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 “camouflageing” 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.

緒言

医療分野における従来のメイクには、欧米を中心とした形成外科領域における傷などを“カモフラージュ”（患部が目立たないように隠す）することに主眼を置いていたメイクアップがある。これに対し著者が提唱、実践しているリハビリメイク®とは、その欧米の考え方を本邦の医療の現状および人々の精神性に適応させた「患者が傷を受け入れ、いきいきと元気に社会復帰するのを支援するためのメイクアップ」である。単に被覆するのではなく精神面のケアも併せて行い、最終的に患者がその傷を「心」で受容し、社会復帰する支援を行うという点がカモフラージュメイクと大きく異なる。また通常のメイクアップのように美を追求するのではなく、あくまで患者の主観を基準とした患部への関わりからの解放をその第一目的としている。

したがってリハビリメイク®の対象は、自身の外見を受容できないため社会生活に支障をきたしているすべての人であり、その適用範囲は形成外科をはじめ、皮膚科、精神科、口腔外科、内科など多岐にわたる。Table 1に示すような2例を報告する。

リハビリメイク®の概念

①目的
メイクを医療現場に導入するのは、治療後または治療中の過程においてもなお瘢痕などが残る場合、それをで