

〈シンポジウム〉

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香粧品の有用性訴求と未来への進化

岩橋 弘 恭 *

Appealing to the Utility of Cosmetics and Evolving into the Future

Hiroyasu IWAHASHI*

Abstract

Cosmetics are used with the expectation that they will be effective due to their physical and physiological effects. In order to address skin problems such as dryness, spots, and wrinkles caused by a decline in skin function, research on cosmetics has developed based on the concept of Evidence Based Cosmetics, supported by scientific advances. The roles of components that constitute the skin and the mechanisms behind skin issues have been elucidated at the molecular level, leading to the development of useful raw materials with physiological activity as countermeasures based on these mechanisms. Skin aging is classified into intrinsic aging and photoaging caused by ultraviolet rays, and research has primarily focused on photoaging as an extrinsic aging. However, in recent years, the concept of “exposome,” which includes internal factors such as diet, sleep, and stress, has emerged, expanding the scope of research. Furthermore, advancements in anti-aging research in the medical field have heightened interest in intrinsic aging within the cosmetics industry. Rather than focusing on individual skin functions, methods to maintain youthful skin by controlling the aging process itself are gaining attention. Considering the evolution of research on the efficacy claims of cosmetics, we would like to explore the future of cosmetics.

Key words: utility of cosmetics, skin problems, Evidence-Based Cosmetics, intrinsic and extrinsic aging, exposome.