



メイクやファンデの上から、
化粧水ミストありかな？

「あり」だけど、でも期待
する結果得られるかな？

実は、メイクやファンデの上から使う化粧水ミストって、けっこう奥が深いんだ！

ミスト化粧水は、手軽にサッと潤したい時に！でも、水分だけだと、これからの暖房の効いた室内では、逆に肌の水分が蒸発して「過乾燥」になることもあるんだって。水分補給・メイク崩れ防止・化粧直し・メイク密着やキープに効果的でも、あくまで一時的。

一方で、エマルジョンタイプの化粧水は、水分と油分のバランスがよくて、肌にしっかりとどまって、保湿力がアップ。乾燥しにくくなるよ。

メイクやファンデの上からでもよれにくく、乾燥がひどいときにはこっちの方が、メイク崩れ防止・化粧直し・メイク密着やキープには、より頼れる存在かも！

これからの冬の乾燥には、特にリノール酸・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）の力を借りちゃうといいかもね！

軽くうるおしたいならミスト、より頼れる乾燥対策やメイクの密着・キープ力を求めるならエマルジョンって感じかな！

Is Face Mist Over Makeup or Foundation Okay?

Yes, but will you get the results you're hoping for?

Actually, using a face mist over makeup or foundation is quite nuanced!

Toner mists are great when you want a quick, easy boost of moisture! However, if it's just water, it can sometimes lead to "**over-drying**" in heated indoor environments, as the moisture on your skin can actually evaporate. Even though they're effective for temporary hydration, preventing makeup from creasing, touch-ups, and helping makeup adhere or stay put, it's just that—temporary.

On the other hand, **emulsion-type lotions** have a good balance of water and oil, allowing them to stay on the skin longer and boost moisturizing power. This makes your skin less likely to dry out.

They are also less likely to smudge when applied over makeup or foundation. When you have severe dryness, this type might be a more reliable option for preventing makeup creasing, touch-ups, and helping makeup adhere or stay put!

Especially for the coming winter dryness, you might want to rely on a mild, slightly acidic emulsion (non-synthetic surfactant) that contains **linoleic acid and Vitamin E!**

So, if you just want a light refresh, go for a **mist**. If you need more reliable dry skin protection and greater makeup adherence/staying power, an **emulsion** might be the way to go!