

## Spiritual activation induced by cosmetic therapy in senile dementia women and nursing volunteers

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Cosmetic therapy was believed to improve the quality of life (QOL) in women including senile dementia patients. However, the mechanisms of cosmetic therapy are not clear. In this study, we examined the psychosomatic effects induced by the cosmetic therapy in senile dementia or healthy elderly women. Thirteen senile dementia women (mean MMSE: 20.3, mean age: 84.2) received cosmetic therapies conducted by 2 college student volunteers every week for 3 months (total 12 sessions). Twenty-six healthy elderly women (mean MMSE: 26.6, mean age: 70.1) took cosmetic learning class to master self-cosmetic behavior, every week for 1.5 months (total 5 sessions) On every week, senile dementia or healthy elderly women were evaluated on their physical and psychological status for the short-term effects (STE) of cosmetic therapy. We also evaluated the status of senile dementia women and the volunteers (mean age: 22, women) or healthy elderly women before and after the series of cosmetic therapy to examine its long-term effects (LTE).

For the senile dementia women, 1) the moods assessed by face scale were significantly improved; diastolic blood pressures, pulse rates, double products and the temperatures of cheeks significantly decreased; the temperature of palm significantly increased as STE, 2) depressive moods and anxiety significantly decreased; feeling of well-being showed tendency in increased only in high public self-consciousness persons. On the contrary, cosmetic therapy showed no clear effects in volunteer women.

For the healthy elderly women, 1) the moods assessed by face scale or NRS were significantly improved; blood pressures (both of diastolic and systolic), pulse rates significantly decreased; the temperature of palm, forehead and cheeks significantly increased as STE, 2) the moods significantly improved; feeling of well-being showed significantly increased; increasing of feeling of well-being was not influenced by character, employment or commencing time of skin-care behavior.

Our study showed cosmetic therapy activated parasympathetic system and improve the mood in both senile dementia and healthy elderly women. The effects in healthy elderly women (self-cosmetic behavior) exceeded that in senile dementia women because LTE were not influenced by character.

Cosmetic therapy seems to activate bodies and spirits of both senile dementia and healthy elderly women as STE, although LTE is limited in senile dementia women.