

SKIN FACTS

FACIAL SKIN AGING

I- Signs of Skin Aging

- Drying of the skin
- Decrease of color brightness
- Spotting: Red, brown, purple or star spot
- Wrinkling: Expression wrinkles and fine line
- Sagging: Loosening of the facial lines and drooping of skin at facial angles.

II- Causes of Skin Aging

1. Internal Genetic Causes
2. External Causes:
 - Stress
 - Pollution
 - Sun exposure
 - Smoking & poor or bad nutrition



III- Physiological Aging of skin cells

- Skin cells become less receptive to stimulation by hormones or other physiological agents.
- Skin cells lose their capacity of stocking nutrients and energy and of using oxygen.
- Cellular metabolism (synthesis of nutrients & elimination of toxins) declines.
- Microcirculation weakens and thus there's less available new oxygen for cell oxygenation and renewal.
- Cellular renewal slows down.
- The cells lose part of their internal fluids
- Less sebum is secreted the skin becomes dryer
- Decrease of collagen & elastin synthesis and renewal.
- A bad and rigid collagen is formed.
- Breaking down of more elastin by enzyme elastase that leads to skin flaccidity.
- Cells adaptation to external variations decreases; skin becomes more reactive and sensitive.
- Immune response decreases also; skin becomes prone to infection and inflammatory reactions.

