

## **Moderne Medizinische Kosmetik by Dr. H. Gerny**

### **Amino Acids**

#### **Gewinnung – Resource**

- **Seed and buds of the sugar tubing plant**
- **Enriched with minerals from the salt of the Dead Sea**

#### **Wirkung von Aminosäure – Effects**

- **Efficiently bleaches hyper-pigmentation**
- **A component of our natural moisturizing system**
- **Activates the collagen**
- **Good penetration characteristic; small molecule**

#### **Freie Radikale – Free Radicals**

#### **Bedeutung der Antioxidantien – Antioxidation**

- **Chemistry of Amino Acids: 3x COOH Group - 3x Carboxyl Group**

#### **Wirkung eines Soft Peelings – Result of Soft Peelings**

- **Increased cell division**
- **Between cell cement up-drawn**
- **More compact epidermis**
- **Three strengths of home use products: 5% Mild - 10% Plus - 5% Max**

#### **Wirkung des Soft Peels in den verschiedenen Hautschichten – Impact on Different Skin Layers**

- **Cells become relaxed**
- **Epidermis more compact**
- **Improves skin structure**

#### **Epidermis**

- **Activates cell renewal cycle**
- **Increase of the cells**
- **Activation of the cell regeneration**

#### **Dermis**

- **Stimulation of the collagen synthesis**
- **Dermo-epidermal made again**
- **Increased volume**

#### **3 Stufen der Soft Peel-Behandlung – 3 Steps of a Soft Peel Treatment**

#### **Vorbereitungsphase/Heimpflege der Kundin – Prevention/Treatment at Home**

#### **Soft Peel Facial in Institut/Praxis – Soft Peel Facial in Real Life**

#### **Mögliche Fehler bei der Aminosäurebehandlung – Possible Mistakes with the Treatment**

#### **Was ist bei der Facial-Behandlung zu beachten – What to Watch While Treating**

#### **Aminosäure und Sonne – Amino Acids and Sun**

- **No problems with normal home care products**
- **High peeling concentration**
- **Sun sensitivity increased by 18%**
- **Welts from the sun are slight**
- **High light protection is necessary**

#### **Vorbereitung Arbeitsplatz – Preparation for Treatment – Amino Peels**

- **70% alcohol – optional**
- **Mist, Pads, Peeling Substance, Time-Piece, Compression, Kleenex, Towels**

#### **Reinigung – Cleaning**

- **Clean face with cleanser – Alcohol optional**
- **Time is important**
- **Hand apply**
- **Facial pads**

#### **Facial Auftragen – Applying**

- **Use one pad**
- **Start clock to time**

#### **Konzentration/Anwendungsdauer – Concentration/Length of Consultation**

- **Concentration of Peels: 20, 30, 35, 40**
- **Time limits: 2-3 minutes**

#### **Beruhigen – Calming Down**

- **Apply mist to calm**
- **Wait two hours before applying make-up**