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

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.

### Skin Care Needs for the Middle Age Group
- Interest in keeping the youthful appearance of skin
- Consummation 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.

### REFERENCES
- "Natural Antioxidants - Antioxidant Vitamin C - Vitamin E Antioxidant - Antioxidants Coenzyme Q10: How Important Are the Natural Antioxidants?" *Health, Fitness, Glamour Online Magazine*. Web.