

A close-up portrait of a woman with dark hair styled in a bun, looking out a window. She is wearing a small diamond earring and a pink and white striped top. The background shows a window with vertical bars and some green foliage.

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How to look after your skin

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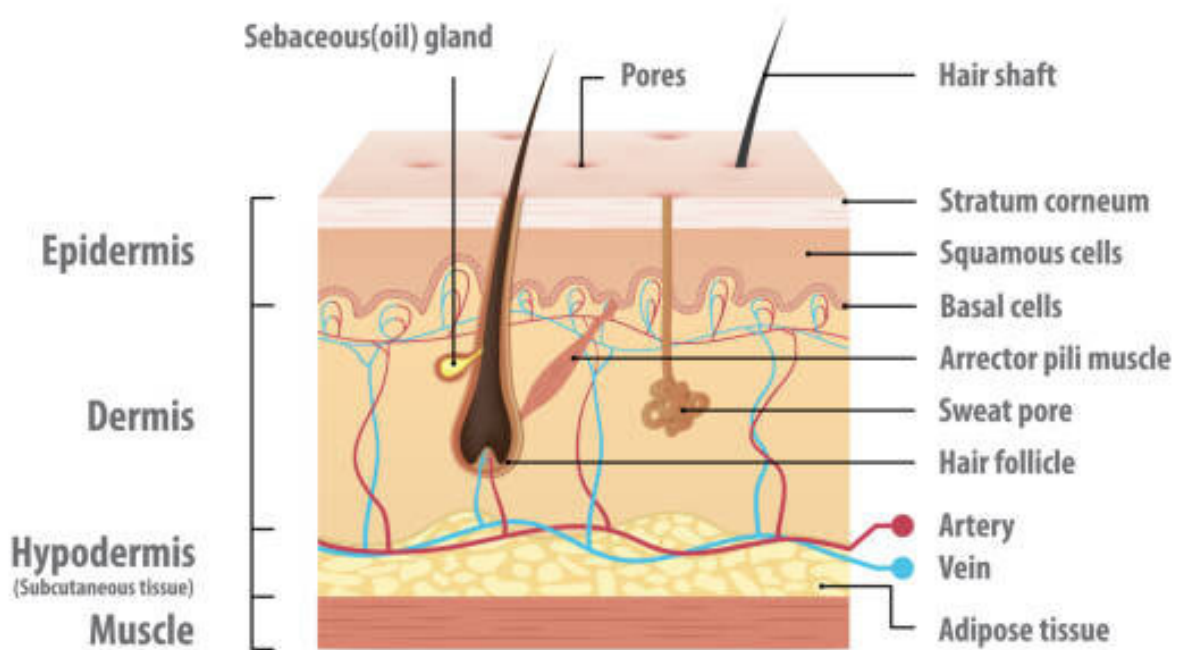
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HOW TO LOOK AFTER YOUR SKIN

STRUCTURE OF THE SKIN



Structure of the skin

The skin is divided into 3 layers:

EPIDERMIS

- The top layer of the skin.
- Paper thin.
- Does not have its own blood supply.
- It is made up of several living and dead cell layers (cornflakes).
- Fundamental role is protection against external aggression such as infection and water loss.
- In the living epidermis (grapes) new epidermal cells are formed by a process called mitosis.
- The new epidermal cells form the bottom layer of the epidermis and then they carry on moving upwards through the layers to the surface of the skin.
- This process can take between 21 and 28 days (depending on age and skin condition).
- Melanocytes, the cells that produce the color pigment melanin, are found in the deepest part of the epidermis and this melanin pigment is responsible for skin tone and tanning.
- Melanin is transferred from the melanocytes to the melanosomes which are actually the pigment cells.
- The top layer of the epidermis is called the stratum corneum or horny layer (cornflakes)
 - The stratum corneum consists of a series of layers of specialized skin cells that are continuously shedding. It's also called the horny layer, as the cells are tougher than most, like an animal's horn, **and is made up mainly of dead keratinocytes (dead skin cells).**
- These dead cells are filled with keratin and amino acids to help maintain the Natural Moisturising Factor (NMF) of the skin.

DERMIS

- Middle layer of the skin.
- Often referred to as the support system of the skin.
- Nourishes and lubricates.
- Provides suppleness and elasticity (collagen and elastin).
- Consists of bundles of tough fibres for firmness and strength (fibroblast cells).
- Contains sweat glands, oil/sebaceous glands, blood vessels, hair follicles, lymph capillaries, nerve ending.
- Sweat glands – regulate body temperature.
- Blood vessels – oxygen and nutrients.
- Sebaceous glands – produce sebum (skin's natural lubricant)
 - Concentrated in T-panel.

HYPODERMIS

- The deepest and lowest layer of the skin.
- Rich in blood vessels and cells that store fatty tissue.
- Acts as insulator against temperature variations.
- Also called the sub-dermis or subcutaneous tissue.
- This layer consists mostly of fat cells – adiposities or adipose tissue and loses connective tissue.

A SIMPLE EXPLANATION OF THE EPIDERMIS

- Cornflakes represent the top, flaky layer that needs to be removed by cleaning and/or exfoliating in order to expose the lower layer for treatments.



- Raisins represent dehydrated skin cells that need to be hydrated through moisturising.



- Grapes represent healthy, hydrated skin cells (treatments).



Red lines: Blood supply. This is the only way in which nutrients can be carried to the skin.

Note that the blood supply does not enter into the epidermal area and that is why it is just as important to help feed the skin from the outside.

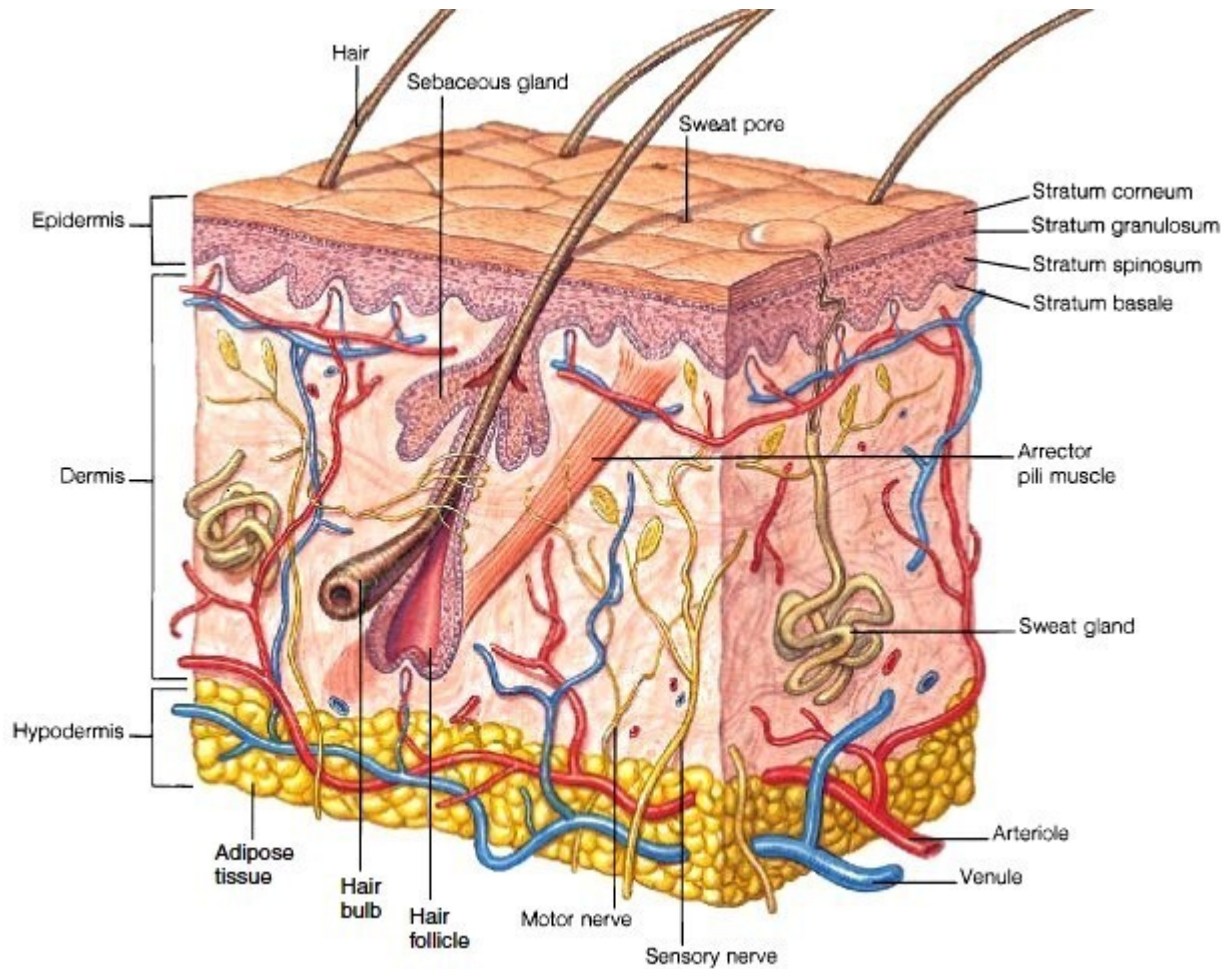
The gland attached to the hair follicle, is the sebaceous gland or oil gland. This helps to not only lubricate the hair follicle, but also secretes oil to the surface of the skin through the oil pore, to prevent the skin from drying out and wrinkling.

These thick upright fibres are the collagen fibres. Collagen supports the epidermis and is vital in preventing wrinkles. Collagen depends greatly on moisture to keep it strong and growing.

The small fibres inter-dispersed with the collagen fibres are the elastin fibres. They give the skin elasticity / stretch ability. They allow our skin to stretch when we grow and gain weight.

The second gland in the skin is the sweat gland that secretes sweat / water, through the pore on the surface of the skin. One way the body can regulate its temperature is by means of the sweat gland. Other effective ways are by using the hair on the skin, dilation of blood vessels, etc.

The basal layer: The start of the epidermis.

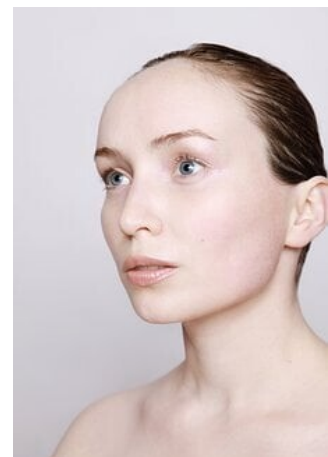


SKIN TYPES

- Successful skin type analysis enables us to recommend the correct skincare range of products for each client.
- Skin types are genetically determined and gradually change as we age.
- A basic skincare routine is recommended for all skin types.
- The 3 steps skincare routine includes:
 - **Cleansing**
 - **Toning**
 - **Moisturising**
- The appropriate products to suit a specific skin type must be selected from the skincare range.

SKIN TYPES ARE CLASSIFIED INTO 5 MAYOR TYPES:

- Oily.
- Combination: Normal to oily.
- Normal.
- Combination: Normal to dry.
- Dry
- Sensitive : As much as sensitive is more of a skin condition (something that you periodically develop or can be changed), it can also be a skin type.



SKIN TYPES

Oily skin

- It has a very shiny appearance.
- The pores are open and highly visible.
- The shiny appearance is due to the over-active sebaceous glands and is often prone to spots, blemishes, breakouts and blackheads.
- It has a coarse, uneven, and thick texture.
- An oily skin can also be dehydrated.



Combination Skin – Normal to Oily (N/O)

- Usually slightly oily in the T-Zone, but normal on the cheek areas.
- This is a common skin type in teenagers.
- Normal to large pore size.



Normal skin

- It has a smooth, satin appearance with fine pores.
- It is elastic and flexible.
- Occasional oil presents in the T-Zone but does not shine.
- Pore size is normal and is neither too oily nor too dry.
- No flakiness or many impurities.



Combination Skin – Normal to Dry (N/D)

- Usually normal in the T-Zone but dry on the cheeks and outer area of the face.
- This skin type is common in the over 30's age group.
- Normal-to-fine pore size.



Dry Skin

- It is easily recognised by its dry, flaky appearance.
- It is fine, rough and rather dull in texture.
- It is more fragile and vulnerable and is therefore subject to redness, dehydration and sensitivity.
- It lacks elasticity and suppleness.
- Deep expression lines, sometimes wrinkles, especially around the eyes and mouth areas.
- Ages faster than any of the other skin types.



What is skin type?

- This is what you are born with and as you age, the skin itself undergoes a few changes that are permanent.
- A product range is used for different skin types.

Skin Condition

- These are things that develop on the skin and can usually be treated and reduced or removed. They are “problems” experienced on the skin.
- The treatment products within each range are specifically designed for these conditions.
- A skin condition is a “problem” that appears on the skin surface.
- Any skin type can have a skin condition.
- A skin condition can be caused by various factors:
 - Incorrect product usage
 - Neglect
 - UV light exposure
 - Lifestyle: alcohol, smoking, lack of sleep
 - Internal medical factors
 - Natural ageing process
 - Poor skin care habits
 - No skincare routine
 - Diet: too much, too little, too rich, inadequate water intake.
 - State of health: illness, depression, stress, hormones, medication
 - Genetics / Family history

SENSITIVE AND LARGE PORES: do they belong to a skin type?

They are both part of a skin type, but are also skin conditions that can be treated and reduced or rectified.

Skin Type	Problem
Dehydration	Lack of water
Sensitivity	Lack of skin barrier functioning
Ultra Dryness	Lack both water and oil
Enlarged Pores	Excessive oil production
Dull Skin	Dead cell build-up
Blemishes	Blocked / clogged pores, pimples, pustules, breakout, infection
Uneven skin tone	Freckles, pigmentation, age spots
Hyper-Pigmentation	Dark or excess dark pigment
Hypo-Pigmentation	Lighter or too little pigment
Sagging	Loss of skin elasticity / firmness
Lines and wrinkles	Loss of skin support / structure

SKIN CONDITIONS

Sensitive skin

A skin condition that can be associated with any skin type. It is often characterised by a fine texture and dryness. The skin reacts with either internal or external stimuli such as temperature changes, stress and pollution and shows the following symptoms:

- Redness and blotchiness.
- Hot, burning or stinging sensation.
- Flakiness over the surface of the skin.
- Swelling or bumps under the skin.
- Can be hereditary.
- Easily irritated by rough fabrics and products.
- May have broken capillaries.
- Thin and finely textured.

Dehydrated skin

Any skin type can be dehydrated. The rate of evaporation of water in the upper layers of the skin depends partly on external factors such as temperature, sun, cold, relative humidity, wind and lifestyle. To be hydrated, the epidermis not only needs water but also lipids, ceramides and essential fatty acids which help to maintain an effective barrier, reinforcing the skin's surface and helping to maintain hydration within:

- Caused by a lack of moisture, age and harsh alkaline products disturbing the skin's pH.
- Have fine, criss-cross lines, especially around the cheek area.
- Has a tight feeling particularly around the eye area.
- Has a crêpe appearance.

Problem/Blemished skin

- Prone to pimples and blackheads.
- Trapped oil creates an environment for germs to thrive on, clogging pores that then become infected.
- Most common in oily skins.

Mature skin

- Normal skin functions generally slow down.
- Sebaceous or oil glands become less productive.
- Cells retain less moisture and lose their fullness.
- Skin loses elasticity and firmness.
- Skin becomes thinner.
- Fine lines and wrinkles develop.
- Age spots appear.

Sun Damage/Pigmentation

- Dark or uneven pigmentation and general devitalisation.
- Lines and/or wrinkles.
- Loss of elasticity and lack of firmness.
- Premature ageing (sun damage is the main cause of visible signs of ageing).

HOW TO REDUCE THE SIGNS OF AGEING

Effective protection against UV Rays

- By protecting the skin from daily exposure to light, sunlight and the free radicals of UV rays, it is possible to delay the appearance of wrinkles.
- Daily application of a minimum of SPF 15 specifically formulated for the face.

Working against the loss of firmness

- Due to the effect of light on the skin's surface, various changes occur: the elastin and collagen fibres, which are largely responsible for the firmness of the skin, deteriorate both in quantity and quality. As a result, the skin not only loses its firmness, but also its elasticity and facial contours become less defined.
- It is thus important to help avoid the breakdown of the elastin and collagen fibres and reinforce the skin's tissues by employing specific active ingredients able to slow down the loss of elasticity and firmness.

Stimulating cellular activity

- During the day the skin's primary mission consists of protecting itself against a host of external aggressions.
- At night, the skin needs nourishment to concentrate on repair and regenerating functions.
- It is particularly important to support the renewal process, which reaches its highest level

Fighting Dehydration

- To avoid excessive dehydration, the skin must be supplied with moisturising agents capable of integrating and fixing water in the upper epidermal layers and retaining it throughout the day.
- To be hydrated, the epidermis also needs lipids and nutritive elements including essential fatty acids and ceramides, which help maintain it as an effective barrier.
- Accentuated dryness, extensive natural exfoliation, hardening and roughness are all signs of excessive dehydration.

FACTORS THAT MAKE DRY SKIN WORSE



Not moisturising enough



Unprotected sun exposure



Using skincare products with alcohol



Pollution



Not drinking enough water



Highly lathering soaps



Hot water showers



A colder climate



Fragrance in skincare products

IRRITATION/SENSITIVITY VS ALLERGY

An Irritation / Sensitivity

- An irritation / sensitivity is experienced when the skin is sensitive to a specific product.
- The skin usually becomes accustomed to the new product after 3-4 applications.
- The irritation is limited to the area of application.
- Other areas of the body will generally not re-act to the product.
- The skin will experience the following reactions/sensations when reacting to a new product.
- Redness and warm feelings/sensations.
- Tingling/burning sensation.
- Breakout.

An Allergy / Allergic Reaction

- An allergy / allergic reaction is experienced when a person has a natural allergy (caused by allergens in the body) to a specific ingredient within the product.
- Re-Application of the product will worsen the reaction and condition.
- The skin will not become accustomed to the product/ingredient.
- The reaction usually spreads beyond the area of application and will react the same way if applied to any other part of the body.
- The skin will experience the following reaction when experiencing an allergic reaction:
 - Swelling/Hives/Redness
 - Seeping open skin/weeping blisters/wounds



MAKE-UP

- Oily Skin Type: The make-up slides off the skin and collects around the jaw line. The facial oils warm on the face and the make-up slides off the face.
- Combination Skin Type: The make-up stays perfect all day long and no real touch-ups are needed.
- Dry Skin Type: The make-up disappears and cannot be collected anywhere on the face. A dry skin type is so desperate for anything it can get, it starts to "drink" up the make-up.



COMPLETE SKINCARE ROUTINE

- 1) Cleanse: Eye Area and Face
- 2) Tone:
- 3) Moisturise, Protect, Nourish
- 4) Exfoliate, Mask
- 5) Treatment/CRT (Cell revitalisation Therapy)

CLEANSE (Milks and Lotions)

- Use morning and evening.
- Cleanse twice a succession.
- Milks and lotions are best applied with the fingertips.
- Apply with gentle circular movements.
- Massage on a DRY face and neck area.
- Avoid the delicate eye area.
- Wipe gently with damp cotton wool, organic sponges or soft facial tissue.
- Rinse off with tap water.

WASHES AND GELS

- Use morning and evening.
- Cleanse twice in succession.
- Washes and gels are water activated.
- Apply directly to a MOIST face and neck area.
- Apply with gentle circular movements.
- Avoid the delicate eye area.
- Rinse thoroughly with tap water.

TONE

- Tone both morning and evening after the 2nd cleanse, exfoliating and /or masking.
- Gently apply over the entire face and neck areas with DRY cotton-wool.

As water has a very alkaline pH, by wetting the cotton wool, you automatically change the pH balance of the toner and therefore leave the skin unbalanced and the pH neutral.

- Avoid the delicate eye area.
- Never spray toner onto the face – it will get onto the eye area.
- The reason for the toners sometimes being in spray bottles is for hygiene.

MOISTURISE (am & pm)

- Use a moisturiser in the morning and a night cream in the evening.
- Apply to face, neck and ears after cleansing and toning and treatment products.
- Avoid the eye area.
- If moisturiser is worn under make-up it should be applied approximately 15 min before applying the foundation to allow it to be absorbed.

Mask

Purifying Mask

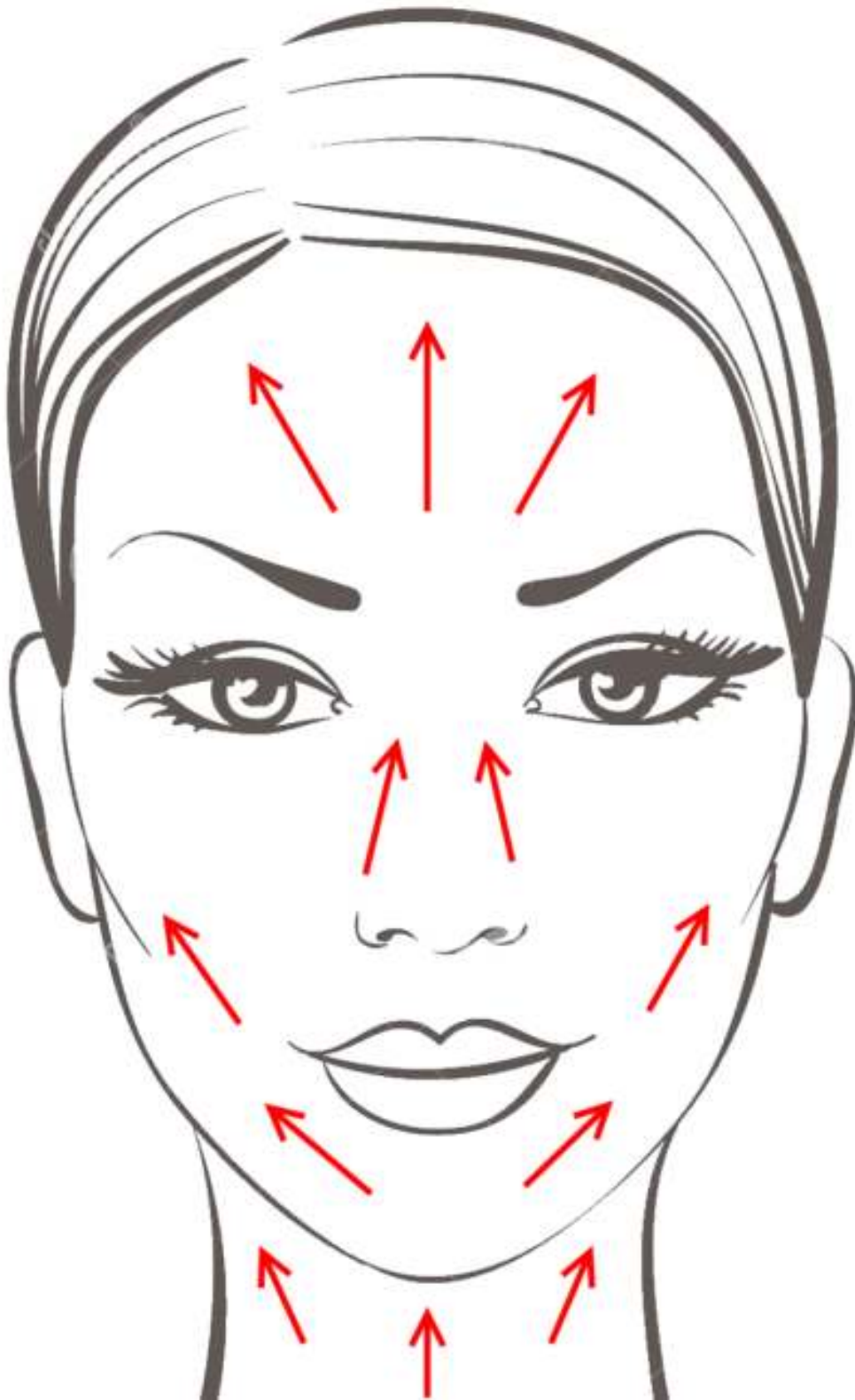
- Apply to exfoliated, damp skin, avoiding the delicate eye area.
- Leave on for specified time.
- Rinse off with lukewarm water or remove with damp, clean sponges or dampened cotton-wool, pads.
- For sensitive skin, wait 24-48 hours after exfoliating before the Purifying Mask.

Hydrating Mask

- Apply to cleansed, dry skin, avoiding the delicate eye area.
- Leave on to penetrate for the specified time or tissue off after 10-15min.
- When fully absorbed, follow with toner and moisturiser or night cream.
- Use twice weekly after exfoliation.
- Exfoliate at least 2-3 times a week.
- May be used daily, once a day, either morning or evening.
- If done gently enough, one should exfoliate every day – this will be more of a stimulating action rather than an actual exfoliating action.
- Can replace second cleanse in morning.
- Exfoliate after cleansing, on a moist skin for 1-2 min.
- Using the long, middle part of the fingers, gently massage in circular movements.
- If you feel the exfoliating granules, you are applying too much pressure (scrubbing) and are causing damage to the skin.
- Rinse well with lukewarm water.
- Avoid the eye area.



Treatment (use by individual products)



Facial Massage

How To Do One At Home

5

Knead the sides of your face

4 Massage the lymph area (under ears and along sides of the neck)

3 Use gentle (but firm) pressure to massage face

2 Warm an oil, concentrate or serum between palms

1 Clean hands and face

Smooth forehead lines (press fingers above brows and slowly slide them upward)

7 Gently press fingers under eyes and slide them toward the temples

8 Use light, vertical strokes to massage neck and décolleté



Cleansing Movements

- Alternating movements of upward strokes across the neck from base to chin going from left to right.
- Upwards from chin to behind the ears
- Upward from chin to front of the ears.
- Upward from the chin to the temple.
- Upward from the chin to the sides of the lips, nose and over the bridge to the forehead.
- Starting with the left hand, alternate 4 times down the middle of the nose.
- Then starting with the left hand, slide to the right side of the nose.
- Alternate 4 times.
- Forehead: Upward strokes from the left to right across the forehead.
- Eyes: Cleanse in a gentle circular movement around the eyes.
- Lips: Remove lipstick.

What is Cell Revitalisation Therapy?

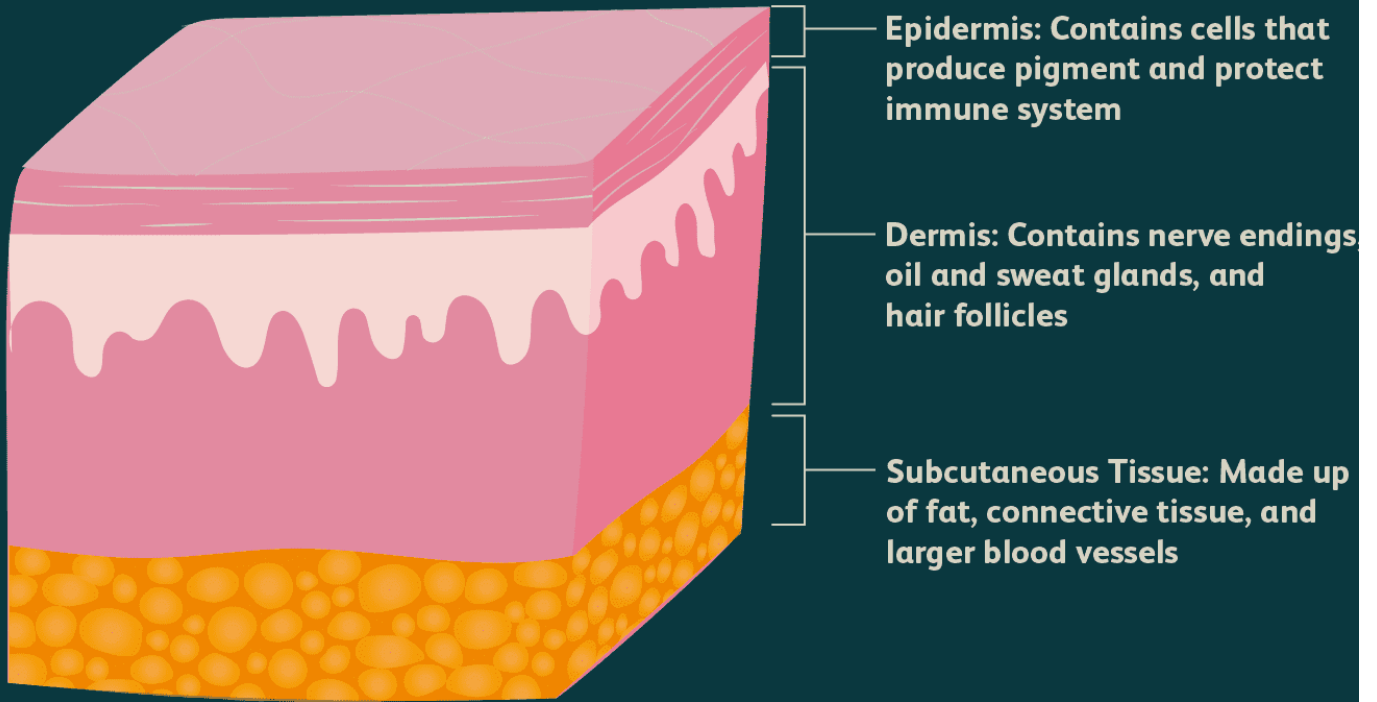
- Every moment of our lives, without us being aware of it, our skin is renewing itself as millions of cells slowly move to the surface of the skin.
- New cells formed by cell division (Mitosis) and are pushed upwards by “younger” cells until they are ultimately shed from the surface.
- As the skin ages, its capacity to renew itself declines, cell renewal slows down and the amount of active healthy cells decrease.
- The skin becomes thinner, more fragile, dries out more rapidly and becomes more vulnerable to ageing and environmental aggressors.
- CRT has been developed by scientists to accelerate cell renewal, helping to repair damage and to keep cells healthy and youthful.
- In the basal layer, new epidermal cells are formed by cell division.
- The skin cells formed in the basal layer are pushed upwards by “younger” cells, until they are ultimately shed from the surface of the skin.
- This is a continuous process.
- As the cells move, they start to degenerate and gradually lose their vitality.
- They lose their water content, dry out and eventually flatten out.
- This process is called keratinisation.
- As the skin ages and its capacity to renew itself declines, the amount of active, live cells decreases.
- The skin becomes thinner, more fragile, dries out more rapidly and becomes more vulnerable to environmental aggressors.



The process of cell division and renewal

- The epidermis forms the outer protective covering of the skin.
- It is the layer directly affected by skin products.
- The epidermis consists of 5 layers.
- The outer layer is continually being shed as new cells are formed.
- The cells in the bottom/basal layer are alive.
- These cells reproduce by Mitosis every 21-40 days (depending on age and skin condition) when each cell divides into 2 identical cells.
- These new cells form the new bottom layer of the epidermis.
- The older cells:
 - carry on moving upwards through the layers of the epidermis to the surface.
 - gradually flatten out.
 - until they eventually die and:-
 - harden at the surface due to the production of keratin.

Layers of the Skin



well

Note:

What is the importance of skin care in your life?



Good skin care is important for the following reasons: It helps your skin stay in good condition: You're shedding skin cells throughout the day, so it's important to keep your skin glowing and in good condition. An effective routine can help prevent acne, treat wrinkles, and help keep your skin looking its best.

You should see a dermatologist if your skin problems don't go away with over-the-counter products. More severe acne, scarring, or other problems may need prescription treatment such as oral antibiotics, birth control, or topical prescription retinoids. Your dermatologist may perform an extraction for deeper cysts or acne spots that are stuck underneath your skin.

Remember that your skin type can affect how products work. Using the wrong product, even when natural, can cause breakouts, worsen blemishes, or cause redness. It's best to find out what skin type you have and build your skin care routine around that. You can also take notes on product ingredients to see if specific ingredients are causing unwanted skin reactions



The End

