

Recommended facial care devices

If you begin to notice signs of aging, such as loose facial lines, vertical pore size, and darkening of the laugh lines, we recommend that you use [facial beauty tools](#). Beauty editor R Ei of 25ans thoroughly explains how to choose the latest facial equipment with functions comparable to those of beauty treatments, such as RF and EMS, which are effective in treating sagging skin, LED, ion introduction and delivery, and ultrasound. 15 products recommended for people in their 40s!

Explanation of functions

Nowadays, "Its functions are equivalent to those of cosmetic medicine! Facial machines are also referred to as "beauty devices. This is true, and they are constantly evolving. With ultrasonic, EMS, RF, LED, and many other functions, it is now possible to treat your skin as if you were at a clinic. Here are nine typical functions to keep in mind when considering the purchase of a facial machine.

1: Ion Conduction / introduction

Ions are emitted from electrodes to adsorb dirt and dead skin cells in pores that cannot be removed by cleansing.

Likewise, the power of ions is used to penetrate the ingredients of lotions and serums into the stratum corneum.

2: Ultrasonic

Fine vibrations are given at high speed. It removes dirt from pores and has a massaging effect on the skin, as well as tightening the skin.

3: EMS

Electric signals stimulate and strengthen muscles. Directly approaches sagging areas such as face lines and around the mouth.

4: RF

High frequency electromagnetic waves called radio waves vibrate and warm the skin. [RF skin tightening device](#) supports skin care effects by activating the skin's functions.

5: LED

LED light colors include red, yellow, green, and blue, with the exception of ultraviolet light. Red, a near-infrared ray, penetrates deepest and promotes metabolism, which is expected to be effective for anti-aging, while yellow, which reaches the dermis, works on turnover and is effective in expelling melanin. The green color, which works on pigmentation, is said to be effective in treating blemishes, while the blue color, which has a sterilizing effect, is said to be effective in preventing acne.

6: Electroporation

It is known as electroporation and uses electricity to penetrate beauty ingredients deep into the skin. It can deliver high-molecular-weight ingredients that do not penetrate the epidermis.

7: Microcurrent

It is also used to treat injuries in athletes, and works to repair damaged areas by applying a very weak electric current that is comparable to a bioelectric current. In facial care equipment, it is expected to repair, normalize the barrier function, and generate collagen.

8: Low frequency

Low-frequency electric current is applied, acting on the motor nerves. Muscles are stimulated and contracted. It acts like a massage to relieve stiffness, reduce pain, and recover from fatigue.

Beauty editor's opinion

The words you see on the menus of esthetic salons and beauty clinics are all here, but rest assured, [facial massagers](#) are for home use only and are hypoallergenic. For example, RF, which aims at collagen production by applying heat damage at beauty clinics, is also designed to be highly effective only with the skill of a doctor. However, home-use facial machines also allow you to choose the intensity of the output with great care, and if you use a stronger setting, you can get a reasonable return!

Can I use a facial devices every day?

Facial machines can provide a variety of care, including the treatment of sagging lines and sagging skin. Although it is tempting to use a facial device every day, it can also be irritating and burdensome to the skin, and R-Ei feels that using a facial device every day and relying on it too much can tire the skin and dull its own functions, or rather, its sensors.... The manufacturer recommends generally 2 to 3 times a week. Since it varies from device to device, it would be better to determine the frequency while interacting with the device you purchased and your own skin.

What age to use a facial device?

This is also R-Ei's opinion, but if the function is an extension of skincare, such as ion introduction or ultrasound, it does not matter what age you are. For example, if you want to clean your pores, you can use an ion guide, ultrasound, or steamer, or if you are concerned about blemishes or acne, you can use an ion guide or LED, etc. If you are in your 20s or early 30s, you should assess your needs and functions, and choose a product that is affordable. I think it would be fine to use the same one.

For those who are over 40 years old and are seriously concerned about aging, it is recommended to have a high-performance facial equipment as a partner for beauty. If you are concerned about lines, sagging and wrinkles that cannot be resisted by aging and gravity, and you feel that cosmetics alone are not enough, try adding a powerful supporter.

Recommended facial devices for 40s and older

Here is a selection of [face lifting tool](#) recommended for people in their 40s who are approaching the age of aging, especially for lines and sagging skin. Please take note of the verified comments by our beauty editors.

Miese Sculp Lift

A popular brush-type facial care device that can be used for both head muscle care and face care. When I use this, I really feel that the face and scalp are connected in one piece. Indeed, it is a great help. It tends to be compared to a certain high-end brush, but for the low price, it does a remarkable job! The fact that it can be used in the bathtub every day is also a point of interest, and I recommend taking care of your head while soaking in the bathtub as if it were a head massage.

Bi Lulu

It is a very simple facial equipment with only RF and blue LEDs. The price is reasonable at around 7,000 yen, about the same as a bottle of beauty essence. The most important point is that the blue LEDs can provide real acne care and tightening at the same time. I recommend it for beginners who are concerned about rough and sagging skin due to the mask lifestyle.

L&L SKIN

L&L SKIN has an established reputation for its electric current technology, including the complex mixing of 16 different types of electric currents, and its capabilities are unquestionable. The price is expensive, but I think it is worth it. It is also worth mentioning that the special head, which can move freely in all directions, follows the face closely and allows stress-free care.

Summary

In the personal opinion of beauty editor, the first thing to remember is that [face massager](#) is only a "tool" and not to rely on it blindly. As a beauty professional, I am often asked, "Which facial equipment do you prefer? In fact, it is up to you to make the most of it!

Facial equipment has clear functions, so I recommend that after purchasing a facial equipment, you first get a "feel" for how each function will change your skin. For example, how much and at what pace you apply RF to the area of concern, how your skin tightens, how it reacts to LEDs, and so on. And we recommend that you interact with your own skin on a daily basis, and incorporate it well with your cosmetic care.

For example, one way may be to get the first RF when you start to notice a decrease in firmness, and then gradually add more functions once a good partnership has been established. Have a good relationship with your facial equipment, have fun, and keep improving your beauty!