

〈シンポジウム〉

化粧品に心の豊かさを求めて

リハビリメイク[®]とは

かづきれいこ*

The Concept of Rehabili-Make[®] (Make-up for Rehabilitation)

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Abstract

In western countries, applying make-up in a medical setting has been mainly aimed at concealing or “camouflaging” scars on a patient’s face caused by plastic surgery, etc. Rehabili-Make[®], a concept advocated and practiced by the author, focuses on helping patients to live with their scars and supporting their reintegration into society. The author has been trying to adjust this concept to the current state of health care services in Japan as well as to people’s mentality. The main goal of this idea is to relieve patients from ‘wounds’ through subjective thoughts, not the pursuit of beauty.

At present, Rehabili-Make[®] is practiced on an outpatient basis at some hospitals in Japan. Many patients have difficulty accepting their appearances or leading normal lives. Our practice is conducted in relevant fields, such as plastic surgery, psychiatry, etc. We herein report two cases: one woman with a hemangioma and nevus of Ota and another woman worried about her aging skin. The author wants to emphasize that our main goal is not to “make-DOWN,” but to “make-UP” to please patients. The woman in the former case took a training course for Rehabili-Make[®] after receiving our treatment and is now working at a cosmetic store under the control of our association. We offer opportunities for patients to reintegrate into society.

Moreover, we are selling original cosmetics and conducting unique make-up classes. Although the cosmetics used in the class are no more than “teaching materials,” a high value is added when these materials are used as a tool in our original make-up method.

Rehabili-Make[®] can provide a new option for solving mental and social problems that are not covered by present medical services. We believe that this concept will be accepted as a means of improving the QOL of patients who desire to return to society.

Key words: Rehabili-Make[®], concept, make-up method, reintegration into society, case report.