

What you need to know about the skin:
<https://youtu.be/d-IJhAWrsm0>



The skin: Task 1

COMPLETE THE EXERCISE

WRITE THE NAMES OF THE DIFFERENT PARTS OF
THE SKIN IN THE BOXES

SKIN AND BLEMISHES

- ✓ Blemishes occur when this balance of wellness is altered
- ✓ **Blemish** = small and temporary **flaw**
- ✓ Skin blemishes affect the beauty of the skin



BLEMISH= inestetismo, macchia

FLAW= imperfezione

THE MAIN FOUR COMMON SKIN BLEMISHES:



DEHYDRATION



IMPURITY



SENSITIVITY



LACK OF LIPIDS

DEHYDRATION=disidratazione

IMPURITY=impurità

SENSITIVITY=sensibilità

LACK OF LIPIDS=alipia

DEHYDRATION

- **DEHYDRATION** IS THE PROBLEM OF NOT HAVING ENOUGH WATER IN THE STATUM CORNEUM
- WE NEED TO USE **MOISTURIZING** COSMETIC PRODUCTS TO SOLVE THE PROBLEM
- THERE ARE A LOT OF NATURAL INGREDIENTS WITH A **MOISTURIZING** EFFECT SUCH AS COLLAGEN, **HYALURONIC ACID** AND N.M.F. (natural moisturizing factor).

MOISTURIZING=idratante

HYALURONIC ACID=acido Jaluronico

DEHYDRATED SKIN APPEARANCE:

TO THE NAKED EYE:

- **Dull, greyish**
- Increased fine lines
- Xerosis

NORMAL SKIN

TACTILE SKIN ANALYSIS:

- relaxed
- **rough** skin surface
- loss of firmness

DEHYDRATED SKIN

DULL=opaco
GREYSH=grigiastro
ROUGH=ruvido

HYALURONIC ACID

- **HYALURONIC ACID** IS A NATURAL STRUCTURAL COMPONENT OF THE SKIN, AND, IT IS PRESENT IN CONNECTIVE TISSUE THROUGHOUT THE HUMAN BODY.
- THE MAGIC OF THIS INGREDIENT LIES IN ITS ABILITY TO RETAIN **MOISTURE**; IT'S CONSIDERED TO HAVE A GREATER CAPACITY TO HOLD **MOISTURE** THAN ANY OTHER NATURAL OR SYNTHETIC POLYMER. IN FACT, ONE GRAM OF **HYALURONIC ACID** IS ABLE TO HOLD UP TO SIX LITERS OF WATER!

Task 2

Gap fill:

Complete the text with the missing words

Task 3

- Write the translation of the verb in the box

PROFESSIONAL HYDRATING
TREATMENT WITH HYALURONIC
ACID

SKIN PREPARATION

- Remove the make up with an **eye make up remover** .
- Cleanse and tone the face, neck and neckline with the cleansing **milk** and **refreshing lotion** most suitable for the skin type.
- Exfoliate with an **Exfoliating mask** or a **Scrub** depending on the skin type.

BALANCE

- If the blackhead extraction is performed, once finished, apply 8 ml of **Equilibrium Cream** on the face and neck and make a compress with tissues using the **refreshing lotion** most suitable for the skin type. Leave for 10 minutes.
- If the blackhead extraction is not performed, apply 5 ml of **Equilibrium Cream** on the face and neck and massage until complete absorption.

THE SERUM:

Intense efficiency

STEP [1]

Apply the contents of a vial and massage the **SERUM** on the face, neck and neckline until complete absorption.

THE CREAM:

STEP [2]

Using a brush, apply 8-10 ml of **CREAM** on the neckline, neck and face and carry out a modelling massage.

THE MASK:

STEP [3]

Using a brush, apply 20 ml of **MASK** on the face and neck.

Leave on for 15/20 minutes.

Rinse the mask off.

THE CREAM:

STEP [4]

Complete the treatment by applying the **CREAM** on the rest of the face.

Task 4

PROCEDURE:

PUT THE SLIDES IN THE CORRECT ORDER

Task 5

Glossary for specific words:

Find these words written in **bold** on the slides.