Skin Concerns - FACE

- Fine Lines & Wrinkles
- Acne/Blemishes/Rosacea
- Hyperpigmentation
- Dark or Puffy Eyes
- Redundant Skin
- Couperose Skin

Fine Lines and Wrinkles

The Aging Process

- Epidermal cells become thinner and less “sticky”.
- Decreases in moisture causes dryness.
- Collagen production decreases and elastin fibers gradually begin to wear out. Changes in hormones contribute to decreased estrogen production. This causes a 2% decrease in collagen per year.
- Fat cells get smaller and no longer provide even support beneath the tissue.
- Muscles lose their tone.
- Habitual facial expressions (ex grimacing) causes skin to form wrinkles.
- The effect of gravity over time causes the skin to loosen and sag (a primary cause of jowls and drooping eye lids).
The Aging Process

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Permanent Elastic Creases - Crease lines in the skin that become increasingly permanent over time, especially with sun exposure. These are deeper folds on the skin that are dramatically affected by heavy sun exposure.
- Where they occur: They show up most frequently on the cheeks, the upper lip and the base of the neck.

Dynamic Expression Lines - Wrinkles that are caused by facial muscle movement. Dynamic expression lines, result in habitual facial expressions—creating what is commonly referred to as crow’s feet, laugh lines and frown lines.
- Where they occur: Commonly referred to as frown (or smile!) lines and crow’s feet.

Gravitational Folds - As the name implies, these lines are due to the effects of gravity and become increasingly obvious as skin begins to fold and sag.
- Where they occur: The location of these wrinkles is related to the thickness of skin. They manifest as sagging eyelids and sagging jowls.

Topical Treatments

- Alpha-hydroxy acids (AHAs)
- Retinoids (including Retin A)
- Topical vitamin C
- Growth factors
- Peptides
- Stem Cell
- Telomere Repair
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Spa/Medical Treatments

- Botox
- Wrinkle fillers
- Laser/light resurfacing
- Chemical peels
- Dermabrasion
Hyperpigmentation

- Common, mostly harmless, condition causing areas of skin to become darker than surrounding tissue.
- Sometimes referred to as "brown" or "age" or "liver spots".
- Caused by over-exposure to the sun and UV rays.
- Develops on areas frequently exposed to the sun.
- Melasma are similar in appearance but are much larger areas of skin. These are the result of hormonal changes in the body.

- Post-inflammatory Hyperpigmentation
  - Occurs following a skin injury

- Lentigines
  - Commonly known as liver spots or age spots.

- Melasma
  - Caused by hormonal fluctuations.

Hyperpigmentation Treatments

- Photofacial
- Chemical Peel
- Laser Peel
- Topical Skin Lighteners
  - Hydroquinone
Common causes for **Dark Eyes** include:

- Allergies, Eczema
- Hereditary
- Lifestyle factors; physical, emotional stress, smoking, chronic alcohol consumption
- Liver Congestion
- Pigmentation Irregularities
- Rubbing the eyes
- Sun exposure (over production of melanin)

**Puffy Eyes** - are due to Fluid Retention or Fat Deposits

Common causes for “Bags” include:

- Stress
- Allergies
- Hormone Changes/Crying
- Sleeping or Lack of Sleep
- Salty Foods

Common remedies for **Dark or Puffy Eyes** include:

- Get plenty of sleep
- Treat your allergies
- Fix nasal congestion
- Eat well
- Reduce sale intake
- Reduce stress
- Home Remedies
  - Tea Bags
  - Cucumber or Potato Slices
  - Cold Compress
  - Extra Pillow
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Redundant Skin

- This commonly develops as we age, partially because of the effects of gravity on the skin.
- Other causes:
  - Collagen Elastin Loss (thinning skin)
  - Decrease in Hyaluronic Acid (holds skin's outer cells together)
  - Decreased Cell Production
  - Lack of Nutrients (such as Vitamin C)
  - Obesity and Weight Loss
  - UV Damage
  - Facial Muscle Tone
- Surgery is the most common treatment
- Neck exercises involving the tongue can help tighten the skin naturally and tighten loose skin but with minimal results
- Retinol cream
- Injectables
- Ultrasound or radio frequency

Couperous “Broken Capillaries”

Couperous skin or Telangectasias

Common causes include:
- Trauma
- Cold and Wind
- Liver Damage
- Alcohol and Tobacco
- Heredity
- Thinning skin
- Rosacea

Prevent them by not scrubbing the face, using sunscreen, and avoiding alcohol.
Treatments include laser, topical creams and lemon juice.
- Acne occurs when the oil glands of the skin become plugged.
- It is more common in people with oily skin.
- Acne occurs in adolescents and young adults.
- In acne there are blackheads (the plugs found in blocked-off oil glands), whiteheads (pimples), or red bumps on the face, neck, and shoulders.
- Blemishes caused by hormones, cellular debris, possibly diet.

How Acne Begins
- Localized skin inflammation from over activity of the oil glands at the base of hair follicles.
- Oil glands continuously produce and secrete oil through pores.
- Bacteria “feasts” on this oil, multiply and cause inflammation.
- Depending on the depth of the inflammation either a pustule, pimple or cyst will form on the skin surface.

Clogged Pores
- Oil and dead skin cells accumulate on the skin’s surface and clog or “fill up” the skin pores and disrupt normal skin oil regulation.
- Common culprits of unwanted build up in the pores include: make up, lotions, dirt, grime and natural oils.
- Over time, this build up will cause bacteria to develop in the pores and inflammation (acne) will occur. Inflammation is the body’s natural defense against bacteria (e.x. redness surrounding an infected cut).

- Whitehead - formed by a clogged sebaceous gland, usually with a milky-white cap
- Blackhead – a black tipped plug clogging a pore of the skin
- Pimple – an inflamed (raised and colored) spot on the surface of the skin that is usually painful and filled with pus
- Cyst – a closed sac; having a distinct membrane and division on the nearby tissue. It may be contained with air, fluid or semi-solid material
Acne and Blemishes

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Acne & Blemish Treatments

- **Use Oil Free Products**
- **Apply Salicylic Acid**
- **Acne Facial**
- **Laser or Light Therapy**

Chapter 3 Test

Please click on the purple button below to take the chapter three test. Results will be emailed to you within 2 business days.