

SKIN CARE AND COSMETIC GLOSSARY

Acne: A skin condition characterized by the excess production of oil from sebaceous glands in which the pores become blocked with dead skin cells.

Acne Rosacea: A chronic skin disorder which results from chronic inflammation of the cheeks, nose, chin, forehead, and/or eyelids. Often associated with increased redness or acne-like eruptions in these locations of the face.

Acne scar: Scars due to severe acne. They can range from deep pits to scars that are angular or wavelike in appearance.

Age spots: Small flat pigmented spots that are most often seen on areas of the body that have been exposed to the sun over a period of years. Age spots usually occur after the age of 40 and are common on the face, hands, and arms.

Alpha Hydroxy Acids (AHA): Acids derived from fruit and milk sugars and used in certain creams and lotions. Alpha Hydroxy Acids are believed to reduce spots, wrinkles, and other signs of aging, sun-damaged skin.

Azelaic acid: A naturally occurring substance found on normal skin that can be used in skin care products to treat mild acne.

Benzoyl peroxide: An antibacterial medication used to combat the bacteria that aggravates acne.

Beta hydroxy acid: An oil-soluble exfoliant derived from fruit and milk sugars that is commonly found in skin-care products. Beta hydroxy acid is used to treat wrinkles, blackheads, and photoaging. Salicylic acid is an example of a beta hydroxy acid.

Botox® Cosmetic (Botulinum Toxin Type A): A purified protein produced by the clostridium botulinum bacteria, which reduces the activity of muscles that can cause frown lines.

Collagen: The major structural proteins in the skin that give the skin its strength and resilience

Crows feet: The fine lines found around the eyes, caused by muscles that attach to the skin. They can be made worse by sun exposure; however, smoking also contributes to their formation.

Dermabrasion: A procedure performed with a special instrument to smooth the skin's surface. The procedure removes the upper layers of skin and improve irregularities in the skin surface, such as acne scars or chicken pox marks.

Dermal Filler: A substance injected into the skin to restore volume to the skin and smooth out facial wrinkles.

Dermis: The middle layer of the skin, the dermis is a complex combination of blood vessels, hair follicles, and sebaceous (oil) glands. Here, you'll find collagen and elastin. The dermis is also where wrinkles occur.

Epidermis: The outer layer of the skin. The epidermis is also the thinnest layer, responsible for protecting you from the harsh environment. The epidermis is made up of five layers of its own: stratum germinativum, stratum spinosum, stratum granulosum, stratum lucidum, and stratum corneum.

Exfoliate: To remove the top layer of skin. Chemical peels and dermabrasion are examples of methods in which the skin is exfoliated.

Fitzpatrick Skin Types: A scale that divides skin into six different types.

TYPE I: Highly sun-sensitive, always burns, never tans.

Example: Very pale Caucasian, freckles, or Albino

TYPE II: Very sun-sensitive, burns easily, tans minimally.

Example: Fair-skinned Caucasian

TYPE III: Sun-sensitive skin, sometimes burns, slowly tans to light brown.

Example: Darker Caucasian, European mix

TYPE IV: Minimally sun-sensitive, rarely burns, always tans to moderate brown.

Example: Mediterranean, European, Asian, Hispanic, Native American

TYPE V: Sun-insensitive skin, rarely burns, tans well.

Example: Hispanic, Afro-American, Middle Eastern

TYPE VI: Sun-insensitive, never burns, deeply pigmented.

Example: Afro-American, African, Middle Eastern

Folds: Ridges or edges that appear to form when a layer bends back upon itself.

Glabellar Creases (Lines): Creases in the forehead between the brows. Also called "frown lines."

Hypodermis: The fatty layer of skin, home of sweat glands and fat and collagen cells.

The hypodermis is responsible for conserving your body's heat and protecting your vital inner organs.

Hyperpigmentation: A skin condition in which there is excessive pigmentation, often seen as dark spots on the skin such as café-au-lait spots.

Hypertrophic scar: A raised and red scar, similar to a keloid scar, but different in that it stays within the boundaries of the injury site.

Hypopigmentation: A skin condition in which there is a lack of pigmentation.

Keloid scar: A type of scar that continues to grow beyond what is needed at the site of an injury. This type of scar is caused by too much collagen forming while the skin is being repaired. The tendency to develop keloid scars is genetic.

Keratin: The fibrous structural protein in your skin, hair, and nails

Laser: A device that concentrates high amounts of energy into a beam of radiation.

Laugh Lines: A loss of volume in fatty tissue between the mouth and cheeks that creates lines or ridges.

Lipid: Oily substances that include fats, waxes, and oils. Primary ingredients of sebum. Free fatty acids can be irritating to the skin.

Marionette Lines: Lines going down from either side of the mouth. Also known as "oral commissures."

Melanin: Dark brown or black pigment of the skin.

Melanocyte: Skin cells that synthesize melanin pigment.

Melasma: A condition in which pigmentation of the cheeks of the face darkens into tan or brown patches. This condition occurs in half of all women during pregnancy.

Micropigmentation: A form of tattooing commonly used to apply permanent makeup by injecting iron oxide pigment into the middle layer of your skin (dermis).

Photoaging: The changes that occur to the skin due to exposure to the sun. This includes wrinkles and age spots.

Port-wine stain: A type of hemangioma characterized by a mark on the skin that resembles the rich red color of port wine. Port-wine stains are caused by an abnormal concentration of capillaries. This type of birthmark is also referred to as nevus flammeus.

Restylane®: A dermal filler that restores volume to the skin, giving a smoother, more youthful appearance.

Retinol: A derivative of Vitamin A commonly found in many skin care creams

Rosacea: A skin disease of unknown causes that causes an array of symptoms, including redness and puffiness on several areas of the face, including cheeks and nose. Rosacea cannot be cured, but treatment should be sought since the condition can worsen over time if not treated correctly or promptly.

Salicylic acid: See beta hydroxy acid.

Sallowness: A term used to describe a yellowish color of the skin.

Sebaceous glands: The glands of the skin that emit oil into the hair follicles.

Sclerotherapy: A medical procedure used to eliminate varicose veins and "spider veins." During the procedure, an injection of a solution (generally sodium chloride) is placed directly into the vein.

Smile Lines: Lines appearing on the cheeks.

Spider vein: A widened vein that can be seen through the surface of the skin. These are generally smaller and closer to the skin than varicose veins.

Stratum corneum: The outermost layer of the epidermis.

Subcutaneous: A term referring to below the skin.

Sun protection factor: Commonly seen on suntan ingredients as SPF, the sun protection factor is the amount of the protection a suntan product provides. The higher the SPF, the greater the protection.

Telangiectasia: Dilated superficial blood vessels, especially of the upper reticular dermal plexus.

Tretinoin: A prescription drug related to vitamin A, used to treat acne and other skin disorders.

Varicose vein: Enlarged veins found near the surface of the skin. They often look like cords and appear twisted and bulging.

Vermillion Border: The line around the lips, area where the red or pink lip border meets the skin.

Vitiligo: A condition in which smooth white patches appear on the skin due to a loss of pigment-producing cells

Worry Lines: The horizontal lines that appear in the forehead, also referred to as "brow lines."

Wrinkles: A ridge on the skin caused by age, fatigue, or other reasons.