

Whiter Skin

Asian culture often associates dark skin with poverty and manual labour, while white skin reflects higher socioeconomic status. Asian people are therefore willing to spend a lot of money on skin whitening products. A World Health Organization survey found that nearly 40% of women in China, Malaysia, Philippines, and South Korea regularly use whitening cream.

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In fact, skin colour is determined by melanin produced by melanocyte skin cells. Each individual has a different number of melanocytes, so their skin colour is different and whitening products only produce a small effect. Asian skin contains more melanin than European skin and so is naturally darker.

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A 2017 report by scientists at Frontiers in Public Health notes many risks from skin whitening products containing toxic ingredients such as hydroquinone, mercury, and hydrogen peroxide bleach. More than 50% of products have been shown to be harmful to the skin. In 2016, Malaysian health officials warned the public about the dangers of skin-whitening injections containing glutathione, which causes cancer and kidney failure.

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So, cherish healthy skin and natural beauty, because vanity can have unforeseen consequences.

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What ingredients can you find in skin-whitening creams?

What sicknesses can skin-whitening injections cause?

What actually causes darker skin?