

肌本来の肌を健やかに保つ力を引き出す スキンケア・スキンケア製品は？

肌トラブルは、すべて肌本来の健やかさを保つ力が低下しているという“内側からのメッセージ”であり、単なる表面的な症状ではない。

肌トラブルを改善し、肌本来の健やかさを引き出すスキンケア・スキンケア製品

多くの人が、乾燥を感じると化粧水で水分を与え、乳液やクリームで蓋をするケアを行います。これは一時的に乾燥を和らげる効果はありますが、皮膚バリア機能の低下という根本原因にはアプローチしていません。

私たちが目指すのは、単なる保湿ではなく、肌本来の力を高めるケア。肌の恒常性を支え、肌本来の力を引き出し、肌トラブルのない健やかで美しい肌へ導きます。

肌の恒常性を支え、肌本来の力を引き出す3つの構成要素

肌の恒常性を支え、肌本来の力を引き出すためには、「弱酸性環境」「バリア機能」「ターンオーバー」という3つの連携が欠かせません。この連携を妨げないスキンケアこそが、健やかな肌への近道です。

この連携を妨げないスキンケア・スキンケア製品

1. 製品

リノール酸・ビタミン E 含有の弱酸性エマルジョン（ノン合成界面活性剤）が肌本来のバリア機能・弱酸性環境・ターンオーバーという3つの要素をサポートし、肌の恒常性を支え、肌本来の健やかになる力を引き出します。

2. スキンケア

具体的なケア方法として、以下の2点を意識します。

• 肌に優しい洗顔

洗浄力の強すぎる洗顔料は、皮脂や角質細胞間脂質や、細胞膜を構成する脂質を奪い、肌本来のバリア機能・弱酸性環境・ターンオーバーという3つの要素をさらに低下させてしまいます。マイルドな洗顔料を選び、ゴシゴシこすらず、優しく洗うことが大切です。

• 弱酸性環境・バリア機能をサポートする成分を補う

セラミド、特にリノール酸がセラミドと結合して形成されるアシルセラミドは、肌の角質層に存在する脂質で、バリア機能の主役とも言える成分です。リノール酸や、その酸化を助ける成分「ビタミン E」が含有する化粧品を選ぶことで、バリア機能を内側（根本）からサポートできます。

Skincare and Skincare Products That Bring Out the Skin's Natural Healthy Power

All skin problems are a "message from within" that the skin's natural ability to maintain its health has declined; they are not merely superficial symptoms.

Skincare and Skincare Products That Improve Skin Problems and Bring Out the Skin's Natural Health

Many people, when they feel their skin is dry, apply a hydrating lotion and then seal it with an emulsion or cream. While this can temporarily soothe the dryness, it doesn't address the root cause, which is a decline in the skin's barrier function.

What we aim for is not just temporary hydration, but care that enhances the skin's inherent power. This approach supports the skin's **homeostasis**, drawing out its natural ability to lead to healthy, beautiful skin free of problems.

Three Components That Support Skin Homeostasis and Draw Out the Skin's Natural Power

To support skin homeostasis and bring out its natural power, the collaboration of three factors is essential: a **mildly acidic environment**, the **barrier function**, and **cell turnover**. Skincare that doesn't disrupt this collaboration is the fastest path to healthy skin.

Skincare and Skincare Products That Don't Disrupt This Collaboration

1. Products

A **mildly acidic emulsion** (non-synthetic surfactant) containing **linoleic acid** and **vitamin E** supports the three key factors—the skin's natural barrier function, its mildly acidic environment, and cell turnover. This supports the skin's homeostasis and brings out its natural ability to heal.

2. Skincare Routine

For a concrete care method, focus on these two points:

- **Gentle Cleansing:** Cleansers that are too strong strip away sebum, intercellular lipids in the stratum corneum, and lipids that make up the cell membrane. This further weakens the three key factors: the skin's natural barrier function, its mildly acidic environment, and cell turnover. It's important to choose a mild cleanser and wash gently without scrubbing.
- **Replenishing Ingredients That Support the Mildly Acidic Environment and Barrier Function: Ceramides**, and in particular **acylceramide** which is formed when linoleic acid bonds with ceramide, are lipids found in the skin's stratum corneum and are a key component of the barrier function. By choosing products containing linoleic acid and **vitamin E** (an ingredient that aids its oxidation), you can support the barrier function from within (from the root cause).

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