

Effectiveness of the Combination of Facial Acupressure and Honey on Facial Skin Moisture

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Effectiveness of the Combination of Facial Acupressure and Honey on Facial Skin Moisture

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Abstract

Facial skin is the most sensitive part, so it is important to take care of it. Facial skin care is a treatment to keep facial skin elastic and maintain facial skin moisture. Facial acupressure is a method of treatment that begins with massaging the meridian points so that blood flow becomes smooth and facial muscles feel more relaxed. Using honey is a facial skin care method that is made into a mask. The research aims to determine the effectiveness of the combination of facial acupressure and honey on facial skin moisture. This research was analytical experimental, 30 women aged 40 - 50 years were measured before giving treatment followed by 2 treatments, namely being given facial acupressure and a combination of facial acupressure with a honey mask. Treatment was given twice a week, 8 times to measure skin moisture during April and May 2024. Skin Moisture Analyzer to measure skin moisture, dry skin on a scale of 0 – 35%, normal skin on a scale of 36 – 45%, and moist skin on a scale of 46 – 100%. The research will be carried out in April – May 2024 at the Wijaya Surabaya clinic & the doctor's practice. April – May 2024 at the Wijaya Surabaya clinic & the doctor's practice. Skin Moisture Analyzer to measure skin moisture. Statistical analysis using the Mann-Whitney test ($\alpha=0.05$) with a p-value of 0.000. The results of the third procedure increased facial skin moisture reaching 93.4% (moist skin) and 6.6% (normal skin criteria). It has been proven that the combination of facial acupressure and honey is effective in moisturizing facial skin, experiencing very significant changes starting from the first, second, and third treatments.

Keywords: Facial acupressure, honey, skin moisture

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Original Research Article

Facial skin is a sensitive part of the human body compared to other parts, so it requires special care and top priority because the layer of facial skin is anatomically thinner compared to other parts of the body, such as the skin on the palms of the hands and soles of the feet (Labellapansa et al., 2018). Skin problems increase with age, so skin care needs to be done to maintain the elasticity and moisture of facial skin (Neighbor et al., 2022) (As'ary et al., 2022). Facial skin care is important skincare so it must be prioritized to keep facial skin healthy. An attractive appearance in women can be seen in healthy and bright white skin (Kumarahadi et al., 2020). Facial skincare that is done correctly and according to your skin type will result in skin that looks healthy and bright. Anatomically, the skin is the outermost part of the human body, wrapped in skin. The skin has the function of protecting the body from exposure to sunlight which contains ultraviolet rays that can affect the surface of the skin. Apart from that, the important role of the skin is also as a sense of touch, preventing dehydration, regulating body temperature, and giving aesthetics to a person's appearance so that it looks attractive, especially on facial skin (Rahmawaty, 2020). (As'ary et al., 2022) (Wulandari, 2019). The three layers of skin consist of the outer layer called the epidermis, the middle layer called the dermis, and the inner layer called the hypodermis. There are layers of the epidermis, namely from the bottom upwards, starting with the basal stratum, stratum spinosum, stratum granulosum, stratum lucidum, and at the outermost stratum corneum there are protein lipids and water which function to maintain water release as a skin barrier. The dermis layer is rich in blood vessels, nervous tissue, melanocyte cells, mast cells, macrophage cells, lymphocyte cells and elastin and collagen fibers, fat glands and sweat glands, sensory receptors for mechanoreceptors and thermoreceptors, nociceptors, mechanoreceptors. The hypodermis layer consists of lipid cells associated with elastic fibers and collagen fibers (Neighbor et al., 2022) (HAVILAND, 2019) (Yuniarsih et al., 2021). Aging will change the morphology of all anatomical components, including facial skin which affects all layers of the skin. Facial skin is the part that is exposed to more sunlight than other areas (Kim et al., 2019). Exposure to the surrounding environment will provide interactions that can disrupt the balance of water levels in the skin and have the effect of disrupting skin moisture. Exposure such as temperature, air humidity, and ultraviolet light will affect the water content in the skin which will affect skin moisture. Low skin moisture levels cause the skin to become dry, whereas well-maintained skin moisture will make the skin smoother (As'ary et al., 2022) (Wulandari, 2019).

It is necessary to use natural ingredients that are around us which can be useful for healthy facial skin, such as honey. Honey is produced by honey bees in the form of a thick liquid derived from flower nectar. Honey is often used to beautify facial skin and soften facial skin. The use of honey for facial skin care is made in the form of masks, soap, shampoo, body scrubs, and lotions because honey is a natural ingredient intended to moisturize facial skin. The antioxidant content in honey contains lots of vitamins C, K, B6, B2, B1, flavonoids, amino acids, and alpha hydrolytic acid which are useful for providing moisture and elasticity to the skin. Using a honey mask is an alternative option for providing natural nutrition to the face which can be used to treat and restore facial skin disorders. Honey is a natural ingredient that can soften and beautify the skin. The antioxidant and vitamin C content in honey can have the effect of tightening the skin, shrinking pores on the skin, and making facial skin firm (Tanggasari & Septianingsih, 2023) (Sinulingga et al., 2018) (Budiono et al., 2022).

Facial acupressure is a beauty treatment method that is carried out by massaging the facial area with emphasis on certain meridian points which are useful for tightening facial muscles, removing wrinkles on the face, making the face bright and relaxing the facial muscles. This face acupressure begins

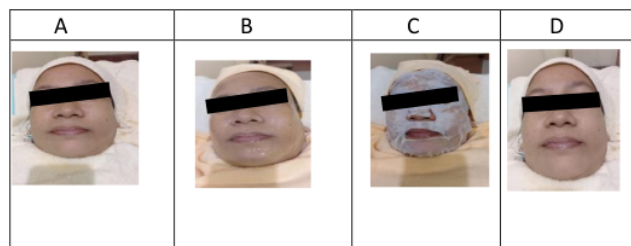
massage the forehead, cheeks, and then the neck and shoulders. Massage for 5-10 minutes which is carried out according to the anatomical structure of the facial region and added emphasis on the meridian points will provide smooth blood flow and smooth facial skin, look more youthful, and facial muscles feel more relaxed (Pardede, 2022) (Surtiningsih et al., 2022). Face acupressure through gentle massage on the face has the effect of relaxing the facial muscles and preventing the reduction of wrinkles on the face (NWO, Ceria et al., 2021) (Soekanto et al., 2022). If facial acupressure is done regularly, the dead skin cells will be removed from the exfoliation process on the facial skin, making the skin healthy and bright (Surtiningsih et al., 2022). In previous research on the effectiveness of facial acupuncture and acupuncture on facial acupressure, the muscle appeared more supple and elastic with facial acupuncture therapy (Soekanto et al., 2022). By continuing this research, the aim is to determine the effectiveness of the combination of facial acupressure and honey, using a honey mask on facial skin moisture.

MATERIALS AND METHODS

This research has been recommended as ethically sound with number 84/SLE/FK/2024, using analytical experimental research, as many as 30 respondents with inclusion criteria: women aged 40 - 50 years, have no history of allergies, are healthy and have no facial abnormalities or defects, have never do facial care, are willing not to use moisturizer on the face that is given the test treatment in this research and are willing to take part in this research until it is finished. The exclusion criterion for this study was a history of allergy to honey (Adiputra et al., 2021) (Notoatmodjo, 2012) (Fadli, 2021). The treatment was carried out in two treatments, namely giving facial acupressure 4 times and followed by a combination of facial acupressure with honey 4 times so that the total treatment was 8 times. Before treatment and after treatment, the data taken is in the form of initial photos, and the moisture of the facial skin is measured using the Skin Moisture Analyzer. The criteria for dry skin are indicated on a scale of 0 - 35%, normal skin on a scale of 36 - 45%, and moist skin on a scale of 46 - 100% (Astuti et al., 2018) (Soekanto et al., 2022) (Masluhiya AF & Fidiastuti, 2019). The research will be carried out in April - May 2024 at the Wijaya Surabaya clinic and in doctor's practices. The analysis used the Mann-Whitney non-parametric analytical test using IBM SPSS statistical software and continued with the Games-Howell difference test ($\alpha = 0.05$) to see the differences in treatment, namely first who was not treated, second who was given facial acupressure treatment and third given a combination of facial acupressure and honey (clover honey), then the results were analyzed before and after treatment (Masluhiya AF & Fidiastuti, 2019) (Sutrisno & Wulandari, 2018) (Anam C, 2020).

RESULTS

The results for correspondents who received treatment are seen in the following picture:



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Figure 1. corresponds to: (A) after facial acupressure, (B) application of clover honey, (C) using a honey mask, (D) after a combination of facial acupressure and clover honey (source: Primary Data).

From Figure 1 above in (A) after facial acupressure, (B) applying clover honey evenly to the face, (C) clover honey on the face with a compressor mask added (D) a combination of facial acupressure and honey after 8 times. Treatment from the first day to the 8th day, from the documentation the results before and after the treatment show that on the eighth day, the facial skin looks fresher.

The steps for facial piercing are in the following order: First, clean the face with cleansing soap, cleansing followed by rinsing with clean water so that the dirt stuck to the pores of the face will be removed, the second step, is to apply pressure on the face at each point for 1 – 2 minutes and done repeatedly for up to 15 minutes according to the acupuncture points, pressure is applied with the first location of the piercing on the forehead around the eyebrows, and then the second part in the area around the eyes and cheeks, nose and around the ears, the third part around the upper jaw and the fourth around the lower jaw, and next to the edge of the lower ear. After completing the piercing, continue with clover honey which is spread thinly evenly on the face and continued by attaching the compressor mask on top of the honey smear to form a honey mask (von Arx et al., 2018)(NWO, Ceria et al., 2021)(Smith et al., 2020). The piercing area can be seen in Figure 2 below.

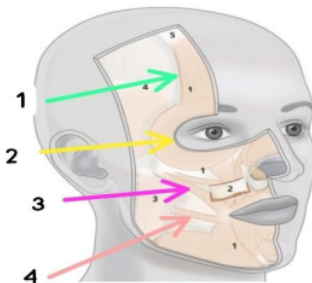


Figure 2. Face acupressure area (1) Frontalis; (2) Pre-orbitalis; (3) Upper mandible (4) Lower mandible (von Arx et al., 2018)(Smith et al., 2020)

In Figure 2, the area where the piercing is carried out is in the area (1) the frontalis of the forehead which is directed superiorly, (2) the pre-orbital area around the eye where the piercing is directed laterally and circularly towards the edge of the zygomatica, (3) the upper mandible continues towards the right maxilla and left maxilla circularly reach the edge of the inferior zygomatic, (4) the lower mandible continues towards the inferior edge of the mandible and continues towards the edge of the lower ear. This piercing, if done regularly, will provide elasticity to the facial muscles and will have the effect of eliminating wrinkles in the facial area(Donoyama et al., 2012)(Yun et al., 2013)(Smith et al., 2020)(Spaskova, 2018)(Barrett, 2005).

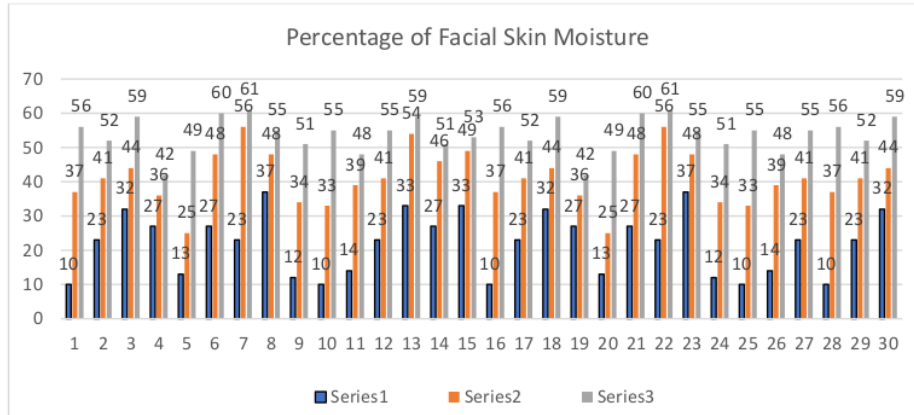
Table 1 Measurement of facial skin moisture during treatment

Correspondent		Skin Moisture		
No	umur	(1) Before face acupressure (%)	(2)After facial acupressure (%)	(3) Combination of facial acupressure and honey mask (%)
1	40	10	37	56
2	43	23	41	52
3	40	32	44	59
4	45	27	36	42
5	42	13	25	49
6	40	27	48	60
7	48	23	56	61
8	47	37	48	55
9	45	12	34	51
10	44	10	33	55
11	46	14	39	48
12	41	23	41	55
13	43	33	54	59
14	42	27	46	51
15	42	33	49	53
16	45	10	37	56
17	47	23	41	52
18	43	32	44	59
19	40	27	36	42
20	47	13	25	49
21	48	27	48	60
22	41	23	56	61
23	44	37	48	55
24	46	12	34	51
25	42	10	33	55
26	48	14	39	48
27	43	23	41	55
28	45	10	37	56
29	45	23	41	52
30	47	32	44	59
Procentase		100% Dry skin	20% dry skin, 50% normal skin, 30% Moist Skin	6.6% normal skin, 93.4% moist skin

In Table 1, the resulting scale for measuring skin moisture uses parameters, namely dry skin on a scale of 0 – 35%, secondly normal skin on a scale of 36 – 45%, and thirdly moist skin on a scale of 46 – 100%, using the Skin Moisture Analyzer tool. A total of 30 correspondents each received the same three treatments, in treatment one (before facial acupressure) the lowest value of facial moisture was 10% and the highest was 33%, this included dry skin criteria, then in the second treatment, namely after facial acupressure, the humidity increased by the lowest result was 25% (normal skin) and the highest was 56% (including moist skin criteria), even after receiving the third treatment the lowest moisture result was 42% (including normal skin criteria) and the highest was 61% (including moist skin criteria). The higher the moisture content on the facial skin, the smoother the facial skin will be, the moisture of the facial skin will be maintained (Virgita & Krisnawati, 2014)(Jap et al., 2023)(Herawan et al., 2022). Percentage result can be seen from Graph 3 below.

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Description Series 1, 2, 3 = Treatment 1, 2, 3

Figure 3. Graph of differences in facial skin moisture between treatments

Table 2 Results of measuring facial skin moisture in total treatment

Descriptive Statistics					
	N	Minimum	Maximum	Mean	Std. Deviation
Skin moisture	90	10.00	61.00	39.0111	15.09780
Treatment	90	1.00	3.00	2.0000	.82107
Valid N (listwise)	90				

The total number of samples was 90 samples, the lowest skin moisture value was 10% while the highest was 61%, with an average moisture value of 39%.

Table 3 results of the effect of treatment

Test Statistics ^a		Skin moisture
Mann-Whitney U	.000	
Wilcoxon W	465.000	
Z	-6.668	
Asymp. Sig. (2-tailed)	.000	

a. Grouping Variables: Treatment

The effect of giving treatment to the three groups obtained a p-value of 0.000 ($p < 0.05$), which means there was an effect of giving treatment on skin moisture. To see the differences between treatment groups, you can see the Games-Howell test in Table 4.

Table 4. Test of Differences between Groups with Games-Howell

Multiple Comparisons						
Dependent Variable: Kelembapan kulit						
Games-Howell						
(I) treatment	(J) treatment	Mean Difference (I-J)	Std. Error	Sig.	95% Confidence Interval lower Bound	Upper Bound
(1) 1) not given facial	acupressure treatment	-19.16667 [*]	2.17302	.000	-24.3960	-13.9373

	facial acupressure + honey treatment	-31.86667*	1.87894	.000	-36.4183	-27.3151
(2)	given facial	Not given treatment	19.16667*	2.17302	.000	13.9373
	facial acupressure + honey treatment	-12.70000*	1.69910	.000	-16.8052	-8.5948
(3)	facial acupressure + honey	Not given treatment	31.86667*	1.87894	.000	27.3151
	facial acupressure + honey	facial acupressure treatment	12.70000*	1.69910	.000	8.5948
						36.4183
						16.8052

*. The mean difference is significant at the 0.05 level.

In Table 4, the measurement results show differences in treatment between the first treatment which was given no treatment, the second treatment which was given only facial acupressure treatment, and the third treatment which was given facial acupressure as well as honey (clover honey) and then analyzed using the Games-Howell difference test. The first treatment showed different skin moisture from the second treatment and the third treatment with a p-value of 0.000 ($p < 0.05$). Meanwhile, the second treatment compared to the third treatment showed a difference in skin moisture levels, namely with a p-value of 0.000. The third treatment, namely a combination of facial acupressure and honey (clover honey), showed a significantly higher level of moisture compared to the second group that received facial acupressure alone or the first group that was not given treatment.

DISCUSSION

Results from humidity measurement research carried out 3 times, on 30 research samples. The first measurement was carried out 30 times to measure facial skin moisture on each sample and obtained 100% including dry skin criteria with an average humidity of 22%, with results between 10%-37%. The second measurement, using facial acupressure treatment for 15 minutes, measured facial skin moisture in the left cheek area. The results obtained were 6 people had dry skin criteria (20%), 15 people had normal skin criteria (50%) and 9 people had moist skin criteria (30%). The third treatment, namely a combination of facial acupressure and Clover honey, obtained results of 6.6% including normal skin criteria, namely 2 people and 93.4% including moist skin criteria, namely 28 people.

In the first observation, compared with the second observation after receiving facial acupressure treatment, there was a change in the moisture of the facial skin and it improved to normal skin, this shows that facial acupressure can effectively increase facial skin moisture. Facial acupressure that is done regularly will stimulate blood circulation in the dermis area and regenerate skin cells to form collagen which provides relaxation to muscle tension and provides freshness conditions in the facial muscles because it stimulates the flow of chi in the meridian area which is connected to blood circulation points (Surtiningsih et al., 2022) (Pardede, 2022) (Virgita & Krisnawati, 2014) (Masluhiya AF & Fidiastuti, 2019).

The results of the second observation, respondents with the lowest moisture percentage, namely 25%, after receiving a combination of facial acupressure and honey, skin moisture increased to 49%. Likewise, respondents with the highest humidity in the second observation, namely 56%, after the third observation also experienced an increase in humidity to 61%. Skin moisture is influenced by the water content in the stratum corneum, the presence of fluid that flows in and out of the stratum corneum. There are endogenous fluids in the stratum corneum and exogenous fluids. Endogenous fluid occurs due to a diffusion process and the secretions of sweat glands in the dermis diffuse to the surface of the epidermis. Exogenous fluids occur due to high humidity obtained from the surrounding environment. Skin moisture is influenced by the presence of keratin cell bonds in the stratum corneum (Kevin et al., 2018) (Azizza & Kusstianti, 2020) (IMASARI & Emasari, 2022) (Imani, 2022). Keratin cells bind water content and form bonds with elastin fibers which influence skin moisture. The more water that is bound, the more moisture the skin will maintain.

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Dry skin will form deep cracks due to the lack of binding of keratin cells with water, the skin will look dry and cracked. Using a mask on facial skin functions to improve circulation and oxygenation of the skin and the mask removes dead skin cells, smoothing the skin and shrinking facial pores so that the face becomes smoother. Honey has a function as a natural moisturizer, honey is produced by bees that synthesize flower nectar which is rich in flavonoids, amino acids, alpha hydroxy acid, vitamins K, and C, vitamins B1, B2, and B6 which make the skin supple, elastic and increase moisture on the skin (Khan et al., 2018; Rahayu and Mutimatul, 2013). In this study, after receiving the second treatment and continuing to the third treatment, respondents were given a honey mask for 30 minutes. Respondents were proven to experience changes in increased moisture on their facial skin, namely, 93.4% of respondents had moist facial skin.

The overall results in this study, from observation one, continued to the second treatment and finally, the third treatment gave very significant results, proven to show statistical test results with a p-value of 0.000. Using a honey mask causes facial skin to maintain more moisture. Maintained moisture will result in healthier and smoother-looking skin.

CONCLUSION

The results of ¹research on the effectiveness of the combination of facial acupressure and honey, the use of a honey mask on facial skin moisture, was proven after the third treatment (after facial acupressure and use of a honey mask) the results experienced a very significant increase in moisture with results of 6.6% (normal skin criteria) and 93.4% (moist skin criteria), where previously in the first treatment 100% of all correspondents entered the dry skin criteria, continued after receiving the second treatment (given facial acupressure) the results changed humidity to 20% (including dry skin criteria), 50% (skin criteria normal) and 30% (moist skin criteria).

¹⁷CONFLICT OF INTEREST

There is no conflict of interest in this research and this research is not sponsored by LPPM UWKS.

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