Skin Theory

- Skin Theory
- Skin Disorders
- Skin Care
Dermatology

The study of skin, its structures, function, diseases and treatment.
Seven Functions of Skin

1. Protection
2. Regulation (hot, cold)
3. Absorption
4. Hydration
5. Excretion (toxins)
6. Respiration
7. Sensation (touch)
Epidermis

- **Outermost layer of the skin.**
  - Also referred to as cuticle or scarf skin
Dermis

- The underlying, or inner, layer of the skin.
  - Also called derma, corium, cutis or true skin
Layers of the Skin

- Epidermis
- Dermis
- Subcutaneous Layer
- Sebaceous Gland
- Hair Follicle

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Dermis (True Skin)

- Connective tissue: contains collagen and elastin fibers; supports epidermis.
Sudoriferous Glands

- Sweat Glands
- Three Functions
  - Regulate body temperature
  - Excrete waste
  - Maintain acid pH

Sudoriferous gland
Sebaceous Glands

- Oil Glands
- Sac-like glands attached to hair follicle that produce sebum.
Sebum

- Secretion of high fatty, oily substances
Acid Mantle

- Keeps skin smooth: prevents dirt and grime from entering.
Subcutaneous Tissue  
(Fatty Layer)

- Gives **contour** to body
- Acts as a **shock absorber** to protect bones
- Holds **collagen** and **elastin** fibers.
Skin Pigmentation

• Melanin
  – Protection from ultraviolet rays of the sun
  – Tans the skin
Dry Skin

- Peeling and flaking
- Chaps easily
- Taut feeling
- Has fewer blemishes
- Not prone to acne
- Two Types
  - Oily dry and Moisture dry
Oily Skin

- Overall shiny look
- Rough texture with blackheads and enlarged pores
- Prone to acne
- Keep in acid balanced condition
Combination Skin

- Most **common** skin type
- Recognized by shiny “**T-zone**”
  - Oily forehead, nose and chin
- Dryness in cheek, jaw line and hairline areas
Normal Skin

- Very rare
- Quite beautiful
- Easily recognizable
  - Fresh and healthy color
- Moist and smooth texture
- No blackheads or blemishes
- Does not appear oily
Facial Massage Techniques
Effleurage

- **Movement** – Stroking
- **Effect** – Soothing
Petrissage

- **Movement** – Kneading
- **Effect** – Stimulates Nerves
Tapotement

- Movement – Tapping
- Effect – Increases blood flow
Friction

- **Movement** – Circular without gliding.
- **Effect** – Stimulating
Vibration

- Movement – Shaking
- Effect – Very stimulating
Skin Diseases and Disorders

Only a dermatologist or medical doctor should diagnose and treat skin diseases and disorders.
• **Objective Symptoms**  
  – Those you **see**

• **Subjective Symptoms**  
  – Those you can **feel**
Signs of Infection

1. Pain
2. Swelling
3. Local Fever
4. Throbbing
5. Redness
6. Discharge
WHAT WE JUST READ HEAD TO HEAD CHALLENGE
Primary Skin Lesions

Abnormal changes in the structure of a tissue.
Macules

- Characteristics: **Discoloration on skin’s surface**, flat, rounded or oval, fades into surrounding areas
- Treatment: **No treatment** Proceed with regular skin care services
- Example: **Freckle**
Papules

- Characteristics: Raised, red elevations, no fluid is present.
- Treatment: Might include acne skin care service.
- Example: Pimple
Vesicles

- Characteristics: Fluid filled elevation
- Treatment: No services performed
- Example: Fever blister
Bulla

- Characteristics: Blister from burn
- Treatment: No services performed if severe
- Example: Some burns
Pustules

- Characteristics: Small elevations, contain pus
- Treatment: No services performed
- Example: Large pimples
Wheals

- Characteristics: **Solid formation above skin**, caused by **insect bite or allergic reaction**
- Treatment: **No services performed**
- Example: **Hives**
Tumors

- Characteristics: Solid mass in the skin
- Treatment: No services performed
- Example: Nodule
Secondary Skin Lesions

Appear as disease progresses to later stages of growth.
Scales

- Characteristics: Shedding, dead cells
- Treatment: No services performed
- Example: Psoriasis
Crusts

- Characteristics: Dried masses, oozing sore
- Treatment: No services performed
- Example: Scab
Excoriations

• Characteristics: Mechanical abrasion, appear dark red
• Treatment: No services performed
• Example: scratches
Fissures

- Characteristics: **Cracks in skin**
- Treatment: **No services performed**
- Example: **chapped lips**
Scars

- Characteristics: Formation resulting from lesion
- Treatment: Can be sensitive, treat with care
- Example: Keloids
Hypertrophies

Overgrowth of excess skin.
Callus

- Characteristics: Thickening of skin, occurs from pressure or friction
- Treatment: Soak skin, apply exfoliant
Verruca

- Characteristics: Warts: caused by virus, can be contagious
- Treatment: No services performed
- Example: Warts
Skin Tags

- **Characteristics:** Small, elevated growth of skin
- **Treatment:** Can be removed by physician
Pigmentation Abnormalities

Melanoderma – Too much pigmentation
Cholasma

- Characteristics: Brownish, non-elevated spots
- Treatment: Proceed with service
- Example: Liver spots
Moles

- Characteristics: Small, brown spots; can be raised
- Treatment: Keep eye on appearance, change seek medical advice.
- Example: Mole
Changes to look out for!!
Naevus

- Characteristics:
  Birthmark, congenital mole, looks like a stain
- Treatment: Proceed with service
- Example: Birthmark, mole
Leukoderma

- Characteristics: Lack of Pigmentation
- Treatment: Proceed with service
Albinism

- Characteristics: Pink skin, white hair, no melanin produced
- Treatment: Protect skin from sunlight or UV lamps
Vitiligo

- Characteristics: Patches of white skin
- Treatment: Protect skin from sunlight or UV lamps
Michael Jackson had Vitiligo
Disorders of the Sebaceous Glands (Oil Glands)
Comedones

- Characteristics: Blackheads, masses of sebum trapped in hair follicle.
- Treatment: Remove with proper extraction procedures.
Milia

• Characteristics: Whiteheads, hardened sebum beneath surface.

• Treatment: No service may be performed: seek medical advice.
Acne

- Characteristics: Chronic, inflammatory: two stages: simplex or vulgaris.
- Treatment: No service may be performed: seek medical advice.
Rosacea

• Characteristics: Congestion of the cheeks and nose, redness, inflammatory

• Treatment: No service may be performed: seek medical advice
Rosacea Untreated
Asteatosis

- Characteristics: Dry, scaly skin: reduced sebum.
- Treatment: No service may be performed: seek medical advice.
Seborrhea (also called cradle cap)

- Characteristics: Excessive secretion of sebaceous glands
- Treatment: No service may be performed: seek medical advice
Steatoma

- **Characteristics:** Cyst, or wen: subcutaneous tumor; filled with sebum.
- **Treatment:** No service may be performed: seek medical advice.
Furnucles

- **Characteristics:**

- **Treatment:** No service may be performed: seek medical advice
Carbuncles

- Characteristics: Above and below skin, infection of several adjoining hair follicles.
- Treatment: No service may be performed: seek medical advice
Disorders of the Sudoriferous Glands (Sweat Glands)
Bromidrosis

- Characteristics: Foul-smelling perspiration
- Treatment: No service may be performed: seek medical advice
Anhidrosis

• Characteristics: Lack of perspiration: Caused by fever or disease.
• Treatment: No service may be performed: seek medical advice
Hyperhidrosis

- Characteristics: **Over-production of perspiration**: caused by excessive heat or general body weakness.
- Treatment: **No service may be performed**: seek medical advice.
Milia Rubra (heat rash)

• Characteristics: Small, red vesicles erupt: burning itching of skin; caused by excessive heat.

• Treatment: No service may be performed: seek medical advice
Other Inflammatory Disorders
Dermatitis

- Characteristics: Inflammatory disorder of skin.
- Treatment: No service may be performed: seek medical advice
Eczema

• Characteristics: Inflammatory disorder of skin.

• Treatment: No service may be performed: seek medical advice
"That's all folks!"