

Vocabulary

Week 3B - #212 First Analysis & Consultation - Skin Type & Characteristics

1. Actinic – Benefit: It is able to cause a photo chemical change in the skin. Skincare ingredients and treatments can help with this damage. Fact: Damage or condition caused by sun exposure
2. Alipidic – Benefit: Lack of oil or lack of oils. Skincare products can help with the dryness. Dry skin does not have visible pores. Fact: Describes skin that does not produce enough sebum, indicated by absence of visible pores.
3. Contraindications - Benefit: Factors that prohibit a treatment due to a condition. Going over the client's health history can help find out about contraindications. Fact: Some treatments could cause harmful or negative side effects to those who have specific medical or skin conditions
4. Couperose Skin - Benefit: Skincare products and different electrotherapy machines can help with this Fact: Redness also called broken capillaries from weakening of the capillary walls. Also called telangiectasia
5. Dehydration – Benefit: We can improve hydration by drinking water and using the correct skincare ingredients. Fact: Lack of water (hydration) in the skin
6. Fitzpatrick Scale – Benefit: Scale used to measure the skin type's ability to tolerate sun exposure. Fact: It is a guideline for many procedures used on a client.
7. Occlusive – Benefit: These products help hold in moisture, and protect the skin's top barrier layer. Fact: Occlusive products are thick and lay on top of the skin to reduce transepidermal water loss.
8. Skin Types – Benefit: It is a classification describing the person's genetic skin type. Fact: It is a useful tool to determine the best treatment for your client and home care products.
9. T-Zone – Benefit: Center area of the face; corresponds to the "T" shape formed by the forehead, nose, and chin areas. Fact: An area on the face that may produce additional oil
10. Visual/Elasticity- Benefit: Elasticity lets the body move freely without danger of tearing when we stretch or bend. This is due in part to the network of elastin and collagen fibers found in the dermis. Fact: 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; moisture level.
11. Visual/Texture – Benefit: Skin has different degrees of thickness on different parts of the body. It is thinner around the eyes and thicker on the palms of the hands and soles of the feet. Fact: Usually a man's skin is thicker than a woman's. The skin has folds formed by movement and muscles contracting. The skin feels smooth because of hair growing on the surface.
12. Temperature Control – Benefit: The skin controls the body's temperature by constricting and dilating its pores and they regulate the secretion of sweat from the glands. Hot flashes cause bacteria to be more present. Fact: Pores either dilate or constrict. 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

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different skin conditions.

13. Visual/Sensations – Benefit: 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. **Fact:** During the client consult we ask if the client is sensitive to hot or cold. What is the client's pain tolerance on a level of 1 – 10? Does the client have sensitivity to smells?

14. Visual/Permeability – Benefit: The stratum corneum is waterproof and water resistant. It is a barrier that does not allow foreign bodies to penetrate. Keratin in the outer cells makes the skin impermeable. **Fact:** Is the skin thin, medium, or thick? If thicker the skin needs to be broken down with light exfoliation and smoothed out which allows penetration. Sometimes if the skin is thin we use hydration cream with no exfoliation. The skin must be built up before treating using products that are made for thinner skin.

