

SKIN CONDITIONS

Dehydration, Sensitivity





DEHYDRATED & REACTIVE SKIN

Skin Conditions

- 4 Skin Dehydration
- 5 Reactive Skin

Products

- 6 Synchro - *Regenerating Cream*
- 7 Cytobi - *Regenerating Soothing Cream*
- 8 Hydra-Ger - *Hydrating Mask*
- 9 Cells-Life - *Hydrating Revitalizing Serum*

Care

- 10 Hydrating Salon Treatment & Home Program
- 11 Sensitive Skin Treatment & Home Program

Skin Condition 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	Biological compounds rich in amino acids glutamine, arginine and lysine, trace elements potassium and magnesium and essential fatty acids.	Regenerate the basal cells. Healing properties. Restore skin's natural defence system.
Cytobi	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.	Alleviates a number of skin problems. Healing, anti-inflammatory, protecting, soothing.
To enhance the skin to maintain ideal hydration		
Hydra Ger Mask	β-lactoglobulin, a hydrophilic protein of lactoserum rich in amino acids: threonine, tryptophane, cystine, leucine and lysine.	Encourages the binding of water molecules thanks to the polarity of the amino acids, which allows basal cells to preserve their moisture.
To ensure hydration of the stratum corneum		
Cells-Life	Several biological compounds based on proteoglycans and hyaluronic acid.	The hydrophilic properties of the active ingredients allow larger quantities of water to be retained, restructuring the cutaneous tissues.

Skin Condition Reactive

Sensitivity, allergies, skin's 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	Biological compounds rich in amino acids such as glutamine, arginine and lysine and trace elements including potassium and magnesium.	Regenerate the basal cells. Healing properties. Restore the skin's natural defence system.
To bring nutrition and to reduce inflammation		
Cytobi	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.	Alleviates reactive skin. Healing, anti-inflammatory, protecting, soothing.

Synchro *Regenerating Cream* Retail 30 mL 50 mL - Salon 250 mL

Actions

Synchro is the most important formula of the Gernétic range.

It balances skin's function: oiliness as well as dryness are normalized.

It 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.

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.

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.

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.

Cytobi *Regenerating Soothing Cream* Retail 30 mL - Salon 150 mL

Actions

Cytobi is a very efficient complement to Synchro for all sensitive or inflamed skins thanks to its rejuvenating and calming 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 heal fresh scars on the face or body.

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.

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.

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.

Hydra-Ger *Hydrating Mask* Retail 50 mL - Salon 150 mL

Actions

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

It can be used on all skins without sensitivity or irritation.

It is recommended to improve skin hydration or for an instant glow.

Key Ingredients

Kaolin.

Purifying, astringent and toning.

β-lactoglobulin, a hydrophilic protein of lactoserum rich in threonine, tryptophan, cysteine, leucine and lysine.

Encourages the binding of water molecules thanks to the charged polarity of the amino acids.

Allows basal cells to preserve their moisture.

Lactic acid-rich bio-filtrate.

Accelerates the renewal of the skin cells.

Filtrate rich in peptides such as polysaccharides.

Ensures the hydration of the stratum corneum.

Skin Conditions

Suitable for all skins without sensitivity or irritation, particularly dehydrated skins.

Ideal to achieve an instant skin glow.

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.

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.

Cells-Life *Hydrating Revitalizing Serum* Retail 15 mL - Salon 50 mL

Actions

Cells-Life is a subtly scented hydrating restoring serum.

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

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

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 materiel between the cells that provides structural support.

Palmitoyl oiligopeptide, 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.

Skin Conditions

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

Loss of skin vitality and bounce.

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.

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.

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

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.

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

Refer to *Marine-Essence Face Mask 2 page 6*

Apply *Marine-Essence Mask* over the gauze. 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 "Hydrate and Soothe"*

Morning

Glyco Cleansing Milk
Fibro Preparing Lotion
Synchro Regenerating Cream
Ger-Oxy Hydrating Cream

Evening

Glyco Cleansing Milk
Fibro Preparing Lotion
Cells Life Hydrating Serum
Synchro Regenerating Cream or
Cytobi Regenerating Cream

Weekly

Deep clean: once or twice
Marine Cleanser Exfoliating Gel
Masks to be alternated
Immuno Regenerating Mask
Hydra Ger Hydrating Mask

Sensitive Skin Treatment

Purpose

To calm and nourish allergic reactive 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"

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