

Skin Care Tips and Facts

* **Your skin is your body's largest organ!**

The _____ of the average woman weighs _____ kilograms, while that of the average _____ weighs five _____.

* **What's the secret to _____ ?** Not surprisingly, the state of our skin is affected by _____, _____, general health, emotional well-being and _____. How you _____ for your skin also plays an important _____ in ensuring you look your best.

* **You've probably heard that skin is made up of _____.** But did you know that you have approximately 19 _____ skin cells on _____ square inch of _____!

* **Eat your veggies!** Eating a _____ of _____ - particularly those high in _____ and _____ (such as spinach, carrots, red bell peppers and tomatoes) - will ensure that your _____ is _____ in _____, compounds that are believed to play an _____ in maintaining the _____ of both your _____ and your _____.

* **We're all thin-skinned, in certain areas!** The thickness of our skin varies considerably, depending on its location and the role it plays: it's _____ on our _____ and _____ on the _____ of our _____ and _____ of our _____.

* **Not sure of your skin type?** Try this _____. About 15 minutes after washing your face and patting it dry, press _____ paper on _____ of your _____. In those areas where you produce a lot of _____, the _____ will _____ or pick up oil. If it _____ anywhere, you have _____. If it _____ on your _____, _____ and _____, you have _____ or _____ skin. If it _____, you have _____ skin.

* **Need to look after your skin?** A _____ is a medical doctor who specializes in treating _____ and disorders of the _____. Your family physician may refer you to a dermatologist, who can help you select the treatment options that are best for your particular condition.

The Skin

The _____ is an _____ because it is made up of different _____ or different _____. The area of dermatology deals with the study (logos) of skin (dermado).

Skin Anatomy:

- **Epidermis** – the _____ is composed of epithelium and is _____.
- **Dermis** – the _____ is composed of connective _____
- **Hypodermis** – this _____ is found _____ the _____ and is the anchor for our outer layers.

Epidermis –

- _____% of the epidermal cells are _____ which produce the protein keratin. Keratin helps make your skin a _____ for the underlying _____ (including making the skin _____).
- _____% of the epidermal cells are _____ which produce the pigment _____. _____ is a brown-black pigment that _____ to _____ and _____ light.

- A third type of cell found in our epidermis is the melanocyte. These cells communicate with our immune system but are easily damaged by UV radiation.
- The fourth type of cell is the keratinocyte. These are found in the deepest layer of our skin. They come in many shapes with different functions thus helping with our sensation of touch.

The epidermis does not contain any blood vessels. It is nourished through diffusion from the dermis layer. Our skin can range between 0.1 mm thick in our most delicate areas to 1 to 2 mm thick on our palms and our soles. Constant exposure to pressure can result in a **callus**, which is an abnormal thickening of the epidermis.

Dermis –

- epidermal ridges – outer portion of the dermis (1/5 of the thickness). Results in wrinkles on the skin. These ridges result in grip being left on items.
- **Reticular region** is denser (collagen). The spaces between the fibres are occupied by a small quantity of adipose tissue, hair follicles, nerves, sweat glands, and the ducts of sebaceous.

The combination of collagen and elastic fibres in the reticular region provides the skin with strength, extensibility (stretchiness), and elasticity (return to original shape after stretching). Stretch marks happen as a result of the skin over-stretching and tearing of the dermis layer. They start off reddish in colour and thereafter appear silvery white. Also located within the reticular region are the roots of the hair, sebaceous glands, sweat glands, receptors, nails, and blood vessels. Tattoo ink is held in the dermis.

Hypodermis --

The hypodermis is also known as the subcutaneous layer. Here, you will find a layer of cells that help insulate the body from injury. This layer differs in thickness depending on the person's size. If they are obese, this layer is thicker. It also depends on the individual's age, sex, and general health. This layer gives our body its shape and firmness. We use the fat in this layer for energy so we can do things.

Roles of the Skin

The skin serves a number of roles for our bodies:

- **Regulation of the body temperature** – if the body is hot, the skin will release heat through sweat. If it is cold, then the body will conserve heat by not sweating.
- **Protection** – the skin makes a physical barrier that protects underlying tissues from physical damage.
- **Sensation** – the nerve endings in our skin allows us to relate and react to temperature, touch, pressure, and pain.
- **Excretion** – through sweat, the body can get rid of salts.
- **Immunity** – the skin helps fend off potential invaders.
- **Blood Reservoir** – About 8 to 10% of our blood is found in the dermis layer of our skin. In moderate exercise, the blood vessels get larger to help heat escape. In hard exercise, the blood vessels become smaller because the blood is being used by other areas of the body (muscles).
- **Synthesis of Vitamin D** – Vitamin D is absorbed by the skin through UV rays. The vitamin is then transported to the liver and kidneys where it is modified into calcitriol which helps keep the body balanced (energy) as well as helps absorb calcium in foods.
- **Aesthetics and Communication** – others see our skin and can assess our mood, physical state, and attractiveness.

- **Absorption** – medicine can be administered through the skin, by ointments or by means of adhesive patches. Some animals use their skin as their sole respiration organ. Our body absorbs a small amount of oxygen, nitrogen, and carbon dioxide through our epidermis.

Hygiene

- Our skin can have over 500 million bacteria for every square inch of skin on our faces. These bacteria keep each other in check to balance our skin.
- The skin regularly replenishes itself. Thus dead skin cells need to be removed along with sweat, dirt, and other secretions of the skin. If our skin is not regularly cleaned, it can develop infections.
- Cosmetics can cause an allergic reaction on our skin. One needs to keep track of these reactions so that they can remove items that cause reactions from their cosmetic inventory.

Skin Types

Normal Skin

- _____
- Looks clear, supple and healthy
- The skin has _____, a smooth and even texture, good circulation, and healthy colour

Care

- Regular skin care (_____)

Cosmetics

- _____ - _____ foundations are very good.

Oily Skin

- Oily skin is a result of an _____ of _____ (a natural skin lubricant).
- Is typified by _____, blemishes, and _____ (acne).
- This type of skin, however, is less prone to _____ because of the additional _____ locked into the epidermis.
- This skin type is susceptible to _____ and _____
- The skin is _____ in _____ and has large, clearly _____.
- Treatment of oily skin is tricky as you do not want to remove all skin lipids (or skin moisturizing elements).

Care

- Need to have regular and _____ of the skin.
 - * Cleansers with _____ concentrations of _____ acids to remove dead cells can be helpful.
 - * A _____ (oil free!) to counteract the drying effects of the cleanser.
- Preferably with an SPF of 15 or more.

- _____

Cosmetics

- _____ - _____, _____, or semi-matte foundations are the best.
- _____ applied over the oil-free foundation gives longer coverage.
- _____ needs moderate coverage and _____ may need a cake foundation with minimum oil.
- Any medications applied to the skin must completely dry prior to applying any cosmetics to the face.

Dry Skin

- Also known as _____.

- _____ its ability to _____ and _____ (low levels of sebum – thus prone to sensitivity)
- May appear _____ with _____ and _____ blemishes or blackheads
- Can be tight and appear leathery or cracked
- May flake and is _____ to _____ and _____.
- Winter is especially drying on the skin due to the wind, cold dry air, and indoor heating systems dry the indoor air (but keep us warm!).
- _____ and _____ are often _____
- Most frequent symptom is _____

Care

- _____ washing routine followed by the application of a _____.
- Best time to _____ is _____ following a _____ or _____.
- Replenish your hydration levels by _____!
- Petroleum jelly (or _____) is actually the _____ for dry skin as it 'traps' the water in the skin – but it feels a little greasy.
- Men should apply moisturizer immediately after shaving. Wait ten minutes and then reapply the moisturizer.
- Reduce temperature in the shower/bath and limit time (less than _____)

Cosmetics

- _____ based or _____ foundations with a _____ of oil give the best chance of _____ in your skin.

Combination Skin

- Usually a _____ of _____ (forehead, nose, and central cheeks – known as the _____) and _____.
- Another possibility is along the jaw line and up towards the temples
- About _____% of women and men have combination skin
- The face has _____ sized _____, is smooth and has an _____

Care

- Important to _____ the skin – get rid of oils while moisturizing dry areas.

Sensitive Skin

- Broken capillaries, and vessels beneath the surface of the skin distinguish this skin type. Sensitive skin should not be over stimulated because it is extremely sensitive.
- Tends to be _____ and _____ with _____.
- It flushes easily
- Prone to _____
- Suffers frequently from _____ and _____

Care

- Regular skin care _____
- Be _____ with products used on the skin to ensure _____ reaction.

Aging or Sun-Damaged Skin

- Feels _____
- Visible _____, _____ texture, and broken capillaries

Care

- _____ skin care cleansing

Sun Care

- _____ exposure to _____ can cause dry skin, wrinkles, and _____ cancer
 - Any _____ to the _____ can be _____
 - These same areas should _____ be protected by an _____ or more.
- Many _____ now have an _____ value to help _____ the skin.
- The _____ is _____ for most of the _____ done to the _____.

Morning Face Care Routine

1. _____:

- if you wear makeup, your regular routine should include cleansing, toning, and moisturizing each evening, and wash the face daily.
- _____ and any _____ from the day.
- _____ dry with a _____

2. Toning:

- toners remove all _____, makeup or cleanser that remain.
- also _____ the pores to _____ the chance of infection and _____.

3. Moisturizing

- apply moisturizers to the skin to _____ the _____.
- apply over the _____ (including eye lids), the throat area, and your hands.
- _____!
- finally, add your _____.

Evening Face Care Routine:

1. _____ as you did in the morning. You _____ want to go to bed with _____.

2. _____ the skin as well.

3. Now, _____ your skin.

- while skin is still wet, apply an exfoliating agent to help remove dead skin cells _____ (thus reducing the likelihood of pore blockage).

- massage gently and rinse well.

- can be done every night or 1-2 times a week (depending on skin type)

4. _____ based on your skin type.