

SERVICES:

ACUPRESSURE: An ancient healing technique derived from acupuncture using pressure points to relieve pain. Therapeutic results include healing individual body parts by applying specific pressure to them. Often utilized in facials and massages in the beauty barn.

ANAPHORESIS: The use of a galvanic current machine to force liquids (i.e. water based skin care products) into the skin. This can be done from either the negative or positive pole of the machine.

AYURVEDA: Originating in India 5,000 years ago, Ayurveda is a natural healing method. It can include meditation, yoga, herbal treatments, nutritional foods, and massage therapy. In addition, it is a general philosophy which strives to achieve balance and harmony in one's life.

BOTOX: A product used in minute amounts to temporarily paralyze muscles, thus reducing or eradicating frown lines and wrinkles harmlessly. BOTOX is a trade name and stands for OnabotulinumtoxinA. Lynette Emery, Kara's sister, is a physician in Skagit county and she is who we recommend for injections. www.littlemountainlaser.com

CHEMICAL PEEL: The procedure of applying a product to the skin for removal of damaged/dead cells of the epidermis. This improves skin texture and decreases wrinkles and fine lines. The procedure is not intended to remove living tissue, only damaged or dead tissue from the stratum corneum (the skin's surface), so the term "peel" is a bit misleading. Sometimes you don't actually peel but are getting a great exfoliation.



COLLAGEN INDUCTION THERAPY – see microneedling.

CRYOTHERAPY: Using or applying cold temperatures for therapeutic purposes.

DERMAPLANING: Already an established exfoliation technique used in Asia, dermaplaning is now one of the most requested treatments in the US too. The treatment involves using a sterile, surgical-grade scalpel to carefully shave, or scrape, the top-most layer of skin and fine hairs from the face. The concept can sound terrifying, but for many it's the secret to clear, even, smooth and hair-free skin. We use a 10-gauge scalpel held at a 45-degree angle to manually exfoliate the outer layers of dead skin cells and

vellus hair [the peach fuzz that's too fine to be caught by lasers]. It's an excellent rejuvenation treatment for the skin, and really delivers a youthful, bright complexion. It can be done on any skin type, except it can't be done over active acne. There's zero truth to the idea that shaving makes hair grow back darker and coarser.



DRY BRUSHING: Brushing that is done with a dry massage brush, rough towel or glove to improve skin circulation. It is performed in a certain manner upwards beginning with the feet. The skin is slightly red afterward but it is not damaged. Moisturizers or hydrating oils are then applied. This procedure may be used prior to other treatments.



ELECTROLYSIS: Form of hair removal that is done on whites and grays after all that can be lasered is lasered. The device destroys the growth center of the hair with chemical and heat energy. After a very fine probe is inserted into the hair follicle, the hair is removed with tweezers. This is a permanent method of hair removal.



EXFOLIATION: The removal of dead skin cells. This can improve circulation at the same time and contribute to relaxation from the pressure used during the process. We do both mechanical and chemical exfoliation in the Beauty Barn.

EXTRACTION: The removal of sebum, bacteria, dead skin cells and other waste material from the skin follicles.

LASH ENHANCEMENT: Dotted tattooing along the upper and lower lash to give the appearance of eyelashes. Works amazing for people that have no lashes but don't want permanent eyeliner.

LASH LIFT: The Lash Lift is the beauty equivalent of a push-up bra for your lashes—the treatment instantly gives them, lift, separation, and extra definition without the use of extensions or any harmful chemicals.

MECHANICAL EXFOLIATION: A treatment done to rid the skin of dead cells exposing a smoother surface. It is done by using a rough hand-held item like a loofah, or a product which is abrasive and grainy. The skin is rubbed to slough off the outer dull layers. Microdermabrasion and dermaplaning are both examples of mechanical exfoliation.

MICROBLADING: Tattooed hairstrokes of the eyebrow area. Considered a permanent cosmetic procedure

MICROCURRENT: It's electric! A simple tool. Two wands, negative and positive, and electrical current running between. It creates an energy flow in your face – caffeinated feeling. Lift. Tone. Firm the skin without the knives of a facelift. The point of microcurrent isn't to erase lines in the same way fillers and Botox do. It's to tone and strengthen the muscles of the face and neck. Works on the premise of muscle memory. Microcurrent is awesome for lifting the muscle and de-puffing the face. It aids in lymph and fluid drainage – leaving a contour enhanced effect. There is a cumulative effect. This is working with the muscles of the face and neck. Hollywood plugs : Oprah endorsed ~ “the lunchtime facelift” and thought to be the key behind Jennifer Aniston's amazing skin.



MICRODERMABRASION: a procedure that exfoliates and removes the superficial layer of dry, dead skin cells. Typically the top 10-12% of the outer epidermis is removed in this process. Sounds painful but it's not. Scratchy feeling. Helps to even skin tone – whether that be from acne or sun damage - patients with fine lines, uneven pigmentation or clogged pores may benefit most from a series of microdermabrasion treatments. “Patients with melasma, a form of pigmentation caused by a combination of hormones, ultraviolet light and inflammation, risk aggravating the pigment with almost any type of irritation,” said Dr. Waldorf. “However, I find they do well with a combination of good topical care, vigilant sun protection and microdermabrasion.” The machine that I have is more effective and has a larger motor than anything that is allowed to be sold for at home use. It may leave the skin slightly red for a few hours and possibly more sensitive. A calming moisturizer and sunscreen should be applied after treatment. You do need to be sun cautious for one week after the treatment. You shouldn't expect the results of a deep chemical peel or fractionated resurfacing laser with

microdermabrasion. It is a great refresh for the skin. Works beautifully before a special event. There is result from a standalone treatment – but greater results will be achieved with a series of appointments can be done monthly.

MICRONEEDLING: a treatment that involves using a tool with super-tiny needles in the very tip, which can be adjusted between 0.5 and 2 millimeters. 0.5 millimeters is the smallest amount, which penetrates the stratum corneum, or the superficial layer of skin. Also known as collagen induction—or collagen induction therapy. Your body treats a small wound the same way as a large wound and sends fibroblasts to create more collagen in the affected area. We are basically tricking your skin into thinking it has been wounded so your body sends a rush of collagen that directions. Great for acne scarring, anti-aging, pigmentation. Because you are permanently creating a layer of collagen that otherwise wouldn't have been created – this is considered a permanent cosmetic procedure.



PERMANENT COSMETICS: Having cosmetics tattooed on permanently. Among available treatments: eyeliner, lip shading, areolas, eyebrows. The same technique can be applied to help fix skin imperfections or other scars on the body and face.

MOHS SURGERY: A surgery specifically designed for skin cancer. It is a specialized surgery involving the excision of tissue areas in a sequence, which are then examined under a microscope to determine the invasiveness and ensure the malignancy's complete removal. If you have had Mohs surgery and are looking for permanent cosmetics in the area – I need physician permission to proceed.



PHOTOTHERAPY: Using light in a way that is curative or medically healing to a condition.

POWDERED BROW: Tattooed eyebrows – non hairstroke. This works great on people who have hair – it's just very light or if you are someone that likes the brow to look like you used a powder make-up on them. More solid color throughout the brow. Can be done in combination with microblading (hairstrokes) for the fullest amount of brow look. You can do powdered brow lightly with some microblading done on top darker so the hairstrokes show.

SALIDERMABRASION: A salt/saline solution is a common, effective approach to lightening tattoos. Although it is a slower process than other treatments, this method is popular because it is safer than other tattoo removal procedures. In addition, a salt/saline solution treatment is ideal for those with darker skin tones, those with sensitive skin, and those who have had an allergic reaction to tattoo pigment. This method can lighten tattoos on any area, including around the eyes. Alternative to laser tattoo removal.

SHIRODHARA: (shiro-dar-a) is a unique, blissful therapy that balances and stabilizes the mind. Specially prepared warm herbal oil is poured in a thin steady stream directly onto the forehead and sixth *chakra*. Shirodhara purifies the mind, alleviates anxiety, reduces headaches, and expands awareness.



SKIN ANALYSIS: delving deep into your skin history so we can provide the most realistic appraisal of your entirely individual skin story. Information is gathered including a detailed questionnaire and the use of technology such as face imaging and woods lamp diagnosis. These tools enable us to present you with a comprehensive skin fitness plan and the best education that is specific and relevant to you, your skin and your overall wellness.

Your plan will include recommendations for homecare products and in-clinic care treatments such as facials, peels, Skin Needling and various other facial rejuvenation services, and may also include referrals to other skin care professionals.

An exceptional Skin Analysis will educate and inform, provide nutrition tips, motivation and more, so that you can truly feel the most connected to your skin that you've ever been! Understanding HOW your skin looks and feels the way it does means that the WHY of following your skin care plan just makes perfect sense.

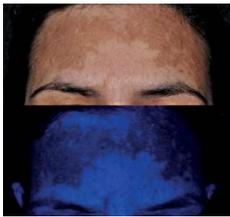
- Discuss skin goals and current health and lifestyle status
- Assess your readiness for change and how committed you are to the process
- Create and work on short and long-term goals
- Identify any barriers and problem solve strategies together

STRETCH MARKS: Skin thinning and damage caused during pregnancy or sudden weight gain. The tissue stretches and cells stop producing collagen and elastin in those areas, leaving a mark. It is usually permanent. Did you know that if you NEVER tan you can get your stretch marks tattooed to better match your skin tone?

THERMOTHERAPY: Applying heat for therapeutic purposes.

ULTRA SHAPE PRO: Type of body contouring that we offer at Little Mountain Laser. Uses ultrasound technology unlike cool sculpting to get the desired fat reduction. Works best of clients that are below 30% BMI on the stubborn pockets of fat that remain even when the rest of you is in shape.

WOOD'S LIGHT: This is UV light that is filtered through glass that is plated with nickel. It is usually hand held and used diagnostically to identify fungus and bacteria and to dissipate pigmentation spots associated with related disorders. Always a fun tool to bring out at parties. 😊



3-D AREOLA RESTORATION: tattoo which creates an areola and 3-D Nipple Restoration. This will replace the presence of one or both areola's that are missing completely or misshaped. Creating the "illusion of protrusion." This tattooing needs to be done no sooner than one-year post surgery. You can best match one breast to the other or create both areolas together by choosing size and color.



INGREDIENTS & OTHER SKIN VOCABULARY:

ALPHA HYDROXY ACIDS (AHAs): Acids which occur naturally in fruits like sugar cane and citrus, as well as in sour milk. The types of acids are: lactic, malic, citric, glycolic and pyruvic. Glycolic acid is most popular due to its small molecular structure (which helps it to penetrate the skin's surface easily). AHAs can remove and loosen cells from the surface of the skin causing it to look smoother and less wrinkled. AHAs also help the surface layers of the skin retain moisture. Use with caution, however, since prolonged use of AHAs can cause sun sensitivity.

ASCORBIC ACID: Naturally occurring vitamin C found in fruits and green vegetables. It is needed for normal metabolism, repairing tissue, and healing wounds. It is frequently used as an antioxidant on the skin to prevent damage from free radicals, in addition to being used as a preservative.

BENZOPHENONE-3: A sunscreen active in UV-B and UV-A spectrums. It is organic and is usually used in conjunction with another sunscreen to obtain an SPF above 8.

BENZOYL PEROXIDE: A drying, peeling chemical that releases oxygen and acts as an antibacterial on the skin. For acne lesions it is the preferred topical treatment. The oxygen that is released plays an important role in fighting the anaerobic bacteria that resides in the acne affected follicles. The drying and peeling effects of the peroxide treat the acne pustules (which are puss-filled) and open up the comedones (the non-inflammatory lesions such as black heads and white heads).

BETA HYDROXY ACID: Beta hydroxy acid or, simply, beta hydroxy, is an agent which is molecularly smaller than alpha hydroxy and is used for the removal of dead skin cell layers (exfoliation). It also plumps up skin like the AHAs, making fine wrinkles less noticeable. It is good for sensitive skin and acne-prone skin but may cause sensitivity to the sun.

BIOTIN: Also known as vitamin H, biotin is found in all living cells and is part of the vitamin B complex. It is involved in the conversion of fats, proteins and carbohydrates into fuel for the body.

BUTYLATED HYDROXYTOLUENE (BHT): an antioxidant used to preserve oils and keep them from turning rancid.

COLLAGEN: A natural substance found in body tissues. Normal aging of the skin causes the collagen to become less flexible. This, in turn, results in the loss of the natural ability to retain moisture in the skin's connective tissues. Cosmetically, collagen can be injected into skin to plump up targeted areas. Also we can do microneedling to get your body to create a rush of collagen by simulating a wound.

COMEDOGENIC: Having the ability to trigger non-inflammatory acne lesions (comedones). A substance or product that, when applied to the skin, increases the accumulation of dead cells in the follicles which contributes to the formation of acne. Basically – causes clogging

DIHYDROXYACETONE (DHA): A component, or agent obtained from glycerol, used in self-tanning products. Usually a sugar cane derivative, DHA reacts with amino acids creating an artificial tan that is natural looking. It affects the surface layer of the skin by oxidizing it and it is the DHA which causes skin cells to appear tanned by changing their color.

ELASTIN: A protein in charge of the elasticity of body tissues, particularly the skin. It is also used a surface protectant and alleviates dry skin in cosmetics.

ELASTICITY: The capacity of the skin or hair to stretch out (without changing or breaking) and then returning to its original state.

ESSENTIAL OILS: Extracted from certain aromatic plants (by compressing, steaming, dissolving or distilling), these oils are volatile and have physiological as well as psychological effects on the body. When used in a product, these oils have the strongest odors, flavors, or medicinal properties. I use DoTerra oils in the Beauty Barn.

FIBROBLAST: A cell that creates collagen, elastin fibers and ground substance. A cell is a fibroblast if connective tissue is developed from within it.

FITZPATRICK SKIN SCALE: Developed in 1975, the system classifies skin type according to the amount of pigment your skin has and your skin's reaction to sun exposure. This information can help predict your overall risk of sun damage and skin cancer. This classification is semi-subjective, as it was developed by interviewing people about their past sun reactions. After picking out distinct trends, the creator identified six groups. It's possible that you won't meet all of the characteristics of any one type, so you should go with the one that best describes you.

FREE RADICALS: Unstable molecules and atoms that are highly reactive and cause degenerative diseases and aging. They often result from the ozone, cigarette smoke, pesticides and herbicides, solvents, petrochemicals, drugs, UV rays, X-Rays and other foreign agents.

GLYCOLIC ACID: Diminishes the buildup of dead skin cells. Also called hydroxy acetic acid, it exists in green fruits and young plants. It is used to adjust the PH levels in products as well and is derived mostly from the juice of the sugar cane.

HYALURONIC ACID: A naturally occurring skin acid that can hold moisture many times greater than the collagen protein molecule. It binds essential moisture in skin layers, retaining it, thereby reducing fine lines caused by dryness or dehydration. Love this acid!

HYDRO-LIPID: The balance of water and oil in the skin. Loss of elasticity and irritation develop if the balance is disturbed.

IMMUNOSUPPRESSANT: A suppressor of the natural immune response of the body.

LACTIC ACID: An alpha hydroxy acid containing three carbons. The molecules in lactic acid are larger than glycolic acid and it is absorbed into the epidermis at a slower rate causing less irritation. The topical use of lactic acid results in skin with more flexibility and a smoother texture, because this acid helps cells detach from the stratum corneum's lower layers which prevents it from thickening. Lactic acid is part of the skin's natural tendency to retain water. This role is known as the NMF (natural moisturizing factor).

LIPIDS: Products contained in living systems which are water soluble; fats, for example. Lipids are what make up a cell membrane. Throughout the aging process the quantity of lipids in the body diminishes causing the skin to lose its suppleness. In general terms, lipids refer to sterols, fats and lipoids.

LYMPH: Liquid that comes from all over the body in its tissue fluids. It is gathered in the vessels of the lymphatic system and sent back to the blood by this system. Lymph is alkaline in nature and looks yellowish and transparent.

MACROBIOTICS: Focusing on longevity through means of diet, nutrition or substances that are consumed.

MALIC ACID: A glycolic acid that comes from apples and helps exfoliate and clarify skin.

MATTE: A light-absorbing surface that is dull in appearance. Great for clients that have oily skin – a matte loose powder is key to absorption of oil.

NON-COMEDOGENIC: Substances that do not promote acne. They do not clog up the pores of the skin and are also called non-occlusives. A substance that will not clog up the skin pores or cause a breakout.

PH: PH stands for the percentage of hydrogen. It is a level used to measure the amount of acid in cosmetics. A PH equal to 7.0 is said to be neutral; that is the PH of water. Anything with a PH under 7.0 is an acid; higher than 7.0 is a base. The lower a PH becomes, the higher the acidity and the higher a PH becomes the higher (or, stronger) the base. A PH that is either too high or too low can cause chemical or acid burns and irritate the skin.

RETIN-A: A form of Vitamin A used to effectively treat acne, however, may cause sensitivity to sun. May also help reduce fine lines and wrinkles.

RETINOID: A Vitamin A derived substance which can be synthetic or naturally occurring that is used for a variety of therapeutic treatments.

RETINOL: An acid made from Vitamin A. It is the main agent in Renova and Retin-A. Used to treat acne as well as wrinkles and lines in the skin. Can cause flaking at first – but skin adjusts in time. Great Dermalogica product that has this in it!

SALICYLIC ACID: The acid (found in aspirin) used as an antiseptic topically to dissolve the top skin layers. This acid can be found in wintergreen leaves, sweet birch and other plants. It is considered a beta hydroxy acid and improves skin's appearance. Its actions include the ability to exfoliate and it is also used medicinally as an antimicrobial.

SEBUM: Oil secretion from the sebaceous glands in the skin and scalp. It is a natural, thick substance that can be pale yellow. It acts to protect and provide lubrication but is also present in cases of acne in excess.

SPF: This stands for Sun Protection Factor. The higher the SPF, the greater the protection from the UV rays of the sun. The SPF is numbered according to its level of protection. It is suggestive of the amount of time you can spend in the sun without burning. An example of this is if you normally would burn in 15 minutes and you apply a sunscreen with an SPF of 10, you can subsequently stay in the sun for 150 minutes without burning. If you are going to be directly in the sun, more than to and from your car – you should have a layer of SPF on – that isn't just in your moisturizer or make-up. It's very own layer.

SUNSCREEN: A product applied topically to the skin to protect it from harmful UV rays. A broad spectrum sunscreen works best as it absorbs and blocks out UVA and UVB rays.

SUNBLOCK: A product that provides a physical barrier against UV rays, either chemically (zinc oxide, titanium dioxide) or clothing, etc. Sunblocks are less irritating to the skin than sunscreens.

SURFACTANTS: A substance used in skincare cleansers and conditioning agents. Also used as a wetting agent, emulsifier, and a foam stabilizer. It allows water and oil to mix together effectively.

TITANIUM DIOXIDE: A common ingredient in sunscreens that is non-chemical and forms a physical barrier between the sun's UV rays and the skin. It can be used by itself or in a formula with other ingredients.

TONER: A product used to balance the skin's PH levels. Usually used after cleansing. Also removes any leftover dirt or impurities. Can also be used as a mineral make-up setter.

TRF: This is a skin care complex known as Tissue Respiratory Factor. It is made up vitamins, monosaccharides and disaccharides, and amino acids. It also has phosphorus compounds and nucleotides/nucleosides. TRF substances are made when live cells are injured. They help in the healing process to rejuvenate collagen and elastin production, while helping lower layer skin cells in the regeneration process.

UNDERTONE: This is usually in reference to makeup or cosmetics and relates to the hue of a certain color group as being either neutral, warm or cool. A person's natural undertone has to do with their eye, skin and hair color and which hues compliment those colors. Foundations are frequently based on the skin's undertone.

UNIVERSAL PRECAUTIONS: The CDC's policy on bodily fluids and blood. Since these sources can carry the HIV virus, and the hepatitis B and C viruses, along with other infectious pathogens in the blood, the Center for Disease Control (CDC) has a stated, written policy on how these fluids should be handled.

VITAMIN A: A vitamin that is known as beta carotene. It is fat soluble. It has many benefits and can keep skin smooth and disease-free. It shields the mouth, nose throat and lungs' mucous membranes, reducing likelihood of infection. It guards against pollutants that are airborne and helps eyesight and night blindness. It also contributes to the making of healthy teeth and bones. On the skin it reduces photo aging and helps the skin's suppleness and elasticity, along with its moisturization levels. A Vitamin A deficiency can cause hard, dry skin.

VITAMIN A DERIVATIVES: These include the retinoids, known as: Retin-A, retinyl palmitate, retinyl linoleate, retinyl acetate, and retinol. They can help the skin immensely even reversing (along with preventing) some sun damage from UV rays. They are natural exfoliants that also strengthen the skin. Clinically they are used to treat psoriasis, cystic acne and other keratin-related diseases.

VITAMIN B: Vitamin B has a complex of 11 vitamins that work synergistically (that is they are optimal when taken together). They are considered antioxidants and regulators in various body functions. The 11 vitamins are: B1 (thiamin), B2 (riboflavin), B3 (niacin), B5 (panthenol), B6 (pyridoxine), B9 (folic acid), B12 (cyanocobalamin), biotin, pantothenic acid, choline inositol, and PABA.

VITAMIN B1: Also called thiamine; see thiamine for a definition.

VITAMIN B2: Also called riboflavin; see riboflavin for a definition.

VITAMIN B3: Also called niacin; see niacin for a definition.

VITAMIN B5: Also called pantothenic acid; see pantothenic acid for a definition.

VITAMIN B6: Also called pyridoxine; see pyridoxine for a definition. In addition, refer to a Vitamins Dictionary under Vitamin B6 for more information.

VITAMIN B9: Also called folic acid; see folic acid for a definition.

VITAMIN B12: Also called cobalamin, or cyanocobalamin. This vitamin helps regenerate and form red blood cells. It therefore contributes to the prevention of anemia. It is needed to metabolize fat proteins and carbohydrates. It helps keep the nervous system functioning properly and is crucial in absorbing calcium. It also boosts energy levels and facilitates normal growth in children.

VITAMIN C: Also known as ascorbic acid, Vitamin C is used in cosmetic creams as a preservative and an antioxidant. It is water soluble and essential for many body functions. It promotes tooth and gum and bone health, heals wounds, reduces scarring, prevents scurvy, fights infection and builds immune health. It also treats colds, helps with iron absorption and strengthens blood vessels. Vitamin C is needed to synthesize collagen, which holds together tissues among cells. It is an invaluable antioxidant; Vitamin C keeps nitrates (such as tobacco smoke, smog, lunchmeat preservatives etc.) from turning into carcinogens (cancer-causing agents). Vitamin C also has been shown to slow down the body's hyperpigmentation process, hindering age spots, while shielding, to a certain extent, against UV rays.

VITAMIN D: A vitamin that helps the body balance phosphorous and calcium; it is an essential nutrient for tooth and bone health. It prevents rickets and is not light, heat or oxygen sensitive. Vitamin D is fat soluble and forms in the skin when it is exposed to the sun.

VITAMIN E: An antioxidant that helps slow down aging of the cells related to oxidation. It gives the blood its oxygen which subsequently goes to the heart and other body organs. This helps lessen fatigue. It carries nutrients to cells and reinforces the walls of capillaries keeping poisons away from red blood cells. It breaks down blood clots and aids in their prevention and has contributed to the prevention of muscular dystrophy and sterility. It also hinders the formation of calcium deposits which may clog the bloodstream and exacerbate heart conditions.

VITAMIN F: Vitamin F contributes to the formation of skin cell membranes. The membranes form a barrier that protects the skin, keeping flaky, dry skin from occurring and building up.

VITAMIN H: See the definition of biotin for more information on this vitamin.

VITAMIN K: This is a vitamin that is critical for proper clotting of the blood. It also can help reduce the risk of osteoporosis, reduce heavy menstrual flow, and might be responsible for hindering some cancer tumors from forming. It is most often derived from plants but can be synthesized in the small intestine with the help of tiny intestinal bacteria. It is sensitive to alcoholic alkalis, acids that are strong, oxygen, and light. It is a vitamin that is fat soluble.

WARM COLORS: Colors which give the suggestion of warmth; warm colors often are connected with the sun and with fire, such as reds, yellows, etc. They appear on the color wheel across (on the opposite side) from the cools (blues, etc.).

ZINC OXIDE: A physical barrier cream to protect the skin against UV rays. A skin healer and soother. Also used like an astringent to remove excess oil from the skin.

SKIN CONDITIONS:

ACNE: A common inflammatory disease affecting the face, neck, back and chest. The sebaceous glands over-produce sebum resulting in blackheads, whiteheads and blemishes, which can result in scarring in severe cases. Its cause is unknown but it is often associated with hormonal activity and mostly affects people between the ages of 10 and 25 years, but many a Beauty Barn client would refute that age bracket. A consultation with a dermatologist is recommended in severe cases.



ADULT ACNE: Some adults continue to get acne well into their 30s, 40s, and even 50s. It is even possible to get acne for the first time as an adult. Dermatologists call this “adult-onset acne.” It is most common among women going through menopause. Women tend to get adult acne more often than men do. If you’re getting acne as an adult, it is likely due to one or more of the following reasons: Fluctuating hormone levels, Stress: Researchers have found a relationship between stress and acne flare-ups. In response to stress, our bodies produce more androgens (a type of hormone). These hormones stimulate the oil glands and hair follicles in the skin, which can lead to acne. This explains why acne can be an ongoing problem when we find ourselves under constant stress. Family history: Does a close blood relative, such as a parent, brother, or sister have acne? Findings from research studies suggest that some people may have a genetic predisposition for acne. People who have this predisposition seem more likely to get adult acne. Hair and skin care products & Medication side effects can also be culprits of adult acne.



BLACKHEADS: A skin condition in which the skin’s pores become clogged by impurities and natural oils. A blackhead is known as an open comedone and can be classified as a mixture of dead skin cells and oxygen exposed bacteria. Like a cut apple hitting the air and oxidizing and turning brown. This is what happens when your body oil hits the air.

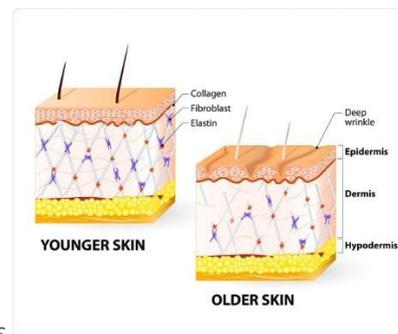


COMEDONES: A class of acne lesions that are non-inflammatory. There are three types: The microcomedo, the closed comedone, and the open comedone. The microcomedo is an accumulation of corneocytes in the follicular canal and is clinically invisible. The whitehead (or, closed comedone) comes

from the microcomedo and resembles a white dot. The blackhead (or, open comedone) resembles a dot with a dark top.



CONTACT DERMATITIS: A skin reaction caused by direct contact with an allergen. It results in an inflamed lesion or water blister. It hurts and is hard to leave alone.



DERMIS: The layers of the skin underneath the epidermis.

ECZEMA: A skin condition causing areas of scaly, red, itchy skin. It can affect any part of the body and has no known cause. It may manifest as acute or chronic and is most often treated with topical, anti-inflammatory medications in both over-the-counter and prescription strengths.



ERYTHEMA: Redness and inflammation of the skin which can sometimes be the beginning of contact dermatitis.

HYPERPIGMENTATION: Skin darkening, often caused by ultraviolet radiation. The exposure to UV rays provokes melanocytes in the skin. Areas of excess melanin in the skin cause dark, irregular patches to appear. Melanin formation is stimulated by the sun's UVA and UVB rays, x-rays and photosensitizing agents. Vitamin C tends to reduce melanin levels.



HYPOPIGMENTATION: Often genetic in nature, this condition is a lack of, or diminished pigmentation due to the loss of melanin. Can also be brought on by skin resurfacing techniques and aging.



INFLAMMATION: A swelling condition often with fever, redness, pain and itching. Often accompanied by functional failure of the body part or system that is affected.

KELOID: A thick, tough, sharply raised scar on the surface of the skin. It usually continues to enlarge because of excess collagen which forms during tissue repair.



KERATOSIS PILARIS: Mostly appearing before puberty, but sometimes accompanying teenage acne, the tiny red and white bumps that tend to present around the hair follicles of the sides of the arms and the cheeks are called keratosis pilaris. It is a common and annoying skin condition.



MELANIN: A pigment responsible for skin/hair color. The more melanin the skin has, the darker the skin appears.

MELANOMA: A serious form of skin cancer. It usually appears in the form of a dark, irregularly shaped tumor, often originating from a pre-existing mole or wart. Get your skin scanned, if you never have.



MELASMA: a form of pigmentation caused by a combination of hormones, ultraviolet light and inflammation. This means birth control pills, pregnancy, and hormone therapy can all trigger melasma. Stress and thyroid disease are also thought to be causes of melasma. Additionally, sun exposure can

cause melasma because ultraviolet rays affect the cells that control pigment (melanocytes).



MILIA: Seeds that never get to the infection stage. Often genetic. Typical around the eye area but can happen anywhere. Chemical peels and/or regular exfoliation can help reduce the chances of milia happening. If they are large you have to get them removed by a pro (Kara lives for this).

OCCCLUSIVE: Not able to be penetrated. Most often refers to a shield/film on skin that is intended to help prevent the evaporation of moisture. Usually the shield is made up of materials that act as a barrier against water, like waxes and oils.

PERIORAL DERMATITIS: A type of dermatitis that manifests as erythema, papules and scaly skin. There are many times pustules around the mouth. Toothpaste is a major cause of this.

PHOTOSENSITIVITY: A skin rash or irritation or pigmentation that occurs as a result of the skin being over-sensitive to certain foods or chemicals (for example, an adverse reaction to sunlight).

PHOTOAGING: The process of the skin being broken down and destroyed by repeated exposure to the sun's UV rays over time. It is a premature aging of the skin caused directly by absorbing sunlight.

PITYROSPORUM FOLLICULITIS: A skin condition seen commonly on the sides of the face and the forehead, it appears as tiny pustules and papules that resemble a rash caused by acne. It typically does not include blackheads or whiteheads (comedones). Fungal (yeast caused) break out.

PSEUDOFOLLICULITS BARBAE: A condition often occurring with curly hair and seen on the face as tiny, irritating bumps called papules or pustules. It is common after shaving a beard or facial hair.



PSORIASIS: A skin disease affecting the scalp, legs and arms, most commonly. It manifests as red, dry patches on the skin that itch. It is usually a chronic condition.



ROSACEA: A condition that manifests as acne-prone skin with areas of oily, red inflammation. It is usually a chronic condition and may include pustules or papules. Treatment with steroids, antibiotics or antifungals may prove helpful in containing it.



SCAR: A fibrous buildup of tissue caused by a skin injury as a result of the skin repeatedly trying to repair itself. It is usually dense.

SEBACEOUS GLAND: The sebum producing gland in the dermis layer. It is found over the whole body but is more concentrated on the chest, upper back and face.

SEBORRHEA: This is a state of elevated sebum secretions which occurs frequently in acne.

SEBORRHEIC KERATOSIS: Skin lesions common in the elderly and middle aged. They are not malignant and are predominantly on the face, chest, back and shoulders. They are tan, brown or flesh colored.

SENSITIVE SKIN: A true sensitive skin condition is caused by a genetic predisposition. Someone who is truly sensitive is born with this condition and tends to be prone to blushing, asthma and allergies. This skin is considered more delicate with a lower amount of pigment, a thin epidermis, and blood vessels close to the skin surface, hence the obvious appearance of redness. Sensitive skin is often the result of a defect in the skin's protective outer layer – known as the epidermal lipid barrier layer – allowing irritants, microbes and allergens to penetrate the skin and cause adverse reactions. A disturbed epidermal lipid barrier is an important component in several inflammatory skin diseases such as rosacea, atopic dermatitis, psoriasis and eczema.

Good article discussing the difference between sensitive and sensitized skin

http://www.dermalinstitute.com/us/library/14_article_Sensitive_Versus_Sensitized_The_Genetic_Difference.html

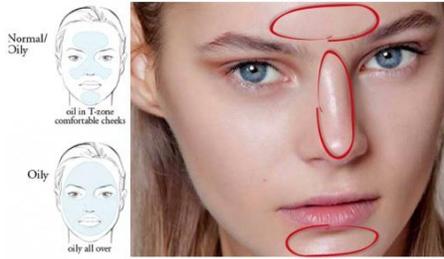
SENSITIZED SKIN: sensitized skin is a reflection of your environment, lifestyle and physiology. Pollution, stress, hormonal fluctuations, smoking, alcohol, poor diet, medical procedures and even over-processed or exfoliated skin can all lead to sensitization. Cosmetic ingredients including alcohol, lanolin, fragrance and D&C colorants can also lead to sensitized skin. While those with fair skin (usually of Northern European ancestry) traditionally experience sensitive skin, sensitized skin can be triggered in any person regardless of racial background or skin color. Approximately 36% of the population in China has declared themselves as sensitive³, a condition that may in fact be attributed to the high level of pollution in both rural and urban parts of this region.

SUBCUTANEOUS TISSUE: A fat layer under the dermis that acts to absorb shock and insulate the skin.

TELANGIECTASIA: An area of skin where the color is a result of an enlarged blood vessel. It is a permanent discoloration. This can be lasered at Little Mountain Laser.



T-ZONE: The area on the face that forms the shape of a T, where oiliness occurs and acne breakouts are more likely. The T-zone includes the chin, nose and forehead and excludes the cheeks which tend to be dryer.



URTICARIA: A skin allergy, also called hives. A red, inflamed area that is surrounded by raised, white bumps.



UVA: This stands for ultraviolet light, type A. These rays are the ones that age the skin. They are not visible but cause wrinkles, dryness and photo aging. They penetrate more deeply than the other UV rays.

UVB: This stands for ultraviolet light, type B. These are rays of light from the sun that can cause the skin to burn. They are invisible to the naked eye but damage the skin and can cause skin cancer. They dry and age the skin and cause extensive cellular damage. They have a wavelength of about 285-320 nanometers. Prolonged exposure to UVB rays can cause major skin burning with redness, peeling and blistering.

VARICOSE VEINS: Usually occurring on the legs, veins that are dilated and visible; sometimes raised.



VASOCONSTRICTION: A dermal blood vessel that becomes narrowed.

VENOUS: Broadly defined as lymphatic and vein related circulation; related to the veins.

VERRUCA: A projection from the skin that resembles a wart.

WART: A skin tumor caused from being infected with a virus known as HPV (human papilloma virus). A wart looks like a raised, dome-shaped bump (a papule or nodule) that is flesh colored and firm. Warts typically appear on the fingers and hands but can appear in various areas on the body.

WHITEHEAD: The common term for milium, or, acne albida. A whitehead is a tiny, cyst-like eruption on the skin, filled with pus, sebum, or other fluid. Another name for a comedone which is not open; a group of keratin and sebum that is stopping up the skin pores and plants itself in the follicular canal. It appears as a white bump that is raised.

HAIR STUFF:



ALOPECIA: A skin disorder resulting in very thin hair or even baldness.

7 Types of Alopecia

1. Alopecia Totalis – starts with small, round patches of hair loss and progresses until there is total scalp hair loss.
2. Alopecia Universalis – all body hair is lost.
3. Androgenetic Alopecia – also known as male-pattern baldness that occurs in both men and women. This disorder can start after puberty in women. It develops slowly over 15 to 30 years and increases with age.
4. Alopecia Areata – people with this type of alopecia experience the sudden or sometimes unrecognized falling out of hair in patches or spots. Patches can vary in size from 1/8 inch to 4 inches in diameter; the affected areas are usually lighter in color due to the poor blood supply to the area.
5. Diffuse Alopecia – also known as alopecia areata incognita, is a rare form of alopecia areata and affects primarily young females, and the hair loss on the head is radical and sudden.
6. Postpartum Alopecia – is temporary hair loss experienced at the end of pregnancy. Very little normal hair loss occurs during pregnancy, but the sudden and excessive shedding takes place from three to nine months after delivery. The growth cycle generally returns to normal within a year after the baby is delivered.
7. Traction Alopecia – the most common balding disorder among young women and girls with highly textured hair. Baldness occurs when the hair is pulled too tight meaning the hair is pulled out of the follicle, taking out the hair root and the bulb. Destroying the hair shaft may cause white bumps and pus, or scaling may occur around the affected area.

ANAGEN: The active growing phase of the hair growth cycle, as opposed to the resting phase of hair growth (the telogen phase). The anagen phase is the portion of the hair cycle when hair synthesis takes place; the early phase. It's attached to a blood vessel which is feeding it.

BRAZILIAN: term for a waxing procedure that removes all pubic hair on the front of you as well as all hair along the butt crack.

TELOGEN: The cycle of hair growth which is known as the resting phase, when hairs lie dormant. Hanging out in the follicle but not shedding yet.

VELLUS: Fine, peach-fuzz type hair all over the body that is difficult to see. Dermaplaning is a procedure that is done at the barn that can remove vellus hair for smooth appearance and great make-up application.

