GRM – COSMETICS AND DEODORANTS

Cosmetics

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, lip sticks, etc.

Deodorants

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

- Cosmetics improve natural features of an individual.
- They can be used to hide a person's poor or undesirable features.
- Some cosmetics can be used as treatment for some skin problems like pimples.
- They help protect the skin.

Importance of Deodorants

- They are used to take odour out of perspiration.
- They can be used to treat some skin diseases.

Guidelines for Choosing and using Cosmetics

- Avoid heavy make-ups, so as to achieve a natural and healthy look.
- Choose and use cosmetics that suit your skin type and colour.
- Avoid bleaching creams.
- Never go to bed with facial make-ups.
- Choose cosmetics that protect your skin.

Procedures for applying Deodorants and Anti-Perspirants

- Remove unsightly hair from under your arms (arm pits).
- Wash the arm pits thoroughly during bath. Rinse properly and dry with clean towel.