

Introduction

Like the book, this workbook and study guide was written to be a companion to *Physiology of the Skin II* by Peter T. Pugliese, MD. This book is for everyone—from vendors to seasoned chemists—and has been written as a navigation tool for the cosmetics industry.

The Science section includes:

- The Behavior of normal skin
- Free radicals and the skin
- Elastin: the youth protein

The Application section of the book begins with Immunology of the Skin Care Specialist and continues with:

- How wrinkles develop
- Biology of acnetic skin
- The power of chemical peels

The workbook is organized by chapter and includes review material for each chapter in several different formats, including:

- Multiple Choice
- Fill in the Blank
- Matching
- True or False

Like the book, this workbook and study guide was written to help those individuals working in the cosmetic industry navigate through the intricacies of cosmetic chemistry. On each chapter page, you'll see an indication of where you'll find the material in the book. For example:

Chapter 6. Basic Chemistry of Life

(pages 59-75)

In order to get the most out of this workbook, read and study the book carefully first, then work on the review material in this workbook.

You will find the answers to all of the questions in the Answer section at the back of the workbook.

Good luck!