

## MARINE RANGE

Allow your skin to shine brightly this Spring with our Glowing and Firming Marine line! Exfoliate, restore elasticity, stimulate collagen production and reduce the appearance of wrinkles. Be simply radiant! Discover our Protect and Firming Marine Face Range.



### MARINE GUMMING CLEANSER

This exfoliating gel with microcapsules deeply cleanses the skin. It contains extracts of sea sediments rich in trace elements such as zinc, copper, manganese and cobalt- ideal to remineralize and energise tired skin.

### MARINE MASK

Supple cream mask with soothing, toning, remineralizing and rejuvenating properties. Created for all aged, demineralized, dehydrated, wrinkled skins and sagging tissues.



### MARINE GERLIFT

This cream reduces wrinkles caused by loss of dermal elasticity, by stimulating the fibroblasts to produce collagen. It contains a biological compound found deep beneath the sea and is rich in vitamins B1, B2, B6, B12, C, PP and E, as well as proteins and peptides.



### MARINE DAY BASE

This light textured day cream energizes cellular reactions, promoting renewal. It is soothing and anti-inflammatory, with a light sun protection.

## LUSCIOUS LIPS

Want a kissable pout? There's more to it than applying your favourite red lipstick!

### 1 HYDRATE

Drink at least 8 glass of water every day. Water is essential the general health of your skin, and being well hydrated also helps your lips remain luscious!

### 2 SUNCARE

Always apply an SPF to protect lips from uv Rays. It's easy to forget to include your lips in your daily SPF routine. Try GERnétic **MELANO 15**, **MELANO 30**, **MELANO 50**.

### 3 GENTLE EXFOLIATION

s part of your teeth brushign routine, gently massage your lips with your toothbrush in a circular motion to remove dead cells.

### 4 GET VITALICIOUS

Eat healthy food that contains vitamins A, B and C. Include plenty of leafy greens such as spinach, as well as broccoli in your diet.

### 5 AVOID TOXINS

Smoking in your lips worst enemy! Smoking accelerates skin cell damage and collagen loss, which leads to wrinkles. Also only consume alcohol and caffeine moderately. In excess these wreak havok with your skin, and leave your pout more stressed than sensual.

### 6 CHOOSE COSMETICS CAREFULLY

Avoid cosmetics that contain nasty chemicals. Remember you will ingest products applied to the lip area.

### 7 TLC

Apply a thick, nourishing cream to dried lips at night and massage in well. Then apply a another thick layer over the lip area. This will be well absorbed over night, leaving you with plump, soft kissable lips in the morning. GERnétic **SYNCHRO** is perfect for this.

## WHAT IS ECZEMA?

Are you itching to soothe your Eczema? This uncomfortable skin condition can cause a great deal of distress to sufferers. So, what is eczema?

The skin is the largest organ of the body and is involved in eliminating toxins, regulating body temperature and protecting the inside of the body from potential invading micro-organisms. Millions of skin cells are shed each day and our skin completely replaces itself every 27 days.

When things don't work quite as well as they should, it can result in common skin condition known as eczema.

Eczema is an inflammation of the skin that can greatly affect self-confidence. The outward symptoms vary from person to person. In mild cases the skin is dry, scaly, red and itchy. In more severe cases there may be weeping, crusting and bleeding. Constant scratching causes the skin to split and bleed and also leaves it open to infection.

### WHAT TREATMENTS ARE AVAILABLE?

The appearance of your skin can be an outward reflection of your health on the inside, so internal health must be addressed. While a comprehensive internal treatment strategy to address skin problems from the inside out is underway, topical creams and lotions can be used to give speedy and effective relief.

### WHAT TOPICAL TREATMENTS CAN I USE?

Eczema is a skin condition that should be treated carefully. We urge you to visit one of our salons and get professional advice.

Symptomatic relief is really important for skin conditions and the therapeutic ingredients in **SYNCHRO** cream, for example, can provide much needed relief to soothe and heal problem skin. To relieve the inflammation of eczema our nutritive calming cream **CYTOBI** works in synergy with the skin.

Wheat germ and allantoin extracts are rich in vitamins, minerals and natural compounds that support wound healing through its antioxidant and anti-inflammatory actions. Calendula oil has a long history of traditional use for treating acne, psoriasis, eczema, skin infections and healing wounds. This skin herb has antimicrobial, anti-inflammatory and antioxidant actions and also enhances wound healing. Biological compounds rich in amino-acids can be very effective in treating many troubling skin conditions by soothing the skin, as well as having anti-inflammatory effect and promoting skin healing. Vitamins A,C,E,H and B complex are key nutrients for skin function and are in higher concentrations in skin tissue. This important antioxidant nutrient can also assist with skin healing.



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### TALK TO US!

Want to find out more or want us to tell you how we can help you achieve the skin you've always dreamt about?

Speak to your local beauty salon or visit our website

[www.gernetic.co.uk](http://www.gernetic.co.uk)

or Phone us on 01202 309913 and we will be very happy to discuss any topic.

We are here to help!

# GERNÉTIC BEAUTY

Spring 2025

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GERnétic  
INTERNATIONAL





## SPRING SAVIOURS

Stepping into the warming light of Spring means facing up to any skin issues that you might have been hiding under your winter woolies or heavier make-up. But don't worry; with the help of GERnétic you can shed the layers with pride.

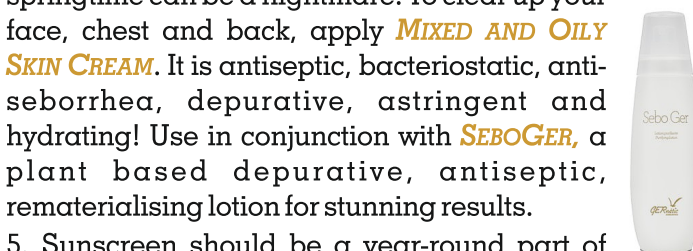
1. As Spring infuses in us the desire to look our best it might be time to switch to a nutritive cream that will promote a healthy skin. Thanks to its unrivalled rejuvenating, nutritive and healing properties, GERnétic's hero product **SYNCHRO** will prepare you for the warm weather to come. **SYNCHRO** is suitable for all skin types and conditions and requires only a small amount to be applied.

2. Many of us prefer to wear less make up in warmer weather, so evenly balanced skin tone is a must. GERnétic's **SKIN CLAIR CONCENTRATE** helps combat over-pigmentation by inducing desquamation and by reducing melanin production. Follow with **SKIN CLAIR CREAM** for an even lighter complexion.

3. Winter can leave skin taut and dry so in Spring, it is important to boost moisture with a deep hydrating face mask. Try **HYDRA-GER** that nourishes the skin and allows the basal cells to retain their moisture. Perfect! Team it with **CELLSLIFE** serum to really put the spring back into your skin.

4. If you suffer from acne or pimples on your body, then unpeeling those winter layers in springtime can be a nightmare. To clear up your face, chest and back, apply **MIXED AND OILY SKIN CREAM**. It is antiseptic, bacteriostatic, anti-seborrhea, depurative, astringent and hydrating! Use in conjunction with **SEBOGER**, a plant based depurative, antiseptic, rematerialising lotion for stunning results.

5. Sunscreen should be a year-round part of your skin care regime, but Spring is when you should start taking special care. **MELANO 15**, **MELANO 30** and **MELANO 50** are rich in shea butter and offer a maximum sun protection suitable for all skin types protecting against dryness, sunburn, pigmentation spots and skin cancer on your face and body.



## BARRIER DYSFUNCTION

Is your skin dry, rough or itchy? Your skin barrier may be compromised. Strong skin barrier function is critical for overall skin health. GERnétic is dedicated to helping you recognise and address the signs of barrier dysfunction.

### UNDERSTANDING THE SKIN BARRIER

The skin barrier is the outermost layer of the skin. Composed primarily of lipids and skin cells, its main function is to retain moisture and prevent dehydration.

### DRYNESS AS A SIGN OF BARRIER DYSFUNCTION

Dryness is one of the most common indicators of barrier dysfunction. Whether it is flakiness and rough texture, itchiness and sensitivity, increased oil production, dullness and lack of radiance or visible redness and inflammation - not all dryness is created equal, and recognising the specific characteristics can provide valuable insights into the health of your skin barrier.

### CAUSES OF BARRIER DYSFUNCTION

What actually causes the skin barrier to become compromised? Overuse of Harsh Products, environmental factors, inadequate hydration, lifestyle and diet can all contribute to the disruption of the barrier, leading to dryness and other related symptoms.

### HOLISTIC APPROACHES TO RESTORING BARRIER FUNCTION

Here at GERnétic, we believe that addressing barrier dysfunction requires a holistic approach that focuses on both external and internal factors. Here's how you can restore and maintain a healthy skin barrier naturally:

**Gentle Cleansing:** Choose mild, non-stripping cleansers. **GLYCO** is the gentlest of milky, nourishing cleansers that protects the skin's hydro-lipid acid film.

**Hydration and Moisturisation:** Incorporating rich, creamy moisturisers will lock in hydration. **SYNCHRO**, **CYTOBI** and **COLD CREAM** are powerful, nutritive creams that heal and support the skin barrier. **CELLSLIFE** serum stimulates the skin to produce hyaluronic acid to plump the skin from within.

**Avoid Over-Exfoliation:** Avoid over-exfoliating, as this can further damage the barrier. Opt for gentle exfoliants with natural enzymes or mild acids. **MARINE GUMMING** or **FLOWER ACID** are both great choices.

**Balanced Diet and Hydration:** You can enhance your skin health from the inside out by consuming a balanced diet rich in essential fatty acids, antioxidants, and vitamins. Don't forget to drink plenty of water to keep your skin hydrated.

**Protective Measures:** Shield your skin from environmental aggressors by using protective products like sunscreens.

**Mindful Skincare Routine:** Pay attention to your skincare routine and don't introduce too many new products at once.

### CONCLUSION

Recognising dryness as a sign of barrier dysfunction is the first step towards achieving healthier, more resilient skin. By understanding the connection between dryness and barrier health, and by adopting a holistic approach to skincare, you can effectively address and prevent further damage.

At GERnétic, we believe in nurturing your skin through gentle, natural solutions that restore balance and promote overall well-being.

# THE ART OF SKINCARE LAYERING

In the fast-paced world of skincare, one principle has stayed the same: layering of complementing products to treat multiple skin problems at the same time. GERnétic products are made for layering, helping to achieve radiant, flawless skin.



### WHAT IS LAYERING?

Layering refers to the systematic application of multiple products to target specific skin concerns. This increases the benefits of individual products and creates a protective barrier that locks in moisture & nourishment.

Layering with GERnétic is a dream. All our products work in synergy with each other, so you can treat all skin concerns in one go! Do you want to treat ageing skin but also have some pigmentation? GERnétic has everything you need to work on all your issues in one simple routine!

#### 1. CLEANSER

Start with a cleanser to remove impurities and prepare your skin. We recommend **GLYCO**, a milky, hydrating cleanser, rich in milk glycoproteins, to remove make up and impurities while softening the skin.



#### 2. TONER

Next, apply a toner, this helps hydrate and prep the skin. **FIBRO** is an invigorating lotion that purifies your complexion giving it a renewed freshness.

#### 3. SERUM

Serums are concentrated formulations that deliver active ingredients directly to the skin. Choose your serum based on your skin's specific needs. GERnétic has a range of concentrates to choose, here are a few of our favourites:

**CELLSLIFE:** Infuse new life into the skin's cells. Restructure aged, tired or scarred skin with soluble collagen, elastin, and a sophisticated biotechnological complex.

**MITO SPECIAL+:** Instantly infuse your skin with oxygen, hydration, and radiance with this circulation-boosting facial spray with plant proteins, peptides, and amino acids. Increases cell activity, regenerates skin, repairs damaged tissue, giving tired skin an energising boost



**LIFT EXPRESS:** Take control of the first signs of lines and wrinkles with these youth-inducing serum ampoules, designed to repair as well as prevent ageing. With a myo-relaxing effect and highly-concentrated actives, the results are immediate, long-lasting, and extraordinary.

#### 4. TREATMENT

Here you can target specific concerns, such as acne or pigmentation. GERnétic offers a range of treatment products, for example, you might choose **OCTO** for blackheads or **MYO MYOSO** to smooth away wrinkles.

#### 5. MOISTURISER

Lock in the benefits of the previous layers with a moisturiser which not only hydrates but also helps to seal in the active ingredients from serums and treatments. Our moisturising creams are designed to nourish and protect your skin but they do so much more! Our iconic **SYNCHRO** is the most important formula of the GERnétic range. It balances skin function: oiliness as well as dryness, regenerates the epidermis cells and keeps a healthy cell turnover. **SYNCHRO** is also anti-inflammatory, antibacterial and has incredible healing properties.



#### 6. SUNSCREEN (MORNING ROUTINE)

In the morning, always finish your routine with a broad-spectrum sunscreen. This crucial step protects your skin from harmful UV rays and prevents premature ageing.

#### 7. NIGHT CREAM (EVENING ROUTINE)

At night, you can swap your regular moisturiser for a night cream that focuses on repair and recovery. Night creams are richer in texture with restorative ingredients. GERnétic moisturisers are perfect to use both in the day and at night. We especially love **CYTOBI** for its regenerating and anti-ageing powers.



#### IS THE ORDER IMPORTANT?

Absolutely! The order in which you layer your products can significantly affect their performance. Start with lightweight formulations and move on to heavier creams. This method ensures that each layer penetrates effectively without being blocked by thicker products. It's also essential to allow each layer to absorb fully before applying the next one, giving your skin time to drink up all the goodness.

#### CONCLUSION

By understanding how to layer effectively and choosing products that work synergistically, you can achieve a radiant, healthy complexion.