

Skin, Hair and Nails

Skin protection and care

Eileen M. Wanke

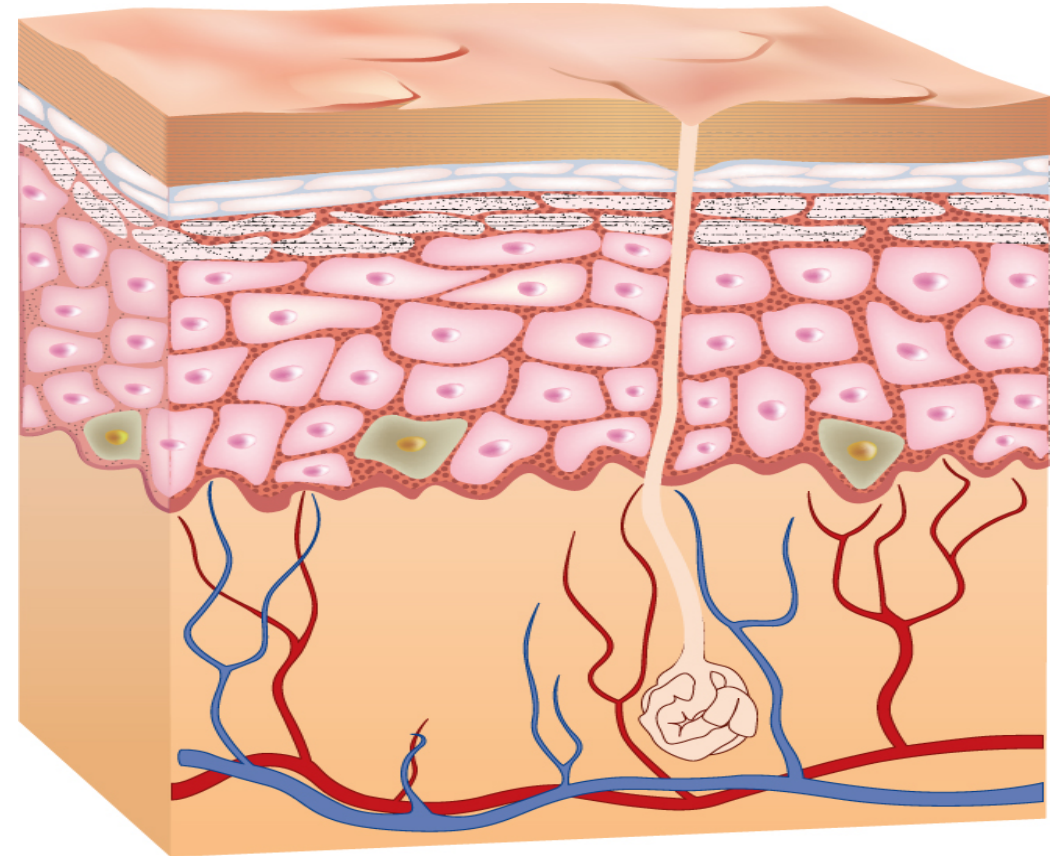


Skin structure

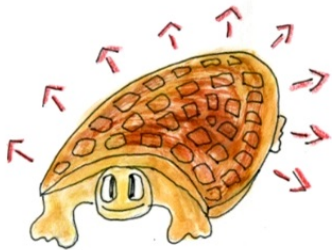
Largest organ of the body

Size: approx. 2 m²

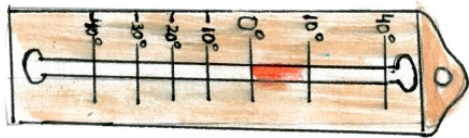
Weight: 4–6 kg



Functions



**1.
Mechanical protection**



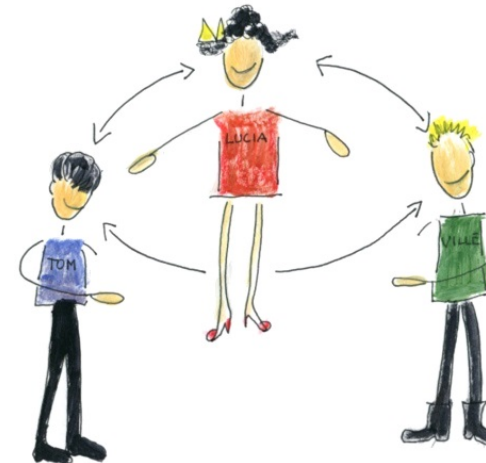
**2.
Temperature regulation**



**3.
Protection against
infection**



**4.
Regulation of the water
balance**



**5.
Indirect participation
in communication**

Stress on the skin, hair and nails

Through...

- heavy sweating
- frequent showers
- masks/stage makeup
- work clothes (costumes, if applicable)
- footwear
- hairstyles and possibly wigs
- nutrition



*Fluid loss per class (90 min):
approx. 1.5 litres*

*Dancers take showers... :
Ø 15.4 times per week
Ø 8.7 min long...*

*... of which 90 %
hot or very hot...*

Problems – the TOP 5

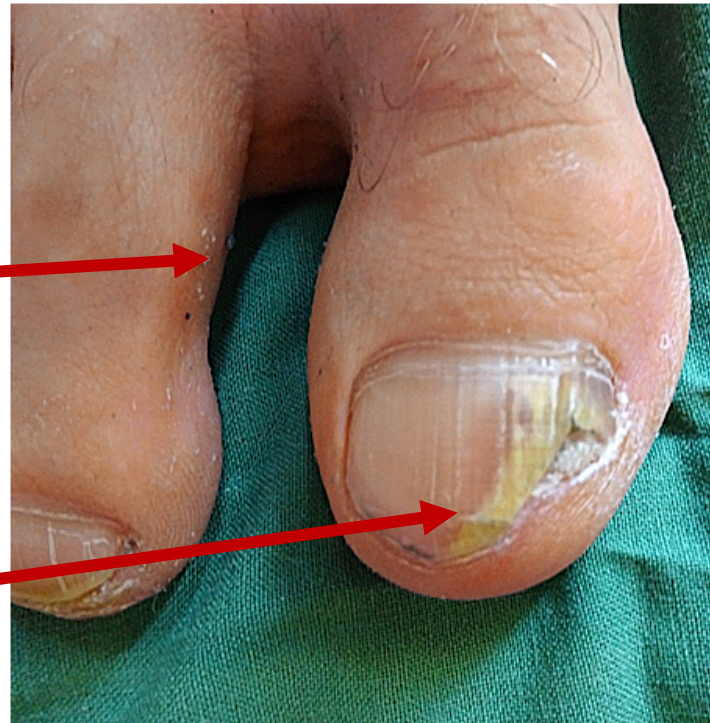
1. Foot and nail fungus

Foot fungus:

itchy, possibly soft, also scaly in the spaces between the toes, possibly cracked/dry skin and soles of feet

Nail fungus:

yellowish discoloration, possibly thickened or crumbly deterioration



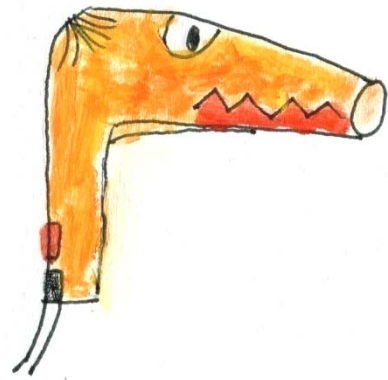
No self-healing tendency!
Therefore act immediately
(dermatologist)

Therapy: special cream/
if appropriate, varnish, or
possibly tablets over several
weeks

**The motto is: be patient and
keep it up – it takes time!**

Problems – the TOP 5

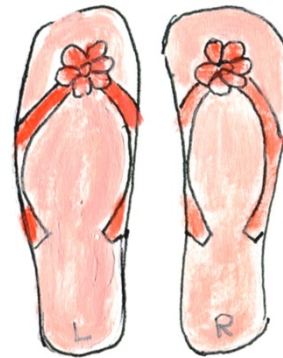
1. Foot and nail fungus – prevention



Blow-dry spaces
(between toes)



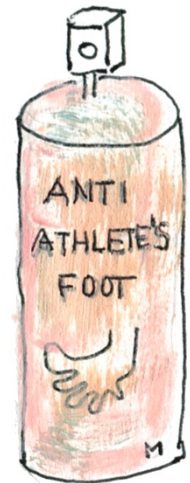
Use lavender oil,
apple cider vinegar



Wear bath
slippers



Wash, dry and/or air
your shoes and dance
footwear



Use disinfectant spray
for feet

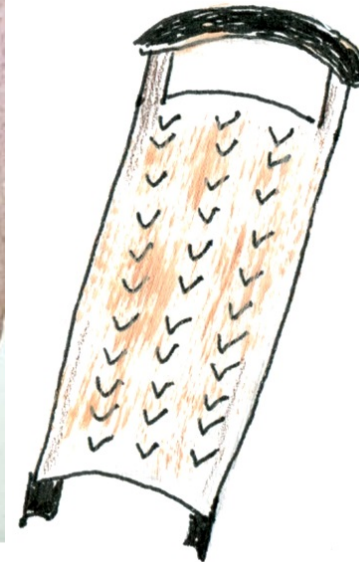
Problems – the TOP 5

2. Chicken skin

- cornification disorder of the hair follicles, especially in winter and with skin that is prone to neurodermatitis
- especially exteriors of the upper arm and thigh
- rough surface – subsequent hair loss



Figure: Chicken skin on the thigh



Therapy:

- Use cleaning agents (e.g. soaps) economically
- Using body oils is preferable
- Consultation: then possibly moisturizing lotions with urea, salicylic acid or common salt

Problems – the TOP 5

3. “Cosmetic acne”

- a so-called *acne form of dermatitis*
- cause: improper skin care (too dry or too rich in fat content)



Figure: Cosmetic acne on the back after use of full body fat-based make-up

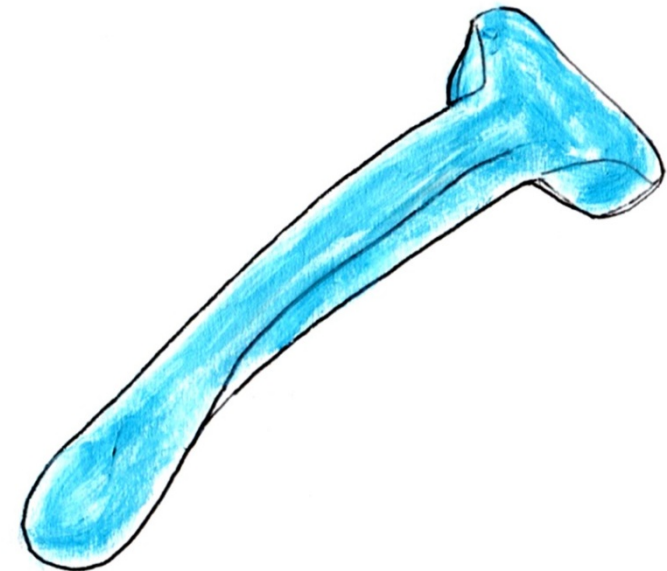
Therapy:

- “Zero diet” (with discontinuation of all previously used cosmetics)
- Use pH-neutral care products
- Meticulously remove make-up with mild products (e.g. micellar cleansing water)
- Clean and disinfect make-up utensils regularly
- Do not use excessively rich creams (oil-free products are better)

Problems – the TOP 5

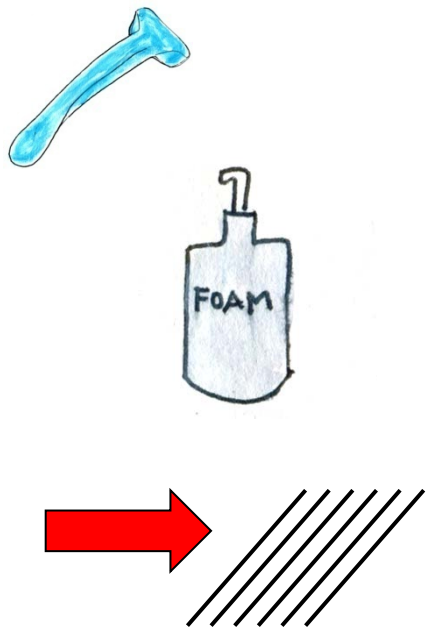
4. Inflammation of the hair follicles after shaving

- **Shaving dermatitis:** localised bacterial inflammations (especially after wet shaving), mainly in body wrinkles (humid-warm climate)
- **Cause:** smallest injuries of the skin, caution: deodorants containing aluminum salts
- **Symptoms:** spots after shaving



Problems – the TOP 5

4. Inflammation of the hair follicles after shaving



Therapy, prevention and reduction of problems

- Use sharp razor blades + disinfect after shaving
- Use shaving foam
- Initially shave in direction of growth
- Apply antiseptics after shaving
- Frequently change and wash bed linen
- Choose clothes made of natural materials
- Consider having hair permanently removed



Problems – the TOP 5

5. Eczema (e.g. hand eczema)

- allergic/infectious/irritative/toxic/neuro-dermatitis origin
- e.g. at > 2 h continuous activity in humid environment (also sweating)
- reddened, itchy skin, possibly also with blisters, crusts or flakes



Eczema in the intradigital fold of a female dancer

Therapy:

- Consult a dermatologist
- Take good care of your skin, e.g. urea creams
- Use special skin protection preparations, if necessary
- Avoid allergens/irritants, if possible
- Start by getting tested for allergies

Tips

General information

- Fluid intake 2–3 litres
- Movement / sports
- Protect your skin from UV rays
- Avoid nicotine/alcohol
- Healthy nutrition
- Manage stress
- Wear perfumes on your clothes, not on your skin



**If you ask me*

Tips for cleaning after class/rehearsal/performance (1)

(modified according to Fischer & Groneberg 2011)

93 % of dancers wear make-up regularly,
only 25 % use a silicone-free and pH-neutral face cream

- Take a shower not immediately after training/rehearsal/performance but after a short break (otherwise the sweating will continue after showering)
- Take brief showers
- Do not shower too hot (dries out the skin)
- Do not wash your face with shower gels or shampoos (these strip away the defence afforded by natural skin oils)



Tips for cleaning after class/rehearsal/performance (2)

(modified according to Fischer & Groneberg 2011)

- Do not wash your body with shampoos
- Clean face with special cleansing milk
- Use replenishing shower gels or shower oils with pH around 5.5
- Meticulously dry your skin (also the spaces between your toes etc.)
- Use moisturizing lotions (e.g. containing urea) for your skin

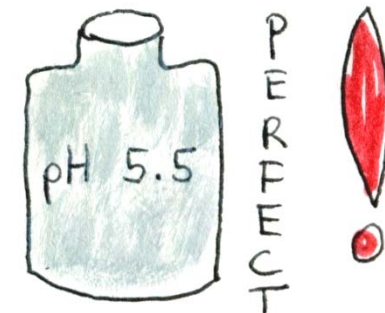


**If you ask me*

Tips for skin care (1)

(modified according Fischer & Groneberg 2011)

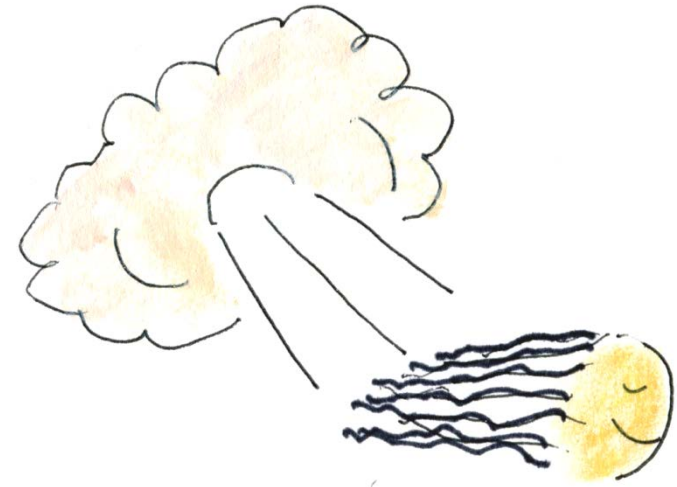
- Use unscented skin care products/masks and cosmetics suitable for your specific skin type
- Use foundation under makeup
- Apply a good moisturising cream with UV protection during the day and use a serum with antioxidants at night
- Use special eye cream around the eye area
- Use products with the shortest possible list of ingredients



Tips for skin care (2)

(modified according Fischer & Groneberg 2011)

- Use non-comedogenic and “hypoallergenic” cosmetics
- Avoid fragrances/preservatives/alcohol/silicones in creams
- Use mild shampoos and no more than one hair treatment per month
- Blow-dry your hair lukewarm – and only if absolutely necessary, otherwise air dry



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Under www.vbg.de/prevention-musical-dance you will find the following additional material:

- Methodological-didactical commentary
- Background information for teachers
- Work sheets
- Media collection