

COSMETICS FOR DIFFERENT SKIN TYPES

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Introduction. Healthy skin is our best decoration. The type of skin depends on the work of the sebaceous glands, manifests itself during the puberty of a person and can change with age. Specialists distinguish several basic types of skin: normal, oily, combination, dry. Also emit fading and sensitive skin. There are age and gender characteristics of the skin. The skin of the newborn is covered with curd cheese-like grease. There are features in the baby's skin - the density of sweat glands is 5-7 times higher than in adults. Baby skin is more sensitive to the effects of ultraviolet rays. The skin of men is thicker than the skin of women by 20%, the high content in the dermis of collagen leads to later aging. For each type of skin, a certain care and special cosmetics are necessary.

Aim. Learn how to determine the types of skin and choose cosmetics for certain types of skin.

Materials and methods. 15 questions were prepared, questionnaires were conducted among students and pharmacy respondents for knowledge of the features of existing skin types, determining the type of skin at home, the use of cosmetic products recommended for certain types.

Results and discussion. The survey involved 57 students aged 16-20 years, pharmacy respondents: 37 women aged 30-45. The results of the experiment showed that 64% of students know what the type of skin depends on. The combined (42%) and fatty skin types (34%) prevail among the students. Respondents in pharmacies are fading (30%) and dry (25%) type. Most respondents consider their skin type when choosing cosmetics. Students prefer micellar water, tonics, scrubs, cream. Respondents of pharmacies – serums, masks, gels. 65% of students had skin problems, and they consulted a doctor, but 25% did not apply to a specialist. Only 20% of students and 60% of pharmacy respondents know about the gender characteristics of the skin and take them into account when buying cosmetics. 78% of students systematically take care of the skin. Among women of mature age, 43% regularly visit a cosmetologist and systemically take care of the skin. The questions on skin care that concerned students and pharmacy respondents and recommendations were clarified.

Results and discussion. Skin is responsible for the formation of an attractive appearance. Skin care should be systemic. Cosmetic means should be selected according to the type of skin, depending on the age. Recommendations for skin care, which take into account the problems of respondents, are formulated.