

Summary

Physiology & Biochemistry of the Skin

Why? Estheticians have to understand science and the biochemistry of ingredients to design a treatment for the client that will serve them the best. It is so important that the esthetician knows how chemicals and herbs in ingredients will react together and on the skin.

How does it relate to the skin?-The cells in the body are studied so that new ingredients can be made that enhance the cells to do their jobs. The cells contain lipids and are water loving on the outside membrane and oil loving inside the membrane. There medical advancements each year teaching us not only cell components, but also about cell metabolism and degeneration, which can help us know how to counter the signs of aging by employing the benefits of certain ingredients into our skin care.

Where does it typically occur? Ingredients have to mimic the cell structure to work like the intercellular substances that the cell makes on its own. Ingredients that are components of what the skin cells manufacture such as protein or vitamin C should be pushed into the skin by using galvanic current.

When? (Implications) Moisturizers and serums, that contain fatty acids, lipids, and hyaluronic acid are a few of the things the body already makes .Ingredients that have these properties can help the skin with the cells biological function. Conversely, there are ingredients there are ingredients such as alcohols that can have a role in skincare as a solvent, it can be very drying for the skin.

Who benefits from this? The client benefits because they have the chance to use the best product ingredients for their skin. The esthetician that knows what ingredients work well for common skin conditions will be able to tailor a skin care routine for the client's needs.

What cause this? Since all cells respond to stimuli these biochemical ingredients can help with a variety of skin issues. Currently with the largest segment of the population being baby boomers, anti-aging ingredients are on the forefront of skincare issues. Retinols are one of the chief ingredients that promote new cell turnover.

How? (Solutions – Machines/Mechanical Benefits) Ingredients can be pushed into the skin to deeper layers of the skin for optimum results. This is very beneficial for ingredients like Hyaluronic acid, which is produced by cells but diminishes over time. Pushing this into the skin can work to regain elasticity lost from the aging process.

How? (Solutions – Non Mechanical) Certain ingredients can be added to scrubs, masks, serums and other active products. When combining processes and ingredients in a particular treatment, it is imperative that the esthetician knows what ingredients are in each product used. For example, when using a scrub with a chemical exfoliate, the next step would not be an additional chemical peel.