

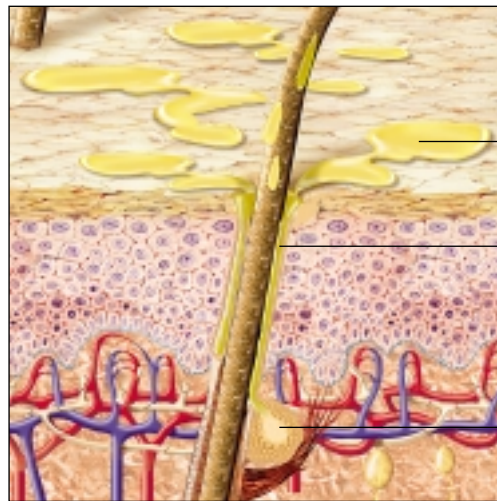
What are the main adverse factors and how does the skin react?

What is greasy skin?

Seborrhoea describes an overactivity of the sebaceous glands and a predisposition to this condition is generally inherited.

Sebaceous glands are found everywhere in our skin (with the exception of the soles of the feet and the palms of the hands). The total number of sebaceous glands is determined by genetic factors. The quantity of sebum that is secreted on the surface of the skin depends however not only on the number of glands but also on their size. The sebum found on the surface of the skin is thus directly proportional to the density and the size of sebaceous glands. The largest such glands, actually consisting of several sacs, are found in the scalp. Their function is mainly controlled by hormones. Up to the age of puberty, they produce very little sebum. During puberty, the sebaceous glands begin to produce more sebum, mainly stimulated by the male hormones (androgenic hormones).

However, there are different types of greasy hair. As regards its causes, specialists differentiate between greasy scalp, i.e. seborrhoea and greasy hair due to the spreading of the sebum.



spreading of the sebum

sebaceous

sebaceous gland

The condition of seborrhoea is an increased secretion of sebum. This leads to a greasy scalp.

Seborrhoea only describes the condition of overactive sebum production. In addition to the above causes, pollutants in the environment, stress or a poor diet are common contributing factors.

For the spreading of the grease, the secretion of sweat also plays an important role. In hot weather, we transpire. Sweat dilutes the sebum and distributes it across the scalp pores.

Mixed skin – overactive sebaceous glands in seborrheic zones

Depending on the size of the sebaceous glands and the effect of the androgenic hormones, the quantity of sebum produced in the different areas of the skin varies. In the face, there is a distinct area in which the sebaceous glands are most active: it is the zone of the forehead and across the nose and chin and is often referred to as "T zone".

If the sebum production in the T zone is considerably higher than in the other parts of the face, the facial skin is referred to as "mixed skin". The T zone has a tendency to appear greasy, even shortly after it has been cleaned, while the dryer parts of the skin remain dry and even irritating.

When assessing hair and scalp condition, the facial skin should also be looked at in order to recommend a suitable system treatment.

Sebostasis – insufficient activity of the sebaceous glands

If skin generally feels very dry and taut, it is very likely that the sebaceous cells do not secrete enough sebum. This condition is referred to as sebostasis and is due to genetic factors. After washing, the protective hydro-lipid film of the skin is only very slowly re-stored. The epidermis therefore tends to dry out quickly, and the skin shows dry tiny scales. Most affected are elderly persons, as the activity of sebaceous glands is significantly reduced from the age of 50.

Dry skin is often chapped and shows tiny lesions through which antigenic substances and germs can penetrate the tissue, causing infections.

If this condition is combined with an inherited predisposition for allergic reactions to certain substances, it leads to a high risk of contact allergies. Skin affected by sebostasis is very delicate and requires special care. The hair tends to be rather dry and rough it is therefore recommended to use products with greasing and moisturising components.

How does skin react to adverse factors and how does greasy skin develop?

A greasy scalp is the result of a functional disorder of the skin, in particular of the sebaceous glands. This condition can be triggered off by a variety of factors, e.g. hormonal disorders or influences in the environment.

The presence of hair also often leads to excessive moisture, due to transpiration, whereby the epidermis is swelled and its barrier function is impeded. Under the influence of heat, sebum and sweat form an emulsion that quickly spreads across the scalp and hair, leading to greasy hair.

How can a hairdresser assess greasy hair and what are the important questions to be asked?

Rather greasy scalp	
Typical symptoms	<ul style="list-style-type: none">▪ Oily, greasy sheen▪ Demarcation lines of sebum and sweat
Possible causes	<ul style="list-style-type: none">▪ Hormonal disorder▪ Poor diet▪ Psychological and physical disharmony▪ Chemical and mechanical factors▪ Environment▪ Inappropriate treatment with unsuitable or harsh products
Diagnosefragen	<ul style="list-style-type: none">▪ Do you have any problems regarding your scalp?▪ How often do you wash your hair?▪ Does your facial skin tend to be greasy?▪ What shampoo do you use?▪ How do you style your hair?
Recommendations	<ul style="list-style-type: none">▪ Dry-blow at low temperature▪ Always thoroughly rinse out hair care product (shampoo, conditioner, etc.)▪ Consequent system care▪ Only light perms▪ Layered haircut is recommended▪ wash hair more often▪ Use styling products