

# Under the Surface: The Role of our Skin

Did you know that the skin is the largest organ in your body! It is made up of water, protein, fats, and minerals. The skin has its own immune system, which helps protect against infections, cancers, and toxins. It also works as a physical shield and the first line of defence to keep harmful things from getting inside your body.

There are three layers of tissue that make up the skin: the epidermis, the dermis, and the hypodermis.

## 1. Epidermis: Top Layer of Skin

This is the layer of your skin that you can see and touch. It has melanin which is what gives your skin its color. The epidermis acts as a protective barrier, keeping all the germs and bacteria from entering your body and bloodstream.

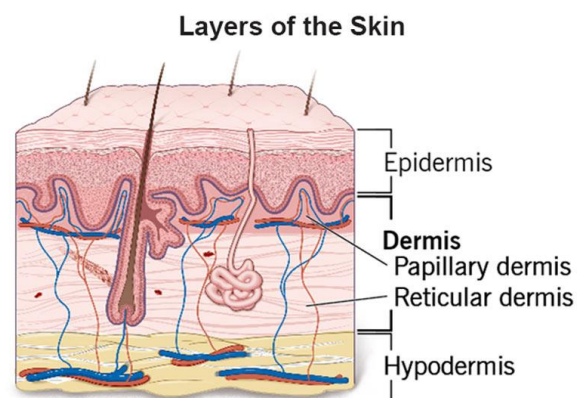
## 2. Dermis: Middle Layer of Skin

The dermis makes up 90% of your skin's thickness. This layer has proteins like collagen and elastin that keep your skin strong and flexible. The dermis is also where your blood vessels, nerve endings, sweat glands, and hair follicles are located. With help from your dermis, a constant blood supply keeps your skin healthy, allows you to feel sensations of touch, enables sweating to regulate body temperature, and supports hair growth.

## 3. Hypodermis: Bottom layer of Skin

This fatty layer of skin attaches to the muscles and bones, serving as a protective cushion. The fat in the hypodermis helps shield our muscles and bones from injuries and plays a role in regulating body temperature, preventing you from getting too cold or too hot.

The skin plays an important role in protecting your body from bacteria and other hazards, making it essential to learn how to take care of it. Stay tuned to our upcoming articles this month to learn how to prioritize skin care.



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