

# 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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*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 Gernetic 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 Gernetic 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

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*To be performed at the beginning of a skin care treatment to achieve a deep cleanse.  
Ideal in case of blackheads and pimples.*

## Products

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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

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### 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

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Can be performed at the end of a hydrating, firming, nutritive or anti-redness skin care treatment.

## Products

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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

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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

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*Can be performed at the end of a hydrating, anti-age and intense anti-age skin care treatment.*

## Products

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Anti-Ageing Mask  
Powder Mask

## Procedure

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*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

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*Can be performed at the end of a clarifying skin care treatment.*

## Products

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Lightening Mask  
Powder Mask

## Procedure

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*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

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The preliminary treatment gives you a choice of concentrates and masks to use in your treatment depending on your customer's skin condition.

## Products

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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

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### 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

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To reduce wrinkles, puffiness and dark circles around eyes.

## Products

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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

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### 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 area.  
Cover with polyester foil. Leave for 5 minutes.  
Rinse off lightly with lukewarm water.

## Procedure: Care

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### 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

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### 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

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*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

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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

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### 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

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### 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

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### 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

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*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

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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

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### 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

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### 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

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### 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

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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

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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

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### 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

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### 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

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### 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

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To nourish, hydrate and soothe dehydrated skin.

## Products

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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

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### 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

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### 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

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### 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

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To relax your customer by giving her a very pleasant experience.  
Can also be performed as an introduction to the Gernétic treatments.

## Products

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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

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### 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 Gumming*, 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 Hormoceleutic Treatment 50+

## Purpose

---

To bring essential nutritive molecules to the skin for optimal functioning.  
It complements the Gernétic holistic approche 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  
*Hormoceleutic 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 "Hormoceleutic"*

# 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 damped 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 Gummy*, 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*