only, avoiding pimples.
Gentle massage it with wet fingers for one minute or two.
Rinse thoroughly with warm water.

STEP #2 - Skip

STEP #3 - Select and apply a Preliminary Mask

Apply *Octo* to blackheads.
Refer to Marine-Essence Mask method 1 page 5.
Mix *Marine-Essence Seaweed Mask* with water to obtain a creamy paste.
Add 10 to 12 sprays of *Marine-Essence Essential Oils* to the paste.
Cover your client's face and neck with a wet sheet of gauze and apply the mask in a thick layer with a brush. Cover with polyester foil sheets.
Leave for 15 minutes and remove the mask by lifting the gauze.
Rinse off residues with warm water.
If you wish to proceed with blackheads extraction you can do it now.

Procedure: Care

STEP #4 - Treat skin conditions

Apply *Sebo-Ger* to purify the skin then apply *Mixed and Oily* on all areas of blackheads, pimples...

STEP #5 - Nourish epidermis cells

Mix 1/2 teaspoon *Immuno* with 1/2 teaspoon of *Synchro* and perform a gentle massage for few minutes. Do not rinse off.

STEP #6 - Add nutrition to epidermis cells

Apply a small quantity of *Cytobi* all over face and neck.

Procedure: Infuse

STEP #7 - Infuse nutritional molecules with a selected mask

Apply a thick layer of *Argini* mask all over face and neck by light massage. Cover mask with polyester sheets and leave for 15 minutes.
Rinse off mask completely with lukewarm water.

STEP #8 - Finishing Touch

Apply *Sebo Ger* and *Mixed and Oily* and follow with *Synchro 2000*.

Home treatment:

Refer to the Gernétic Home Treatment File "Clear Complexion"

Acne Treatment

Purpose

To bring acneic skins back to normal and to improve skin immunity.
This treatment can be alternated with Purifying Treatment.

Products

Fibro
Preparing Lotion
Derma
Liquid Cleanser
Ger-Peel
Exfoliating Cream
Sebo-Ger
Purifying Lotion
Mito Special Plus
Energizing Concentrate
Mixed and Oily
Purifying Cream
Immuno
Regenerating Mask
Synchro
Regenerating Cream
Cytobi
Soothing Cream
Mineral
Self Heating Infusing Mask

Gauze
Polyester foil
Four small sheets

See demonstration on
Gernétic DVD

Procedure: Prepare

STEP #1 - Clean and exfoliate

If necessary, remove eye make-up and lipstick with *Fibro*.
Apply some *Derma* all over face and neck by light massage and remove it with warm water.
Finish the cleansing process using cotton pads damped with *Fibro*.
Apply a thin coat of *Ger-Peel* on the T-zone only avoiding pimples.
Gentle massage with wet fingers for one minute or two.
Rinse thoroughly with warm water.

STEP #2 - Select and apply a Concentrate.

Apply all over face and neck 10 to 12 sprays of *Mito Special Plus* to enhance repair.

Avoid if inflamed acne.

STEP #3 - Skip

Procedure: Care

STEP #4 - Treat skin conditions

Apply some *Sebo-Ger* lotion and *Mixed and Oily* cream on all areas of blackheads, pimples...

STEP #5 - Nourish epidermis cells

Mix 1/2 teaspoon *Immuno* with 1/2 teaspoon of *Synchro* and perform a gentle massage for five minutes maximum. Do not rinse off.

STEP #6 - Add nutrition to epidermis cells

Apply a small amount of *Cytobi* on pimples to soothe the skin and enhance the skin immunity.

Procedure: Infuse

STEP #7 - Infuse nutritional molecules with a selected mask

Cover the face and neck with gauze.
Apply *Mineral Self Heating Mask* to infuse the active ingredients.
Refer to Mineral Mask for method of application page 4.
Cover with polyester foil sheets.
Leave for 15 minutes and remove the mask by lifting the gauze.
Rinse off residues with *Fibro*

STEP #8 - Finishing Touch

Apply *Sebo Ger* and *Mixed and Oily* and follow with a small amount of *Synchro*.

Home treatment:

Refer to the Gernétic Home Treatment File "Clear Complexion"

A course of 6 treatments, once a week, is recommended.

Clarifying Treatment

Purpose

To reduce pigmentation spots or to lighten dark skin.
Avoid this treatment on inflamed skin.

Products

Glyco
Cleansing Milk
Fibro
Preparing Lotion
Mito Special Plus
Energizing Concentrate
Immuno
Regenerating Mask
Lightening Serum
Depigmenting Concentrate
Lightening Cream
Lightening Cream
Synchro
Regenerating Cream
Nucléa
Repairing Cream
Lightening Mask
Peel off Supple Mask

Gauze
Polyester foil
Four small sheets

See demonstration on
Gernétic DVD

Procedure: Prepare

STEP #1 - Clean

If necessary, remove eye make-up and lipstick with *Fibro*.
Apply *Glyco* all over face and neck by light strokes.
Remove with soft tissues. Two applications are advisable.
Finish the cleansing process using cotton pads damped with *Fibro*.

STEP #2 - Select and apply a Concentrate.

Apply few sprays of *Mito Special Plus* to pigmentation to enhance cellular reaction.

STEP #3 - Select and apply a Preliminary Mask

Apply a teaspoon of *Immuno* all over the face and neck by light massage to enhance cellular renewal,
Cover face and neck with polyester foil sheets. Leave for 10 minutes.
Rinse off lightly with lukewarm water.

Procedure: Care

STEP #4 - Treat skin conditions

Apply a small amount of *Lightening Serum* to pigmented areas and follow with *Lightening Cream everywhere*.

STEP #5 - Nourish epidermis cells

Mix 1/2 teaspoon *Immuno* with 1/2 teaspoon of *Synchro* and perform a gentle massage for 10 minutes. Do not rinse off.

STEP #6 - Add nutrition to epidermis cells

Apply a small amount of *Nucléa* on pigmented areas.

Procedure: Infuse

STEP #7 - Infuse and clarify the skin with *Lightening Mask*.

Apply *Peel-off Lightening Mask* directly to the skin of the face and neck. Eye area may be avoided. Leave for 10 minutes. Do not cover this mask.
Refer for procedure to Lightening Mask - page 4-08.
Clean the skin with *Fibro Lotion*.

STEP #8 - Finishing Touch

Apply *Lightening cream* follow with a small amount of *Synchro*.

Home treatment:

Refer to the Gernétic Home Treatment File "Pigmentation & Whitening"

A course of 6 treatments, once a week, is recommended.

Hands Treatment

Purpose

To keep hands ageless and soft.

This treatment can be done during a skin care treatment or before a manicure.

Products

Marine Cleanser
Exfoliating Gel
Mito Special Plus
Energizing Concentrate
Manno
Nutritive Hand Cream
Synchro
Regenerating Cream
Nucléa
Repairing Cream
Cells-Life
Revitalizing Serum
Vegetal
Soothing Nutritive Mask
1/2 bag with hot water
Gauze
Polyester foil
Two small sheets

Procedure:

Have your client wash her/his hands.
Apply a small quantity of *Marine Gummy* and massage it for one or two minutes.
Rinse off thoroughly with warm water.
Apply 6 sprays of *Mito Special Plus* to the top of each hand.
Follow with an application of *Manno*.
Perform hands and arms massage with *Synchro*.
Follow with *Nucléa* on hands and a few drops of *Cells-Life Serum*.
Apply *Peel-off Anti-Ageing Mask* directly to the skin of the hands.
Leave for 10 minutes. Do not cover this mask.
Refer for procedure to Anti-Ageing Mask - page 4-07.
Peel-off mask and apply *Manno Cream*.

Or
Apply *Peel-off Lightening Mask* directly to the skin of the hands.
Refer for procedure to Lightening Mask - page 4-08.
Peel-off mask and apply *Manno Cream*.

Home treatment:

Manno Nutritive Hand Cream

AGEING AND LES PARFAITS

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The Ageing Process

The ageing process of the epidermis, dermis and hypodermis

Relevant products

Ageing process

Products

Epidermis level

#1 The rate of cell replenishment declines

As we grow older mistakes occur in the daily cellular reproduction and a larger percentage of our cells becomes useless.

Increased damages to DNA leads to an accelerate cell death rate.

The cell life becomes shorter, the number of skin cells decreases and our skin becomes thinner, which results in a poor protection against foreign and harmful agents.

On the opposite, keeping our skin cells living longer gives a thicker, glowing epidermis and a better protection against foreign agents.

Synchro/Cytobi

Nucléa

Immuno Mask

Concentré Réparateur

Crème Jeunesse

Crème Anti-Temps

#2 The activity of the Langerhans cells decreases

The Langerhans cells are part of the immune system of the skin. They recognize extraneous agents thus protecting the skin from external aggressions.

Synchro/Cytobi

Crème Jeunesse

#3 The activity of the sebaceous glands diminishes and the capability of the epidermis to retain water

This causes a decrease in the lubrication of the epidermal layer and the capability of the skin to retain water, resulting in the appearance of fine lines.

Synchro/Cytobi

Cells-Life

Hydra-Ger

Crème Jeunesse

Dermis level

#4 The energy producing capacity of the mitochondria declines

The mitochondria are the power stations responsible for producing the majority of energy in the cell.

Mitochondria are the first cellular organelles to degenerate. As a result, the cells become less metabolically active, which impairs their growth and division.

Mito Special Plus

Crème Anti-Temps

#5 Degeneration and fragility of the capillary walls

Small blood vessels that supply the skin lose their strength and elasticity which results in a slowing down of the micro-circulation that starves the skin of nutrients.

Veinulo Special Plus

Vasco

#6 The antioxidant defence system becomes less efficient against free radicals

A free radical is an unstable and isolated oxygen atom with a single electron keen to pair up with other molecules.

When free radicals bind with molecules within living skin cells the ensuing oxidation causes functional damages. By attacking the cell's DNA, free radicals destroy them.

Free radicals also attack the collagen structure causing fibres to bundle and to randomly cross-link.

Elastin begins to lose its spring and fine lines and wrinkles appear.

This also damages the integrity of the cellular membranes, decreasing the skin's capability to retain water in the dermis.

Synchro/Cytobi

Nucléa

Veinulo Special Plus

Vasco

Eye Mask

Eye Gel

Concentré Réparateur

Crème Jeunesse

Crème Anti-Temps

The Ageing Process

Ageing process	Products
<p>#7 Inflammation Inflammation is a vital defence mechanism essential to our survival and yet it seems to contribute to our ageing. As it turns out, ageing is associated with the increase of these unwelcome forms of chronic inflammation. Chronic inflammation contributes to the ageing process as it floods tissues with free radicals and promotes the destruction of normal cells.</p>	Nucléa Vasco Crème Anti-Temps
<p>#8 Lowered level of the catalase enzyme Catalase is an enzyme found in a cell organelle called peroxisome. Catalase decomposes the hydrogen peroxide produced during the oxidation of fatty acids by the cell, preventing it from harming the cell.</p>	Concentré Réparateur Crème Jeunesse
<p>#9 Degeneration of the fibroblasts and lowered production of collagen and elastin A fibroblast is a type of cells that keeps up the extra-cellular matrix of the tissues. Their main function is to maintain the structural integrity of connective tissues. Fibroblasts produce collagen and elastin fibres: when needed, fibroblasts replace broken collagen and elastin fibres with new ones. As we age the skin's ability to replace damaged collagen diminishes, so gaps and irregularities develop in the collagen mesh. Collagen fibres do not stretch very well. In fact one of its functions is to resist stretching and provide structure. Scar tissues are composed of collagen fibres. Elastin fibres are the rubber band responsible for the spring of young skin. Fibroblasts degeneration eventually leads to wrinkles and loss of dermal elasticity.</p>	Eye Gel Marine Ger-Lift Cells-Life Concentré Réparateur Crème Anti-Temps
<p>#10 Decreased synthesis of pro-collagen and proteoglycan in the extra-cellular matrix The extra-cellular matrix is the largest component of the skin and it gives it its unique elastic properties: the decreased synthesis of pro-collagen and proteoglycan results in the degenerative changes that occur in human skin during ageing.</p>	Cells-Life Concentré Réparateur
Hypodermis level	
<p>#11 Loss of facial muscular mass The muscles in our face are weakened by poor nutrition, weight loss and age. Moreover, as we move around in an upright position, our skin is affected by gravity. Loss of facial muscular mass reduces the skin's tautness, causing its sagging look.</p>	Myo/Myoso
Epidermis and dermis levels	
<p>#12 UVA damage It is believed that UVA rays release oxidants that cause extensive cell damages. They can also cause rough scaly spots, called solar keratosis, on exposed skin areas.</p>	Crème Jeunesse

The Ageing Process

Aggravating causes of the ageing process

Aggravating internal factor

- Individual genetic make-up, hormonal status, emotional stress.
- Lifestyle, nutrition, smoking, excesses of alcohol, drugs...

Aggravating external factor

- Exposure to harsh climate.
- Sun exposure.
- Air pollution, air conditioning....
- Use of aggressive skin products or soap...

Most of these factors are within our control.

Cigarette smoking releases free radicals, slowing down the production of collagen and elastin; it reduces the blood flow in the epidermis, starving the skin of the nutrients it requires, which gives the skin a dull look.

As our skin is the first organ to display the signs of ageing, it is up to us to protect it by living a healthy lifestyle, giving us a better chance to delay them.

Age Management Products

Products	Beneficial actions against the visual signs of the ageing process
Epidermis level	
Synchro, Cytobi, Nucléa	#1 The rate of cell replenishment When the cells receive essential nutrition, DNA is protected and mistakes are less likely to occur when they reproduce. The cells live longer, which results in a glowing epidermis.
Immuno Mask	Regenerates epidermis cells keeping a healthy cell renewal rate
Synchro, Cytobi	#2 The activity of the Langerhans cells The nutritive molecules increase skin immunity and protect the Langerhans cells.
Synchro, Cytobi	#3 The activity of the sebaceous glands and the capability to retain water Balance the activity of the sebaceous glands, avoiding dryness and the appearance of fine lines.
Cells Life	Allows basal cells to retain their moisture.
Hydra Ger Mask	Improves moisture retention.
Dermis level	
Mito Special Plus	#4 The energy producing capacity of the mitochondria Increases the mitochondria metabolism responsible for the production of the cell energy. Stimulates epidermal keratinocytes and dermal fibroblasts.
Veinulo Special Plus	#5 Fragility of the capillary walls Relieves capillary fragility and restructures capillary walls.
Vasco	Allows a better micro-circulation, increases capillary elasticity.
Synchro, Cytobi, Nucléa, Veinulo Special Plus, Vasco	#6 The antioxidant defence system and free radicals They contain vitamins A, C and E that have anti-oxidant properties.
Synchro, Cytobi, Nucléa	#7 Inflammation They contain anti-inflammatory compounds to protect the DNA.
Vasco	Anti-inflammatory properties due to its phytostimulines.
Eye Gel	#9 Fibroblasts and production of collagen and elastin Assists fibroblasts to produce collagen and elastin and slows down their destruction.
Marine Ger-Lift	Boosts the fibroblasts' production of collagen and elastin fibres.
Cells-Life	Accelerates the restructuring of collagen and elastin.

Age Management Products

Products	Beneficial actions against the visual signs of the ageing process
Dermis level	
Cells-Life	#10 Synthesis of pro-collagen and proteoglycan in the extra-cellular matrix Increases proteoglycan synthesis in the extra-cellular matrix.

Hypodermis level	
Myo/Myoso	#11 Facial muscular mass Improves subcutaneous muscle tone reducing sagging of the skin and increases facial muscular mass.

Age Management with Les Parfaits

Products	Beneficial actions against the visual signs of the ageing process
Epidermis and dermis levels	
Concentré Réparateur serum	Reverses manifestations of ageing #1 #6 #8 #9 #10 Promotes genuine cellular repair to aged, demineralized and dehydrated skins.
Crème Jeunesse Day cream	Reverses manifestations of ageing #1 #2 #3 #6 #8 #12 Protects and eliminates hydrogen peroxide. Slows down and reverses the ageing process caused by UVA and UVB.
Crème Anti-Temps Night cream	Reverses manifestations of ageing #1 #4 #6 #7 #9 Combines powerful nutrients to combat ageing at the cellular matrix level. Reinforces cutaneous vitality, soothing and desensitizing. Increases oxygen consumption.

Les Parfaits

Premium anti-ageing line

Les Parfaits is Gernétic's premium anti-age line.

It is the outcome of extensive cellular biology researches and advanced biotechnology.

Les Parfaits is a of line of three products:

Concentré Réparateur "Concentrated Repairer"

Crème Jeunesse "Youth Cream"

Crème Anti-Temps "Time-Defying Cream"

They make use of the most potent active ingredients available to cosmetology today.

This includes an extract from *Thermus thermophilus* a bacteria that lives in the hot water springs (75°C) are found in the depth of the oceans between 2,000 and 4,000 metres under the sea level.

This bacterium is characterized by the distinctive chemistries of its cell wall and ribosomal ARN and by the exceptional ability it has to repair its own genetic make-up.

Labo Ger's is the first laboratory (to our knowledge) to have used an enzyme extracted from this bacterium in a skin care product.

Others exotic active ingredients that give this new age-management line its incredible properties include:

Xylem sap from birch considered to be an elixir of health and long life since the 9th century.

Extracts from *Kigela africana*, *Quillaja saponaria molina*, *Chritmum maritimum* and *Porphyridium cruentum* associated with biological compounds rich in amino acids, trace elements and vitamins.

Clinical tests have shown:

68% reduction in the skin surface occupied by deep wrinkles

58% skin restructuring

81% complete client satisfaction



Active ingredients in Les Parfaits

Chritmum maritimum

A sea fennel, also known as rock samphire, found in coastal regions that prefers to grow among rocks exposed to the wind and salt spray.

It has been known since the ancient times. Sailors would take it on voyages, as it is rich in vitamin C and mineral salts. It first appeared in the French Pharmacopoeia in 1837 and its beneficial properties such as anti free radicals, calming and regenerating that are now fully used in cosmetology.

Kigelia africana

Large, rounded tree (Bignoniaceae) with a thick trunk and smooth grey bark..

The fruit is enormous and sausage shaped. It grows up to a meter in length and weighs up to 10 kg, hence the name "sausage tree".

Its roots and bark have naphthoquinone lapachol, various glycosides and dihydrococcoumarin kigelin as major beneficial compounds.

Porphyrium cruentum

Red micro alga rich in numerous vitamins and trace elements.

Quillaja saponaria Molina

A large tree (Rosacea) native of South America.

Extracts from the dried bark are rich in flavonoids and are an excellent moisturizer and toner.

The extracts of *Quillaja saponaria molina* and *Kigelia africana* have been found to be three times more effective in their firming action than animal-derived compounds.

They give the skin a veritable "flash" of radiance, making it look firmer and smoother.

Thermus thermophilus

Bacterium that lives in the hot springs of 75°C that are found in the depth of the oceans between 2,000 and 4,000 meters under the sea level.

This bacterium is characterized by the distinctive chemistries of its wall and ribosomal ARN and by the exceptional ability it has to repairs its own genetic make-up.

Xylem sap

Xylem is the principal sap-conducting tissue of vascular plants..

Xylem sap from birch has been considered to be an elixir of health and long life since the 9th century.

Concentré Réparateur

Concentrated Repairer Serum

Les Parfaits Line

Concentré Réparateur provides quintessential rejuvenation. It naturally rebuilds the matrix in conjunctive tissues.

About

Key Ingredients

Concentrated solution of peptides with 17 amino acids including 8 essential ones obtained by the hydrolysis of glutamine-rich barley, wheat and oats. Promotes genuine cellular repair to aged skins. Protects catalase, an epidermal enzyme.

Palmitoyl pentapeptides 3 with lysi-threoni and threoni-lysi-seri sequences from the C-terminal part of collagen I.

Naturally rebuilds the matrix in conjunctive tissue by improving fibroblasts activity. Stimulates the synthesis of collagen I (117%) and collagen IV (327%) and the production of glycosaminoglycans (267%).

One marine active compound containing 18 amino acids, including taurine, glutamine, glycine, alanine and lysine.

Enhances regeneration, nutrition, hydration and cellular stimulation.

Xylem sap containing numerous minerals and trace elements (K, Ca, Mg, Si, Zn, Mn, Se, Co and Cu) and vitamins B1, B2, B6, B12, C, PP and E.

Considered as an elixir of health and long life since the 9th century, Highly nutritive and remineralizing. Promotes cellular respiration by 131% and stimulates cellular proliferation.

A tensor agent from Kigelia africana and Quillaja saponaria molina.

Excellent moisturizer and tensor. Gives a veritable flash of radiance.

Vitamin E encapsulated in slow release multi-lamellar vesicles.

Anti-oxidant.



Size: Retail 25 mL

Actions

Concentré Réparateur is effective at preventing, slowing down and reversing the manifestations of ageing.

Naturally rebuilds the matrix in conjunctive tissues by boosting the activity of the fibroblasts, thus increasing the skin's elasticity.

It provides genuine cellular repair in ageing, demineralized and dehydrated skin, marked by wrinkles, small lines and slackening tissues.

Use

Skin Conditions

Suits any skins over the age of 40.

Home Use

Morning and or Evening

Apply about 2 pumps of Concentré Réparateur to the whole face and neck.

Follow with Crème Jeunesse in the morning or Crème Anti-Temps at night.

Salon Use

Step #4

Intense Anti-Age Treatment

Apply a moderate quantity of Concentré Réparateur Serum all over face and neck.

Crème Jeunesse

Youth Day Cream

Les Parfaits Line

Crème Jeunesse is a powerful protective, detoxifying and repairing cream. It reverses skin damages caused by the sun.



About

Key Ingredients

DNA from fish milt (desoxyribonucleic acid).

Powerful anti-ageing action. Procures a genuine biological lifting effect.

Lipopeptide tyrosine-arginine with one polypeptide/glycopeptide compound of 15 amino acids.

A source of moisture and cellular repair factors.

A hygroscopic amphiphilic β -lactoglobuline with lactic acid.

Attenuates lines by reducing the thickness of stratum corneum and by retaining moisture.

One active compound stimulating the activity of the Langerhans cells.

Enhances the skin defence mechanism.

Chritum maritimum: Sea fennel, also called rock samphire, rich in vitamin C and mineral salts.

Anti free radicals, calming and regenerating.

One repairing enzyme from Thermus thermophilus, a bacterium that lives in the hot springs (75°C) found under the sea level.

Characterised by its exceptional ability to repair its own genetic make-up.

Slows down and reverses the ageing process caused by UVA and UVB damages.

Enzymatic detoxification of intra-cellular oxygen peroxide.

Vegetal glycoprotein of small molecular weight.

Boosts cellular renewal of epidermis cells.

One complex of essential amino acids.

Reinforces cutaneous vitality procuring elimination of skin exhaustion.

Borage oil rich in gamma-linolenic acid, vitamin E and liposoluble vitamins A & D.

Soothing and desensitizing benefits.

Anti-oxidant.

Size: Retail 50 mL

Actions

Powerful protective, detoxifying and repairing cream.

Reverses skin damages caused by the sun.

Procures a genuine biological lifting effect and helps facial skin to preserve or regain a youthful appearance.

Use

Skin Conditions

Suits any skins over the age of 40.

Home Use

Morning

After the application of a very small amount of Synchro, apply Crème Jeunesse all over the face and neck.

Can also be used on hands.

Salon Use

Step #8

Intense Anti-Age Treatment

Finish treatment with a small amount of Crème Jeunesse.

Crème Anti-Temps

Time-Defying Night Cream

Les Parfaits Line

Crème Anti-Temps is a powerful cocktail of nutrients that combat ageing at the cellular level. It is soothing and desensitizing.

About

Key Ingredients

One biological compound with phytosterols, phospholipids and vitamins A, D and E.
Source of essential nutrition.

Marine oligosaccharide.
Cellular protective action to fight the ageing process.

One tripeptide (glycine-histidine-lysine) that is a fragment of the collagen chain and acts as a cellular growth stimulator.
Naturally rebuilds the matrix in conjunctive tissue. Stimulates cellular growth.

One active compound that stimulates fibroblast proliferation and mitochondrial respiration.
Stimulates fibroblast proliferation, thus increasing skin's elasticity. Boosts cells energy.

One anti free radical element that acts on the phosphocreatine precursors.
Reinforces cutaneous vitality, soothing and desensitizing

One complex of essential amino acids.
Reinforces cutaneous vitality.

Evening primrose oil rich in gamma-linoleic acid and liposoluble vitamins A, D and E.
Soothing and desensitizing benefits.
Anti-oxidant.

Numerous peptides, minerals salts and Niacin (vitamin B3).
Nutritive remineralizing.



Size: Retail 50 mL

Actions

Genuine biological regenerator.
It is a source of essential nutrients that provides a deep-down action to fight against the ageing process.
Crème Anti-Temps has soothing and desensitizing benefits, it is particularly recommended for sensitive and fragile skin.

Use

Skin Conditions

Suits any skins over the age of 40.

Home Use

Evening
Crème Anti-Temps can be applied over Concentré Réparateur and followed by Synchro or Cytobi.

Salon Use

Step #6
Intense Anti-Age Treatment
Apply a moderate quantity of Crème Anti-Temps everywhere.
Follow with Cytobi.

Intense Anti-Age Treatment with Les Parfaits

Purpose

Intense treatment to combat ageing at cellular level.

Products

Glyco
Cleansing Milk

Fibro
Preparing Lotion

Marine Gumming Gel
Exfoliating Cleansing

Mito Special Plus
Energizing Concentrate

Eye Mask
Decongesting Mask

Immuno
Regenerating Mask

Or Marine Mask
Remineralizing Mask

Concentré Réparateur
Anti-ageing Serum

Myo/Myoso
Toning Lifting Cream

Synchro
Regenerating Cream

Crème Anti-Temps
Time Defying Cream

Cytobi
Soothing Cream

Cells-Life
Revitalizing Serum

Anti-Ageing Mask
Peel off Supple Mask

Or Marine Essence
Seaweed Mask & Ess Oils

Or Mineral
Self Heating Infusing Mask

Gauze

Polyester foil
Four small sheets

Crème Jeunesse
Youth Day cream

Procedure: Prepare

STEP #1 - Clean and exfoliate

If necessary, remove eye make-up and lipstick with *Fibro*.
Apply *Glyco* all over face and neck by light strokes. Remove with tissues.
Then clean the skin with *Marine Gumming*, gently massaging it with wet hands for 1 or 2 minutes. Rinse off with warm water.

STEP #2 - Select and apply a Concentrate.

Apply all over face and neck 10 to 12 sprays of *Mito Special Plus* to enhance cellular reaction.

STEP #3 - Select and apply a Preliminary Mask

Alternate between these masks at each treatment.

Apply a moderate layer of *Eye Mask* to the eye contour.

Apply a teaspoon of *Immuno* all over the face and neck by light massage to enhance cellular regeneration

Or *Marine Mask* to remineralize and enhance cellular reaction.

Cover face and neck with polyester foil sheets. Leave for 10 minutes.
Rinse off lightly with lukewarm water.

Procedure: Care

STEP #4 - Treat skin conditions

Apply a small quantity of *Concentré Réparateur* all over face and neck.
Apply *Myo/Myoso* to areas where a loss of muscle tone is noticeable, including the eye area.

STEP #5 - Nourish epidermis cells

Perform a gently massage of the face, neck and eye area with *Synchro* for 10 to 15 minutes. Do not remove it.

STEP #6 - Add nutrition to epidermis cells

Apply a moderate quantity of *Crème Anti-Temps* everywhere.

Apply a small quantity of *Cytobi* all over face and neck.

Apply a few drops of *Cells-Life* to more delicate areas.

Procedure: Infuse

STEP #7 - Infuse nutritional molecules with a selected mask

Apply *Peel-off Anti-Ageing Mask* directly to the skin of the face and neck.
Avoid the eye area. Leave for 10 minutes. Do not cover this mask.

Refer for procedure to Anti-Ageing Mask - page 4-07

Or *Marine-Essence Mask* to remineralize.

Refer to Marine-Essence Mask method 2 page 3-06.

Or *Mineral Self Heating Mask* to infuse.

Refer to Mineral Mask page 3-04 for method of application.

Cover mask with polyester sheets and leave for 15 minutes.

Rinse off completely with lukewarm water.

STEP #8 - Finishing Touch

Finish with a small amount of *Synchro* and follow with *Crème Jeunesse*.

Home treatment:

Refer to the Gernétic Home Treatment File "Age Management"

Explaining Les Parfaits

How do I explain Les Parfaits?

We must start by emphasizing that this range is for women who have already been using Gernétic.

They must have been using Synchro cream for at least one month.

Since Les Parfaits de Gernétic are used as an anti-ageing solution, they should only be recommended to women over 40 years of age.

The effects will be much more superior if your client invests in the full program, that is if she purchases the 3 products together.

However if your client wishes to start with only one product, she should start with Concentré Réparateur serum first.

If she wanted only two then the Concentré Réparateur serum and the Crème Jeunesse day cream are the products she should take.

We'll see why a bit later.

Stay as simple as possible when explaining these very advanced and technical products. You could start by explaining some of the major characteristics of an ageing skin.

If you compared the skin of a young woman with that of an older woman, you would notice:

- Slower cell renewal, which leads to the appearance of wrinkles.
- Degeneration of the fibroblasts. This decreases the production of elastin and collagen, which eventually leads to a loss of elasticity.
- Reduction in the activity of the sebaceous glands, which impair the skin's protective hydrolipidic film and renders the skin dry and rough.
- Slower cell renewal, which leads to the appearance of wrinkies.

- Poor elimination by the cells of the hydrogen peroxide. To keep it simple, the skin cells produce hydrogen peroxide from the oxidation of fatty acids. As we age this detoxification process is no longer effective and causes harm to the cell itself.
- Decrease in the activity of the Langerhans cells. These cells are part of the immune system of the skin. They protect the skin from foreign and external aggressions.
- Slowing down of the micro-circulation, which leads to a poorer nutrition and elimination.
- Cellular deficiency, which affects the skin in all of the manners just mentioned above.

Concentré Réparateur Serum prevents, slows down and reverses all of the major ageing manifestations just mentioned.

That is why you should recommend it before any other product.

Crème Jeunesse Day Cream is a powerful exterminator of hydrogen peroxide. It repairs cell damages and protects the skin from foreign aggressions by promoting an increase in the activity of the Langerhans cells.

Crème Anti-Temps Night cream is a rich cocktail of active nutrients that combats ageing at the cellular level.

Selling Les Parfaits

How do I sell Les Parfaits?

It is a good idea that when you present these new products, you show them to your client as you explain them one by one.

If you don't have the products in stock have at least one sample of each that you can leave your client with.

In fact it is ideal to have both so that you can give a sample to try on immediately as you explain.

Don't hesitate to have your technical file with you to support your presentation.

Your client can only be receptive to your enthusiasm at making her understand the richness of these products.

When mentioning the price it is important that you feel that these products are worth the investment. If you believe that they are expensive then you will probably not sell them.

Les Parfait de Gernétic can be prescribed individually but, to get the best results, the three of them should be recommended together.

All Gernétic products can be associated with Les Parfaits.

However, Ger-Lift and Nucléa would be superfluous.

Synchro and/or Cytobi should be used in conjunction with les Parfaits.

A jar of Crème Jeunesse or Crème Anti-Temps should last approximately three months.

Your client may need to purchase another Concentré Réparateur in between.

Immuno Mask and Marine Mask are recommended once or twice a week. They can be alternated.

Two courses of Les Parfaits a year every 6 months is the ideal frequency.

Your client should use the other anti-age products (Myo Myoso, Ger-Lift, Nucléa) in between.

BODY CONCERNS

Bust Concerns

2 *Harmony*

Distended tissues

Stretch Marks

The Spa Concept

3 *De-stress, Detox*

Seaweeds and essential Oils

Body Concerns

4 *Toxins and bodily wastes*

5 *Cellulite or Fat?*

6 *Cellulite*

7 *Fatty Deposits*

8 *Distended tissues - Stretch marks*

Bust Concerns

Harmony

To enhance the harmony and firmness and to reduce stretch marks

Statistics reveal that more than 70% of women are not happy with the shape of their bust. The causes are numerous.

A bust that is not in harmony with the body size may be caused by:

- Hormonal disorder causing an anarchic production of hormones
- Heredity
- Stress and a disorderly lifestyle
- Severe malnutrition resulting in important deficiencies
- The contraceptive pill taken at an early time during puberty

The distension of the bust tissues may be due to:

- Severe malnutrition or a slimming diet often accompanied by an important fatigue
- Stressful disorderly lifestyle
- Contraceptive pill causing swelling of the breast
- Breast-feeding when the mother has extreme fatigue and inadequate nutrition
- The ageing process that causes a loss of dermal tissues elasticity

Stretch marks may be due to:

- A growth spurt during puberty combined with a deficiency in essential fatty acids and vitamin E
- Contraceptive pill causing swelling of the breast
- Pregnancy and breast-feeding combined with an inadequate essential nutrition

Gernétic's approach to bust concerns

Products	Ingredients	Actions
To enhance the harmony and firmness of the bust and improve its tone		
Endo Special Plus	An expertly mix of 8 essential amino acids with folic acid (vit B9) and alpha tocopherol (vit E).	Optimizes the health and beauty of the breasts.
Macro 2000	2 palmitoyl bio-peptides: One with glycyl, histidyl and lysine that are fundamental for collagen renewal. The second one, an elastic peptide, made up from valyl, glycyl, alanyl, prolyl and glycine, amino acids that are fundamental for elastin renewal.	Optimize the harmony, firmness and restore the elasticity of the breast tissues.
To reduce stretch marks and repair the epidermis		
Synchro	Biological compounds rich in amino acids (glutamine, arginine and lysine) and trace elements (potassium and magnesium).	Regenerate the basal cells of the epidermis.
Anti-Stries	One palmitoyl oligopeptide with glycine, arginine and methionine.	Restructures elastin and collagen. Restores tissues elasticity
Anti-Stries	A palmitic acid grafted on a glycyl-histidyl-lysine peptide.	Restructures elastin and collagen. Restores tissues elasticity. Powerful cellular stimulator of collagen synthesis. Protecting and repairing.

The Spa Concept

De-stress, detox, well-being

SPA Sanitas Per Aqua

Health through water could be described as today essential fashion phenomenon.

Everyday's stresses and strains, hectic lives, anxieties and fears have given rise to an industry dedicated to relaxing and de-stressing treatments: The Spas.

Labo.Ger.S have developed a whole new spa approach that combines not only comfort, relaxation and de-stressing but that has health and beauty ramifications too: in keeping with Gernétic philosophy, it targets the internal problems as well as the external conditions that they trigger.

Labo.Ger.S have combined marine products with essential oils to create treatments that, through cutaneous penetration, stimulate a process of osmosis and a state of positive physiological synergy.

An avant-garde spa has to offer a complete package: a warm welcome, a restful environment and effective treatments using excellent products.

Gernétic Spa products satisfy the technical part of this holistic approach, enhancing relaxation and wellbeing, promote elimination of toxins thus reducing pain; while having a pampering action.

Seaweeds

There are more than 25,000 different species of seaweeds, 282 of which can be used in the cosmetic industry. Seaweeds had to develop specific means of defence to survive in the very harsh environment they live in. This includes the synthesis of enzymes, polysaccharides and vitamins.

They collect and concentrate the active ingredients found in seawater, which makes them far richer than terrestrial plants.

The Cyanophyceae

A group made of all the micro algae.

These are prokaryote, the simplest and most primitive of all organisms. They are unicellular organisms with only one chromosome and without any mitochondrion.

- Cyanophyceae have a high content of blue pigments rich in proteins.
- Chlorella and Spirulina are part of this group.

The Phycophytes

More advanced organisms (eukaryotes).

They are multicellular seaweeds that have a nucleus and mitochondria.

Phycophytes contain various pigments, which gives them their different colours:

- Rhodophyceae: the red seaweed group (Palmaria palmata, Chondrus crispus, Lithothamnium calcareum).
- Chlorophyceae: the green seaweed group. (Ulva lactuca).
- Pheophyceae: the brown seaweed group. (Fucus vesiculosus, Ascophyllum nodosum, Laminaria digitata).

Essential Oils

Essential oils are very powerful substances. They must be used very carefully and in strict accordance with the instructions.

Steam distillation is the most common method of essential oil production.

The process involves the injection of steam into a chamber holding the raw aromatic plants.

Good-quality essential oils are extremely rare.

Cheap essential oils are often adulterated and can even be partly synthetic.

There are different ways of administering essential oils: atmospherically, topically and orally.

Gernétic essential oils are designed to be exclusively applied topically.

Essential oils are very potent active substances. It is not necessary to use more than a tiny amount. In fact, large amounts can actually be harmful.

Body Concerns

Toxins and bodily wastes

From time to time everybody needs to drain toxins and metabolic waste.

Gernétic's approach to boost elimination

Products	Ingredients	Actions
To drain toxins and metabolic waste		
Vasco/Artera	Biological compounds and nutritive molecules.	Drain and decongest.
<hr/>		
To drain toxins and metabolic waste inducing faster elimination of fatty deposits		
Adipo Gasta	Seaweeds extracts rich in iodine.	Boost metabolism and the elimination of toxins.
Seaweeds Body Wrap	Severall seaweed extracts including: Ascophyllum nodosum, Fucus vesiculosus, Lithothamnium calcareum.	Seaweeds induce toxins and waste elimination. Seaweeds are also remineralizing and slimming

Body Concerns

Cellulite or Fat?

Two Problems - Two Solutions

Cellulite and fat are located in the hypodermis.

Cellulite and fat do not have the same characteristics and require adapted solutions.

Cellulite

Cellulite creates a subtle inflammatory alteration of the conjunctive tissues.

Cellulite increases the volume of the adipocytes.

Cellulite affects the conjunctive fibres: they become rigid.

Cellulite squeezes the circulatory system.

Cellulite is distributed in the gynoide areas.

Cellulite affects the sensory nerves, making the skin painful to the touch.

The 4 stages of the appearance of cellulite

#1 The blood circulation is impaired; there are no visible changes at this stage.

#2 Blood circulation is lessened even more. The dimpled appearance of the skin is not yet visible, only after skin compression does roughness becomes visible.

#3 All second stage symptoms are present. A dimpled skin is evident even at rest. The skin is painful to the touch, the skin shows a decreased elasticity, a lack of colour and lower temperature.

#4 All 3rd stage symptoms are present with more visible and painful dimples on the skin. Because of poor circulation the skin may be cold. At this stage, cellulite will take a longer time to be eliminated.

Fat

Fat only affects the adipocytes size that can become excessive.

Fat can be localized firstly on the stomach area then can become generalized.

Fat leaves the conjunctive tissues supple, the skin flat and painless.

Fat does not affect the circulatory system.

This explains that fat can be lost with a diet, while cellulite cannot and never disappear spontaneously.

Body Concerns

Cellulite

85% of women may be affected by cellulite.

Cellulite may be triggered by a change in the hormonal level during:

- Puberty
- Pregnancy
- Menopause
- Hormonal treatment (the pill)

This can result in an excess of folliculine.

Cellulite is located in the hypodermis and affects:

- The adipose cells
- The blood circulation
- The sensory nerves
- The conjunctive fibres

The outcome is congestion, tenderness of the affected areas and a poor elimination of toxins and metabolic wastes.

High-stress lifestyle causes an increase in cellulite. Cellulite gives that “orange-peel look” that is visible on the buttocks, the thighs, the back of the knees and the top of the arms.

Gernétic’s approach to cellulite reduction

Products	Ingredients	Actions
To reduce cellulite by improving blood and lymphatic circulations		
Veinulo Special Plus	An expertly mix of 8 essential amino acids.	Optimizes the beauty of the legs.
Vasco/Artera	Biological compounds supplying the following amino acids: glutamine, carnitine, methionine, hystidine and glycine, as well as vitamins E and B3 or PP, magnesium and potassium.	Improve blood and lymphatic circulations and vascularisation, promoting the elimination of cellulite.
Vasco/Artera	Phytostimulines from lime blossom, horse chestnut, camomile, artichoke, cypress and burdock.	Natural diuretic with draining effect.
Vasco/Artera	Mucopolysaccharides.	Restore connective tissues.

Using Gernétic products you will be able to gradually reduce the appearance of cellulite by improving the micro-circulation and aiding toxins elimination.

When the expected results are achieved a maintaining program is advisable.

Body Concerns

Fatty Deposits

They affect both women and men and can occur at any age.

Fatty deposits may be triggered by:

- A slowing down of the level of activity.
- Nutritional disorders such as craving for sweet.
- A diet too rich in fat and sugar.

This may result in a poor digestion and elimination, a slow metabolism and the inactivity of the lipase enzyme.

Fatty deposits are located in the hypodermis and affect the adipose cells.

Fat can be either localized on the tummy or generalized all over the body.

Fat affects mostly the upper part of the body. The skin is flat and painless.

Gernétic's approach to fatty deposit reduction

Products	Ingredients	Actions
To improve digestion and elimination		
Adipo/Gasta	Nutritive biological compounds that supply important amino acids (carnitine, lysine, arginine and glutamine) and inositol (vit B7)	Promote a better digestion and elimination of fatty deposits.
To reduce craving for food		
Adipo/Gasta	A biological extract.	Supplies nutrients to counteract craving for food.
To step up metabolism		
Adipo/Gasta	Saeweed extracts rich in iodine. Birch, ivy, arnica and hawthorn extracts.	Boost metabolism and enhance the slimming action.
To reduce adipose tissues		
Adipo/Gasta	A restorative complex of mucopolysaccharides and hyaluronic acid.	Encourages the reduction of the adipocytes.
Adipo/Gasta	Extracts of green coffee and Yerba mate.	Potentialize the lipolysis, inducing fat reduction.

When the expected results are achieved a maintaining program is advisable.

Body Concerns

Distended Tissues

Loss of body tone and dermal resilience and stretch marks.

Loss of body tone

- A loss of body tone may be due to a loss of muscles mass caused by lack of physical activity or by protein deficiencies.

Loss of dermal resilience

- Loss of dermal resilience and slackening of the skin may be due to rapid weight loss or to the ageing process that slows down the production of collagen and elastin.

Stretch Marks

- Stretch marks are a form of scarring of the skin with an off-color hue. They are caused by the tearing of the dermis. Stretch marks are often the result of the rapid stretching of the skin associated with rapid growth in puberty or weight gain, pregnancy or muscle building. They appear empty and are soft to the touch.

Stretch marks occur in the dermis, the resilient middle layer that helps the skin retain its shape.

Gernétic's approach to distended tissues

Products	Ingredients	Actions
To improve hypodermal tone		
Somito	One biological extract containing leucine, arginine, lysine and glycine amino acids.	Nutritive, restores deep tissues, tones.
To reduce slackening of the dermis		
Somito	Caffeine associated with palmitoyl-carnitine.	Firms and reduces slackening of the skin.
To restore epidermal elasticity and dermal resilience		
Anti-Stries	A lactoferrin protein from 2-thioxanthin and 8-hydroxanthin combined with micro algae.	Restores dermal and epidermal elasticity.
Vital Transfer	Ginestein a phyto-oestrogen found in soy, clover and hops.	Anti-inflammatory as well as a collagen producer.
	Marine oligosaccharide, petides, organic silicium.	Act on the proliferation of fibroblasts.
To reduce stretch marks and reduce slackening of the dermis		
Anti-Stries	Palmitoyl oligopeptide with glycine, arginine and methionine.	Restructures elastin and collagen restoring tissues elasticity.
Anti-Stries	Palmitic acid grafted on a glycine-histidine-lysine peptide	Powerful cellular stimulator of collagen synthesis. Protecting and repairing.

When the expected results are achieved a maintaining program is recommended.

BUST - BODY - WELLBEING - SPA - HAIR LINES

Bust Line

- 2 Seino - *Preparing Lotion*
- 3 Endo Special Plus - *Rejuvenating Concentrate*
- 4 Macro 2000 - *Nutritive Cream*

Body Line

- 5 Lympho - *Preparing Lotion*
- 6 Veinulo Special Plus - *Capillary Concentrate*
- 7 Vasco/Artera - *Decongesting and Anti-Cellulite Cream*
- 8 Adipo/Gasta - *Slimming Cream*
- 9 Somito - *Firming Cream*
- 10 Anti-Stries - *Dermis Restructuring Cream*
- 11 Seaweed Body Wrap - *Slimming Mask*

Wellbeing Line

- 12 Gerthérapi Cream - *Regenerating and Relaxing Body Cream for Active People*
- 13 Vital Transfer - *Hormoœutic Body Cream*

Spa Line

- 14 Salt Peeling - *Exfoliating Body Salt*
- 15 Bath Salt - *Remineralizing Bath*
- 16 Cypress Essential Oil - *Decongesting*
- 17 Ravensara Essential Oil - *Wellbeing*
- 18 Lavender Essential Oil - *Wellbeing*
- 19 Beauty Oil - *Wellbeing Oil*

Pampering Line

- 20 Body Massage Oil - *Relaxing Oil*
- 21 Body Milk - *Rejuvenating Milk*

Hair Care Line

- 22 Medul - *Restorative Shampoo*
- 23 Cuticul Extra Plus - *Regenerating lotion*

Seino

Preparing Lotion

Bust Line

Seino activates the micro-circulation, preparing the skin for a better absorption of the other bust products.



Size: Retail 200 mL/Salon 500 mL

About

Key Ingredients

One biological extract rich in amino acids, vitamins and trace elements.

Nutritive, activates the micro-circulation.

Amphiphilic palmitoyl biopeptide made of glycil, histidyl and lysine.

Stimulates collagen and elastin synthesis.

Extracts of hops, ginseng and hamamelis.

Antiseptic and toning. Encourage the regeneration of epidermis tissues.

Actions

Seino is nutritive and toning. It activates the micro-circulation, preparing the skin for a better absorption of the other bust products.

Use

Conditions

Suitable for all women who wish to keep the beauty of their bust.

Seino can be used alone as a preventive treatment to maintain the beauty of the breast.

Home Use

Morning & Evening

Seino is used before any other bust product.

A small amount is applied all over the bust using light strokes.

Seino is also used on its own, from the late teenage years, to maintain the bust tissues.

Salon Use

Refer to Bust Treatment

Use Seino at the beginning of any bust treatment

Apply using light strokes all over the bust and top of the arms.

Endo Special Plus

Rejuvenating Concentrate

Bust Line

Endo Special Plus improves the beauty and firmness of the breasts tissues. It optimizes the beauty of the bust.



Size: Retail 20 mL/Salon 40 mL

About

Key Ingredients

One extract of horsetail rich in organic silica. Regenerates the connective tissues by improving their strength and elasticity.

Active ingredients from the biotechnology of soy containing 2 amphiphilic palmitoyl bio-peptides, one with glycyl, histidyl and lysine that are fundamental for collagen renewal and the second one, an elastic peptide, made of valyl, glycyl, alanyl, prolyl and glycine that are fundamental for elastin renewal.

Stimulate cellular metabolism and dermal collagen synthesis.

Restructure the elastic fibres, and boosts multiplication of fibroblasts.

Increase muscle tone and firmness of the bust.

A balanced blend of 8 essential amino acids. Optimizes the health and beauty of the breast

Actions

Endo Special Plus enhances the firmness and harmony of the bust.

It brings essential nutrients that restore elasticity and tonicity.

Use

Conditions

Recommended for all women who wish to keep the beauty of their breasts or enhance their firmness and harmony.

Endo Special Plus is ideal for small or large busts or for distended bust tissues.

Home Use

Few times a week

Endo Special Plus can be used two or three times a week, after the application of Seino lotion.

Apply 10 to 15 sprays all over the bust area, gently massage in and follow with the application of Macro 2000.

Courses of one or two bottles are recommended few times a year.

Salon Use

Refer to Bust Treatment

Endo Special Plus is used for all bust treatments.

After the application of Seino lotion apply 15 to 20 sprays, gently massage in all over the bust area.

Follow with Macro 2000.

Macro 2000

Nutritive Cream

Bust Line

Macro 2000 is recommended to all women to optimize the harmony, the firmness and the elasticity of the bust

About

Key Ingredients

Active ingredients from the biotechnology of soy containing 2 amphiphilic palmitoyl bio-peptides, one with glycyl, histidyl and lysine that are fundamental for collagen renewal and the second one, an elastic peptide, made of valyl, glycyl, alanyl, prolyl and glycine that are fundamental for elastin renewal.

Stimulate cellular metabolism and dermal collagen synthesis.

Restructure the elastic fibres and boosts the multiplication of fibroblasts.

Increase muscle tone and firmness of the bust.

Vitamin B9 folic acid, vitamin E α -tocopherol, selenium and histidine.

Fundamental nutrition for healthy bust tissues.

A balanced blend of 8 essential amino acids.

Optimises the health and beauty of the breast.

A synergy of extracts of horsetail, rich in organic silicon, myrrh, sage, burdock and thyme.

Remineralizing, toning and antiseptic.

Extracts from spirulina and chlorella rich in proteins.

Increase tone and firmness.

Actions

Macro 2000 supplies essential nutrition, synergising the synthesis of amino acids, vitamins and trace elements.

These nutritional molecules optimize the harmony, the fullness and the elasticity of the breast tissues.

Size: Retail 90 mL/Salon 150 mL

Use

Conditions

Recommended for all women who wish to keep or restore the beauty of their breasts or to enhance their firmness and harmony.

Home Use

Morning and/or Evening

Macro 2000 can be used daily after the application of Seino.

Apply 1/4 teaspoon all over the bust area and massage it in gently with light upwards strokes.

Salon Use

Refer to Bust Treatment

After the application of Seino and Endo Special Plus, massage gently one teaspoon of Macro 2000 all over the bust area.

Repeat the application.

Follow up with the application of Self Heating Mineral Mask.

Lympho

Preparing Lotion

Body Line

Lympho activates the micro-circulation and facilitates the absorption of the other Gernétic body products.

Lympho is decongesting.



Size: Retail 200 mL/Salon 500 mL

About

Key Ingredients

Biological compounds rich in amino acids, fatty esters, trace elements and a complex of alanine and glutamic and aspartic acids.

Nutritive, induce a slight hyperaemia thus encouraging the absorption of the active ingredients from the other body products.

Extracts of horse chestnut and ginseng.

Decongestive and draining actions.

Activate the micro-circulation.

Remineralizing properties.

Seaweed extracts.

Draining.

Actions

Lympho activates the micro-circulation, preparing the skin for a better absorption of the other Gernétic body products.

It is decongesting and draining.

Use

Conditions

Lympho is used to prepare the skin before the application of the specific body products to favour the absorption of their active ingredients.

Home Use

Daily Morning and/or Evening

Lympho is to be applied from the soles of the feet to the waist, using light upward strokes, before any other body product.

Salon Use

Refer to Body Treatment

Use Lympho at the beginning of any body treatment from the soles of the feet to the waist, front and back.

Veinulo Special Plus

Capillary Rejuvenating Concentrate

Body Line

Veinulo Special Plus relieves capillary and vein fragility and circulatory deficiencies.

It optimizes the health and beauty of the legs.



Size: Retail 20 mL/Salon 40 mL

About

Key Ingredients

Vitamins PP (B3 nicotinic acid)

Boosts cellular respiration by contributing to the transport of oxygen resulting in a positive effect on blood circulation disorders.

It is an excellent cellular stimulator that relieves capillary fragility, varicose veins and circulatory deficiencies.

Vitamin E (α-tocopherol)

Anti-oxidant.

Maintains the structural integrity of the intracellular components and has a positive effect on capillary fragility and varicose veins.

One biofiltrate of Lactobacillus casei, containing L-lactic acid and small peptide fragments.

Moisturizes the epidermal layers and reinforces the skin barrier.

One filtrate rich in cellular growth factor.

Cellular stimulant.

Increases mitochondrial metabolism, stimulates cellular oxygen intake, reduces the effects of ageing and restructures vein and capillary walls.

A balanced blend of 8 essential amino acids.

Optimize the health and beauty of the legs.

Actions

Veinulo Special Plus decongests, revitalizes and regenerates capillaries and veins.

It also boosts cellular respiration by contributing to the transport of oxygen, which has positive effects on blood circulation disorders and in the fight against cellulite

Use

Conditions

Congestion, cellulite, varicose veins and weak capillary walls.

Home Use

Morning or Evening

Veinulo Special Plus can be used daily or few times a week, after the application of Lympho.

Spray some Veinulo Special Plus to all areas of congestion, cellulite, capillary fragility, varicose veins or bruises and gently massage.

Follow with the application of Vasco/Artera cream.

A course of few bottles may be needed.

Salon Use

Refer to Poor Blood Circulation Treatment or Cellulite Treatment

Veinulo Special Plus is used after the application of Lympho lotion in all cases dealing with poor blood circulation: cellulite, congestion, apparent capillaries or veins.

Apply 15 to 20 sprays on problem areas and gently massage.

Follow with the application of Vasco/Artera.

Vasco Artera

Decongesting Anti-Cellulite Cream

Body Line

Vasco/Artera is ideal for any problem linked to poor blood circulation such as heavy legs, fluid retention and cellulite.



Size: Retail 150 mL/Salon 500 mL

About

Key Ingredients

Biological compounds that supply the glutamine, carnitine, methionine, histidine and glycine amino acids and vitamins PP (B3 nicotinic acid) and E (α-tocopherol) as well as magnesium and potassium salts.

A nutritive and restorative complex that improves the blood circulation and vascularisation and promotes the elimination of cellulite.

Phytostimulines extracted from lime blossom, horse chestnut, camomile, artichoke, cypress and burdock.

Lime blossom is calming, soothing, refreshing. Horse chestnut is decongesting, vaso-protective and anti-inflammatory.

Chamomile is toning and anti-inflammatory. Artichoke is rich in vitamins A, B1, B2, and C. Cypress strengthens capillary and vein walls. Burdock is a natural draining diuretic.

Several mucopolysaccharides.

Restore connective tissues.

A balanced blend of 8 essential amino acids.

Optimises the health and beauty of the legs.

Actions

Vasco/Artera is the most important cream in the body line as it improves the blood circulation and vascularisation and reduces swelling of the legs. It gently softens the walls of the capillaries and veins.

There is no better cream for treating cellulite as it drains the layers of old dead cells, provokes a natural diuretic effect and a better elimination.

Use

Conditions

Vasco/Artera is recommended for any problems linked to poor blood circulation such as heavy legs, fluid retention, apparent veins and cellulite.

Home Use

Daily Morning and/or Evening

After the application of Lympho, gently massage one teaspoon of Vasco/Artera on each leg from the soles of the feet to the waist using light upward strokes.

Salon Use

Refer to Body Treatment

Use Vasco/Artera, after Lympho, for all slimming treatments.

Gently massage a large quantity from the soles of the feet to the waist, front and back.

Adipo/Gasta

Slimming Cream

Body Line

Adipo/Gasta is recommended for local or general fatty excesses linked to poor digestion, poor elimination, nutritional over-indulgence and slow metabolism.

About

Key Ingredients

Biological compounds that supply carnitine, lysine, arginine, glutamine and B7 (Inositol).

A nutritive and restorative complex that promotes the reduction of the adipocytes.

Mucopolysaccharides and hyaluronic acid.

Restore connective tissues.

Seaweed extracts rich in iodine.

Boost metabolism thus inducing slimming.

Extracts from birch, ivy, arnica and hawthorn.

A synergy of slimming-inducing plants.

Extracts from green coffee and Yerba mate.

Potentialise the lipolysis (+170%), and induces fat reduction. Anti-oxidants.

Actions

Adipo/Gasta is the specific body cream for slimming, reducing local or general fat deposits, balancing and aiding digestion.

Adipo/Gasta nutritive molecules counteract the excessive craving for sugars and saturated fats. Excessive amounts of sugars and fats saturate the liver and gall bladder.

If food is not properly digested, it is difficult to synthesize, resulting in endocrinal imbalance especially thyroid and cortico-suprarenal permitting an abnormal accumulation and retention of local or general fatty deposits

Size: Retail 150 mL/Salon 500 mL

Use

Conditions

Adipo/Gasta is recommended to assist the reduction of fatty deposits.

It is also beneficial in case of acne link to poor digestion.

Home Use

Daily Morning and or Evening

After the application of Lympho apply some Adipo/Gasta by gentle massage to fatty deposits, including the stomach and the soles of the feet.

Never use Adipo/Gasta inside the legs and under the buttocks as it may slacken the skin in those flabbiness-prone areas.

Salon Use

Refer to Body Treatment

Use Adipo/Gasta after Vasco/Artera. Gently massage a large quantity from sole of feet to waist and on fatty deposits, including the stomach.

Never use Adipo/Gasta inside the legs and under the buttocks as it may slacken the skin in those flabbiness-prone areas.

The slimming effect should become apparent after 3 weeks if salon and home treatments are done regularly.

Somito

Firming Cream

Body Line

Somito firms and tones deep body tissues in areas prone to slackening. It's essential fatty acids keep the skin soft.

About

Key Ingredients

One biological proteinic compound with tannins.
Nutritive and astringent.

One biological extract containing leucine, arginine, lysine and glycine.

Nutritive, restores deep tissues, tones sagging muscles.

Vitamins C, K, B2, B6, D3 and potassium as a trace element.

Promote healthy tissues.

Caffeine associated with palmitoyl-carnitine.
Firms, tones and reduces slackening of the skin.

Sweet almond oil.

Brings essential fatty acids, softening.

Actions

Somito firms and tones the muscles and skin in areas prone to slackening: thighs, buttocks, stomach and arms.

Size: Retail 150 mL/Salon 500 mL

Use

Conditions

Somito is recommended to assist local or general firming of deep body tissues.

Home Use

Daily Morning and/or Evening

After the application of Lympho, gently massage a small quantity of Somito on the areas that are in need of firming.

Somito can be applied over any other body products.

It is particularly beneficial on sagging areas such as the thighs, buttocks, stomach and under the arms.

Salon Use

Refer to Firming Body Treatment

Gently massage on areas in need of firming; thighs, buttocks, stomach, arms.

Somito can be used over any other body products.

Note: *It is best to start using Somito after most of the cellulite has been eliminated.*

Anti-Stries

Dermis Restructuring Cream

Body Line

Anti-Stries is an extremely concentrated formula that effectively restores tissue elasticity.

It is recommended for the prevention and restoration of stretch marks.

About

Key Ingredients

One peptidic compound.

Stimulates exhausted metabolism and cellular respiration.

Polypeptides and glycopeptides compound of small molecular weight.

Stimulates the mitochondrial respiration (+187%).

Lactoferrin, a protein obtained from 2-thioxanthin and 8-hydroxanthin.

Firms the dermal and epidermal tissues.

Palmitoyl oligopeptide including glycine, arginine and methionine.

Restructures elastin and collagen, which contributes to restore tissues elasticity.

Palmitic acid grafted on a glycine-histidine-lysine peptide.

Powerful cellular stimulator of collagen synthesis. Protecting and repairing.

Actions

The exceptional nutritive active ingredients contained in Anti-Stries enable a better synthesis of the collagen and elastin, which ensures the restructuration of distended tissues.

Anti-Stries also helps to maintain or to restore tissues elasticity.

Size: Retail 125 mL/Salon 150 mL

Use

Conditions

Anti-Stries is recommended for the prevention of stretch marks on the bust and the body. Ideal during pregnancy.

It is also use for the restoration of areas affected by stretch marks and distended tissues.

Anti-Stries is ideal to restore dermis elasticity on the body and arms.

Home Use

Daily Morning and/or Evening

Prevention of stretch marks during pregnancy:

Apply a small amount to the stomach and bust. Can be followed by an application of Synchro.

Restoration of stretch marks: Apply a small amount to the affected areas.

Loss of dermal elasticity: Apply a small amount to areas where skin slackening is noticeable.

Salon Use

Refer to Stretch Marks or Firming Treatments

Anti-Stries should be used after the specific bust or body products.

Follow with the application of Self Heating Mineral Mask.

Seaweeds Body Wrap

Professional Seaweed Mask

Body Line

Seaweeds Body Wrap harnesses the chemistry and biological characteristics of each seaweed and plays a major role in the elimination and slimming processes.

About

Key Ingredients

Several seaweed extracts including:

*The brown seaweed **Ascophyllum nodosum**.*

Rich in mineral salts: iron, zinc and selenium and in amino-acids.

Relaxing and firming.

*The brown seaweed **Fucus vesiculosus**.*

Rich in mineral salts: copper, zinc, selenium, calcium and magnesium and vitamins C, B1, B6, B9 and B12.

It induces toxin and bodily waste elimination and slimming.

*The red seaweed: **Lithothamnium calcareum**.*

Rich in mineral matters, calcium and magnesium with traces of zinc, iron and manganese.

It is highly remineralizing and anti-stress.

It relieves sensitive and reactive skins.

Actions

Seaweeds Body Wrap induces toxin and bodily waste elimination.

It also has remineralizing and anti-ageing properties.

Size: Salon 2 Kg

Use

Conditions

At the beginning of a slimming program to enhance the elimination of toxins, cellulite and fatty deposits.

Salon Use

Refer to Detox and Slimming Body Treatment

Use Seaweeds Body Wrap after the application of Vasco/Artera and Adipo/Gasta creams.

Gerthérap

Regenerating and relaxing body Cream

Wellbeing Line

Ideal cream for active people
Multi-active specific cream to relieve muscular pain.
Draining, relaxing and body contouring.
An all in-one suitable for after workout.



Delicately scented of lemongrass.

Size: Retail 150mL/Salon 250 ml

About

Key Ingredients

A blend of 100% pure organic virgin macadamia and grape seed oils.

Macadamia oil is rich in essential fatty acids omega 3, 6 and 9 and in vitamins E, A, B1, B2. Grape seed oil is rich in omega 6 and 9 and in vitamin E.

These two oils protect the skin's cellular membranes.

Artichoke, cypress, burdock and horse chestnut extracts.

Draining, decongestant, vascularizing.
Help lymphatic drainage.
Ideal for heavy legs and oedemas.

Citronella oil.

Containing citral with soothing properties.

Ravensara aromatica essential oil.

Toning properties.

Vectorised Caffeine.

Acts at the heart of the cells, potentialising the lipolysis, which induces adipocyte reduction.

Glaucium flavum extract.

Induce cellular respiration, helping with the elimination of fatty acids.

Use

Conditions

Gerthérap is a subtly scented cream that can be used by all, for pleasure and wellbeing.

Home Use

Do not use Gerthérap on the bust
Daily

Apply a small quantity to the all body.
After exercising, this new generation formula brings wellbeing and muscle relaxation.

Salon Use

Gerthérap can be used as a finishing touch at the end of any Gernétic Body Treatment or Spa Treatment.

It can be applied all over the body but it has to be avoided on the bust area.
You can also perform a relaxing massage starting from the sole of the feet using effleurage and drainage techniques.

A small amount of Gernétic Beauty Oil can be added when doing a massage.

Actions

Gerthérap reduces cramps as well as muscle soreness from exercise. It also enhances body contours. Its range of properties is unique and varied: decongestant and anti-inflammatory, anti-oedemas, muscle relaxant, anti-fatigue, anti-stress and immuno-stimulant.
It reduces bruises, promotes wound healing and is ideal post surgery.

Gerthérap leaves the skin soft, supple and lightly perfumed.

Vital Transfer

Hormoceutic Body Cream

Wellbeing Line

Based on the synergy of phyto-estrogens these isoflavons re-launch the mechanisms of action by using skin's estrogen receptors .

Providing each skin layer a supplementary essential element for its optimal functioning.



Delicately scented with lavender, marine scent, lotus, cedar wood, white musk and lime.

Size: Retail 150ml/Salon 250 ml

About

Key Ingredients

Genistein from soy and hops.

Genistein is a phyto-oestrogen found in soy, clover and hops with a structure that mimics oestrogen.

It behaves as an anti-oxidant and anti-inflammatory as well as a collagen producer.

With its low molecular weight, Genistein can easily penetrate the skin.

As a potent anti-oxidant, Genistein reduces lipid peroxidation, scavenges free radicals and alleviates the damage these free radicals can cause to the skin's tissues. It has been recognised as a wound healer.

Squalane, beeswax.

Restoration of the hydrolypidic film.

Fatty acids from Sacha inci, borrago, almond.

Auto-regulation of the intercellular cement.

Sphingosine-1-phosphate analog.

Bioactive lipid mediator, regulates oxidative stress.

Calcium.

Optimisation and differentiation of the keratinocytes.

A synergy of amino acids, vitamins and trace elements.

Cellular systems nutrition.

Marine oligosaccharide, peptides, organic silicium.

Act on the proliferation of fibroblasts.

Witch hazel, butcher broom, vine.

Beneficial action on the micro-circulation

Use

Conditions

Skin clinical signs of low level of oestrogen:
Dryness, loss of density, thickness and elasticity, easily irritated skin, bruises, age spots, slow wound healing, hair loss.

Home Use (Examples)

Do not use Vital Transfer on the bust **Morning**

Vital Transfer can be applied after Lympho, Vasco-Artera, Adipo-Gasta, Somito or on its own.

Evening

Vital Transfer can be applied after Lympho, Somito or Anti-Stries, or on its own.

Salon Use (Example)

Do not use Vital Transfer on the bust

Vital Transfer can be applied as a finishing touch at the end of any Gernétic Body Treatment or Spa Treatem.

Actions

Formulated for mature skins that show signs of low level of estrogen.

Phyto-estrogen bind to skin receptors, thus activate the fibroblasts, keratinocytes and other skin cells to produce collagen and elastin boosting skin repair and improving skin quality.

Salt Peeling

Exfoliating Body Salt

Spa Line

Salt Peeling with essential oil is a deep cleanser that removes all traces of impurities and dead cells from the skin.

About

Key Ingredients

Very pure crystallized sea salt harvested from protected sites.

Remineralizing, high concentration in magnesium, iron, zinc, copper and much more.

Essential oil of cymbopogon citratus that contains citral (70%) and citronellal.

Relaxing and anti-inflammatory.

Particularly beneficial to cellulite, poor blood circulation and heavy legs.

Actions

Salt Peeling is a gentle yet effective scrub, exfoliating away the skin dead cells. It is very remineralizing.

Size: Retail 250 mL/Salon 250 mL

Use

Conditions

When a deep body cleanse and exfoliation is required.

Home Use

As required

Salt Peeling can be used on a wet skin.

Apply to the skin and work with light effleurages for a few minutes.

Rinse under a shower.

Salon Use

Refer to Spa Pampering Treatments

Ready for use but you can add a few drops of Gernétic Beauty Oil.

Apply to the skin and work with light effleurages for a few minutes.

Rinse under a Vichy shower or shower or remove leftover traces with warm towels.

Can be followed by a body massage, a bath or a body wrap.

Bath Salts

Remineralizing Bath

Spa Line

Bath Salts with essential oil is rich in trace elements that relieve stress and relax the mind and the nervous system. Bath Salts promote wellbeing.

About

Key Ingredients

Very pure crystallized sea salts harvested from protected sites.

Remineralizing, high concentration in magnesium, iron, zinc, copper and more.

Essential oil of cymbopogon citratus that contains citral (70%) and citronellal.

Very powerful relaxing properties.

Antiseptic and antibacterial.

Particularly beneficial to cellulite, poor blood circulation and heavy legs.

Excellent for general health.

Actions

Bath Salts is remineralizing and relaxing.

It decongests oedemas and relieves cramps and joint pain.

Size: Retail 400 mL /Salon 400 mL

Use

Conditions

When a relaxing and wellbeing bath is desired.

Home Use

A few times a week at evening

Dissolve one 3 to 4 tablespoons of Bath Salts according to the size of the bath under the running tap. Water should be at a temperature between 34 and 36 °C.

Relax for 15 to 20 minutes.

Trace elements can be absorbed cutaneously when the temperature of the bath is a 34°C or higher.

Salon Use

Refer to Spa Pampering Treatments

Dissolve 5 tablespoons of Bath salts under the running tap.

Temperature should be between 34 and 36°C and duration between 15 and 20 minutes.

Can be used in any spa bath.

Cypress Essential Oil

Decongesting

Spa Line

Cypress essential oil protects against veins hardening.

About

Key Ingredients

100% pure organic essential oil of Cupressus sempervirens.

Decongestant for the lymphatic system and veins.

Vasoconstrictor

Protects against veins hardening.

Actions

Decongestant, this essential oil protects against veins hardening.

Size: Salon 5 mL

Use

Conditions

Poor blood circulation, cellulite, varicose veins and swollen legs.

Salon Use

Refer to Spa Pampering Treatments

The appropriate essential oil can be applied to the soles of the feet, taking great care to use no more than 1 drop for each foot.

This can be followed by the application of Gernétic Beauty Oil or Gernétic Massage Cream.

It can be used in conjunction with any Body Treatment: two drops of Cypress Essential Oil can be added to a body mask.

Ravensara Essential Oil

Wellbeing

Spa Line

Ravensara essential oil has anti-infection, antiviral and immunostimulant properties.

About

Key Ingredients

100% pure organic essential oil of Ravensara aromatica.

Detoxifying, anti-infection, antibacterial, antiviral and antimycotic, immuno-stimulant.
Anti-fatigue.

Actions

Detoxifying, anti-infection, antibacterial, antiviral and antimycotic.

Size: Salon 5 mL

Use

Conditions

Skin infection, herpes, shingles, nervous and physical fatigue, rheumatism, muscle and joint pain, nervous tension.

Salon Use

Refer to Spa Pampering Treatments

The appropriate essential oil can be applied to the soles of the feet, taking great care to use no more than 1 drop for each foot.

This can be followed by the application of Gernétic Beauty Oil or Gernétic Massage Cream.

It can be used in conjunction with any Body Treatment: two drops of Ravensara Essential Oil can be added to a body mask.

Lavender Essential Oil

Antiseptic, Soothing

Spa Line

Lavender essential oil has antiseptic, soothing, calming healing properties.

About

Key Ingredients

100% pure organic essential oil of Lavender officinalis.

Regulation of the nervous system, sedative.

Reduce inflammation, antiseptic and healing.

Actions

Antiseptic, soothing, calming healing.

Size: Salon 5 mL

Use

Conditions

Acne, reactive skin, such as, psoriasis, eczema, dermatosis, stress.

Salon Use

Refer to Spa Pampering Treatments

The appropriate essential oil can be applied to the soles of the feet, taking great care to use no more than 1 drop for each foot.

This can be followed by the application of Gernétic Beauty Oil or Gernétic Massage Cream.

It can be used in conjunction with any skin Care or Body Treatment: one or two drops of Lavender Essential Oil can be added to a face or body mask.

Beauty Oil

Wellbeing Oil

Spa Line

Beauty Oil regenerates the skin's cellular membranes, thus softening the skin.

About

Key Ingredients

A blend of 100% pure organic virgin macadamia and grape seed oils.

Macadamia oil is rich in essential fatty acids (omega 3, 6 and 9) and in vitamins E, A, B1 and B2. Grape seed oil is rich in omega 6 and 9 and vitamin E.

These two oils protect the skin's cells membrane.

Essential oils of Ravensara aromatica and Cymbopogon citratus.

Detoxify, energize, reduce stress, stimulate the immune system. Anti-mycotic.

Actions

Beauty Oil has anti-oxidizing properties that make it a powerful anti-ageing tool.

It reinforces the lipidic film of the skin, improving its hydration.

Size: Retail 200mL/Salon 500 mL

Use

Conditions

Anybody wishing to slow down the ageing process of the skin.

Essential fatty acids protect the skin's cells membrane keeping the skin well hydrated.

Salon Use

Beauty Oil can be used to perform any kind of therapeutic massage that uses effleurage and drainage techniques.

Beauty Oil should be applied after a Spa Treatment.

Home Use

Daily

After a shower, apply a small quantity all over the body.

Ideal to regenerate the skin cellular membranes thus restoring hydration and slowing down the skin's ageing.

Recommended after sun-bathing.

Massage Oil

Relaxing Oil

Pampering Line

Massage Oil is a blend of organic grape seed oil with essential oils of lavender and rosemary.

It relieves muscular stiffness and induces relaxation.

About

Key Ingredients

Organic grape seed oil.

Brings essential fatty acids, which protects and softens the epidermis.

Pure rosemary and lavender essential oils.

Relieve muscular stiffness and induce relaxation.

Actions

Massage Oil relieves muscular stiffness, eases aches and induces relaxation.

It renders the skin soft and supple.

Size: Retail 200mL/Salon 500 mL

Use

Conditions

All skin types but very beneficial for dehydrated dry skin and to slowdown the skin ageing process.

Home Use

As required after a bath or a shower

Can be used at any time to soften the skin or as part of any relaxation session.

Recommended after sun-bathing.

Salon Use

Massage Oil is used to perform any kind of therapeutic massage that uses effleurage and drainage techniques.

Massage - Effleurage/Drainage

Massage techniques have been used for centuries to relax muscles, soften tissues and relieve pain and, in physiotherapy, to treat various types of injury.

They are essentially a sequence of hand movements applied with varying pressure.

Rather than massage, Gernétic use the "effleurages/drainages" method.

This consists of gentle stroking movements working from the soles of the feet up to the heart, that are designed to promote circulation and lymphatic drainage.

This technique creates a symbiosis between the energy of the technician and that of the patient. The aim is to encourage absorption of the nutritional active ingredients found in all Gernétic products.

This deep biological action helps to address the body's internal deficiencies so that the external appearance can enjoy a process of rejuvenation and embellishment.

Effleurages-drainages also induce a state of total relaxation and well being for the client.

Body Milk

Rejuvenating Milk

Pampering Line

Body Milk slows down the manifestations of the ageing process. Its complex formulation brings back firmness and rejuvenation.



Size: Retail 200mL/Salon 500 mL

About

Key Ingredients

A glycil-histidil-lysin tripeptide.
Enhances collagen synthesis.

Phytosterols and unsaponifiables.
Bring a silky, hydrated and supple skin.

Apricot oil rich in vitamins A, B1, B2, B3, B5 and C
Nutritive.

Shea butter.
Softening and regenerating.

Actions

Body Milk is a nutritive and rejuvenating body milk that restores softness to dry skins. Its complex formulation helps to slowdown the manifestation of ageing and brings back firmness to skin.

Use

Conditions

All skin types but very beneficial for dehydrated dry skin and aged skin.

Home Use

As required
Body Milk can be applied by gentle massage to the whole body after a shower until complete absorption.

Body Milk is particularly recommended after sun exposure.

Salon Use

Body Milk can be applied as a finishing touch after a Body Treatment.

Medul

Restorative Shampoo

Hair Care Line

Medul maintains and restores a healthy scalp and keeps hair beautiful.

Medul regulates the production of sebum.

About

Key Ingredients

One Glycoprotein.

Stimulates the cells metabolism.

A compound of acetylcysteine and acetylmethionine with vitamin B7 inositol.

Revitalises the cells of the scalp and hair follicles, combating hair loss.

Tackles scalp disorders by revitalizing the cells.

Controls excessive secretion of sebum and prevents formation of dandruff.

Extract of food grade yeast enriched with vitamins B1 thiamine and vitamin B6 pyridoxine.

Regulates the production of sebum by the sebaceous glands.

Actions

Medul maintains or restores the health of the scalp.

It controls excessive secretion of sebum and prevents formation of dandruff.

Medul brings body and brightness to the hair.

Size: Retail 200mL.

Use

Conditions

Everybody can use Medul shampoo either to maintain an already healthy scalp or in case of scalp problems to regain a healthy scalp.

Medul gives body and brightness to the hair.

It has a slight conditioning effect leaving the hair soft and silky.

Home Use

As required

Shampoo hair as often as needed but no more often than every 2 days.

Can be followed by Cuticul Extra Plus Lotion to keep or restore a healthy scalp and hair.

Cuticul Extra Plus

Regenerating Lotion

Hair Care Line

Cuticul Extra Plus keeps scalp healthy and hair thick and beautiful.

It revitalises the cells of the scalp and hair follicles combating hair loss.

About

Key Ingredients

Peptide glutamine.

Acts as activator to the natural enzymes of the scalp, significantly reducing hair loss by promoting their anchoring and fixing.

One glycoprotein.

Stimulates the cells metabolism.

A compound of acetylcysteine, and acetylmethionine with vitamin B7 inositol.

Revitalises the cells of the scalp and hair follicles combating hair loss.

Tackles scalp disorders.

Controls excessive secretion of sebum and prevents the formation of dandruff.

Three sulphur amino acids: methionine, cysteine and tryptophan.

Essential for keeping hair in good condition or to repair damaged hair.

Extract of food-grade yeast enriched with vitamins B1 thiamine and B6 pyridoxine.

Regulates the production of sebum by the sebaceous glands.

Actions

Cuticul Extra Plus is designed to deal with scalp deficiencies and problems: seborrhea, dandruff, itchy scalp, excessive desquamation, hair loss, alopecia, eczema, psoriasis

Size: Retail 100mL

Use

Conditions

Cuticul Extra Plus can be used by anybody who wishes to thicken their hair and encourage hair growth or who experiences scalp problems such as dandruff, itchy scalp, seborrhea, hair loss, eczema or psoriasis.

It gives body to the hair and makes it easy to comb and style.

Home Use

Daily

Cuticul Extra Plus can be used after Medul shampoo or daily between shampoos.

Apply a small amount to the scalp and massage lightly.

BUST - BODY - SPA TREATMENTS

This chapter will give you examples of body treatments that you can perform following the Gernétic 3-step method.

Please note that these treatments can be individualized and combined according to the needs of your clients.

- 2 Treatments Step by Step - *Bust, Spa, Body, Stretch Marks*
- 3 Bust Program Outline
- 4 Bust Treatment - *Harmony*
- 5 Bust Treatment - *Large Bust Harmony*
- 6 Body Program Outline
- 7 Detox Treatment with Seaweed Mask - *Detox and Slim*
- 8 Ultimate Spa Treatments - *Exfoliation, Sea Salts Bath, Seaweeds Wrap*
- 9 Decongesting Treatment - *Lighter Legs*
- 10 Cellulite Treatment - *Cellulite Free, Lighter Legs*
- 11 Slimming Treatment - *Slender Figure*
- 12 Local Slimming Treatment - *Body Contour*
- 13 Firming Treatment - *Body Tone*
- 14 Stretch Marks Treatment - *Restructure*

Allow for a 30-minute consultation to establish your client's program before the first treatment.

Allow 15 minutes after each subsequent treatment for follow-up and for home care explanations.

Bust Treatment Step by Step

Products Used

STEP #1 - Prepare

Activate micro-circulation _____ Seino

STEP #2 - Care

Enhance firmness and harmony _____ Endo Special Plus

Optimize bust harmony, firmness and tissues elasticity _____ Macro 2000

Reduce stretch marks _____ Anti-Stries

STEP #3 - Infuse

Enhance firmness _____ Mineral Mask

Or enhance slimming _____ Marine Essence Mask

Detox Treatment Step by Step

Products Used

STEP #1 - Detox, reduce cellulite and fatty deposit

Detox and reduce fluid retention and cellulite _____ Vasco/ArteraMarine

Detox and reduce fatty deposits _____ Adipo/Gasta

STEP #2 - Enhance the elimination of toxins

Apply Seaweed Mask _____ Body Slimming Mask

STEP #3 - Finishing touch

Apply _____ Beauty Oil or Gerthérapie

Body Treatment Step by Step

Products Used

STEP #1 - Prepare

Activate micro-circulation _____ Lympho

STEP #2 - Care

Relieve capillary and vein fragility _____ Veinulo Special Plus

Decongest, reduce fluid retention and cellulite _____ Vasco/Artera

Assist slimming, reduce fatty deposits _____ Adipo/Gasta

Firm deep tissues _____ Somito

STEP #3 - Infuse

Apply Self Heating Mask _____ Mineral Mask

Stretch Marks Treatment by Step

Products Used

STEP #1 - Prepare

Activate micro-circulation _____ Lympho

STEP #2 - Care

Increase cellular energy of the epidermis _____ Mito Special Plus

Restore dermis elasticity _____ Anti-Stries

Restore epidermis elasticity _____ Immuno/Synchro

Reduce the depth of stretch marks _____ Nucléa

STEP #3 - Infuse

Apply Self Heating Mask _____ Mineral Mask

STEP #3 - Finishing touch

Apply _____ Body Milk

Bust Program Outline

We recommend that the therapist who conducts the assessment or consultation and puts the program together be well trained in the Gernétic method.

A less-experienced person can then easily perform the treatments.

Bust Treatment Program

The purpose of Gernétic harmonizing bust treatment is to restore the skin's elasticity and balance the bust volume to suit your client's morphology.

This treatment is recommended once a week in a course of 6 to 12.

Always start a bust treatment program by filling in the consultation card provided by Gernétic and by taking and writing down measurements as follow. This will enable you to individualise her treatment and to tell her more precisely what results she can expect.

The client's back and head being well placed against a wall measure the distance between the two nipples, going from one nipple past to the back of the neck to the other nipple. Then measure the distances between the nipples to the navel and the girth of the bust.

The variation of the first two measurements will give you the exact amount of lifting of the bust and the third one is a precise indication of the variation of the bust volume.

Please note that bust treatments should not be performed in the following cases:

- Your client had an operation involving breast implants,
- Your client has breast tumor or cyst,
- You detect any anomaly in the breast,
- Your client is pregnant or breast feeding.

It is therefore absolutely necessary that you take the time to fill in the consultation card with your client and that you have a look at your client's bust before you start any bust treatment.

If you suspect any anomaly, ask your client to have a check-up.

Some medicines, hormonal treatments and the pill can slow down the results of bust treatments.

We recommend one treatment a week until the results are obtained and one treatment every second week or once a month thereafter to maintain the achieved results.

We recommend you use the Gernétic "Body and Bust" prescription cards as it is vital that your client continues the program between each treatment by applying her products at home the days she does not come to the salon.

Allow a 30-minute consultation before your first treatment to establish your client's program.

Allow 15 minutes after every treatment for follow-up and home care explanations.

Bust Treatment

Harmony

Purpose

This treatment is suitable to enhance the harmony and firmness of the breasts.

Products

Seino

Preparing Lotion

Endo Special Plus

Regenerating Concentrate

Macro

Nutritive Cream

Anti-Stries (If stretch marks)

Dermis Restructuring Cream

Gauze

1 bag of Mineral Mask

Self Heating Mask

Polyester foil

One small sheet

See demonstration on

Gernétic DVD

Procedure: Prepare

STEP #1 - Activate the micro-circulation

Apply a small quantity of *Seino* by light massage all over the bust and the top of the arms.

Procedure: Care

STEP #2 - Transfer nutritional molecules to optimize the harmony and the firmness of the bust.

Apply 15 to 20 sprays of *Endo Special Plus* all over the bust and massage gently.

Massage gently 1 teaspoon of *Macro 2000* all over the bust and the top of the arms.

Ask you client to sit up and apply *Seino* and *Macro 2000* on her back.

Second application: have your client lie down again and apply 1 teaspoon of *Macro 2000* over the bust only.

If necessary, apply a small amount of *Anti-Stries* to stretch marks.

Procedure: Infuse

STEP #3 - Infuse nutritional molecules with a mask

Cover the bust area with a large sheet of gauze.

Mix one bag of *Mineral Mask* with 250 mL of tepid water and quickly apply the creamy mixture with a large spatula over the gauze to completely cover the bust area.

Cover with polyester foil.

Leave the mask for about 20 minutes or till it cools down.

Remove mask and clean residues with *Seino*.

Finish this treatment by applying a small amount of *Macro 2000*.

Once a week, a course of 12 treatments is recommended.

Home treatment: Daily

Refer to the Gernétic Home Treatment File "Body, Bust and Hair"

Bust Treatment

Large bust Harmony

Purpose

This treatment is suitable to enhance the harmony and firmness of large bust.

Products

Seino

Preparing Lotion

Endo Special Plus

Regenerating Concentrate

Macro

Nutritive Cream

Anti-Stries (If stretch marks)

Dermis Restructuring Cream

Gauze

Seaweed Body Mask

Slimming Mask

Polyester foil

One small sheets

See demonstration on

Gernétic DVD

Procedure: Prepare

STEP #1 - Activate the micro-circulation

Apply a small quantity of *Seino* by light massage all over the bust and the top of the arms.

Procedure: Care

STEP #2 - Transfer nutritional molecules to optimize the harmony and the firmness of the bust.

Apply 15 to 20 sprays of *Endo Special Plus* all over the bust and massage gently.

Massage gently 1 teaspoon of *Macro 2000* all over the bust and the top of the arms.

Ask you client to sit up and apply *Seino* and *Macro 2000* on her back.

Second application: have your client lie down again and apply 1 teaspoon of *Macro 2000* over the bust only.

If necessary, apply a small amount of *Anti-Stries* to stretch marks.

Procedure: Infuse

STEP #3 - Infuse nutritional molecules with a mask

Cover the bust area with a large sheet of gauze.

Mix 100g of *Seaweed Body Mask* with 100 to 150 mL of hot water to obtain a thick, creamy paste.

Apply the mask all over the bust area using one hand.

Cover with polyester foil.

Leave the mask for 20 minutes.

Remove mask and clean residues with warm water.

Finish this treatment by applying a small amount of *Macro 2000*.

Once a week, a course of 12 treatments is recommended.

Home treatment: Daily

Refer to the Gernétic Home Treatment File "Body, Bust and Hair"

This treatment can be alternate with Bust Harmony treatment.

Body Program Outline

We recommend that the therapist who conducts the assessment or consultation and puts the program together be well trained in the Gernétic method.

A less-experienced person can then easily perform the treatments.

Body Treatments General Information

Gernétic Body products are designed to assist in the contouring of a woman's body silhouette. They are recommended in case of cellulite, general and localized fatty deposits, distended tissues and stretch marks.

Detoxifying and Draining Program

Aim

This treatment is to be recommended as a preparation to any body program. It assists the body in the elimination and drainage of toxins and bodily wastes.

Number of Treatments

3 at the beginning of a body program, then it can be alternated with Cellulite or Slimming Treatment.

Salon Frequency

Can be once or twice a week.

Duration of Treatment

60 minutes.

Poor Blood Circulation and Cellulite Program

Aim

To decongest and improve lymphatic and blood circulation.

To drain toxins and metabolic wastes.

To reduce inflammation, and fluid retention.

To restore the conjunctive tissue.

Number of Treatments

12 treatments

Salon Frequency

Can be once or twice a week.

Duration of Treatment

90 minutes.

Fatty Deposit - General Slimming Program

Aim

To drain toxins and metabolic wastes by improving the digestion and stimulating the bowel function.

To boost the metabolism.

To reduce adipose tissues.

To control sugar and fat cravings.

Number of Treatments

12 treatments

Salon Frequency

Can be once or twice a week.

Every week, you can alternate between one Seaweed Slimming and one Fatty Deposit Treatment.

Duration of Treatment

90 minutes.

Allow a 30-minute consultation before your first treatment to establish your client's program.

Allow 15 minutes after every treatment for follow-up and home care explanations.

Detox Treatment

Detox and Slim

Purpose

To drain toxins and improve micro circulation.

To reduce cellulite and enhance slimming.

This treatment requires a shower.

Products

1 sheet of polyester foil

Essential Oil

Ravensara or Cypress

Vasco/Artera

Anti-Cellulite Cream

Adipo/Gasta

Slimming Cream

Slimming Body Wrap

Seaweed Mask

Beauty Oil

Wellbeing Oil

Or Body Milk

See demonstration on

Gernétic DVD

Procedure: Prepare

STEP #1 - Detox and reduce cellulite and fatty deposits.

Have your client lie down on a sheet of polyester foil.

Apply one drop of the selected *Essential Oil* to each sole of foot and massage lightly until completely absorbed.

Apply a large quantity of *Vasco/Artera* from soles of feet to the top of the legs front and back,, using long upward drainage.

Apply a large quantity of *Adipo/Gasta* to the whole body front and back, using long upward drainage. Do not apply to the bust area,

Procedure: Care

STEP #2 - Enhance toxins elimination with Seaweeds Body Mask.

Mix 300g of *Slimming Body Wrap* with 200 mL to 300 mL of warm water to obtain a creamy paste. Add 2 drops of *Essential Oil* to the mixture.

Apply the mask quickly to the entire body, back and front, using one hand.

Wrap the polyester foil tightly around your client and cover her with a warm blanket.

Leave your client to relax for 30 minutes and then help her to the shower.

Procedure: Finishing Touch

STEP #3 A finishing touch that leaves the skin soft with a divine scent.

Using effleurages-drainages, apply *Beauty Oil* or *Body Milk* all over the whole body, until completely absorbed.

Frequency: once or twice a week, a course of 3 treatments is recommended.

After you can alternate between Cellulite or Slimming Treatments.

Home treatment: Daily

Refer to the Gernétic Home Treatment File “Bust Body, Hair”

Ultimate Spa Treatment

Exfoliation, Sea Salts Bath and Seaweeds Wrap

Purpose

Total relaxation, de-stressing and remineralizing.

Anti cellulite and anti-fluid retention.

This package reshapes the body and enhances wellbeing.

Products

Salt Peeling
Exfoliating Body Salt
Bath Salt
Remineralizing Bath
1 sheet of polyester foil
Essential Oil
Ravensara or Cypress
Vasco/Artera
Anti-Cellulite Cream
Adipo/Gasta
Slimming Cream
Slimming Body Wrap
Seaweed Mask
Gerthérapi Cream
Wellbeing Cream
Or
Beauty Oil
Wellbeing Oil

Procedure: Prepare

STEP #1 - Exfoliate dead cells

Apply *Salt Peeling* to the skin and work with light effleurages all over the body front and back but avoid the bust area.

Rinse off under a Vichy shower or a normal shower or with hot towels.

Procedure: Bath

STEP #2 - Relax and remineralize

Prepare a warm bath between 34 and 36°C with one sachet of *Bath Salts*.

Have your client to relax in it for 15 to 20 minutes.

Then help her to get out of the bath and dry herself.

Procedure: Care

STEP #3 - Promote toxin elimination with Seaweed Mask.

Have your client lie down on a sheet of polyester foil.

Apply a large quantity of *Vasco/Artera* from the soles of the feet to the waist, front and back, using long upward drainage. Do not apply to the stomach.

Apply a large quantity of *Adipo/Gasta* to the whole body front and back, using long upward drainage. Do not apply to the bust area.

Mix 300g of *Slimming Body Wrap* with 200mL to 300 mL of warm water to obtain a creamy paste. Add 2 drops of *Essential Oil* to the mixture.

Apply the mask quickly to the entire body, back and front, using one hand.

Wrap the polyester foil tightly around your client and cover her with a warm blanket.

Leave your client to relax for 20 minutes and then help her to the shower.

Using effleurages-drainages, apply *Gerthérapi Cream* or *Beauty Oil* all over the whole body,, until completely absorbed.

This finishing touch will leave softness to the skin and a divine scent.

Frequency: As desired.

You can alternate between Cellulite or Slimming Treatments.

Home treatment:

Refer to the Gernétic Home Treatment File "Body, Bust and Hair"

Decongesting Treatment

Lighter Legs

Purpose

To relieve and decongest tired heavy legs and to reduce capillary fragility and apparent veins.

Products

1 sheet of polyester foil
Lympho
Preparing Lotion
Veinulo Special Plus
Capillary Concentrate
Vasco/Artera
Decongesting Cream
Synchro
Regenerating Cream
Gauze
1.5 bag of Mineral Mask
Self Heating Mask
Gerthérapie Cream
Wellbeing Cream
Or Body Milk
Rejuvenating Milk

See demonstration on
Gernétic DVD

Procedure: Prepare

STEP #1 - Activate the micro-circulation

Have your client lie down on a sheet of polyester foil.

Apply *Lympho* from the soles of the feet to the top of the legs, front and back by light effleurages.

Procedure: Care

STEP #2 - Transfer nutritional molecules to decongest and to reduce capillary fragility and apparent veins

Apply 15 to 20 sprays of *Veinulo Special Plus* to apparent capillaries and veins and gently massage.

Front: Apply a large quantity of *Vasco/Artera* from the soles of the feet to the top of the legs, with long upward strokes.

Then, apply a small amount of *Synchro* on top.

Back: Repeat exactly the same procedure to the back.

Procedure: Infuse

STEP #3 - Infuse nutritional molecules

Cover legs and thighs (front or back) with 2 long sheets of gauze.

You can alternate between side at each treatment.

Mix 1.5 bag of *Mineral Mask* with 375 mL of tepid water and quickly apply the creamy mixture with one hand over the gauze to cover the body from the soles of the feet to the top of the legs.

Wrap the foil around your client's body and cover her with a blanket.

Leave your client to rest for 20 minutes, then remove the mask by lifting it and clean residues with dry tissues or towel.

Apply a small quantity of *Gerthérapie* or *Body Milk* as a finishing touch.

Your client should not wash herself for at least 2-3 hours.

Frequency: once a week, a course of 6 treatments is recommended.

Home treatment: Daily

Refer to the Gernétic Home Treatment File "Body, Bust and Hair"

Cellulite Treatment

Cellulite Free, Lighter Legs

Purpose

To decongest and reduce cellulite.

Products

1 sheet of polyester foil
Lympho
Preparing Lotion
Veinulo Special Plus
Capillary Concentrate
Vasco/Artera
Decongesting Cream
Adipo/Gasta
Slimming Cream
Somito
Firming Cream
Gauze
2 bags of Mineral Mask
Self Heating Mask
Body Milk
Rejuvenating Milk

See demonstration on
Gernétic DVD

Procedure: Prepare

STEP #1 - Activate the micro-circulation

Have your client lie down on a sheet of polyester foil.

Apply *Lympho* from the soles of the feet to the waist, front and back by light effleurages.

Procedure: Care

STEP #2 - Transfer nutritional molecules to decongest thus reducing cellulite

Apply 15 to 20 sprays of *Veinulo Special Plus* to apparent capillaries and veins and gently massage.

Back: Apply a large quantity of *Vasco/Artera* from the soles of the feet to the waist, with long upward strokes.

Front: Apply a large quantity of *Vasco/Artera* from the soles of the feet to the waist, with long upward strokes.

Adipo/Gasta is then applied locally to the stomach and to the sides of the thighs where an accumulation of fat is visible.

In case of distended tissues, apply *Somito* to the bottom, to the inside the thighs and to the stomach on top of the other creams.

Procedure: Infuse

STEP #3 - Infuse nutritional molecules

Cover legs and thighs (front or back) with 2 long sheets of gauze up to the waist.

You can alternate between side at each treatment.

Mix 2 bags of *Mineral Mask* with 500 mL of tepid water apply the creamy mixture quickly over gauze with one hand to cover the body from sole of feet to the waist

Wrap the foil around your client's body and cover her with a blanket.

Leave your client to rest for 20 minutes, then remove the mask by lifting it and clean residues with dry tissues or towel.

Apply a small quantity of *Body Milk* as a finishing touch.

Your client should not wash herself for at least 2-3 hours.

Frequency: once a week, a course of 6 to 12 treatments is recommended.

Home treatment: Daily

Refer to the Gernétic Home Treatment File "Body, Bust and Hair"

Slimming Treatment

Slender figure

Purpose

To reduce fatty deposits and to assist any slimming program.

Products

1 sheet of polyester foil
Lympho
Preparing Lotion
Vasco/Artera
Decongesting Cream
Adipo/Gasta
Slimming Cream
Somito
Firming Cream
Gauze
2 bags of Mineral Mask
Self Heating Mask
Body Milk
Rejuvenating Milk

See demonstration on
Gernétic DVD

Procedure: Prepare

STEP #1 - Activate the micro-circulation

Have your client lie down on a sheet of polyester foil.

Apply *Lympho* from the soles of the feet to the waist, front and back by light effleurages.

Procedure: Care

STEP #2 -Transfer nutritional molecules to reduce fatty deposits

Back: Apply a large quantity of *Vasco/Artera* from the sole of the feet to the waist, with long upward strokes.

Then apply a larger quantity of *Adipo/Gasta* from the soles of the feet to the waist, on top of *Vasco/Artera*, especially to fatty tissues.

Front: Apply a large quantity of *Vasco/Artera* from sole of the feet to the waist, with long upward strokes.

Then apply a larger quantity of *Adipo/Gasta* from the soles of the feet to the waist, on top of *Vasco/Artera*, especially to the stomach and fatty tissues.

In case of distended tissues, apply some *Somito* to bottom, inside thighs and stomach on top of the other creams.

Procedure: Infuse

STEP #3 - Infuse nutritional molecules

Cover legs and thighs to the waist (front or back) with 2 long sheets of gauze.

You can alternate between side at each treatment.

Mix 2 bags of *Mineral Mask* with 500 mL of tepid water apply the creamy mixture quickly over gauze with one hand to cover the body from the soles of the feet to the waist.

Wrap the foil around your client's body and cover her with a blanket.

Leave your client to rest for 20 minutes, then remove mask by lifting it and clean residues with dry tissues or towel.

Apply a small quantity of *Body Milk* as a finishing touch.

Your client should not wash herself for at least 2-3 hours.

Frequency: once a week, a course of 6 to 12 treatments is recommended.

Home treatment: Daily

Refer to the Gernétic Home Treatment File "Body, Bust and Hair"

Local Slimming Treatment

Body Contour

Purpose

To reduce local fatty deposits on the stomach area

Products

1 sheet of polyester foil
Lympho
Preparing Lotion
Adipo/Gasta
Slimming Cream
Somito
Firming Cream
Gauze
1 bag of Mineral Mask
Self Heating Mask
Body Milk
Rejuvenating Milk

See demonstration on
Gernétic DVD

Procedure: Prepare

STEP #1 - Activate the micro-circulation

Have your client lie down on a sheet of polyester foil.

Apply *Lympho* lotion all over the stomach area as well as the back area by light effleurages.

Procedure: Care

STEP #2 - Transfer nutritional molecules to reduce fatty deposits and to firm tissues

Back: Apply a large quantity of *Adipo/Gasta* all over the back area and massage gently

Front: Apply a large quantity of *Adipo/Gasta* all over the stomach area and massage gently.

Then apply some *Somito* all over stomach area if firming is needed.

Procedure: Infuse

STEP #3 - Infuse nutritional molecules

Cover stomach area with a large sheet of gauze.

Mix one bag of *Mineral Mask* with 250 mL of warm water quickly apply the creamy mixture with one hand over gauze to cover the stomach area completely.

Wrap the foil around your client's body and cover her with a blanket.

Leave your client to rest for 20 minutes, then remove the mask by lifting it and clean residues with dry tissues or towel.

Your client should not wash herself for at least 2-3 hours.

Frequency: once a week, a course of 6 to 12 treatments is recommended.

Home treatment: Daily

Refer to the Gernétic Home Treatment File "Body, Bust and Hair"

Firming Treatment

Body Tone

Purpose

To tone deep dermal tissues and to restore epidermal elasticity.

Products

1 sheet of polyester foil
Lympho
Preparing Lotion
Vasco/Artera
Decongesting Cream
Somito
Firming Cream
Anti-Stries
Restructuring Cream
Gauze
2 bags of Mineral Mask
Self Heating Mask

See demonstration on
Gernétic DVD

Procedure: Prepare

STEP #1 - Activate the micro-circulation

Have your client lie down on a sheet of polyester foil.

Apply *Lympho* from the soles of the feet to the waist, front and back by light effleurages

Procedure: Care

STEP #2 - Transfer nutritional molecules to tone and restore elasticity

Back: Apply some *Vasco/Artera* from the sole of the feet to the waist, with long upward strokes.

Then apply a large quantity of *Somito* on top of *Vasco/Artera*, to all areas where firming is needed (bottom, inside thighs, stomach).

Finish with some *Anti-Stries* on top of *Somito* on all distended tissues.

Front: Repeat these applications to the front.

Procedure: Infuse

STEP #3 - Infuse nutritional molecules

Cover your client from the knees to the waist (front or back) with 2 long sheets of gauze.

You can alternate between side at each treatment.

Mix 2 bags of *Mineral Mask* with 500 mL of tepid water apply the creamy mixture quickly over gauze with one hand to cover your client from the knees to the waist.

Wrap the foil around your client's body and cover her with a blanket.

Leave your client to rest for 20 minutes, then remove the mask by lifting it and clean residues with dry tissues or towel.

Your client should not wash herself for at least 2-3 hours.

Frequency: once a week, a course of 6 to 12 treatments is recommended.

This treatment can be associated with Stretch Mark Treatment.

It can also be combined with any other body treatment, Cellulite or Slimming. In this case apply Somito to the bottom, inside the thighs and the stomach after the other creams.

Home treatment: Daily

Refer to the Gernétic Home Treatment File "Body, Bust and Hair"

Stretch Marks Treatment

Restructure

Purpose

To diminish the depth of stretch marks and restore dermal elasticity.

Products

1 sheet of polyester foil
Lympho
Preparing Lotion
Mito-Special Plus
Cells Concentrate
Anti-Stries
Restructuring Cream
Synchro
Regenerating Cream
Immuno
Regenerating Mask
Nucléa
Repairing Cream
Gauze
1 bag of Mineral Mask
Self Heating Mask

See demonstration on
Gernétic DVD

Procedure: Prepare

STEP #1 - Activate the micro-circulation

Have your client lie down on a sheet of polyester foil.

Apply *Lympho* on all areas that needs to be treat.

Procedure: Care

STEP #2 -Transfer nutritional molecules to diminish the depth of stretch marks and restore dermal elasticity.

Spray 15 to 20 times *Mito Special Plus* to stretch marks and gently massage it in.

Apply *Anti Stries* by light massage to stretch mark areas or everywhere if general loss of elasticity.

Mix a large quantity of *Synchro* with the same amount of *Immuno* and apply to stretch mark areas by light massage.

Then apply a small amount of *Nucléa* to stretch marks and gently massage it in.

Procedure: Infuse

STEP #3 - Infuse nutritional molecules

Cover the area with a sheet of gauze.

Mix 1 bag of *Mineral Mask* with 250 mL of tepid water and apply over gauze to cover the stretch mark area completely.

Wrap the foil around your client's body and cover her with a blanket.

Leave your client to rest for 20 minutes, then remove the mask by lifting it and clean residues with dry tissues or towel.

Your client should not wash herself for at least 2-3 hours.

Frequency: once a week, a course of 6 to 12 treatments is recommended.

This treatment can be combined with any other body treatment, Cellulite or Slimming. In this case apply these creams after the other body creams.

Home treatment: Daily

Refer to the Gernétic Home Treatment File "Body, Bust and Hair"

GENERAL KNOWLEDGE

In this chapter you will find information about the amino acids, vitamins, essential fatty acids and trace elements used in Genetic formulas.

- 2 The Cells
- 3 Scientific Terms
- 4 The Hormonal System
- 5 Amino Acids
- 6 Amino Acids and Conditions
- 7 Vitamins
- 8 Vitamins
- 9 Essential Fatty Acids
- 10 Trace Elements and Minerals

The Cells

Cells are the Basic units of any living organism

Cells, whether they are living on their own or part of a multi-cellular organism, are the basic units of life. A cell can eat, grow, maintain its health, replicate itself and die, which is what makes a cell a cell.

Whether they are part of the vegetal or animal realms, cells share many common features. All cells are surrounded by a membrane that defines the cell's internal and external environments. Cell membranes are mainly made of fat-based molecules called phospholipids that prevent hydrophilic substances from entering or escaping the cell.

Cells also contain multiple proteins with various functions.

Some of these proteins serve as communicators, sending to and receiving signals from the environment

The cell's interior environment, called cytoplasm, is water-based and contains numerous molecules, proteins, carbohydrates, lipids and nucleic acids. It is also where the nucleus and organelles such as mitochondria are found

Proteins are substances made from chains of smaller molecules called amino acids. They can have structural or chemical functions.

Enzymes are a very important type of proteins: they help convert intra-cellular molecules into the ones that are necessary for a cell to meet its energy needs, build support structures or eliminate wastes.

Carbohydrates, starches and sugars are another important type of organic molecule.

Simple carbohydrates are used for the cell's immediate energy demands, whereas complex carbohydrates serve as intra-cellular energy stores. Complex carbohydrates are also found on the cell's surface where they play a crucial role in cell recognition.

Lipids, fat molecules, are components of the cell's membranes, both the external one and the many intracellular ones. They are also used as energy supply, as well as for the transmission of signals within the cell and with its environment.

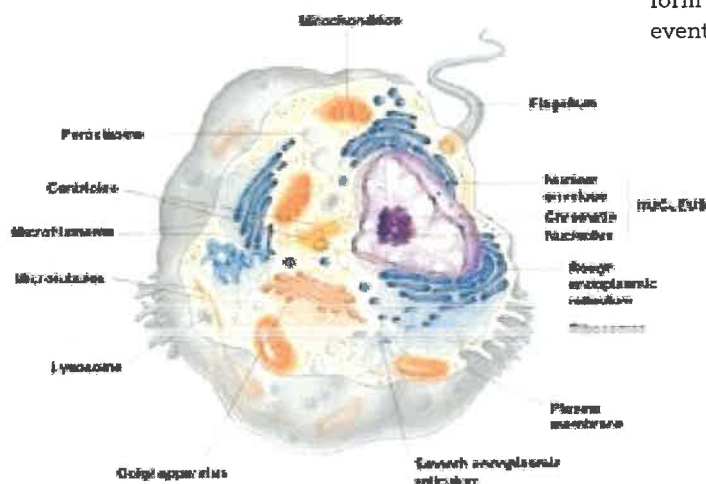
Nucleic acids are the molecules that contain the cell's genetic code.

There are two major kinds of nucleic acids: deoxyribonucleic acid (DNA) and ribonucleic acid (RNA).

DNA contains all of the information required to build and maintain the cell; RNA has several roles associated with the expression of the information stored in DNA.

Organelles contain the "technical equipment" required for specific jobs within the cell. The mitochondrion, dubbed the cell's power plant, is the organelle that, through complex chemical reactions, produces the energy required by the cell.

Though small, cells have evolved into a vast variety of shapes, sizes and functions. Together they can form tissues that themselves form organs and, eventually, entire organisms.



Glossary

Scientific Terms

Amphiphile: Describes a molecule that has both hydrophobic (water hating) and hydrophilic (water loving) regions.

Amphiphilic molecules are found in the cell membrane.

β -Lactoglobulin: The most prevalent protein in whey. It is a hydrophilic protein.

Catalase: Enzyme found in a cell organelle called the peroxisome.

It decomposes the hydrogen peroxide produced by the cell during the oxidation of fatty acids and prevents it from harming the cell.

Chondroitin sulfate: Natural substance found in the body. It prevents other body enzymes from degrading the building blocks of tissue.

Flavonoids: or bioflavonoids from the latin word flavus meaning yellow, their colour in nature.

Flavonoids are referred to as vitamins P because of the effect they had on the permeability of vascular capillaries.

Free radicals: Highly reactive molecules.

Mutagens, carcinogens and immune system suppressors. They encourage cross linkage thus accelerating the ageing process.

Glycoprotein: Protein that has a carbohydrate component.

Glycosaminoglycan: Long linear polysaccharide composed of a repeating pair of sugars, one of which is always an amino sugar. It is one of the building blocks of collagen.

Glyconic acid: Organic compound that occurs naturally in fruits, tea or wine.

Hydrolyse: Splitting of a covalent bond in the presence of water.

Hydroxiprolin: An amino acid occurring in some proteins, especially collagen.

Hyaluronic acid: A non-sulphated glycosaminoglycan distributed widely throughout connective epithelial tissues.

It is unique amongst the glycosaminoglycans in that it is non sulphated.

Hyaluronic acid hydrates the skin allowing it to appear smoother and more radiant.

Langerhans cells: Part of the immune system of the skin. They identify extraneous agents that attack the skin.

Lipo-amino acid: Compound associating amino acids with a fatty acid.

Mucopolysaccharide: Long linear polysaccharide composed of a repeating pair of sugars. Its alternative name is Glycosaminoglycan.

Peptide: Is a molecule formed by joining two or more amino acids. When the number of amino acids is less than 50 these molecules are named peptides while larger sequences are referred to as proteins.

Tripeptide: Is a peptide consisting of three amino acids joined by peptide bonds.

Phytostimuline: Anti-stress molecule secreted by plants.

Palmitoyl pentapeptide: A chain of 3, 4 or 5 amino acids bonded together and linked to a fatty acid. It is actually a fragment of collagen. Its main function is to restructure the dermis, it increases collagen, elastin, hyaluronic acid and glycosaminoglycan production.

Palmitoyl oligopeptide: is a chain of 5 amino acids that is part of a collagen fragment attached to palmitic acid, which makes it more stable.

Phosphocreatine: molecule rich in energy.

Phospholipids: are a class of lipids that are a major component of all cell membranes.

Phytosterols: are steroid compounds similar to cholesterol that occur naturally in plants.

Proteoglycan: Natural substance found in the body. It prevents other body enzymes from degrading the building blocks of tissues.

Saccharide:

Mono is a single molecule.

Oligo is a chain of up to 100 monos.

Poly is a chain of 100 to 400 monos.

Tannin: also known as vegetable tannin, natural organic tannin is a type of bio-molecule and is an astringent.

Glossary

The Hormonal System

Hormones are molecules secreted by glands that are carried by the blood or through the lymphatic system. They act on tissues, glands or organs.

There are many different types of hormones but they are three major groups: amino derived hormones, polypeptide hormones and steroid hormones.

Today, we will focus on oestrogen, one steroid hormone.

Steroid hormones have far more important roles than just on gender and sexual organs.

They have an impact at every stage of their development on:

- Bone density
- The digestive system
- The circulatory system
- The nervous system

Menopause and General Health

After some 35 years of menstruation the oestrogen level declines, which triggers menopause. Menopause naturally brings about numerous changes to the female body such as hot flushes, alteration in concentration, insomnia, anxiety, bone density loss, dry skin, hair loss...

Menopause and the Skin

At menopause the skin too undergoes many changes such as dryness, loss of density and thickness, loss of elasticity, irritations and bruises, pigmented spots, slow wound healing...

It is important to know that beyond its role of communication in physiological processes, the oestrogen secreted by the ovaries plays a protective role for the skin.

Consequently, when the oestrogen level falls, this protection decreases.

Fibroblasts have specific receptors for oestrogen and, therefore, the decline in oestrogen production leads to the decline in collagen production and to the degeneration and fragmentation of the elastic fibers.

Under these conditions the number of arterial vessels diminishes, which results in an impaired microcirculation. The consequence of all these changes is a global decrease in the thickness of the epidermal layer and a flattening of the dermal/epidermal junction.

Genistein

Genistein is a phyto-oestrogen found in soy, clover and hops with a structure that mimics oestrogen.

It behaves as an anti-oxidant and anti-inflammatory as well as a collagen producer.

With its low molecular weight, Genistein can easily penetrate the skin. As a potent anti-oxidant, Genistein reduces lipid peroxidation, scavenges free radicals and alleviates the damage these free radicals can cause to the skin's tissues. It has been recognised as a wound healer.

Vital Transfer Hormoecutic Creams

40 biological actives, dosed for optimal performance.

- 3 plant extracts rich in phyto-oestrogens,
- 5 structural agents and 5 hydric agents,
- 3 vaso-protectors,
- 12 amino-acids,
- 12 sources of fatty acids. trace elements and vitamins.

Vital Transfer creams have been designed for mature skins that show signs of low level of oestrogen: extreme dryness, lack of elasticity, loss of density....

They provide to each skin layer the essential molecules necessary for their optimal functioning.

Delicately scented:

Face cream: Peach, Black currant, Bergamot, Musk, Moss, Sandalwood, Jasmin, Rose, Violet.

Body cream: Lavender, Lotus, Lime.

Glossary

Amino acids

*Amino acids are compounds that contain **nitrogen** atoms associated with atoms of carbon, hydrogen and oxygen. Half the dry matter of an adult human being is made up of amino acids.*

Arginine: Essential Amino Acid (EAA) during the growth period.

Arginine helps liver functions; it is important for the detoxification process that takes place in the liver. It participates in the manufacture of collagen and elastin.

Deficiencies can cause eczema.

Asparagine & Citrulline: Help to clear ammonia from the system.

Carnitine: Fat is more readily mobilized and its elimination is more rapid with carnitine.

Glutamine & Glutamic acid: These 2 amino acids are fuel for the brain.

They decrease the voluntary alcohol consumption. 2 to 4g daily will help alcohol and sugar craving.

Glutathione: A tripeptide, made of cysteine, glutamic acid and glycine.

It deactivates free radicals and is a powerful antioxidant.

Glutathione has been found to be helpful in assisting liver detoxification.

Glycine: Helps liver detoxification. It is essential for the biosynthesis of bile acids.

Isoleucine: EAA, boosts energy levels and assists in repair and regeneration of muscles and tissues. It is incredibly important for diabetics, as it regulates blood sugar levels.

Leucine: EAA, maintains muscle tissues and increases energy levels.

Lysine: EAA, necessary for the formation of collagen and connective tissues. It helps to combat herpes.

Methionine: EAA, essential for the formation of nucleic acids (RNA and DNA).

It is an anti-oxidant and it has a protective effect against the harmful effects of alcohol.

As well as cysteine and cystine, Methionine can act as a powerful detoxification agent capable of removing heavy metals from the body.

Phenylalanine: EAA, combats stress, it is an antidepressant. It is used as an appetite suppressor in cases of obesity.

It is essential for the formation of the nucleic acids (DNA and RNA).

It has powerful antioxidant properties and help in removing heavy metals from the body.

It is used as a pain reliever in cases of arthritis.

Proline: Is, with vitamin C, one of the main components of collagen.

It helps the skin healing process.

Serine: A natural moisturizing agent. It is involved in the skin metabolism.

Taurine: Synthesized in the liver from methionine or cysteine. It maintains solubility of fats and cholesterol. It regulates blood sugar level.

Threonine: EAA, maintains the ideal protein balance in the body. It assists with collagen and elastin production. It prevents excessive build-up of fat in the liver as it helps its break down.

Tryptophan: EAA, together with vitamin B6 and magnesium, tryptophan helps to sleep well.

It is also an anti-depressant.

It is important for the production of serotonin, a chemical messenger found in the brain.

It is used by the body to manufacture niacin and nicotinic acid (vitamin B3 PP).

Tyrosine: A precursor of thyroid and adrenal hormones.

Pigments of skin and hair are derived from tyrosine.

Valine: EAA, helps to reduce food intake by inducing a feeling of satiety.

It helps eliminate excess nitrogen from the liver, which is potentially toxic.

Glossary

Amino acids can be useful for the following conditions

Arginine, Cysteine

Cysteine, Histidine

Glutamine, Tryptophan, Cysteine, Methionine

Phenylalanine

Carnitine, Taurine

Cysteine, Glycine, Arginine

Glutamine, Phenylalanine, Tyrosine, Tryptophan

Histidine, Glutathione, Arginine

Lysine, Methionine

Cysteine

Tryptophan

Cysteine, Glutamine

Phenylalanine, Carnitine, Glycine, Methionine

Glycine, Cysteine, Tryptophan with zinc and vitamin C

Glutamine, Phenylalanine, Methionine, Lysine, Arginine

Phenylalanine

Acne

Allergies

Alcoholism

Appetite control

Circulation problems

Collagen production

Depression

Eczema & psoriasis

Herpes

Hair & nail splitting

Insomnia

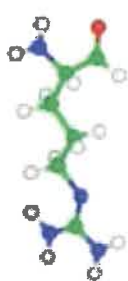
Skin problems

Smoking

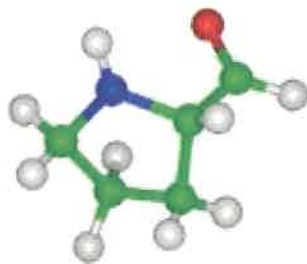
Stretch marks

Tiredness

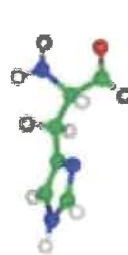
Vitiligo loss of skin pigmentation



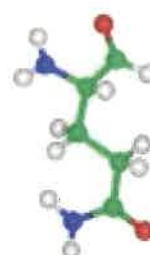
ARGININE



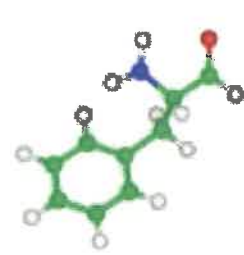
PROLINE



HISTIDINE



GLUTAMINE



PHENYLALANINE

Glossary

Vitamins

Vitamins are organic essential nutrients required in tiny amounts to perform specific functions that promote growth, reproduction or the maintenance of health and life.

The hydro-soluble vitamins:

All of the B group and C

The organism cannot store hydro-soluble vitamins they must therefore be eaten regularly .

Vitamins from the B group are synergetic.

Vitamin B1 (Thiamin)

Daily requirements 2 mg.

Used for metabolisms of sugars.

The vitamin of the brain and the nervous system.

Deficiencies

Skin: Shingles, dermatitis

Body: Cellulite, varicose veins.

Vitamin B2 (Riboflavin)

Daily requirements 4 mg.

Deficiencies

Red and itchy eyes.

Skin: Cracked lips, couperose, eczema, psoriasis, dermatitis, milium.

Hair: Excessive hair loss.

Vitamin B3 or PP (Niacin, nicotinic acid)

Daily requirements 10 mg.

Niacin can be manufactured by the human body from the amino acid tryptophan.

Deficiencies

May result in tiredness, loss of memory, emotion, depression.

Skin: Fragile capillaries, couperose, erythema, lupus.

Hair: Excessive hair loss.

Vitamin B5 (Pantothenic acid)

Daily requirements 50 mg.

Deficiencies

General: Hands that shake when extended, herpes.

Skin: Vitiligo, varicose ulcers, varicose veins, cellulite.

Hair: Premature hair loss, alopecia.

Vitamin B6 (Pyridoxin)

Daily requirements 25 mg.

Involved in the conversion of essential fatty acids that play a role in the hormonal system.

Deficiencies

May result in cramps, nervousness, shaking. (Need to be supplemented together with magnesium)

Skin: Rosacea acne, seborrheic dermatitis, eczema

Scalp: Dandruff.

Vitamin B7 or I (Inositol)

Daily requirements 100 mg.

Deficiencies

Difficult metabolism of fat, liver overload, poor digestion, white-coated tongue.

Skin: Varicose veins, fatty deposits.

Hair: Male baldness.

Vitamin B7 or J (Cholin)

Daily requirements 100 mg.

Deficiencies

Degeneration of the liver, tinnitus, white-coated tongue.

Skin: Cellulite, fatty deposits.

Vitamin B8 (Biotin or H1)

Daily requirements 5 µg.

Act as a coenzyme in metabolism

Deficiencies

Atrophy of the papillae of the tongue.

Skin: Dryness and desquamation of the skin, eczema.

Hair: Alopecia.

Vitamin B9 (Folic acid)

Daily requirements 1 mg.

Indispensable for cellular mitosis.

Deficiencies

Anemia when combined with deficiencies in B12

Skin: Poor healing of scars and burns.

Pigmentation during pregnancy.

Hair: Dry, hair loss.

Glossary

Vitamins

Vitamin B10 (Para amino-benzoic acid PABA)

Indispensable for friendly bacteria.

Deficiencies

Anemia, when combined with deficiencies in B12

Skin: Vitiligo, epidermis sensitivity to UV.

Hair: Premature white hair when combined with deficiencies in B5, B8, B9.

Vitamin B12 (Cyanocobalamin)

Daily requirements 3 µg (micrograms).

Deficiencies

Extreme paleness, slow healing process.

Skin: Allergic dermatitis, psoriasis, shingles.

Vitamin C (Ascorbic Acid)

Daily requirements 100 mg

The most delicate of the vitamins.

Increases collagen production in the skin, anti-inflammatory, antioxidant, strengthens the immune system and brightens the skin.

Deficiencies

Scorbut, conjunctivitis, gingivitis, ulcers.

Skin: Vitiligo, epidermis sensitivity to UV.

Hair: Psoriasis, shingles, lupus, purpura.

The lipo-soluble vitamins: A, D, E.

As fat soluble these vitamins tend to remain in fat storage sites in the body so are more likely to reach toxic level when consumed in excess.

Vitamin A (Retinol)

Daily requirements 2000 I.U. or 4 mg.

Promotes vision. Participates in protein synthesis and cells differentiation and thereby the maintenance of health of the epithelial tissues.

Deficiencies

Vision problems, ocular fatigue.

Skin: Dry, rough from poor elimination of dead cells, itchiness, blocked pores, blackheads, seborrhoea, millium, pimples, acne, boils, warts...

Hair: Dull, dry scalp, dandruff.

Nails: Brittle, bumpy and split.

Pro vitamin A carotene from vegetable is converted by the body in retinol in the presence of fat.

Vitamin D (Calciferol)

Daily requirements 400 I.U. or 0.48 mg

Encourages the absorption and metabolism of calcium and phosphorus.

Deficiencies

Bone fragility, backaches, pain in the joints.

Skin: Vitiligo, epidermis sensitivity to UV.

Hair: Psoriasis, shingles, lupus, purpura.

Vitamin E (Alpha tocopherol)

Very fragile, destroyed by heat, light and oxygen.

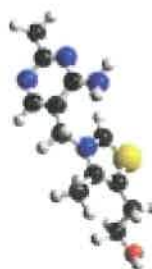
Daily requirements 200 I.U. or 0.48mg

Powerful antioxidant and healing properties. Assists with hormonal issues.

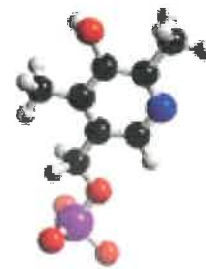
Deficiencies

Circulatory troubles, hormonal problems, poor healing

Skin: Varicose veins, cellulite, hormonal acne, lupus, pigmentation spots.



VITAMIN B6



VITAMIN B1



VITAMIN A

Glossary

Vitamins F - Essential Fatty Acids

Linoleic and linolenic acids are called vitamins F. They are polyunsaturated fats with two or three double bonds. They are called essential fatty acids because they are indispensable to life and they cannot be synthesized by the human organism.

Essential fatty acids can only be obtained in the diet from cold pressed oils. We need about 2 teaspoons daily, spread on our food instead of butter. They should not be cooked.

The best sources are linseed, safflower and sunflower.

Essential fatty acids protect our cell membranes. Linolenic acid enters our cell membrane structure giving them normal impermeability. It is also the precursor from which we synthesized prostaglandins, lecithins and the nerve encasing myelin.

Linolenic acid deficiencies affect the immune system which results in skin inflammation as well as more serious problems such as auto-immune diseases.

It is the skin that shows first the signs of essential fatty acid deficiencies.

The skin is not soft like it should be but dry. It desquamates particularly on the legs. This is due to the fact that the skin only receives refined artificial fat where the vitamin F has been destroyed.

But what is not visible, is that the digestive mucous too desquamates and becomes too permeable and no longer correctly protects us from the toxic substances that exist in our intestines.

Essential fatty acids are the precursors for the elaboration of the prostaglandins.

The functions of the prostaglandins have been understood since 1935.

This discovery allows us to understand the multiplicity of the symptoms that are due to a lack of vitamin F: eczemas, psoriasis, auto-immune diseases, vascular related problems and inflammatory responses.

Essential fatty acids are needed for normal growth and brain development.

The lack of prostaglandins PGE₃ and PGE₁ exacerbates blood clotting and produces inflammations.

Arachidonic acid is obtained from animal fat, which makes prostaglandins PGE₂ easy to be produced.

Optimal health requires a balance between PGE₂ and PGE₃ or PGE₁.

Essential Fatty Acids Omega 3 and Omega 6

Omega 3 alpha linolenic acid (ALA) from linseed cold pressed oil and omega 3 Eicosapentaenoic acid (EPA) from oily fish are essential to produce the PGE₃ prostaglandins.

Omega 6 alpha linoleic acid ALA from sunflower or safflower cold pressed oils are essential for the production of the PGE₁ prostaglandins.

Pathways to PGE₃ prostaglandins

Alpha linolenic acid (Omega 3) From linseed oil



Delta 5 desaturase enzyme



Eicosapentaenoic acid (EPA) Also from oily fish



Docosahexaenoic acid (DHA)



PGE₃ Prostaglandins

Anti-inflammatory and anti-aggregation

Note: *Eicosapentaenoic acid (EPA) can be obtained by the human body from linolenic acid.*

Pathways to PGE₁ prostaglandins

Linoleic acid (Omega 6)



Improves tissues impermeability

Delta 6 desaturase enzyme



Gamma linolenic acid (GLA)



Dihomo gamma linolenic acid → Arachidonic acid



PGE₁ prostaglandins

Anti-inflammation and anti-aggregation



Prostaglandins PGE₂
Inflammation and aggregation

GLA: *Can be obtained from evening primrose and borage oils*

Glossary

Trace Elements - Minerals

Trace elements are minerals that are used by our body in very small quantities. They facilitate cellular reactions; without them our cells cannot operate. We need them every day.

Minerals are necessary in larger quantity to build-up bone and body tissues, as well as for some reactions.

Calcium (Ca) Mineral

Daily requirement 700 to 1000 mg

Calcium is necessary for the growth and maintenance of strong teeth and bones, muscle contraction, nerve signalling and for the secretion of some hormones and enzymes.

Deficiencies:

Bone demineralization, cramps, nervousness, insomnia, tetanus convulsions, dental cavities, brittle nails, falling hair.

Cobalt (Co) Trace element

Daily requirement traces

(Vitamin B12 contains Co)

Deficiencies:

Manifestation of spasmodic allergies, asthma, cyanosis (livid bluish colour of the extremities)

Copper (Cu) Trace element

Daily requirement 2 to 5 mg

Copper works with iron to help the body form red blood cells. It also helps keep the blood vessels, nerves, immune system and bones healthy.

Necessary for the function of the adrenal glands and catalase efficiency.

Deficiencies:

Skin: Inflamed acne, psoriasis, eczema, paleness or yellowish skin tone.

Magnesium (Mg) Trace element and Mineral

Daily requirement 250 mg

Indispensable for energy production and a large number of enzymatic reactions.

Necessary for the function of the nervous system and to fight infection.

Magnesium, as a mineral, is required for the structural development of the bones and for the synthesis of DNA and RNA.

Deficiencies:

Inflammation of the breast with multiple nodular mastitis, spasmodic tetanus attacks, excessive agitation.

Manganese (Mn) Trace element

Daily requirement 7 mg

Required by the body for a large number of enzymatic reactions, wound healing and bone development.

Deficiencies:

Hyperthyroidism, hypo or hyper arterial tension, heart palpitations.

Body: Swollen and deformed joints.

Frequent or heavy menstruation.

Potassium (K) Trace element

Daily requirement 200 to 500 mg.

Important for the maintenance of fluid equilibrium in the cells, nerve transmissions and muscle contractions.

Deficiencies:

Body: Diet low in potassium seems to play an important role in high blood pressure.

Zinc (Zn) Trace element

Daily requirement 10 to 25 mg

Indispensable for a large number of enzymatic reactions.

Zinc is absolutely essential for the 3rd stage of foetal development.

Deficiencies:

Diabetes, poor functioning of the endocrine, pituitary and thyroid glands.

Imbalance of the liver and pancreas cells.

Body: Coated white or yellow tongue, varicose veins, swollen legs, insufficient menses.

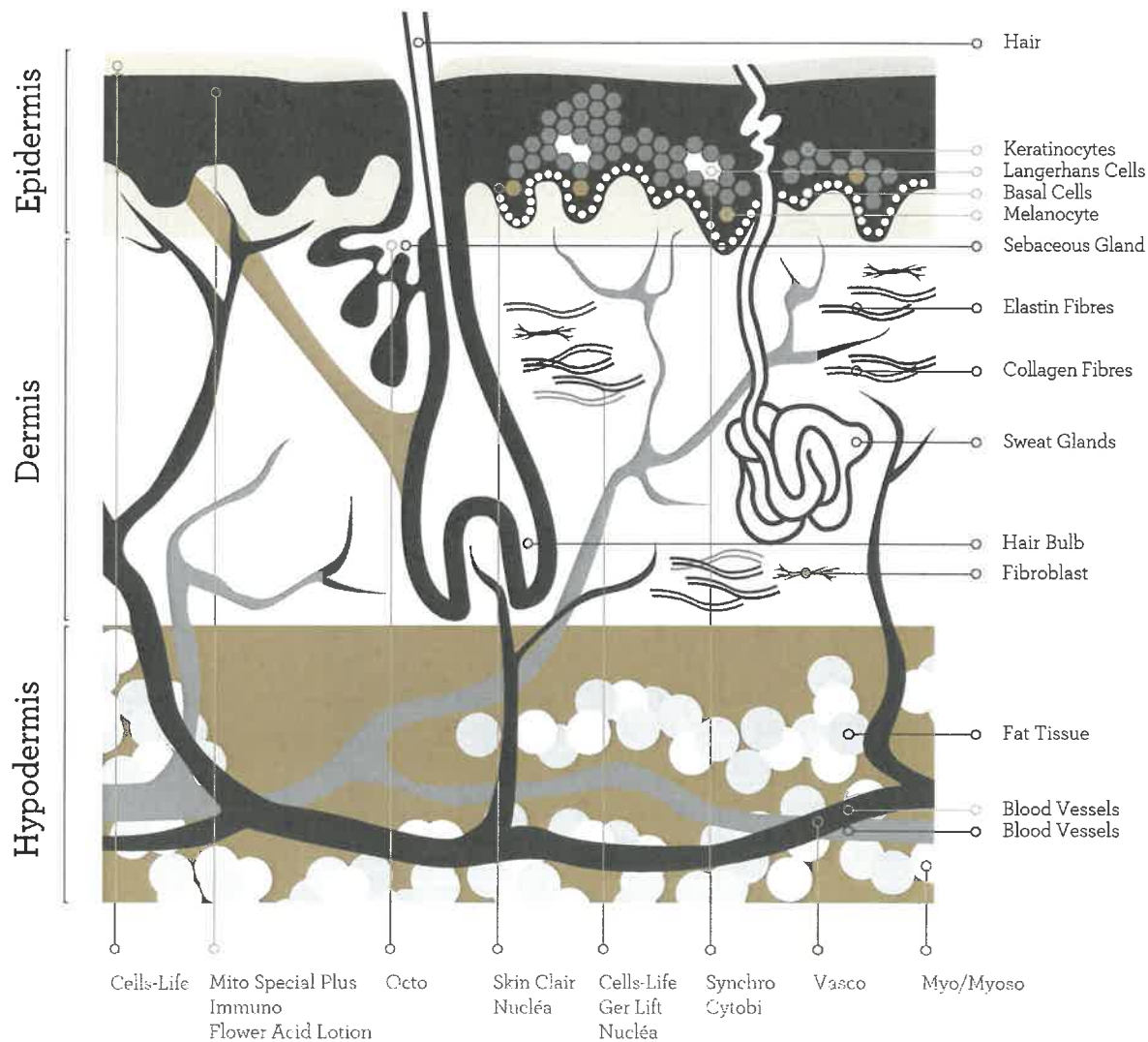
HOME PROGRAMS

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- 4 Consultation Card
 - Establish a personalised program accurately*
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- 18 Bust: *Firming, Harmony, Stretch marks, New scar*
- 19 Body: *Congestion, Cellulite, Fatty deposits, Excess of weight*
- 20 Body: *Contour, Distended tissues, Stretch marks, Pampering*
- 21 Hair: *Hair loss, Alopecia, Itchy scalp, Dandruff, Men hair loss*

Skin Diagram

Products' target areas

Les Parfaits



HOME PROGRAMS

Home Programs

Establish a personalised program

After the first consultation or first salon treatment it is imperative that you prescribe a home program to your client.

By doing so, you will know that your client will use the right products that will enhance the results you are getting from the salon treatments, thus helping you to fulfil her expectations.

Use your Gernétic Consultation Card to keep track of your treatments and prescribed products.

This will make it easy for you to follow your client and their progress.

The following pages will help you to choose the appropriate products according to your client's skin condition and age.

Gernétic provides five specific Prescription Cards:

- Hydrate and Soothe
- Clear Complexion
- Age Management
- Pigmentation and Whitening
- Body, Bust and Hair

These prescription cards will convey an impression of professionalism and, for your client, are easy to follow.

Do not hesitate to hand out a well-prepared prescription card: this will show your client that you are a caring professional.

The following page explains what to do when your client has answered all the questions in the consultation card.

We recommend that you always refer to it in order to accurately personalize your client's prescription card.

Consultation Card

Questions	Establish a personalised program accurately
Your client's skin concerns	By answering this section your client tells you what she would like to be helped with. This gives you the opportunity to present the Gernétic treatments that would be beneficial to her.
Skin care history	Some skin care lines can be the cause of elimination reactions when a client starts using Gernétic. In this case it is best to use Ger-Oxy for about 2 weeks and then to use Synchro in very small quantities. Read "Transition to Gernétic" from your technical book page 1-09.
Numerous peels, dermabrasions	It is best to start regenerating the epidermis using Synchro and Cytobi only.
Skin allergies	Restore the skin immunity using small quantities of Synchro and/or Cytobi.
Allergy to seaweeds or iodine	Avoid Seaweed Marine Essence Mask and Marine Slimming Mask.
On-going medications	Saturation of some medicine can cause skin reactions at first. Try with some samples.
Unhealthy diet	Can be the cause of various skin conditions (pimples, acne...)
Lack of essential fatty acids (vitamin F) in the diet	The vitamin F linoleic acid, an essential fatty, is necessary for healthy cells membranes. Its deficiencies can result in an impaired acid mantle, which may result in skin dehydration and sensitivity. Refer to Vitamin F Linoleic acid, technical book page 9-08. It is best to start by regenerating the epidermis using Synchro.
Refined and processed food in the diet	Essential nutrients are removed from processed food, leaving us with deficiencies in trace elements, vitamins of the B group etc...
Not drinking enough water	Skin hydration can only be achieved from inside.
Too much coffee	Coffee can dehydrate the body.
Craving for sweets	This can be a sign of trace element deficiencies (magnesium, zinc) Too many sweets in the diet can lead to the development of pimples on the forehead. In this case Adipo/Gasta cream should be recommended.
Smoking	Smoking can starve the skin of nutrients and can lead to premature ageing. Expect that results will take longer to achieve.
Constipation	Poor elimination can be a cause for acne. Adipo/Gasta cream should be recommended if your customer develops pimples on the forehead. Gentle fibres in the diet may be beneficial.
Contraceptive pill	Contraceptive pills can cause deficiencies in Vit B6, B9 and E and zinc. It can also cause pigmentation and cellulite.
Irregular and/or painful periods	Can be caused by deficiencies of essential fatty acids and vitamin E. These deficiencies can also trigger pimples breakout on the jaw line. Seino and Macro cream should be added to the program.
Pregnancy	No slimming or bust treatment during pregnancy but Vasco/ Artera is recommended to relieve heavy legs and Synchro and Anti-Stries to prevent stretch marks.
Breast-feeding	No bust or body treatments during this period. They will be started afterwards to restore slimness and firmness.

Skin Care Programs
Morning
Evening
Weekly

Skin Care Programs

Morning Five Steps: Step #1 and #4 are the essentials

Step #1 - Cleansers

Cleansing Emulsion for all	For all skin types	Oiliness, blackheads, pimples
Démaquillant Douceur	Glyco Milk and Fibro Lotion	Add Sebo-Ger Lotion

Step #2 - Eye Care

Dark circles, puffiness	Fluid retention	Loss of elasticity
Eye Mask	Eye Gel	Lift Cream

Step #3 - Couperose, congestion and lifeless skin

Couperose	Redness, congestion	Lifeless skin
Veinulo Special Plus Concentrate <i>Rejuvenates capillary walls</i>	Vasco Cream <i>Decongests</i>	Ger-Oxy Cream <i>Oxygenates, hydrates</i>

Step #3 - Oiliness, blackheads, pimples, acne

Oiliness, blackheads	Pimples, acne
Octo Cream <i>Regulates sebaceous glands</i> <i>Eliminates blackheads</i>	Mixed & Oily Cream <i>Regulates sebaceous glands</i> <i>Eliminates pimples</i>

Step #3 - Loss of subcutaneous tone and dermal elasticity

Loss of subcutaneous tone 30+	Loss of dermal elasticity 40+
Myo/Myoso Cream <i>Nourishes and tones subcutaneous tissues</i>	Marine Ger-Lift Cream <i>Increases collagen and elastin production</i>

Step #3 - Mature Skin

Loss of dermal elasticity 40 +	Loss of dermal elasticity 50+
Lift Cream <i>Restores elasticity around eye, neck and lip area</i>	Vital Transfer Cream <i>Restores optimal skin functioning</i>

Step #4 - Restore or maintain the epidermis health

Harmonize epidermis	Nourish epidermis	Nourish epidermis
Peaux Jeunes Cream <i>Balances skin functions</i>	Synchro Cream <i>Regenerates and balances all skin's functions</i>	Synchro 2000 <i>Regenerates and balances all skin's functions</i>

Step #5 - Protection for customers under 30

Young oily skin	Young dry skin
Tropo Cream SPF 5 <i>Protects against make-up allergy</i>	Tropo Plus Cream SPF 5 <i>Protects against make-up allergy</i>

Step #5 - Protection for customers over 30

All skin types over 30	To go with Marine Ger-Lift
Symbiose Cream SPF 10 <i>Nourishes and protects</i>	Marine Day Cream SPF 5 <i>Brings trace elements, energizes</i>

Skin Care Programs

Evening Three Steps: Step #1 and #2 are the essentials

Step #1 - Cleansers

Cleansing Emulsion for all	For all skin types	Oiliness, blackheads, pimples
Démaquillant Douceur	Glyco Milk and Fibro Lotion	Add Sebo-Ger Lotion

Step #2 - Restore or maintain the epidermis health

Harmonize epidermis	Nourish epidermis cells
Peaux Jeunes Cream <i>Balances skin's functions</i>	Synchro Cream <i>Regenerates and balances all skin's functions</i>

Step #3 - Repair and sooth

Damaged skin and scars	Age management	Fine, sensitive, reactive skins
Nucléa Cream <i>Enhances cells multiplication, repairs scars</i>	Nucléa Cream <i>Rejuvenates, reduces the depth of wrinkles</i>	Cytobi Cream <i>Calms, regenerates, anti-inflammatory</i>

Step #3 - Hydrate and restructure dermis

Epidermal dehydration	Epidermal dehydration
Cells-Life Serum <i>Restores hydration and vitality, restructures the dermis</i>	Vital Transfer Cream <i>Restores hydration and vitality, Act on the proliferation of fibroblasts</i>

Weekly Three Steps: Step #1 and #3 are the essentials

Step #1 - Deep cleanse

Oily skins types	Mature skins excluding sensitive	Oily skins excluding sensitive
Derma Liquid Cleanser <i>Use it 2 - 3 times a week</i>	Marine Gumming Cleanser <i>Use it 2 - 3 times a week</i>	Ger-Peel Cream <i>Use it no more than once a week</i>

Step #2 - Desquame dead cells or energize the epidermis cells

Lifeless skins	Aged or damaged skins
Flower Acid Lotion <i>Accelerates dead cells desquamation</i>	Mito Special Plus Concentrate <i>Enhances regeneration and repair</i>

Step #3 - Purify and support healthy turnover of the epidermis cells

Sensitive reactive skins	All skins excluding sensitive
Argini Mask <i>Sooths and supports healthy turn-over of the epidermis cells</i>	Immuno Mask <i>Purify and supports healthy turn-over of the epidermis cells</i>

Step #3 - Masks that can be alternated with Immuno mask

Dehydrated skins	Ageing skins
Hydra-Ger Mask <i>Allows the basal cells to preserve their moisture. It brings an instant glow</i>	Marine Mask <i>Its remineralizing properties combat cellular tiredness</i>

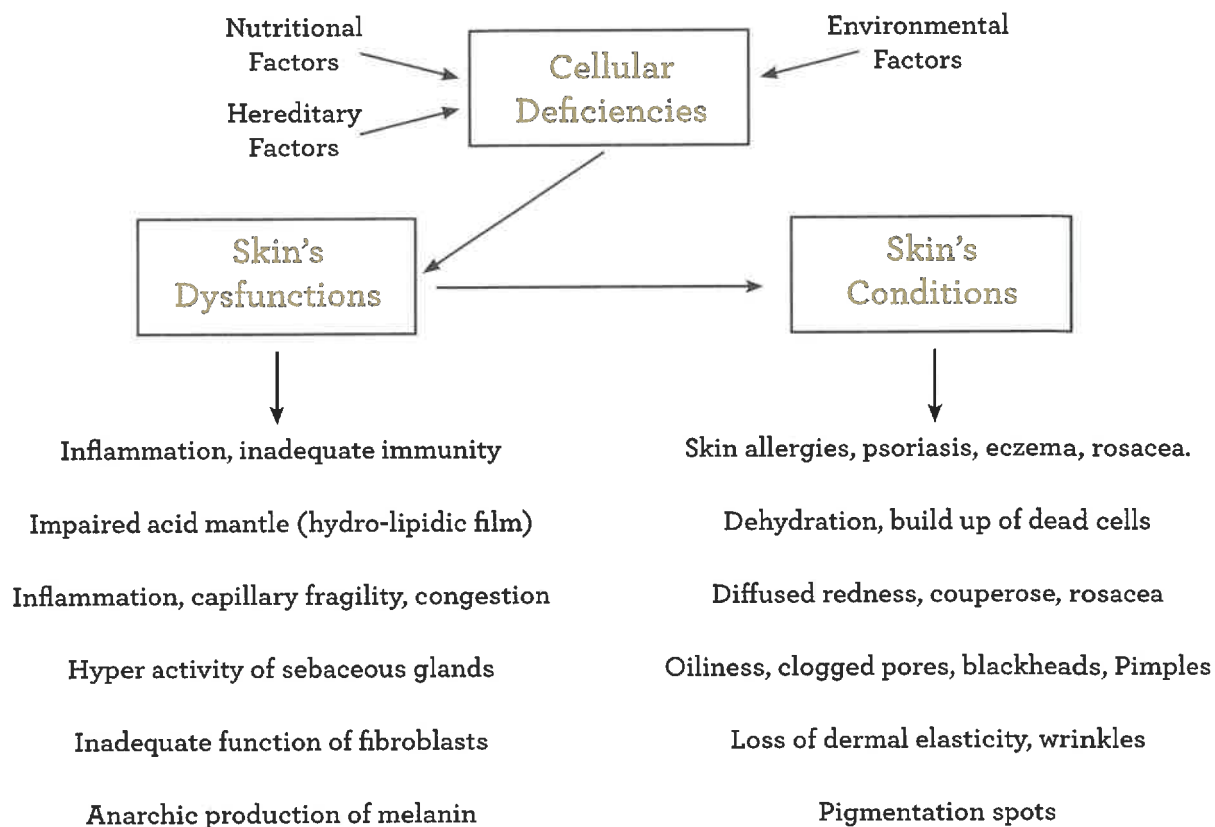
Home Programs

By skin conditions

Cellular deficiencies and skin conditions

Internal Causes

External Causes



By transferring expertly balanced nutritive molecules such as amino acids, peptides, proteins, vitamins and trace elements to the skin's cells, Gernetic helps to diminish the visual consequences of cellular deficiencies.

Whatever the skin condition, Synchro and Cytobi bring the essential nutrition that counteracts cellular deficiencies.

Consequently, for a healthy skin, one or the two of these creams should always be incorporated in all programs.

Home programs by skin conditions

EYE CONTOUR - Dark circles

Puffiness, dark circles, congestion *This program can be combined with any other one*

Morning

Eye Mask - For 5 minutes

Eye Gel - Hydrating Restoring Gel

Synchro - Regenerating

Evening

Eye Mask - Very small quantity

Synchro - Over it

EYE CONTOUR - Loss of elasticity, dark circles, dehydration

Dehydration, loss of elasticity, fine lines *This program can be combined with any other one*

Morning

Lift Cream Regenerating

Myo/Myoso Toning Cream

Synchro Regenerating Cream

Evening

Cells Life Hydrating Serum or

Lift Cream Regenerating

Cytobi Regenerating Cream

Weekly

Eye Mask For 5 minutes

Few times a week

SKIN - Wellbeing

Customer under 30 with no skin's concerns

Morning

Démaquillant Douceur

Peaux Jeunes Balancing Cream

Evening

Démaquillant Douceur or

Synchro Regenerating Cream

Weekly

Deep clean:

Ger-Peel Exfoliating Cream

Masks

Argini Soothing Mask or

Immuno Regenerating Mask

SKIN - Stressed by pollution

Customer who may smoke or live in a polluted environment

Morning

Démaquillant Douceur or

Glyco Cleansing Milk

Fibro Preparing Lotion

Synchro Regenerating Cream

Ger-Oxy Oxygenating Cream or

Jeunesse Parfait Day Cream

Evening

Démaquillant Douceur or

Glyco Cleansing Milk

Fibro Preparing Lotion

Réparateur Parfaits Serum

Synchro Regenerating Cream

Weekly

Deep clean:

Ger-Peel Exfoliating Cream

Mask

Immuno Regenerating Mask

SKIN - Reactive

Customer who may suffer from allergies, eczema, psoriasis or from other skin inflammations

Morning

Glyco Cleansing Milk

Fibro Preparing Lotion

Synchro Regenerating Cream

Jeunesse Parfaits Day Cream

Evening

Glyco Cleansing Milk

Fibro Preparing Lotion

Anti Temps Parfaits Night Cream

Cytobi Soothing Cream

Weekly

Mask

Argini Soothing Mask

All these programs can be combined with any other one.

Home programs by skin conditions

SKIN - Oiliness

Customer with oily skin and blackheads but without any pimple

Morning	Evening	Weekly
Démaquillant Douceur Sebo-Ger Purifying Lotion Octo Purifying Cream Peaux Jeunes Cream or Synchro Regenerating Cream	Démaquillant Douceur Sebo-Ger Purifying Lotion Peaux Jeunes Cream or Synchro Regenerating Cream	Deep clean: Ger-Peel Exfoliating Cream Mask Immuno Regenerating Mask Few times a week

ACNE - Juvenile

Customer under 18 years old with few breakouts on forehead or jaw line

Morning	Evening	Weekly
Démaquillant Douceur Sebo-Ger Purifying Lotion Mixed and Oily Purifying Cream Peaux Jeunes Balancing Cream	Démaquillant Douceur Sebo-Ger Purifying Lotion Mixed and Oily Purifying Cream Synchro Regenerating Cream	Mask Argini Soothing Mask or Immuno Regenerating Mask

The daily application of Seino Bust Lotion is recommended in case of pimples on the jaw line.

ACNE - Digestive related

Customer of any age who present pimples on the forehead and cheeks

Morning	Evening	Weekly
Démaquillant Douceur or Derma Liquid Soap Sebo-Ger Purifying Lotion Mixed and Oily Purifying Cream Synchro Small quantity Tropo Make-up protective Cream	Démaquillant Douceur or Derma Liquid Soap Sebo-Ger Purifying Lotion Mixed and Oily Purifying Cream Synchro Small quantity	Mask Immuno Regenerating Mask Few times a week

The daily application of Adipo Gasta to the stomach is recommended.

ACNE - Hormonal related

Customer of any age who present pimples on the jaw line

Morning	Evening	Weekly
Démaquillant Douceur or Derma Liquid Soap Sebo-Ger Purifying Lotion Mixed and Oily Purifying Cream Synchro Small quantity Tropo Make-up protective Cream	Démaquillant Douceur or Derma Liquid Soap Sebo-Ger Purifying Lotion Mixed and Oily Purifying Cream Synchro Small quantity Or Cytobi Soothing Cream	Mask Immuno Regenerating Mask Few times a week

The daily application of Seino Bust Lotion and Macro Bust Cream is recommended.

Mito Special Plus can be used under Immuno once a week when the acne is not too aggressive and red.

All these programs can be combined with any other one

Home programs by skin conditions

SKIN - Dehydrated

Customer of any age who presents flakiness or dry skin

Morning	Evening	Weekly
Glyco Cleansing Milk Fibro Preparing Lotion Synchro Regenerating Cream Ger-Oxy Hydrating Cream	Glyco Cleansing Milk Fibro Preparing Lotion Cells Life Hydrating Serum Synchro Regenerating Cream or Cytobi Regenerating Cream	Deep clean: once or twice Marine Cleanser Exfoliating Gel Masks to be alternated Immuno Regenerating Mask Hydra Ger Hydrating Mask

SKIN - Couperosed

Customer who shows redness on the cheeks with apparent capillaries

Morning	Evening	Weekly
Glyco Cleansing Milk Fibro Preparing Lotion Veinulo Special Plus Concentrate Vasco Decongesting Cream Synchro Regenerating Cream Symbiose Protecting Cream	Glyco Cleansing Milk Fibro Preparing Lotion Synchro Regenerating Cream Cytobi Regenerating Cream	Mask Argini Soothing Mask or Immuno Regenerating Mask with Synchro Regenerating Cream to be mixed by 1/2 and 1/2

Veinulo Special and Vasco should only be apply on redness.

SKIN - Rosacea

Customer who shows redness on the cheeks with inflammation

Morning	Evening	Weekly
Glyco Cleansing Milk Fibro Preparing Lotion Synchro Regenerating Cream Jeunesse Parfaits Day Cream	Glyco Cleansing Milk Fibro Preparing Lotion Cytobi Regenerating Cream	Mask Argini Soothing Mask Few times a week

SKIN - Lifeless

Customer who is showing dull, lifeless skin

Morning	Evening	Weekly
Glyco Cleansing Milk Fibro Preparing Lotion Vasco Decongesting Cream Synchro Regenerating Cream Symbiose Protecting Cream	Glyco Cleansing Milk Fibro Preparing Lotion Synchro Regenerating Cream or Cytobi Regenerating Cream	Concentrate Flower Acid Cell Renewal Mask 3 days after Flower Acid Immuno Regenerating Mask

In this case Vasco is to be apply all over the face.

This program will renew the skin cells, achieving a healthy look in 6 weeks.

All these programs can be combined with any other one

Home programs by skin conditions

SKIN - Loss of subcutaneous tone

Customer who shows sagging skin on the jaw line and neck area due to loss of subcutaneous tone

Morning	Evening	Weekly
Glyco <i>Cleansing Milk</i>	Glyco <i>Cleansing Milk</i>	Deep clean: <i>once or twice</i>
Fibro <i>Preparing Lotion</i>	Fibro <i>Preparing Lotion</i>	Marine Cleanser <i>Exfoliating Gel</i>
Myo/Myoso <i>Toning Cream</i>	Synchro <i>Regenerating Cream</i>	Masks to be alternated
Synchro <i>Regenerating Cream</i>	Nucléa <i>Repairing Cream</i>	Immuno <i>Regenerating Mask</i>
Symbiose <i>Protecting Cream</i>		Marine Mask <i>Remineralizing</i>

SKIN - Loss of dermal elasticity

Customer who shows fine lines and wrinkles on the face and neck

Morning	Evening	Weekly
Glyco <i>Cleansing Milk</i>	Glyco <i>Cleansing Milk</i>	Deep clean: <i>once or twice</i>
Fibro <i>Preparing Lotion</i>	Fibro <i>Preparing Lotion</i>	Marine Cleanser <i>Exfoliating Gel</i>
Ger-Lift <i>Cream Induce Collagen production</i>	Synchro <i>Regenerating Cream</i>	Masks to be alternate
Synchro <i>Regenerating Cream</i>	Nucléa <i>Regenerating Cream</i>	Immuno <i>Regenerating Mask</i>
Marine Day <i>Protecting Cream</i>	or	Marine Mask <i>Remineralizing</i>
	Cells Life <i>Hydrating Serum</i>	
	Cytobi <i>Regenerating Cream</i>	

Note: The program with Synchro, Nucléa is the best one to reduce the depth of wrinkles, The program with Cells-Life, Cytobi, is the best one if the skin is sensitive or dehydrated.

These two programs, loss of subcutaneous tone and loss of dermal elasticity, can be combined.

SKIN - Deep wrinkles

Customer who shows deep wrinkles and sign of ageing

Morning	Evening	Weekly
Glyco <i>Cleansing Milk</i>	Glyco <i>Cleansing Milk</i>	Mask
Fibro <i>Preparing Lotion</i>	Fibro <i>Preparing Lotion</i>	Immuno <i>Regenerating Mask with</i>
Lift Cream <i>Eye, Lip, Neck Cream</i>	Cells Life <i>Revitalizing Serum</i>	Synchro <i>Regenerating Cream</i>
Synchro <i>Regenerating Cream</i>	Synchro <i>Regenerating Cream</i>	<i>to be mixed by 50/50</i>
Symbiose <i>Protecting Cream</i>	Nucléa <i>Repairing Cream</i>	

SKIN - Intense anti-ageing with Les Parfaits

Customer from the age of 50 who wishes to slow down the ageing process

Morning	Evening	Weekly
Glyco <i>Cleansing Milk</i>	Glyco <i>Cleansing Milk</i>	Deep clean: <i>once or twice</i>
Fibro <i>Preparing Lotion</i>	Fibro <i>Preparing Lotion</i>	Marine Cleanser <i>Exfoliating Gel</i>
Myo/Myoso <i>Toning Cream</i>	Réparateur <i>Parfaits Serum</i>	Masks to be alternated
Synchro <i>Regenerating Cream</i>	Anti-Temps <i>Parfaits Night Cream</i>	Immuno <i>Regenerating Mask</i>
Jeunesse <i>Parfaits Day Cream</i>	Cytobi <i>Regenerating Cream</i>	Marine Mask <i>Remineralizing</i>

After Menopause Vital Transfer Cream can be add to those programs before Synchro.

With these age management programs a concentrate can be add as required.

Concentrate Mito Special Plus *Cell Energizing. A bottle can be used once or twice a year.*

Concentrate Flower Acid *Cell Renewal. A bottle can be used once or twice a year.*

Home programs by skin conditions

SKIN - Pigmented spots due to the ageing process

Customer who shows pigmented spots on the face and hands due to the ageing process

Morning	Evening	Weekly
Glyco <i>Cleansing Milk</i>	Glyco <i>Cleansing Milk</i>	Deep clean: <i>once or twice</i>
Fibro <i>Preparing Lotion</i>	Fibro <i>Preparing Lotion</i>	Marine Cleanser <i>Exfoliating Gel</i>
Lightening <i>Serum</i>	Vital Transfer <i>Hormoceleutic Cream</i>	Concentrate
Synchro <i>Regenerating Cream</i>	Synchro <i>Regenerating Cream</i>	Mito Special Plus <i>Cell Energizing</i>
Lightening <i>Revitalizing Cream</i>	Nucléa <i>Regenerating Cream</i>	Mask
		Immuno <i>Regenerating Mask</i>

SKIN - Pigmented spots from many causes

Customer who has pigmented spots caused by pregnancy, pill, medicine or other

Morning	Evening	Weekly
Glyco <i>Cleansing Milk</i>	Glyco <i>Cleansing Milk</i>	Concentrate
Fibro <i>Preparing Lotion</i>	Fibro <i>Preparing Lotion</i>	Mito Special Plus <i>Cell Energizing</i>
Lightening <i>Serum</i>	Synchro <i>Regenerating Cream</i>	Mask
Synchro <i>Regenerating Cream</i>	Lightening <i>Revitalizing Cream</i>	Immuno <i>Regenerating Mask</i>
Lightening <i>Revitalizing Cream</i>		

Always start any of these two programs using Synchro for 10 days, before introducing Lightening line.

SKIN - Dark complexion

Customer who has a natural dark complexion and wishes to lighten it

Morning	Evening	Weekly
Glyco <i>Cleansing Milk</i>	Glyco <i>Cleansing Milk</i>	Concentrate
Fibro <i>Preparing Lotion</i>	Fibro <i>Preparing Lotion</i>	Flower Acid <i>Cell Renewal</i>
Synchro <i>Regenerating Cream</i>	Synchro <i>Regenerating Cream</i>	Mask
Lightening <i>Revitalizing Cream</i>		Immuno <i>Regenerating Mask</i>

SKIN - Vitiligo

Customer who is losing their skin pigment by large patches

Morning	Evening	Weekly
Glyco <i>Cleansing Milk</i>	Glyco <i>Cleansing Milk</i>	Mask
Fibro <i>Preparing Lotion</i>	Fibro <i>Preparing Lotion</i>	Immuno <i>Regenerating Mask</i>
Nucléa <i>Regenerating Cream</i>	Nucléa <i>Regenerating Cream</i>	
Synchro <i>Regenerating Cream</i>	Synchro <i>Regenerating Cream</i>	

Nucléa should be used on depigmented areas and Synchro every where.

Vitiligo treatment takes time. It can take up to 12 to 18 months to see any result.

Home programs for specific skin conditions

SCAR - New

Customer whose scar is still red but closed, from a few months to 2 years old

Morning

Synchro Regenerating Cream
Cytobi Regenerating Cream

Evening

Cytobi Regenerating Cream

SCAR - Old

Customer who has scars older than 2 years

Morning

Mito Special Plus Cell Energizing
A few sprays on scar
Immuno Regenerating Mask with
Synchro Regenerating Cream
A small quantity to be mixed 50/50

Evening

Immuno Regenerating Mask with
Synchro Regenerating Cream
A small quantity to be mixed 50/50

After 6 Weeks

Synchro Regenerating Cream
Nucléa Regenerating Cream

Synchro Regenerating Cream
Cytobi Regenerating Cream

SCAR - New keloid

Customer whose scars do not heal well and present inflammation

Morning

Cytobi Regenerating Cream

Evening

Cytobi Regenerating Cream

SCAR - Old keloid

Customer whose scars had not healed well leaving them raised

Morning

Mito Special Plus Cell Energizing
Apply few sprays on scar
Immuno Regenerating Mask with
Synchro Regenerating Cream
A small quantity to be mixed 50/50

Evening

Immuno Regenerating Mask with
Synchro Regenerating Cream
A small quantity to be mixed 50/50

After 6 Weeks

Cytobi Regenerating Cream

Cytobi Regenerating Cream

BURN - New

Customer who has had a recent burn but whose skin is now closed

Morning

Synchro Regenerating Cream

Evening

Synchro Regenerating Cream

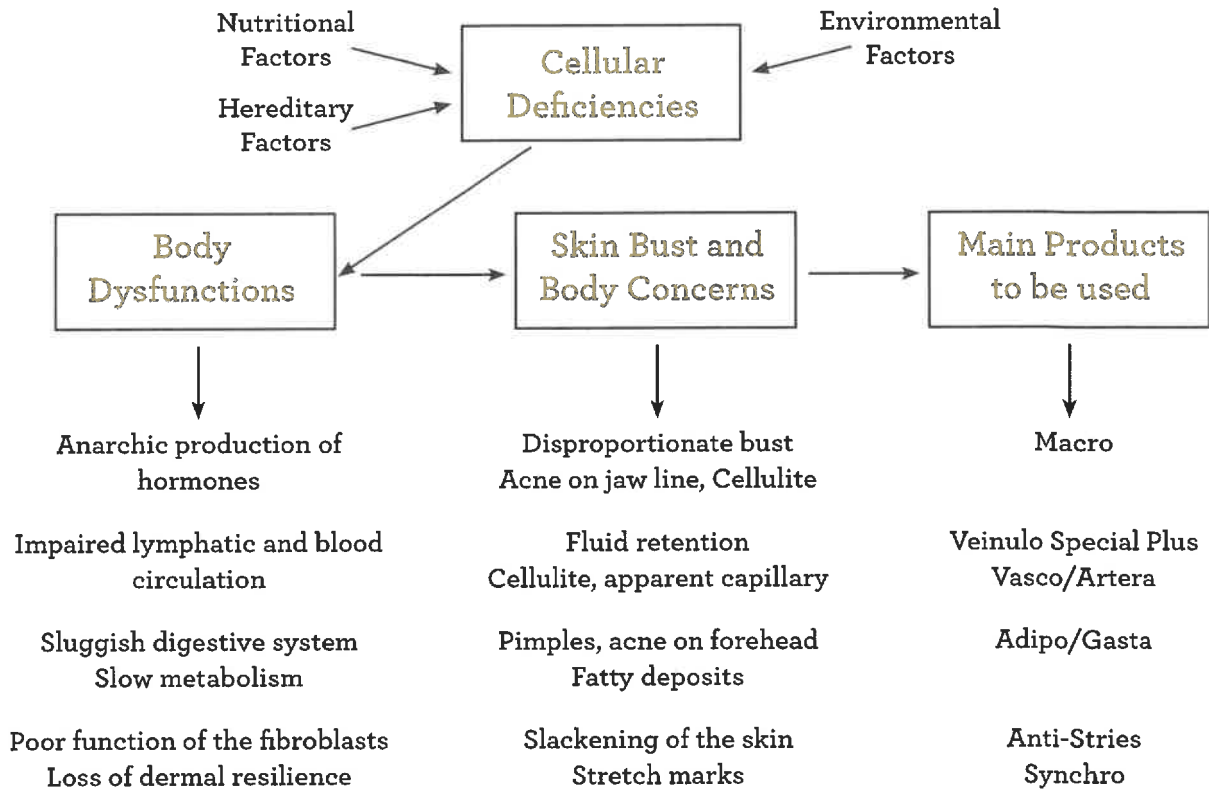
Home Programs

Bust, body & hair

Cellular deficiencies and body concerns

Internal Causes

External Causes



By transferring expertly balanced nutritive molecules such as amino acids, peptides, proteins, vitamins and trace elements to the skin's cells, Gernétic helps to diminish the visual consequences of cellular deficiencies.

Home programs by bust concerns

BUST - Firming

Customer who needs to restore their bust tone after pregnancy, weight loss ...

Morning

Seino *Preparing Lotion*

Endo Special Plus *Rejuvenating Concentrate*

Apply 3 times a week

Macro *Nutritive Cream*

Evening

Seino *Preparing Lotion*

Macro *Nutritive Cream*

Anti-Stries *Dermis restructuring cream*

If necessary apply to stretch marks only

BUST - Harmony

Customer who wishes to get their bust volume in harmony with their body shape

Morning

Seino *Preparing Lotion*

Endo Special Plus *Rejuvenating Concentrate*

Apply 3 times a week

Macro *Nutritive Cream*

Evening

Seino *Preparing Lotion*

Macro *Nutritive Cream*

BUST - Stretch marks

Customer who has distended tissues and stretch marks

Morning

Seino *Preparing Lotion*

Macro *Nutritive Cream*

Anti-Stries *Dermis restructuring cream*

Apply Anti-Stries just on stretch marks

Evening

Seino *Preparing Lotion*

Anti-Stries *Dermis restructuring cream*

Apply Anti-Stries just on stretch marks

BUST - New scar

Customer who may have fresh scars from operation

Morning

Seino *Preparing Lotion*

Synchro *Regenerating Cream*

Apply just on scars

Evening

Seino *Preparing Lotion*

Synchro *Regenerating Cream*

Apply just on scars

All these body programs can be combined and adapted to the individual needs of your customers

Home programs by body concerns

LEGS - Congestion, heavy legs

Customer who has a poor blood circulation resulting in heavy legs and apparent veins

Morning

Lympho *Preparing Lotion*
Veinulo Special Plus *Capillary Concentrate*
Vasco/Artera *Decongesting Cream*

Evening

Lympho *Preparing Lotion*
Vasco/Artera *Decongesting Cream*

Veinulo Special Plus is applied to apparent capillaries and veins 3 times a week.
Vasco/Artera is apply from soles of the feet to top of the legs preverably in the morning.

LEGS - Cellulite

Customer who has fluid retention, cellulite and apparent capillaries

Morning

Lympho *Preparing Lotion*
Veinulo Special Plus *Capillary Concentrate*
Vasco/Artera *Decongesting Cream*

Evening

Lympho *Preparing Lotion*
Vasco/Artera *Decongesting Cream*

Veinulo Special Plus is apply on apparent capillaries and veins 3 times a week.
Vasco/Artera is apply from soles of the feet to waist.

BODY - Fatty deposits and cellulite

Customer who wishes to get assistance with weight loss and cellulite elimination

Morning

Lympho *Preparing Lotion*
Vasco/Artera *Decongesting Cream*
Adipo/Gasta *Slimming Cream*

Evening

Lympho *Preparing Lotion*
Adipo/Gasta *Slimming Cream*

Vasco/Artera is apply from soles of the feet to waist.
Adipo Gasta is apply from soles of the feet to all fatty deposit areas.

BODY - Fatty deposits and excess weight

Customer who wishes to get assistance with weight loss

Morning

Lympho *Preparing Lotion*
Adipo/Gasta *Slimming Cream*

Evening

Lympho *Preparing Lotion*
Adipo/Gasta *Slimming Cream*

Adipo/Gasta is apply from sole of feet to all areas of fatty deposit.

Home programs by body concerns

BODY - Contour

Customer who wishes to maintain their perfect silhouette

Morning

Lympho *Preparing Lotion*
Gerthérapi *Draining contouring Cream*
Help lymphatic drainage and induce adipocyte reduction.

Evening

Gerthérapi *Relaxing Body Cream for active people.*

BODY - Distended tissues

Customer who wishes to restore firmness to the body subcutaneous tissues and to the epidermis

Morning

Lympho *Preparing Lotion*
Somito *Firming Cream*

Somito is efficient for restoring firmness to the subcutaneous tissues while **Anti-Stries** rejuvenates the epidermis.

Evening

Lympho *Preparing Lotion*
Anti-Stries *Dermis Restructuring Cream*

BODY - Stretch marks

Customer who wishes to prevent or to diminish stretch marks and regenerate distended tissues

Morning

Anti-Stries *Dermis Restructuring Cream*

Evening

Anti-Stries *Dermis Restructuring Cream*
Synchro *Regenerating Cream*

BODY - To pamper and to maintain ageless skin

Beneficial to all customers who wish to keep or to restore a soft healthy and ageless skin.

Morning or Evening

Gerthérapi *Contouring Cream or*
Vital Transfer *Hormoecutic Cream for 50+ or*
Body Milk *Rejuvenating Milk*

Monthly or Weekly

Salt Peeling *Exfoliating Body Salt*
Bath Salt *Remineralizing Bath*
Beauty Oil *Wellbeing Oil or*
Massage Oil *Relaxing Oil*

All these body programs can be combined and adapted to the individual needs of your customers

Home programs by hair and scalp concerns

HAIR - To keep healthy scalp and hair

Customer who wishes to maintain their beautiful hair

Morning or Evening as required

Medul *Restoring Shampoo*

Cuticul Extra Plus *Regenerating Lotion*

Cuticul Extra Plus is to be applied to the scalp and hair after shampoo. Do not rinse it off.

HAIR - To slow down hair loss and to restore a healthy scalp

For women or for men who are losing their hair from the front of the head

Morning or Evening as required

Medul *Restoring Shampoo*

Cuticul Extra Plus *Regenerating Lotion*

Medul can be used two or three times a week.

Cuticul Extra Plus is to be applied to the scalp and hair, after shampoo or not. Do not rinse it off.

For men, it is recommended to apply Cuticul Extra Plus daily.

HAIR - Alopecia

For women and men who are losing their hair by patches

Morning or Evening as required

Medul *Restoring Shampoo*

Cuticul Extra Plus *Regenerating Lotion*

Medul can be used two or three times a week.

Cuticul Extra Plus is to be applied daily to the scalp, after shampoo or not. Do not rinse it off.

HAIR - Inflamed, itchy scalp and dandruff

For women and men

Morning or Evening as required

Medul *Restoring Shampoo*

Cuticul Extra Plus *Regenerating Lotion*

Medul can be used two or three times a week.

Cuticul Extra Plus is to be applied to the scalp after shampoo. Do not rinse it off.

HAIR - Men hair loss

Will slow down men hair loss for men who are losing their hair from the back the head

Morning or Evening as required

Medul *Restoring Shampoo*

Cuticul Extra Plus *Regenerating Lotion*

Medul can be used two or three times a week.

Cuticul Extra Plus is to be applied daily to the scalp, after shampoo or not. Do not rinse it off.

Daily supplement of Inositol (Vitamin I or B7) is very beneficial for men hair loss.

