

SKIN TYPES.



The skin is in contact with the environment and it is subjected to different actions that can determine modifications on the skin, altering its normal functionality and its aspect. Besides the intervention of the external environment, other endogenous factors intervene in the determination of the various skin types. The structural and secretive modifications the skin is subjected to are at the level of the cutaneous tissues or apparatuses, in the dermis, in the epidermis and in the circulatory system, at the level of the sudoriparous and

sebaceous glands; furthermore they concern the papillar area and its possible flattening, the increased fragility of the subdermic capillaries, an excessive development of the corneous layer and melanogenetic anomalies.

The main skin types are: **(a)** Dry Skin; **(b)** Oily Skin; **(c)** Mixed Skin; **(d)** Couperose and Hypersensitive Skin.

DRY SKIN. The skin can be dry either for lack of water, and therefore dehydrated, or for a scarce production of sebum and in this case it is defined alipic skin. These two conditions can manifest together in the same skin. When the skin is generally dehydrated it has a wrinkled aspect, it is thin, easy to the cracks and flaws and when it is pressed presents small ripples, this being a characteristic of tissues poor in water. It is a rather fragile skin, to be cleansed softly in order to avoid the sense of stretching that too strong substances could provoke; besides it must be moisturized in an appropriate way, with products containing those substances that compose the natural moisturizing factor as amino acids, sodic piroglutamate, sodic lactate, urea and sugars, that are generally scarce in this skin type. In the alipic skin the lipidic layer, having the function of protecting the skin is insufficient or it is completely absent, therefore it is particularly sensitive to the external agents. Outwardly it is opaque, thin, delicate and it easily gets red. On this skin type one should intervene with a sebum-restitutive treatment based on unsaturated fat acids, triglycerides and similar substances.

OILY SKIN. It presents itself with the characteristic shiny aspect and it is greasy to the touch. The sebum is rich in can be flowing, with dilated follicular ducts, or it can be waxy and stagnant in the follicle, with comedones, and this is the case of asphyxiated skin preceding the acne. This situation is often associated to an abundant horny layer, therefore the skin is also hyperkeratotic. It is quite easy to diagnose oily skin, just for its lucidity and greasiness, for the dilated follicles giving it the characteristic aspect defined orange peel, but it is not easy to solve the problem because it is often connected to an excessive sebaceous secretion, and this involves a preliminary intervention at a general level.



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The cosmetic intervention is based on the use of balancing preparations, products aimed to limit the secretions externally, such as astringents, and other sebum-balancing products. The asphyxiated skin, characteristic of the teenager, is given by the combination of a modification at a secretive and at a structural level: in fact it presents itself with an sebaceous hyper-secretion of ceroid type invading the follicle and with an hyperkeratosis of the horny layer. On this skin type there are present horny plugs, and comedones, besides the sebum accumulation deposited in the follicular sacks prevents the normal cutaneous lubrication and makes this skin type particularly sensitive to infections, rather thick and dry. Acne often manifests itself on this skin type. The oily asphyxiated skin needs emollient, sebum-normalizing products, and hygienic and cleansing interventions.

COMBINATION SKIN. Generally a person does not present either a dry or a oily skin, but he/she can easily have oilier areas and drier areas. Around the nose, on the forehead, on the chin or where there is a greater presence of glands, the skin shows the characteristics of the oily type; while on the cheeks, on the face contour, around the eyes, where the number of the glands is smaller, the skin is dry. It is the percentage of dry areas and oily areas that makes one skin tending to the dry, oily or mixed type.

COUPEROSE OR HYPERSENSITIVE SKIN. The skin with couperose manifests itself with erithrosis and with teleangectasie , that is to say with the expansion of the under-cutaneous capillaries which are enfeebled and form a thick purplish net, externally visible, especially on the cheeks. This situation generally manifests itself in emotional subjects, prone to blush (that can be transitory, with sudden blushes, or prolonged in time, with an eritrosi) and suffering from capillary fragility. Couperose is present on thin, dry and delicate, rather sensitive, irritable, reactive and allergic skin. This aesthetical damage gets worse in case of temperature sudden changes, exposure to ultraviolet rays and of too violent massages; it is necessary to intervene on couperose with protective treatments and with vasal astringent substances. These skin's characteristics should be possibly underlined by means of a careful visual examination, carried out with a good illumination at a close distance and, subsequently, also using magnifying lens. One should evaluate the complexion, the thickness, eventually helping oneself with some small pressures. This initial examination allows us to collect a series of data that help to get the final skin evaluation. If there are more evident dermatologic problems, it is always necessary to consult a dermatologist.

IMPORTANT NOTES. It can happen that in an organism one can find different skin types (hands with dry skin, skin of the swollen and oily skin on knees, etc. etc.). Every skin type will therefore have well defined characteristics generated by a combination of numerous internal factors leading to deep modifications of the structure both in the quality and quantity of the secretions, as well as in the water content.



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Before passing to the examination of the characteristic needs of every skin type, one should remember the three fundamental rules that help any type of complexion to keep healthy and young:

- a regular cleansing;
- a correct moisturizing;
- a suitable protection from the atmospheric agents.

Now we are better able to give a more precise and clear description and denomination of the various skin types: the bigger or smaller sebum secretion produced by the sebaceous glands determines the greasiness or the so-called "dry skin" effect.

The skin type varies according to the subject and it is affected by:

- Age,
- Type of nutrition,
- Normal life style,
- Environmental factors,
- Nervous and hormonal system,
- Time of day
- As well as by many other factors which have been well analyzed and studied by our staff of researchers, allowing the formulation of specific and aimed products belonging to the cosmetic line " **Arcadia** ."

Generally is common to speak of predominantly oily or dry skins.