

5 Secretion:

Sebum is secreted by the sebaceous glands. Emotional stress may increase the flow of sebum.

6 Absorption:

Some ingredient of a face cream, may enter the body through the skin and influence it to a minor degree.

Fatty materials, such as lanolin creams are absorbed largely through the hair follicle and sebaceous glands openings.

Types of Skin:

There are mainly five types of skin.

1 Normal skin:

This type of skin has good moisture content and is free from all skin problems like pimples, acne, etc.

2 Dry skin:

In this type, there is less fat and moisture content, wrinkles appear very easily in this skin types.

3 Oily skin:

This skin has high moisture content and has enlarged pores. Blackheads are common in this skin types.

4 Combination skin:

This type of skin has an oily T-zone and dry cheek area. These two zones have to be treated individually.

5 Sensitive skin:

The skin is very thin and is prone to allergies.

Classification of Common Skin Problems:

The glands of the skin:

The skin contains two types of duct glands that extract material from the blood to form new substance.

- 1 The sudoriferous, or sweat glands excrete sweat.
- 2 The sebaceous, or oil, glands secrete sebum.

1 The sudoriferous, or sweat glands excrete sweat.

The sweat glands regulate body temperature and help to eliminate waste products from the body. Their activity greatly increased by heat, exercise, emotions, and certain drugs.

2 The sebaceous, or oil, glands secrete sebum.

The sweat glands consist of a coiled part and a tube-like duct. Which terminates at the skin surface to form the sweat pore. The sweat glands regulate body temperature and help to eliminate waste products from the body and their activity increased by heat, exercise, emotions and certain drugs. They secrete sebum, which provides the lubricates the skin and softens the hair.

Due to abnormal functioning of sebaceous glands and sudoriferous glands can lead to following disorders:

- 1 Acne: Secrete too much sebum.
- 2 Comedones: Clogged pores/sebum hardens
- 3 Milia : Sebum harden beneath the skin
- 4 Steatoma : Tumor of the sebaceous glands
- 5 Asteatosis: Secrete very little sebum
- 6 Seborrhea: Overactivity of oil glands
- 7 Hyperhidrosis: abnormal sweating
- 8 Anhidrosis: Sweat gland stop secretion completely
- 9 Bromidrosis (body odor): Smelling in perspiration.
- 10 Miliaria Rubra: Red small lesions of the skin around the sweat pores.

Identification of common skin Problems:

1 Bromidrosis:

It's having lots of smelling perspiration, usually noticeable in the armpits or on the feet.

2 Anhidrosis (lack of perspiration)

Often a result of fever or certain skin diseases. It requires medical treatment.

3 Hyperhidrosis or excessive perspiration

It's caused by excessive heat or general body weakness. The most commonly affected parts are the armpits, joints and feet. Medical treatment is required.

4 Miliaria rubra or prickly heat

It is an acute, inflammatory disorder of sweat glands and is identified by an eruption of small red lesions. It is accompanied by burning and itching of skin. It is caused by exposure to excessive heat.