

## The features of rehabilitation makeup

Reiko Kazki<sup>1,2,3</sup>, Rintaro Asahi<sup>1,2</sup>, Akana Nishimoto<sup>1</sup>, Rei Ogawa<sup>1,2</sup>

<sup>1</sup>Department of Plastic, Reconstructive and Aesthetic Surgery, Nippon Medical School, Tokyo, Japan

<sup>2</sup>Department of Aesthetic Medicine for Face, Mind and Body, Nippon Medical School, Tokyo, Japan

<sup>3</sup>REIKO KAZKI, Tokyo, Japan

Rehabilitation makeup promotes social rehabilitation. It involves the application of make up for congenital or acquired issues that affect the external appearance, including skin diseases and lesions. It differs from camouflage makeup, which focuses on hiding defects; by contrast, rehabilitation makeup is an established technique that allows patients to actively apply makeup by themselves to cover defects while looking natural. Its ultimate aim is that by focusing on subjective beauty instead of objective beauty, the patient comes to accept the appearance of the affected parts of their body.

The indications for rehabilitation makeup range widely: they include not only problems in skin tone and roughness, such as scars and birthmarks, but also mental problems that affect self-perception of appearance, including bipolar disorder and body dysmorphic disorder. In addition, rehabilitation makeup has recently been found to aid functional recovery: for example, it improves blepharospasm and facial paralysis.