Prep to NC 6 Beauty: NPAs in Hand, Foot & nail Art & Scalp, Back, Neck & Shoulder Massage - Briefing Document

# Course Code

* TH2NPA5C25-S1GA (Granton)

# Skin

The skin is the largest organ of the human body. It provides a tough, flexible covering and has many distinct functions. Every five days, a human sheds a complete surface layer of skin, a process known as desquamation. 80% of household dust is made up of dead skin cells.

There are 3 main layers that form the structure of the skin. These are –

* The epidermis
* The dermis
* Subcutaneous layer

The epidermis is the outermost layer of the skin and is made up of 5 different layers. The main function of the epidermis is to protect the deeper structures of the body from harm. The layers are from the outside in –

* Stratum Corneum
* Stratum Lucidum
* Stratum Granulosum
* Stratum Spinosum
* Stratum Basale

The dermis is the layer underneath the epidermis. It contains 2 layers called the –

* Papillary layer – this layer contains nerve endings and blood capillaries.
* Reticular layer – this layer contains the fibers that give the skin strength. These are known as collagen fibers. It also contains fibers called collagen. These allow the skin to stretch.

The innermost layer of the skin is called the subcutaneous layer. This layer contains fat cells which are also known as adipose cells. This layer forms a soft barrier for protection and insulates the body against the cold.

The main functions of the skin are

* Sensation
* Heat regulation
* Absorption
* Protection
* Excretion
* Secretion

An effective way to remember the functions of the skin is to remember the word – SHAPES!

