



*"It is not the things we get,
but the hearts we touch,
that will measure our
success in life"*

Anonymous

WONDERFUL, HEALTHY SKIN

Super Skin Facts and Figures

The skin is more than a convenient layer separating you from the outside world. The skin is our largest organ, with a range of functions that support our survival. Let's remind ourselves how amazing the skin's structure is. As the body's largest organ, if spread out it would cover about 2 square meters, it is approximately 0.5mm thick around the eyes to 6mm thick or more on the soles of the feet, and weighs anything from 2.75 to 4 kilograms.

This wonderful organ is waterproof, washable and 'like wax paper, it holds everything in without dripping'. Art Linkletter

It acts as a temperature regulator, a major route for the elimination of toxins, produces vitamin D and, given the right nutrients, has the incredible capacity to heal itself and act as an efficient defender against trauma, infection and invasion.

Finally, if the eyes are the windows to our soul, the skin is definitely the barometer of our inner health.

The Complexion

When we look at our reflections in the mirror, the first thing we usually see is the condition of our skin.

Our general complexion - commonly judged by the skin on our face and cheeks - is the most visual indicator of our overall health. When the mind and body are in a state of balance, or homeostasis, we have a natural capacity for self-regulation and repair.

The ability to maintain this equilibrium can be overwhelmed when placed under strain, either emotionally or physically, resulting in greater demands being placed upon the 'whole' and so affecting the balance of the other parts. For example, long-term emotional tension can result in chronic physical fatigue. A stressful lifestyle, lack of sleep and a diet low in the essential vitamins and minerals will eventually show in a person's complexion.

It is therefore essential to address the 'whole person' when looking at the skin and using this knowledge to advise your clients authoritatively. In my experience, a person's greatest loyalty has been realised when they have received both an understanding and an empathy of their 'unspoken self' simply by interpreting their skin.

Once you study the skin in detail, you'll begin to see how magnificent but highly complicated it is.

Skin Structure

~ The top and bottom of it ~

Holding in mind the importance of the skin, it is worth reminding ourselves that the body's largest organ is not an unstructured bundle of cells but a complicated structure. The skin consists of two layers: the epidermis on the outside and the dermis on the inside.

The main function of the epidermis is to offer protection against the outside elements through a tough barrier, whilst the dermis is a thick, soft cushion of connective tissue that lies directly