



Institute Epidermal Cell Therapy Signature Facial
Skin Consultation /Characteristics/Composition/ First Skin Analysis

Basic Esthetics Treatment Notes

Patient: _____ Date: _____
 Esthetician: _____

Pre-Treatment Notes

(Information collected from Confidential Patient Information and Patient At Home Protocol).

Analysis:

Magnifying Lamp

Analyze client's skin to determine skin type

Skin Type: Sebum level activity Scale

☐ Sebaceous Activity Present? No/Yes
 Low Medium High
 Location

Skin Type Classification
(For Retail)

Normal Skin:
1. Appears to be functioning normally, is neither too dry nor oily.
2. Has some enlarged pores on the T-Zone, some blocked pores and very few comedones.
3. On the cheeks the pores are normal, no blocked pores and no comedones.
4. Usually free of blemishes that require extensive treatment.
5. Skin metabolism can be improved by stimulation through massage.
6. Regular care will assure that normal skin continues to function in a normal way.
7. The main objectives of the esthetician are to cleanse the skin of dead cells and remove impurities from the follicles.

Skin Consultation Composition with Magnifying Lamp

Week 3A - #204 Structure and Function of the Human Integumentary System - Skin Composition and Characteristics
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Oily:

1. Oily skin is a hereditary condition that develops due to overactive sebaceous glands.
2. This activity is controlled by the androgen hormone.
3. Oily skin can be recognized by its shiny, thick appearance.
4. Pores are enlarged, with many blocked pores and comedones.
5. 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.
6. The oil also helps keep moisture in the skin from evaporating.

Dry:

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

Combination:

1. This skin is characterized by two or more different conditions.
2. The T-zone, which consists of the frontalis, nasalis, and mentalis, is oily, but the rest of the face is normal or even dry.
3. The condition must be treated separately or with products especially formulated for combination skin.
4. Skin types are hereditary and are the result of the oil glands functioning.
5. Skin types can be classified into four categories: Normal, oily, dry, and in most cases a combination of skin types, such as an oily T-Zone and normal zygomatic arches.
6. The notion that one person's skin can be oily and dry is more confusing in concept than reality. For example, when people describe the skin as being oily and suddenly being dry, they are referring to an oily skin type that is losing moisture.
7. Moisture can be lost because of excessive use of astringents, soaps and scrubs in an attempt to reduce the amount of oil secretion.
8. While the skin is an oily type, this dryness should be considered a skin condition and is properly referred to as dehydration, or lack of moisture, rather than oil.

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Skin Characteristic: Function

Visual/Elasticity Move the skin; touch it to see how it moves back. Good – 1 Poor – 2 Fair – 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; moisture level. Loss of elasticity.
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-Constrict	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 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 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 is the skin slick?	The stratum corneum is a waterproof and water resistant barrier that does not 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

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Vocabulary/Language

#204 Structure and Function of the Human Integumentary System

1. Absorption - The assimilation of one body by another; the act of absorbing.
2. Adipose Tissue - A protective cushion that gives contour and smoothness to the body.
3. Apocrine Glands - Coiled structures attached to hair follicles found in the underarm and genital areas.
4. Arrector Pili Muscle Small, involuntary muscles in the base of the hair follicle that cause goose flesh when the appendage contracts, sometimes called goose bumps and papillae.
5. Barrier Function - Lipid matrix that protects the skin's surface. Protective barrier of the epidermis; the corneum and intercellular matrix protect the surface from irritation and dehydration.
6. Ceramides Glycolipid materials that are a natural part of skin's intercellular matrix and barrier function
7. Collagen - Protein fiber produced by fibroblasts which makes up 70% of the dermis. Fibrous, connective tissue made from protein; found in the reticular layer of the dermis; gives skin its firmness.
8. Corneocytes Hardened, waterproof, protective keratinocytes; these "dead" protein cells are dried out and lack nuclei.
9. Dermal papillae Membranes of ridges and grooves that attach to the epidermis; contains nerve endings and supplies nourishment through capillaries to skin and follicles.
10. Dermis - Live layer of connective tissue below the epidermis. Also known as the derma, corium, cutis, or true skin; support layer of connective tissue, collagen, and elastin below the epidermis.
11. Desmosomes - The structures that assist in holding cells together. Intercellular connections made of proteins
12. Eccrine Glands - Sweat gland found all over the body, not attached to hair follicles, and without producing an offensive odor.
13. Elastin - Protein fiber found in the dermis, gives skin its elasticity and firmness
14. Epidermal Growth Factor Abbreviated EGF; stimulates cells to reproduce and heal.
15. Eumelanin A type of melanin that is dark brown to black in color. People with dark-colored skin mostly produce eumelanin. There are two types of melanin; the other type is pheomelanin.
16. Enzymes - Catalysts that break down complex food molecules to utilize extracted energy.
17. Epidermis - The outermost lay of skin; a thin, protective layer with many nerve endings. Protective layer with many cells, mechanisms, and nerve endings. It is made up of five layers: stratum corneum, stratum lucidum, stratum granulosum, stratum spinosum, and stratum germinativum.
18. Excretion - That which is thrown off or eliminated from the body, such as sweat.
19. Elastin Protein fiber found in the dermis; gives skin its elasticity and firmness.
20. Eumelanin A type of melanin that is dark brown to black in color. People with dark-colored skin mostly
21. Fibroblasts Cells that stimulate cells, collagen, and amino acids that form proteins.
22. Glycation Caused by an elevation in blood sugar, glycation is the binding of a protein molecule to a glucose molecule resulting in the formation of damaged, nonfunctioning

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structures, known as Advanced Glycation End products (a.k.a. AGES). Glycation alters protein structures and decreases biological activity.
23. Hair papillae Cone-shaped elevations at the base of the follicle that fit into the hair bulb. The papillae are filled with tissue that contains the blood vessels and cells necessary for hair growth and follicle nourishment
24. Histology - Study of the structure and composition of tissue.
25. Hydrolipidic - Hydrolipidic film is an oil–water balance that protects the skin’s surface.
26. Hyaluronic Acid Hydrating fluids found in the skin; hydrophilic agent with water-binding properties.
27. Integumentary System - The skin and its necessary organs, such as the oil and sweat sensory receptors, hair, and nails.
28. Intercellular (Matrix) Cement - Lipids which protect the cells from water loss and provide hydration.
29. Keratin - Fiber protein that provides resiliency and protection to the skin. Fibrous protein of cells that is also the principal component of skin, hair, and nails; provides resiliency and protection. Provides resiliency and protection.
30. Keratinocytes - Soft keratin which produce scale-like cells on the stratum corneum. Epidermal cells composed of keratin, lipids, and other proteins.
31. Langerhans Immune Cells Guard cells of the immune system that sense unrecognized foreign invaders, such as bacteria, and then process these antigens for removal through the lymph system
32. Leukocytes White blood cells that have enzymes to digest and kill bacteria and parasites. These white blood cells also respond to allergies
33. Lymph Vessels - Located in dermis, these supply nourishment within the skin.
34. Melanin - Defense mechanisms in skin to protect it from the sun.
35. Melanocytes - Cells that produce pigment granules in the basal layer.
36. Melanosomes Pigment carrying granules that produce melanin, a complex protein
37. Papillae - Small cone-shaped structures at the bottom of hair follicles.
38. Papillary Layer - Connects the dermis to the epidermis.
39. Physiology - Study of the function of the skin.
40. Pheomelanin A type of melanin that is red and yellow in color. People with light-colored skin mostly produce pheomelanin. There are two types of melanin; the other is eumelanin
41. Pores Tube-like opening for sweat glands on the epidermis.
42. Reticular Layer - The deeper layer of the dermis, containing proteins that give the skin its strength and elasticity. Supplies the skin with oxygen and nutrients; contains fat cells, blood vessels, sudoriferous (sweat) glands, hair follicles, lymph vessels, arrector pili muscles, sebaceous (oil) glands, and nerve endings
43. Retinoic Acid (Retin A) - Topical vitamin A prescription cream used to treat acne.
44. Rosacea Chronic condition that appears primarily on the cheeks and nose and is characterized by flushing (redness), telangiectasia (distended or dilated surface blood vessels), and, in some cases, the formation of papules and pustules.

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45. Sebaceous Glands - Also known as oil glands; protect the surface of the skin. Sebaceous glands are appendages connected to follicles. They secrete oil to keep the skin soft and protected.
46. Sebum - Oil that provides protection for the epidermis from external factors and lubricates both the skin and hair. Provides protection from external factors for the epidermis and lubricates both the skin and hair.
47. Secretion - A product manufactured by a gland for a special purpose. Secretions are produced between skin cells and from the sebaceous glands in hair follicles.
48. Stratum Corneum - Outermost layer of the epidermis, which is what the esthetician is most concerned with. Also known as horny layer
49. Stratum Germinativum - First layer of the epidermis above the papillary layer of the dermis, also known as basal layer. Cell mitosis takes place here that produces new epidermal skin cells and is responsible for growth.
50. Stratum Granulosum - Layer composed of cells resembling granules, which replace cells, shed from the stratum corneum. Layer of the epidermis composed of cells filled with keratin
51. Stratum Lucidum - Clear layer under the stratum corneum; only found on the palms of hands and soles of feet. Clear, transparent layer of the epidermis thickest on the palms of hands and soles of feet.
52. Stratum Spinosum - Spiny layer above the basal layer; not always listed as a separate layer. Above the stratum germinativum (basal) layer containing desmosomes, the intercellular connections made of proteins.
53. Subcutaneous Layer Also known as hypodermis; subcutaneous adipose (fat) tissue located beneath the dermis; a protective cushion and energy storage for the body
54. Subcutis Tissue Also known as adipose tissue; fatty tissue found below the dermis that gives smoothness and contour to the body, contains fat for use as energy, and also acts as a protective cushion for the outer skin
55. Sudoriferous (sweat) Glands - Excretes perspiration regulates body temperature, and detoxifies the body by excreting excess salt and unwanted chemicals.
56. T-Cells Identify molecules that have foreign peptides and also help regulate immune response.
57. Telangiectasia Capillaries that have been damaged and are now larger, or distended, blood vessels; commonly called couperose skin.
58. Transepidermal Water Loss Abbreviated TEWL; water loss caused by evaporation on the skin's surface
59. Tyrosinase The enzyme that stimulates melanocytes and thus produces melanin
60. UVA Radiation Also known as aging rays; longer wavelengths ranging between 320 - 400 nanometers that penetrate deeper into the skin than UVB; cause genetic damage and cell death. UVA contributes up to 95 percent of the sun's ultraviolet radiation
61. UVB Radiation Also known as burning rays; UVB wavelengths range between 290 - 320 nanometers. UVB rays have shorter, burning wavelengths that are stronger and more damaging than UVA rays. UVB causes burning of the skin as well as tanning, skin aging, and cancer

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