

ALTERNATIVE METHODS OF REJUVENATING FACIAL SKIN: GENETIC AND OTHER ASPECTS

Teleutca V. V., Dyomina Ye. V., Naboka O. I., Filiptsova O. V.,
Burlaka I. S., Tkachov A. V.
National University of Pharmacy, Kharkiv, Ukraine
teleutsa@mail.ru

Introduction. Human skin is constantly changing from birth and throughout life. In every age it has its own characteristics and susceptibility to certain problems. As you know, the skin is an important organ of cover, so-called protective barrier for the whole body. It first meets the aggressive influence of environmental factors. In addition, the negative impact on the skin is caused by an unhealthy lifestyle. Among the internal factors that influence the skin condition is heredity, metabolic disorders and various diseases of internal organs. All these factors accelerate the skin aging process. As a result, it loses moisture and elasticity, the ability to regenerate. Restoration of these lost functions of the skin is achieved in different ways. Different methods are highly effective, but are expensive and require a lot of time.

Aim. To develop and recommend an easy, effective and popular way to prevent skin aging.

Materials and methods. To achieve this goal we worked out the literature and found that most meet the requirements rejuvenating facials masks, which are used in home conditions. The principle of action of the rejuvenating masks is that when in contact with skin mask substances moisturize and nourish it, improve microcirculation and, consequently, color, stimulate the regeneration of skin cells. For the experiment, we chose those ingredients that are easily available to all citizens. The study involved eight women aged 25 to 55 years. The recipe was as follows: milled oatmeal mixed with orange juice and a teaspoon of honey. Then we put the mask on previously cleansed face for 15 minutes. To wash it away we used tea based on chamomile. The number of sessions - 10 times every day or every other day.

Results and discussion. After the study, all the women were satisfied with the result: improved skin color, decreased or disappeared excessive dryness and flaking, wrinkles became less noticeable, improved overall health, mood. Negative effects, side effects and complications any women were noted, which allows us to use the proposed mask for widespread use.

Conclusions. Thus, carrying out the study, we have proved that rejuvenating masks at home are really effective, activate skin rejuvenation processes, inhibit the aging process. Another important advantage of their use is the naturalness, safety and financial affordability. Facial mask is one of the easiest and affordable ways to keep youth.