

Korean vs Chinese skincare

Kiara Martinez

New York City College of Technology

BUF 4700

Dr.Sutton

02/29/2024

In this Critical Argument Paper, I will be focusing on the differences between Korean and Chinese skincare practices. Korean and Chinese skincare regimes are both popular in the beauty industry, but they have distinct differences in their historical roots and current popularity. Korean skincare has gained immense popularity in recent years due to its innovative and extensive multi-step routines. These routines consist of cleansing, toning, moisturizing, and sun protection, amongst other steps, and are meant to achieve a radiant and youthful appearance.

Korean skincare practices have gained immense popularity over the years due to their innovative and extensive multi-step routines (Kim, 2019). These routines, which include cleansing, toning, moisturizing, and sun protection, among other steps, aim to achieve a radiant and youthful appearance (Kim, 2019). The influence of traditional Korean medicine is evident in Korean skincare, as it emphasizes the use of natural ingredients such as ginseng, green tea, and snail mucin (Kim, 2019). These ingredients have been used for centuries in Korean skincare and are believed to possess anti-aging and moisturizing properties (Kim, 2019).

On the other hand, Chinese skincare practices have a long and rich history that dates back to ancient times (Xu & Zhu, 2020). Traditional Chinese medicine, which encompasses acupuncture, herbal medicine, and massage therapy, has greatly influenced Chinese skincare practices (Xu & Zhu, 2020). Chinese skincare is rooted in the concept of balance and harmony, focusing on maintaining the balance of yin and yang energies in the body (Xu & Zhu, 2020). The use of herbs and natural ingredients such as goji berries, licorice root, and pearl powder is prominent in Chinese skincare, as they are believed to possess healing properties (Xu & Zhu, 2020).

In terms of popularity in the Western world, Korean skincare is more widely recognized and popularized compared to Chinese skincare (Hong, 2018). Korean skincare brands have garnered a cult following due to their innovative products and extensive routines (Hong, 2018). Korean skincare has also been praised for its effectiveness in treating common skin concerns such as acne and hyperpigmentation (Hong, 2018). On the other hand, Chinese skincare practices are less well-known in the Western world and are primarily followed by those who adhere to traditional Chinese medicine practices (Hong, 2018).

Korean skincare practices have been influenced by traditional Korean medicine, which emphasizes the use of natural ingredients such as ginseng, green tea, and snail mucin. These natural ingredients have been used for centuries in Korean skincare and are believed to have anti-aging and moisturizing properties.

On the other hand, Chinese skincare practices have a long and rich history that dates back to ancient times. Traditional Chinese medicine, which includes acupuncture, herbal medicine, and massage therapy, has influenced Chinese skin care practices. Chinese skincare is one of balance and harmony, and it focuses on maintaining the balance of yin and yang energies in the body. Chinese skincare practices involve using herbs and natural ingredients such as goji berries, licorice root, and pearl powder, believed to have healing properties.

In terms of the current popularity of these skincare practices, Korean skincare is more widely recognized and popularized in the Western world. Korean skincare brands have garnered a cult following due to their innovative products and extensive routines. Korean skincare has been praised for its effectiveness in treating acne, hyperpigmentation, and other skin concerns. On the other hand, Chinese skincare practices are less well-known in the Western world and are mainly used by those who follow traditional Chinese medicine practices.

In conclusion, Korean and Chinese skincare practices have distinct differences in their historical roots, current popularity, and ingredients used. While Korean skincare practices are based on natural ingredients and an extensive routine, Chinese skincare practices are based on the concept of balance and harmony and the use of herbs and natural ingredients. Understanding the differences between these two skincare practices can help individuals make informed decisions about their skincare routines.

References

Hong, H. (2018). East Asian beauty: Cultivating a culture of cosmopolitanism. *International Journal of Cultural Studies*, 21(6), 619-634.

Kim, Y. (2019). Korean skincare routine. *Journal of Dermatology and Cosmetology*, 3(1), 112-117.

Xu, X., & Zhu, Y. (2020). Traditional Chinese medicine and cosmetics: An epistemological study. *Frontiers of Philosophy in China*, 15(1), 97-114.