



MANGO-PINEAPPLE SORBET

This sorbet hits just the right summer note, with its fresh blast of tropical fruit and a hint of citrus. Enjoy it as an afternoon snack or a delicious dessert!

Ingredients

1 banana
1 cup mango cubes
1 cup fresh pineapple chunks
2 tablespoons water
1 tablespoon fresh lemon juice

Preparation

Peel banana and cut into 1-inch pieces. Place banana slices, mango cubes and pineapple chunks on a wax paper-lined rimmed baking sheet. Freeze for 1 1/2 to 2 hours or until completely frozen.

Mix fruit, water and lemon juice in a food processor until smooth. Serve immediately or freeze up to 2 weeks. Serve with fresh raspberries and dark chocolate curls for a decadent treat! Enjoy!

JOIN US!

Want to find out more or tell us how we can help you achieve the skin you've always dreamt about? Then why not join us online at Facebook (www.facebook.com/Gernetic) or find us on Twitter (www.twitter.com/Gernetic). We'll keep you up to date with our latest products, skin care tips and news from the beauty industry. Our passion is right there at your fingertips!

Visit www.gernetic.com.au or call 02 9452 6230 to find your nearest Gernétic skin care specialist.



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5-MINUTE SKIN CLINIC

THE PROBLEM: DRY BODY SKIN

The sweaters and jackets are being packed away and the shorts and tank tops are coming out to play! Summer is almost here, and you might be concerned that under all those layers your skin is looking tired, dull and dry. Before you panic, sit down with our Gernétic skin care specialists who, as always, are on hand to transform your skin so you'll want to flaunt it as soon as the mercury starts to rise.

Let's get started!

1 What is the first step to summer-ready skin? Exfoliation! Don't do anything until you've rid yourself of the dead, dry skin cells that can build up over winter. Gernétic's Salt Peeling with essential oils is a rich exfoliator, designed to remove impurities and all traces of pollution from the outer layer of your skin. What you'll be left with is a clean, smooth surface upon which to build a summer glow!

How do I add moisture back into my skin? After exfoliation, the skin is left vulnerable and in urgent need of nutrition and intense moisturisation.

Don't do anything until you've rid yourself of the dead, dry skin cells that can build up over winter.

2 Step two of your summer skin regime comes in the shape of the sumptuous Gernétic Massage Cream. Based on organic ingredients such as macadamia and grape seed oil and rich in essential fatty acids, it will provide the skin with the perfect balance of relaxing, anti-inflammatory, decongesting and vascularising components. The result? Buttery, smooth skin, which glows from within.

Is there anything else I can do? Adding a few drops of pure essential oil of Ravensara Aromatica or Cymbopogon Citratus from the Gernétic body range will enhance the massage cream's performance and add a wonderful aromatic bouquet – perfect to get you in that summer frame of mind! You'll walk away with a velvety texture from head to toe, a divine scent and an overall feeling of wellbeing. Now there's something to smile about!

Gernétic BEAUTY

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'D' IS FOR... DENSITY!

Every time you step outside into the sunlight, something magical happens – your body makes Vitamin D. That's right, the stuff that helps us absorb calcium to maintain our cells, bones and teeth and support muscle development and our immune system, and helps provide a completely free and harmless prevention of osteoporosis, depression, prostate cancer, breast cancer, diabetes and obesity – all there in the sunlight that we in this country are so fortunate to enjoy.

UVB radiation from the sun converts cholesterol in our skin into vitamin D and yet aren't we continually being told that UVB is bad and must be avoided?

Well yes, but like most things in life, a balance must be struck. There is no one-rule-fits-all– a lot of it depends on where you live. The closer you are to the equator, the harsher the sun. So if you live in the southern part of Australia, you'll need more exposure to UVB than those in the north. But, make no mistake - we all need it!

Vitamin D aids the prevention of depression, prostate cancer, breast cancer, diabetes and obesity.

An easy way to achieve the right balance is to stay covered up and out of the sun when the radiation is at its highest, around the hours of midday (and this applies more during the warmer months!). Simple really!

But be careful. Under-exposure to sunlight, for example if you are housebound or are covered up due to religious beliefs, can lead to serious problems. Babies can also indirectly be put at risk if their mothers suffer from a lack of vitamin D and growing children can suffer from bone weakening and deformities if they don't obtain sufficient vitamin D.

If you're finding it difficult to achieve the right balance, you can take a supplement or try to eat more fatty fish and eggs, although scientific research shows that obtaining sufficient Vitamin D through your diet is extremely difficult.

Never has there been a better excuse to throw open the doors and step into the sunshine!



Body Beautiful?

Looking well, being healthy and staying safe in the sun are all important, but how we feel about the way we look can have a huge impact on our joie de vivre.

If our body image is positive, it improves confidence, performance, and success. If it is negative, it can lead to low self-esteem, shaky confidence, and in some cases eating disorders.

It's unfortunate that in our society being female automatically puts your shape and size under the spotlight. You are expected to be thin and beautiful, thin and fit and thin and successful.

It's no wonder that maintaining a positive body image, while trying to fulfil these expectations, can be a struggle! In reality, most women have experienced troubles with their weight and body image at some point in their life.

Weight management can be a difficult task, not helped by misleading information pouring out of the media. It's fairly easy to become enticed by restrictive and bizarre diets, which can lead to unhealthy eating habits. It's unwise to eliminate intake of certain food groups, as some diets advise, because you can miss out on essential nutrients like fatty acids, good carbohydrates and other necessary elements.

The best way to stay healthy is to realise that not everybody is supposed to be a size six and the perfect body shape has nothing to do with the bony body images portrayed in the media. Aim for a well-balanced physique that suits YOU!

As a modern woman, feeling good about yourself should be right at the top of your list of priorities! And this has nothing to do with your dress size! Why? It's difficult to juggle a family, a job, your interests and your diet when you're beating yourself up. In the long run treating your body with the tender love and respect that it deserves will make you feel happier and healthier, it will set a great example to the children and it will put a spring in your step all year round!



GOLDEN RULES *For Sun Protection*

It's summer, the sun is blazing and you're feeling warm, confident and alive. So, to the beach!

But before you grab your bikini and snorkel, take a minute to check you've got your sun protection sorted. It takes eight minutes for its light to reach us but it can take less than eight minutes for the sun's damage to be felt.

The sun doesn't discriminate between us, or know that some of us are more at risk of getting burned than others. Think about how your skin reacts to the sun and tailor your sun protection accordingly.

First step, grab a long-sleeved shirt and your hat. Clothing provides the ultimate protection, and there are even new garments on the market with in-built sun protection factor. These are absolutely brilliant for kids and people with very fair skin.

But it's not always practical or comfortable to cover up, which is where Gernetic steps in with its ultra protective and nutritive sunscreen Melano III with a SPF 27+.

Created even for the most sensitive skins, it works by supporting your skin's own defence on a molecular level, preventing dangerous and unsightly damage such as sunburn, pigmentation spots and cellular mutation linked to skin cancer.

Shea butter and apricot oil in Melano III lock in moisture and reduce dehydration, which means not only less sunburn, but fewer wrinkles too! (NB: Beach lovers do not need to end up looking like an old handbag!)

In addition to moisture, rich compounds of vitamins and trace elements provide strong anti-inflammatory and healing properties to keep your skin in tip top condition. It's a skin treat and a skin protector all at the same time.

Be really generous when applying it to your face and body. Skimping on your sunscreen can reduce the effectiveness by as much as 50

percent. And please, do it now, before you leave and at least 30 minutes before you hit the beach. Don't forget to re-apply every couple of hours and after swimming to stay safe!

When, after all that, it becomes overcast don't ditch the sunscreen just because it's cloudy. You really need to keep up your sunscreen application on grey days because ultraviolet light penetrates through the clouds, providing the same sort of damage you come to expect on a blazing, hot day.

However much you think your skin can take the sun, the best advice for all of us is to up the protection.

However much you think your skin can take the sun, the best advice for all of us is to up the protection. An area of the Sun's surface the size of a postage stamp shines with the power of 1,500,000 candles.

It might be 150 million kilometres from Earth but at 5500 degrees Celsius at the surface, even that can be too close for comfort

The sun is dazzling and beautiful, of that there is no doubt, but so are you. Stay that way!