

# 東海大學學生報告 ePaper

報告題名：

如何正確去角質

**How to Do Facial Exfoliation Correctly**

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## 中文摘要

現代的社會，人們越來越注重外表，嘗試用各種不同方法讓自己保持年輕美麗，而想要使肌膚維持年輕有活力，去角質是其中一種方式，然而許多人用不適合自己的方式去角質，反而對肌膚造成傷害，我們希望透過這份研究，讓更多人知道去角質好處及重要性，以及如何正確去角質。我們從醫學美容的書籍、雜誌、網站尋找去角質相關資料及做網路問卷，調查有去角質的人的經驗，並從中歸納出最適合的去角質方法。最後我們的研究結果為一個禮拜做兩次去角質最適合；大部分有去角質失敗經驗的人是使用磨砂去角質，磨砂去角質雖然比較普及方便但很容易傷害肌膚，使肌膚失去保護層。在去角質之前要先了解自己的肌膚性質再選擇適當的去角質方法，並要定期一個禮拜做兩次。

### 關鍵字：

去角質、美容保養、肌膚護理

## Abstract

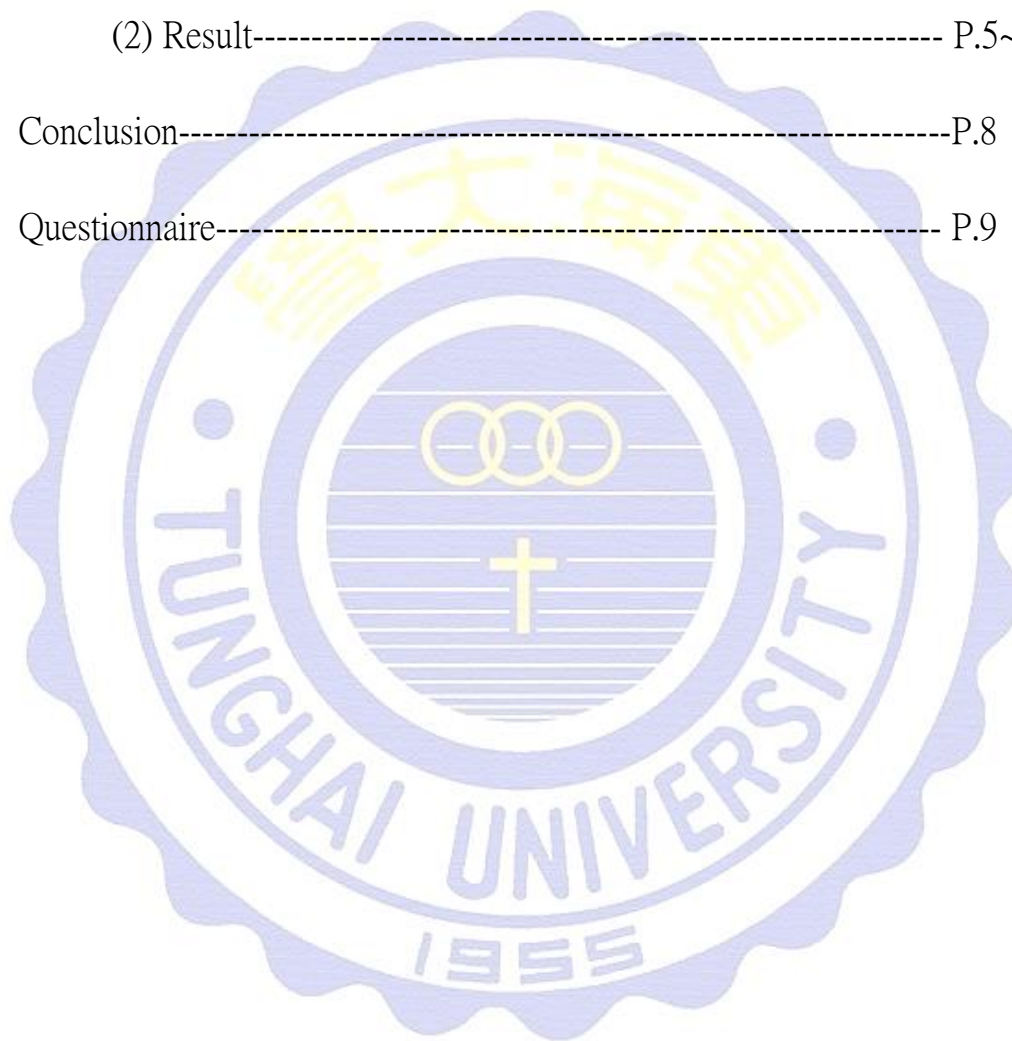
Our topic of research is "How to do facial exfoliation correctly". Because in this modern society, people care a lot about their appearance and use many ways to make them become handsome and beautiful. Doing facial exfoliation is one of the ways. We think many people have tried this way but actually they don't know how to do it correctly. Then it make their skin worse after doing it. So we do this research to find correct ways of doing facial exfoliation and make people can be more confident after doing it. Process and Methods: At first, we confirmed the theme and then began to collect related information. Then we wrote down some questions that people still feel confused about and tried to find answers from our research results. The next step is to collect information. We do not find resources from library, websites but also made a questionnaire for people to fill in. The reason why we do it is to make our research paper looks more reliable and abundant. At last, we combined the real response from questionnaire with information from books and made our conclusions. As what I wrote before, we finally found the answers for those questions. Such as: we'd better do facial exfoliation biweekly, people who have sensitive skin shouldn't do it or too often. And the way we recommend to do facial exfoliation is to use proteolytic enzyme or acidic materials. Scrubbing is the way we don't recommend because it will harm skin easily. That's the results we got from our research and hope people can get a correct concept while they're doing facial exfoliation.

## Keyword :

Facial exfoliation 、Beauty care 、Skin care

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## *How to Do Facial Exfoliation Correctly*

**Date:** June 17, 2015

**From:** Group 4: Michelle, Betty, Carol, Belinda, Kelly, Alisa

### **Introduction**

Technique: 1. Thesis Statement    2. Brief Summary

In the modern society, people care about their appearance and how they look more. They use different kinds of facial maintenance to keep their face smooth, white and bright. Our skin is just like our clothes. Can you imagine if you don't wash your dirty clothes regularly, what will your clothes be? There must be much dirt and stains in the fabric of your clothes, just like clothes, our skin need to be cleaned regularly. Though we wash our face every day, our skin needs to be cleaned deeply or the old keratin and dirty things might stick in your pores.

Facial exfoliation is a common way for people to clean their face deeply and get rid of the old keratin on their face. Although being the most convenient and common way, our group found out some failed facial exfoliation experiences on the Internet and beauty magazine. We are wondering about what cause the failure of facial exfoliation. After finding some resources from library and online, we discover that there are actually so many ways to do facial exfoliation and not every way is suitable for everyone. Out of curiosity, we decided to make facial exfoliation as our research topic. "How to do the facial exfoliation correctly?" is the most basic and general question when someone first starts to do facial exfoliation, as a result, it became our research topic as well

From the research, there are two research questions have been raised :

1. How to do facial exfoliation correctly?
2. What are the best facial exfoliation ways for different kinds of skin condition?

## Body (should contain Method and Results)

Technique: 1. Cause & Effect 2. Explain a Process 3. Give Evidence from the Source Material

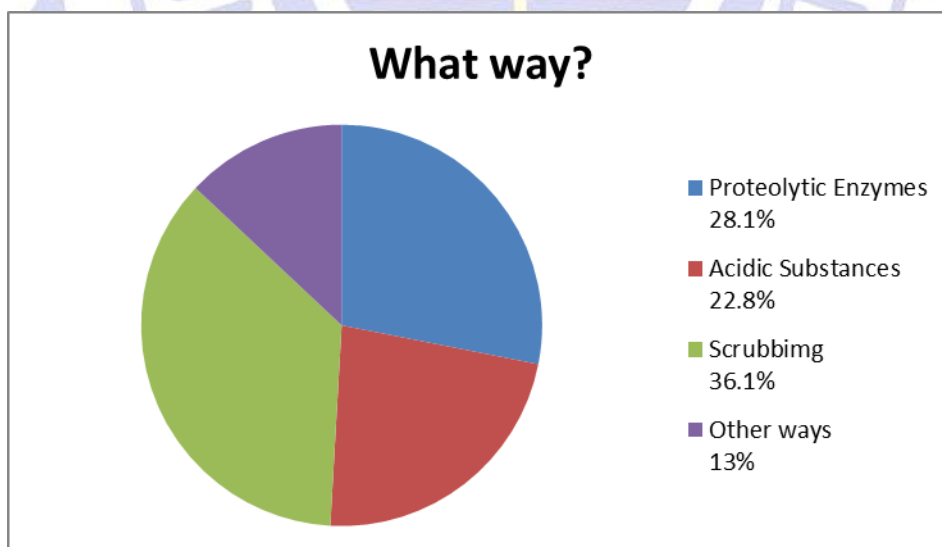
### Method

#### Explain a Process

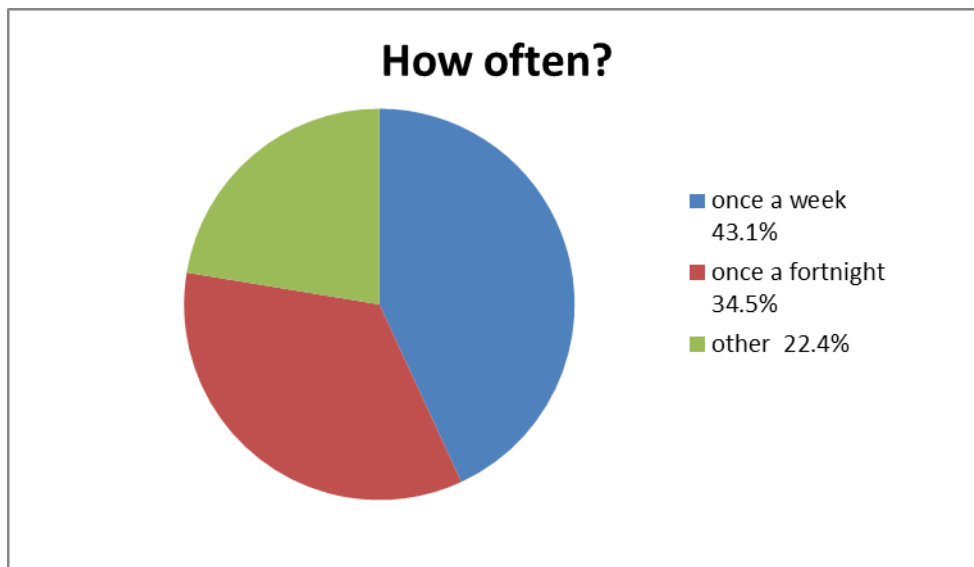
How to do face exfoliation depends on one's skin condition and you should find out the way which is suitable for you. To know best ways for each skin type, we listed common skin types and common face exfoliation ways on the questionnaire. First, we discussed about the skin types that people usually have and common exfoliation ways, it took us about two weeks to make our questionnaire. And we posted the questionnaire on Facebook asked our friends, classmates and family to do the questionnaire, we got sixty-two feedbacks just in one week. Then after we gathered the statistics, we can know the consequence. It took us about three weeks from create the questionnaire to got the consequence we need.

### Results

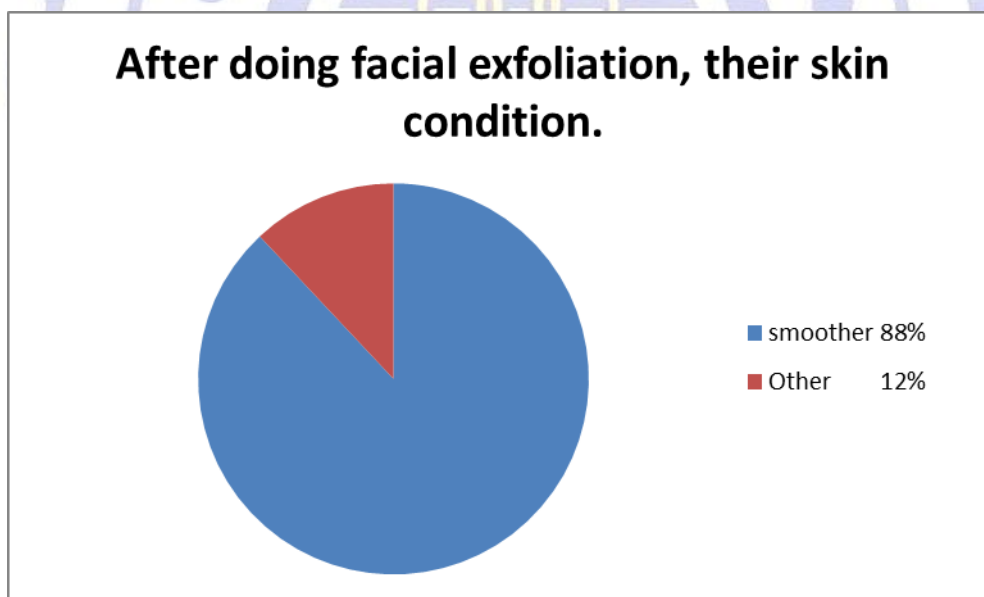
1. Some people use Proteolytic Enzymes (28.1%), others use Acidic Substances (22.8%), still others use Scrubbing (36.1%)



2. About half of the people do facial exfoliation once a week (43.1%) or once a fortnight (34.5%).



3. After doing facial exfoliation, most people have their skin become smoother (88%).



4. The chances of failure doing facial exfoliation are not very high. Most of the failing experiences are because of scrubbing, which cause too dry, swollen, or allergy.
5. People who have sensitive skin tone are more likely to be injured of doing facial exfoliation.
6. To sum up, scrubbing is the way that majority of people use. However, it is the easiest way to harm our skin.

After organizing our questionnaire, we made some charts for people to know it more quickly and clearly.

- Some people use Proteolytic Enzymes (28.1%), others use Acidic Substances (22.8%), still others use Scrubbing (36.1%)
- About half of the people do facial exfoliation once a week (43.1%) or once a fortnight (34.5%).
- After doing facial exfoliation, most people have their skin become smoother (88%).
- The chances of failure doing facial exfoliation are not very high. Most of the failing experiences are because of scrubbing, which cause too dry, swollen, or allergy.
- People who have sensitive skin tone are more likely to be injured of doing facial exfoliation.
- To sum up, scrubbing is the way that majority of people use. However, it is the easiest way to harm our skin.

And at last, we found some information from our questionnaire and prepared to answer some common questions that people who do face exfoliation may have. Such as:

- How often should we do face exfoliation?

A: Not too often. It's better to do it biweekly. (兩周一次)

- What kind of skin doesn't need to do face exfoliation?

A: Those who have sensitive skin (敏感肌) can't do face exfoliation too often because it will harm skin easily and make it swollen.

- What ways do we recommend?

A: There're many people use "proteolytic enzyme" (蛋白質水解酶), "acidic materials" (酸性物質). And after using these ways, their skin condition become better, like more white and smoother.

- Is there any way that we don't recommend people to do face exfoliation?

A: Scrub. Because it may make skin too dry or swollen.



## Conclusion

Technique: Restate the Thesis and Reach beyond it

In the modern society, people care more about how their appearances look. Therefore, one of the skin care process became really important, that is, facial exfoliation. Facial exfoliation could remove the dead skin cells from the surface of our skin in order to improve its appearance. After doing exfoliation, the whiteheads and blackheads will be taken away and your skin will be smooth and glowing.

In our survey, we found that some people use Proteolytic Enzymes (28.1%), others use Acidic Substances (22.8%), still others use Scrubbing (36.1%). About half of the people do facial exfoliation once a week (43.1%) or once a fortnight (34.5%).

Generally speaking, it is enough for you to exfoliate your face twice a week. (Natural Beauty Tips) The result of doing facial exfoliation is that the skin will be brighter, whiter, and smoother. Although the chances of failing doing facial exfoliation are not very high, not all the methods are suitable for everybody. In our research, we found that 40% of people have oil skin tone and another 40% of people have neutral skin tone. In addition, among the 23% of people who did failing exfoliation, 71.4% of people used scrubbing as their exfoliation method, which is the easiest way to harm our skin. Scrubbing may cause our skin red, swollen, and allergy. It is the most common way of doing facial exfoliation but the easiest way to harm our skin.

In order to have beautiful skins and keep our skins in the best condition, the correct way of doing facial exfoliation is really important. First, we have to know our skin tone. Then, choose the suitable method for us to do the exfoliation. Last, we can wait for a smooth and whitened skin.

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How to Do Facial Exfoliation Correctly Survey

1. Gender  Male  Female
2. Age  Under 19  20~25  26~30  31~35  36~40  
 Above 40
3. What kind of skin tone you have?  Oily  Neutral  Dry  Sensitive
4. Have you ever failed doing facial exfoliation?  
 Yes  No ( If the answer is no, turn to question 7)
5. Which unsuited way did you use?  Acidic Substances(e.g., Salicylic acid 水楊酸)  
 Proteolytic Enzymes (e.g., Papaya Enzyme 木瓜酵素, bromelain 鳳梨酵素)  
 Scrub  Beauty Treatment (e.g., Microdermabrasion 金鑽磨皮)  
 Optical Method (e.g., Laser resurfacing)
6. What is the result of the inappropriate exfoliation method?  
 Allergy  Swollen  Itch  Dry  Other\_\_\_\_\_
7. Which method do you do facial exfoliation now?  Acidic Substances  
 Proteolytic Enzymes  Scrub  Beauty Treatment  Optical Method
8. How often do you do facial exfoliation?  
 Once a week  Twice a week  Once for two weeks  Other\_\_\_\_\_
9. Does your skin situation change after doing proper facial exfoliation?  
 Yes  No
10. How does your skin change after doing facial exfoliation?  
 Smooth  Whiten  Firm  Other\_\_\_\_\_
11. If there is no improvement of your skin situation, what will you do?  
 Keep trying to find proper ways  Give up doing

## 參考文獻

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