皮膚Angelic skin皮膚

Welcome to "皮膚Angelic skin皮膚"

The primary goal of this subliminal is to promote healthy skin, Through crafted affirmations and techniques.

Includes 60 pages of affirmations. The affirmations are crafted using basic, detailed, scientific, explanatory affirmations and are presented in an easy-to-understand format. In addition this audio features techniques such as binaural beats, isochronic tones, supraliminal, and specific frequencies. The affirmations are kept in low db(volume), and includes both left and right affirmations.

Suitable for men, and women.

For optimal results, it is recommended to listen to the audio for 20-30 minutes per day. However, if you prefer you may choose to loop overnight.

Benefits Below.

**Skin**

have youthful moisturized glowing crystal clear skin. Healthy Epididymis, Dermis, Melanocytes, Sebaceous Glands, Keratinocytes, Collagen, Sebum production, Antioxidants, Subcutaneous tissue, Ph balance, Microbiome, Lipids, Hyaluronic acid, Langerhans cells, Elastin, Cell turnover, stratum corneum.

Skin is protected from UV light.

Removal of scars, acne, ETC.

+stem cells to skin

**Information**

**Dermis**: The dermis is the second layer of the skin, located beneath the epidermis. It contains blood vessels, nerves, hair follicles, and glands. It is responsible for providing structural support to the skin and also helps regulate body temperature.

**Melanocytes**: Melanocytes are specialized cells located in the epidermis that produce a pigment called melanin. Melanin is responsible for giving skin its color and also helps protect the skin from the harmful effects of the sun.

**Sebaceous Glands**: Sebaceous glands are small glands located in the dermis that produce sebum, an oily substance that helps lubricate and waterproof the skin. Overactive sebaceous glands can lead to acne and other skin conditions.

**Keratinocytes**: Keratinocytes are the most abundant cells in the epidermis. They produce a tough, fibrous protein called keratin that helps protect the skin from damage and dehydration.

**Collagen**: Collagen is a protein found in the dermis that provides structural support to the skin. It gives skin its strength, elasticity, and firmness.

**Sebum production**: Sebum is produced by the sebaceous glands and helps lubricate and waterproof the skin. Overproduction of sebum can lead to oily skin and acne.

**Antioxidants**: Antioxidants are molecules that neutralize free radicals, which are harmful molecules that can damage cells and contribute to aging and disease. Antioxidants can be found in foods, supplements, and skincare products.

**Subcutaneous tissue:** Subcutaneous tissue is the layer of fat located beneath the dermis. It helps insulate the body, store energy, and cushion organs and bones.

**pH balance**: The pH balance of the skin refers to its level of acidity or alkalinity. The skin's natural pH is slightly acidic, which helps protect against harmful bacteria and other pathogens.

**Microbiome**: The skin microbiome refers to the collection of microorganisms that live on the skin. These microorganisms play an important role in maintaining the skin's health and protecting against harmful pathogens.

**Lipids**: Lipids are molecules that make up the outer layer of skin cells. They help keep the skin hydrated and protect against damage from the environment.

**Hyaluronic acid**: Hyaluronic acid is a type of sugar molecule that is found in the skin and other connective tissues. It helps keep the skin hydrated and plump.

**Langerhans cells**: Langerhans cells are specialized immune cells located in the epidermis. They play a role in recognizing and responding to foreign substances that come into contact with the skin.

**Elastin**: Elastin is a protein found in the dermis that gives skin its elasticity and helps it return to its original shape after stretching.

**Cell turnover**: Cell turnover refers to the process of new skin cells being produced in the epidermis and old skin cells being shed. This process helps maintain the health and appearance of the skin.

**Stratum corneum**: The stratum corneum is the outermost layer of the epidermis. It is composed of dead skin cells and helps protect the skin from damage and dehydration.

**Scalp.**

Healthy scalp. Balance Ph levels. Good blood flow to the scalp. Sebaceous glands produce optimal oils. Healthy microbiome on scalp. Optimal sebum production. Healthy stratum corneum.

+stem cells to scalp

**Explanations**.

**Sebaceous glands** are small, oil-producing glands that are present in the skin of mammals, including humans. They are typically connected to hair follicles and are found throughout the body, with higher concentrations on the face, scalp, and upper back. The main function of sebaceous glands is to produce sebum, an oily substance that lubricates and waterproofs the skin and hair. Sebum helps to keep the skin moisturized, preventing dryness and maintaining its elasticity. It also acts as a protective barrier, preventing the loss of moisture and shielding the skin from environmental pollutants and pathogens. While sebaceous glands contribute to overall skin health, excessive sebum production can lead to oily skin and contribute to conditions like acne. Striking a balance in sebum production is essential for maintaining a healthy scalp and skin.

**The scalp microbiome** refers to the community of microorganisms that reside on the scalp, including bacteria, fungi, and other microbes. Similar to other areas of the body, the scalp has its unique microbiome composition, with a diverse range of microorganisms interacting with each other and the scalp environment.

**The scalp microbiome** plays a crucial role in maintaining scalp health and hair quality. It helps regulate the pH balance of the scalp, provides protection against harmful pathogens, and contributes to the overall condition of the hair and scalp. The microorganisms in the scalp microbiome can also influence the production of certain compounds and interact with the hair follicles.

Imbalances in **the scalp microbiome** can lead to various scalp conditions, such as dandruff, itching, inflammation, and even hair loss. Factors like excessive sebum production, environmental factors, certain hair care products, and hygiene practices can disrupt the balance of the microbiome.

Maintaining a healthy **scalp microbiome** involves practices such as regular cleansing with mild and scalp-friendly products, avoiding excessive use of harsh chemicals, and maintaining good scalp hygiene. Additionally, a balanced diet and reducing stress levels can also support a healthy scalp microbiome. By nurturing a diverse and balanced scalp microbiome, we can promote scalp health and support the vitality and appearance of our hair

**Sebum** is an oily substance produced by the sebaceous glands in the skin. It plays a vital role in maintaining skin and hair health. Sebum is composed of lipids, including triglycerides, free fatty acids, wax esters, and cholesterol esters.

The primary function of **sebum** is to lubricate and moisturize the skin and hair. It helps to keep the skin supple and prevents excessive dryness by forming a protective barrier that reduces water loss from the skin's surface.

Sebum also helps to waterproof the skin, protecting it from external factors like environmental pollutants and pathogens.

The **stratum corneum** is the outermost layer of the epidermis, which is the outermost layer of the skin. It is composed of dead skin cells called corneocytes that are tightly packed and surrounded by a matrix of lipids. The stratum corneum acts as a protective barrier, shielding the underlying layers of the skin from external factors such as water loss, UV radiation, pathogens, and chemicals.

The main function of the **stratum corneum** is to prevent excessive water loss from the skin, maintaining its hydration and preventing dryness. The lipids within the stratum corneum, including ceramides, cholesterol, and free fatty acids, form a lipid barrier that reduces water loss through a process called transepidermal water loss (TEWL).

The **stratum corneum** is continuously renewed through a process called desquamation, where new skin cells are generated in the lower layers of the epidermis and gradually move upward, pushing older cells toward the surface. This turnover process ensures that the stratum corneum remains intact and functional.

**Lips**

Healthy hydrated, youthful Lips.

Stem cells to Lips.

**Explanation**

**Lips** - Lips are one of the most prominent features of the human face. They play a crucial role in communication, expressions, and various functions related to eating and speaking.

**Lips** are soft, movable structures that surround the opening of the mouth. They are composed of muscles, blood vessels, nerve endings, and skin. The skin on the lips is thinner compared to the rest of the face and lacks oil glands, which makes them more susceptible to dryness. The lips are highly sensitive due to a large number of nerve endings present in the area. This sensitivity allows us to experience sensations such as touch, temperature, and pressure. It's why kissing, for example, can be a pleasurable experience as the lips are richly innervated.

**Extras**

Eating or drinking unhealthy related foods or drinks has less effect on your skin.

Hair products/products cause less skin irritation and acne.

Less clogged pores.

Removal of rashes.

Immune to dry skin.

Heal faster.

**Credits go to.....**