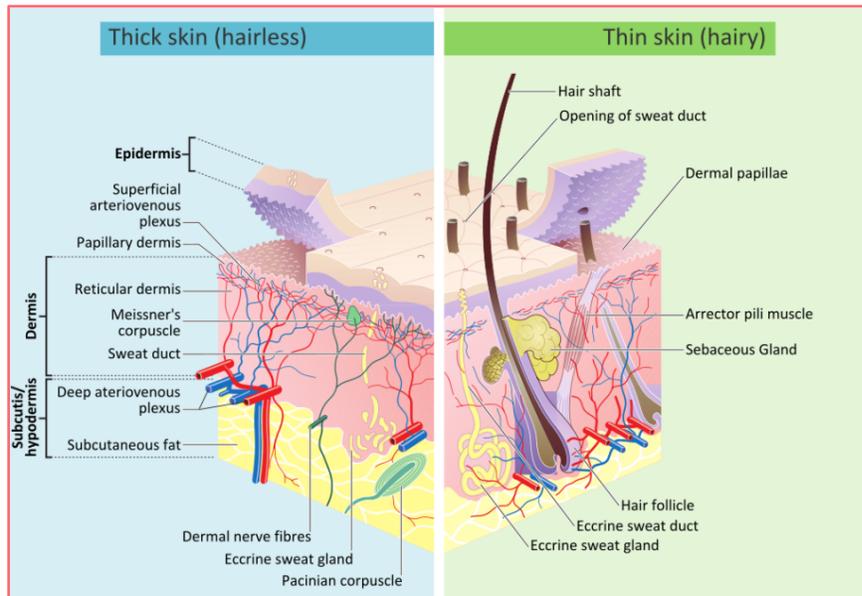




Caring for Your Skin, Layer by Layer (1 of 4)



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Caring for Your Skin, Layer by Layer (2 of 4)

The skin is a complex organ, made up of three main layers—the **epidermis**, **dermis** and **subcutis**--with many more sub-layers, each of which performs a different function and requires specific nutrients and care to work optimally.

The **epidermis** is the skin's outermost layer, and contains 5 sub-layers. It's the body's protective shield; the layer most susceptible to the effects of harsh synthetic chemicals, alcohol, preservatives, and dyes that can irritate, inflame, and disrupt its delicate acid mantle and lipid function.

To nourish & protect the epidermis:

- Focus on a gentle, noninvasive, 'do no harm' approach by avoiding products and practices that compromise the skin's immune and barrier functions.
- Use enzymes, instead of scrubs or harsh acids, to gently exfoliate without disrupting and stripping the skin's acid mantle or microbiome.
- Drink adequate amounts of water and apply nutrient-rich plant-based carrier oils that fortify the layers of the epidermis, feed the microbiome, seal in hydration, and support the skin's barrier function.



Caring for Your Skin, Layer by Layer (3 of 4)

The **dermis** lies directly beneath the epidermis and above the subcutis. The dermis is comprised of blood, lymph vessels, nerves, the main structures of the sebaceous glands, which produce sebum—the skin’s lubricating natural oil, and sudoriferous glands, which produce detoxifying sweat. The dermis is a powerhouse of skin activity: blood is circulated, nutrients are exchanged, skin cells are created, and collagen and elastin are formed.

To nourish & protect the dermis:

- Prevent thinning of the skin with a diet of anti-inflammatory, nourishing foods. It’s critical to feed skin from the inside, with essential nutrients derived from a balanced diet loaded with vitamins, minerals, amino acids, antioxidants, and essential fatty acids.
- Support healthy circulation. Increased circulation to the skin allows nutrients from foods the ability to reach the deep layers of the skin and repair DNA damage.
- Support optimal utilization of nutrients with healthy digestion. Focus on adequate hydration, prebiotics, probiotics, and fiber—and avoiding processed foods that contain chemicals and preservatives.

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Caring for Your Skin, Layer by Layer (4 of 4)

The **subcutis**, also known as the hypodermis, adipose, or subcutaneous fat layer, lies directly underneath the dermis. Its main role is to provide cushion, insulation, and protection to the internal organs and systems of the body; but the subcutis also plays an important part in skin health, as it serves as an anchor between the outer layers of the skin and the underlying tissues.

To nourish & protect the subcutis:

- Stimulate the subcutis through regular physical activity, or via the aid of lymphatic drainage massage, acupressure, acupuncture, or deep tissue massage.
- Eat a balanced diet rich in foods that support healthy digestion and detoxification to prevent built-up toxins in the subcutis.
- Choose non-toxic skincare, personal care, and household cleaning products to avoid the introduction of new toxins into the body via the skin.
- Soak in a bath consisting of detoxifying herbs like dandelion, nettles, and burdock, as well as mineral-rich salts, and regularly dry brush the skin.

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Skin layer image on card (1 of 4) https://upload.wikimedia.org/wikipedia/commons/e/e1/Skin_layers.svg