

THE IMPORTANCE OF SKIN CARE

Avamleh D.V.

Scientific adviser: Efendiieva S.M.

Ukrainian Medical Stomatological

Academy Poltava, Ukraine

Department of Foreign Languages with Latin and Medical Terminology

Relevance. Our face is a mirror that reflects happiness, sorrow and success. Therefore, clean and well-groomed facial skin is the standard of beauty and health. Facial skin is distinguished by skin type, namely dry, normal, wet and combination. The older we get, the more we need to pay attention to skin care. The first is the regularity of the care. The second is the sequence of care.

Aims and objectives. The topicality of our research is to provide useful advice on skin care and investigate the peculiarities of the application of cosmetics.

Materials and methods. The significant amount of sources of the English medical websites on the abovenamed topic has been investigated.

Results. Cosmetics came due to striving for beauty and it didn't matter either in the ancient times or nowadays. The important historical fact is that the cosmetics are as old as humanity itself. As dermatologists apply drugs for treatment, cosmetology uses cosmetic products. The beauty products are divided into the following groups: cosmetic hygiene products (soaps, lotions, creams, shampoos, toothpastes, cosmetic milk); special skin care products (creams, masks); special protective and regenerating hand and nail care products; means of decorative cosmetics to create color effects on the skin and nails and to hide skin imperfections; means for depilation; means for hair care; colognes and perfumery products. In our time, the demand for cosmetics has become massive. It can be said without exaggeration that there is not a single woman who does not use cosmetics. From the point of view of dermatology, it is very important to use those cosmetics, the application of which has a positive effect on the skin. The skin is one of the largest organs of the human body with countless functions in relation to other organs of the body. Therefore, it is important to remember that the beauty means do not lead to its damage and do not have a harmful effect on the body. In this regard, cosmetology should clearly realize the properties of each substance contained in the cosmetic products. Also the skin type is an extremely principal factor. For example, beauty products with a soothing and softening effect, collagen for strengthening and smoothing effect, massage are suitable for dry skin with reduced fat production. Oily skin produces excess fat. The preference is to use drying pastes and gels, high-quality powder. Normal skin is the most common and requires proper hygienic care.

Conclusion. As a result, the prevention should be the main goal in skin care. The high-quality massage toning, hydration and softening are required to support healthy skin.

Key words: skin care, cosmetics products.