



Module 4 : Skin Anatomy and Skin Care

- The skin's anatomy
- The function of the skin
- Skin care products and techniques
- What you can do to improve your client's skin problems

What you will learn:

- The skin's anatomy
- The function of the skin
- Skin care products and techniques
- What you can do to improve your client's skin problems
- Understanding skin types
- Effective skin care routines to recommend to your clients
- Following your own advice and why this is so important

4.1 Introduction

 **The largest organ in the human body is the skin.** It covers an area of around twenty square feet. Its main purposes are to protect the body from the elements and microbes, assist in the regulation of body temperature, and to allow for the sensations of cold, heat, and touch. The skin is often taken for granted, but it plays more of a role in the body than you might realize, helping to protect you each and every day.

It consists of three layers:

Epidermis

The outer layer of skin is called the epidermis. It creates the skin tone and provides a waterproof barrier. It actually consists of fifteen layers to forty layers. The number of layers of skin depends on the part of the body. For example, the skin is the thinnest underneath the eyes and a lot thicker on the bottom of the feet. The thickness of the skin depends on age and gender as well. For most people, the skin thins as we age. Most of the skin consists of dead cells. It is mostly a collection of protein-filled and flattened cells that are layered on top of others. When the cells move from one to the next, filaments of keratin (a protein) and a granular substance called keratohyalin are produced. They clump together and kill the cells. This is called keratinization. These cells make up the nails and hair, but the skin is flexible and soft. The keratinocyte cells are tough once they make it to the surface. They are bonded together by the proteins that they produced. They create a shield that protects them from light, heat, chemicals, and bacteria. This lamination also makes them waterproof. You don't really see your skin shedding; however, the skin sheds and renews itself every four or five weeks. You shed almost two pounds of dead skin cells each year. This is why such a high percentage of household dust is actually made up of dead skin cells! Once the new cells reach the surface, they look fresh. They do not show the signs of wear and tear from the environment. The overall process of skin renewal can improve the appearance and health of the skin. Other kinds of cells in the epidermis are the nerve cells that send signals to the brain, Langerhans cells which protect against diseases, and core cells for color called melanocyte cells. **Melanocyte Cells** The melanocyte cells make pigment, also called melanin. There are the same numbers of these cells in everyone's skin. The melanocyte cells create melanosomes, which are tiny pockets of granules. Every one of these cells is clear and has a dark section in the center and a group of arms that extend outwards. The arms give off melanosomes or pockets of color, to the cells around it. These keratinocyte cells move the color to the hair color and skin.

Dermis

The dermis is the middle layer of the skin. It varies in thickness. It consists of: blood vessels, nerve fibers, hair follicles, sweat glands, muscle cells, oil glands, collagen, groups of fibers of protein, and fibers that are elastic and help the skin stretch. A lattice framework of collagen groups and elastic fibers is made for the skin cells. This support system makes it firm, full, and elastic. This is where the wrinkles begin, when the elastin and collagen begin to wear out. The dermis regulates body temperature. It is where the eccrine glands, or sweat glands, are present. There are millions of sweat glands over the body. They work to maintain a healthy body temperature.

Subcutaneous tissue

This is the bottom layer and is made of a thick assortment of collagen and elastin. It is what gives the skin a stable and strong base. There is a layer of fat in this layer of the skin which provides padding for your organs and bones. It also gives you insulation. This fat layer can also provide energy when you don't eat or when doing strenuous exercise over a long period of time.

Anatomy of the Skin



4.2 Function of the skin

✖ **The skin has seven functions that you should know about if you want to explain skin and skin care effectively to your clients.** Skin provides the body with a protective layer. This isn't a visible protection, as there are things that can penetrate the layer, such as bites and stings, but it does reduce the risk of infection, protecting the body against everyday germs that you come into contact with.

The skin provides essential sensation. The epidermis is brimming with nerves which advise you when you are burning, when you are in pain and if you have injured the area. This is how you know you have sunburn, you have been bitten by something or you have scratched yourself.

The skin is also responsible for regulating your body temperature. All humans and animals have skin and hair, which work together to provide you with outstanding temperature regulation. The skin is responsible for retaining heat when it's cold, but also to help you cool down on a hot day by excreting sweat.

You will also find that skin plays a large role in your body's immunity. It is responsible for destroying micro-organisms that come into contact with the skin.

It allows for growth and movement on a daily basis due to its elasticity. Skin can also be stretched and then bounce back into place, which allows for freedom of movement. The skin is also responsible for excreting water from the body, including urea and ammonia. This is done through sweat. In addition to this, your skin is responsible for synthesising vitamin D, which it gets from sunlight. This is really important because many people do not get enough Vitamin D from their diet, and it is vitally important in many bodily functions.

FACT

✖ Skin is our largest organ—adults carry some 8 pounds and 22 square feet of it. *Source: science.nationalgeographic.com*

4.3 Skin Care

It is important for you to have an idea of how the skin functions and what you can do to protect it.

Part of your job is to offer beauty tips to your clients and work with them to protect their skin.

Skin plays an important role in our overall health and the focus needs to be on its protection. This section will look at skin care and how you can direct your clients to protect their skin. It will also help you understand the importance of doing your job correctly to protect your client's skin. People who take care of their skin will age gracefully.

A baby's skin is smooth and soft, moist and wrinkle free, because it has not been damaged. Over the years, the environment can cause the skin to become tough and dry. The skin starts to lose its

elasticity and smoothness. This causes sagging and wrinkled skin. By caring for the skin, you can slow down the harmful effects of the elements. It can leave the skin healthier and more able to protect the body against disease. Not to mention that it looks better as well. It is important to note that lines and wrinkles cannot be removed, but they can be reduced through an effective skin care routine. You will also want to recommend that your clients refrain from spending hours on a sun bed, as the sun will cause their skin to wrinkle much faster, making them age prematurely. To keep the skin healthy, it needs to be moisturized and cleaned.

The cleansing process removes the dead skin cells, dirt, bacteria, and other things that can be harmful. The cleansing process can also dry the skin out because it also removes the oils from the skin. The oils are what retain the moisture. Therefore, moisturizers are needed to protect the skin and restore the moisture. Liquid cleansers are usually better for the skin than bar soaps because they don't dry the skin out as much. They also usually contain moisturizers that can add moisture back to the skin and combat that drying-out process. Some skin cleansers and moisturizers contain Vitamin E. This aids in the restoration of moisture and elasticity.

When choosing a moisturizer, it is a good idea to choose a lighter moisturizer for the daytime and a thicker one for night-time use. It takes much effort to take care of the skin. Therefore, moisturizers and cleansers should be used daily.

The sun is one of the biggest environmental hazards for the skin. Tanning and sun exposure create a harmful radiation and so it is important to protect the skin from this radiation and damage. Sunscreen can help as long as it has an SPF of at least 15. Your diet will also play a role in the elasticity of the skin. This diet needs to include ample amounts of water. Water is essential for making your body function well. It cleans your pores from the inside out. It works to add moisture back into your skin. Good habits will prevent the aging of the skin and keep it looking healthy.

4.4 What can you do to improve your your client's skin?

There are things that you can do to help improve your client's skin and make sure that they are taking care of their skin, at least when they are in your care.

Make recommendations

It is not a good idea to try and instruct your clients to take care of their skin. However, you can find ways to tactfully tell them how to do it. **Here are some examples of how you can drop some hints about good skin health.**

Moisturize

Before you apply any makeup, you should clean and moisturize the skin. While you are doing this, you can talk to your client about the benefits. The client wants to look younger and have healthier skin. Therefore, if you give them the secrets to doing so, they just might do it. Let them know that all they really have to do is find a great cleanser and keep their body and skin clean. Tell them the importance of moisturizing to keep their skin firm and wrinkle free. Make sure that every time you apply makeup you clean the face and neck area. Apply a moisturizer to this area as well. Use products that have moisturizers in them to enhance the health of their skin.

Offer them water

Make it a part of your budget to buy water bottles and offer them to your clients. Stress the importance of drinking water. Let them know that their body needs water to keep them looking great. Drink water while in the appointment. Don't make it an all-day affair, but let them know that you drink water throughout the day. They will see how well you look and associate that with the drinking of the water.

Know the top products

You want to be an expert on the cleansing and moisturizing products available. Show your client the cleansers and moisturizers that you use. Let them know which ones will help prevent the wrinkles, keep their skin clear, and make them have healthier skin. It will improve their overall skin care and may make you a few extra bucks on the side. It's a good idea if you own your own salon to have a retail section where clients can purchase the products you advise them of, so they can continue the cleansing and moisturizing routines at home.

Explain clearly

Walk them through the process and let them know why you have chosen various products. This information will help them understand that their skin care matters and that you are focusing on keeping them looking great for years to come. They will respect it and want to continue coming to you, because you have established yourself as an expert.

Use chemical exfoliators as they are better than physical scrubs

There has been a huge hype about the granules found in some cleanser and how they add extra cleaning powers to your exfoliators. However, they are really hard on the skin - and on the environment. Chemical exfoliators like alpha hydroxyl acids and retinoid are more effective. They work to trigger the cells to turn over. This causes the dead cells to fall away and the new cells to come to the surface. That makes the skin overall fresher and smoother. These chemical exfoliators also kick up the collagen production. Collagen is essential to the elasticity of the skin, immediately making it look younger and firmer.

Remind your clients to remove makeup before bed or remove it for them properly after a shoot, event, or whenever possible

You can suggest some of the best makeup removers for them to try. Express the importance of removing the makeup. Let them know that by leaving their makeup on when going to bed, they are clogging the pores and that can lead to breakouts and inflammation.

Water temperature

When washing the face before an application, mention that the temperature of the water matters. Many people like to wash their face with hot water. It feels really good, but it is taking essential oils from the skin that keep it moisturized. If you let them know that you are using lukewarm water because it doesn't strip the skin, then they may stop taking scalding hot showers. Mention how you

stay away from steamy showers, saunas, and hot tubs because of the negative effects it has on the skin.

Relaxation

If you notice that your client is stressed or tense, it may be a good idea to slip into the conversation how dangerous stress is to the skin. Play some calming music, light candles, and make your area as stress free as possible. Don't play the news on the television - in fact, don't have a television on at all. Create a serene escape for them to come to. Make sure that your waiting area is stocked full of health magazines and beauty books. The couches should be plush and comfortable. Make sure that there is enough seating, so that people feel comfortable. All of these things will reduce the stress level of your clients and that can carry on into their day.

Act quickly

If a client has a blemish, let them know how to get rid of it as fast as possible. Mention that they should not under any circumstances try to pop a spot. It will only make it worse. It can lead to broken skin, bleeding, scarring, redness, and inflammation. Dab it with a little spot treatment cream (ideally one containing salicylic acid) a few times a day to reduce the inflammation.

Sleep

Work sleep into your conversation. Sleep is very important for keeping tight and wrinkle-free. Your body needs time to recharge and sleep; give it the time that it needs.

Bad habits

Smoking, straws, and chewing gum are no good. They will cause those lines around the lips that age the face significantly. Use mints instead of gum. Use a water bottle that has a wide mouth to prevent the same type of mouth movement.

You don't want to sound like someone's mother, but part of your job is to inform your clients about ways to improve their skin health.

You are their expert. Work these tips into the conversation over the course of your work with that client. If they seem interested, pursue on. If they seem annoyed, switch to another topic that you think they will enjoy. You will have an idea of what you can successfully talk about and what you should leave alone.

4.5 Understanding Skin Types

 **There are five skin types that you should understand.** Looking at your client without any makeup on you should be able to identify their skin type, and this can help ensure you provide them with the best care and service moving forward. Knowing a client's skin type can help you make the right recommendations for products that will suit their skin type, ensuring that they take care of their skin now and moving forward.

- Normal skin is a smooth and firm skin to touch. It should have small to medium sized pores and an occasional blemish. Overall, it is healthy skin.
- Dry skin can be easily fixed and is very tight and may even be flaky. This is often due to lack of hydration. It is possible that dry skin will feel bumpy and rough to the touch.
- Oily skin is immediately visible with a shiny and wet feel. People with oily skin tend to have large and noticeable pores.
- Combination skin is often one of the most common skin types. This skin type will experience oily skin on their nose, chin and forehead, maybe even on their cheeks, but the rest of their skin appears to be normal tone.
- Sensitive skin. It is very important that you are aware which of your clients have sensitive skin. This skin type cannot use certain products as it immediately results in unwelcome reactions and irritation. When working with clients who have sensitive skin you will want to do a patch test before continuing with your appointment.

Skin Types



4.6 Effective Skin Care Routine

 **You should be able to offer your clients advice and make recommendations.** If asked, you need to have an effective skin care routine in mind which your client can follow with ease on a daily basis, incorporating it into their current lifestyle without any hassle.

A good skin care routine will always start with good quality cleansers. They will remove oils, makeup, dirt and sweat from the skin, preparing it for the toner.

Skin care experts recommend double cleansing. This involves using an oil cleanser to remove any oil-based impurities such as makeup and SPF creams, then a water-based cleanser, which breaks down water-based impurities like sweat and dirt. The next step is for your client to invest in a good toner. The toner will soften and calm the skin, while also hydrating and replenishing it. This should be followed by an exfoliator. The exfoliator is responsible for removing dead cells and leaving the skin soft and smooth. The last step for the morning is to use a moisturizer. This will soften the skin and keep it hydrated. It is important that the moisturizer comes with a sunscreen of no less than SPF15. In addition to this, you should recommend that your clients invest in a good night-time moisturizer which they add to their skin right before bed. This is often thicker in texture than a daily moisturizer. This will feed the skin and keep it hydrated as you sleep.

4.7 Follow Your Advice

 **You can't be taken seriously when you tell your client that smoking is a way to cause those wrinkles around the mouth if your hands smell of cigarette smoke.** You are in the business of creating beauty and protecting youth. Therefore, you need to make sure that you follow your own advice. That means that you should try to drink a lot of water, remove your makeup every night, eat healthy, exercise, and more. When you live the life, it is so much easier to talk about it. In addition to this, you need to focus on your personal hygiene, ensuring your clothes are newly laundered and your hair is tied up appropriately. Ensure you take the time to apply your makeup each morning, otherwise your clients will never take you seriously as a makeup artist.

Module Summary

In this module, you learned about the skin and its overall purpose. You also learned about the two key ways to keep your skin healthy and youthful: moisturizing and cleansing. Plus, you discovered the most powerful skin care techniques that can be a part of your conversation with your client and also used to keep you looking great. This module provided you with valuable insight into skin, giving you a firm understanding that you can share with your clients in confidence.

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