

CHARACTERISTICS OF THE SKIN

Sebum Activity Level

Oily Skin: Yes Activity

- Oily skin is a hereditary condition that develops due to overactive sebaceous glands.
- This activity is controlled by the androgen hormone.
- Oily skin can be recognized by its shiny, thick appearance.
- Pores are enlarged, with many blocked pores and comedones.
- Skin is sallow in appearance and is more prone to pimples and blemishes because of its over-lubrication with excessive oil, but less prone to wrinkles and fine lines.
- The oil also helps keep moisture in the skin from evaporating.

Dry Skin: No Activity

- Skin appears tight, dull in color.
- Dry skin develops as a result of sebaceous gland under activity.
- Skin dryness, though hereditary like the skin oiliness, also results from the aging process.
- As all body activities slow down, oil gland activity slows as well. Dry skin tends to be dehydrated.
- Dry skin is characterized as very fine, overly delicate and thin.
- Pores are almost invisible.
- The skin tends to wrinkle easily and is often filled with tiny superficial lines.
- As the person advances in years, the body's cell renewal process slows down and the cells are not replaced as quickly as before.
- Massage can be very effective in stimulating skin metabolism.

Visual/Elasticity

Move the skin; touch it to see how it moves back.

- Good – 1
- Fair – 2
- Poor – 3
- Bad – 4

Elasticity permits the body to move freely without danger of tearing or rupturing when we stretch or bend. This is due mainly to the network of elastin and collagen fibers found in the dermis. Elasticity gives the skin the flexibility to withstand any physical pressure that could puncture it or leave a portion of the body unprotected. Skin bounces back when lightly pinched.

Visual/Texture

Rub Skin. Is the skin slick?

- Thin/Medium/Thick

Skin has different degrees of thickness on different parts of the body. It is thin around the eyes and thick on the palms of the hands and soles of the feet. In general, a man's skin is thicker than a woman's. The skin has structural folds formed by movement and muscular contraction (i.e. wrinkles). The skin feels smooth because of hair growing on its surface. Is there new scarring? This allows determination of absorption of product or penetration. Signs of acne lesions or scars.

- Temperature Control Extremes

Use back of hand to determine differences in temperatures.

Hot-Dilated; Cold-Constricted

The skin controls the body's temperature by opening or closing its pores and regulating the secretion of sweat from its glands. Hot flashes cause bacteria to be more present; Antiseptic cleansers. If always cold: harder absorption; slower healing; products should lay on skin i.e. heavier. Pores are either dilated or constricted. When the pore or follicle openings are dilated this creates a pathway for bacteria and free radicals to get into the skin. This can cause different skin conditions.

Visual/Sensations

Determining touch and facial movement of treatment.

Ask if sensitive to hot or cold.

The skin is the sensory organ with which we touch and feel the world. The nerves in the skin enable us to gather vital information about the environment for our survival in it. (Questions to ask); Is the client sensitive to hot or cold? What is the client's pain tolerance on a level of 1 – 10? Does the client experience sensitivity to smells?

Visual/Permeability

Stretch skin to check for dehydration

Ask yourself, “is the skin slick?”

The stratum corneum is a waterproof and water resistant barrier that doesn't allow harmful foreign bodies to penetrate. Keratin in the outer cells makes the skin impermeable. Texture of the stratum corneum;

Thin, Medium, or Thick?

- Thicker; break it down (light exfoliation) smooth out to allow penetration.
- Ideal: medium texture.
- Thin: Only use hydration cream; no exfoliation. If thin, build it up before treating using products formulated for sensitive skin.

Laser or chemical scarring

Potential Hydrogen

The pH measures the acidity and quantity of free hydrogen ions found in a solution. pH stands for “potential in hydrogen.” If a solution has more positive hydrogen ions than negative hydroxide ions it is acidic. If the solution has more hydroxide ions it is alkaline. pH measurement charts range from 0 to 14. 7 is the midpoint (neutral). Numbers below 7 indicate acidity, and numbers above 7 indicate alkalinity. pH: 3.5 product pH would normally be used for most product. Lower than 3.0 may cause damage; go deeper than corneum. Product: 3.0 pH = 8% acid.