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Do facial care products work?

Facial skincare devices are used to treat the skin and muscles of the face, leading to beautiful skin. It has become an indispensable item for home care because it allows you to get beauty effects at home without having to go to an esthetician. Especially in these days when it's hard to go out, items that allow you to enjoy beautifying your skin and face during your stay-home time are of great interest. In this article, for those who want to find a [facial care device](#), we will introduce the effects and features of different types of facial care devices, as well as popular and noteworthy facial care devices from the standard ones such as Yarman and Panasonic to the latest ones.

If you're wondering if facial equipment really has any effect, or if you're in your 40s or 50s and want to improve your sagging, lines, pores, and other problems that have been bothering you as you age, please read on.

0.1 What kinds of facial equipment are out there? First, check out the types!

There are many different types of facial equipment, ranging from those that moisturize to those that stimulate the muscles. Let's take a look at the different types and their effects to help you choose the right facial device for your needs.

EMS facial equipment: Uses a weak electric current to lift your face!

EMS stands for Electrical Muscle Stimulation, and it works by applying a weak, low-frequency electric current to the muscles to stimulate them to contract. Unlike ultrasonic facial appliances, which approach the surface of the skin, EMS stimulates the muscles deep within the skin, making them move more effectively than they normally would.

EMS facial equipment can be expected to tighten, reduce the size of the face, burn fat, and lift the skin. It is effective for sagging eyes, fine lines and other problems caused by muscle weakness. There is a similar electric stimulation called microcurrent, but while EMS has a tingling sensation, microcurrent is an extremely weak electric current that is almost imperceptible. It has the effect of enhancing people's natural healing power, normalizing skin turnover, recovering from muscle fatigue, and supporting pain, so it can be used even by people who do not like pain.

Ultrasonic Facial Machine: Removes dead skin cells and dirt with the power of ultrasonic waves

Ultrasound is a sound of 20,000 Hz or higher that cannot be heard by humans. Facial equipment using ultrasonic waves is effective in approaching the surface of the skin and has a cleansing effect, removing dead skin cells and dirt from pores. They are also effective in massaging the skin, helping cosmetics to penetrate and firm the skin. Different frequencies can be used on different parts of the body, so it is best to choose the frequency that best suits your needs.

Ion-introduction/conduction/permeation facial appliances] Beauty ingredients such as lotion and serum penetrate rapidly!

Ion-introduction facial appliances also use the power of electricity, whereas EMS uses muscle stimulation and ultrasound activates the skin surface, ion-introduction is a facial appliance that delivers cosmetic ingredients such as lotion and serum to the keratinized skin layer. By allowing the beauty ingredients to penetrate thoroughly, it leads to beautiful skin that is moisturized from the inside out.

The ion guide is the opposite of this, and refers to a function that allows the facial device to absorb dirt and excess substances on the skin surface and remove them. Dirt accumulated deep inside the skin is difficult to remove with normal facial cleansing and cleansing. By using the power of ions to adsorb them into the facial device, blackheads and keratin plugs in pores can be cleared for beautiful skin. It also has the effect of brightening dull skin.

Facial Massager: Stimulate and tighten your skin

The massager type is one of the oldest facial tools in the world. It is used by rolling the roller part along the face. It is expected to have an immediate effect on the face line, facial swelling, and small face, and is effective in promoting blood circulation not only in the face but also in various other areas such as the arms and calves.

Because of its immediate effect, it is also good to use as a massage before makeup. Recently, there are many roller-type [facial massagers](#) that are combined with ultrasonic and RF functions, making them even more effective.

Steamer Facial Machine: Apply steam to your face to open pores and soften skin

A facial steamer applies steam to the face to open the pores and soften the skin, allowing moisture to penetrate into the horny layer. By applying nano-sized steam, which is finer than normal steam, it replenishes moisture deep into the skin and improves the quality of skin care. As the moisture spreads to the inside of the face, the skin becomes firmer and the cells become plumper and fresher.

Purified water is recommended to be used. Purified water is recommended for use because the minerals that are not a problem in drinking water can cause water stains, which may lead to a malfunction inside the steamer. Purified water removes the ingredients that cause water stains and does not cause clogging.

LED facial appliances and optical esthetics

LED stands for light-emitting diode, which is the electricity used in household light bulbs. Optical beauty equipment works by exposing the skin to LED light, and the effects vary depending on the color of the light.

Red is a light that penetrates deep into the skin, boosting metabolism and promoting blood circulation in the skin. As a result, it is said to improve sagging and have an anti-aging effect.

Yellow light enhances turnover and has a whitening effect, blue light has a sterilizing effect and can improve acne, and white light improves metabolism and lifts the skin.

The term "optical aesthetics" is used to describe a flash-type hair removal device that uses light to irradiate the melanin pigment of hairs, thereby damaging the hair follicles.

RF (Radio Frequency) Facial Machine: Stimulates collagen production in the dermal layer

RF stands for Radio Frequency. It is a type of electromagnetic wave and is also called high frequency. These electromagnetic waves generate Joule heat, which is then used to activate the skin. By warming up the skin, the beauty ingredients can penetrate more easily, and the radio waves reach the dermal layer to stimulate collagen production, improving sagging and making the skin firmer.

While EMS has a lifting effect by stimulating muscles and ultrasound has a massaging and cleansing effect by activating the skin's surface with inaudible frequency sounds, RF facial equipment is different in that it approaches elastic skin by stimulating the dermal layer of the skin to help the collagen production function.

Other Facial Equipment (Electroporation, Water Peeling, Laser)

In addition to the facial equipment listed above, a variety of other facial equipment has been introduced one after another. The Denkibari Brush, which became a hot topic as soon as it was introduced and is used by makeup artists and celebrities, is a brush-type facial device that emits weak low-frequency waves from 32 pin heads and at the same time stimulates the scalp with red and blue LED light.

The [L&L Skin YOKO](#) is an advanced version of the LED facial device. It is a facial care device that not only provides face care, but also oral care and hair care, allowing you to take care of your entire body with just one device.

Electroporation facial appliances use a technique called electroporation. By applying a voltage to the skin, it temporarily widens the space between the cells, making it easier for beauty ingredients to penetrate into the skin. Unlike ionizing or ultrasonic facial equipment, this method can also be used to introduce collagen, hyaluronic acid, placenta, and stem cell serum, which have large molecular weights and cannot be ionized.

Water peeling facial equipment uses the power of water and ultrasonic vibration to remove dirt and dead skin cells from pores. The function of this device is to blast away dirt with vibrations using only water in the form of a mist, so it is gentler on the skin than chemical peels.

Fractional lasers, which have been gaining attention in beauty clinics, are now available for home use. It works on skin that lacks elasticity, and improves the texture of the skin.

0.2 By skin concerns! How to choose a facial device

As you can see, there are many different types of facial equipment. There are a number of ways to choose, but in order to get the most out of them, it is important to make sure that they are compatible with your skin concerns. Here are some of the best facial products for your concerns.

I'm worried about spots and dullness.

For skin that is concerned about spots and dullness, we recommend using a facial device that has a toning effect and delivers beauty ingredients to the stratum corneum. For example, if you have dark circles around your eyes, you may want to use a facial device that promotes blood flow to brighten up your dull face.

- To improve the tone and penetration of beauty ingredients, use an ion-introduction/conduction facial device.

- Enhance skin metabolism → LED facial equipment, laser facial equipment
- To promote blood circulation and improve lymphatic flow: RF facial equipment

I'm worried about sagging and fine lines.

The sagging eyes, sagging cheeks, double chin and fine lines that many of the beauty ST generation suffer from can be treated with most facial equipment. There are various types of facial appliances that stimulate the muscles and lift up the skin, and there are also facial appliances that help produce collagen and make the skin more elastic.

- To stimulate the muscles and lift up the skin → EMS facial equipment
- To strengthen the collagen production function and make it more elastic → RF facial equipment
- Massage effect to lift cheeks → ultrasonic facial equipment
- Enhance natural healing power and approach to muscles → Microcurrent
- Promotes blood circulation and refreshes the skin → Roller Facial Machine

Dryness and wrinkles

The most effective way to combat dryness and wrinkles caused by lack of moisture in the skin is to use a facial device that delivers beauty ingredients deep into the skin. It is also effective in softening the hardened skin and improving blood circulation throughout the skin. It is important to replenish the beauty ingredients deep into the skin to plump up the cells.

- It is important to replenish the skin's moisture and soften the skin → Steamer Facial Machine
- Stimulate skin turnover → Micro-current
- To improve skin metabolism
- To promote skin turnover: micro-current
- To improve skin metabolism: LED facial equipment
- To insert various beauty ingredients deep into the skin: electroporation

I'm worried about my pores

There are many problems associated with pores, such as dirty pores, blackheads, acne, and sagging pores. If you are concerned about pore dirt, you should use a cleansing product that removes dirt, if you are concerned about acne or pimples, you should use a soothing product, and if you are concerned about sagging pores, you should use a firming product.

- For acne and pimples, you can use an ultrasonic facial device.
- Soothes the skin → LED facial equipment
- Laser facial equipment for firming effects

0.3 What do you think you know but don't know? How to use a facial cleanser properly

Point 1: Pull up sagging skin to make it flat before applying the facial device.

For sagging skin areas such as lines, gently pull the skin upward with the opposite hand from the one holding the device to make the skin flat and gently apply the device. Be careful not to pull the skin too much.

Depending on the type of facial device, such as a steam facial device, some facial devices can be used every day, while others are recommended to be used every other day or a few times a week.

The skin is uneven. Don't press down too hard on the skin just because you don't want the device to hit it, and don't rub the skin more than necessary just to get more results at once. This may cause a slight inflammation, which in turn may trigger pigmentation.

Point 2: Check the ingredients list for the "introduction cosmetics" used with your facial device!

Ultrasound, radiofrequency (RF), EMS, etc. transmit electric current through water to the skin, so it is necessary to use a gel or similar product with the facial equipment.

If you are using a facial device for the purpose of introducing beauty ingredients, check the presence or absence of additives and the molecular weight of the ingredients in the items used in conjunction with the device, as this will increase the penetration rate of the ingredients. For example, ion-introduction can penetrate small molecules, while ultrasonic and pulse-introduction can penetrate large molecules. Therefore, selecting a facial device according to the type of beauty ingredients you want to put in will be more effective.

Point 3: Clean your face thoroughly after use.

Since facial machines are designed to penetrate deep into the skin, it is important to take care of the skin after use. Basically, you can take care of it according to the instruction manual, but be sure to clean it after each use. It is recommended to use a cotton swab or cotton ball with rubbing alcohol, which is effective in preventing the spread of viruses, and gently wipe it off.

0.4 Enjoy the anti-aging effects of facial appliances!

In this article, we have summarized the types and effects of facial equipment. In this article, we have summarized the different types of facial equipment and their effects. There are many different ways to use facial equipment and the effects they can provide. First, let's learn about the features of facial equipment, and then compare them to choose an item that will help you solve your skin problems.

If you can improve your skin problems by slowing down the aging process in your 40s and 50s with the help of a facial device, your daily expression will become brighter. To be able to live a more enjoyable and lively life, please try using a facial device.