

SKIN CONDITIONS

Oiliness, Acne





OILINESS, ACNE

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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	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.

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.

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 Synchrono or Synchrono 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

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 b-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

Skin Conditions

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

Oiliness, blackheads, pimples and acneic skins.

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

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
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 dampened 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 cellular 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.

Home Program

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 Sebo-Ger Purifying Lotion Mixed and Oily Purifying Cream Synchro Small quantity Tropo Make-up protective Cream	Démaquillant Douceur 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 Sebo-Ger Purifying Lotion Mixed and Oily Purifying Cream Synchro Small quantity Tropo Make-up protective Cream	Démaquillant Douceur 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