

Tiina Liitmaa

Meeste näonaha hooldus

SUMMARY

Following research is combined with awareness of skincare for men. This matter of subject is highly important, because it is providing people to get more information about main basics in skincare for men.

The whole research is comprised of 40 pages, where is information attained from books about skin, also different internet pages and articles, which all expand upon proper male skincare. Research also contains a poll, in which the author clarifies lack of awareness in this matter of subject.

There are 4 pictures in attach. Research contains 3 parts. In which first part the author gives an overview about skin and points out differences between male and female skin. Describes main facial skin problems.

In the second part of the research the author describes how should a proper skincare for men look up in daily life? Basics in skincare. Salon cares, what is their functional and gives also an advice in usage of the products in skincare. What to look up to, choosing skincare facilities and what kind of products should be on men nightstands.

Third part is based on an analysis, which took place with questionnaire, taken by 20 women and 20 men. Questionnaire contained 10 questions. Research showed that often men don't use anything on skin except shaving products. Also it showed that no products are used after face wash. Women awareness in this matter of subject is higher, but they also wanted more information in subject involving men skincare.

The result of this research should prove that men should take care of their skin the same way that women do. In past few years there are pages appeared in men magazines, which are there almost a decade in women magazines that should show us that awareness in skincare subject is growing its popularity in men's world.

Fair appearance is a sign of confidence!

Tuuli Horm

Antitselluliidi käsitsi keha massaaž

SUMMARY

Dear reader, this coursework you are holding in your hands is written by an Estonian First Cosmetician Private School student Tuuli Horm.

The work is about “Anti-cellulite massage”. It contains 34 pages.

It is devised into 3 chapters: what is cellulite, massage and the questioner’s poll.

The author of this work is describing about what cellulite is and what the main reasons that are causing it are. The most premier reason that the author names is the fact that people are living a very unhealthy lives – they are eating irregularly and too much fast food. Because of the busy days at work people do not like or just do not have the time to spend the leaving in gyms so instead of it they just go home and lay back. So the cellulite is getting a problem more and more.

The author is trying to give some advice how to make the cellulite go away.

There are different ways to do it. At home or in beauty salon or SPA. In SPA and beauty salon it is possible to have different kind of massages and devise treatment.

The main reason of writing this work is to conscious people to pay more attention of what they eat, how they spend their spare time and to give them a hope in the battle with the cellulite, cause everything is possible – you just have to be consistent to achieve the final goal.

People should remember – it is important to live healthy, then if you live healthy life you feel healthy yourself!