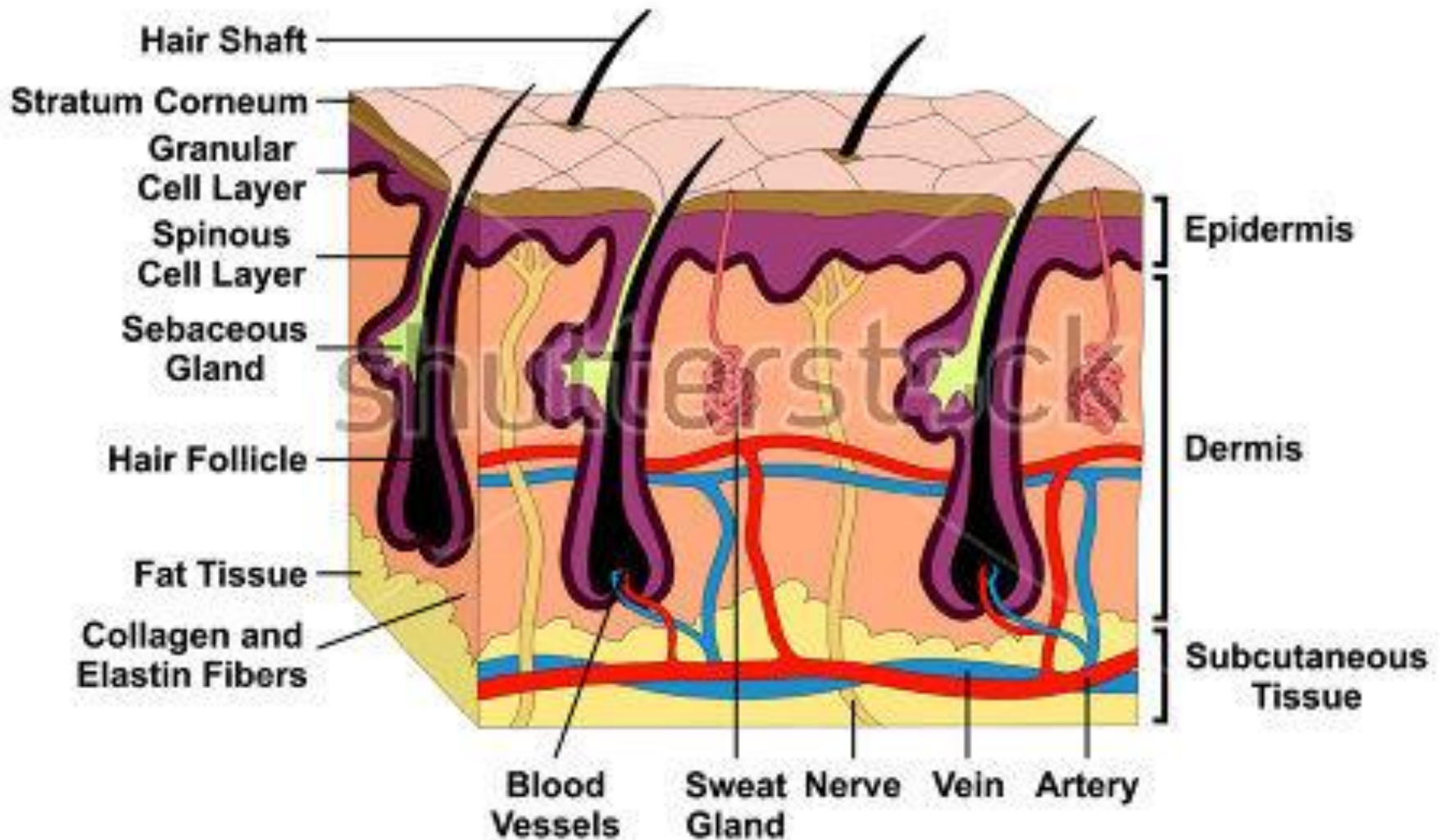


BINDU KOHLI
ASST. PROF. IN COSMETOLOGY
HMV COLLEGE
JALANDHAR

SKIN

The skin is considered the largest organ of the body and has many different functions. The skin functions in thermoregulation, protection, metabolic functions and sensation. The skin is divided into two main regions, the epidermis, and the dermis, each providing a distinct role in the overall function of the skin. The dermis is attached to an underlying hypodermis, also called subcutaneous connective tissue, which stores adipose tissue and is recognized as the superficial fascia of gross anatomy.

Human Skin Anatomy



LAYERS OF SKIN

1. **Epidermis**
2. **Dermis**
3. **Hypodermis/Subcutaneous**

EIPDERMIS

- ◉ **Stratum Corneum**
- ◉ **Stratum Lucidum**
- ◉ **Stratum Granulosum**
- ◉ **Stratum Spinosum**
- ◉ **Stratum Germinativum/Basale**

The **epidermis** is the outermost layer of our skin. Its main purpose is protection. The stratum spinosum, which helps bond skin cells together, and stratum granulosum, which produces a waxy material that aids in waterproofing the skin layers, are located between the stratum corneum and the stratum basale.

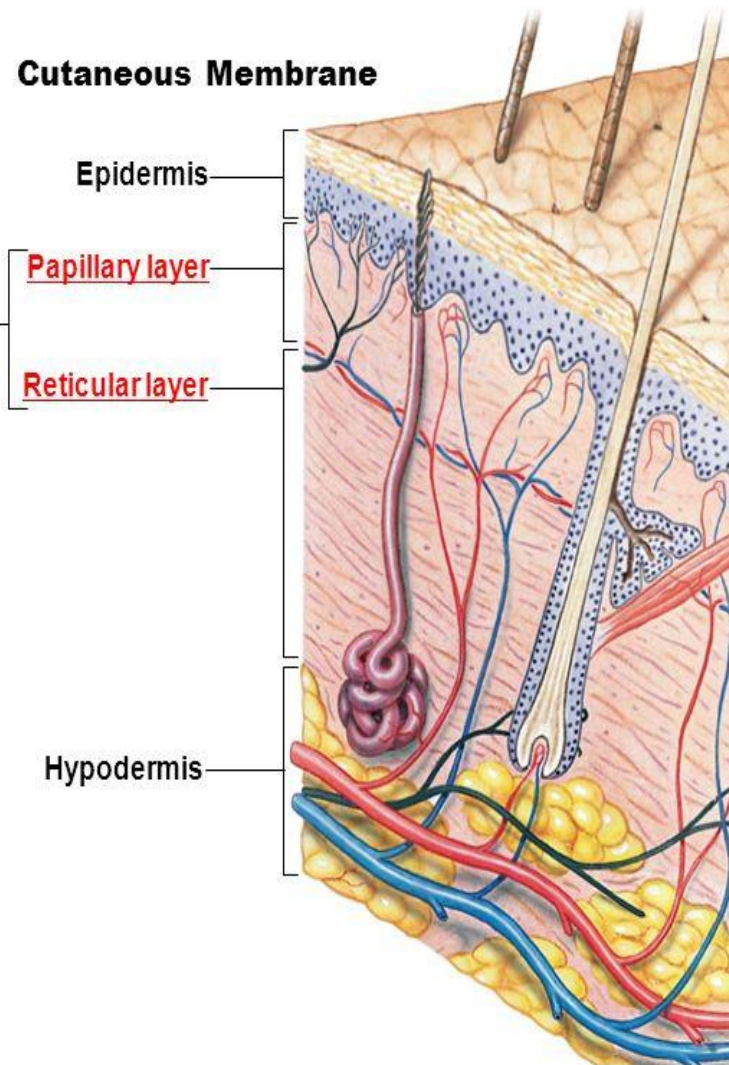
DERMIS

- **Papillary**
- **Reticular**

Dermis: The lower or inner layer of the two main layers of cells that make up the Skin. The **dermis** contains blood vessels, lymph vessels, hair follicles, and glands that produce sweat, which helps regulate body temperature, and sebum, an oily substance that helps keep the skin from drying out.

The Dermis

- Located between epidermis and subcutaneous layer
- Anchors epidermal accessory structures (hair follicles, sweat glands)
- 2 components
 1. Outer **papillary layer**
 2. Deep **reticular layer**



The upper, **Papillary** layer, contains a thin arrangement of collagen fibers. The **papillary** layer supplies nutrients to select layers of the epidermis and regulates temperature. Both of these **functions** are accomplished with a thin, extensive vascular system that operates similarly to other vascular systems in the body.

The **Reticular layer** is denser than the papillary dermis, and it strengthens the skin, providing structure and elasticity. It also supports other components of the skin, such as hair follicles, sweat glands, and sebaceous glands.

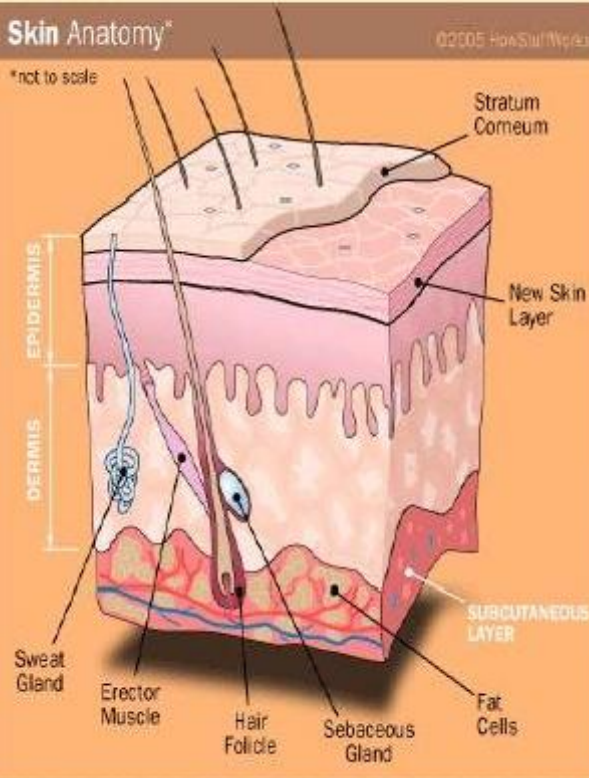
HYPODERMIS/SUBCUTANEOUS

The **hypodermis** (subcutaneous layer, or superficial fascia) lies between the dermis and underlying tissues and organs. It consists of mostly adipose tissue and is the storage site of most body fat.

Skin Anatomy*

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*not to scale



The Subcutaneous layer, which is made up of subcutaneous tissue, is the deepest layer of the skin and consists mainly of fat cells known as adipose. These fat cells act as shock absorbers and protect the body from mechanical trauma. They also work as heat insulators and help to keep body temperatures stable.

The loss of this layer causes facial sagging and the formation of the deep wrinkles especially associated with old age.

An over developed subcutaneous layer leads to obesity but on the other end of the scale, wasting of the subcutaneous layer will cause skin wrinkling, sagging and premature aging.

You need your skin to be padded with sufficient fat pads in the subcutaneous layer to keep it plumped up and young looking.

SUBCUTANEOUS EXPLAINED

MAINTANENANCE OF SKIN

Skin care is the range of practices that support skin integrity, enhance its appearance and relieve skin conditions. They can include nutrition, avoidance of excessive sun exposure and appropriate use of emollients. Practices that enhance appearance include the use of cosmetics, exfoliation, fillers, microdermabrasion, peels. Skin care is a routine daily procedure in many settings, such as skin that is either too dry or too moist, and prevention of dermatitis and prevention of skin injuries.