

Introduction to Esthetics
Unit 2



Ancient Egypt



Ancient Greece

Ancient Rome



Asia: China and Japan







- The beauty treatments in Traditional Chinese Medicine are said to have their origins in the Yellow Emperor era.
- To preserve a youthful appearance, the empresses and court ladies in ancient China :
- Drank teas
- Powdered pearl mixed with egg white
- facial massage applied using a roller
- meridian massages, acupressure and special "energization" exercises that supported the body from within
- Tremella, or Snow Fungus – a Chinese mushroom rich in antioxidants and vitamin D that is a wonderful moisturizer and boosts the skin's renewal





- **Oil Cleanse:** Historically, geishas treated the cleansing of their skin as an extremely important ritual and this was always done using the double cleansing, first with an oil cleanser followed by a foaming cleanser .
- **Bathing rituals and Onsens:** The first step being to wash up at a shower station and properly rinse off any soap or shampoo before stepping into a tub full of warm or hot water for a relaxing soak
- **A Balanced Diet:** A well-balanced diet consisting of seasonal foods, along with a staple of rice, and pickled vegetables which improve digestive health.
- **Reverence for Rice:** Over the centuries, be it the application of rice bran on the skin, washing of the skin and hair with starchy rice water
- **Gaga over Green Tea:** With 2-4 small cups of green tea being consumed daily, this elixir forms an essential part of the Japanese diet because of its excellent antioxidant properties.

- Aloe Vera, or aloe, also has a central role in African beauty culture. Aloe's properties are often appreciated for both healing and enhancing skin.
- Shea butter, extracted from the nuts of "The sacred tree of the savannah, used for both hair and skin care.
- Argan oil, coconut oil, evening primrose oil, avocado oil, macadamia nut oil, jojoba seed and oil, rosehip oil, safflower, shea butter, tea and coffee extracts, powdered African peach pits, raisin seeds, borage, royal jelly and bees wax, among others. The ingredients are ground and mixed for hours to obtain a creamy mixture that is used to cover new-born babies or as a daily massage ointment.
- Africa holds a large reservoir of raw materials for hair and body care that includes fine oils extracted from plants (sesame, avocado, argan, baobab, ganache, etc.), vegetable



The Middle Ages

