

EXTRA VIDEOS

1 ▶ Watch the video and complete the abstract choosing from the given words.

What is skin? The layers of human skin posted by The Photoprotection Channel

bodyweight • collagen • dermis • environment • epidermis • fat • functions • glands • harmful • hypodermis • keratin • largest • layers • light • melanocytes • microorganisms • painful • pigment • production • sensory • strength • thirty • UV rays

The skin is the 1. organ of the human body, weighing approximately 16% of our 2.

It is the major interface between the 3. and the body and so it serves many 4.: it protects from the invasion of 5. substances, UV 6., and 7. It is the most extensive 8. organ of the body for detection of tactile, thermal and 9. stimuli and it is where vitamin D 10. begins.

The skin consists of three layers: 11., 12., and 13.

The 14. is the outermost layer where 15. proteins are produced.

It consists of different 16., the deepest of which is the basal layer, containing 17. These produce a 18. which determines skin colour and protects the skin from 19.

The process of skin regeneration usually takes 20. days.

The dermis contains 21. – a protein responsible for skin 22. and elasticity – and many specialised cells and 23.

The 24. is the last and largest of the skin layers and is used mainly for 25. storage.

2 ▶ Watch the video and complete the table comparing the basic skin types. Add any other information you can think of.

4 skin types explained by Paula posted by Paula's Choice UK

Normal skin	Dry skin	Oily skin	Combination skin
<ul style="list-style-type: none"> • visible pores. • dryness and oiliness. 	<ul style="list-style-type: none"> • Feeling of and • Some skin 	<ul style="list-style-type: none"> • all over the face. • and pores. 	<ul style="list-style-type: none"> • area in the centre of the face. • areas at the sides of the face.

GAMES AND INTERACTIVE ACTIVITIES

1



B Unscramble these letters into pairs of words relating to the composition of the skin.

- ETMTUMRAUNCROS - S _____ C _____
- IUUTLASCMMDRUTU - S _____ L _____
- UNMSAPMRSOTSTUI - S _____ S _____
- STNARAIVURTUGMMATMIE - S _____ - G _____
- LELBESVDOOS - B _____ V _____
- HIILCOEARFLL - H _____ F _____
- ALEBDCSUANGEOS - S _____ G _____
- SDAWNGELTA - S _____ G _____
- NNERGDVIENE - N _____ E _____
- PVISLMYCASEETLH - L _____ V _____

2



B Who will be the fastest to solve these riddles?

- I'm the biggest and heaviest organ of the body. - I am
- I'm a substance produced in the body as a response to exposure to UV rays. What am I? - I am
- Together we form the cutaneous layers. What are we? - We are
- We carry oxygen and nutrients to body cells and carry away waste substances. What are we? - We are
- We exude moisture as a reaction to heat, physical exertion, fever, or stress and so we cool down body temperature. What are we? - We are
- We produce all body hair. What are we? - We are
- I'm a chemical messenger and I control the internal functions of the body. What am I? - I am
- I am a creamy colour with a tendency to yellow and olive tone. What type of skin am I? - I am
- I'm easily affected by UV exposure and I age faster than darker skin. What type of skin am I? - I am
- I enjoy natural protection from UV rays and age more slowly than paler skins. What type of skin am I? - I am
- My moisture content is very low. I easily become itchy, irritated and inflamed. What type of skin am I? - I am
- I am dry or normal in some areas of the face and oily in others, such as the nose, the forehead, and the chin. What type of skin am I? - I am
- I am a skin condition characterised by red pimples especially on the face and I'm prevalent chiefly among adolescents. What skin disease am I? - I am

3



The Skin Quiz - Solve the quiz.

1. The epidermis consists of 3 / 4 / 5 layers.
2. The first layer of the skin is called *dermis / epidermis / hypodermis or subcutaneous layer*.
3. The middle layer of the skin is called *dermis / epidermis / hypodermis or subcutaneous*.
4. The last layer of the skin is called *dermis / epidermis / hypodermis or subcutaneous*.
5. The two parts of the dermis are the *blood and lymphatic vessels / papillary and reticular regions / sweat and sebaceous glands*.
6. Collagen and elastin are proteins produced by *fibroblasts / hair follicles / sebaceous glands*.
7. *Hormones / Keratinocytes / Melanocytes* may trigger acne in puberty.
8. The basic skin types are *African, Asian and Caucasian / normal, dry, oily and combination / sensitive, dehydrated and ageing*.
9. Skin conditions include *African, Asian and Caucasian condition / normal, dry, oily and combination condition / sensitive, dehydrated and ageing condition*.
10. *African / Asian / Caucasian* is the ethnic client group having the least amount of melanin.

4



Are you a good skin diagnostician? Group these characteristics under the correct skin type. You have 45 seconds.

dry cheeks • flaky • good circulation • large pores • no visible pores • oily T-zone • radiant and smooth
• shiny, dull and uneven • small pores • thick epidermis • thin epidermis

Normal	Dry	Oily	Combination



REAL-LIFE ACTIVITIES



PAIR WORK. The salon PC has a problem and the data of some foreign clients have been lost. Take it in turns to play the role of the client or the receptionist and ask and answer the necessary questions to complete these clients' cards.

Name: Carol

Surname: Hunter

Home address:

Address in Italy: Via Cernaia 24, Torino

Telephone number:

E-mail address:

Date of birth:

Name: Alexander

Surname:

Home address: 107 Epworth Rd, Dorson, TA3 3FU

Address in Italy:

Telephone number:

E-mail address:

Date of birth:

Name:

Surname: Jenkin

Home address:

Address in Italy:

Telephone number: 44 7911 123456

E-mail address:

Date of birth:

Name:

Surname: Barton

Home address:

Address in Italy:

Telephone number:

E-mail address:

Date of birth: 7th October

Name: Diana

Surname:

Home address: 122 Albert St, Melbourne, VIC 3207

Address in Italy:

Telephone number:

E-mail address:

Date of birth:

Name: Alicia

Surname: Taylor

Home address:

Address in Italy:

Telephone number:

E-mail address: allor@gmail.com

Date of birth:


PAIR WORK. Invent mini-dialogues following the indications.

1. Sono le 17 del pomeriggio, la cliente entra in salone e viene accolta dalla receptionist che la saluta. La cliente ricambia i saluti. La receptionist chiede se può essere d'aiuto e la cliente dice che vuole prenotare un trattamento facciale per la settimana successiva. La receptionist chiede con quale estetista vuole fare il trattamento. La cliente risponde dicendo che vorrebbe Nicky. La receptionist dice che va benissimo e le fissa l'appuntamento per il mercoledì successivo alle 10 del mattino. La cliente dice che va bene, ringrazia e saluta. La receptionist ricambia il saluto e dice che l'attende la settimana successiva.

Receptionist:

Client:

Receptionist:

Client:

Receptionist:

Client:

Receptionist:

Client:

Receptionist:

2. Sono le 10.30, un cliente entra nel salone Phenomenails per avere un pedicure ma è senza appuntamento. La receptionist dice è fortunato perché hanno appena avuto una cancellazione e un'operatrice sarà libera tra pochi minuti. La receptionist gli offre del caffè che il cliente accetta volentieri chiedendo anche delle riviste. L'operatrice arriva e, dopo aver salutato, chiede al cliente conferma del trattamento desiderato. Il cliente risponde che desidererebbe una pedicure. L'operatrice dice che va bene, lo fa entrare nello studiolo e accomodare sulla poltrona per pedicure.

Client:

Receptionist:

Client:

Receptionist:

Client:

Receptionist:

Pedicurist:

Client:

Pedicurist: