

EFFECT OF SULFUR ON THE SKIN

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Introduction. Sulfur is a yellow mineral. The fact that sulfur is an element useful to the skin of the face has been heard by many, but few know what its benefits are and how to use it correctly.

Aim. Investigate the effect of Sulfur on the skin of the face.

Materials and methods. Review of scientific literature.

Results and discussion. Sulfur is an active substance of keratolic nature, reduces keratosis (excessive keratinization) around the excretory ducts of the sebaceous glands and inflammatory elements, facilitating their removal, has anticomedogenic effect.

It takes an active part in the synthesis of connective tissue, is used in antiseborrheic drugs and in preparations for the treatment of acne, as well as to improve skin turgor. Sulfur penetrates the skin best of all, where it turns into sulphides and sulphates, which then enter the blood and are excreted by the kidneys.

In the skin, sulfur is mainly in the epidermis, where it manifests its actions. Takes an active part in the synthesis of connective tissue, gives the nails, skin and hair the necessary structure and maintains a healthy look. Sulfur plays an important role in inflammatory reactions of the body, which is expressed in the inhibition of all three stages of this process by suppressing inflammatory mediators and reducing lipid peroxidation. At the same time, organic sulfur compounds stimulate reparative regeneration processes.

The main beneficial properties of sulfur: maintains the oxygen balance in the skin, making it more elastic; antiseptic properties of sulfur can suppress bacteria that cause rashes on the face; narrows pores, which reduces the likelihood of acne and black dots; It has an anti-inflammatory effect on pustular eruptions, allowing them to mature faster; can have a slight anesthetic effect on inflammation foci; external use of sulfur on lesions is able to dry small pimples; can be used as a peeling to remove the upper horny layer of skin; the general level of immunity when using sulfur increases

Sulfur is divided into 2 types: Medical (purified) – this type of sulfur is safe, it is part of cosmetics, medicinal ointments, talkers, etc. Medical sulfur has the appearance of powder. To treat acne and acne, take powdered sulfur powder by mouth daily with meals. Homeopathic sulfur – it is produced in the form of granules, which include active substances. This type of sulfur is used only under medical supervision.

Reception of Sulfur inside: 1. Solgar, Glucosamine Hyaluronic Acid Chondroitin MSM, 120 Tablets. 2. Bluebonnet Nutrition, MSM, 1000 mg, 120 Vcaps. There Sulfur is found in the most digestible, methyl sulfonylmethane.

And for external use is used sulfur-tar mask, which is used as a peeling. Also, this tool is sulfuric soap for daily washing. Sulfur-salicylic ointment is a combined preparation for external use. When applied to the skin sulfur, interacting with organic substances.

Sulfur colloidal – plays a significant role in cosmetology and dermatology, because of its solubility in water (up to 10%) it has many advantages over insoluble sulfur preparations.

Conclusions. Exploring scientific reference books, encyclopedias and sites with scientific literature, we described the effect of sulfur on the skin.

CHARACTERISTICS AND ANALYSIS OF THE ASSORTMENT OF SHOWER GELS

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Introduction Today, all modern women and men in varying degrees, resort to the use of various cosmetics. Means for skin care, hair and various decorative cosmetics, used to improve the appearance of a person, as well as to give freshness and beauty to the face and body.