

## THE SKIN.



The skin is an organ constituted by different tissues whose function is to cover the human body, to assure the protection to the organism and to allow relations with the external world. One can define healthy a skin in which one find, in every age, normal characteristics and a harmony of all the vital processes. Continuing in the reading you will find all the answers on the skin's unaestheticisms and on the treatments to find a remedy for them. You will understand the difference among the various types of skin: dry skin, oily skin, combination skin and couperose and hypersensitive skin to recognize your

skin type and to use the suitable treatments and products.



The cutaneous total surface in the adult, though varying according to size, age and sex of an individual, it around 1,5 -1,8 square meters. The skin thickness is different in the various areas of the human body and the average thickness in the adult is 1,5 - 2mm. on the palm of the hands and on the plant of the foot while it reaches 4 mms. in the scalp. The skin is the heaviest organ of the whole human body. On its surface there are furrows, folds and prominences (transitory ones, such the goose pimples or permanent as the interpapillar crests) and their appearance varies according to different factors, such as elasticity, adhesion of the skin to the locomotor apparatus and the arrangement of the cutaneous appendages, that is hair and fingernails.

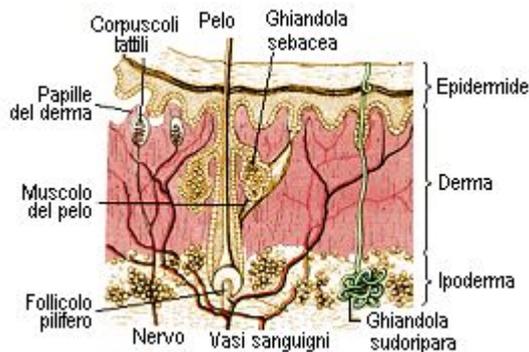


The latter are closely connected to the skin, together they constitute an anatomical functional entity. On the skin there are also orifices, some of which are visible to the naked eye (as for example the follicular ostium) and other ones are not visible (as that corresponding to the exit hole of the sudoriparous gland, called porus

sudoriferus). Externally the skin has some proliferations, that are the product of keratinization in the fingernails, in the hair.

The colour of the skin comes from various components: the red component, that is due to the blood circulating in the undercutaneous area; the grey component, connected with the keratin structure of the epidermal corneous layer and the black component, having a more or less dark tone, due to the presence of melanin.

## Structure of the skin.



The skin is made up of 3 types of tissue:

- Epidermis;
- Dermis;
- Hypoderm.

- **EPIDERMIS** is the part of the skin which is directly in touch with the outside, and it has primarily a protective function.

- **DERMIS** is under the epidermis with which it has a close connection, since it sustains, nourishes it and it houses the epidermal appendices, that is to say the glands and the hair. The dermis is around 2-3 mms thick and it is constituted by two parts: papillar and reticular; while the first one, that is made up of papillas and of the sub-papillar layer has a very active metabolic life for its proximity to the epidermis, the second one can be considered as a support. The dermis is made up of: collagen, that makes the skin strong, elastin, that makes it elastic and the fundamental substance, formed by mucus-polisaccharides that has a cementing function.

In the dermis there are blood vessels, innervations and cutaneous appendages, that is the sudoriparous glands, hair follicles, hair, the sebaceous glands and the muscle of the hair. In the dermis there is a network of lymphatic vessels going towards the subcutaneous layer or hypodermis. The epidermis and the dermis are united through the dermic papillas, conic prolongations of connective tissue that extend to penetrate the epidermis from the dermis. The blood capillaries reaches the apex of the papillas and constitute the source of nourishment for the epidermis that is not vascularized. The superficial layout of the skin is related to the disposition and thickness of the connective tissues of the dermis and this gives origin to a precise papillar disposition. This pattern is so typical that is used for the identification of an individual by means of the digital imprint.

- **HYPODERM** It is a tissue that is situated under the dermis, mainly made up of fat. The function of this tissue is that of pad, of insulator and it is a reserve of calories for periods of fast. The hypoderm is richly innervated and vascularized. The structure and the development of the hypoderm depends on the areas of the body, on age, sex and nutrition and on subjective hormonal influences. As one gets on with years there is a depletion of the adipose tissue, which makes the skin flabby and wrinkled.