

Introduction

This third edition of *Physiology of the Skin* has been revised and updated with the addition of nine new chapters, recent references, and a new layout for easy reading and quick information. This update represents a collaboration between Zoe Draelos, MD, a dermatologist with expertise in skin care formulation and research, and Peter Pugliese, MD, a medical expert in skin aging. This unique blending of interests and indispensable knowledge provides a valuable reference for estheticians, helping them to understand current and future scientific developments in skin care.

While the second edition's new chapters focused on chemistry, biochemistry and immunology, this third edition focuses on the many new theories of aging and anti-aging procedures, such as microdermabrasion, chemodenervation, injectable fillers, minimally invasive cosmetic procedures and laser resurfacing. The new world of the esthetician encompasses an understanding of these skin rejuvenation techniques. It also encompasses a thorough understanding of skin disease and expanded information on acne, lupus and psoriasis. Finally, the information is presented in a quick-read, bulleted format with tight organization for handy reference with updated tables and figures.

The chapters of the book are organized in two sections—Science and Application. It's strongly recommended that you read the Science section first, if even lightly. This will provide you with a basis for understanding the latter chapters in Applications. Without an understanding of the science, it is hard to understand the merit of the many new procedures and treatments available in the esthetic world. A brief description of the chapters follows. We hope you enjoy using this book as much as we enjoyed combining our skills to write the text. Remember to take it slowly, give yourself the opportunity to digest the material and understand it before proceeding to the next fact. Don't be discouraged if you can't understand a subject immediately; go over it again. Remember, it took three or four years to learn how to tie your shoes. You start as a single, tiny cell and by adding new cells you grow slowly into an intelligent human. So it is with any intellectual discipline—it must be mastered throughout time with effort.

This book presents the information necessary to understand skin care professional services, but additional specialized hands-on training is required before the esthetician should consider offering any new services.