

シンポジウム「洗う」

# クレンジング ——その進歩と正しい使い方——

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## Cleansing — Its recent progress and reasonable application —

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### Abstract

In order to spend healthy and hygienic life, skin care treatment is a “must” for people with modern culture. Above all “cleansing” is considered to be of prime importance as a first step skin care treatment. To discuss “cleansing” action, the following four conditions have to be considered.

- 1) substrate (object to be cleaned)
- 2) stain or dirt which attaches to the substrate
- 3) solute or solution to be used for cleaning
- 4) physico-chemical conditions for cleaning

As far as cosmetics are concerned, we must consider that substrate is living skin and dirt consists mostly from secreted matters from the skin and foreign matters such as cosmetics (make up preparation residue.) Most important thing for cleansing skin is to clean the skin and wash out maximum dirt with least influence to the skin.

Latest cosmetic industry developed various types of cleansing products including comparably new cream type soap generally known as cleansing foam. To formulate cleansing cream type products, quantities and solubility of vehicles such as oil, surfactant, while types, quantities and their way of combination of surfactants are important in the case of cleansing foam type products. To accomplish effective and comfortable cleansing, selection of type of products and reasonable application are essential.

Our studies revealed that cleansing cream type product was most effective for the removal of make up preparations as far as reasonable application was followed. Our search also revealed most consumers use only 1.1 gr in average of cleansing cream despite the manufacturer indicates 2.5 gr. Incorrect application results not only inefficient cleansing, but also unfavorable effect to the skin.