

MAKE UP OF THE SKIN

The skin is made up of three layers, each with its own separate and important jobs.

1. The **epidermis**. This is the skin you see. This layer is made up of millions of microscopic skin cells which are born at the bottom of this layer, migrate to the surface, die, then are washed away. They are replaced by a constant supply of new cells.
2. The **dermis**. This is the middle layer of the skin, made of collagen. That is the main protein of body tissues, and is elastic. It is these elastic fibers in the dermis that gives the skin strength and the ability to stretch without tearing. Sweat glands, oil glands, hair follicles, nerves, and blood vessels are all located in the dermis.
3. The **subcutaneous tissue**. This is the third layer of the skin. It is made up mostly of fat, but does contain some blood vessels. This fat cushions the body, and stores the extra calorie supply. The subcutaneous tissue of a female's body is much thicker than a male's giving a woman a softer and more rounded appearance.

