



FACIAL

Anatomy & Physiology

WORK PACK

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KNOWLEDGE

Understand facial structures and functions



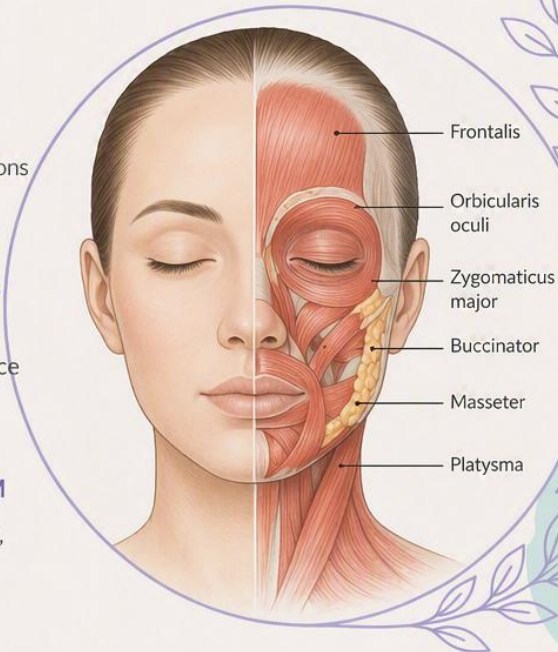
PRACTICAL SKILLS

Apply anatomy to safe, effective practice



PROFESSIONALISM

Support confidence, precision and care



Name: _____

Knowledge is beautiful. ♥

Anatomy And Physiology

For you to be able to competently carry out a facial treatment and understand the effects and benefits, you need to have knowledge of the anatomy and physiology of the head, face, neck and shoulders - that is relevant to the treatment.

Within this you will cover:

How the natural ageing process affects the skin.

The differences in the skin depending on the client's ethnicity.

Structure and function of the skin.

The bones of the head, neck, chest and shoulder girdle.

The position and action of the face, neck and shoulder muscles.

The composition and function of the blood.

The composition and function of the lymphatic system.

Structure of the Skin

The skin is made up of three main layers:

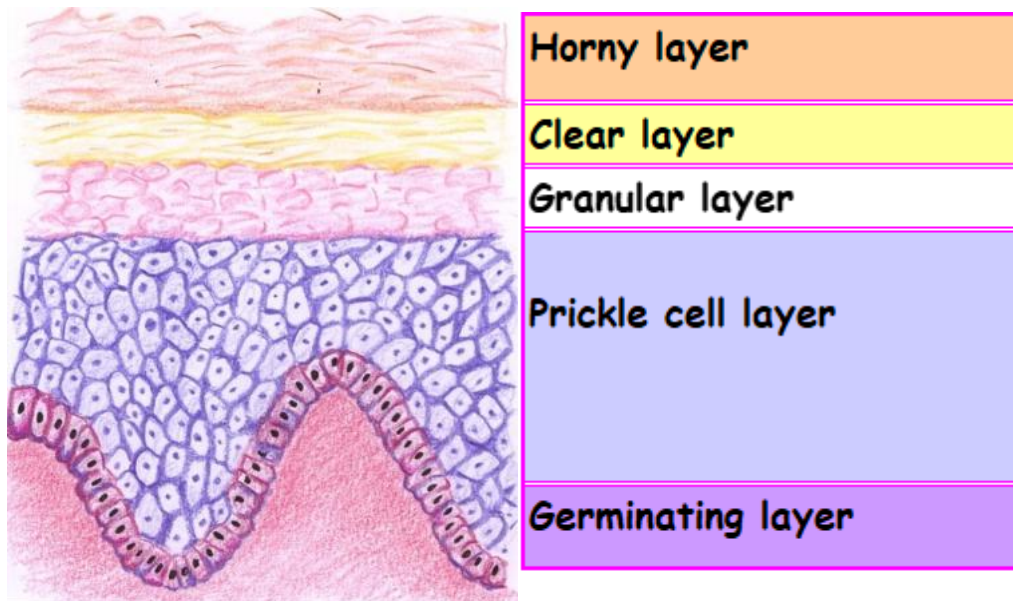
1. Epidermis
2. Dermis
3. Subcutaneous layer

1. Epidermis

This is the outermost layer of the skin (the part that you can see); it does not have a blood supply of its own and is made up of five layers:

- **Horny layer** – the outer layer of the skin, this is made up of scalelike cells that are continuously shed (corn flakes).
- **Clear layer**- this is made up of small transparent cells through which light can pass. This layer is only present in the palms of the hands and soles of the feet.
- **Granular layer** – this layer is usually 1-3 layers thick. The cells have distinct granules, and keratin is produced in this layer.

- **Prickle cell layer** – this layer is 3-6 layers thick, and the cells are constantly dividing.
- **Germinating layer** – a single basal layer of cells, which contain the pigment melanin. The epidermis cells are produced in this layer, and each has a distinct nuclei. These cells divide continuously by a process known as mitosis.



2. Dermis

This layer is often referred to as the true skin as it forms the bulk of the skin. The dermis contains two layers:

- **Papillary Layer** – lies directly under the epidermis, it is quite thin and has cone like projections called papillae. It provides nutrients and oxygen to the germinating layer of the epidermis
- **Reticular Layer** – this lies below the papillary layer and is the main portion of the dermis. Within the reticular layer are collagen and elastin fibers. **Collagen** gives the skin a plump and youthful appearance and is a white fibrous tissue made up of proteins. **Elastin** gives the skin its elastic properties and is made up of yellow elastic tissue.

Within the dermis are various other structures known as appendages.