

〈原 著〉

化粧品の有効性の検討

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The Study on the Usefulness of Skin Care Products

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Abstract

We conducted half side usage test of skin care products at four seasons on 30 healthy volunteers, 7 volunteers were house wives (age average was 35.0 ± 3.4) and 23 volunteers were college students (21.0 ± 1.8).

The skin conditions of volunteers were classified into 6 skin types according to questionnaire results. At first the skin conditions were divided into two types based on moisturized feeling, type A was well moisturized and type B was not well moisturized. And then the skin conditions were divided into three types based on oily feeling, type "o" was oily, "n" was normal and "d" was dry. So we could take 6 types such as Ao, An, Ad, Bo, Bn and Bd.

The skin care products for half side usage test were decided according to the skin types. This study was performed by the following procedure.

1. At the morning skin care, the volunteers washed their faces with washing milk, then on half sides of their faces they applied skin lotion and milky lotion or cream decided according to the skin types, the other half sides of their faces were allowed with non-treatment.
2. In the evening the volunteers wiped their faces with cleansing cream and washed with washing milk. After then treated their faces with the same way as morning.
3. The observation of skin conditions were done at the beginning and 1, 2, 3 and 4 weeks after the starting of this study.
4. The usage test was stopped when the skin troubles such as dryness, acne like eruptions, skin irritation were too severe to continue this test.

The following results were taken.

1. In spring, skin troubles were observed most frequently among four seasons. On the other hand in summer, skin troubles were very few. The skin conditions were seemed to be easily influenced by environmental conditions.
2. Extreme drynesses were shown more frequently on non treated sides than treated sides. Acne like eruptions were observed on treated sides.
3. In "n" and "d" types, skin troubles were observed more frequently on non treated sides than treated sides.

As mentioned above, we could confirm the usefulness of skin care products such as skin lotion, milk or cream on the normal and the dry skin. But we couldn't confirm the usefulness of these products on the oily skin.

Key word

Cosmetics, half side usage test, skin care preparation, dry skin, acne vulgaris

を通じ同一対象で試験を行った。対象および試験期間を **Tab. 1** に示した。

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