

SKIN CONDITIONS

Oiliness, Acne





OILINESS, ACNE

OILINESS ACNE

Skin Conditions

4 Oiliness, Acne

Products

5 Synchro - *Regenerating Cream*

6 Sebo-Ger - *Purifying Lotion*

7 Octo - *Purifying Anti-Blackhead Cream*

8 Mixed and Oily - *Purifying Anti-Acne Cream*

Care

9 Purifying Treatment

10 Acne Treatment

11 Home Programs

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-seborrhoea, anti-fungal, anti-acne.
Digestive related acne		
Adipo Gasta	Essential nutrients.	Reduce break-up on the T zone
Hormonal related acne		
Macro 2000	Essential nutrients including folic acid Vit B9 and alpha-tocopherol Vit E.	Reduce break-up on the jaw line

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.

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.

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.

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.

Sebo-Ger Purifying Lotion *Retail 200 mL - Salon 500 mL*

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. Sébo-Ger clarifies and brightens the skin.

Key Ingredients

Burdock extract.

Cleansing,

A natural antibiotic. Prevents boils.

Watercress extract.

Nourishing and remineralizing, strengthens the skin's immunity.

Myrrh extract.

Antiseptic.

Skin Conditions

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

Salon Use

Step #1 of Skin Care Treatment

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

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.

Octo Anti-Blackhead Cream Retail 30 mL - Salon 150 mL

Actions

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

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.

Skin Conditions

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..

Home Use

Morning

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

Mixed and Oily Anti-acne Cream Retail 30 mL - Salon 150 mL

Actions

Mixed and Oily has antiseptic, bacteriostatic, anti-seborrhea, depurative and astringent properties. It reduces excess of seborrhea and de-activates the formation of pimples.

Key Ingredients

Key Ingredients	Skin Conditions
<i>A hydroxyproline-rich lipo-amino obtained from amino acids and octanoic acid.</i>	Mixed and Oily is suitable for pimples and skins that are acne prone.
Antimicrobial, anti-seborrhea, antifungal and anti-acne.	Oiliness, blackheads, pimples and acneic skins.
<i>An active bio-vegetal base from chlorella and lactobacillus Casei.</i>	
Regulates and balances skin's functions.	
Anti-seborrhea and anti-acne.	
<i>One cellular hydrating factor composed of b-lacto globulin and a filtrate rich in amino acids and l-lactic acid.</i>	
Hydrating and softening.	
<i>A compound of myrrh, burdock, plantain and thyme extracts.</i>	
Bacteriostatic, antiseptic, astringent, depurative and anti-putrid actions	

Salon Use

Step #4 of Skin Care Treatment

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

Follow up with Synchro and Immuno mixed.

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 Synchro or Synchro 2000 regenerating cream.

Purifying Treatment

Purpose

To achieve a deep cleansing of the skin and eliminate blackheads, reduce oiliness and pimples.

Products	Procedure: Prepare
Glyco <i>Cleansing Milk</i>	STEP #1 - Clean and exfoliate If necessary, remove eye make-up and lipstick with <i>Fibro</i> . Apply <i>Glyco</i> 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 <i>Fibro</i> .
Fibro <i>Preparing Lotion Or</i>	Alternatively apply <i>Derma</i> all over face and neck by light massage, remove it with water and finish with <i>Fibro</i> .
Derma <i>Liquid Cleanser</i>	Apply a thin coat of <i>Ger-Peel</i> on the T-zone only, avoiding pimples. Gentle massage it with wet fingers for one minute or two. Rinse thoroughly with warm water.
Ger-Peel <i>Exfoliating Cream</i>	STEP #2 - Skip
Octo <i>Purifying Cream</i>	STEP #3 - Select and apply a Preliminary Mask Apply <i>Octo</i> to blackheads. Refer to <i>Marine-Essence Mask method 1 page 5</i> . Mix <i>Marine-Essence Seaweed Mask</i> with water to obtain a creamy paste. Add 10 to 12 sprays of <i>Marine-Essence Essential Oils</i> 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. <i>If you wish to proceed with blackheads extraction you can do it now.</i>
Marine~Essence <i>Seaweeds Mask</i> <i>Need 30g with 60 mL of very warm water</i>	
Marine Essence <i>Essential Oils</i>	
Sebo-Ger <i>Purifying Lotion</i>	
Mixed and Oily <i>Purifying Cream</i>	
Synchro <i>Regenerating Cream</i>	
Immuno <i>Regenerating Mask</i>	STEP #4 - Treat skin conditions Apply <i>Sebo-Ger</i> to purify the skin then apply <i>Mixed and Oily</i> on all areas of blackheads, pimples...
Cytobi <i>Soothing Cream</i>	STEP #5 - Nourish epidermis cells Mix 1/2 teaspoon <i>Immuno</i> with 1/2 teaspoon of <i>Synchro</i> and perform a gentle massage for few minutes. Do not rinse off.
Argini <i>Soothing Mask</i>	STEP #6 - Add nutrition to epidermis cells Apply a small quantity of <i>Cytobi</i> all over face and neck.
Gauze	
Polyester foil <i>Four small sheets</i>	
Synchro 2000 <i>Regenerating Cream</i>	Procedure: Infuse
<i>See demonstration on Gernétic DVD</i>	STEP #7 - Infuse nutritional molecules with a selected mask Apply a thick layer of <i>Argini</i> 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 <i>Sebo Ger</i> and <i>Mixed and Oily</i> and follow with <i>Synchro 2000</i> .
	<i>Home treatment:</i> 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	Procedure: Prepare
Fibro <i>Preparing Lotion</i>	STEP #1 - Clean and exfoliate If necessary, remove eye make-up and lipstick with <i>Fibro</i> . Apply some <i>Derma</i> all over face and neck by light massage and remove it with warm water. Finish the cleansing process using cotton pads damped with <i>Fibro</i> .
Derma <i>Liquid Cleanser</i>	Apply a thin coat of <i>Ger-Peel</i> on the T-zone only avoiding pimples. Gentle massage with wet fingers for one minute or two. Rinse thoroughly with warm water.
Ger-Peel <i>Exfoliating Cream</i>	
Sebo-Ger <i>Purifying Lotion</i>	
Mito Special Plus <i>Energizing Concentrate</i>	STEP #2 - Select and apply a Concentrate. Apply all over face and neck 10 to 12 sprays of <i>Mito Special Plus</i> to enhance cellular repair. <i>Avoid if inflamed acne.</i>
Mixed and Oily <i>Purifying Cream</i>	STEP #3 - Skip
Immuno <i>Regenerating Mask</i>	Procedure: Care
Synchro <i>Regenerating Cream</i>	STEP #4 - Treat skin conditions Apply some <i>Sebo-Ger</i> lotion and <i>Mixed and Oily</i> cream on all areas of blackheads, pimples...
Cytobi <i>Soothing Cream</i>	STEP #5 - Nourish epidermis cells Mix 1/2 teaspoon <i>Immuno</i> with 1/2 teaspoon of <i>Synchro</i> and perform a gentle massage for five minutes maximum. Do not rinse off.
Mineral <i>Self Heating Infusing Mask</i>	STEP #6 - Add nutrition to epidermis cells Apply a small amount of <i>Cytobi</i> on pimples to soothe the skin and enhance the skin immunity.
Gauze Polyester foil <i>Four small sheets</i>	Procedure: Infuse
<i>See demonstration on Gernétic DVD</i>	STEP #7 - Infuse nutritional molecules with a selected mask Cover the face and neck with gauze. Apply <i>Mineral Self Heating Mask</i> to infuse the active ingredients. <i>Refer to Mineral Mask for method of application page 4.</i> Cover with polyester foil sheets. Leave for 15 minutes and remove the mask by lifting the gauze. Rinse off residues with <i>Fibro</i>
	STEP #8 - Finishing Touch Apply <i>Sebo Ger</i> and <i>Mixed and Oily</i> and follow with a small amount of <i>Synchro</i> .
	Home treatment: <i>Refer to the Gernétic Home Treatment File "Clear Complexion"</i>

A course of 6 treatments, once a week, is recommended.

Home Program

SKIN - Oiliness

Customer with oily skin and blackheads but without any pimple

Morning	Evening	Weekly
Démaquillant Douceur	Démaquillant Douceur	Deep clean:
Sebo-Ger Purifying Lotion	Sebo-Ger Purifying Lotion	Ger-Peel Exfoliating Cream
Octo Purifying Cream	Peaux Jeunes Cream or	Mask
Peaux Jeunes Cream or	Synchro Regenerating Cream	Immuno Regenerating Mask
Synchro Regenerating Cream		<i>Few times a week</i>

ACNE - Juvenile

Customer under 18 years old with few breakouts on forehead or jaw line

Morning	Evening	Weekly
Démaquillant Douceur	Démaquillant Douceur	Mask
Sebo-Ger Purifying Lotion	Sebo-Ger Purifying Lotion	Argini Soothing Mask or
Mixed and Oily Purifying Cream	Mixed and Oily Purifying Cream	Immuno Regenerating Mask
Peaux Jeunes Balancing Cream	Synchro Regenerating Cream	

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	Démaquillant Douceur	Mask
Sebo-Ger Purifying Lotion	Sebo-Ger Purifying Lotion	Immuno Regenerating Mask
Mixed and Oily Purifying Cream	Mixed and Oily Purifying Cream	<i>Few times a week</i>
Synchro Small quantity	Synchro Small quantity	
Tropo Make-up protective Cream		

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	Démaquillant Douceur	Mask
Sebo-Ger Purifying Lotion	Sebo-Ger Purifying Lotion	Immuno Regenerating Mask
Mixed and Oily Purifying Cream	Mixed and Oily Purifying Cream	<i>Few times a week</i>
Synchro Small quantity	Synchro Small quantity Or	
Tropo Make-up protective Cream	Cytobi Soothing Cream	

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