

STRUCTURE OF THE FACE



Bone, Muscle & Skin Structures

Bones of the Head & Face

*Excerpts from IvyRose Holistic (www.ivyroses.com)

Cranial Bones

1 x Ethmoid Bone

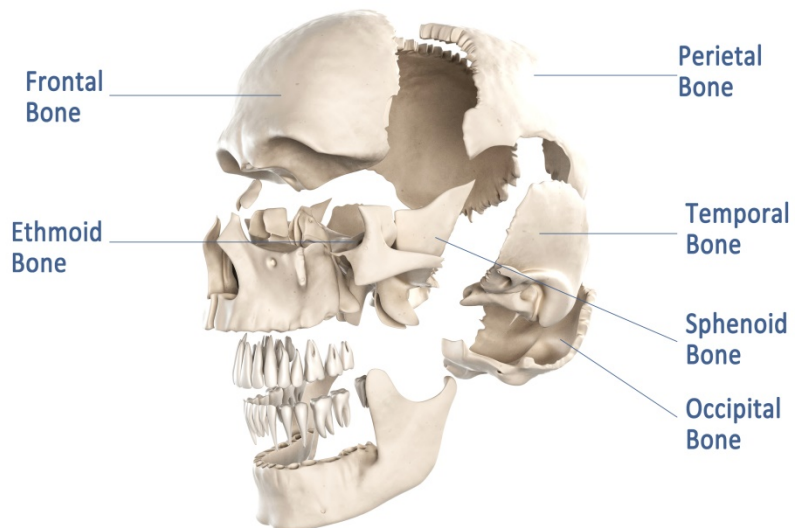
1 x Frontal Bone

1 x Occipital Bone

2 x Parietal Bones

1 x Sphenoid Bone

2 x Temporal Bones



Bones of the Cranium

Ethmoid	Floor of the cranium, inferior to the frontal bone and anterior to the sphenoid. Non-technically: Centre of the face, behind the nose. Forms part of the nasal cavity and the orbits.
Frontal	Forehead, extending down to form the upper surfaces of the orbits. Anterior to roof of the skull.
Occipital	Back and base of the cranium, forms the back of the skull. Non-technically: Lower back of the head
Parietal	Top and sides of the cranium, posterior to roof of the skull.
Sphenoid	Anterior to the temporal bones and forms the base of cranium - behind the orbitals.
Temporal	Sides of the skull, below the parietal bones, and above and behind the ears

Bones of the Head & Face

Main Facial Bones

2 x Lacrimal Bones

1 x Mandible

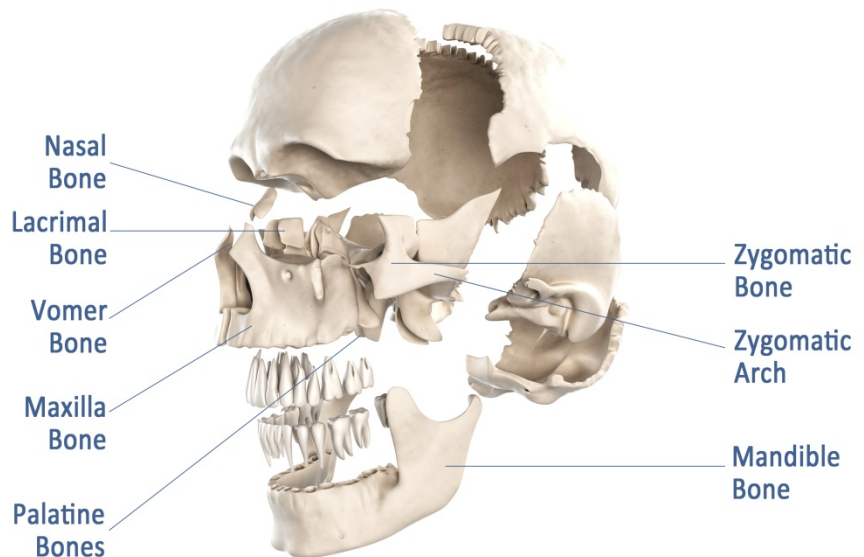
2 x Maxilla

2 x Nasal Bones

2 x Palatine Bones

1 x Vomer

2 x Zygomatic Bones

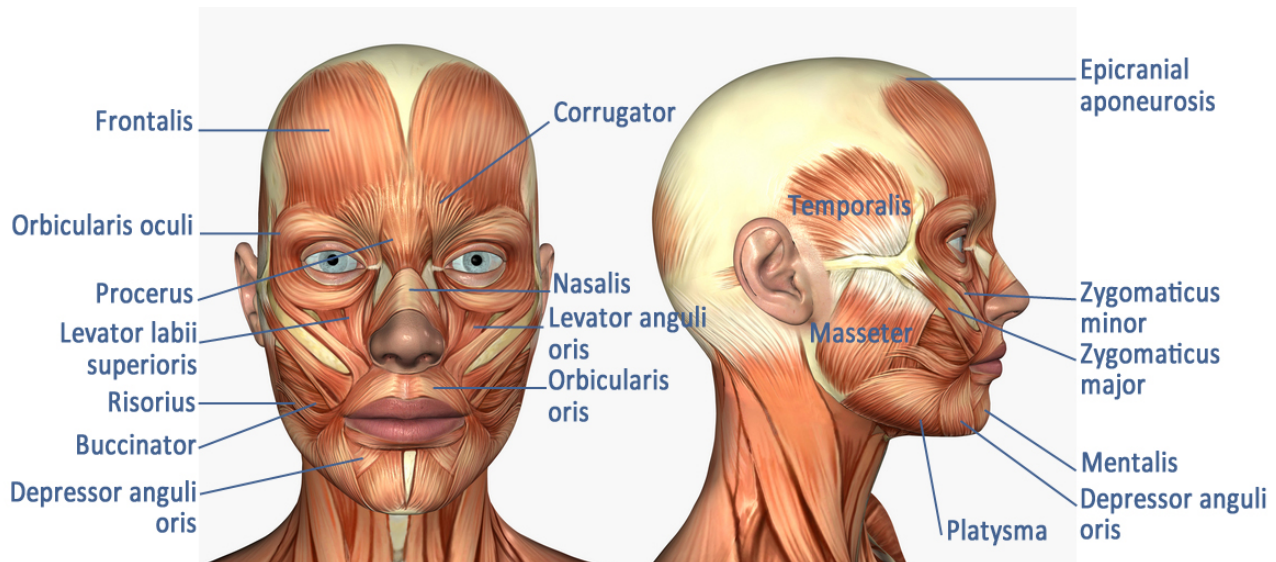


<u>Type of Bone(s)</u>	<u>Function</u>
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Cranial	Protection of the brain; Inner-surfaces attach to membranes that stabilise the positions of the brain, blood vessels, and nerves; Outer-surfaces act as areas of attachment for muscles that move the head in various ways; Protect and support organs for the senses of vision, taste, smell, hearing and equilibrium/balance.
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Facial	Form the mechanical framework of the face; Protect and support entry points of both the digestive, and the respiratory systems; Provide attachment for some muscles of facial expression; Protect and support organs for the senses of vision, taste, smell, hearing and equilibrium/balance.
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MUSCLES of the FACE



The muscles of the face are very different in the way they connect to the bones of the face.

The muscles originate on the bone (or fascia of the face) and are attached directly to the skin, allowing for facial movement.

There are two types of muscles:

1. Muscles of Mastication
2. Muscles of Facial Expression

Muscles of Mastication

- Temporalis
- Masseter
- Medial Pterygoid
- Lateral Pterygoid

These 4 muscles are responsible for the chewing action of food. The Medial and Lateral Pterygoid lay under the Masseter muscle, hence why they are not shown.

They are very strong muscles, the strongest of all of the muscle groups.

MUSCLES of the FACE

The Muscles of Expression are the muscles that create facial expression attached to the broad spectrum of our emotions.

We move these muscles according to our feelings, thoughts and speech.

The muscles of facial expression are located in the subcutaneous tissue of the skin (this is in the area under the dermis of the skin where the epidermis and dermis attach to the underlying muscles).

These muscles are broadly split into 3 groups:

1. Orbital
2. Nasal
3. Oral

The **Orbital Muscle Group** is located in the eye socket and control movements of the eyelids and protects the cornea from damage.

The **Nasal Muscle Group** is located are associated with the nose and the skin around it. This muscle group is particularly important to learning facial exercises, as the muscles are rarely used.

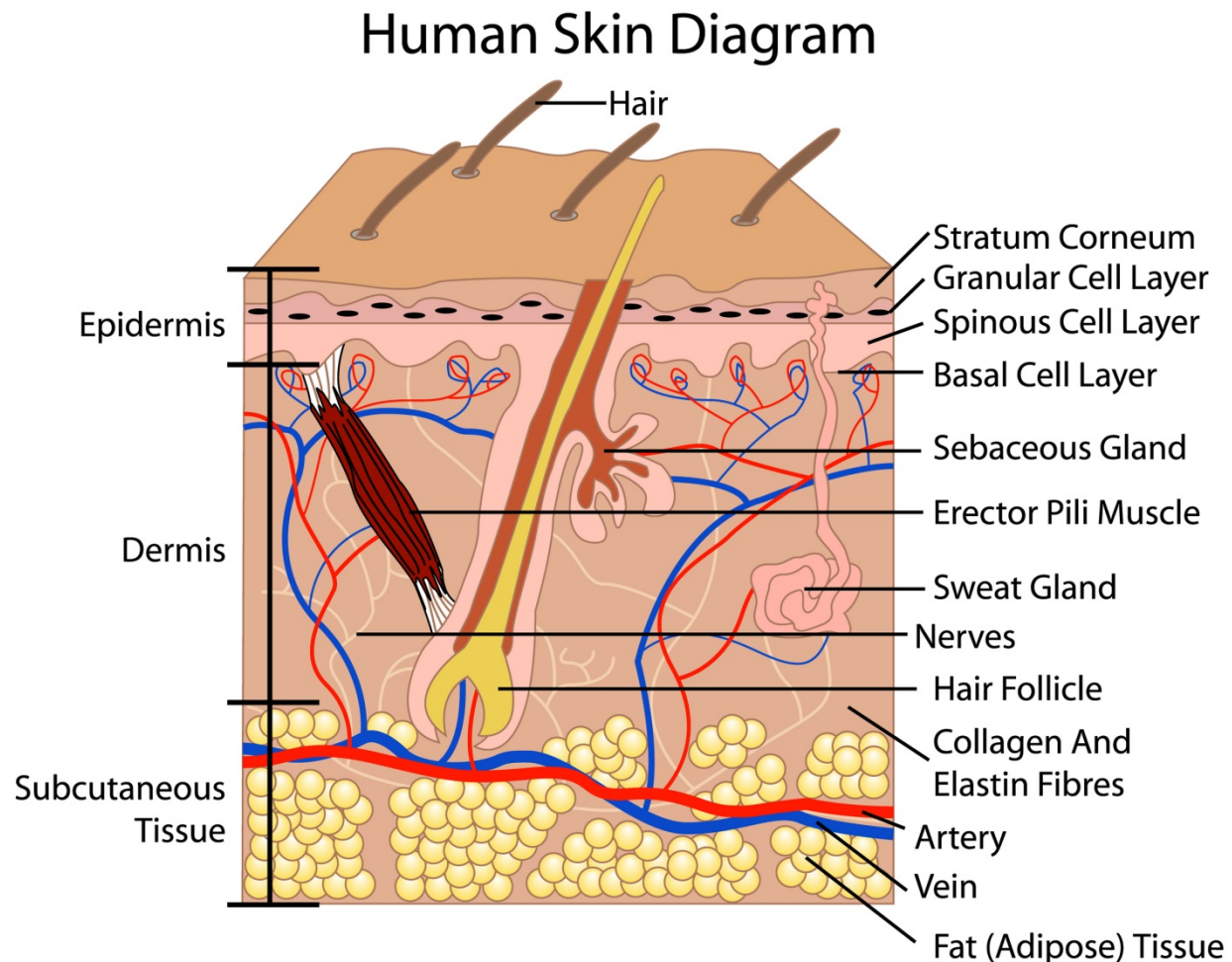
The **Oral Muscle Group** is responsible for the movement of lips and mouth which are required for vocal communication.

This is a list of the main muscles that we use during our facial exercise program:

Epicranial aponeurosis
Frontalis
Temporalis
Orbicularis oculi
Procerus
Levator labii superioris
Risorius
Buccinator
Depressor anguli oris

Nasalis
Corrugator
Levator anguli oris
Orbicularis oris
Zygomaticus Minor & Major
Mentalis
Depressor anguli oris
Platysma
Masseter

ANATOMY of the SKIN



The skin is the largest organ of our body. It is the tough outer layer of your body which holds and protects your organs and other parts of the body from damage and viruses.

The skin also filters ultraviolet radiation from sunlight.

There are three layers of the skin:

1. The Epidermis
2. The Dermis
3. The Subcutaneous Layer

ANATOMY of the SKIN

Function of the Epidermis

- The Layer of Skin that outer world sees
- Tough outer layer of skin
- Prevents bacteria & viruses entering body
- Filters ultraviolet radiation from sunlight
- Minimal moisture in this layer of skin
- New cells form at Basal layer and move up
- Sheds every 4 weeks

Function of the Dermis

- Contains blood vessels, nerves, hair follicles, sweat glands, oil glands, elastin & collagen
- Sensation response to external Stimuli
- Cellular Regeneration & tissue repair before transferring to Epidermis
- Glands & Follicles extend to epidermis thru pores, which forms the acid mantle of skin needed for correct functioning of protective barrier

Function of the Subcutaneous Layer

- Provides Insulation, Energy Reserve and Cushioning for the Dermis and Epidermis
- Houses Blood Vessels that supply the Dermis and Epidermis
- Attaches Dermis & Epidermis to the Underlying Muscles that create the expressions on our face and enable us to chew our food

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