

〈教育セミナー〉

メイクアップの色と心身の関係

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Relationship Color of Makeup and Mind & Body

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Abstract

Recently, the relationship cosmetics and human mind is being paid attention to. It is now getting clear, by virtue of the physiological and the psychological evaluation methods, that cosmetics have positive effects on human mind and behavior through the five senses, mainly the senses of smell, touch and sight. Especially, the effect of perfume on relaxation and refreshment of human mind is objectively evaluated by the physiological parameters such as brain waves, heart-beat, immune function and hormone level. On the other hand, based mainly on the color engineering which is a boundary research field composed of physics, physiology and psychology, many researches have been performed about the color and it is proved that the color has some beneficial effects on emotion, health condition and getting over diseases. However, the effects of the skin-foundation color or lip color on human mind and body is not cleared yet. In this report, we would like to describe the beneficial effects of the color of the make-up products on human mind and body.

Key words: makeup, color, stress, relax, psychoneuroimmunology, S-IgA.