

## **COSMETICS AND DEODORANTS**

**INTRODUCTION:** Regular use of deodorants is important. Young people require very little or no cosmetics because they still have their natural beauty and complexion. They may decide to use make-up at later age to hide blemishes and wrinkles.

### **MEANING OF COSMETICS AND DEODORANTS**

**Cosmetics** are make-ups or substances applied on the body, mainly on the skin, in order to improve natural features. They include powders, body creams, and oils, assorted face make-ups, nail vanishes, lipstick, etc.

**Deodorants** are substances applied to the skin to take odour out of perspiration. Deodorants come in forms of “roll-on”, spray, or sticks, with different types of fragrances or perfume.

### **IMPORTANCE OF COSMETICS AND DEODORANTS**

Make-ups or cosmetics are important for the following reasons;

1. They are used to improve the natural features of an individual.
2. They can be used to emphasize a person's best skin, facial and hair features.
3. They can be used to hide a person's poor or undesirable features.
4. Some make-ups can be used as treatment for such skin problems such as pimples.
5. Some make-ups can help protect the skin.

### **TYPES OF COSMETICS AND DEODORANTS**

- i. Toilet soap, liquid soaps and jellies for bathing.
- ii. Body lotions, creams and oils used on the skin to prevent it from drying up.
- iii. Roll-on, sprays and powders used to remove unpleasant odours and reduce perspiration.
- iv. Perfumes and body sprays used to give the body a pleasant smell.

### **GUIDELINES FOR USING COSMETICS AND DEODORANTS**

- i. Wash-off every make-up on your face before going to bed.
- ii. Use cosmetics that match your complexion.
- iii. Always choose cosmetics that improve your appearance.
- iv. Choose cosmetics that are affordable, and of good quality.
- v. Use cosmetics as moderately as possible.
- vi. Never change your natural complexion with a bleaching cream.
- vii. Discontinue the use of any cosmetics, if skin reaction occurs, and consult a doctor immediate

### **EFFECTS OF BLEACHING CREAMS ON THE SKIN**

Bleaching the skin is the process of applying specially prepared chemicals to remove the dark pigment on the outer skin. The result is fair or lighter skin. This practice is has the following effects, bleached skins;

1. Are very difficult to heal if wounded.
2. Lose their natural beauty and look unhealthy.
3. Produces patches of dark and light skin.
4. Might result in skin problems later in life.

#### **Home-work**

1. **List** 5 make-ups used on the face.
2. **Mention** 2 roles of NAFDAC in the control of cosmetics and deodorants.
3. What is manicure and pedicure?