

ATRAUMATIC CLEANING FOR SKIN CARE

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Introduction. Every woman wants to have clear healthy skin. To do this, you need to look after her regularly. Cosmetology does not stand still, offering new and new methods of care. Atraumatic cleaning is one of the progressive areas in this field. This procedure has virtually no contraindications and

side effects. Atraumatic cleaning is intended for women who have problematic skin of the face, which is characterized by the presence of black spots, enlarged pores, inflammations of all kinds. This procedure is useful for those whose skin is characterized by the presence of pigment spots and freckles. It also allows you to smooth out wrinkles and make skin relief much smoother.

Aim. The purpose of our work is to study different hardware techniques when performing atraumatic facial cleansing.

Materials and research methods. Methods of research are literary sources and Internet resources.

Results and discussion. Every woman wants to have clear healthy skin. To do this, you need to look after her regularly. Cosmetology does not stand still, offering new and new methods of care. Atraumatic cleaning is one of the progressive areas in this field. This procedure has virtually no contraindications and side effects. Atraumatic cleaning is intended for women who have problematic skin of the face, which is characterized by the presence of black spots, enlarged pores, inflammations of all kinds. This procedure is useful for those whose skin is characterized by the presence of pigment spots and freckles. It also allows you to smooth out wrinkles and make skin relief much smoother.

There are several ways of atraumatic cleaning. This is ultrasonic cleaning, vacuum cleaning, electroplating. It includes peeling with different acids. The skin is tested for allergic reactions before performing atraumatic cleansing. Contraindications are inflammatory processes on the skin and some diseases.

Before the procedure, the face must be thoroughly cleaned by removing makeup traces. For maximum effect, the skin is steamed and treated with a scrub. As a rule, peels containing fruit acids are used. Some prefer to do a warming mask. The process is then carried out by vacuum, electroplating and other methods. Secures the result with a soothing face mask to saturate skin cells with nutrients.

As a result, the skin tone increases, making it smooth and clear. In this case, narrowing of the expanded pores on the face occurs. To prevent infection of the skin surface, use a special antiseptic powder. After the procedure, sunbathing and saunas are not recommended. Depending on the skin type and the problems they solve, they use different methods of atraumatic facial cleansing.

The most popular method is ultrasound cleaning. It can be used on any skin. This procedure has a delicate and gentle effect on the face.

In the case of running skin conditions and the presence of a large number of black spots, it is recommended to combine ultrasound with mechanical cleansing of the face. The greatest effect of cleansing oily skin can be achieved by using the galvanic method. Penetrating deep into the skin, the current affects the contaminated pores. Initially, the doctor uses a negative polarity to clear the pores. In the next step, positive polarity is applied, which secures the result. At the same time, the pores narrow, making the skin smooth. Wrinkles are smoothed, and the oval face becomes clearer.

If you need a shallow cleansing of the skin, then use vacuum cleaning. With strong pollution it can not cope with forces, and in combination with other methods, including mechanical ones, can give a great result.

Chemical atraumatic facial cleansing has the same effect. It allows only surface contamination to be removed and is usually used in conjunction with mechanical facial cleansers.

The choice of method of atraumatic skin cleansing is chosen by a cosmetologist. The number of sessions also depends on the specialist's recommendations. Sometimes cleaning is done monthly, and sometimes twice a year is enough.

Conclusions. The result of the procedure from the procedure can not be noticed: the skin becomes cleaner and soft, like velvet, and its relief is smoothed; smoothes wrinkles and refreshes complexion. The procedure also stimulates cell renewal and regeneration processes, helping to rejuvenate the skin.