

WHY OESTROGEN MATTERS FOR YOUR SKIN DURING MENOPAUSE

Menopause is a transformative phase in a woman's life, often bringing physical and emotional changes. One area that tends to take a significant hit during menopause is your skin. But with the right knowledge, you can tackle these changes head-on, helping to ensure that your skin remains healthy and vibrant through this new chapter of life.

Understanding the Role of Oestrogen

Oestrogen is a hormone that plays a key role in many bodily functions, including regulating the menstrual cycle, supporting bone health, and protecting the skin. It also helps maintain collagen and elastin in the skin, two proteins that are responsible for skin's firmness and elasticity. As you approach menopause, your oestrogen levels gradually decline. This drop triggers not only physical symptoms like hot flushes and mood swings but also noticeable changes to your skin. As oestrogen levels fall, the skin loses some of its natural protection, leading to a variety of visible and tactile changes.

The impact of decreased oestrogen on your skin is significant. During menopause, you may notice Dryness, Thinning Skin, Loss of Elasticity, Irritation and Bruising, Slow Healing, Pigmentation Changes.

What can you do?

When you notice these changes, it's tempting to only turn to skincare products to solve the problem. While skincare is crucial, it's important to understand that menopause-related skin changes are hormonal. So, in addition to using nourishing moisturizers and gentle cleansers, you should also consider seeing your doctor about other available treatments.

Lifestyle Changes That Support Healthy

Your diet, exercise, and overall lifestyle also play a significant role in maintaining healthy skin during menopause. Here are a few tips to consider:

Eat Skin-Boosting Foods: Include foods rich in omega-3 fatty acids and anti-oxidants

Include Phyto-Oestrogens: Foods like lentils, chickpeas, and soy are rich in phyto-oestrogens

Stay Hydrated: Drinking plenty of water helps maintain skin hydration and overall health.

Exercise Regularly: Physical activity improves circulation, which helps nourish your skin and supports collagen production.

Protect Your Skin: Sun protection becomes even more important during menopause, as skin may become more sensitive to UV rays.

Skincare to Address Menopausal Skin Changes

While lifestyle changes and HRT can make a big difference, the right skincare products are still essential. Menopausal skin needs hydration, nourishment, and protection, so look for products that address these needs.

At GERnétic, we've developed a range of products designed specifically for menopausal skin. Our **VITAL TRANSFER CREAMS** are formulated with over 40 active ingredients, including phyto-oestrogens from plants like soy, clover, and hops. These ingredients help replenish lost collagen and elastin, addressing common skin concerns such as dryness, loss of firmness, and uneven texture.

One of the key ingredients in **VITAL TRANSFER** is Genistein, a powerful phyto-oestrogen that mimics the effects of oestrogen on the skin. It's a potent antioxidant that helps protect the skin from free radical damage and promotes collagen production, improving skin elasticity and reducing the appearance of wrinkles.

The **VITAL TRANSFER RANGE** includes two creams—one for the face and one for the body—that deliver essential nutrients to each skin layer, helping it function optimally and heal itself. Our clients have seen incredible results, with smoother, more youthful-looking skin.

Embracing Menopause with Confidence

Menopause can feel overwhelming, but with the right approach, you can support your skin, health, and well-being through this transformative phase. By combining skincare, lifestyle changes, and medical support, you can look forward to a healthy and confident future.



THE PERFECT COMPLEMENTS TO YOUR SKINCARE

Have you tried GERnétic's **NATURDIET FOOD SUPPLEMENTS**?

These nutricosmetic products will help you achieve the results you want from the inside.

CELLULI SLIM

Its fat storage reducing formula targets fat deposits, activates drainage and stimulates micro-circulation.

CELLULI SLIM effectively targets stubborn areas like thighs, buttocks, abdomen and promotes visibly firmer and smoother skin. An ideal ally to refine the figure and enhance the skin.



FOOD CONTROL

100% natural appetite suppressant. Its satiety formula promotes fullness and supports metabolic balance. The ideal ally for a healthy lifestyle.

STRESS CONTROL

Its soothing serenity formula helps emotional balance. Contains plant-based extracts and magnesium for calming support while naturally



aiding emotional well-being and providing daily comfort and relaxation. A natural solution to restore calm and serenity day after day.

THE MAGIC OF SERUMS

GERnétic have **FIVE SERUMS** in ampoule form. Cosmetic vials are the latest trend in cosmetics and offer targeted treatments containing highly concentrated active ingredients to solve skin problems.

LIFT EXPRESS LOTION is an anti-ageing concentrate with an immediate mechanical tensor effect and myo-relaxing action targeting first wrinkles from 30 years onwards. Its powerful, reversible muscle relaxant effect prevents the formation of wrinkles and counteracts the deepening of first expression wrinkles.

TENSEUR FLASH LOTION is an anti-ageing concentrate with immediate tensor effect and an immunity focus targeting established wrinkles from 40 years onwards. It strengthens the skin against external aggression and improves the skin barrier function thanks to regenerating and restructuring properties of the epidermis. The depth of wrinkles is visibly reduced and the skin appears smoother and rejuvenated.

SENSI BOOST LOTION provides an immediate calming effect on sensitive, irritated and uncomfortable skin and reduces redness long-term thanks to a tomato skin and mallow extract.

With soothing properties, it reduces the skin's reactivity and sensitivity, as well as feelings of irritation and discomfort.

SHINE CONTROL MATTIFYING LOTION helps regulate sebum production and give the complexion a long-lasting, velvety matte finish. Pores are visibly tightened, skin texture is finer and the appearance of imperfections is limited. Your skin is purified and feeling pleasantly refreshed.

CALMING CAPI AMPOULES deliver instant relief from itching and discomfort, redness and eczema, scalp imbalance & stress. Use as an SOS treatment or as part of a long-term hair care routine to reduce the number and intensity of irritation episodes until they disappear.



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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

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

We are here to help!

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GERnétic INTERNATIONAL



CALM YOUR SKIN

GERnétic is a revolutionary skin care brand that harnesses advanced technology to apply nutrition through the skin. The results achieved are based on the body's ability to recover its health and harmony when its cells receive nutritional and active molecules.

From vascular concern to irritations, GERnétic's soothing products decongest and reduce skin redness and sensitivities. Essential nutrients are delivered to the cells, enhancing the skin's natural immunity while strengthening its defence barrier. The result is a calm, balanced complexion.

GLYCO

A delicately textured cleansing milk, Glyco has soothing, anti-inflammatory, antiseptic, antibacterial properties. It assists in protecting the immune barrier of the skin and leaves it hydrated and soft.



VASCO

A decongesting cream that improves the microcirculation and strengthens capillary walls. **VASCO** contains a synergy of plant extracts, amino acids and vitamins with exceptional anti-inflammatory and calming properties.



SYNCHRO

GERnétic's star product: **SYNCHRO** balances skin's functions: oiliness as well as dryness conditions are normalized. **SYNCHRO** has unrivalled anti-inflammatory, antibacterial, regenerating and healing capabilities.

CYTOBI

Super nutritive cream suitable for all ages when the skin is fine, dry, sensitive or inflamed. This soothing and nutritive cream is the ultimate weapon against all skin sensitivities including rosacea, eczema and psoriasis.

ARGINI

Argini is a soothing mask, suitable for fine or sensitive skin. With its anti-inflammatory and astringent action, Argini leaves skin clear and calmed. Argini contains kaolin, camomile, witch hazel, cucumber extracts and sweet almond oil.



COLD CREAM MOUSSE

Rich and airy cream to soothe irritations and redness. Cold Cream soothes irritations and reinforces the natural defences of sensitive and atopic skin while acting as a shield to protect the skin from external influences. A revelation for sensitive skin!



SPECIAL SYNCHRO OFFER AVAILABLE NOW

GERnétic's well-loved and most eagerly awaited Special Synchro offer is arriving soon!

As every year, you can choose a 30ml specialist product to complement your 50ml **SYNCHRO**, depending on your specific needs.

SYNCHRO - Balancing cream for dry and normal skin

Often copied but never equalled, **SYNCHRO** cream with its regenerative powers is designed to nourish and revitalize your skin. As a basic cream for all GERnétic's beauty products, it is applied after the majority of other creams and sometimes in combination with them. Its synchronising action reinforces them and accelerates the results.

Thanks to its active ingredients, **SYNCHRO** stimulates and maintains an optimum level of cellular renewal.

With the **SYNCHRO** 50ml you have the choice of

CYTOBI

CYTOBI is the ultimate defence against ageing. Super nutritive cream with exceptional results for all kinds of skin problems like acne rosaceous and eczema.

IMMUNO

IMMUNO is a nutritive creamy mask with essential stimulating and regenerating action. Mix with **SYNCHRO** to regenerate, firm and improve the skin. Excellent for reducing scarring.

VASCO

VASCO is the perfect cream for sensitive skin and those with redness. Provides comfort and softness. Helps with blotchiness and couperose.

MYOMYOSO

MYOMYOSO is a toning and lifting cream. Optimises activity of facial muscles. Strengthens the elasticity of your skin, and smooths away wrinkles.

NUCLEA

NUCLEA is an intensive, regenerating and repairing booster cream, excellent results on skin with depigmentation. Non-greasy.

Choose the Duo pack that suits you and your skin!
Hurry as stock is limited!

Why Are Amino Acids Important for Your Skin?

Amino acids are a key component of your skin's natural barrier. They help the skin retain moisture, regulate hydration, and promote elasticity and strength. Here's why they're so important for skincare:

Hydration Boost

Amino acids play a major role in ensuring that your skin stays hydrated and help attract and hold onto moisture from the environment. This makes amino acids especially effective for individuals with dry or dehydrated skin.

Collagen and Elasticity

Collagen is a protein that gives skin its structure and elasticity. However, as we age, collagen production naturally decreases, which in turn leads to the appearance of fine lines, and wrinkles. Certain amino acids are essential for collagen synthesis; as a result, by supporting collagen production, amino acid help to keep your skin firm and youthful-looking.

Skin Repair and Regeneration

Amino acids also play a role in the skin's healing process. If you have irritated, inflamed, or damaged skin, amino acid help to repair the skin's barrier and promote regeneration. This makes amino acids an essential ingredient in products that target sensitive or compromised skin.

Protection Against Environmental Stressors

Amino acids also act as antioxidants, helping to neutralise free radicals that can cause oxidative stress. By using amino acid in your skincare routine, you can help protect your skin from the damaging effects of environmental stressors like pollution and UV rays.

Soothing and Calming Effects

For those with sensitive or inflamed skin, amino acid can have a soothing and calming effect. This makes amino acids ideal for individuals with conditions like eczema, rosacea, or acne, where inflammation is a key concern.

How Amino Acids Benefit Specific Skin Types

Amino acids are versatile and can benefit a wide range of skin types. Whether you have dry, oily, sensitive, or ageing skin, amino acids can enhance your skincare routine.

For Dry Skin: Amino acids help to boost moisture retention by supporting the skin's barrier function. Dry skin can feel tight and uncomfortable, amino acids help to lock in moisture, leaving skin soft, hydrated, and balanced.

For Oily Skin: Even if your skin is oily, it still needs hydration. Using amino acids in your skincare routine can prevent your skin from overcompensating by producing excess oil.

For Sensitive Skin: If you have sensitive skin, amino acid can help reduce inflammation and irritation. They can be particularly beneficial for soothing conditions like rosacea or sunburn.

For Ageing Skin: As we age, our skin's natural ability to produce collagen and retain moisture diminishes. Amino acid help stimulate collagen production, boosting skin elasticity and reducing the appearance of fine lines and wrinkles. They also promote cellular regeneration, giving your skin a more youthful appearance.

Amino Acids in Skincare Products: Worth the Investment!

Now that you understand the benefits of amino acids for your skin, it's clear to see why they're often included in high-quality skincare products. The truth is, amino acid offer an array of benefits that are difficult to replicate with other ingredients.

Some of GERnétic's most powerful skincare products are rich in an array of essential amino acid. Here's the low-down on some of our most iconic:

SYNCHRO

GERnétic's hero product, **SYNCHRO** regenerates the epidermis cells. The key amino acid in **SYNCHRO** are glutamine, which is essential for cellular repair, arginine which attracts water from the environment to keep skin supple and lysine which boosts collagen production. Beautifully rich and nourishing, **SYNCHRO** is, in our opinion, your one-stop-solution to perfect skin!



HYDRA GER

If your skin is dehydrated and in need of moisture, **HYDRA GER** is an incredible mask. Rich in threonine, tryptophan, cysteine, leucine and lysine, this powerful combination of amino acids enhances the skin structure, regulates the immune response and naturally calms and hydrates the skin at a deep level.

MYOMYOSO

An anti-ageing must-have, **MYO MYOSO** contains cysteine, methionine, ornithine and leucine which boost collagen synthesis and protect the skin from damaging environmental effects. **MYO MYOSO** is renowned for its ability to promote firmness and elasticity for a more defined appearance.

At GERnétic, we understand the power of amino acids and their role in promoting skin health. Our products are designed to help you achieve visible, lasting results by harnessing the natural benefits of amino acids. If you're ready to unlock the power of amino acids for your skin, browse our range of skincare products today and experience the difference for yourself.

Conclusion

Amino acids are essential for maintaining healthy, glowing skin. Whether you're looking to hydrate, reduce inflammation, or combat the signs of ageing, amino acids will deliver visible results. By incorporating amino acids into your skincare routine, you can nourish your skin from the inside out, ensuring it stays hydrated, smooth, and youthful – and let the compliments flow.

