

# Skin Structure and Anatomy

It is not important to remember all of the technical names but you must understand the basic skin structure.

The skin is approximately 64% water and is made up of 3 main layers:-

## Epidermis

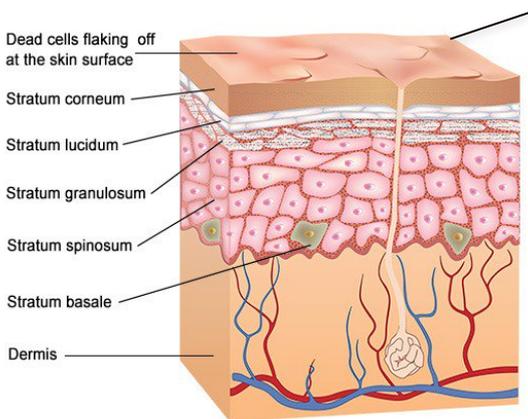
The Epidermis is the surface of the skin and is made up of 5 layers. The bottom 2 layers contain living cells and the top 3 layers are beginning to die and shed as they get towards the surface (shedding is known as desquamation). Exfoliation assists in preventing the build-up of dead skin cells.

## Dermis

This is the main part of the skin where blood and lymph vessels, nerves and sweat glands, sebaceous glands and hair follicles are situated.

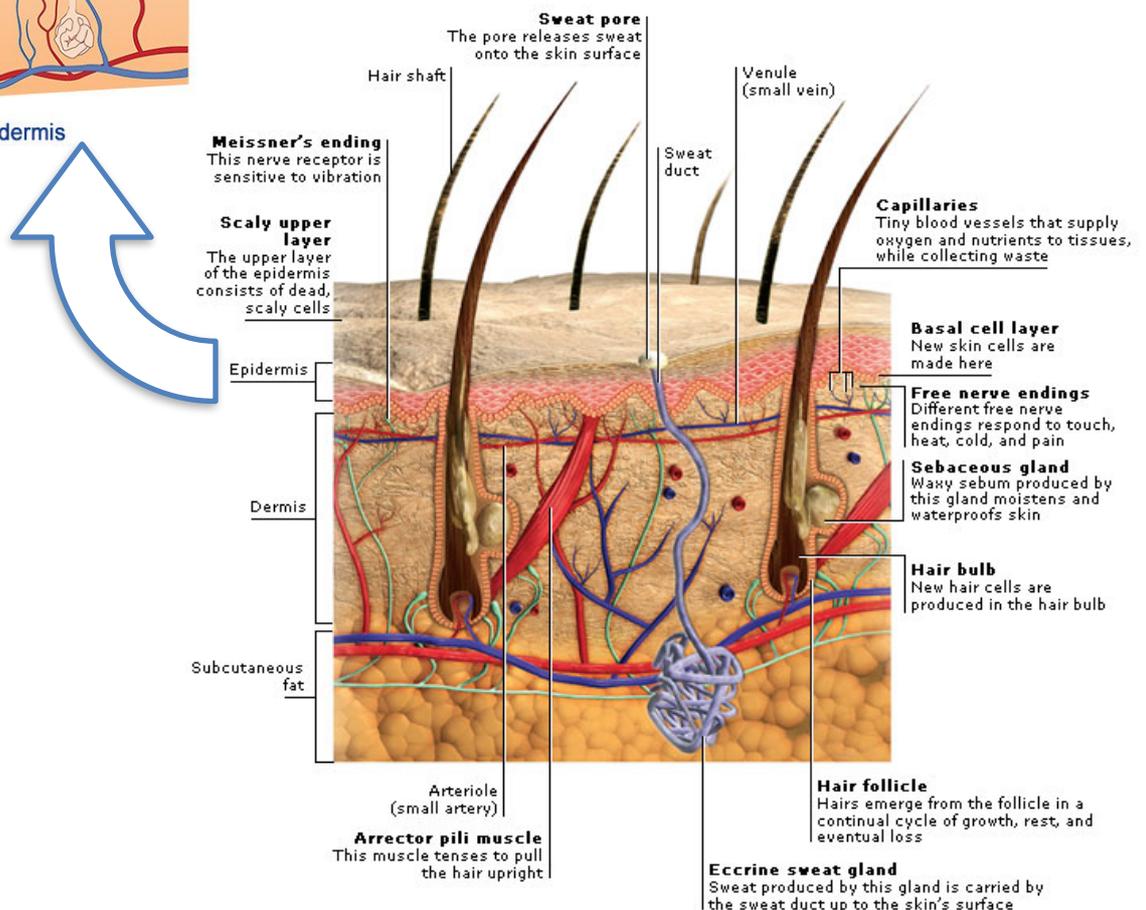
## Subcutaneous Fat

This layer is the very base of your skin and is comprised of fat cells called adipose tissue. This is where fat is stored.



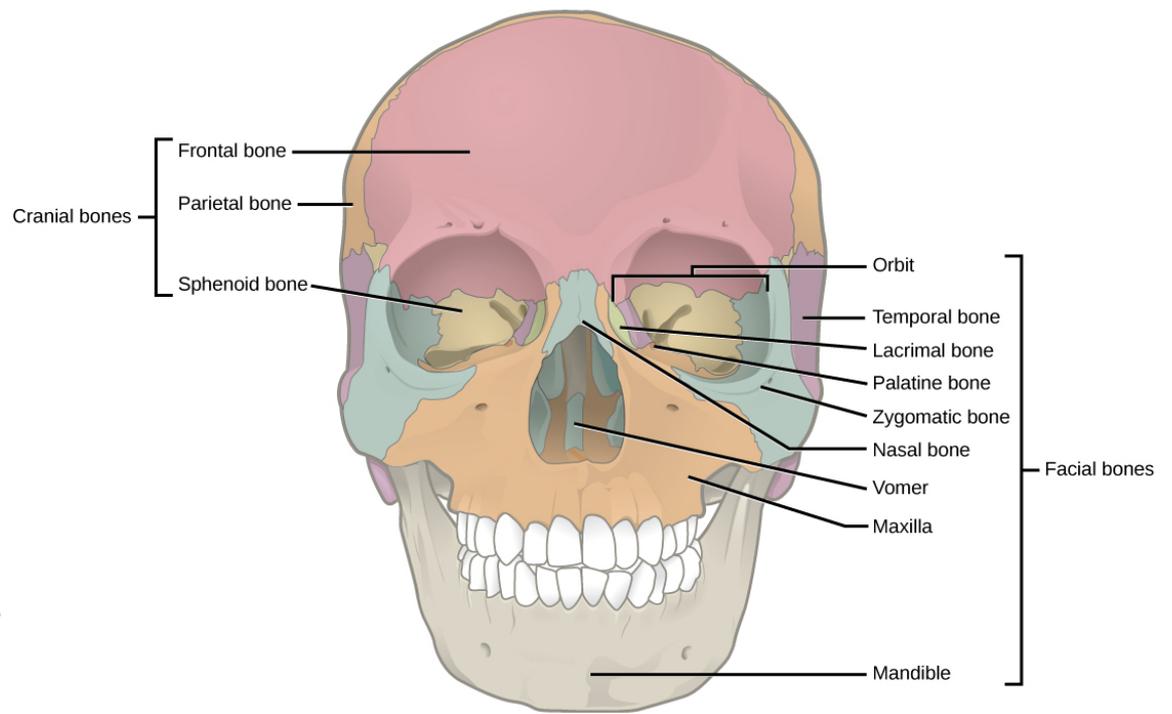
Anatomy of the Epidermis

The skin has a natural acid mantle (also known as the pH layer which is usually pH 4.5 - 5.5) which protects your skin from the harmful rays of the sun. This is removed during the microdermabrasion treatment and can take up to 3 days to renew itself. SPF 30 must be worn for at least 7 days after the treatment to ensure the skin is not damaged between treatments.

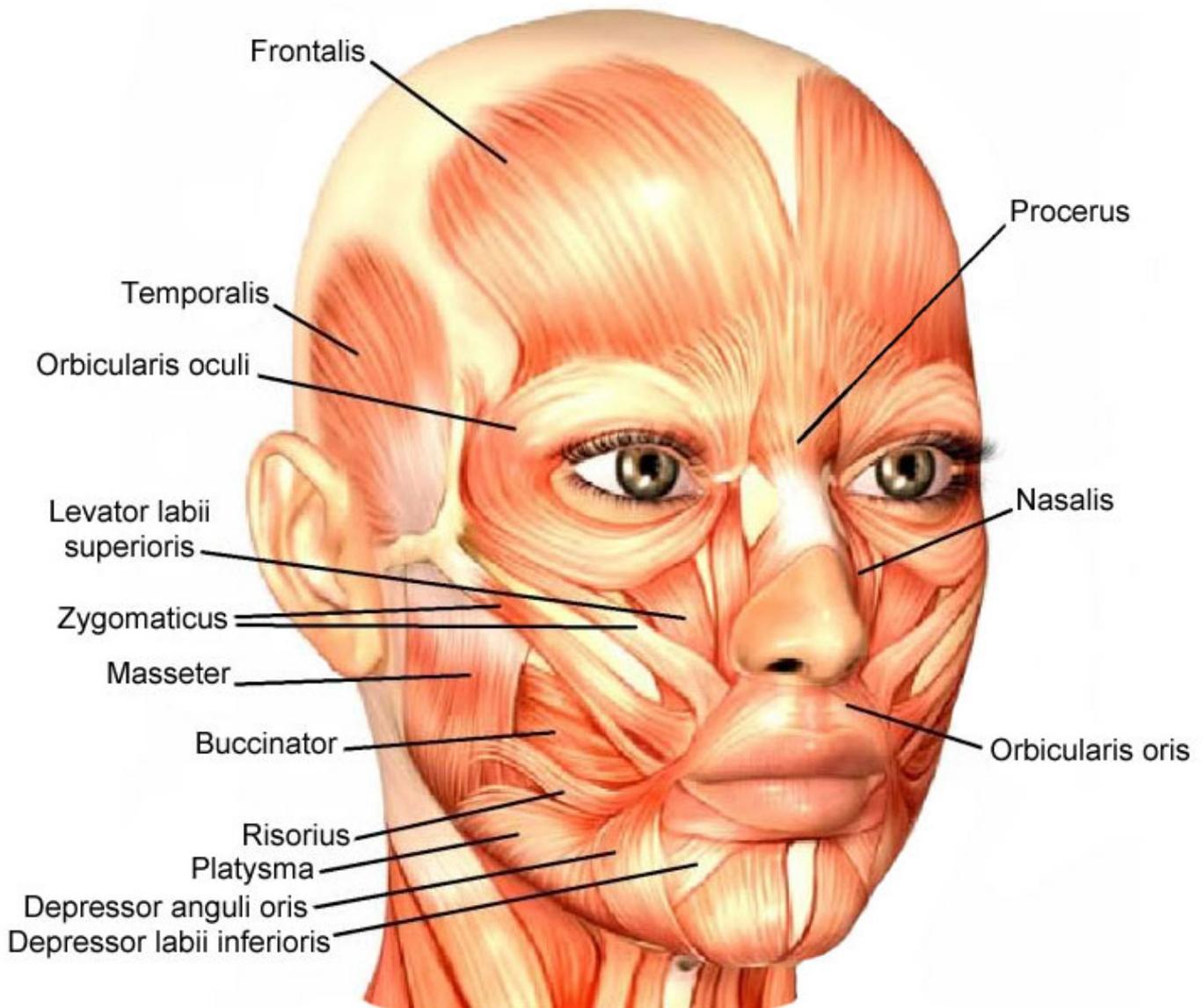


# Facial Structure

## Bones



## Muscles



# Lymphatic system of the face

The Lymphatic system plays a big role in your immune system. It acts as the first line of defence against bacteria, infection and disease. It is a network of vessels and nodes that transports lymph fluid around the body. It has no heart of its own to pump the lymph fluid around your body and therefore relies on stimulation from movement and massage. Lymph fluid contains antibodies and lymphocytes, which are good, as well as the bad bacteria. Lymphatic drainage is important for correct bodily function and to fight against infection.

Being aware of the lymph nodes in the face can help provide a more effective treatment by helping the toxins drain from the skin helping the skin to heal faster.

