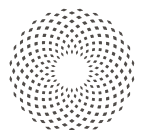


## Chapter: Skin

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## 01. The Function of Skin

Skin is the body's largest organ and a champion at multi-tasking. Its primary function is to shield inner organs from numerous external factors to which skin is exposed on a daily basis: for example, ultraviolet rays, fluctuating humidity and temperatures, pollutants present in the environment, physical injury (such as cuts and scrapes), chemicals found in products, and infection-causing microorganisms.

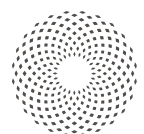
Aside from its protective capability, skin also supports other vital functions. Since the human body is composed of 60% water, the skin works to prevent water loss in order to keep the body hydrated. Skin transforms sunlight into vitamin D as well, an essential vitamin critical to metabolic processes. This outer layer also helps to regulate internal temperature through the production and release of sweat, which allows evaporative cooling, and insulating against heat loss.



## 02. Establishing a Skincare Routine

While skin is naturally resilient, it's important to be mindful of ways to keep it functioning properly. As is the case with every other organ in the body, the foundation starts with establishing and maintaining a lifestyle that includes the optimum balance of nutrition, physical activity, rest, and stress management. A healthy lifestyle, coupled with an effective skin care routine will substantially increase the likelihood of having healthy looking, feeling and functioning skin.

A skincare regimen doesn't need to be overly complicated, and in fact, using too many products can lead to irritation and do more harm than good. Instead, most routines can revolve around a few simple pillars: cleansing, moisturizing and protecting against external oxidative stressors—such as UV rays and environmental pollutants— as well as internal oxidative stressors related to the natural aging process—such as loss of moisture and collagen.



### 03. Essential Steps for a Skincare Routine

Cleansing removes dead skin cells, excess oil, makeup, dirt and pollutants present on the surface of the skin. But if not done properly, it can also strip natural oils and moisture needed to maintain the microbiome (the colony of healthy bacteria and microbes present on the surface that keeps skin balanced). With that in mind, cleansing should be gentle and avoid harsh ingredients.

Moisturizing seals in hydration and replenishes any oil and nutrients removed by the cleansing step. It also offsets the natural loss of water as it evaporates from the skin's surface. Moisturizers can be tailored to your skin type and, when used regularly, can help control redness and irritation that can stem from dry skin and keep the complexion looking and feeling supple for the long term.



Protecting skin from the sun is perhaps the single most important daily step: Using products with a sun protection factor (SPF) of at least 30 is essential to prevent the risk of cancers and minimize the development of hyperpigmentation, inflammation and the loss of collagen among other factors. Antioxidants—which help neutralize harmful free-radicals from the environment that contribute to the aging and weakening of skin—also play a crucial role in one's skincare routine.

### 04: Making Informed Skincare Choices

Once you have a clear sense of the products and ingredients your skin needs, you can build a routine personalized to your complexion and concerns. There are myriad options on the market, and you'll likely want to try a few different ones to find your best match (go slow and it's always a good idea to do a patch test before using anything new to avoid irritation). Keep in mind: no matter how well made a product is, one size just does not fit all, since everyone's skin is unique.

To streamline your efforts, minimize the risk for reactions and optimize skin health, you can look for certain criteria. For example, it can be helpful to look for products that are made without known toxic ingredients, ethically sourced, certified organic and created using good manufacturing processes (GMP). Similarly, you might want to consider products that have undergone rigorous allergy and irritant testing and have been shown to be effective based on human clinical ("in-vivo") testing. At Codex Beauty, we believe in transparency around these issues, and have a specific "Codex Code" that we follow, which incorporates all of the above principles and more. This ensures everything we make is safe and effective ([learn more here](#)).

