

Your Amazing Skin

BY GEORGE S. FICHTER

Your skin covers your body like a tight-fitting, moisture-proof wrap. It is truly one of the body's most remarkable organs. Did you know that...

...your skin weighs totally five or six pounds? In most places it is thin, but it may be half an inch thick on the soles of your feet — especially if you go barefoot.

...every square inch of skin contains numerous sweat glands, dozens of oil glands, about three feet of capillaries carrying blood and as much as 12 feet of nerves for sensing heat, cold, touch, pressure and pain?

...the thin top layer, epidermis, consists mostly of dead cells? Every day you may shed as many as a million of these cells. During your life, you may shed this outer skin seven or eight times, bit by bit. This is a natural process, but you sometimes

speed it up. This is the portion of the skin that peels off when you get a sunburn.

...your skin is lubricated? A thin film of oil from glands around the hairs keeps your skin soft and flexible as well as waterproof. Some people produce more of this oil than do others.

...your fingerprints are produced by the second layer, the dermis? These same ridges contain the nerve endings for touch and similar sensations.

...you probably have a quarter of a million hairs on your body, all of them rooted in your skin?

...your fingernails grow from the outer layer of skin, the epidermis? If uncut, your fingernails would grow to be 10 feet long by the time you reached age 60.

Color

Everybody's skin is colored. The color is determined by the amount of melanin produced by the skin's melanocytes. The more melanin produced, the darker the skin color.

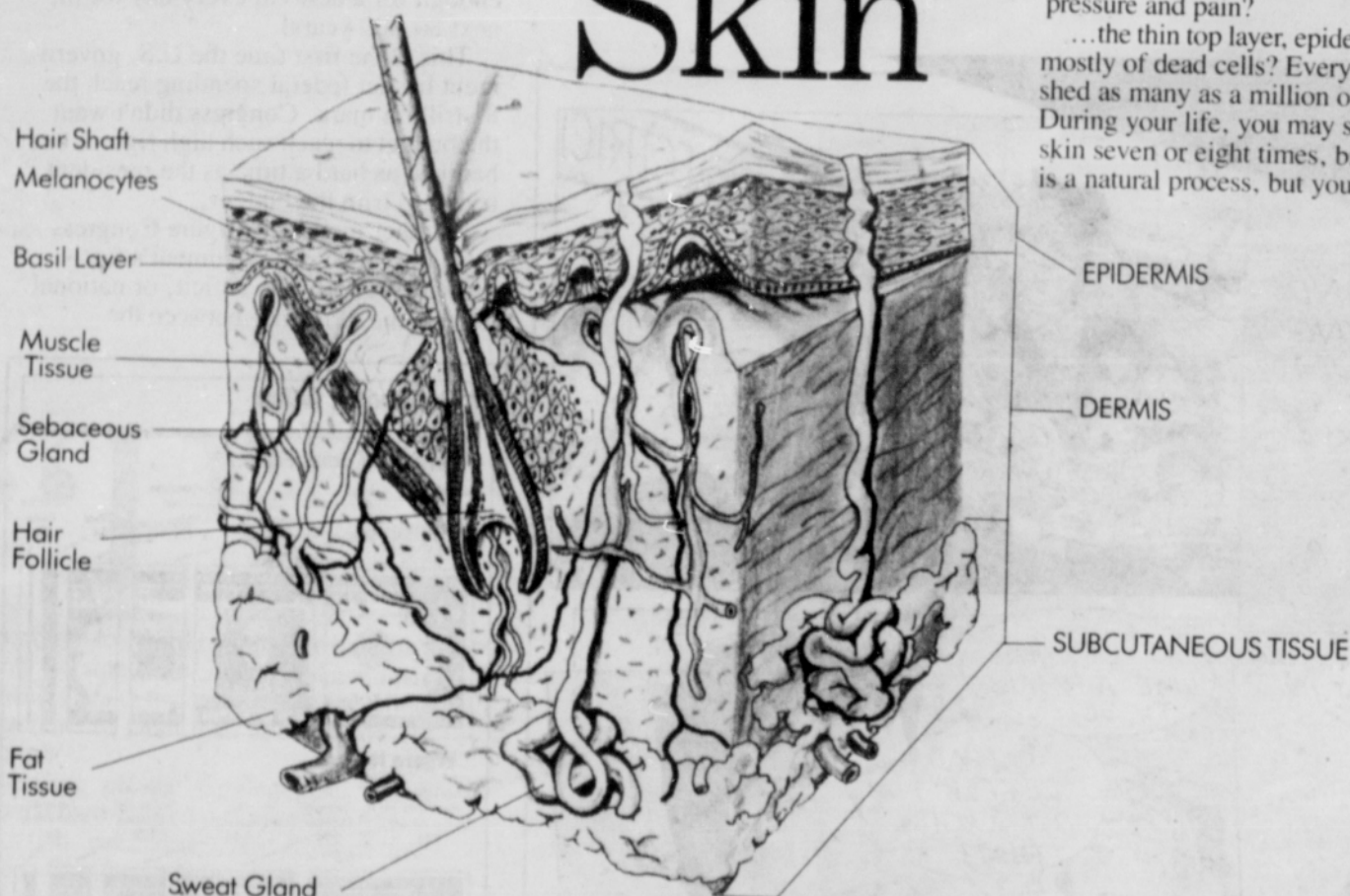
Sunlight increases the production of melanin, creating suntan. When melanin builds up in small spots, freckles appear.

As a person ages, melanin is produced at uneven rates. This causes some areas to darken while others stay light. The dark spots are often called age spots.

Zits

Also known as pimples, zits are caused by overactive oil glands. If you are one of the unlucky ones with energetic oil glands, your pores may get plugged by the oil. The "plug" collects dirt from the air, causing an irritation in the skin around it. The body produces pus. When the zit pops, the dirty plug oozes out with the pus.

Although there are thousands of products to treat zits, the best offense is a good defense — keep skin as clean as possible.



Better Care For Your Hair



"Video Viewing"

Choosing a new hairstyle, contemplating a perm, or wanting to change your hair color can be a very difficult task. One way to simplify this task is thru Visual Aids. This will help you and your stylist to understand exactly what you want.



In a few of today's salons, you'll find the task made easier with Video Viewing. These salons are equipped with a Video player as well as a television. Such salons are Third Dimension Cuts; where they feature Video Viewing to the public as well as to their staff.

Video Viewing has become popular to the hair industry because of its educational value. Salons use the new trend releases of video companies to keep the staff abreast of new cutting, styling, perming, or even coloring techniques. This enables a stylist to produce and create the style the client requests.

At Third Dimension Cuts Salons, you'll find the Video Viewing procedures used for clients to help them in choosing the correct style. Therefore, the communications between stylist and client has been made easier through Visual Aids of Videos.



Third Dimension Cuts
"Quality Hair Care,
whatever your style!"

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Fred Meyer Centers:
148th & Division:
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Cornelius: 357-9833
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WHATEVER THEIR AGES!

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- Hummingbird Lecture: Feb. 21, 1 PM
- Circus Physics, PaRSEC, the Brain Train, Classes, Planetarium Shows and more! OMSI members enjoy free admission and discounts for classes.

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