

Table of Contents

How to Get the Most From This Book	xx
Step one: Get familiar with all the chapters	xx
Step two: Start at the beginning	xx
Step three: Organize your information	xxi
Step four: Set up a plan to read	xxi
Step five: How to master the subject	xxi

Chapter 1. An Introduction to Skin

More than a barrier.....	2
Stratum corneum — the key	3
The making of a corneocyte.....	3
Stem cells of the epidermis.....	4
The proliferate phase.....	4
Terminal differentiation and keratin formation.....	5
Making keratin fibers—weavers and spinners.....	5
Holding the cells together—the desmosome.....	5
Structure of the desmosome.....	6
Final phase—the corneocyte.....	7
The stratum corneum and prevention of infection.....	8
The stratum corneum as immune system component	8
Stratum corneum pH and barrier function	8
Antiporter proteins.....	9
How pH affects the skin.....	9
Keratinocyte—soldier on the perimeter	9
What estheticians should know about skin permeation.....	10
Basics of skin penetration.....	10
The need to dissolve in the stratum corneum.....	11
Factors involved in penetration	11
The face and penetration	11
The face and skin sensitivity	12

Chapter 2. Surface Anatomy

Anatomical planes.....	14.
Directions on the body	14
Group One: Front to back	14
Group Two: Sides and ends	14
Group Three: Long and short distance group	17
Group Four: In and out group.....	17
A few more essential terms	17
Surface anatomy of the head	20

Major markers of the head.....	20
The mouth and the facial muscles	21
The deep group, jaw movers or chewing muscles.....	25
Mouth movers or muscles of expression.....	25
The eye and forehead group of expression	28
The blood vessels and nerves of the face	28
The main group of facial nerves	30
The neck.....	33
The chest or thorax	36
Muscles of the chest.....	36
The breasts.....	40
The back or posterior thorax.....	44
The abdomen	44
The extremities	45
The hands	45
The foot	49

Chapter 3. Anatomy of the Skin

Origin of the skin.....	56
The dermis	60
Components of the dermis	61
Blood vessels of the skin.....	61
The cutaneous nerves	63
Sensory nerves of the skin	64
The Sensors	64
Free nerve terminals	64
Hair follicle endings.....	64
Hederiform endings	64
Meissner's corpuscles	64
Pacinian corpuscles	64
Mucocutaneous corpuscles	69
Pilo-ruffini corpuscles	69
Motor nerves of the skin	69
The skin appendages.....	69
The hair follicle.....	70
The hair structure.....	71
The hair growth cycle.....	71
Types of hair	71
Stem cells and hair growth	71
The sebaceous glands.....	72
The sweat glands.....	73
The apocrine gland.....	73
Eccrine gland.....	73

Chapter 4. An Introduction to Biochemistry

Basic chemistry	76
General chemistry	76
The building blocks — the gases.....	77
Oxygen.....	77
Hydrogen.....	77
Nitrogen.....	77
Chemistry of matter in a nutshell —or bare bone basics	78
A note on electron shells and orbitals	78
Molecules and chemical compounds —how chemicals bond.....	79
The ionic bond.....	79
The covalent bond	79
Water. water everywhere —polarity and solubility	80
Why water is a good solvent	81

Ionization and pH — the concept of acids and bases	81
Acids and bases	81
Bodily fluids and pH	82
Basics of organic chemistry	82
The alkanes.....	82
Alkenes.....	83
Alkynes	83
Alcohols.....	83
Benzene	85
Naming benzene-based molecules.....	85
Ketones, aldehydes and carboxylic acids	85
Ketones.....	85
Naming ketones and aldehydes.....	85
Carboxyl groups	86
Amines	86
Naming amines.....	86
Basic concepts in biochemistry	86
Proteins — incredibly versatile building blocks	87
Proteins.....	87
The amino acids.....	87
The peptide bond and protein structure	88
The making of cellular proteins	90
Secondary structure of proteins	91
The alpha helix	91
The beta pleat	91
The tertiary structures of proteins	91
Quaternary structure	91
General classification of proteins	91
A structural protein — keratin	92
Carbohydrate chemistry	92
Simple carbohydrates.....	92
Disaccharides	92
Polysaccharides.....	94
Complex carbohydrate molecules.....	94
Lipid Chemistry	95
The structure of lipids.....	96
Naming fatty acids	96
The cis/trans concept in fatty acid	97
Triglycerides.....	97
Complex lipids made from triglycerides.....	98
Phospholipids	98
Sphingolipids	98
Ceramides.....	98
Cholesterol.....	98
Steroids	99
Formation of the steroid hormones	99
Progesterone.....	99
Glucocorticoids	99
Mineralcorticoids.....	99
Androgens.....	100
Estrogens.....	100
An introduction to endocrinology.....	101
The testes and testosterone	102
The ovaries and estrogen	102
Pituitary gland	102
Antidiuretic hormone (ADH).....	103
Oxytocin.....	103
Hypothalamus.....	103
Pineal gland	103
Thyroid gland	104

Parathyroid glands	104
Adrenal Glands	104
Adrenal medulla	105
Adrenal cortex	105
Pancreas	105
Thymus.....	106

Chapter 5. The Biology of the Cell

Why study cell biology?	108
Overview of the cell	109
Size	109
Genomic composition and length	109
Cell wall	109
The eukaryotes	110
Nucleus	110
Ribosomes	110
Mitochondria	110
Endoplasmic reticulum.....	112
Golgi apparatus.....	112
Lysosome.....	112
The cell membrane	112
Membrane structure and function	112
The fluid mosaic model	113
Cell membrane components.....	114
The concept of domains	115
Glycoproteins.....	115
Cell communication.....	116
Cell surface receptors	116
Channel-linked receptors	117
Catalytic receptors	117
G-protein-linked receptors	117
Growth factor receptors.....	118
Examples of growth factor ligands	118
Practical application	118
Signal transduction via G-proteins	118
Cytoplasmic signal transduction	120
The signaling cascades	121
The ion channel receptor	122
Passive channels.....	122
Voltage-gated channels	122
Chemically gated channels	122
The cytoplasm	123
Glycolysis–the anaerobic metabolism of sugar	123
Constituents of the cytoplasm	124
The cytoskeleton.....	124
Actin filaments.....	124
Intermediate filaments.....	125
Microtubules.....	125
The centrosome.....	126
Metaphase	126
Anaphase.....	126
Centrioles.....	126
The organelles	127
Endoplasmic reticulum (ER system).....	127
Ribosomes	127
Protein synthesis.....	127
Golgi apparatus.....	127
Lysosomes.....	128
Peroxisomes.....	129

The mitochondria.....	129
Production of energy by mitochondria.....	129
Citric acid cycle	129
The respiratory chain	130

Chapter 6. Molecular Biology. Immunology and the Cytokines

The nucleus	134
Chromatin	135
Chromatin proteins.....	135
The chromosome	135
DNA and the genetic code	135
Deoxyribose—the sugar	135
Phosphate groups	136
Nitrogen bases.....	136
The nucleotides—how they link up	137
DNA replication	138
The DNA code	138
Codons, introns and exons	139
Exons	139
Transcription and translation of DNA.....	140
Transcription.....	140
Translation	141
Tools needed for translation.....	141
Ribosomes.....	143
The genetic code	144
Introduction to immunology.....	144
Brief outline of the immune system.....	144
Cellular basis of immunity (the players)	145
The myeloid cells	146
Granulocytes.....	146
Neutrophils.....	146
Eosinophils.....	146
Basophils and mast cells.	148
Mast cells	149
Monocytes.....	149
Lymphoid cells	149
The T-cell.....	149
Histocompatibility complex	151
The CD4+ T lymphocytes in infection	151
Macrophage activation.....	152
NK-cells	152
The B-cell and antibodies	153
Antigen-specific receptors	153
What they have in common	153
The CD8+ T-cell	153
The CD4+ T-cell (T helper cell).....	153
Immunoglobulin classes.....	154
Practical immunology for the esthetician.....	155
Type I—immediate hypersensitivity.....	155
Type II—cytotoxic hypersensitivity	156
Type III—immune-complex hypersensitivity.....	156
Type IV—delayed hypersensitivity.....	156
Autoimmune diseases.....	157
Family history and genetics	157
Age	158
Sex.....	158
Ethnicity.....	158
Three autoimmune disorders discussed	158

Hashimoto's thyroiditis	158
Systemic lupus erythematosus (SLE).....	158
Introduction to cytokines	159
History and overview of cytokines	159
Sorting out cell receptors, growth factors, hormones and cytokines	161
Cell-surface receptors.....	161
G-protein-coupled receptors	161
Ion-channel receptors	161
Tyrosine kinase-linked receptors	161
Receptors with intrinsic enzymatic activity.....	161
Growth factors.....	161
Hormones and cytokines	162
Classification of cytokines and growth factors.....	162
Some major growth factors.....	162
Important cytokines	164
The interferons	164
Tumor necrosis factors.....	164
Anatomy and biochemistry of inflammation	165
The inflammatory process.....	165
Five basic signs and symptoms of inflammation.....	165
Phase one—the injury	166
Phase two—the vascular phase.....	166
Acute cellular response	167
Chronic cellular response.....	168
Soluble mediators of inflammation	168
How cytokines fit into the inflammatory response	168
Cytokines involved in acute inflammation	169
Basics of wound healing.....	170
First stages of repair	170
Mechanisms of tissue repair	171
Cell division	171
Molecular events in repair	173

Chapter 7. Essential Skin Physiology

Keratin and the keratinocyte	178
The keratinocyte.....	178
Keratin structure	179
How keratinocytes are joined together	180
Tight junctions	181
Adherens junctions	181
Gap junctions	181
Desmosomes.....	181
Barrier functions.....	183
The lamellar bodies	183
Epidermal kinetics, or how the skin maintains itself	184
Cell cycle completion times for various types of tissues.....	185
Factors influencing cellular proliferation	186
The melanocyte	187
Melanin chemistry: the dark pathway	187
Melanocyte physiology and color control.....	187
Tanning and melanogenesis.....	189
Skin lightening and skin lightening agents	189
Skin lightening agents.....	189
Langerhans cell	191
Other immune substances found in skin	192
Lymphokines.....	192
Interferons (IF)	192
How the Langerhans cell works in the skin.....	192

The Fibroblast— a protein synthesis factory	193
Collagen and its synthesis	193
Collagen in the intercellular space.....	194
Elastin: the youth molecule.....	194
Glycosaminoglycans— the ground substance.....	195
Hyaluronic acid	196
Dermatan sulfate (chondroitin sulfate B).....	196
Heparin.....	197
Blood and fluid dynamics	197
Blood pressure.....	199
Venous blood pressure	199
Resistance.....	199
Blood vessel radius	1 99
Peripheral resistance and control mechanisms.....	199
Capillary exchange mechanism	201
Skin's sensory system.....	202
Pressure and skin care	202
Pressure used in esthetics	203
Temperature and skin	203
Heat.....	203
Some thermal properties of tissues	203
Skin temperature	203
Types of heat transfer	204
Metabolic reactions.....	204
Vascular effects.....	204
Neuromuscular and connective tissue effects	205

Chapter 8. Introduction to the Pathology of Skin Disorders

Inflammation: the cornerstone of pathology.....	208
The complement system.....	209
Brief overview of the complement system.....	210
The classical pathway	210
The alternate pathway	210
The lectin pathway.....	211
Other immunological systems and factors	211
Prostaglandins and the arachidonic acid cascade	212
Inflammatory disorders of the skin.....	214
Seborrheic dermatitis	214
Eczema.....	214
Bacterial infections	214
Common bacteria on the skin	215
Pathogenicity of bacteria	215
Cocci	215
Gram-negative infections (infections caused by bacilli)	216
Mechanisms of viral infection of the skin.....	218
Common viral diseases of the skin.....	218
Herpes viruses.....	218
Papoviruses.....	219
Retroviruses.....	219
Fungal diseases of the skin.....	220
Yeasts	222
Arthropod-related disease	222
Arachnids.....	222
Ticks	222
Mites.....	222
Insecta	224
Allergic contact dermatitis.....	224
Step 1: The inception phase.....	224
Step 2: The elicitation phase.....	225

Acne.....	225
Altered keratinization	226
Lipid abnormalities.....	226
Bacterial action.....	226
Hormones.....	226
Drug-induced acne.....	226
Halogen-induced acne.....	227
Tropical acne.....	227
Acne conglobata.....	227
Rosacea	227

Chapter 9. Principles of Diagnosis

Common lesions.....	229
Flat lesions.....	229
Elevated or raised lesion.....	229
Depressed lesions	230
Moles and nevi	230
Anatomical sites of common disorders	230
A method of examination and history-taking	234
The Lesion	234
General history of the illness or condition	234
System review.....	234
Past medical history	235
Family history.....	235
Social history	235
The examination.....	235
Simple diagnostic tools	236
Sebacious gland disorders.....	236
Hyperproliferative disorders	236
Eczematous dermatitis.....	237
Disorders of the sweat glands	238
Disorders of pigmentation	238
Other skin disorders	240
Serious and life-threatening diseases.....	240
Skin manifestation of systemic disease	241
Malignant neoplasia.....	241

Chapter 10. Aging Mechanisms and Treatment

Aging Mechanisms and Treatment	244
Molecular and genetic theories.....	244
Genetic control theory	244
Errors and repairs (catastrophic)theory.....	245
Telomerase theory of aging.....	245
Cellular theories	245
Free radical theory	245
Cross-linkage theory.....	246
"Wear and tear" theory	247
System level theories	247
Neuroendocrine theory.....	247
Immune theory of aging.....	247
Mechanisms of aging.....	247
Senescence: damaged cells, or just wearing out?.....	248
Treating the aging human inside and outside	248
Aging skin	249
First phase of aging (10–20).....	249
Second phase of aging (21–35).....	249
Third phase of aging (36–50).....	250
Fourth phase of aging (51–65).....	250
Fifth phase of aging (66 and older)	251

Treatment of aging skin.....	252
First phase of aging (10–20 years).....	253
Second phase of aging (21–35).....	254
Third phase of aging (36–50).....	254
Fourth and fifth phases of aging (50–65+).....	256
Global changes in menopause and aging.....	257
Vitamin A — myth and magic.....	258
Best forms of vitamin A.....	258
What vitamin A does.....	259
Vitamin A in the skin.....	259
Retinol in skin care.....	259
Vitamin C (ascorbic acid).....	260
Chemistry.....	260
Biochemistry of ascorbic acid.....	261
Oxidation and hydroxylation reactions ¹³	261
Collagen synthesis.....	261
Hormone synthesis: neurotransmitters.....	262
Formation of carnitine.....	262
Bile formation.....	262
Detoxification and bactericidal activities.....	262
Inhibition of nitrosamines.....	263
Vitamin C and phagocytosis.....	263
Electron transport function.....	263
Antioxidant activity.....	263
Folic acid and glutathione.....	263
Preventing lipid peroxidation.....	264
Reactions with tocopherol.....	264
Prooxidant activity.....	264
Molecular theories and the genetic connection.....	245
Cellular theories.....	245
System level theories.....	245
For the present, just be aware of research into senescent—look for it in current literature, both lay and scientific.....	248
Specific recommendations for clients at 10–20 years.....	252

Chapter 11. Referral Options—When and How

Related professions.....	266
Referring clients.....	266
Professional letter-writing and records.....	267
Referring to a dermatologist.....	267
Conditions of hands and feet.....	268
Referring to a plastic surgeon.....	268
Selecting a physician.....	268
Credentials.....	269
Cosmetic and reconstructive surgery: trends and procedures.....	269
Cosmetic plastic surgery.....	270
Reconstructive surgery.....	270
The face lift.....	270
Rhinoplasty.....	271
Breast surgery.....	271
Laser surgery.....	273
Filling agents.....	274
Microdroplet silicone.....	274
Zyderm collagen implant (ZCI).....	274
Fibril.....	275
Fat transfer.....	275
Cosmetic denervation.....	275
Side effects.....	276
Limitations.....	276
Referral to estheticians.....	276

The problem client	276
Final note	277
Suggestions for projecting a professional image.....	277

Chapter 12. Pre- and Post-operative Care

Fundamentals of wound healing.....	280
Stage 1: Inflammation (also called the vascular stage)	280
Stage 2: The re-epithelization phase	283
Stage 3: Granulation tissue formation.....	283
Stage 4: Wound contraction	284
Stage 5: Wound remodeling.....	284
Factors that influence wound healing	284
Sterile technique.....	285
Skin microbiology relative to wound infection	285
Sources of infections	286
Onset and appearance of wound infections	286
Reducing wound infections in elective surgery.....	286
Principles of sterile technique.....	286
Preparing a sterile-field table	287
Pre-operative care of cosmetic surgery patients	287
Mammoplasty.....	289
Pre-operative care	289
Post-operative care.....	290
Direct wound care	291
Face lift (rhytidectomy)	291
Dressings	292
Rhinoplasty (nose job)	292
Pre-operative care	292
Post-operative care.....	292
Dermabrasion	292
Pre-operative care	292
Retin-A application instructions	293
Post-operative care.....	293
Possible complications.....	294
Chemical Peels.....	295
Pre-operative care	295
Post-operative care.....	296
Complications of facial peels	296
Camouflage makeup — principles.....	296
Application	297
A note on colors.....	297

Chapter 13. Exfoliation and Peels

By Alexandra J. Zani, Medical esthetician

History	301
TCA	301
AHAs.....	301
Combining AHAs and other agents	301
Modern innovations in peels	301
The aging process.....	302
Intrinsic aging	302
Extrinsic aging.....	302
Methods of skin correction	302
Medical.....	302
Lifestyle.....	303
Total program.....	303
Classification systems	303
Fitzpatrick Classification scale.....	303

Peeling agents	305
Terminology	305
Mechanism of action.....	305
Self-neutralizing vs. neutralizing peels	306
Toxicity	306
Accelerating the natural migration process.....	306
Depth classification.....	306
Histological alterations.....	307
Results	307
Wound healing.....	308
Wood's light.....	308
Pigmentation	309
Post-inflammatory hyperpigmentation	310
Melasma	310
Photodamage.....	310
Tinea capitis.....	310
Erythrasma	310
Acne	3 1
Tinea versicolor.....	311
Candidate selection	311
Indications	311
Contraindications.....	311
Weighing the choices.....	311
Sun damaged skin.....	311
Acne vulgaris	311
Pigmentation abnormalities.....	311
Regular superficial peels.....	312
Fitzpatrick skin type	312
Degree of actinic damage and photoaging	312
Sebaceous gland activity.....	312
Smoking.....	312
Herpes simplex	312
Expectations and considerations	313
Skin analysis for choosing exfoliating agents.....	313
Enzymes	313
Alpha hydroxy acids.....	319
Products.....	320
Client preparation	320
Cleansing.....	320
Analysis	320
Exfoliation.....	320
Extractions	320
Correct	320
Mask	320
Protect	320
Time.....	322
Products and supplies	322
Client preparation	322
Cleansing.....	322
Analysis	322
Skin preparation.....	322
Application of AHA peel	322
Extractions	322
Mask	322
Protect	322
Salicylic acid.....	323
Time.....	325
Products and supplies	325
Client preparation	325
Cleansing.....	325
Preparation	325
Salicylic acid application (skin must be thoroughly dry before applying).....	325

Protect	325
Home care instructions:	325
Time.....	326
Patch test—Apply solution to inside of forearm or on side of jaw neck area.	326
Products & supplies.....	326
Client preparation	326
Cleansing and preparation	326
Of	326
Jessner's application—gradual method (esthetician).....	326
Jessner's application—more aggressive (needs advanced training)	326
Complete	326
Post-care.....	327
Jessner's peel	327
Trichloroacetic acid	328
Phenol peel	329
Microdermabrasion	329
Indications	330
Precautions.....	330
Time.....	333
Products and supplies	333
Client preparation	333
Part I: Cleansing	333
Part II: Preparation.....	333
Part III: Treatment	333
Part IV: Correct.....	333
Part V: Complete.....	333
Follow-up.....	333
Pre-treatment client instructions.....	334
Post-treatment	334
Laser resurfacing.....	334

Chapter 14. Fragrance, Essential Oils and Herbal Actives

A short history of fragrance	338
Chemistry of the essential oils.....	339
Basic olfactory physiology	342
The olfactory bulb, the brain and neurotransmitters.....	343
Observations on olfactory cortical output.....	344
Psychophysics of olfaction	345
Smoking.....	345
Male versus female	346
Effect of age	346
Odor intensity	346
Odor fatigue.....	346
The trigeminal influence	346
Anatomy of a fragrance	346
The nose knows	346
The science of plant and flower essences.....	347
A system of classification	348
The calming family	348
The energizing family.....	348
The fortifying group.....	349
The corrective group	349
The use of essential oils	349

Chapter 15. Skin Care and Plants—A Natural Choice

By Brian Lamb, MCCA, Scotland's longest practicing herbalist

Folklore and wounds	353
The living pharmacy	353
Acids.....	354

Polyphenols	354
Carbohydrates.....	354
Glycosides	355
Amino acids.....	355
Alkaloids.....	355
Resins and oleoresins.	355
Using natural products in skin care.....	356
Actions and indications	357
Natural choices	357
Basic preparations.....	357
Aloe (Aloe vera).....	358
Bladderwrack (Fucus vesiculosus).....	358
Carrot (Daucus carota).....	358
Cucumber (Cucumis sativus).....	358
Daisy (Bellis perennis).....	358
Gotu cola (Centella asiatica).....	359
Red grape vine (Vitis vinifera).....	359
Grapefruit (Citrus decumana).....	359
Horse chestnut (Aesculus hippocastanum).....	359
Horsetail (Equisetum arvense).....	359
Which title goes here??.....	359
Lady's Mantle (Alchemilla vulgaris).....	360
Lemon (Citrus medicus limonum).....	360
Mallow (Malva sylvestris).....	360
Marigold (Calendula officinalis).....	361
Pineapple (Ananas sativus).....	361
Rooibos (Aspalathus linearis).....	362
Tea, Oolong (Camellia sinensis).....	362
Witch Hazel (Hamamelis virginiana).....	362
Use nature's pharmacy with confidence	362

Chapter 16. Cosmetic Chemistry

Physical forms of products.....	364
Emulsions and surfactants	365
Classification of emulsifiers	365
Effects of surfactants on skin.....	366
The active ingredients.....	366
Auxiliary ingredients.....	366
Moisturizers	366
Emollients	368
Essential oils.....	368
Humectants.....	368
Composing a moisturizer.....	368
Oil-in-water emulsions.....	369
Water-in-oil emulsion	370
Designing anti-aging creams.....	370
The product concept	370
The product ingredients	371
Choosing active ingredients	371
Moisturizers and emollients	372
Emulsifier Selection.....	372
Fragrance and preservation	372
Stability.....	372
Safety.....	373
Allergy testing and hypoallergenic products	373
Examining skin care and makeup products	374
Designing skin care and makeup products.....	375
Moisturizers and cleansing creams	375
Toners, astringents and skin fresheners.....	376
Bath products.....	376
Bath oils.....	377

Depilatories	378
Epilating by waxing	378
Chemical depilation	379
Sunscreens and tanning	379
Sunscreens	380
Skin lighteners	381
Safely depigmenting skin	382
Masks and packs	382
Different mask systems.....	383
Color cosmetics for skin care.....	383
Facial powders.....	384
Pressed powders	385
Liquid foundation.....	385
Stick foundations.....	385
Lipsticks.....	386
Eye makeup.....	386
How to read a cosmetic product label	387
Appendix A. Enzymes and Enzyme Activity	390
Prosthetic groups	390
Enzymes are catalysts	390
Lock and key model	390
Induced fit (hand and glove) model	391
Types of enzymes	391
The proteases	392
How these enzymes work	392
Bibliography.....	394
Greek (G) and Latin (L) Roots of Scientific Words.....	398
Glossary of Scientific Words	401
Index.....	436