



Microdermabrasion

Glossary

A

ablation Removal of surface material from a body; usually associated with the presence of a wound.

absorbents Products that pass through the skin

accounts payable (AP) All accounting responsibilities associated with the recording and payment of all vendor-related business expenditures.

accounts receivable (AR) All accounting responsibilities associated with the recording and allocation of all payments received by the business.

acetic acid Mild organic acid derived from vinegar.

acid mantel Thin coating on the stratum corneum that is intended to protect the skin from infection and has a pH of 4 to 6,5; frequent use of products that are too alkaline puts the skin at risk for infection.

acidic Anything that has a pH less than 7.0.

acne Inflammation of the sebaceous glands and hair follicles.

acquired immunodeficiency syndrome (AIDS) Opportunistic infections that occur as a result of the final stages of HIV and the associated compromise of the immune system.

actinic keratoses Precancerous lesions of the skin, from sun exposure.

acute Having a rapid onset with a short but severe course.

adipose cells Fat cells.

aging analysis Examines how aging physically presents itself in the skin, particularly, what sorts of damaging conditions the skin has been exposed to in the past, and what are the results of that damage; aging analysis considers both intrinsic and extrinsic aging modalities.

alkaline Anything that has a pH greater than 7.0.

alpha hydroxy acids (AHAs) Mild organic acids used in cosmeceutical products; AHAs "unglue" cells in the epidermis, allowing keratinocytes to be shed at the stratum granulosum and providing skin with a healthier texture.

aluminum oxide crystals Common type of abrasive crystals used for microdermabrasion.

amino acids Organic compound that contains an amino group and a carboxylic group.

anagen phase Hair growth phase in which growth is actually occurring.

anatomy Study of the body and how its structures work in relation to one another,

annual business plan Growth plan that outlines business objectives, marketing plans, and budgets for the period of 1 fiscal year.

anthranilates Weak UVB filters that mainly absorb in the near UV A portion of the spectrum.

antimicrobials Agent that halts or prevents the development of microorganisms.

APIE Problem-oriented charting aid that emphasizes assessment, planning, implementation, and evaluation.

apocrine sweat glands Larger of the sweat glands that are housed in axillary (under the arm), pubic, and perianal areas.

appendages Anatomic structures associated with a larger structure; for the skin, appendages include hair follicles and sweat glands.

ascorbyl palmitate Fat-soluble form of ascorbic acid.

astringents Drying agents that shrink and contract the skin.

atrophic scars Flat, small, round, and generally inverted scars; usually seen in acne or chickenpox scarring.

avascular Lacking in blood vessels; thus having a poor blood supply.

Ayurveda Indian theory, dating back to 2500 B.C., known as *the science of living*. Ayurveda defines the essentials that were perceived as being necessary to health.

azelaic acid Antibacterial agent that is usually used for acne treatment and has shown promise in minimizing dyschromia; kills the bacteria that infect pores.

B

balance sheet Document that states a business' assets and liabilities on a given date.

basal cell carcinoma (BCC) Slow-growing tumor that generally does not metastasize; the most common form of skin cancer that usually occurs in regions of repeated sunburn.

benzophenones Chemical absorbers that respond to UV light by generating a free radical capable of rapid polymerization.

Bloodborne pathogens Infectious substances present in the blood that can cause infection or disease; human immunodeficiency virus (HIV) is a bloodborne pathogen.

Body dysmorphic disorder (BDD) Psychosocial disease that causes individuals to be inappropriately concerned with their appearance; those affected with BDD are contraindicated for most aesthetic procedures.

Botox® (*Clostridium botulinum*) Trade name for small doses of the botulism toxin that are injected into the wrinkle-causing muscles; toxin blocks the release of the chemicals that would otherwise signal the muscle to contract, thus paralyzing the injected muscle.

burns Skin injury that occurs as a result of intense thermal, electrical, or acidic agents.

C

camphors Used topically as an antiitch agent; derived as a gum from evergreens native to China and Japan.

carbohydrates One of a group of chemical substances (including sugars) that contain only carbon, hydrogen, and oxygen. Common in fruits, grains, and nuts; carbohydrates are thought to be the most common chemical compounds on Earth.

career plan Action taken by an aesthetician to set goals and to ensure their realization.

catagen phase Intermediate stage in the hair growth phase.

cellulitis Potentially serious infection of the skin that presents as a small red area surrounding a skin injury; those at risk include the elderly and those with compromised immune systems.

Ceramides Class of lipids that do not contain glycerol.

charting formats Any method meant to document or record the events, consequences, or abnormalities associated with a procedure.

chi (or Qi) Concept originally theorized by the Yellow Emperor of China's Han Dynasty. According to Chi, nature has a delicate balance, and it describes illness as an imbalance.

chronic Disease or occurrence lasting little or no change over a long period of time.

cinnamates Derivative of cinnamic acid that is useful for protection against low levels of UVB rays; makes sunscreens waterproof.

citric acid Alpha hydroxy acid derived from citrus fruit, such as oranges and grapefruit.

cleansing agents Products that remove foreign matter and excretions from the skin's surface. Common ingredients in cleansers include detergents, surfactants and antimicrobials.

clinic protocols Any set of rules or guidelines established by a clinic for safe practice; guidelines will vary by location but are expected to be observed by clinicians working within the individual clinic.

Clinical indications Conditions suited for a particular treatment or procedure based on specific indicators.

CO₂ laser Aggressive type of laser used for skin resurfacing that vaporizes skin and causes thermal injury, allowing for improved collagen production.

Cocomidopropyl betaine Foaming agent used in shampoos and cleansers.

collagen An insoluble protein found in connective tissues. Particularly, type I collagen forms a network in the epidermis and is credited with providing skin with its tensile strength and firmness.

Collagen® Bovine-based dermal filler that acts as a synthetic collagen.

comedones Typical small lesions associated with acne breakouts; usually raised and red in color.

consultation Initial visit with a professional during which the client and the professional both investigate whether a specific treatment or service is warranted or achievable.

contaminated Act of making an item or compound nonsterile or impure.

continuing education units (CEUs) Any certified training or event that is intended to build or add skills.

contraindications Any sign or symptom that a particular treatment that would otherwise be advisable would be inappropriate.

corneocytes Act as cellular glue in the epidermis, holding cells together.

cornified Hardening or thickening of the skin. **corundum** Naturally occurring aluminum oxide.

cosmeceutical Products that do more than decorate or camouflage but do less than prescription drugs; term originally coined by Dr. Albert Kligman.

cost of goods sold (COGS) Direct costs of materials used in the products a business makes or sells.

cost to acquire Average cost per new customer of any marketing strategy.

cross selling Term that describes the process of selling related peripheral items to a customer.

crow's feet Dynamic rhytids next to the eyes, caused by repeated muscle movement from expression over time.

D

d-alpha tocopherol Vitamin E.

database Electronic compilation of extensive categoric information relevant to business processes such as marketing or inventory.

deep epidermal wounding Injury that reaches deep into the epidermis, as with peeling solutions.

deferred revenue Money that the organization has received but not yet earned as of the closing date on the balance sheet; amount is carried as a liability until the organization provides the goods or services for which the money was received.

dermabrasion Predecessor to microdermabrasion that used a wire brush or a diamond coated wheel to resurface the skin from the papillary dermal level.

dermal-epidermal junction Superficial side of the dermis, connected to the epidermis.

dermis Second layer of skin that is responsible for attaching the skin to the body.

desmosomes Small hairlike structures in the spiny layer of the epidermis.

desquamation Shedding of cells, such as at the stratum corneum.

detergents Synthetic cleansing agent that acts as a wetting agent and emulsifier.

diamond crystals Type of micro dermabrasion crystals that are comprised of diamond particles, the strongest material on earth.

diamond-encrusted tips Reusable microdermabrasion system that has varying wands for specific regions and coarseness.

dibenzoylmethanes UV A ray absorber.

differentiate To make something stand out or be unique compared with something that would otherwise be similar.

dimethicone Silicone oil consisting of dimethylsiloxane viscous polymers.

direct costs Costs that are directly and exclusively attributable to a specific product or service.

downtime Slang for recovery time.

dynamic rhytids Wrinkling that occurs because of facial movement.

dyschromia Discoloration of the skin.

E

eccrine sweat glands Smaller of the sweat glands that reside all over the body.

economy pricing Low pricing of a product or service as a means to entice customers to buy.

Efudex® (5-FU, fluorouracil) Antimetabolite used in treating certain types of cancer, including squamous cell sarcoma (SCC).

elastin Protein responsible for giving tissue its elastic qualities.

Eldopaque® Four percent concentration of hydroquinone; bleaching agent used to treat hyperpigmentation.

emollients Products that have a softening or soothing effect on the skin.

Environmental Protection Agency (EPA) Federal agency responsible for monitoring the environment and regulating waste disposal.

epidermal cells Cells found in the outermost layer of skin.

epidermis Top layer of the skin.

epithelialization Growth of new skin over a wound.

epithelium Membranous tissue covering internal organs and lining skin appendages.

erbium laser Less aggressive type of laser that causes less thermal injury while still causing epidermal and papillary dermal injuries.

ergonomically correct Being consistent with body contouring as not to inflict long-term damage (as with repeated use of poorly designed office equipment or devices).

erythema Spot on the skin showing diffused redness caused by capillary congestion.

ester Water and fat-soluble.

exfoliate To remove dead skin cells and other debris from the skin's surface to give it a healthier sheen.

extrinsic aging Changes that are brought on by the effects of the environment and our choices relating to them, specifically sun exposure.

F

fibroblasts Cells that produce connective tissue.

filaggrin Synthesizes lipids (fats) that are thought to serve as "intercellular cement" important component of natural moisturizing factor (NMF).

Fitzpatrick skin typing Method of skin typing that considers skin's complexion, hair color, eye color, ethnicity, and the individual's reaction to unprotected sun exposure.

fixed price Price that remains the same, usually for a set time period.

folliculitis Infection of the hair follicle, such as ingrown hairs.

four humors Early medical concept originally documented by Hippocrates, which states that the character of a person was determined by the specific balance of the four fluids (black bile, yellow bile, blood, and phlegm) that he perceived as running through the body.

free radicals Atoms with an unpaired electron.

full-thickness wound Wound that penetrates to such a depth in the upper reticular dermis or subcutaneous tissue and is associated with slower healing; scarring will develop.

fungal infections Any infection caused by the kingdom of organisms that includes yeasts and molds.

G

gel solution Semisolid material that is easily absorbed in the skin without the irritation associated with other cream-based solutions.

glabella Area between the eyebrows with underlying muscle groups that cause creasing (frown lines) as a result of repeated squinting or frowning over time.

Glogau classification of aging analysis System of aging analysis that calculates the degree of aging-related damage and assigns numeric typing; considers both intrinsic and extrinsic aging.

glycerin Humectant that is a natural byproduct of the soap-making process.

Glycolic acid Alpha hydroxy acid derived from sugar cane; has a small molecular size that allows for easier penetration into the skin.

glycosaminoglycans (GAGs) Polysaccharide chains, most prominent in the dermis, that bind with water, smoothing and softening the surface from below; most abundant GAG is hyaluronic acid.

goals General statements of anticipated business outcomes resulting from well-stated objectives.

granulocytes White blood cells involved in immune response; include neutrophils, eosinophils, and basophils.

ground substance Consists mainly of glycosaminoglycans (hyaluronic acid, chondroitin sulfate, and dermatan sulfate); involved in maintenance and repair of dermis.

H

health history sheet Document used by medical professionals to gather information on past and present health conditions, as well as likelihood for future conditions; includes allergies, medical conditions, and prescription information.

Health Insurance Portability and Accountability Act of 1996 (HIPAA) Federal regulation that dictates procedural protocols to protect patient privacy.

Help us to understand you sheet Document that should be used by skin care professionals to gauge a client's knowledge, expectations, and concerns so that treatment will be mutually advantageous; also used to differentiate the business and identify with the client.

hepatitis Caused from multiple viruses defined as hepatitis A, B, or C; it is a contagious inflammation of the liver with possible chronic consequences, particularly with hepatitis C.

herpes simplex (HSV) Infectious disease caused by HSV -1, characterized by thin-walled vesicles that tend to occur repeatedly in the same place on the skin's surface.

herpes zoster Virus responsible for both shingles and chickenpox.

Hippocrates Greek physician and "father of medicine," who theorized the Hippocratic oath and the four humors.

Hippocratic oath Oath taken by all doctors relative to the practice of medicine and created by Hippocrates.

histamine Amino acid histidine, found in the body and released from mast cells as part of an allergic reaction.

human immunodeficiency virus (HIV) Virus that causes acquired immunodeficiency virus (AIDS) (see acquired immunodeficiency virus).

humectants Moisturizing agent.

hyaluronic acid Acid that occurs in intercellular ground substance of connecting tissue; plays an important role in controlling tissue permeation, bacterial invasiveness, and intracellular transport.

hydroquinone Safe, topical bleaching agent that inhibits the production of tyrosine within melanocytes; topical agent used to decrease the hyperpigmentation on the skin.

hyperkeratinization Thickening of the horny layers of skin, particularly the palmar and plantar areas.

hyperpigmentation Overproduction and over deposits of melanin.

hypertrophic scars Overly developed scar tissue that rises above the skin level and is often overfed by an abundance of capillaries; will usually regress over time.

hypodermis Layer of subcutaneous fat and connective tissue lying beneath the epidermis.

hypopigmentation Lack of production of melanin from melanocytes.

image businesses Type of business in which the way the public views the company is based largely upon how things look, or how they are perceived, more than actual performance.

impetigo Skin infection from staphylococcal or streptococcal bacteria.

impressions Lasting opinion or judgment of something.

income statement Financial statement that summarizes the revenues generated and the expenses incurred by an entity during a period of time.

indications Any sign or circumstance that a particular treatment is appropriate or warranted.

indicators Key value used to measure performance over time as it relates to an organization's progress achieving its goals.

indicator hot sheet Daily or weekly progress report that measures and provides daily insight into a business' or employee's performance.

indirect costs Costs necessary for the functioning of the organization as a whole but that cannot be directly assigned to one service or product.

inflammatory phase Early wound healing phase during which blood and fluid collect and substances begin to fight infection and promote healing.

insult Injury or a trauma to tissue.

Integumentary system Skin and its appendages (nails, hair, and sweat and oil glands); sometimes referred to as *integument*.

intense pulsed light (IPL) Machine that uses a variety of filters to diminish areas of color, both red and brown, on skin (also called *Foto Facial*® or *Photo Facial*®).

intrinsic aging Changes that would occur over time without the effects of any environmental factors.

inventory Itemized list of merchandise or supplies on hand.

ischemia Localized restriction of blood flow usually caused by an obstruction of normal circulation.

J

Jessner's solution Peel solution for the skin that is 14 percent resorcinol, 14 percent salicylic acid, and 14 percent lactic acid in ethanol.

K

Keloid scars Scar formation in which tissue response is excessive in relation to normal tissue repair.

keratin Protein cell found in the skin, hair, and nails. Insoluble in water, weak acids, or alkalis.

Keratinization Progressive maturation of the cell in the movement through the stratum corneum.

Keratinocytes Any cells in the skin, hair, or nails that produce keratin.

keratolysis Separation of the skin cells in the epidermis.

keratolytics Products or agents that loosen horny skin layers.

keratosis Any condition of the skin characterized by excessive horny growth.

kojic acid Bleaching agent derived from bacteria on a Japanese mushroom; usually used in conjunction with hydroquinone.

L

lactic acid Alpha hydroxy acid derived from milk.

lamellar granules Control lipids that produce NMF.

Langerhans' cells Cells possessing processes (dendrites) that detect pathogens; involved in immune response. Type of macrophage common to the epidermis.

L-ascorbic acid Water-soluble vitamin C.

lentigines Flat brown spots appearing on aged or sun-exposed skin; commonly called liver spots, they are not related to any liver disease.

lesions An area of injured tissue.

leukocytes White blood cells without granules involved in immune response; include lymphocytes and monocytes.

lipids Fat or fatlike substances, insoluble in water.

lymphatic drainage Drainage of lymphatic fluids.

lymphocytes White blood cells involved in the body's immune system; their numbers increase in the presence of infection.

M

machine features In relation to microdermabrasion, the specific components of a machine that separate it from its competition; some features include type of filtration system, type of crystal supply system, ergonomic hand pieces, and portability.

macrophage Part of the immune system in the skin; scavengers that clear debris in tissue mJury.

magnesium ascorbyl phosphate Watersoluble and fat-soluble form of vitamin C; it is a vitamin C ester.

malic acid Alpha hydroxy acid derived from apples.

malignant Resisting treatment, cancerous, or harmful to one's health.

malnutrition Any condition that causes a lack of nutritional substances for the body to use and distribute.

marketing strategies Planned use of marketing elements and media pathways to create a strategy to introduce new clients or reactivate former clients.

marketplace Any environment in which two or more people buy or sell a product or service.

mast cells Large tissue cell present in the skin that produces histamine and other acute symptoms of allergic reactions.

medical waste Waste resulting from medical activity, including human blood and blood products and used or unused sharps (syringes, needles, and blades).

melanin Pigment that protects skin from ultraviolet damage.

melanocyte Type of cell (in the epidermis) that produces the pigment melanin. **melanoma** Malignant, darkly pigmented mole or tumor of the skin.

Melaquin® Three percent concentration of hydroquinone; bleaching agent used to treat hyperpigmentation.

melasma gravidarum "Mask of pregnancy" from an overproduction of melanin.

merkel cells Cells that are usually close to nerve endings and may be involved in sensory perception.

Micro® Delivery system for topical vitamin A.

microdermabrasion Nonsurgical aesthetic skin procedure that uses tiny crystals to strike and exfoliate the skin.

mission statement Written statement of a business' individual philosophy.

moisturizers Agent that replenishes moisture to the skin.

muscle memory Ability of muscles to behave the same way after a repeated action.

N

natural moisturizing factor (NMF) Compound found only in top layer of skin that gives cells their ability to bind with water.

necrosis Death of cells when tissue is deprived of blood supply.

neutral Having a pH that is exactly 7.0; neither acidic nor alkaline.

neutrophils Most common type of white blood cells that kill bacteria and discourage infection.

nicotinamide Member of the vitamin-B complex that has been shown to decrease transepidermal water loss (TEWL).

nonsurgical aesthetic skin care Any noninvasive procedure that is intended to improve overall skin health and appearance.

O

Occupational Safety and Hazard Administration (OSHA) Federal agency responsible for defining and regulating safety in the workplace.

ocyl methoxycinnamate Chemical agent found in sunscreens.

open systems In microdermabrasion, the first machines that allowed for the escape of crystals and crystalline dust particles. Originally these particles were thought to be a risk factor for Alzheimer's disease, but that has since been disproved. Most modern machines are closed systems that do not allow particulate emission.

organelles microorganisms responsible for functions within the cell.

overhead costs Indirect costs.

oxidized Prolonged and damaging exposure to oxygen; oxidized materials are usually brown in color.

P

papain Protein-cleaving enzyme derived from papaya and certain other plants.

papillae Projections from dermis into epidermis that hold them together.

papillary dermal wounding Any injury to the skin that reaches deep enough to cause bleeding.

paraaminobenzoic acid (PABA) Cousin of the B complex that is found in animals; most common use is that of an effective sunscreen.

Parsol 1789® Preferred sunscreen ingredient that protects against photodamage and premature aging of the skin from exposure to UV A light.

partial-thickness wound Wound that penetrates only the epidermis or the upper layer of the papillary dermis; tend to heal more quickly and without scarring.

pathogens Agents that cause disease, namely bacteria and viruses.

patient information sheet Document used by medical professionals to gather social, personal, and demographic information.

penetration pricing Pricing strategy in which the price is set low to allow for introduction into an existing market.

perception Process by which individuals use their senses to make decisions or gather information.

petrolatum Semisolid mixture of hydrocarbons obtained from petroleum; used in medicinal ointments and for lubrication.

phenyl benzimidazole sulfonic acid Chemical agent found in sunscreens.

pheromones Chemical substances that, when released, may affect the behavior or physiology of a recipient.

photodamage Damage caused by repeated and unprotected sun exposure over time; also called *solar damage*.

photographs Necessary component of skin care treatment program that accurately documents the original skin condition to prove or disclaim treatment results.

physiology Study of body function.

PIE Problem-oriented charting aid that emphasizes planning, implementation, and evaluation.

pilosebaceous unit Hair follicle and accompanying sebaceous glands and arrector pili muscle.

pinpoint bleeding Small entry to the papillary dermis.

positive pressure Specific vacuum pressure applied while administering a microdermabrasion treatment.

postinflammatory hyperpigmentation Dyschromia associated with injury to the skin.

postmitotic cells Cells that have completed mitotic division.

potential of hydrogen (pH) Scale by which a material is characterized as being acidic (pH less than 7.0), alkaline (greater than 7.0), or neutral (7.0).

powering the patient database In-house marketing strategy that involves innovative and detailed use of information already contained in a business database to increase traffic.

preauricular In front of the ear.

premium pricing Pricing strategy in which the price is set high to compensate for a high quality product, usually with a high production cost as well.

preservatives Agent used to prevent spoilage.

pretreatment Any process that will aid or facilitate a future procedure.

pricing strategies Process by which a business determines the best way to price products or services to entice customers while allowing for profit.

product-bundling pricing Pricing strategy in which one or more products or services are offered at a discount.

professional ethics Set of guidelines that should set a framework for professional behavior and responsibilities.

progressive improvement plan (PIP) Administrative document that is intended to record a problem and the actions that will be taken to improve the problem and prevent its reoccurrence.

proliferative phase Phase of wound healing during which replacement of protective epithelial tissue occurs over the old wound site.

protein Class of complex compounds that are synthesized by all living creatures. Proteins are broken down into amino acids for use, including the rebuilding of tissue.

psoriasis Chronic skin disease characterized by inflammation and white scaly patches.

psuedofolliculitis barbae Form of folliculitis, commonly seen as a result of shaving or waxing.

purchasing Structured process a business undergoes to acquire materials needed for operation.

R

Radiesse® Trade name for dermal filler used to improve laugh lines around the mouth.

rashes General term for any topical eruption of the skin.

realistic expectations Belief that a certain outcome is within the realm of possibility or is likely based on unbiased examination of evidence presented.

red bagging Slang term that means placement of a medical waste material into an appropriately marked and sealed biohazard receptacle.

reepithelialization Replacement of protective epithelial tissue.

referral programs In-house marketing strategy that rewards an existing client for referring a new one.

reflexology System of massage in which certain body parts are massaged in specific areas to favorably influence other body functions.

remodeling phase Phase of wound healing during which collagen is assembled to replace skin.

Renova® Tretinoin that is meant specifically for aging; recommended for patients with drier skin.

Restylane® Trade name for dermal filler, a synthetic product with longer-lasting results.

rete pegs Anatomic feature that holds the dermis and epidermis together.

reticular dermis Sublayer of the dermis that connects the dermis to the epidermis and is home to the skin's appendages (nails, hair, glands).

reticulin Water-soluble protein in the connective tissue framework of reticular tissue.

Retin A ® (tretinoin) Keratolytic agent used to treat acne and reverse photodamage.

retinols Vitamin-A derivatives that must first convert to retinoic acids before being useful to the skin.

retinyl palmitate Vitamin-A derivative that must first convert to retinoic acid before it can be useful to the skin; also thought to be useful for collagen synthesis.

rhytids Wrinkles.

ringworm Popular term for dermatomycosis caused by species of fungi from the Microsporum family.

rosacea Adult form of acne that produces redness, swelling, and obvious telangiectasias.

Rubin classification of aging analysis System of aging analysis that calculates the degree of photodamage and assigns a numeric level; considers only extrinsic aging.

S

Safety Bill of Rights Original name for OSHA manual.

safety coordinator Specially designated person in a business who is responsible for updating OSHA safety manual as warranted.

safety manual OSHA document that outlines the hazardous materials and equipment specific to each location, as well as the safety protocols for each.

salicylates Salt derivative of salicylic acid that is used as a chemical agent in sunscreens.

salt crystals Type of microdermabrasion crystals that are made from salt crystals; thought to be more irritating than conventional aluminum oxide crystals.

scars Mark left in the skin or on an internal organ as a result of deep tissue trauma. Scars are a result of injury, disease, or medical procedures.

sebaceous glands Small gland usually located next to the hair follicle in the dermis that releases fatty liquids onto the hair follicle to soften hair and skin.

seborrheic keratosis Benign skin tumor common in the elderly; thought to develop from prolific epidermal cells.

selenium Chemical agent resembling sulfur; helps protect the skin from solar-induced skin cancers.

shingles Sudden, acute inflammation, linked to herpes zoster.

skin condition Fundamental skin classification in which an individual's skin is grouped according to the degree of moisture retention, its reaction to products or environment, or both.

skin history sheet Document used by skin care professionals to gather information on a client's past and present skin health; includes past treatment, sunburns, and conditions that are necessary for treatment.

skin turgor Flexibility of the skin.

skin typing More detailed skin classification that gives indications as to how a certain skin type will react to various treatment conditions.

slough Castoff skin, feathers, hair, or horn.

SOAP Problem-oriented charting aid that emphasizes subjective data, objective data, assessment, and plan.

SOAPIER Problem-oriented charting aid that emphasizes subjective data, objective data, assessment, plan, implementation, evaluation, and revision.

sodium lauryl isethionate Similar to sodium lauryl sulfate but not as irritating; less effective as an emulsifier.

sodium lauryl sulfate Common ingredient in household detergents and soaps; most commonly used as an emulsifier.

soiled Any item that is contaminated or formerly in contact with medical waste.

squamous cell carcinomas (SCCs) Malignant cancer of the epithelial cells.

standard pricing policy Business document that outlines the specific price range of a given product or service, preferred pricing strategy, and circumstances during which each might change.

static rhytids Wrinkling that occurs without reference to facial movement.

stem cells Unspecialized cells that give rise to specific specialized cells.

stratum basale Lowest layer of the epidermis (or basal layer); houses germinal cells and regenerating cells for all layers of the epidermis.

stratum corneum Superficial sublayer of the epidermis; varies in thickness over the body.

stratum granulosum Sublayer of the epidermis characterized by the appearance of granules and the disappearance of the nucleus within the skin cells.

stratum lucidum Thin clear sublayer of the epidermis.

stratum spinosum Sublayer of the epidermis intertwined with desmosomes.

subcutaneous Beneath the skin.

sun protection factor (SPF) Determines the amount of time an individual can be in the sun with protection from a sunscreen before burning; SPF is difficult to understand and variant from one individual to the next, depending on skin type.

sunscreens Any agent that protects the skin from harmful UV A and UVB light, helping to protect skin from photodamage including skin cancers and dyschromia; blocks rays either by physical or chemical means.

suppurate To form or discharge puss.

surfactants Surface-active agent that lowers surface tension.

T

tartaric acid Alpha hydroxy acid derived from grapes.

technique sensitive Exact protocols and processes must be observed to obtain an optimal outcome; however, because of individual variations in pressure or style, different clinicians may get different results, even if protocol is observed.

telangiectasias Small visible capillaries; sometimes referred to as *broken capillaries*.

telogen phase Stage of hair growth during which the hair is at rest.

therapeutic program Program for home use complete with the necessary prescriptions, topical vitamins, and sunscreens.

tinea corporis Body ringworm.

titanium dioxide Physical sunscreen that scatters light rather than absorbing or filtering it.

transepidermal water loss (TEWL) Process by which our bodies constantly lose water via evaporation.

trichloroacetic acid Chemical used in peel solutions that dissolves aging cells to make room for newer healthier ones.

tyrosine Enzyme that produces melanin in melanocytes; overproduction of melanin is associated with hyperpigmentation.

U

ubiquinone (Co-Q, Q10) Lipid-soluble cellular antioxidant present in virtually all cells.

ultrasound Use of high-frequency sound waves to increase the intercellular spaces of the epidermis and dermis, allowing penetration of a topical product during treatment.

understanding your client Component of the business landscape during which a clinician evaluates his or her client's needs and expectations.

understanding your competition Component of the business landscape during which a business evaluates the competition in terms of pricing, procedures, demographics, and promotions.

Universal Precautions Actions taken to prevent the transmission of infectious diseases; involves the use of protective procedures and equipment, such as gloves and masks.

unrealistic expectations Belief that a certain outcome is possible, regardless of merit or circumstance.

urticaria pigmentosa Allergic reactions such as hives with a large number of mast cells.

V

vacuum settings Adjustable setting on microdermabrasion machine that is responsible for the rate that crystals strike the skin, as well as the subsequent elimination of used crystals and biowaste particles.

vesicles Fluid-filled containers on the skin's surface.

vitamin B See nicotinamide.

vitamin C (ascorbic acid) Antioxidant that is a necessary factor for the formation of collagen in connective tissue and maintenance of integrity of intercellular cement.

vitamin E Antioxidant that has been shown to inactivate free radicals; the exact mechanism that controls this function is unknown.

Vitiligo Skin disorder characterized by white patches surrounded by otherwise normally pigmented skin; most common on dark-skinned individuals from tropical regions.

W

warts Flat, cutaneous, and flesh-colored lesions caused by papillomavirus.

Wood's lamp Ultraviolet (UV) rays used to detect fluorescent material in the skin that is indicative of certain diseases or conditions.

wound Disruption of normal tissue that results from pathologic processes beginning internally or externally to the involved organ.

wound healing Restoration of tissue continuity after injury or trauma.

Y

yearly business objectives Part of the annual business plan that identifies the goals a business would like to attain during a given fiscal year.

yeast infections Viral infection caused by several unicellular organisms that reproduce by budding; oral yeast infections are common in those with compromised immune systems.

yin and yang Concept originally devised by Fu Xi that describes the harmony between nature and its daily phenomenon.

Z

zinc oxide Physical sunscreen that scatters light rather than absorbing or filtering it.