

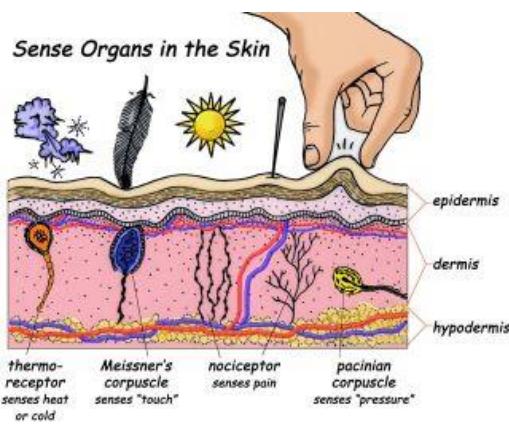
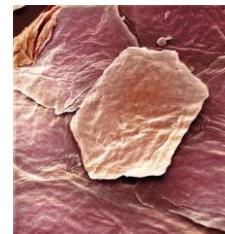
Your Amazing Skin! Fact and Fiction



NEVER let anyone convince you that achieving good skin is a superficial endeavor.....it is one of the healthiest things you can do. This month we will be going through some amazing facts about your skin and how you can help it. Plus, we'll be debunking some commonly held myths. Hopefully, you'll see the term "skin deep" in an entirely new way!

FACTS

- Skin is the largest organ of the body and it has a specialized set of functions that no other organ can perform.
- It is our outer shield to prevent infection and the first line of defense to protect our inner body.
- The skin acts as the body's thermostat, helping it cool down on warm days and prevent heat loss on cool days.
- The average adult has 21 square feet of skin and has 11 miles of blood vessels running through it to provide oxygen and blood to feed the cells.
- On average, the skin of an adult weighs about nine pounds.
- The average person has about 300 million skin cells.
- Every minute, your skin sheds about 30,000 dead cells.
- An average person sheds about nine pounds of dead skin cells in a year.
- The scientific name of skin is Cutaneous Membrane.
- Your skin is home to more than 1,000 species of bacteria; plus, around 14 different species of fungus live between your toes!



- There are four different touch receptors found in the skin responsible for the sensations of touch, pressure, texture, vibration, stretching, pain, and temperature.
- The skin on your lips is 200 times more sensitive than the fingertips.
- Some nerves in the skin do not connect directly to the brain. Instead, they connect to the muscle and send signals directly to the spinal cord. This quickens transmission

of signals more quickly to speed reaction time (think of touching a hot stove).

- Human skin is covered in stripes. They are called Blaschko's Lines and they cover the body from head to toe. We just can't see them.
- The thinnest skin is found on the eyelids and the thickest on the soles of the feet.
- Scar tissue lacks hair and sweat glands.
- The glands that produce ear wax are specialized sweat glands.
- It takes up to six months for babies to develop their permanent skin tone.



- Every hair on our skin has a small muscle attached called pili. Heightened emotional states or cold will cause the pili to contract enabling the hair to rise. This is also known as "getting goosebumps".
- Some people never develop fingerprints (Naegeli Syndrome).

- Every square inch of skin has its own stretchiness and strength designed especially for its position. The skin on the stomach is very different in strength and elasticity compared to skin on the knuckles.
- Facial massage helps stimulate fibroblasts (cells) in the skin to release collagen and helps restore elasticity.
- Your skin starts to age in your twenties!
- Cold cucumber slices applied to improve puffy eyes have been medically proven to work.
- Regular exercise may boost collagen production.



FICTION

Now for the fiction side: Here are nine common myths about your skin.

Myth #1: Chocolate and greasy food cause acne

Fact: The more likely story is a hormone surge. It increases the likelihood of a disturbance, plus it will create a craving for those foods.

Myth #2: Makeup with an SPF factor is as good as sunscreen

Fact: Makeup thickness and how it binds to the skin makes it less effective.

Myth #3: Oily skin does not need a moisturizer

Fact: Oily skin tends to become dehydrated and thus can stimulate oil glands to produce more oil in an attempt to balance the skin. The solution?

Moisture!



Myth #4: If a sunscreen says "water resistant", I do not need to re-apply

Fact: Wrong! Read the directions on the bottle.

Myth #5: One should start seeing results two weeks after trying a new skin care regimen

Fact: Look for changes after four weeks. Women will start seeing improvement around the area of the mouth and cheeks first; men, the eyes.

Myth #6: More expensive products are better

Fact: Not so. The more effective products contain a larger percentage of active ingredients. It may or may not be reflected in price. In the case of expensive lines, you may be paying for expensive packaging and advertising rather than what is inside.



Myth #7: After cleansing you want your skin to feel tight

Fact: You want your skin to feel clean, not tight. Tightness indicates that you may have stripped your skin of oil or not completely removed your cleanser.

Myth #8: You can catch poison ivy from someone else

Fact: Poison ivy and oak are contracted by touching the highly irritating sap (urushiol) of these plants.

Myth #9: You don't need sunscreen on cloudy days

Fact: Come on! This is Florida. Enough said.

Hope you enjoyed this compilation of fun and fascinating information on the miracle that is your amazing skin. Remember, if you have questions, we will do our best to give you the facts!



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