

BUST - BODY - SPA TREATMENTS

This chapter will give you examples of body treatments that you can perform following the Gernétic 3-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.

Bust Treatment Step by Step

Products Used

STEP #1 - Prepare

Activate micro-circulation _____ Seino

STEP #2 - Care

Enhance firmness and harmony _____ Endo Special Plus

Optimize bust harmony, firmness and tissues elasticity _____ Macro 2000

Reduce stretch marks _____ Anti-Stries

STEP #3 - Infuse

Enhance firmness _____ Mineral Mask

Or enhance slimming _____ Marine Essence Mask

Detox Treatment Step by Step

Products Used

STEP #1 - Detox, reduce cellulite and fatty deposit

Detox and reduce fluid retention and cellulite _____ Vasco/ArteraMarine

Detox and reduce fatty deposits _____ Adipo/Gasta

STEP #2 - Enhance the elimination of toxins

Apply Seaweed Mask _____ Body Slimming Mask

STEP #3 - Finishing touch

Apply _____ Beauty Oil or Gerthéropi

Body Treatment Step by Step

Products Used

STEP #1 - Prepare

Activate micro-circulation _____ Lympho

STEP #2 - Care

Relieve capillary and vein fragility _____ Veinulo Special Plus

Decongest, reduce fluid retention and cellulite _____ Vasco/Artera

Assist slimming, reduce fatty deposits _____ Adipo/Gasta

Firm deep tissues _____ Somito

STEP #3 - Infuse

Apply Self Heating Mask _____ Mineral Mask

Stretch Marks Treatment by Step

Products Used

STEP #1 - Prepare

Activate micro-circulation _____ Lympho

STEP #2 - Care

Increase cellular energy of the epidermis _____ Mito Special Plus

Restore dermis elasticity _____ Anti-Stries

Restore epidermis elasticity _____ Immuno/Synchro

Reduce the depth of stretch marks _____ Nucléa

STEP #3 - Infuse

Apply Self Heating Mask _____ Mineral Mask

STEP #3 - Finishing touch

Apply _____ Body Milk

Bust 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.

Bust Treatment Program

The purpose of Gernétic harmonizing bust treatment is to restore the skin's elasticity and balance the bust volume to suit your client's morphology.

This treatment is recommended once a week in a course of 6 to 12.

Always start a bust treatment program by filling in the consultation card provided by Gernétic and by taking and writing down measurements as follow. This will enable you to individualise her treatment and to tell her more precisely what results she can expect.

The client's back and head being well placed against a wall measure the distance between the two nipples, going from one nipple past to the back of the neck to the other nipple. Then measure the distances between the nipples to the navel and the girth of the bust.

The variation of the first two measurements will give you the exact amount of lifting of the bust and the third one is a precise indication of the variation of the bust volume.

Please note that bust treatments should not be performed in the following cases:

- Your client had an operation involving breast implants,
- Your client has breast tumor or cyst,
- You detect any anomaly in the breast,
- Your client is pregnant or breast feeding.

It is therefore absolutely necessary that you take the time to fill in the consultation card with your client and that you have a look at your client's bust before you start any bust treatment.

If you suspect any anomaly, ask your client to have a check-up.

Some medicines, hormonal treatments and the pill can slow down the results of bust treatments.

We recommend one treatment a week until the results are obtained and one treatment every second week or once a month thereafter to maintain the achieved results.

We recommend you use the Gernétic "Body and Bust" prescription cards as it is vital that your client continues the program between each treatment by applying her products at home the days she does not come to the salon.

Allow a 30-minute consultation before your first treatment to establish your client's program.

Allow 15 minutes after every treatment for follow-up and home care explanations.

Bust Treatment

Harmony

Purpose

This treatment is suitable to enhance the harmony and firmness of the breasts.

Products

Seino

Preparing Lotion

Endo Special Plus

Regenerating Concentrate

Macro

Nutritive Cream

Anti-Stries (If stretch marks)

Dermis Restructuring Cream

Gauze

1 bag of Mineral Mask

Self Heating Mask

Polyester foil

One small sheet

See demonstration on

Gernétic DVD

Procedure: Prepare

STEP #1 - Activate the micro-circulation

Apply a small quantity of *Seino* by light massage all over the bust and the top of the arms.

Procedure: Care

STEP #2 - Transfer nutritional molecules to optimize the harmony and the firmness of the bust.

Apply 15 to 20 sprays of *Endo Special Plus* all over the bust and massage gently.

Massage gently 1 teaspoon of *Macro 2000* all over the bust and the top of the arms.

Ask you client to sit up and apply *Seino* and *Macro 2000* on her back.

Second application: have your client lie down again and apply 1 teaspoon of *Macro 2000* over the bust only.

If necessary, apply a small amount of *Anti-Stries* to stretch marks.

Procedure: Infuse

STEP #3 - Infuse nutritional molecules with a mask

Cover the bust area with a large sheet of gauze.

Mix one bag of *Mineral Mask* with 250 mL of tepid water and quickly apply the creamy mixture with a large spatula over the gauze to completely cover the bust area.

Cover with polyester foil.

Leave the mask for about 20 minutes or till it cools down.

Remove mask and clean residues with *Seino*.

Finish this treatment by applying a small amount of *Macro 2000*.

Once a week, a course of 12 treatments is recommended.

Home treatment: Daily

Refer to the Gernétic Home Treatment File "Body, Bust and Hair"

Bust Treatment

Large bust Harmony

Purpose

This treatment is suitable to enhance the harmony and firmness of large bust.

Products

Seino

Preparing Lotion

Endo Special Plus

Regenerating Concentrate

Macro

Nutritive Cream

Anti-Stries (If stretch marks)

Dermis Restructuring Cream

Gauze

Seaweed Body Mask

Slimming Mask

Polyester foil

One small sheets

See demonstration on

Gernétic DVD

Procedure: Prepare

STEP #1 - Activate the micro-circulation

Apply a small quantity of *Seino* by light massage all over the bust and the top of the arms.

Procedure: Care

STEP #2 - Transfer nutritional molecules to optimize the harmony and the firmness of the bust.

Apply 15 to 20 sprays of *Endo Special Plus* all over the bust and massage gently.

Massage gently 1 teaspoon of *Macro 2000* all over the bust and the top of the arms.

Ask you client to sit up and apply *Seino* and *Macro 2000* on her back.

Second application: have your client lie down again and apply 1 teaspoon of *Macro 2000* over the bust only.

If necessary, apply a small amount of *Anti-Stries* to stretch marks.

Procedure: Infuse

STEP #3 - Infuse nutritional molecules with a mask

Cover the bust area with a large sheet of gauze.

Mix 100g of *Seaweed Body Mask* with 100 to 150 mL of hot water to obtain a thick, creamy paste.

Apply the mask all over the bust area using one hand.

Cover with polyester foil.

Leave the mask for 20 minutes.

Remove mask and clean residues with warm water.

Finish this treatment by applying a small amount of *Macro 2000*.

Once a week, a course of 12 treatments is recommended.

Home treatment: Daily

Refer to the Gernétic Home Treatment File "Body, Bust and Hair"

This treatment can be alternate with Bust Harmony treatment.

Body 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.

Body Treatments General Information

Gernétic Body products are designed to assist in the contouring of a woman's body silhouette. They are recommended in case of cellulite, general and localized fatty deposits, distended tissues and stretch marks.

Detoxifying and Draining Program

Aim

This treatment is to be recommended as a preparation to any body program. It assists the body in the elimination and drainage of toxins and bodily wastes.

Number of Treatments

3 at the beginning of a body program, then it can be alternated with Cellulite or Slimming Treatment.

Salon Frequency

Can be once or twice a week.

Duration of Treatment

60 minutes.

Poor Blood Circulation and Cellulite Program

Aim

To decongest and improve lymphatic and blood circulation.

To drain toxins and metabolic wastes.

To reduce inflammation, and fluid retention.

To restore the conjunctive tissue.

Number of Treatments

12 treatments

Salon Frequency

Can be once or twice a week.

Duration of Treatment

90 minutes.

Fatty Deposit - General Slimming Program

Aim

To drain toxins and metabolic wastes by improving the digestion and stimulating the bowel function.

To boost the metabolism.

To reduce adipose tissues.

To control sugar and fat cravings.

Number of Treatments

12 treatments

Salon Frequency

Can be once or twice a week.

Every week, you can alternate between one Seaweed Slimming and one Fatty Deposit Treatment.

Duration of Treatment

90 minutes.

Allow a 30-minute consultation before your first treatment to establish your client's program.

Allow 15 minutes after every treatment for follow-up and home care explanations.

Detox Treatment

Detox and Slim

Purpose

To drain toxins and improve micro circulation.

To reduce cellulite and enhance slimming.

This treatment requires a shower.

Products

1 sheet of polyester foil

Essential Oil

Ravensara or *Cypress*

Vasco/Artera

Anti-Cellulite Cream

Adipo/Gasta

Slimming Cream

Slimming Body Wrap

Seaweed Mask

Beauty Oil

Wellbeing Oil

or *Boody Milk*

See demonstration on

Gernétic DVD

Procedure: Prepare

STEP #1 - Detox and reduce cellulite and fatty deposits.

Have your client lie down on a sheet of polyester foil.

Apply one drop of the selected *Essential Oil* to each sole of foot and massage lightly until completely absorbed.

Apply a large quantity of *Vasco/Artera* from soles of feet to the top of the legs front and back,, using long upward drainage.

Apply a large quantity of *Adipo/Gasta* to the whole body front and back, using long upward drainage. Do not apply to the bust area,

Procedure: Care

STEP #2 - Enhance toxins elimination with Seaweeds Body Mask.

Mix 300g of *Slimming Body Wrap* with 200 mL to 300 mL of warm water to obtain a creamy paste. Add 2 drops of *Essential Oil* to the mixture.

Apply the mask quickly to the entire body, back and front, using one hand.

Wrap the polyester foil tightly around your client and cover her with a warm blanket.

Leave your client to relax for 30 minutes and then help her to the shower.

Procedure: Finishing Touch

STEP #3 A finishing touch that leaves the skin soft with a divine scent.

Using effleurages-drainages, apply *Beauty Oil* or *Body Milk* all over the whole body, until completely absorbed.

Frequency: once or twice a week, a course of 3 treatments is recommended.

After you can alternate between Cellulite or Slimming Treatments.

Home treatment: Daily

Refer to the Gernétic Home Treatment File “ Bust Body, Hair”

Ultimate Spa Treatment

Exfoliation, Sea Salts Bath and Seaweeds Wrap

Purpose

Total relaxation, de-stressing and remineralizing.

Anti cellulite and anti-fluid retention.

This package reshapes the body and enhances wellbeing.

Products

Salt Peeling

Exfoliating Body Salt

Bath Salt

Remineralizing Bath

1 sheet of polyester foil

Essential Oil

Ravensara or Cypress

Vasco/Artera

Anti-Cellulite Cream

Adipo/Gasta

Slimming Cream

Slimming Body Wrap

Seaweed Mask

Gerthérapie Cream

Wellbeing Cream

Or

Beauty Oil

Wellbeing Oil

Procedure: Prepare

STEP #1 - Exfoliate dead cells

Apply *Salt Peeling* to the skin and work with light effleurages all over the body front and back but avoid the bust area.

Rinse off under a Vichy shower or a normal shower or with hot towels.

Procedure: Bath

STEP #2 - Relax and remineralize

Prepare a warm bath between 34 and 36°C with one sachet of *Bath Salts*.

Have your client to relax in it for 15 to 20 minutes.

Then help her to get out of the bath and dry herself.

Procedure: Care

STEP #3 - Promote toxin elimination with Seaweed Mask.

Have your client lie down on a sheet of polyester foil.

Apply a large quantity of *Vasco/Artera* from the soles of the feet to the waist, front and back, using long upward drainage. Do not apply to the stomach.

Apply a large quantity of *Adipo/Gasta* to the whole body front and back, using long upward drainage. Do not apply to the bust area.

Mix 300g of *Slimming Body Wrap* with 200mL to 300 mL of warm water to obtain a creamy paste. Add 2 drops of *Essential Oil* to the mixture.

Apply the mask quickly to the entire body, back and front, using one hand.

Wrap the polyester foil tightly around your client and cover her with a warm blanket.

Leave your client to relax for 20 minutes and then help her to the shower.

Using effleurages-drainages, apply *Gerthérapie Cream* or *Beauty Oil* all over the whole body,, until completely absorbed.

This finishing touch will leave softness to the skin and a divine scent.

Frequency: As desired.

You can alternate between Cellulite or Slimming Treatments.

Home treatment:

Refer to the Gernétic Home Treatment File "Body, Bust and Hair"

Decongesting Treatment

Lighter Legs

Purpose

To relieve and decongest tired heavy legs and to reduce capillary fragility and apparent veins.

Products

1 sheet of polyester foil
Lympho
Preparing Lotion
Veinulo Special Plus
Capillary Concentrate
Vasco/Artera
Decongesting Cream
Synchro
Regenerating Cream
Gauze
1.5 bag of Mineral Mask
Self Heating Mask
Gerthérapi Cream
Wellbeing Cream
Or Body Milk
Rejuvenating Milk

See demonstration on
Gernétic DVD

Procedure: Prepare

STEP #1 - Activate the micro-circulation

Have your client lie down on a sheet of polyester foil.

Apply *Lympho* from the soles of the feet to the top of the legs, front and back by light effleurages.

Procedure: Care

STEP #2 - Transfer nutritional molecules to decongest and to reduce capillary fragility and apparent veins

Apply 15 to 20 sprays of *Veinulo Special Plus* to apparent capillaries and veins and gently massage.

Front: Apply a large quantity of *Vasco/Artera* from the soles of the feet to the top of the legs, with long upward strokes.

Then, apply a small amount of *Synchro* on top.

Back: Repeat exactly the same procedure to the back.

Procedure: Infuse

STEP #3 - Infuse nutritional molecules

Cover legs and thighs (front or back) with 2 long sheets of gauze.

You can alternate between side at each treatment.

Mix 1.5 bag of *Mineral Mask* with 375 mL of tepid water and quickly apply the creamy mixture with one hand over the gauze to cover the body from the soles of the feet to the top of the legs.

Wrap the foil around your client's body and cover her with a blanket.

Leave your client to rest for 20 minutes, then remove the mask by lifting it and clean residues with dry tissues or towel.

Apply a small quantity of *Gerthérapi* or *Body Milk* as a finishing touch.

Your client should not wash herself for at least 2-3 hours.

Frequency: once a week, a course of 6 treatments is recommended.

Home treatment: Daily

Refer to the Gernétic Home Treatment File "Body, Bust and Hair"

Cellulite Treatment

Cellulite Free, Lighter Legs

Purpose

To decongest and reduce cellulite.

Products

1 sheet of polyester foil
Lympho
Preparing Lotion
Veinulo Special Plus
Capillary Concentrate
Vasco/Artera
Decongesting Cream
Adipo/Gasta
Slimming Cream
Somito
Firming Cream
Gauze
2 bags of Mineral Mask
Self Heating Mask
Body Milk
Rejuvenating Milk

See demonstration on
Gernétic DVD

Procedure: Prepare

STEP #1 - Activate the micro-circulation

Have your client lie down on a sheet of polyester foil.

Apply *Lympho* from the soles of the feet to the waist, front and back by light effleurages.

Procedure: Care

STEP #2 - Transfer nutritional molecules to decongest thus reducing cellulite

Apply 15 to 20 sprays of *Veinulo Special Plus* to apparent capillaries and veins and gently massage.

Back: Apply a large quantity of *Vasco/Artera* from the soles of the feet to the waist, with long upward strokes.

Front: Apply a large quantity of *Vasco/Artera* from the soles of the feet to the waist, with long upward strokes.

Adipo/Gasta is then applied locally to the stomach and to the sides of the thighs where an accumulation of fat is visible.

In case of distended tissues, apply *Somito* to the bottom, to the inside the thighs and to the stomach on top of the other creams.

Procedure: Infuse

STEP #3 - Infuse nutritional molecules

Cover legs and thighs (front or back) with 2 long sheets of gauze up to the waist.

You can alternate between side at each treatment.

Mix 2 bags of *Mineral Mask* with 500 mL of tepid water apply the creamy mixture quickly over gauze with one hand to cover the body from sole of feet to the waist

Wrap the foil around your client's body and cover her with a blanket.

Leave your client to rest for 20 minutes, then remove the mask by lifting it and clean residues with dry tissues or towel.

Apply a small quantity of *Body Milk* as a finishing touch.

Your client should not wash herself for at least 2-3 hours.

Frequency: once a week, a course of 6 to 12 treatments is recommended.

Home treatment: Daily

Refer to the Gernétic Home Treatment File "Body, Bust and Hair"

Slimming Treatment

Slender figure

Purpose

To reduce fatty deposits and to assist any slimming program.

Products

1 sheet of polyester foil
Lympho
Preparing Lotion
Vasco/Artera
Decongesting Cream
Adipo/Gasta
Slimming Cream
Somito
Firming Cream
Gauze
2 bags of Mineral Mask
Self Heating Mask
Body Milk
Rejuvenating Milk

See demonstration on
Gernétic DVD

Procedure: Prepare

STEP #1 - Activate the micro-circulation

Have your client lie down on a sheet of polyester foil.

Apply *Lympho* from the soles of the feet to the waist, front and back by light effleurages.

Procedure: Care

STEP #2 - Transfer nutritional molecules to reduce fatty deposits

Back: Apply a large quantity of *Vasco/Artera* from the sole of the feet to the waist, with long upward strokes.

Then apply a larger quantity of *Adipo/Gasta* from the soles of the feet to the waist, on top of *Vasco/Artera*, especially to fatty tissues.

Front: Apply a large quantity of *Vasco/Artera* from sole of the feet to the waist, with long upward strokes.

Then apply a larger quantity of *Adipo/Gasta* from the soles of the feet to the waist, on top of *Vasco/Artera*, especially to the stomach and fatty tissues.

In case of distended tissues, apply some *Somito* to bottom, inside thighs and stomach on top of the other creams.

Procedure: Infuse

STEP #3 - Infuse nutritional molecules

Cover legs and thighs to the waist (front or back) with 2 long sheets of gauze.

You can alternate between side at each treatment.

Mix 2 bags of *Mineral Mask* with 500 mL of tepid water apply the creamy mixture quickly over gauze with one hand to cover the body from the soles of the feet to the waist.

Wrap the foil around your client's body and cover her with a blanket.

Leave your client to rest for 20 minutes, then remove mask by lifting it and clean residues with dry tissues or towel.

Apply a small quantity of *Body Milk* as a finishing touch.

Your client should not wash herself for at least 2-3 hours.

Frequency: once a week, a course of 6 to 12 treatments is recommended.

Home treatment: Daily

Refer to the Gernétic Home Treatment File "Body, Bust and Hair"

Local Slimming Treatment

Body Contour

Purpose

To reduce local fatty deposits on the stomach area

Products

1 sheet of polyester foil
Lympho
Preparing Lotion
Adipo/Gasta
Slimming Cream
Somito
Firming Cream
Gauze
1 bag of Mineral Mask
Self Heating Mask
Body Milk
Rejuvenating Milk

See demonstration on
Gernétic DVD

Procedure: Prepare

STEP #1 - Activate the micro-circulation

Have your client lie down on a sheet of polyester foil.

Apply *Lympho* lotion all over the stomach area as well as the back area by light effleurages.

Procedure: Care

STEP #2 -Transfer nutritional molecules to reduce fatty deposits and to firm tissues

Back: Apply a large quantity of *Adipo/Gasta* all over the back area and massage gently

Front: Apply a large quantity of *Adipo/Gasta* all over the stomach area and massage gently.

Then apply some *Somito* all over stomach area if firming is needed.

Procedure: Infuse

STEP #3 - Infuse nutritional molecules

Cover stomach area with a large sheet of gauze.

Mix one bag of *Mineral Mask* with 250 mL of warm water quickly apply the creamy mixture with one hand over gauze to cover the stomach area completely.

Wrap the foil around your client's body and cover her with a blanket.

Leave your client to rest for 20 minutes, then remove the mask by lifting it and clean residues with dry tissues or towel.

Your client should not wash herself for at least 2-3 hours.

Frequency: once a week, a course of 6 to 12 treatments is recommended.

Home treatment: Daily

Refer to the Gernétic Home Treatment File "Body, Bust and Hair"

Firming Treatment

Body Tone

Purpose

To tone deep dermal tissues and to restore epidermal elasticity.

Products

1 sheet of polyester foil
Lympho
Preparing Lotion
Vasco/Artera
Decongesting Cream
Somito
Firming Cream
Anti-Stries
Restructuring Cream
Gauze
2 bags of Mineral Mask
Self Heating Mask

See demonstration on
Gernétic DVD

Procedure: Prepare

STEP #1 - Activate the micro-circulation

Have your client lie down on a sheet of polyester foil.

Apply *Lympho* from the soles of the feet to the waist, front and back by light effleurages

Procedure: Care

STEP #2 - Transfer nutritional molecules to tone and restore elasticity

Back: Apply some *Vasco/Artera* from the sole of the feet to the waist, with long upward strokes.

Then apply a large quantity of *Somito* on top of *Vasco/Artera*, to all areas where firming is needed (bottom, inside thighs, stomach).

Finish with some *Anti-Stries* on top of *Somito* on all distended tissues.

Front: Repeat these applications to the front.

Procedure: Infuse

STEP #3 - Infuse nutritional molecules

Cover your client from the knees to the waist (front or back) with 2 long sheets of gauze.

You can alternate between side at each treatment.

Mix 2 bags of *Mineral Mask* with 500 mL of tepid water apply the creamy mixture quickly over gauze with one hand to cover your client from the knees to the waist.

Wrap the foil around your client's body and cover her with a blanket.

Leave your client to rest for 20 minutes, then remove the mask by lifting it and clean residues with dry tissues or towel.

Your client should not wash herself for at least 2-3 hours.

Frequency: once a week, a course of 6 to 12 treatments is recommended.

This treatment can be associated with Stretch Mark Treatment.

It can also be combined with any other body treatment, Cellulite or Slimming. In this case apply Somito to the bottom, inside the thighs and the stomach after the other creams.

Home treatment: Daily

Refer to the Gernétic Home Treatment File "Body, Bust and Hair"

Stretch Marks Treatment

Restructure

Purpose

To diminish the depth of stretch marks and restore dermal elasticity.

Products

1 sheet of polyester foil
Lympho
Preparing Lotion
Mito-Special Plus
Cells Concentrate
Anti-Stries
Restructuring Cream
Synchro
Regenerating Cream
Immuno
Regenerating Mask
Nucléa
Repairing Cream
Gauze
1 bag of Mineral Mask
Self Heating Mask

See demonstration on
Gernétic DVD

Procedure: Prepare

STEP #1 - Activate the micro-circulation

Have your client lie down on a sheet of polyester foil.

Apply *Lympho* on all areas that needs to be treat.

Procedure: Care

STEP #2 -Transfer nutritional molecules to diminish the depth of stretch marks and restore dermal elasticity.

Spray 15 to 20 times *Mito Special Plus* to stretch marks and gently massage it in.

Apply *Anti Stries* by light massage to stretch mark areas or everywhere if general loss of elasticity.

Mix a large quantity of *Synchro* with the same amount of *Immuno* and apply to stretch mark areas by light massage.

Then apply a small amount of *Nucléa* to stretch marks and gently massage it in.

Procedure: Infuse

STEP #3 - Infuse nutritional molecules

Cover the area with a sheet of gauze.

Mix 1 bag of *Mineral Mask* with 250 mL of tepid water and apply over gauze to cover the stretch mark area completely.

Wrap the foil around your client's body and cover her with a blanket.

Leave your client to rest for 20 minutes, then remove the mask by lifting it and clean residues with dry tissues or towel.

Your client should not wash herself for at least 2-3 hours.

Frequency: once a week, a course of 6 to 12 treatments is recommended.

This treatment can be combined with any other body treatment, Cellulite or Slimming. In this case apply these creams after the other body creams.

Home treatment: Daily

Refer to the Gernétic Home Treatment File "Body, Bust and Hair"