

BODY CONCERNS

Bust Concerns

2 *Harmony*

Distended tissues

Stretch Marks

The Spa Concept

3 *De-stress, Detox*

Seaweeds and essential Oils

Body Concerns

4 *Toxins and bodily wastes*

5 *Cellulite or Fat?*

6 *Cellulite*

7 *Fatty Deposits*

8 *Distended tissues - Stretch marks*

Bust Concerns

Harmony

To enhance the harmony and firmness and to reduce stretch marks

Statistics reveal that more than 70% of women are not happy with the shape of their bust. The causes are numerous.

A bust that is not in harmony with the body size may be caused by:

- Hormonal disorder causing an anarchic production of hormones
- Heredity
- Stress and a disorderly lifestyle
- Severe malnutrition resulting in important deficiencies
- The contraceptive pill taken at an early time during puberty

The distension of the bust tissues may be due to:

- Severe malnutrition or a slimming diet often accompanied by an important fatigue
- Stressful disorderly lifestyle
- Contraceptive pill causing swelling of the breast
- Breast-feeding when the mother has extreme fatigue and inadequate nutrition
- The ageing process that causes a loss of dermal tissues elasticity

Stretch marks may be due to:

- A growth spurt during puberty combined with a deficiency in essential fatty acids and vitamin E
- Contraceptive pill causing swelling of the breast
- Pregnancy and breast-feeding combined with an inadequate essential nutrition

Gernétic's approach to bust concerns

Products	Ingredients	Actions
To enhance the harmony and firmness of the bust and improve its tone		
Endo Special Plus	An expertly mix of 8 essential amino acids with folic acid (vit B9) and alpha tocopherol (vit E).	Optimizes the health and beauty of the breasts.
Macro 2000	2 palmitoyl bio-peptides: One with glycyl, histidyl and lysine that are fundamental for collagen renewal. The second one, an elastic peptide, made up from valyl, glycyl, alanyl, prolyl and glycine, amino acids that are fundamental for elastin renewal.	Optimize the harmony, firmness and restore the elasticity of the breast tissues.
To reduce stretch marks and repair the epidermis		
Synchro	Biological compounds rich in amino acids (glutamine, arginine and lysine) and trace elements (potassium and magnesium).	Regenerate the basal cells of the epidermis.
Anti-Stries	One palmitoyl oligopeptide with glycine, arginine and methionine.	Restructures elastin and collagen. Restores tissues elasticity
Anti-Stries	A palmitic acid grafted on a glycyl-histidyl-lysine peptide.	Restructures elastin and collagen. Restores tissues elasticity. Powerful cellular stimulator of collagen synthesis. Protecting and repairing.

The Spa Concept

De-stress, detox, well-being

SPA Sanitas Per Aqua

Health through water could be described as today essential fashion phenomenon.

Everyday's stresses and strains, hectic lives, anxieties and fears have given rise to an industry dedicated to relaxing and de-stressing treatments: The Spas.

Labo.Ger.S have developed a whole new spa approach that combines not only comfort, relaxation and de-stressing but that has health and beauty ramifications too: in keeping with Gernétic philosophy, it targets the internal problems as well as the external conditions that they trigger.

Labo.Ger.S have combined marine products with essential oils to create treatments that, through cutaneous penetration, stimulate a process of osmosis and a state of positive physiological synergy.

An avant-garde spa has to offer a complete package: a warm welcome, a restful environment and effective treatments using excellent products.

Gernétic Spa products satisfy the technical part of this holistic approach, enhancing relaxation and wellbeing, promote elimination of toxins thus reducing pain; while having a pampering action.

Seaweeds

There are more than 25,000 different species of seaweeds, 282 of which can be used in the cosmetic industry. Seaweeds had to develop specific means of defence to survive in the very harsh environment they live in. This includes the synthesis of enzymes, polysaccharides and vitamins.

They collect and concentrate the active ingredients found in seawater, which makes them far richer than terrestrial plants.

The Cyanophyceae

A group made of all the micro algae.

These are prokaryote, the simplest and most primitive of all organisms. They are unicellular organisms with only one chromosome and without any mitochondrion.

- Cyanophyceae have a high content of blue pigments rich in proteins.
- Chlorella and Spirulina are part of this group.

The Phycophytes

More advanced organisms (eukaryotes).

They are multicellular seaweeds that have a nucleus and mitochondria.

Phycophytes contain various pigments, which gives them their different colours:

- Rhodophyceae: the red seaweed group (Palmaria palmata, Chondrus crispus, Lithothamnium calcareum).
- Chlorophyceae: the green seaweed group. (Ulva lactuca).
- Pheophyceae: the brown seaweed group. (Fucus vesiculosus, Ascophyllum nodosum, Laminaria digitata).

Essential Oils

Essential oils are very powerful substances. They must be used very carefully and in strict accordance with the instructions.

Steam distillation is the most common method of essential oil production.

The process involves the injection of steam into a chamber holding the raw aromatic plants.

Good-quality essential oils are extremely rare.

Cheap essential oils are often adulterated and can even be partly synthetic.

There are different ways of administering essential oils: atmospherically, topically and orally.

Gernétic essential oils are designed to be exclusively applied topically.

Essential oils are very potent active substances. It is not necessary to use more than a tiny amount. In fact, large amounts can actually be harmful.

Body Concerns

Toxins and bodily wastes

From time to time everybody needs to drain toxins and metabolic waste.

Gernétic's approach to boost elimination

Products	Ingredients	Actions
To drain toxins and metabolic waste		
Vasco/Artera	Biological compounds and nutritive molecules.	Drain and decongest.
To drain toxins and metabolic waste inducing faster elimination of fatty deposits		
Adipo Gasta	Seaweeds extracts rich in iodine.	Boost metabolism and the elimination of toxins.
Seaweeds Body Wrap	Severall seaweed extracts including: Ascophyllum nodosum, Fucus vesiculosus, Lithothamnium calcareum.	Seaweeds induce toxins and waste elimination. Seaweeds are also remineralizing and slimming

Body Concerns

Cellulite or Fat?

Two Problems - Two Solutions

Cellulite and fat are located in the hypodermis.

Cellulite and fat do not have the same characteristics and require adapted solutions.

Cellulite

Cellulite creates a subtle inflammatory alteration of the conjunctive tissues.
Cellulite increases the volume of the adipocytes.
Cellulite affects the conjunctive fibres: they become rigid.
Cellulite squeezes the circulatory system.
Cellulite is distributed in the gynoide areas.
Cellulite affects the sensory nerves, making the skin painful to the touch.

The 4 stages of the appearance of cellulite

- #1 The blood circulation is impaired; there are no visible changes at this stage.
- #2 Blood circulation is lessened even more. The dimpled appearance of the skin is not yet visible, only after skin compression does roughness becomes visible.
- #3 All second stage symptoms are present. A dimpled skin is evident even at rest. The skin is painful to the touch, the skin shows a decreased elasticity, a lack of colour and lower temperature.
- #4 All 3rd stage symptoms are present with more visible and painful dimples on the skin. Because of poor circulation the skin may be cold. At this stage, cellulite will take a longer time to be eliminated.

Fat

Fat only affects the adipocytes size that can become excessive.
Fat can be localized firstly on the stomach area then can become generalized.
Fat leaves the conjunctive tissues supple, the skin flat and painless.
Fat does not affect the circulatory system.

This explains that fat can be lost with a diet, while cellulite cannot and never disappear spontaneously.

Body Concerns

Cellulite

85% of women may be affected by cellulite.

Cellulite may be triggered by a change in the hormonal level during:

- Puberty
- Pregnancy
- Menopause
- Hormonal treatment (the pill)

This can result in an excess of folliculine.

Cellulite is located in the hypodermis and affects:

- The adipose cells
- The blood circulation
- The sensory nerves
- The conjunctive fibres

The outcome is congestion, tenderness of the affected areas and a poor elimination of toxins and metabolic wastes.

High-stress lifestyle causes an increase in cellulite. Cellulite gives that “orange-peel look” that is visible on the buttocks, the thighs, the back of the knees and the top of the arms.

Gernétic’s approach to cellulite reduction

Products	Ingredients	Actions
To reduce cellulite by improving blood and lymphatic circulations		
Veinulo Special Plus	An expertly mix of 8 essential amino acids.	Optimizes the beauty of the legs.
Vasco/Artera	Biological compounds supplying the following amino acids: glutamine, carnitine, methionine, hystidine and glycine, as well as vitamins E and B3 or PP, magnesium and potassium.	Improve blood and lymphatic circulations and vascularisation, promoting the elimination of cellulite.
Vasco/Artera	Phytostimulines from lime blossom, horse chestnut, camomile, artichoke, cypress and burdock.	Natural diuretic with draining effect.
Vasco/Artera	Mucopolysaccharides.	Restore connective tissues.

Using Gernétic products you will be able to gradually reduce the appearance of cellulite by improving the micro-circulation and aiding toxins elimination.

When the expected results are achieved a maintaining program is advisable.

Body Concerns

Fatty Deposits

They affect both women and men and can occur at any age.

Fatty deposits may be triggered by:

- A slowing down of the level of activity.
- Nutritional disorders such as craving for sweet.
- A diet too rich in fat and sugar.

This may result in a poor digestion and elimination, a slow metabolism and the inactivity of the lipase enzyme.

Fatty deposits are located in the hypodermis and affect the adipose cells.

Fat can be either localized on the tummy or generalized all over the body.

Fat affects mostly the upper part of the body. The skin is flat and painless.

Gernétic's approach to fatty deposit reduction

Products	Ingredients	Actions
To improve digestion and elimination		
Adipo/Gasta	Nutritive biological compounds that supply important amino acids (carnitine, lysine, arginine and glutamine) and inositol (vit B7)	Promote a better digestion and elimination of fatty deposits.
To reduce craving for food		
Adipo/Gasta	A biological extract.	Supplies nutrients to counteract craving for food.
To step up metabolism		
Adipo/Gasta	Saeweed extracts rich in iodine. Birch, ivy, arnica and hawthorn extracts.	Boost metabolism and enhance the slimming action.
To reduce adipose tissues		
Adipo/Gasta	A restorative complex of mucopolysaccharides and hyaluronic acid.	Encourages the reduction of the adipocytes.
Adipo/Gasta	Extracts of green coffee and Yerba mate.	Potentialize the lipolysis, inducing fat reduction.

When the expected results are achieved a maintaining program is advisable.

Body Concerns

Distended Tissues

Loss of body tone and dermal resilience and stretch marks.

Loss of body tone

- A loss of body tone may be due to a loss of muscles mass caused by lack of physical activity or by protein deficiencies.

Loss of dermal resilience

- Loss of dermal resilience and slackening of the skin may be due to rapid weight loss or to the ageing process that slows down the production of collagen and elastin.

Stretch Marks

- Stretch marks are a form of scarring of the skin with an off-color hue. They are caused by the tearing of the dermis. Stretch marks are often the result of the rapid stretching of the skin associated with rapid growth in puberty or weight gain, pregnancy or muscle building. They appear empty and are soft to the touch.

Stretch marks occur in the dermis, the resilient middle layer that helps the skin retain its shape.

Gernétic's approach to distended tissues

Products	Ingredients	Actions
To improve hypodermal tone		
Somito	One biological extract containing leucine, arginine, lysine and glycine amino acids.	Nutritive, restores deep tissues, tones.
To reduce slackening of the dermis		
Somito	Caffeine associated with palmitoyl-carnitine.	Firms and reduces slackening of the skin.
To restore epidermal elasticity and dermal resilience		
Anti-Stries	A lactoferrin protein from 2-thioxanthin and 8-hydroxanthin combined with micro algae.	Restores dermal and epidermal elasticity.
Vital Transfer	Ginestein a phyto-oestrogen found in soy, clover and hops. Marine oligosaccharide, peptides, organic silicium.	Anti-inflammatory as well as a collagen producer. Act on the proliferation of fibroblasts.
To reduce stretch marks and reduce slackening of the dermis		
Anti-Stries	Palmitoyl oligopeptide with glycine, arginine and methionine.	Restructures elastin and collagen restoring tissues elasticity.
Anti-Stries	Palmitic acid grafted on a glycine-histidine-lysine peptide	Powerful cellular stimulator of collagen synthesis. Protecting and repairing.

When the expected results are achieved a maintaining program is recommended.