

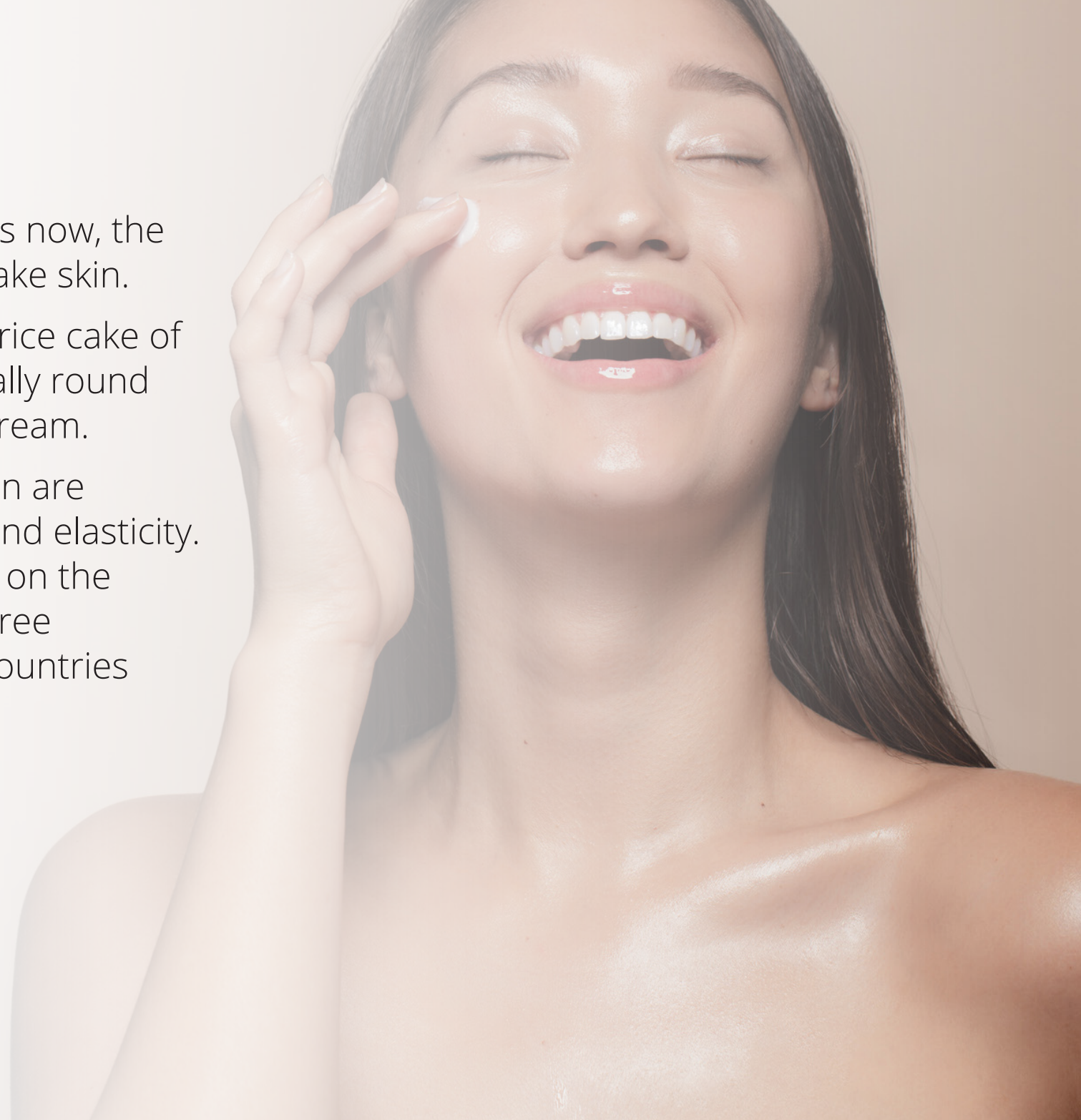


Mochi Skin –
J-Beauty

RAHN

What is it?

- Glass skin has been a trend for several years now, the new hype is all about Mochi Hada or Rice Cake skin.
- The name Mochi comes from the Japanese rice cake of the same name, a chewy snack that is typically round and often filled with red bean paste or ice cream.
- The overall goals of Mochi skin and glass skin are basically the same: suppleness, hydration, and elasticity. Glass skin is all about dewiness, Mochi skin, on the other hand, is matte and is all about shine-free luminosity. Both are ideals sought after in countries across Asia.



What does

Mochi Skin look like?

- In human form, Mochi skin is soft, plump, and free of lines or dryness – “just like baby skin”.
- Mochi Skin is all about supple and bouncy skin that looks soft and touchable, precisely like the Mochi rice cakes. It is not about the dewy finish, but ensuring skin looks healthy, plump and hydrated from within.
- Buzz words used are “Ultrasoft”, “Plush Finish”, “Pillowly”.



Mochi Skin vs. Glass Skin

What's the difference?

- There is no exfoliating step as J-Beauty principles generally avoid a physical exfoliator, believing they can create micro-tears in the skin which can be damaging.
- Instead, cleansing and hydrating are the Mochi Skin way to achieve a supple, “ageless” glow.
- Mochi has a more universal appeal as Glass Skin was generally suited to younger skin.

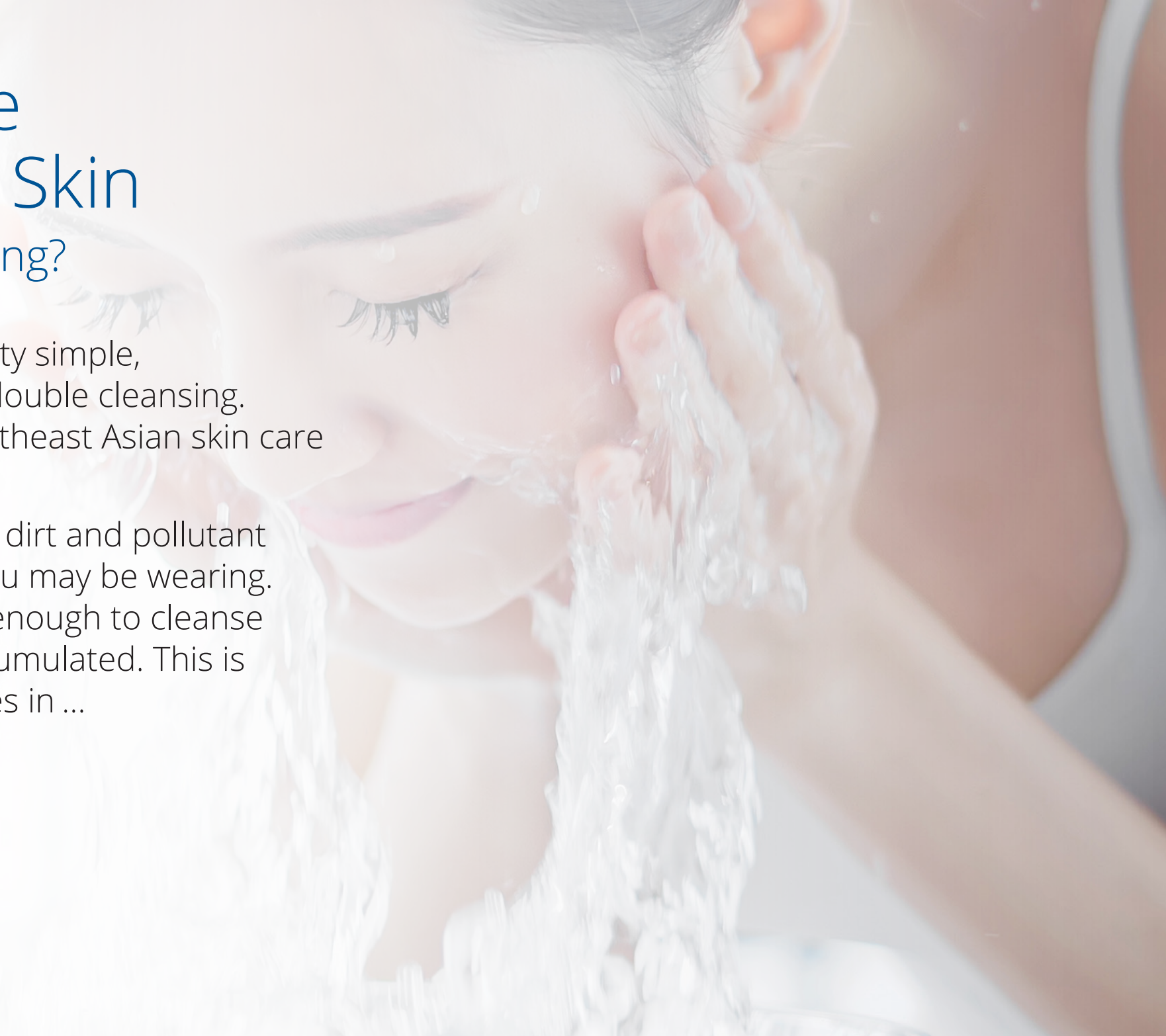


Steps To Achieve Japanese Mochi Skin

Step One: Double Cleansing?

The first step to Mochi Skin is pretty simple, it's about thorough cleansing, by double cleansing. Double cleansing is a popular Southeast Asian skin care cleansing method.

After a long day, your skin collects dirt and pollutant on top of the make-up and SPF you may be wearing. A face wash product alone is not enough to cleanse away the grime that has been accumulated. This is where an oil-based cleanser comes in ...



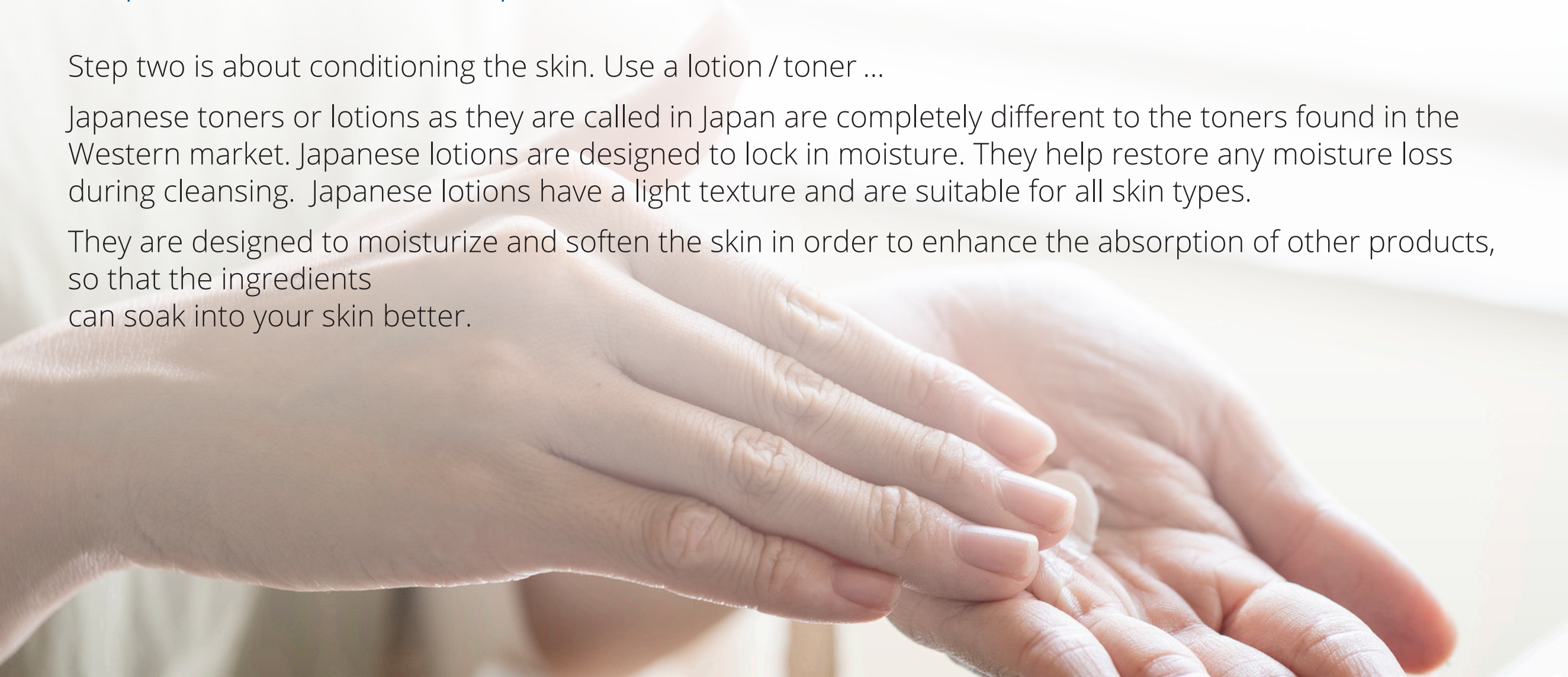
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Step Two: Tone with a Japanese Lotion

Step two is about conditioning the skin. Use a lotion / toner ...

Japanese toners or lotions as they are called in Japan are completely different to the toners found in the Western market. Japanese lotions are designed to lock in moisture. They help restore any moisture loss during cleansing. Japanese lotions have a light texture and are suitable for all skin types.

They are designed to moisturize and soften the skin in order to enhance the absorption of other products, so that the ingredients can soak into your skin better.



Steps To Achieve Japanese Mochi Skin

Step Three: Lightweight Moisturizer

Step three is all about moisturising the skin. A lightweight moisturizer will hydrate and give your skin a plump and bouncy appearance.

The purpose of this step is to seal in all the ingredients from the previous steps and add extra moisture so that your skin can reap the benefits all day long.



Steps To Achieve Japanese Mochi Skin

Step four: Always use SPF

- SPF isn't just something you need to consider when you're on holiday, but rather a vital part of your morning skin routine- even if you won't be spending any time in direct sunlight.
- Protecting your skin against UV damage is simply the most effective defence we have against uneven pigmentation, skin damage, fine lines and wrinkles.
- The bonus with Japanese sunscreens is that they also contain active ingredients like hyaluronic acid or collagen to moisturize the skin.



Steps To Achieve Japanese Mochi Skin

Step five: Facial Mask Every Other Day

- Use a face mask every other day
- You can find masks with tons of different ingredients and materials, but they all have one thing in common – serious absorption of product into your skin. Masks provide deep hydration by locking in everything else you've put onto your face at this point.

