

スキンケアの目的が複数あることの「無理筋性」と「混乱性」

1. 本来の目的との乖離

- スキンケアの本質的目的が「皮膚の恒常性維持」であるならば、対処療法的スキンケア（＝症状の一時的緩和や外見の即時改善）は、目的から逸脱した“手段の暴走”とも言える。

2. 目的の多様化による基準の崩壊

- 「健康維持」「美的理想の追求」「他者評価の補完」など、目的が並列化されると、何をもって“良いスキンケア”とするかの基準が曖昧になる。
→ これは製品設計・教育・倫理のすべてにおいて混乱を招く。

3. 柔軟性の名のもとに起こる“ケアの解体”

- 「柔軟性」として目的の多様性を許容すると、逆に“ケア”という概念が空洞化し、何でもケアと呼べるようになる。
→ これは「ケアの倫理性」や「身体との関係性」を希薄化させる危険がある。

● 対処療法的スキンケアが生まれる構造的背景（補足）

- **市場原理:** 即効性・視覚的変化が売りやすい。
- **心理的圧力:** 他者評価・SNS・広告による理想像の投影。
- **制度的欠陥:** 教育・医療・製品設計における「症状中心主義」。
- **言語の曖昧さ:** 「ケア」という言葉が、癒し・演出・操作のすべてを含むようになっている。

● この視点がもたらす再定義

「ケア＝尊厳の支援」「皮膚＝環境との境界面」と捉えるならば、スキンケアは単なる“手段”ではなく、“生き方の表現”であり、目的の多様化はむしろ「構造の再設計」を促す契機となります。

つまり、**混乱を避けるには、目的の階層化と定義の再構築が必要です。**「一時的な演出」と「恒常性の支援」を明確に分け、それぞれにふさわしい言語・設計・倫理を与えることが、混乱の解消につながります。

The Incoherence and Confusion of Multiple Skincare Goals

1. **A Departure from the Original Purpose** If the essential purpose of skincare is "the maintenance of skin homeostasis," then symptom-based skincare—which focuses on temporary symptom relief and immediate cosmetic improvement—can be seen as an "overrun of means," a departure from the primary goal.
 2. **The Breakdown of Standards Due to Diversified Goals** When goals like "maintaining health," "pursuing a beauty ideal," and "seeking external validation" are treated as equal, the standard for what constitutes "good skincare" becomes ambiguous. This leads to confusion in product design, consumer education, and ethics.
 3. **The "Deconstruction of Care" in the Name of Flexibility** Allowing for a variety of goals in the name of "flexibility" can, paradoxically, empty the concept of "care" of its meaning, allowing anything to be called care. This poses a risk of diluting the "ethics of care" and the deeper relationship with one's body.
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Structural Background of Symptom-Based Skincare (Additional Notes)

- **Market Principles:** Immediate, visible changes are easier to sell.
 - **Psychological Pressure:** External validation, social media, and advertising project an idealized self-image.
 - **Systemic Flaws:** Education, medicine, and product design are often "symptom-centric."
 - **Linguistic Ambiguity:** The word "care" has expanded to include everything from healing to performance and manipulation.
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The Redefinition This Perspective Provides

If we define "care as supporting dignity" and "skin as the boundary with the environment," then skincare is not just a mere "means" but an "expression of how one lives." In this light, the diversification of goals becomes an opportunity to "redesign the structure."

To avoid this confusion, a **re-evaluation of purpose** and a **redefinition of terms** are necessary. By clearly separating "temporary cosmetic effects" from "support for homeostasis" and giving each its appropriate language, design, and ethics, we can resolve the current confusion.