

## FIGHT THE BULGE!

Summer fun, BBQs, finger foods, pavlovas and the odd chilled glass of bubbly may put us into a relaxed state of mind, but they can also send us into shock – once we dare to step on the scales!

Naturally, what comes next is a well-meant, but sadly very boring plan to budge those extra bulges. But does it have to be like this?

Stay slim all summer long with the help of GERnétic's **ADIPO GASTA**. This miracle product, developed to aid weight management, contains

seaweed extracts, green coffee, arnica and compounds rich in amino acids. **ADIPO GASTA**, if applied daily, may reduce localised or general fatty deposits, boost metabolism, aid digestion, improve the elimination of toxins and diminish cravings for sugars and saturated fats.

Apply to the soles of the feet and on any areas with fatty deposits, including the tummy area.

**ADIPO GASTA** should be used in conjunction with **LYMPHO** Preparing and Toning Lotion. **LYMPHO** contains ginseng, seaweed extracts and biological compounds rich in amino acids, to help stimulate micro circulation and improve the absorption of **ADIPO GASTA**, with significantly accelerated results.

Complement these body products with **SOMITO** Firming Cream to strengthen and tone the tissues of the body in all sagging areas. Its immediate and lasting effect

improves the natural elasticity of the skin. The active ingredients promote the renovation of collagen fibres and of supporting tissues.

Why not start now with the GERnétic Body Products and Treatments, and enjoy the results for the rest of summer?

Use as part of a healthy lifestyle including regular exercise and appropriate diet.



### 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!

Visit  
[www.gernetic.co.uk](http://www.gernetic.co.uk)  
Email:  
[info@gernetic.co.uk](mailto:info@gernetic.co.uk)  
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## HELP YOUR SKIN DURING AND AFTER MENOPAUSE

The changes that women experience during this time in their lives are linked to the ovaries' lack of oestrogen production. This hormone is vital for reproduction, but also essential for other bodily functions, which is why women can feel so terrible during and after menopause.

The skin can be affected during menopause too, with some women reporting they seem to age overnight. As oestrogen levels fall, the protective role it once had on the skin weakens along with it. Fibroblasts, the cells responsible for making collagen, have specific receptors for oestrogen. Therefore, the decline in oestrogen production leads to a decrease in collagen production and the degeneration of the elastic fibres in skin tissue. This means the skin loses its firmness, becomes thinner and begins to sag, and wrinkles become more pronounced. In addition, cell turnover decreases and skin becomes drier. Oestrogen also affects sebum production, and skin that was once balanced and calm can suddenly break out.

### Skincare Through Menopause

Women going through menopause need to rethink their skincare routine to rebalance their skin and compensate for the extreme dryness, lack of elasticity and loss of density associated with hormonal deficiencies.

Our **VITAL TRANSFER RANGE** contains two revolutionary **HORMOCEUTIC SPECIALIST CREAMS** enriched with active ingredients like **phyto-oestrogens** (plant hormones), **amino acids**, **trace elements** and **vitamins**.

**PHYTO-OESTROGENS** are tiny molecules derived from plants that offer a safe, natural solution to the challenge of declining oestrogen which has led medicine and skincare to use them as a natural therapy to replace synthetic hormone therapy. Receptors for these molecules are in both the dermis and epidermis. Phyto-oestrogen molecules activate the fibroblasts, keratinocytes and other skin cells to make collagen and increase the production of elastin, boosting the repair of skin and improving skin quality. Phyto-oestrogens also have a calming effect on skin, suppressing blemishes to lessen inflammation and irritation. All of these extraordinary benefits generate **HEALTHY, GLOWING, BRIGHT AND EVEN SKIN** associated with hormonal balance and vitality.

The two highly scientific **VITAL TRANSFER** creams developed for **FACE AND BODY**, bring back an essential element to the body necessary for its optimal functioning and provide each layer of your skin with the essential elements for their optimal functioning.



### VITAL TRANSFER for FACE

A unique texture, a round and velvety summer fragrance. Contains Peach, Cassis, Bergamot, Jasmine, Rose, Violet, Musk, Foam and Sandalwood

### VITAL TRANSFER for BODY

A unique texture, a round and velvet marine fragrance. Contains Lavender, Marine scent, Lotus, Lime, Cedar Wood and White Musk

# GERnétic Beauty

@MargueriteThorpe

## Summer 2024

Rejuvenating the Skin barrier

The truth about Inflammageing

Protective Creams

Help menopausal skin

# GERnétic INTERNATIONAL



## REJUVENATING THE SKIN BARRIER FOR AGELESS BEAUTY

The skin barrier is the unsung hero of healthy and radiant skin. Think of it as an armour, protecting everything beneath the surface. The skin, our body's largest organ, is a fascinating and complex masterpiece. Comprising the epidermis and the dermis, the skin forms a protective shield between the body and the external world.

When the skin's barrier is strong, it prevents dehydration and keeps out external aggressors like UV radiation, heat, cold, and environmental irritants. However, when the barrier weakens or sustains damage, rapid water loss leaves the skin feeling tight and dehydrated and irritants can infiltrate, leading to sensitivity and a range of skin issues. You may suddenly experience irritation from products you have been using for an extended period, and your skin may become red and inflamed. Many skin concerns, such as dryness, acne, and chronic inflammation, can be linked back to the health of the skin barrier.

Healing and strengthening the skin barrier and maintaining skin health is not merely about cosmetic appearance but overall well-being. As M. Laporte used to say: There is no beauty without good health!

A skincare routine can be a make-or-break factor in maintaining a healthy skin barrier, using nourishing, gentle products is key. When dealing with damaged skin, less is more. Opt for products that lock in moisture, such as Hyaluronic Acid, and use Niacinamide (Vit B3) to boost ceramide production. Incorporating rich, creamy moisturisers will commence the restoration of the lipid matrix. GERnetic's **SYNCHRO**, **CYTOBI** and **COLD CREAM** are powerful, nutritive creams that were designed to heal and support the skin barrier.

Hydration plays a pivotal role in treating the skin barrier, so keep it replenished! Use

gentle, milky-based cleansers such as GERnetic's **GLYCO** Cleansing Milk, and abstain from astringents or exfoliation for a while, giving the skin barrier an opportunity to heal. Depleted skin lipids can be replenished by using products rich in antioxidants.

The skin barrier, the visible aspect of the skin, takes centre stage when it comes to boosting its health and vitality. Ensuring your skin barrier is healthy will allow your skin to look and feel its absolute best and you will enjoy the confidence that comes with that.

## UNVEILING THE TRUTH BEHIND INFLAMMAGEING

While searching eternal youthfulness, we often focus on the visible signs of ageing, without acknowledging the underlying processes that can significantly impact our skin's health and vitality. One of these crucial factors is **inflammageing** – a term that has become very popular in the beauty world and on social media.

**Inflammageing** is a term that merges “inflammation” and “ageing,” encapsulating the intricate relationship between chronic, low-grade inflammation and the ageing process. Inflammation acts as our body's natural defence, responding to threats such as pathogens and injuries to protect us. However, when inflammation becomes chronic and widespread, it can negatively affect our skin's health and overall well-being.

This sustained inflammation contributes to the degradation of collagen, accelerates the formation of fine lines and wrinkles, and diminishes the skin's natural barrier function. By addressing **inflammageing**, we can nurture our skin from within and unveil its luminosity.

Lifestyle factors such as stress, poor nutrition, and inadequate sleep can tip the delicate balance of our body's immune response towards chronic inflammation. Environmental aggressors, including pollution and UV radiation, further perpetuating the vicious cycle of **inflammageing** and premature ageing. By nurturing our internal vitality and fortifying our skin's natural defences, we can address the root causes and embark on a transformative skin care journey.

To counteract **inflammageing**, we need to combine cutting-edge skincare solutions with lifestyle adjustments that prioritise our body's natural balance. Using GERnetic's extraordinary products elevates our skincare routine and brings out the timeless radiance that accompanies optimal well-being.

Antioxidants are extremely important when fighting **inflammageing** as they combat the detrimental effects of free radicals, which are unstable molecules that can harm your health. Given that your skin is the body's largest organ, it's particularly susceptible to free radical damage. Antioxidants are essential as they diminish inflammation and enhance the skin's natural healing process. Commonly, Vitamins B, C, and E are among the most effective antioxidants for maintaining skin health.

GERnetic harnesses the power of advanced formulations, packed with antioxidants, to restore skin's harmony and vitality. Through an innovative blend of active ingredients, GERnetic products are meticulously crafted to optimize the skin's microbiome, fortify its barrier function, and combat the effects of **inflammageing**. GERnetic empowers you to embark on a profound skincare transformation rooted in well-being.

## Our Top 5 Day Creams for Protected, Nourished Summer Skin

Imagine a cream that keeps the good in and prevents the bad from entering. Imagine a cream that works on the skin's surface to keep it hydrated & healthy and boasts a powerful **antioxidant action**, offering **environmental protection**. GERnetic has a range of protective day creams

**GERnetic UK**  
**@ Marguerite Thorpe**

As the Summer sets in, we all want a cream that is light as a feather, protects our skin from the environment but also nourishes the skin... Not always as easy as it sounds!

Dry heat and exposure to the elements can make skin sensitive, dehydrated, dull and lifeless. Oily skin may become more oily, and dry skin can become rough and patchy. The risk of sunburn is high at this time of year, and that is closely linked to ageing and skin cancer.

So, what is the difference between protective creams and nutritive creams, **SYNCHRO** & **CYTOBI**? Protective creams play the part of a healthy, reinforced skin barrier. They work on surface layer of the skin to keep it hydrated & healthy. On the other hand, nourishing creams work at a deep level, feeding the basal cells and offering a regenerative action. Ideally, you would use a nutritive **and** protective cream to get the full benefits. However, the protective creams can be used on their own for a more straightforward skin routine.

Let's take a closer look at GERnetic's protective creams:



### TROPO PLUS

This moisturizing day cream and make-up base provides anti-fatigue and anti-pollution protection while working to restore and regulate the surface barrier of the skin. **TROPO PLUS** maintains the skin's natural hydration allowing the skin to keep its flexibility, softness, and comfort ready for make-up. **TROPO PLUS** is absorbed quickly and gives a matt finish to the skin. Suitable for dryer skins and skins subject to inflammation or reactions to make-up.

### SYMBIOSE

All-in-one powerhouse rich in amino acids derived from marine plants, trace elements & vitamins. **SYMBIOSE** improves cell function, stimulates collagen production & enhances skin health. It was designed as a day cream combining the nutritional benefits of **SYNCHRO** with protective benefits of a protective cream. Symbiose is light nutritive and protective with light SPF 10. Ideal for those who want to use only one cream in the morning.



### GEROXY

Combat the damaging effects of pollution, urban lifestyle, environmental aggressors, and fatigue with this powerful anti-pollution cream. **GEROXY** nutrient-rich cream helps the skin regain balance and freshness while activating microcirculation and boosting oxygenation in the cells. Suitable for all skin types but particularly designed for combination skins and for lifeless skins, affected by pollution or lightly sensitive. It is ideal if you are new to GERnetic products as it can ensure a smooth transition from the products you have previously used.



### MARINE DAY BASE

Infuse energy into the skin with this light-textured **MARINE DAY BASE** designed to boost the skin's functions. With marine and vegetal extracts, this hydrating cream is rich in minerals and provides an anti-ageing effect on mature, dry skin. Its potent antioxidant actions make it an incredible protecting cream. **MARINE DAY BASE** is very rich in trace elements that stimulate biological reactions, boosting the skin's energy collagen and elastin. An ideal cream to use to combat signs of aging in the skin, **MARINE DAY BASE** is a perfect lightweight moisturiser to use in the summer months.



### GG CREAM

A perfecting and illuminating cream, **GG CREAM** instantly transforms the skin, making it brighter and more unified.

Its magic microcapsules release tinted micro-pigments which, when spread onto the skin, provide colour, light coverage and a mattifying and protective finish. GG cream disperses and blurs out imperfections such as lines and wrinkles. GG Cream offers a “no make-up” make-up look with the additional benefits of nutritional skincare ingredients. We love the result!

