

# Do You Know How To Maintain Beautiful Skin? Analysis of Skin Care Among Different Age Groups

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## RESEARCH TOPIC

My research topic is to study how skin care needs differ among different age groups by comparing the most common skin care concerns among teenagers and middle agers.

## RESEARCH QUESTIONS

- What kind of skin care treatments are specifically needed in each age group, considering their skin care concerns.
- What kind of chemical ingredients are helpful to satisfy their needs.



## LITERATURE REVIEW

### Skin Care Needs for the Middle Age Group

- Interest in keeping the youthful appearance of skin
- Consummate skin care treatment that improves wrinkles and lines; Active ingredients for this need are idebenone, topical antioxidant formulations, vitamin C, and green tea extract.
- Idebenone is structurally related to coenzyme Q10. Experiment shows many people experienced improvement of skin from idebenone. More idebenone is better for improvement.
- Topical antioxidant formulations are antioxidant vitamin C and E which treat skin aging.
- Green tea extracts also contain antioxidant polyphenols which improve aged skin.

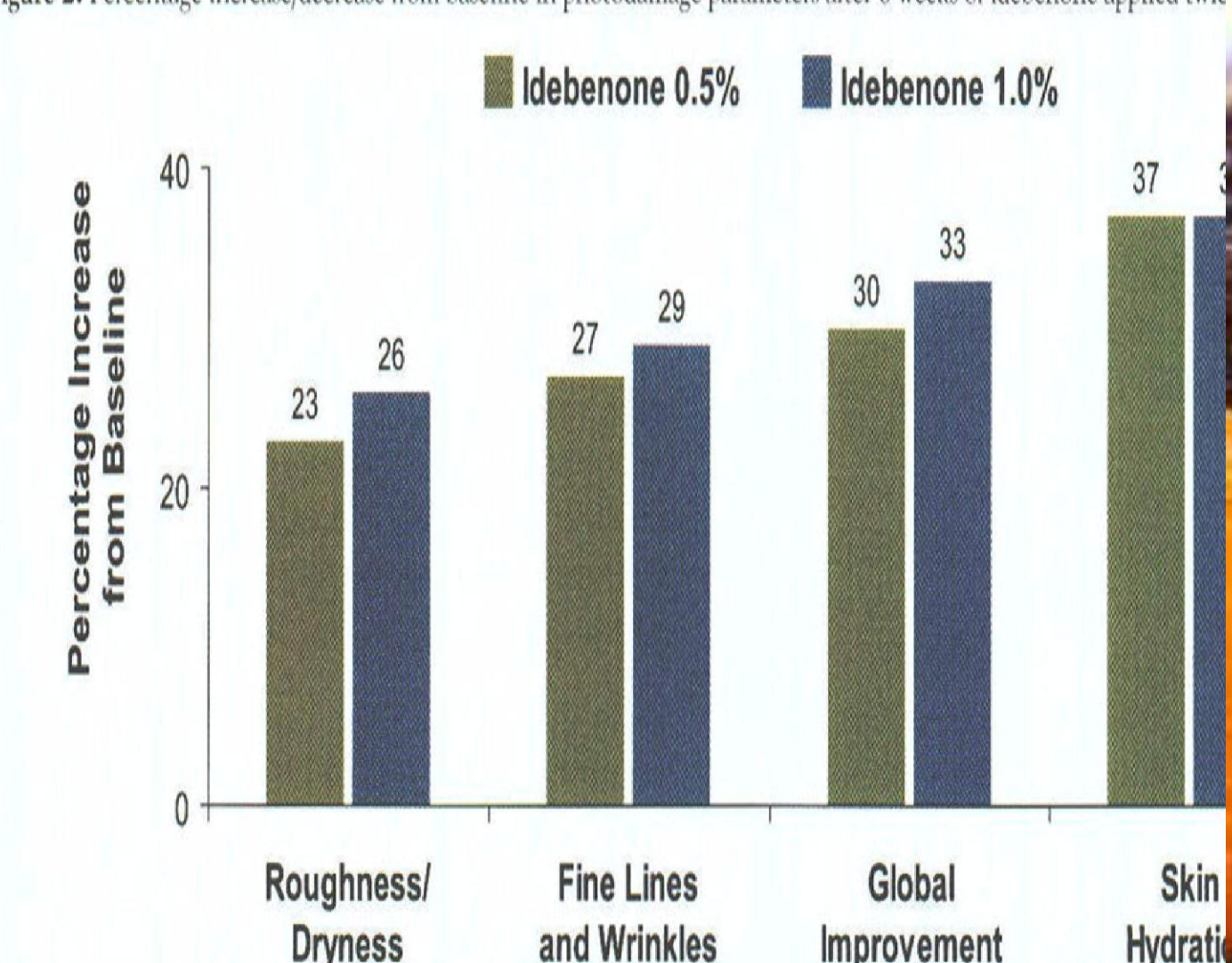
### Skin Care Need for Teenagers

- The biggest skin care concern for teenagers is acne.
- Dr. Grossman, a dermatologist, recommends washing the face twice daily with oil-free cleanser and putting on makeup to prevent and treat acne.
- It is also important to prevent exposure to UVB and UVA light.
- It is recommended to wear sun screen from early ages.

### Chemical Substances in Cosmetics

- Good ingredients for skin include vitamins and collagens.
- Vitamins are necessary to maintain healthy skin and hair.
- Vitamins in cosmetics nourish skin.
- Vitamins treat exposed UVA and UVB light which damage skin.
- Collagen is one of the best moisturizers in cosmetics.

Figure 2. Percentage increase/decrease from baseline in photo-damage parameters after 6 weeks of idebenone applied twice



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## METHODS

- I propose to use survey and experimental research methods.
- First, I propose to collect data of people's voice by survey method.
- Survey would include questions such as the following:
  - What concerns you most about your skin?
  - Do you choose your skin care products based on chemical ingredients?
  - What kind of skin care products do you use?
  - What is your daily skin care routine?
  - How old are you?
  - What is your gender?
- I would include some choices for each question including the choices of no answer and other so the person can easily answer the questions.
- After this step, I would do the experimental research.
- I would use 50 testers each for the young group and the middle age group.
- I would ask them to put on skin care products which have different chemical ingredients and collect data and see which chemical ingredients would improve human skin.

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