

〈教育セミナー〉

ライフステージと化粧品学

## 肌の加齢に伴う変化とスキンケア 成人男女間の違いについて

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### **Age-Associated Changes in Facial Skin and Suitable Skincare Differences between Adult Men and Women**

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#### **Abstract**

The following results about Japanese men's facial skin were clarified: 1. The difference of skin conductance and amount of skin surface lipid between in the T- and U-zone of men's faces is greater than that of women, 2. Seasonal changes of TEWL and the final distension value (Uf) showed opposite tendency in the T- and U-zone respectively, 3. Lower cheek is the driest portion in man's face throughout a year, 4. The final distension value indicates a highly negative correlation coefficient with actual age and can serve as an index of aging change in men's facial skin, 5. Men not to use any sunscreen agent and use a razor for shaving have the tendency of advancing age-related changes in the facial skin, 6. The formation of wrinkles became obvious and their developments were accelerated at around 40 in the corner of the eyes and around 50 in the suborbital site, 7. The increase of reddish and decrease of the brightness were confirmed with advancing age and the significant difference between summer and winter was not found in brightness after 40's. It is about 40 years old to begin to recognize the changes of appearance in own face to whom the aging symptom is obviously accelerated. And it was considered that the importance of the prevention of the facial skin aging around at the age of 40.

**Key words:** men's facial skin, aging, skin surface lipid, final distension, brightness.