〈教育セミナー〉

マッサージ：エステティック施術とやすらぎ効果

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Massage : Esthetic Treatment and the Healing

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Abstract

The effect of skin care and "Relief" effect of the esthetic treatment were evaluated by a subjective impression and a physiological measurement. The importance is to use the evaluation method from which the quality of life of the subject is not ruined by the experiment condition as much as possible. We build in a simple evaluation system the treatment process in an actual esthetic salon, and shortened the measurement time to reduce the load of the subject. The skin temperature, the moisture content and the softness of the skin showed the tendency which increased and settled a little after the esthetic treatment. The blood pressure and the pulse showed the tendency which decreased in case of almost, however, the value increased after the treatment occasionally when it before the treatment was considerably low. As a result, after the treatment, all values showed the tendency somewhat settled. Several environmental music pieces with the characteristic of $1/f$ fluctuation improved the effect of the relief of the esthetic treatment. Therefore, the selection of environmental music was important for improving the relief feeling and the satisfaction degree of the treatment. We have developed the technology "Medical Soin Esthetic" by applying the effect of the esthetic treatment to the medical treatment, and taken care of the mind and the skin of the patients handicapped in a feature and a figure. It has been understood from the questionnaire to the patients that the improvement of various symptoms by "Medical Soin Esthetic" is useful for the patients to heal feelings and to act positively. As described above, the esthetic treatment is total care of the mind, the body and the skin, and contributes to the reduction of the stress.

Key words: massage, esthetic (＝aesthetic) treatment, "Relief" effect, physiological measurement, environmental music, $1/f$ fluctuation, Medical Soin Esthetic, skin care, mental care.