

# SKIN 101

Welcome to Skin 101! We're going to be learning all about your body's largest organ with the help of a tool used every day in the research and development of Olay products.

For this lesson you will need:

- Skin Hydration Meter
- Water
- Moisturizer
- Pen and paper

## 1

### PART 1: HAVE A DISCUSSION ABOUT YOUR SKIN.

#### STEP 1:

Go to [Olay.com/ScienceKit](http://Olay.com/ScienceKit) and watch Video #1, "All About the Skin You're In," with your class.

#### STEP 2:

Have a discussion with your class.

How much do they know about their skin? Questions to ask:

**Q: Name all the things you know about skin!**

**Q: What did you think was most interesting about the video?**

**Q: Where is skin thickest/thinnest on your body? Why?**

**A:** Soles of your feet / your eyelids.

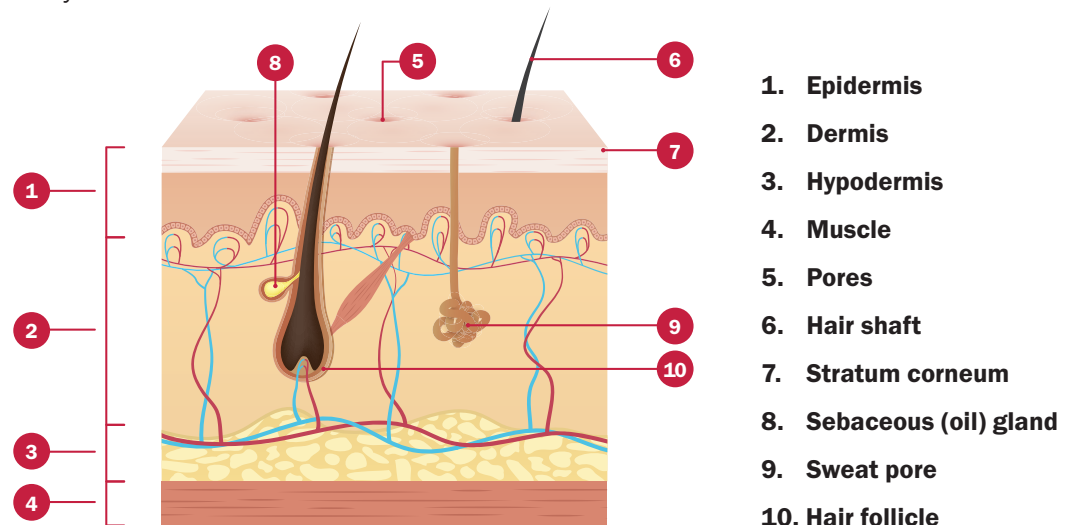
**Q: What percentage of your body mass is skin?**

**A:** It varies from person to person, but about 15%. So if you're a hundred pounds, that's 15 pounds of skin!

#### STEP 3:

Explore the skin diagram below.

Discuss the structure of skin with your class. Did they know the skin was made up of so many different elements?



# 2

## PART 2: EXPLORE THE AWESOME POWER OF HYDRATION USING A SKIN HYDRATION METER.

### STEP 1:

Go to [Olay.com/ScienceKit](http://Olay.com/ScienceKit) and watch Video #2, “Cracking Skin’s Hydration Code,” with your class.

### STEP 2:

**Have a discussion on why keeping your skin well hydrated is so important.**

Your skin is a barrier against the outside world. It’s a bodyguard, keeping all the nasties like germs, dirt, pollution, and damaging sunlight out (and the good things like hydration in). To keep your skin healthy, you need to keep it hydrated.

### STEP 3:

**Set up your Skin Hydration Meter.**

Follow the instructions on your “Skin Hydration Meter Instructions” insert.

### STEP 4:

**Using the Skin Hydration Meter, take skin hydration measurements.**

Measure the back of your hand and the skin between your thumb and finger. Write down these numbers! If you have time, take measurements again. A good scientist always double (and triple!) checks her numbers.

### STEP 5:

**Drink an 8-ounce glass of water, take more measurements.**

Wait one minute after drinking to measure. Now measure again. Have your measurements changed? Why didn’t drinking water show a significant different in the hydration of your skin? (While drinking water is great for you, the vast majority doesn’t make it to your skin. It’s helping your body function.)

### STEP 6:

**Rub Olay moisturizer into your hand, take more measurements.**

Wait one minute. Now take your final measurements. These numbers should have your skin looking much more hydrated.

### FOR IN-PERSON CLASSES:

Feel free to measure your students with the Skin Hydration Meter as well – just don’t forget to clean it with an alcohol wipe between students! Everyone has a different skin hydration level, so everyone should get a different reading.



**All of our science doesn’t fit in this box!**

Scan this QR code or visit [Olay.com/ScienceKit](http://Olay.com/ScienceKit) for more.



**The Skin Hydration Meter is yours to explore! Visit [Olay.com/ScienceKit](http://Olay.com/ScienceKit) for more experiments, and have fun teaching your students about the wonders of science.**