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The Benefits of Facial massagers

Women of the aging care generation who are sensitive to beauty have used facial massagers at least once in their lives. Until now, there has been no quantitative evidence to support its effectiveness.

However, recently, Professor Naotoru Hayashi of the Tokyo Institute of Technology's Graduate School of Liberal Arts and Sciences and his colleagues discovered that the facial massager increases blood flow.

The content of their research will be introduced in this article. We will also introduce the skin problems that can be improved with the facial massager and how to use it.



0.1 1. What are the effects of the facial massager?

"The effectiveness of the facial massager has been scientifically proven! Increase in blood flow for beautiful skin" is presented here.

(1) What is a facial massager?

The facial massager is one of those beauty products that have become a huge hit with celebrities and beauty experts, who have praised it in magazines and on TV.

If you're a beauty-conscious woman, you've probably used this item at least once for an easy face massage, right?

I am sure that many women of the aging care generation have also used this product.

A facial massager is a beauty item that you can roll around on your face and use it while using your phone or watching TV if you have one hand free.

The secret behind their popularity is that they are easy and convenient to use and do not take up much space.

There are various types of facial massagers, ranging from manual massagers to electric ones that apply a weak electric current.

They also come in a variety of materials, from plastic heads to germanium and platinum heads that produce negative ions, highly durable titanium and ceramic heads, as well as stick and Y-shaped heads.

(2) What are the effects of a facial massager?

Facial massagers are easy to carry around and can be used anytime and anywhere. They are said to have beautiful effects on the skin, such as swelling, sagging, sagging pores, lifting, small face, and tightening of face lines.

It can also be used not only on the face but also on other parts of the body such as the décolleté, neck and calves.

Therefore, it can also be used to prevent wrinkles on the neck and massage other parts of the body.

However, some people say that it is very effective. However, most of the evaluations were based on personal testimonials, such as "it works great!" or "it's not that great, but I feel like it works."

There are also some disadvantages of facial massagers, which I'll introduce later.

0.2 2. Research has shown that facial massagers increase blood flow to the face!

But! Recently, a group led by Professor Naoaki Hayashi of the Tokyo Institute of Technology's Graduate School of Liberal Arts reported that the MIO2 facial massager increases facial blood flow by about 20%.

In this article, I would like to introduce the details of their research.

1) What are the changes in blood flow after a 5-minute massage on the right cheek?

First, in a short-term study, 12 subjects (average age: 22 years old) were given a 5-minute massage only on their right cheek with a commercial facial massager after resting measurement.

After that, the subjects rested for 10 minutes.

The strength and speed of the massage was done according to the subject's preference. As a control, resting for 5 minutes without doing anything was performed after an interval of at least 30 minutes.

Blood flow in the face was measured over 10 minutes before and after the massage, and it was found that blood flow in the face increased by an average of 20% over 10 minutes after the massage compared to the resting state.

In the left cheek and control group, where the massager was not used, there was no change in facial blood flow.

2) What is the change in blood flow after 5 weeks of massaging the right cheek for more than 5 minutes?

Next, in a long-term study, 14 subjects (average age 36 years) were asked to massage their right cheek for at least 5 minutes every day for 5 weeks (massage period).

The strength and speed of the massage was done according to the subject's preference.

In order to see the blood flow response of the face before and after the massage period, we measured the blood flow after 3 minutes of massage stimulation and 1 minute of thermal stimulation (40 degrees Celsius).

The results showed that in the massaged right cheek, the increase in blood flow to the massage stimulus was significantly lower after the massage period, and the increased blood flow response to the thermal stimulus tended to be higher.

No change was seen in the left cheek and the control group.

In other words, the experiment showed that even a mechanical stimulus such as massage with a facial massager can dilate blood vessels and increase blood flow in the face.

0.3 3. What are the effects of improving blood flow to the skin?

This study did not show any specific effects on the skin, but it seems to be expected to have a positive effect.

Let's consider what we can expect from the improvement of blood flow by facial massager on the face and body.

□.jpg)

1) Facial massager's effect on the face

First of all, improved blood flow means that the oxygen and nutrients necessary for your skin can reach every part of your cells.

This will lead to improved turnover of the epidermis, which can prevent and improve dry skin, black pores, and blemishes.

It is also expected to improve facial coldness, which is one of the most common skin problems during the dry winter months.

In addition, it is expected to activate fibroblasts as the nutrients reach the dermis.

It is also expected to increase the vitality of collagen, elastin, and other components of skin elasticity, as well as the production of proteoglycans and hyaluronic acid, which maintain the skin's moisture and softness.

This will help prevent and improve sagging pores, fine lines, and wrinkles.

2) Effects of the facial massager on body parts

There are more and more [facial massagers](#) that can be used not only on the face but also on the body.

If you use such a type, you can expect to improve coldness and stiffness by improving blood circulation in your shoulders and neck.

Also, improved blood circulation throughout the body can help improve dry skin on the body.

0.4 4. Be careful! Unfortunate ways to use a facial massager

It is important to follow the instructions on how to use the facial massager.

It is important to read the instruction manual of the product you own and use it correctly.

Also, make sure you know how often you should use your facial massager, how long you should use it per time, and what parts you should and should not use it on.

Here are some of the common misuses of facial massagers that can lead to skin aging and damage.

1) Rolling the massager as if you were rubbing it hard

If you use a facial massager as if you were rubbing it hard, it will damage the barrier function of your skin.

Also, using it on top of your makeup is not a good idea.

It may increase the amount of melanin and cause inflammatory hyperpigmentation or melasma, a type of blemish.

2) Roll from top to bottom

Rolling the facial massager from top to bottom increases the risk of causing the skin to sag.

This will cause lifting down instead of lifting up, so use the facial massager from bottom to top to achieve lifting.

3) Keep using it every day

Using a facial massager every day increases the risk of damaging the collagen in the dermis.

There is also a risk of stretching the ligaments that hold the skin to the fascia and bones.

In other words, it becomes a risk for sagging face.

The risk increases if you continue to use a facial massager, especially if you are in the aging generation and your skin and subcutaneous tissues are weakening.

It is recommended to use it for a short period of time, no more than twice a week.

0.5 5. A little story and review of facial care products

In addition to facial massagers, there are various other types of facial equipment such as EMS facial equipment and ion-introduction facial equipment.

[Facial skincare product](#) is not a medical device and its effects are gradual. In addition, the Pharmaceutical Affairs Law determines the range of efficacy and effectiveness that can be claimed.

In this article, it was shown that facial massagers can improve blood flow, but they cannot be expected to restore changes in the structure of the skin.

Of course, it cannot be said that it is ineffective because it is not a medical device, as it can be expected to improve skin aging and skin problems as a result of continued use for a long time.

With this in mind, we recommend that you use it patiently and continuously.

0.6 6. Conclusion

"The effects of facial massagers have been scientifically proven! In the article titled "Increasing Blood Flow for Beautiful Skin," I introduced the research on increasing blood flow using a facial massager discovered by Professor Naoaki Hayashi and his colleagues at the Tokyo Institute of Technology's Graduate School of Liberal Arts Research and Education.

We also discussed what effects can be expected from increased blood flow. In addition, I introduced some points to keep in mind when using a facial massager. I hope this article has been helpful to the aging care generation.

There are a lot of facial massagers available from various manufacturers, but many of them are expensive, so you may not know whether to buy one or not.

However, when evidence like this one is presented, it turns out to be worth a try.

The research was good news for people like me who are in the aging care generation, and for those who are about to enter the aging generation.

Facial massagers are convenient because they can be used while watching TV, surfing the Internet, or doing other activities.

On the other hand, incorrect or excessive use can cause skin aging and damage, so be careful.

By all means, roll your facial massager in moderation, and you'll have beautiful skin!