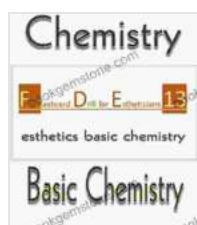


Flashcard Drill for Estheticians: 13 Basic Chemistry Concepts You Need to Know

As an esthetician, understanding the fundamentals of chemistry is crucial for providing safe and effective skincare treatments. This flashcard drill will test your knowledge of 13 essential chemistry concepts that are commonly encountered in the skincare industry. Each concept is explained in detail, along with real-world examples to help you grasp its significance.

Definition: pH is a measure of the acidity or alkalinity of a substance. It ranges from 0 to 14, with 7 being neutral. pH plays a vital role in skincare, as it affects the activity of enzymes and the integrity of the skin's barrier.

Real-world example: The pH of healthy skin is slightly acidic, around 5.5. This acidity helps protect the skin from bacteria and other pathogens.



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★★★★★ 5 out of 5

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Definition: A chemical reaction is a process in which atoms or molecules rearrange to form new substances. Chemical reactions are essential for

skincare, as they allow us to create new products and transform existing ones.

Real-world example: The reaction between a cleanser and dirt on the skin results in the removal of dirt and impurities.

Definition: Acids are substances that release hydrogen ions (H^+) when dissolved in water. Acids have a pH below 7. In skincare, acids are used to exfoliate the skin, reduce inflammation, and improve skin texture.

Real-world example: Glycolic acid is an alpha-hydroxy acid (AHA) that is commonly used in skincare products to exfoliate the skin.

Definition: Bases are substances that release hydroxide ions (OH^-) when dissolved in water. Bases have a pH above 7. In skincare, bases are used to neutralize acids and balance the pH of the skin.

Real-world example: Sodium hydroxide is a strong base that is used in some skincare products to adjust the pH.

Definition: Electrolytes are substances that dissolve in water to form ions. Ions are electrically charged particles that can conduct electricity. Electrolytes are important for skincare, as they help to regulate the flow of water and nutrients into and out of the skin.

Real-world example: Sodium chloride (table salt) is an electrolyte that is used in skincare products to improve hydration.

Definition: Oxidation is a chemical reaction that involves the loss of electrons. Oxidation can occur in the skin when it is exposed to free

radicals, which are unstable molecules that can damage cells. Antioxidants are substances that can prevent oxidation and protect the skin from free radical damage.

Real-world example: Vitamin C is a powerful antioxidant that is commonly used in skincare products to protect the skin from free radical damage.

Definition: Reduction is a chemical reaction that involves the gain of electrons. Reduction is essential for the skin's ability to repair itself and produce new cells.

Real-world example: Vitamin A is a retinol that is involved in the reduction of skin damage and the production of new collagen.

Definition: Emulsions are mixtures of two immiscible liquids that are stabilized by an emulsifier. Emulsions are commonly used in skincare products to combine ingredients that would otherwise not mix, such as oil and water.

Real-world example: Lotions and creams are emulsions that combine water-based and oil-based ingredients to create a smooth, spreadable product.

Definition: Suspensions are mixtures of solid particles in a liquid that are too large to dissolve. Suspensions are commonly used in skincare products to create a thick, creamy texture.

Real-world example: Scrubs and masks are often suspensions that contain exfoliating particles, such as sugar or salt.

Definition: Colloids are mixtures of very small particles in a liquid or gas that are too small to settle out but are too large to dissolve. Colloids are commonly used in skincare products to create a smooth, even texture.

Real-world example: Gels and serums are often colloids that contain active ingredients that are suspended in a liquid or gas.

Definition: Osmosis is the movement of water from an area of high water concentration to an area of low water concentration through a semipermeable membrane. Osmosis is important for skincare, as it helps to keep the skin hydrated.

Real-world example: When you apply a moisturizer to your skin, the water in the moisturizer moves into the skin through osmosis, hydrating it.

Definition: Diffusion is the movement of molecules from an area of high concentration to an area of low concentration. Diffusion is important for skincare, as it helps to distribute nutrients and active ingredients throughout the skin.

Real-world example: When you apply a serum to your skin, the active ingredients in the serum diffuse into the skin, delivering their benefits.

Definition: Chemical peels are a type of skin treatment that involves applying a chemical solution to the skin to remove the top layers of dead skin cells. Chemical peels are used to improve skin texture, reduce wrinkles, and treat acne.

Real-world example: Glycolic acid peels are a type of chemical peel that uses glycolic acid to exfoliate the skin and improve its appearance.

This flashcard drill has provided you with a solid foundation in the basic chemistry concepts that are essential for estheticians. By understanding these concepts, you can provide your clients with safe and effective skincare treatments that are tailored to their individual needs. Continue to expand your knowledge of chemistry and skincare science to stay at the forefront of the industry and deliver exceptional results.



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