# 中国女性群体皮肤本态洞察

# 蓝皮书

# （2025）



上海肤焕科技有限公司

上海微谱检测科技集团股份有限公司

上海日用化学品行业协会等

**联合发布**

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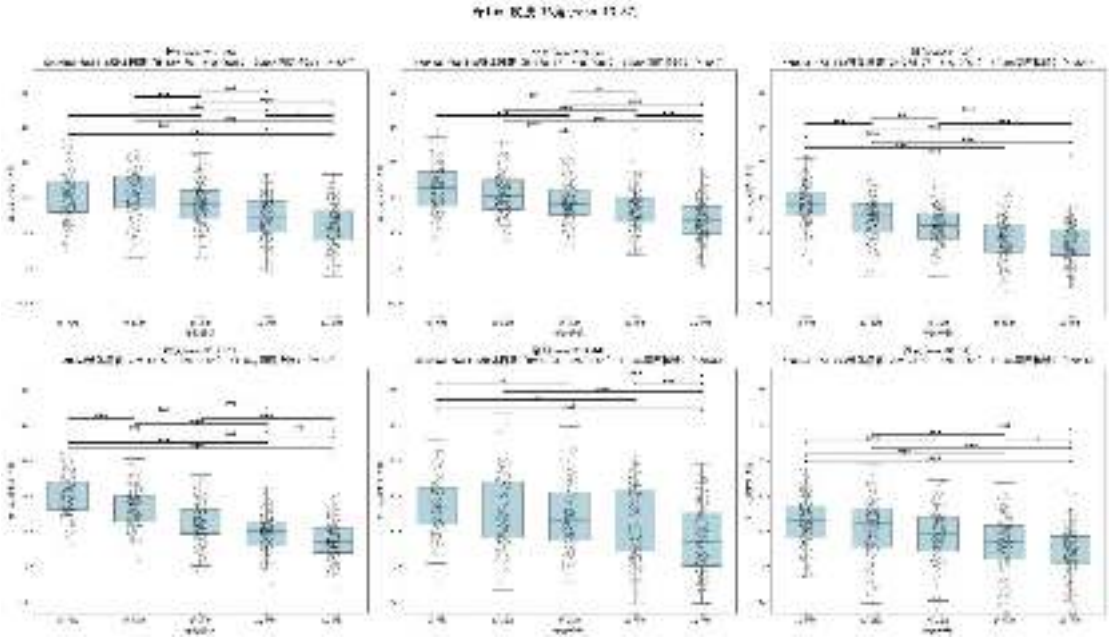
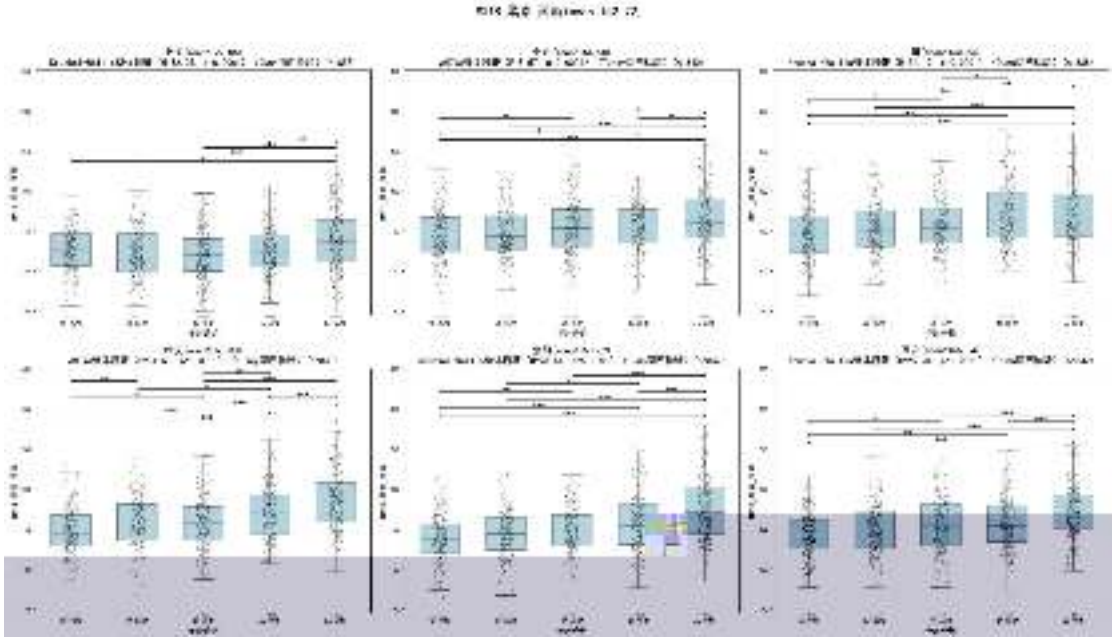
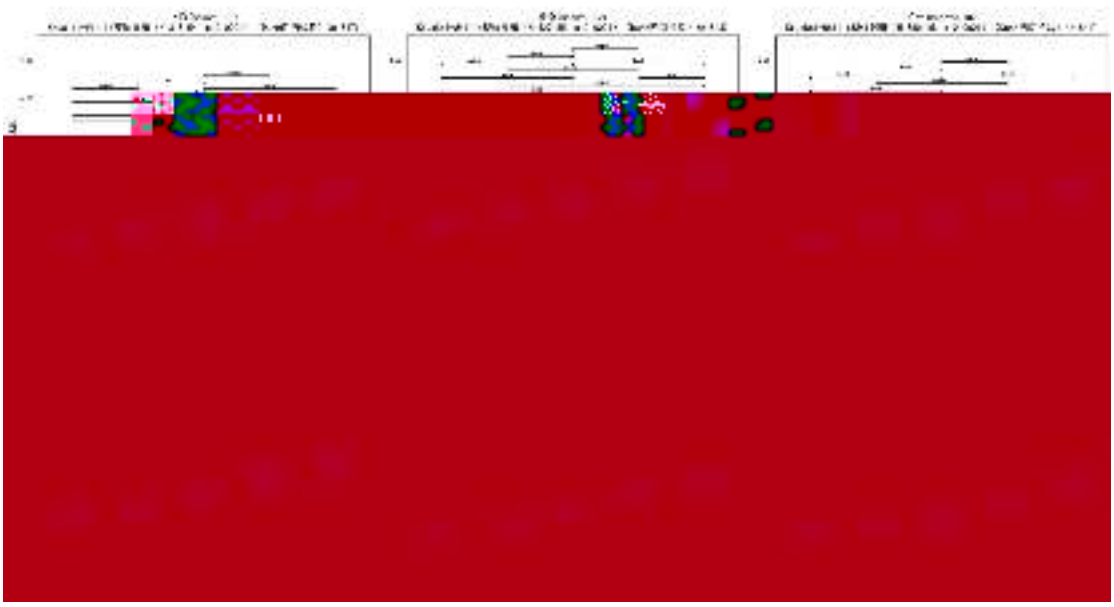
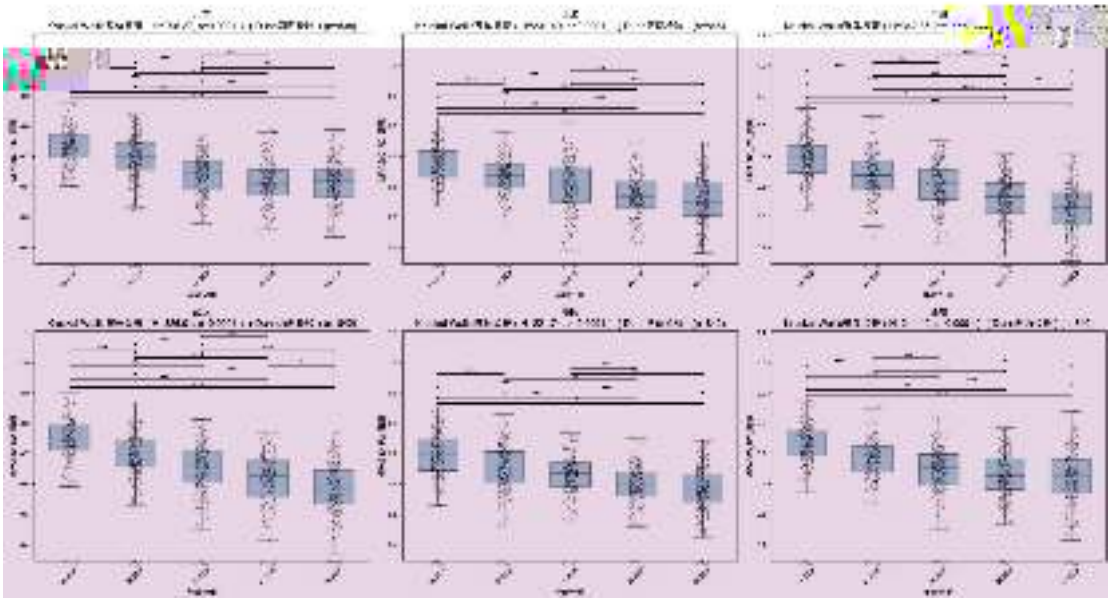
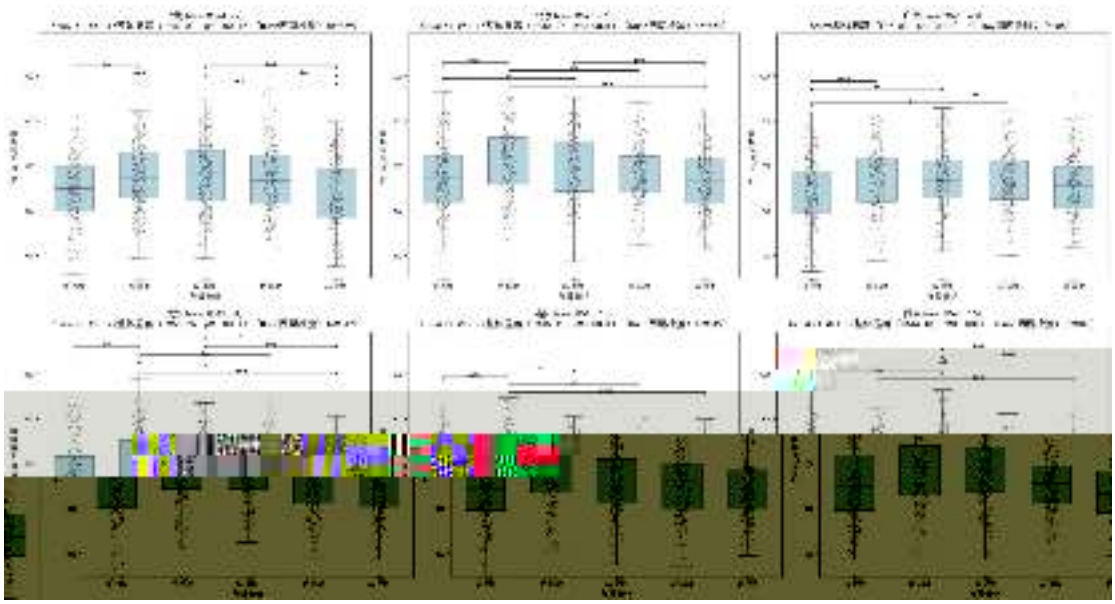
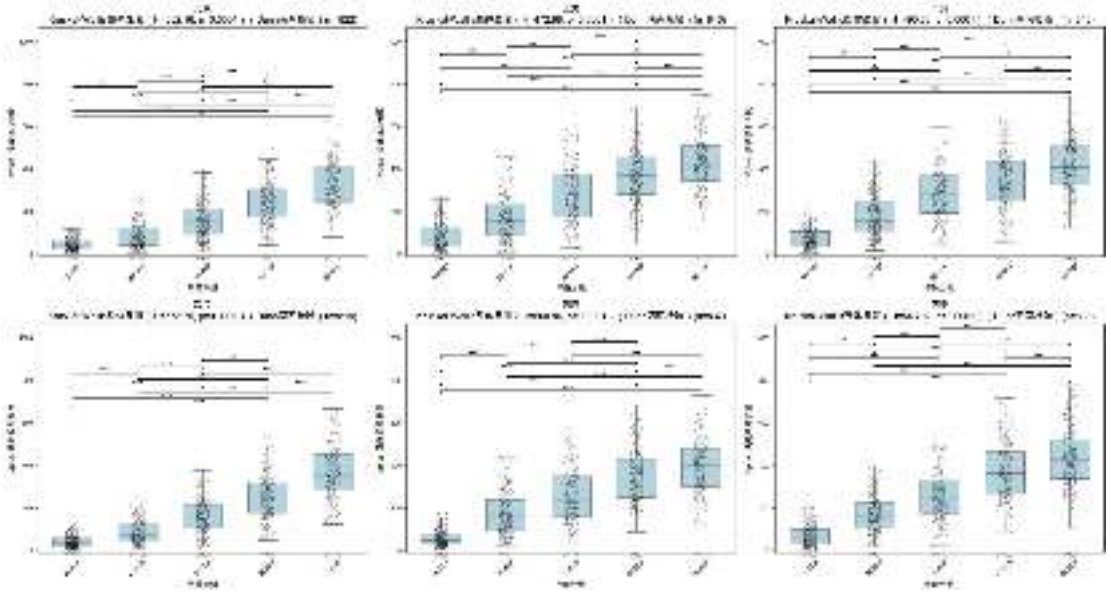


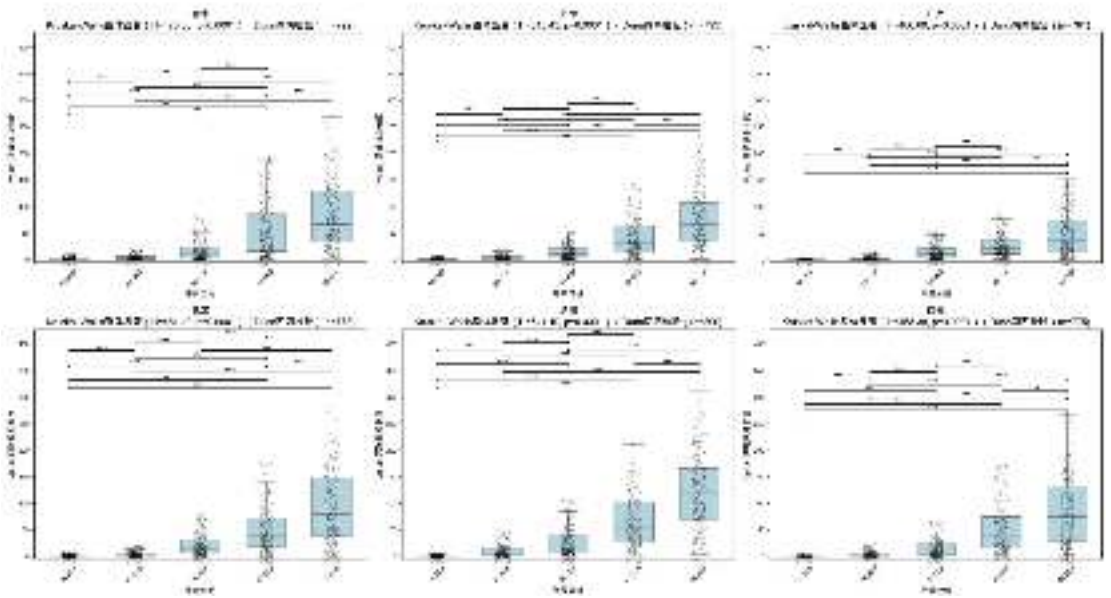


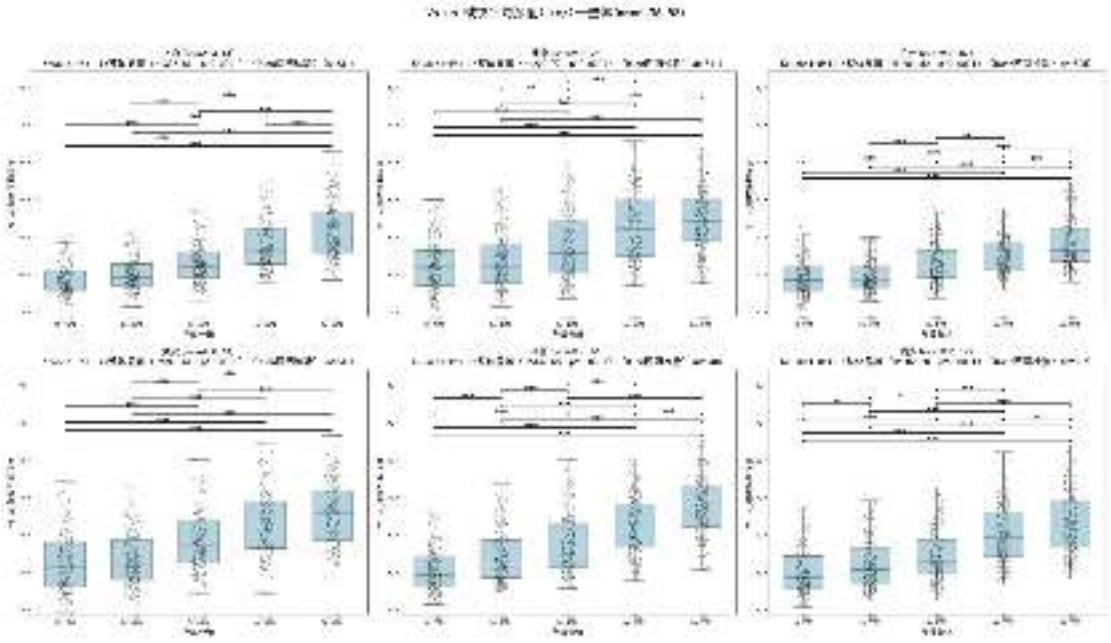


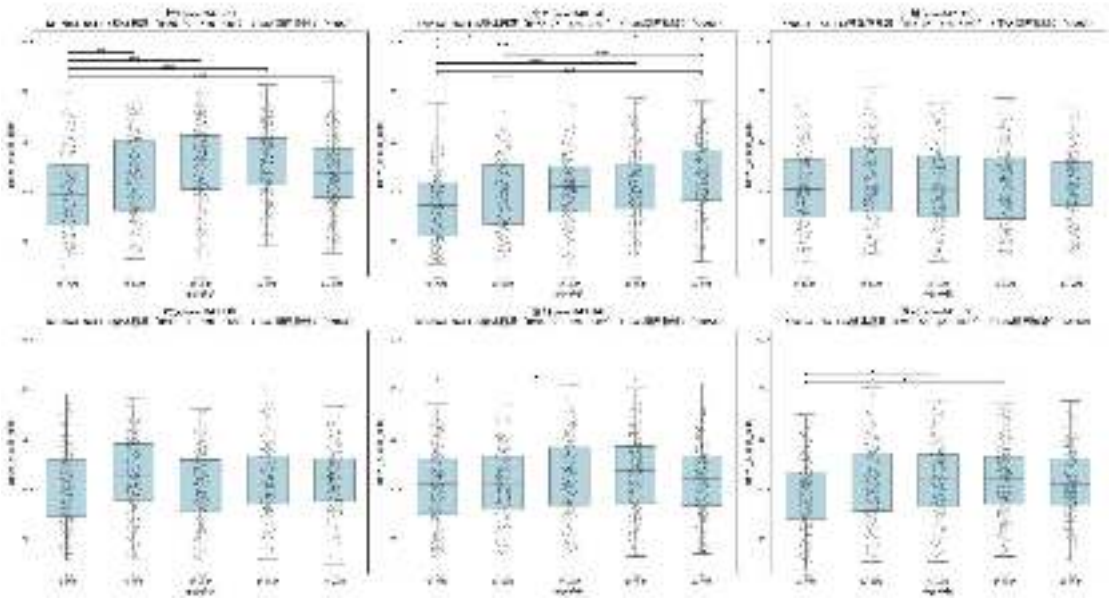


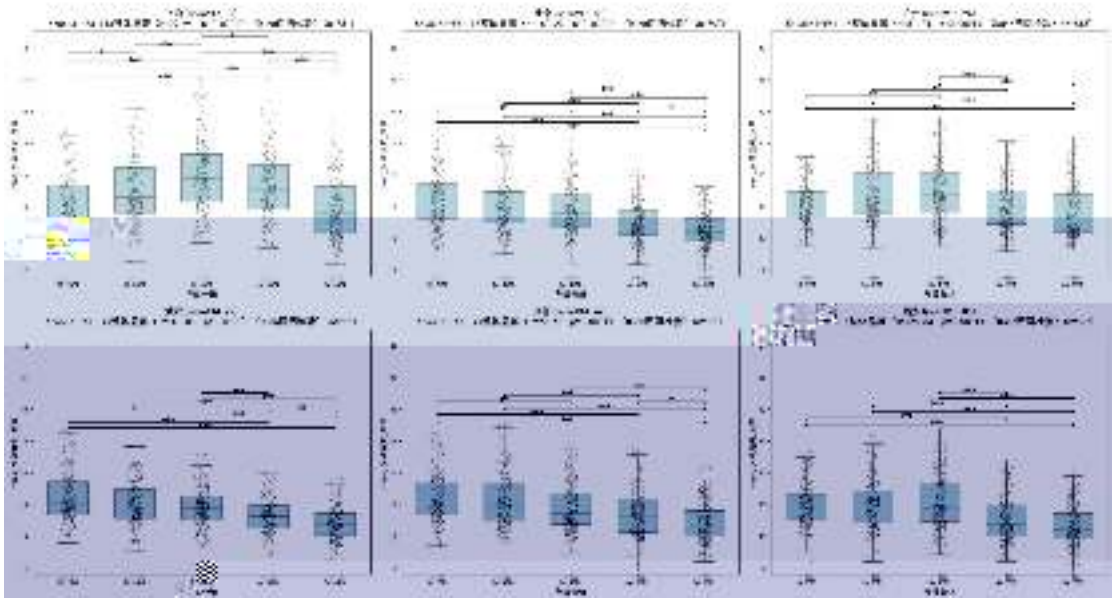


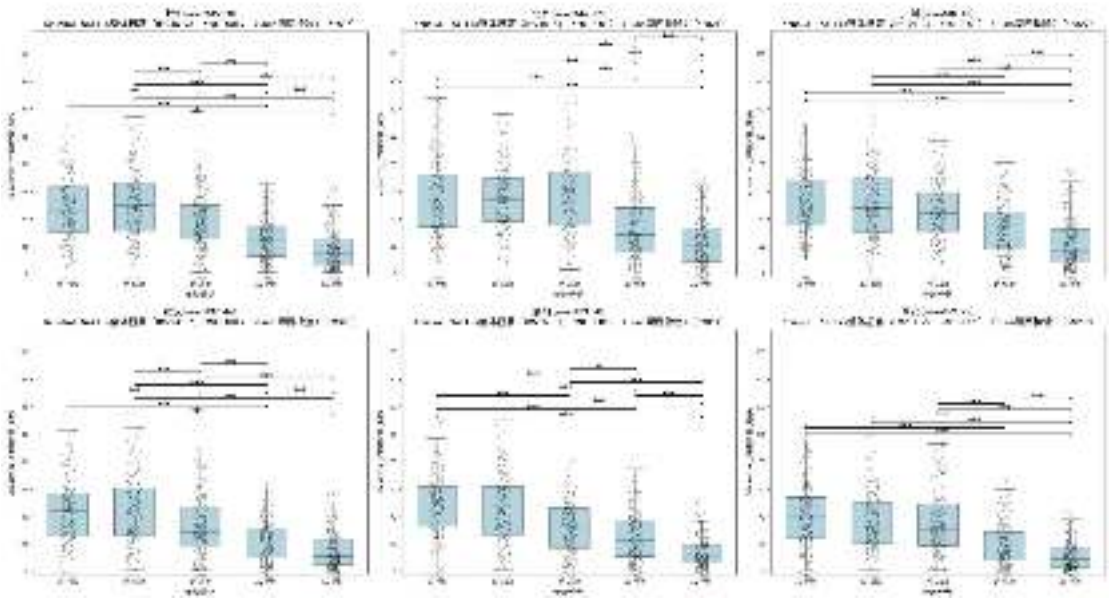


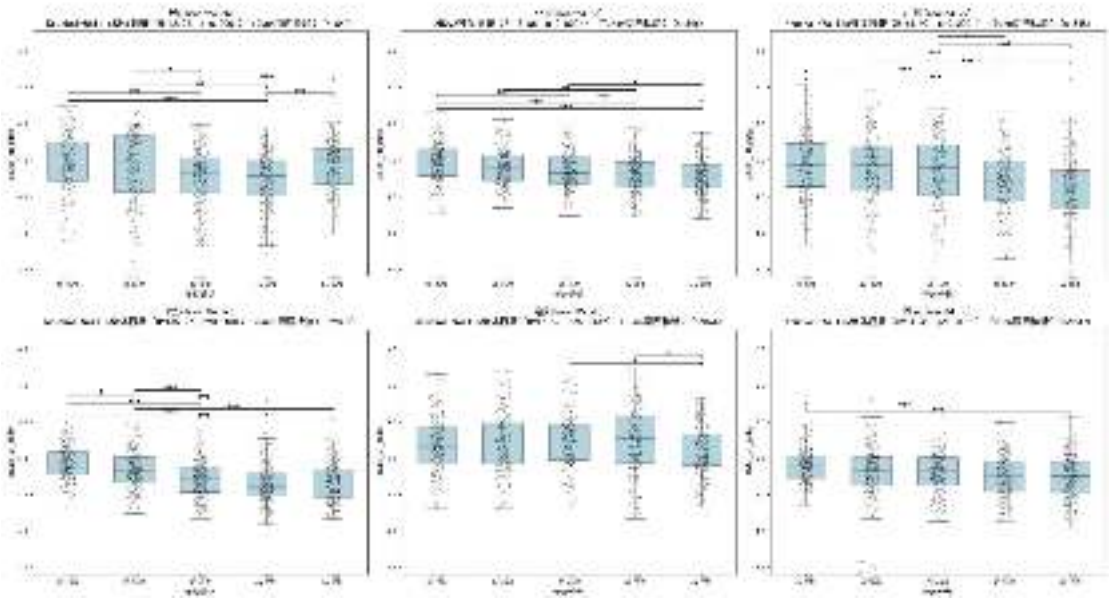


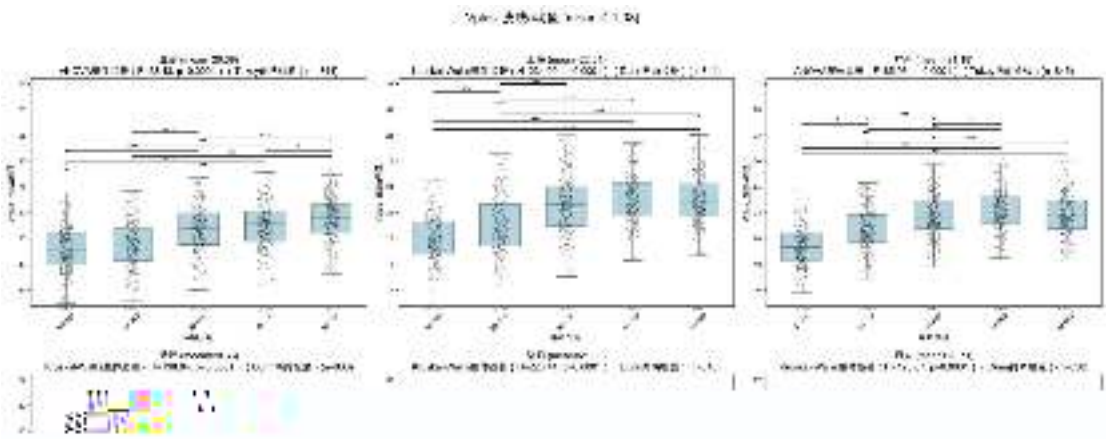


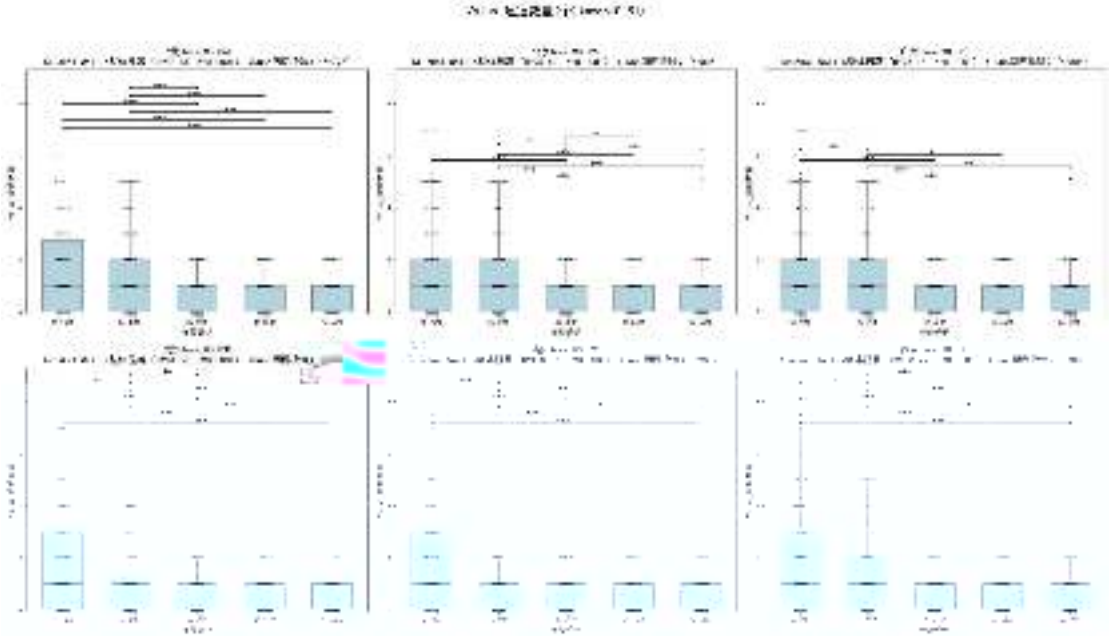


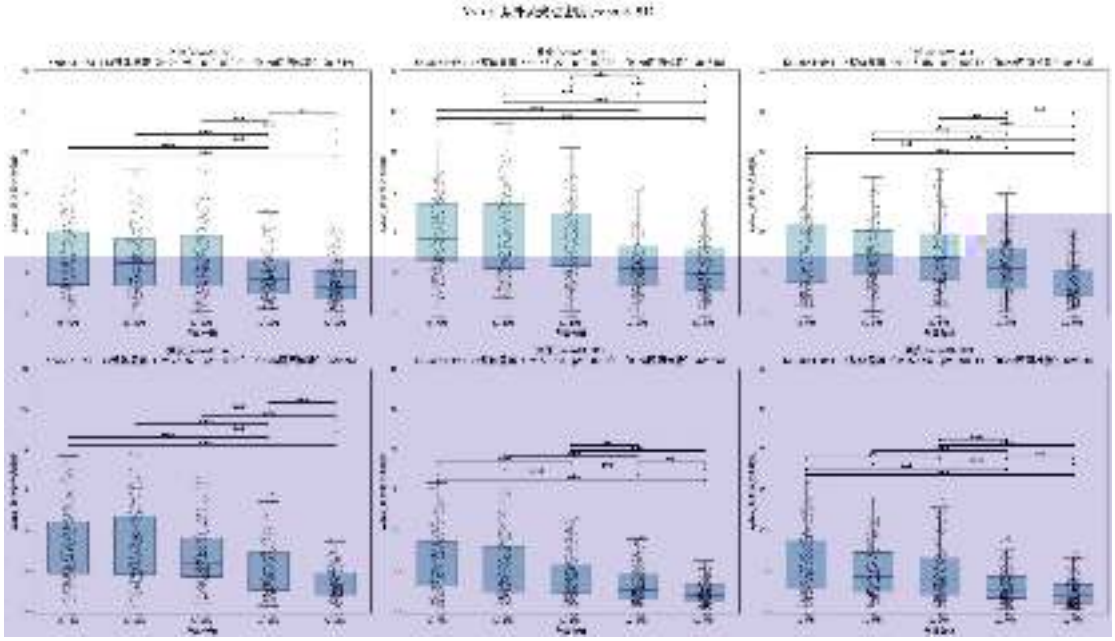


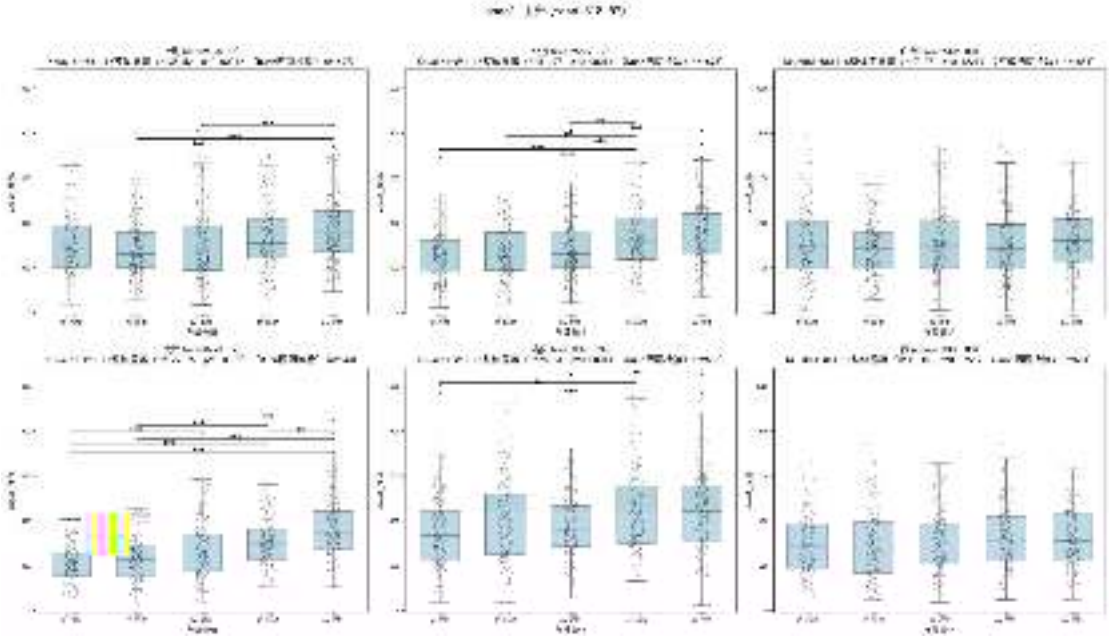


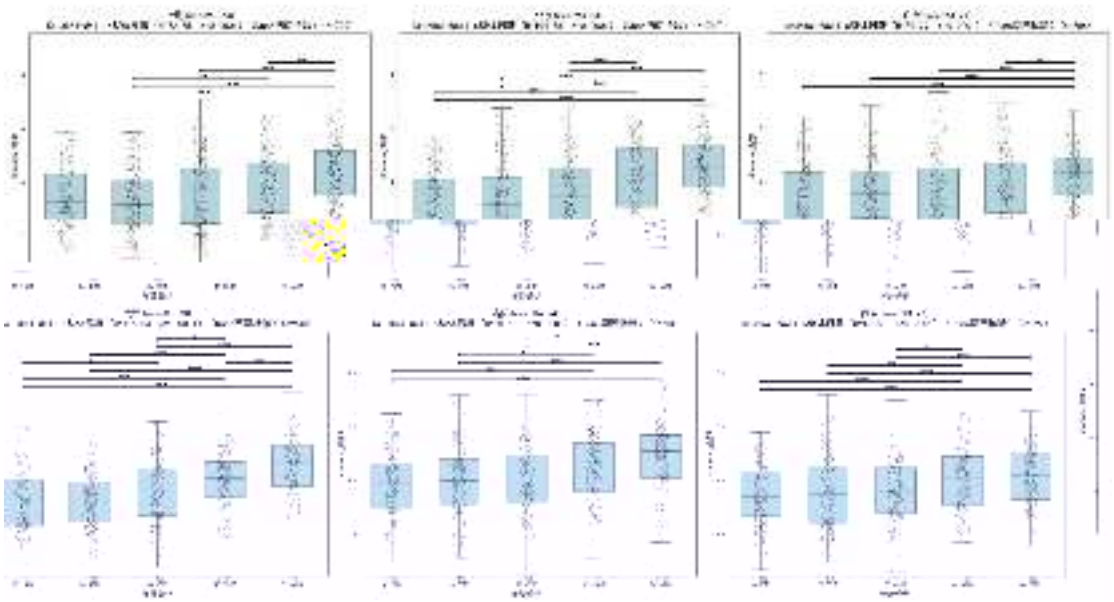


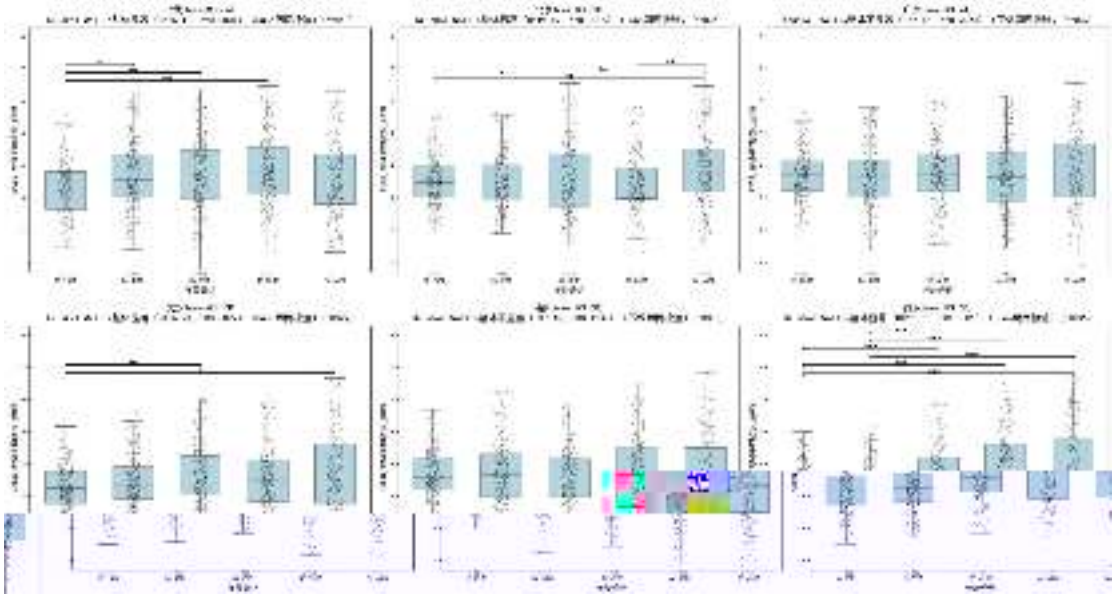


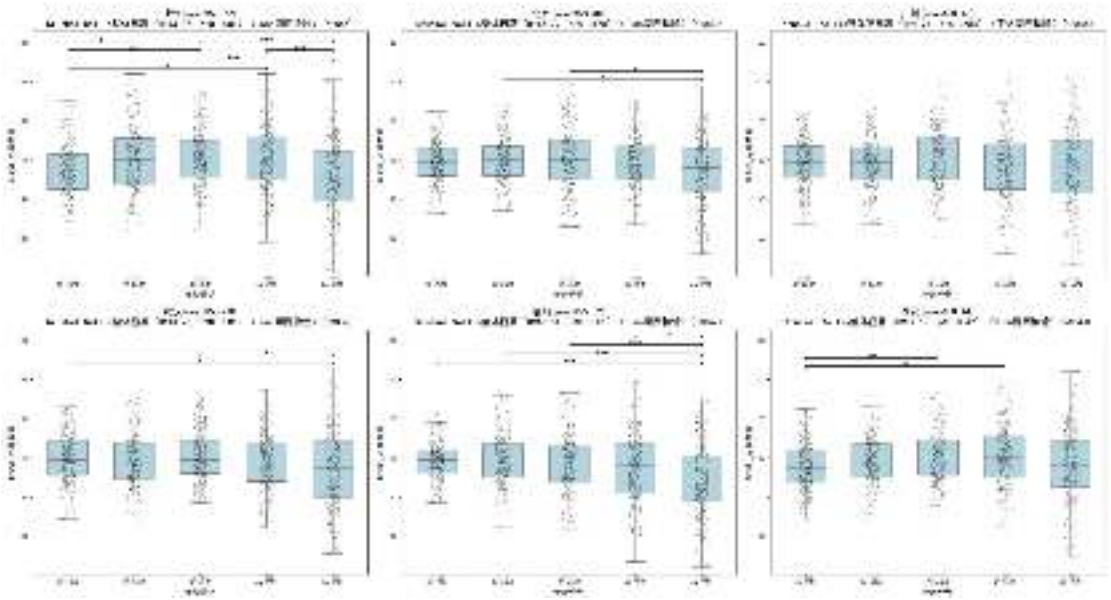


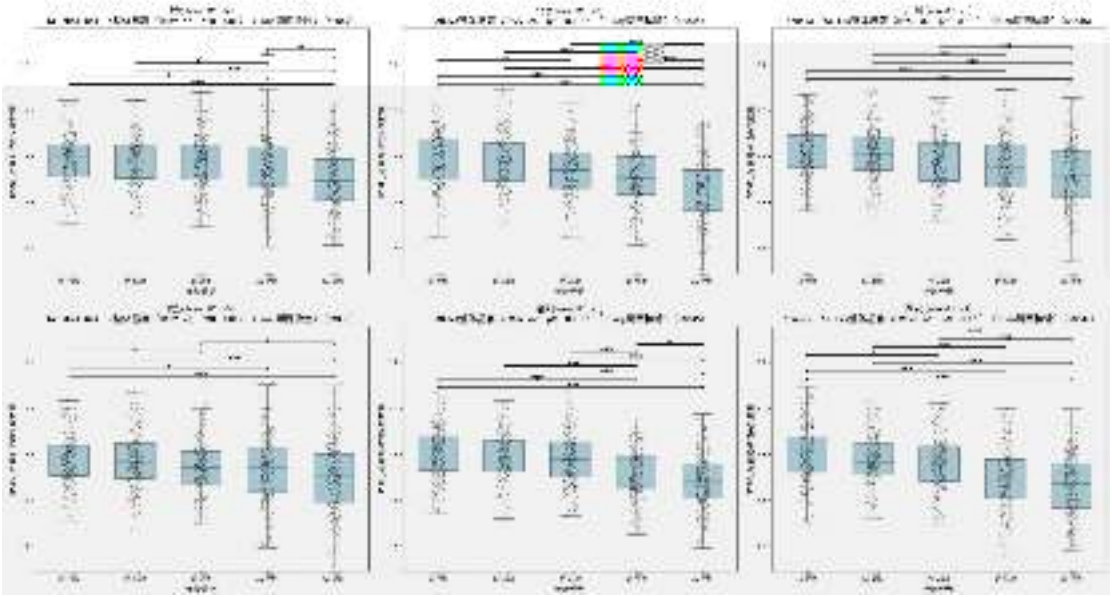


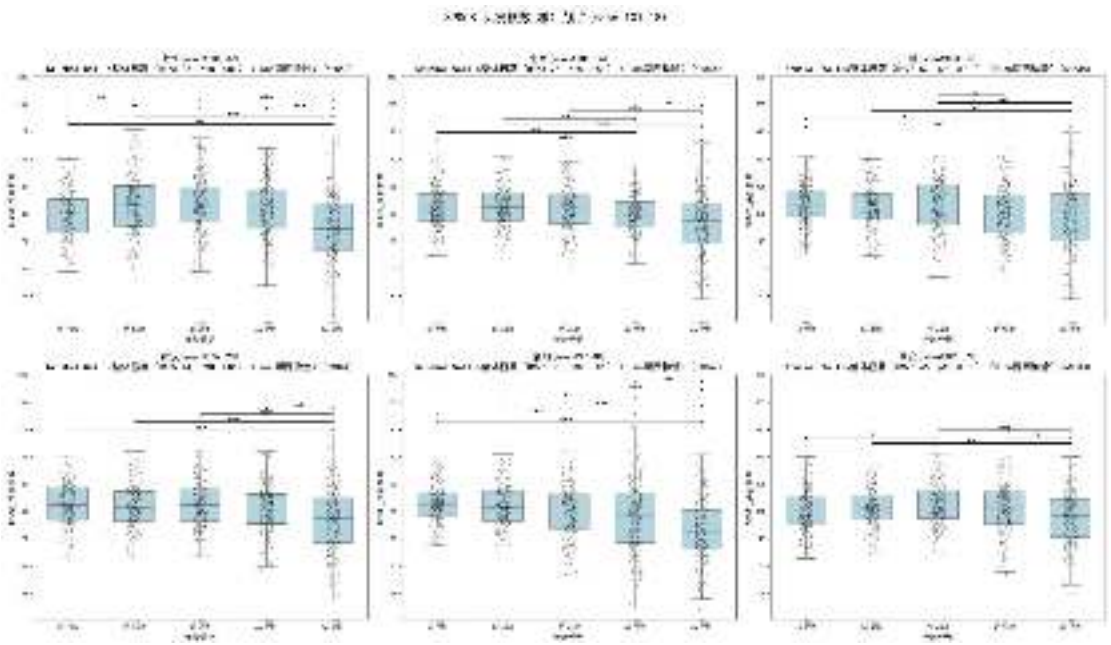


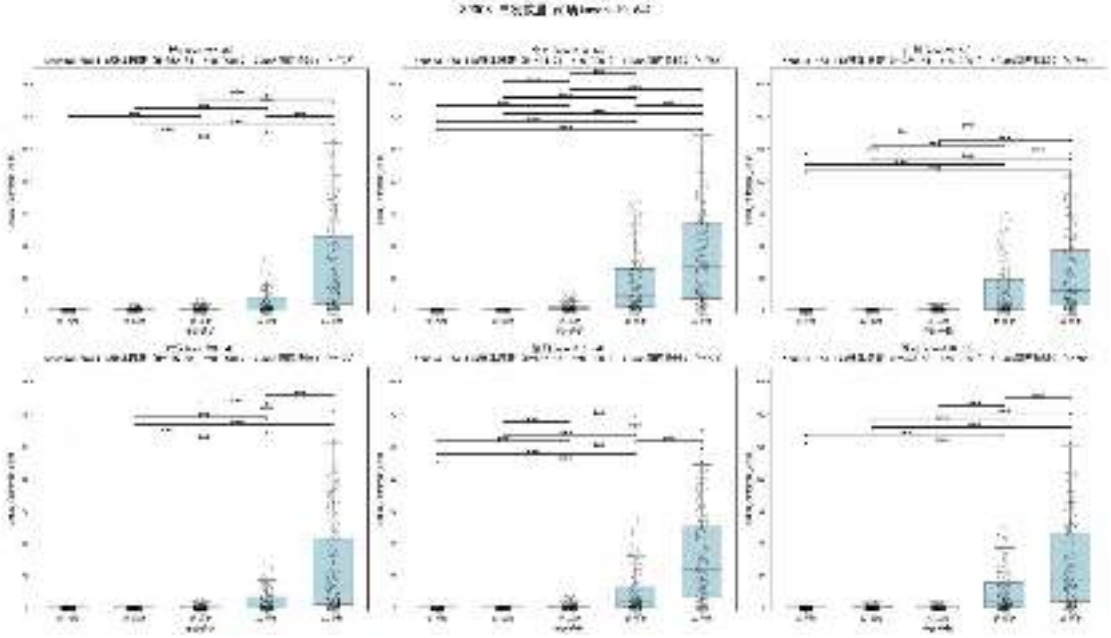


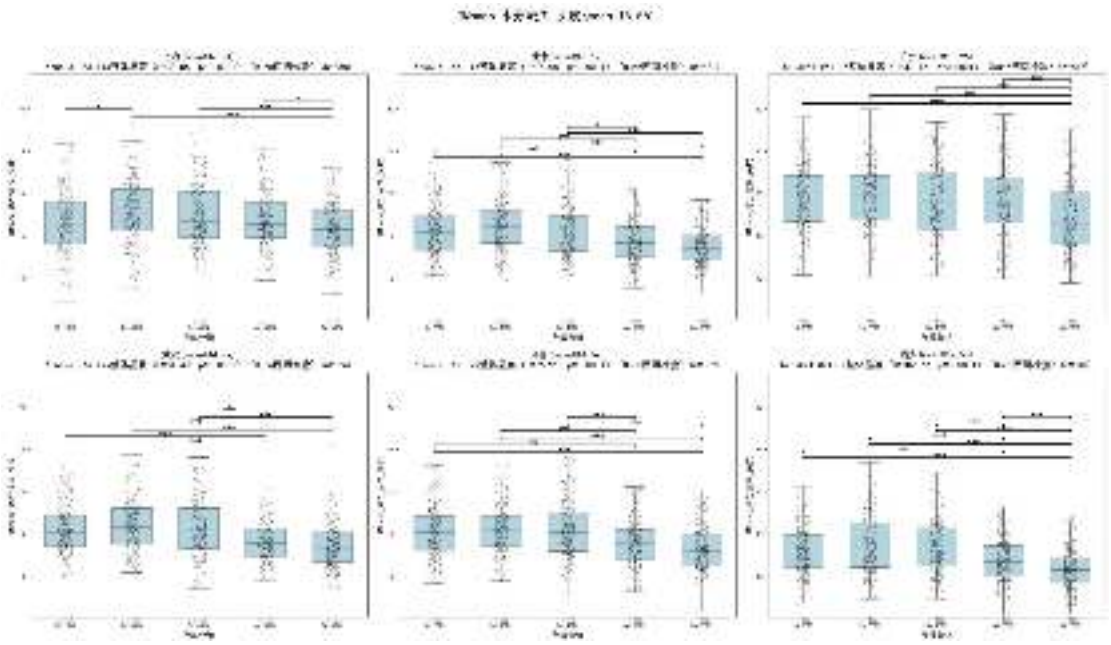


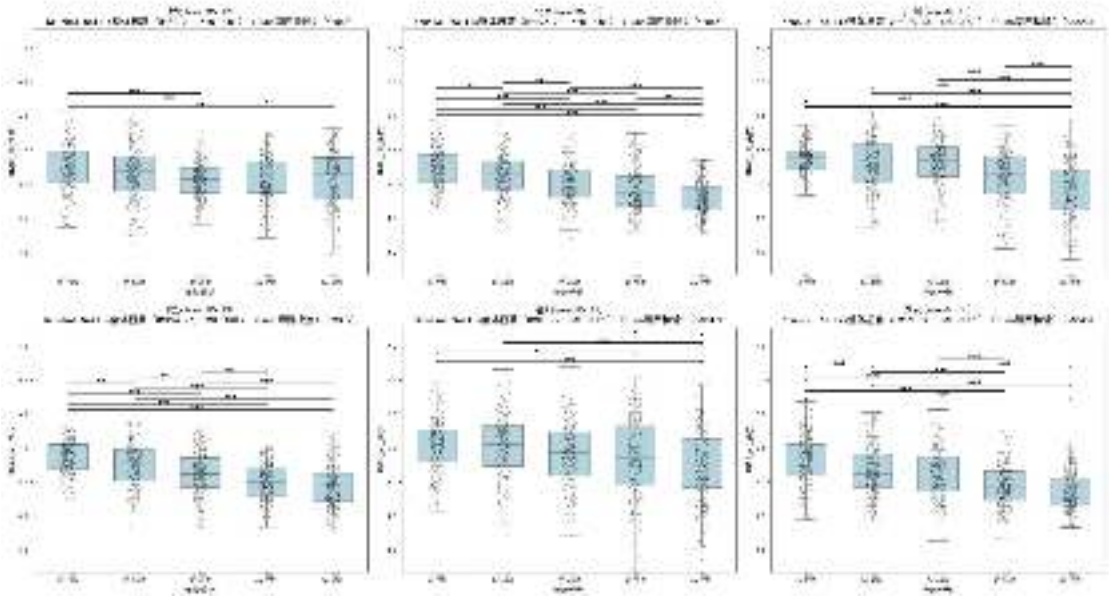


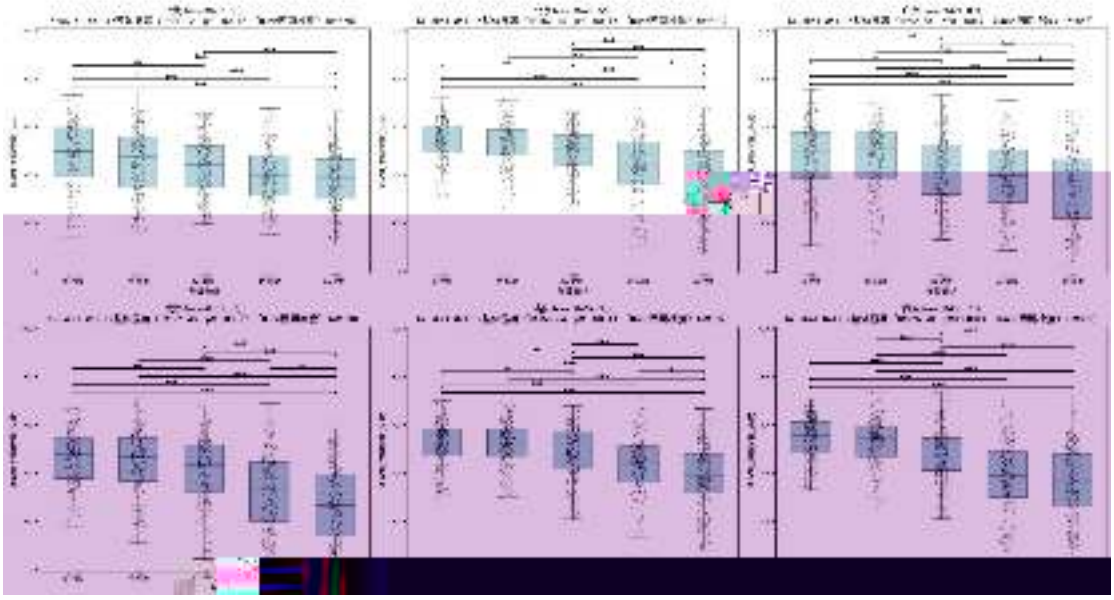


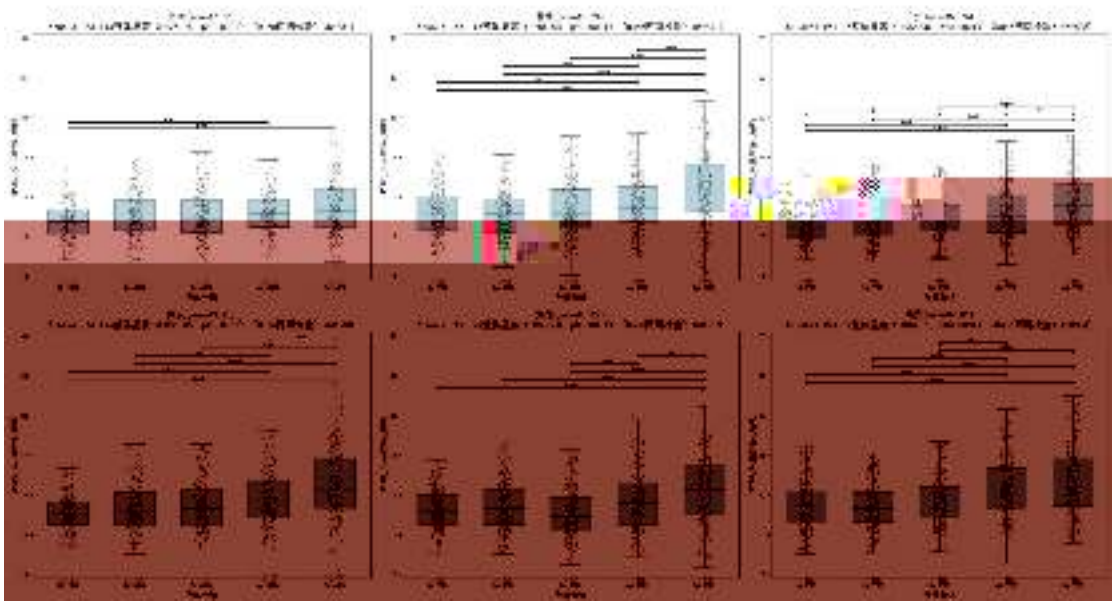


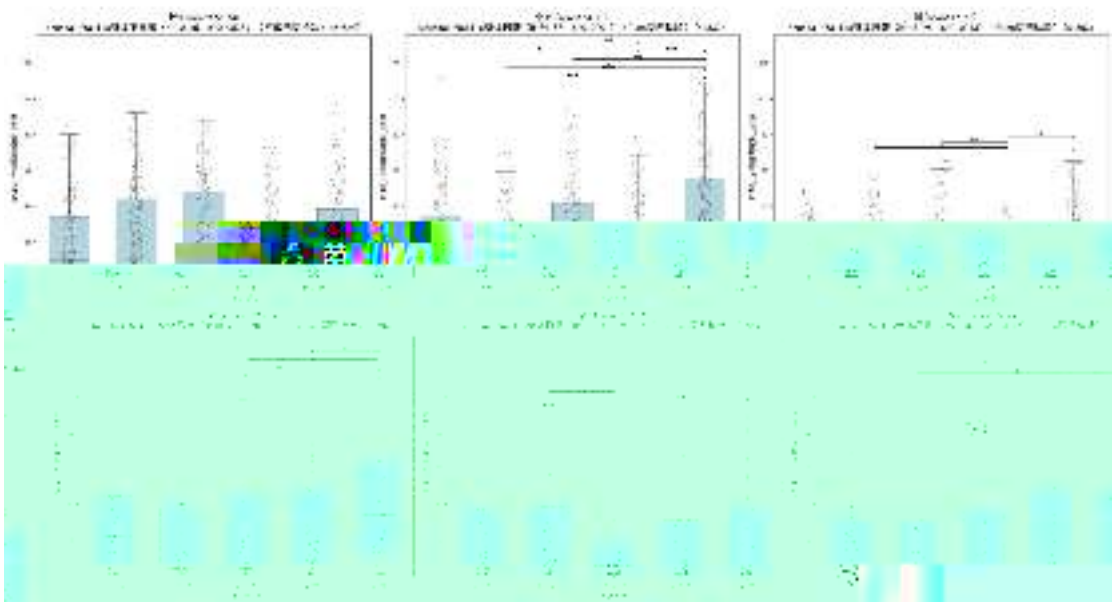


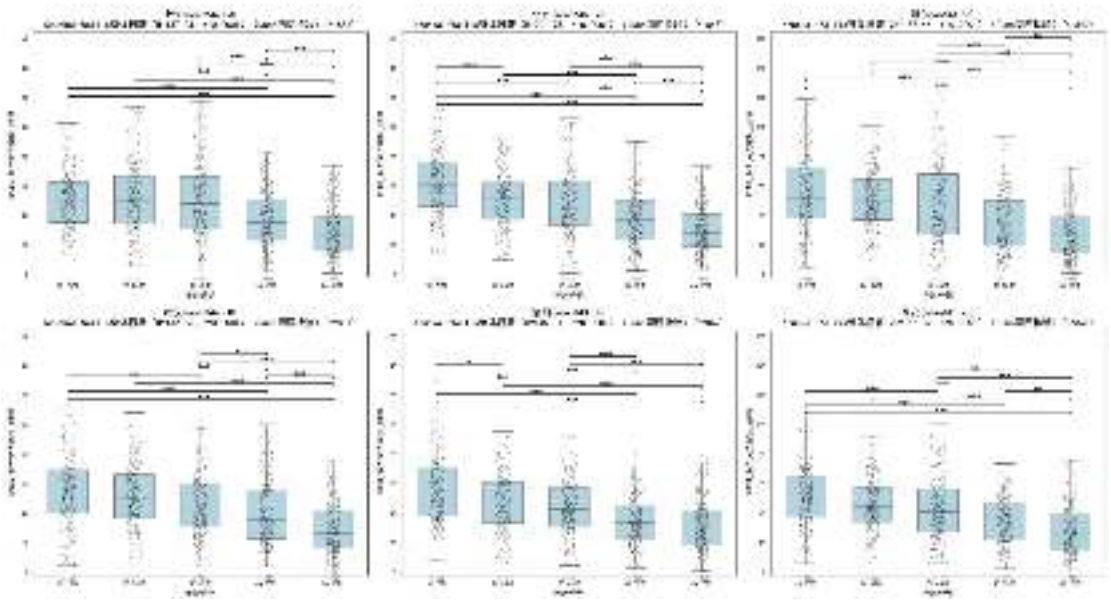


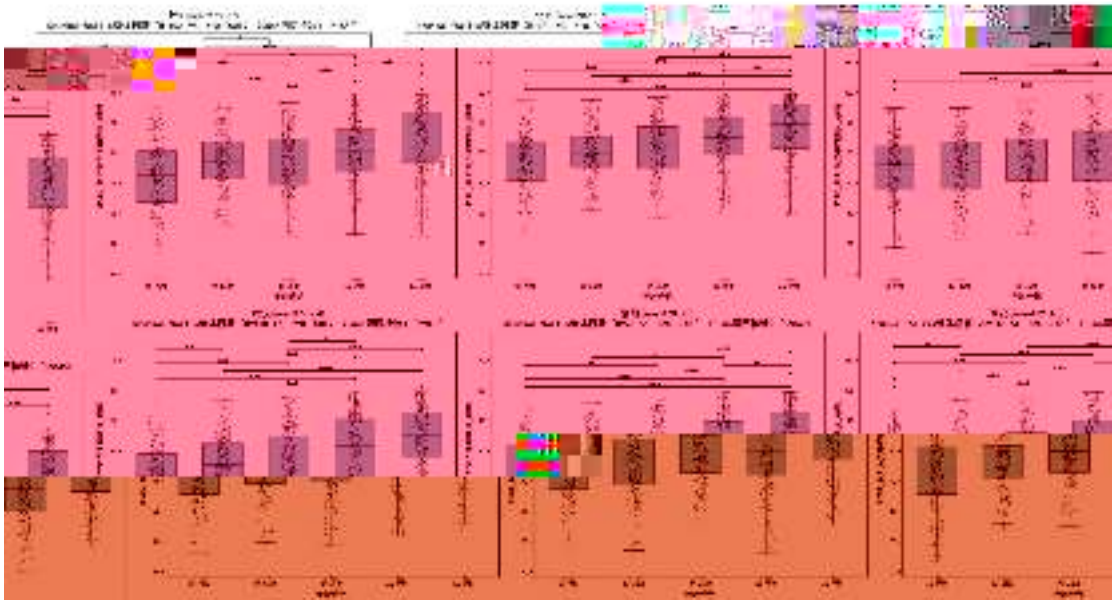


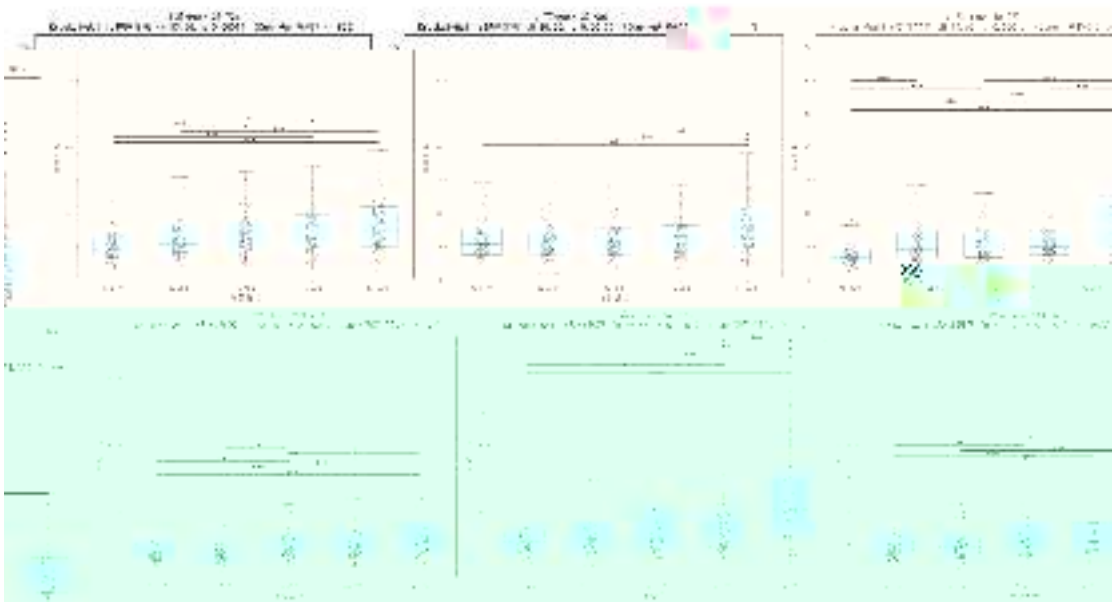


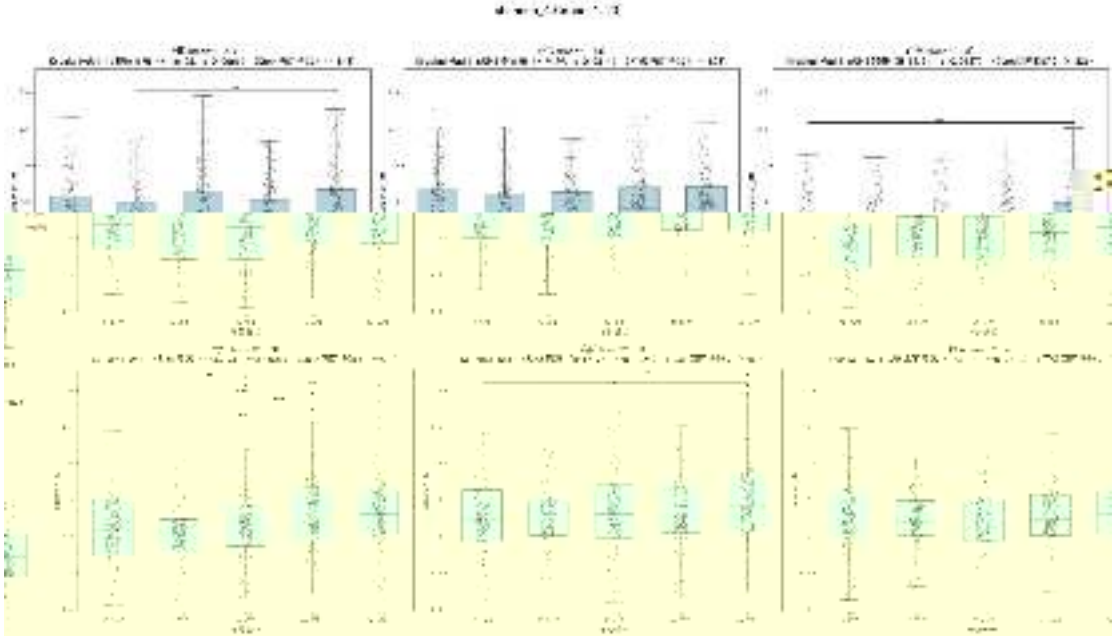


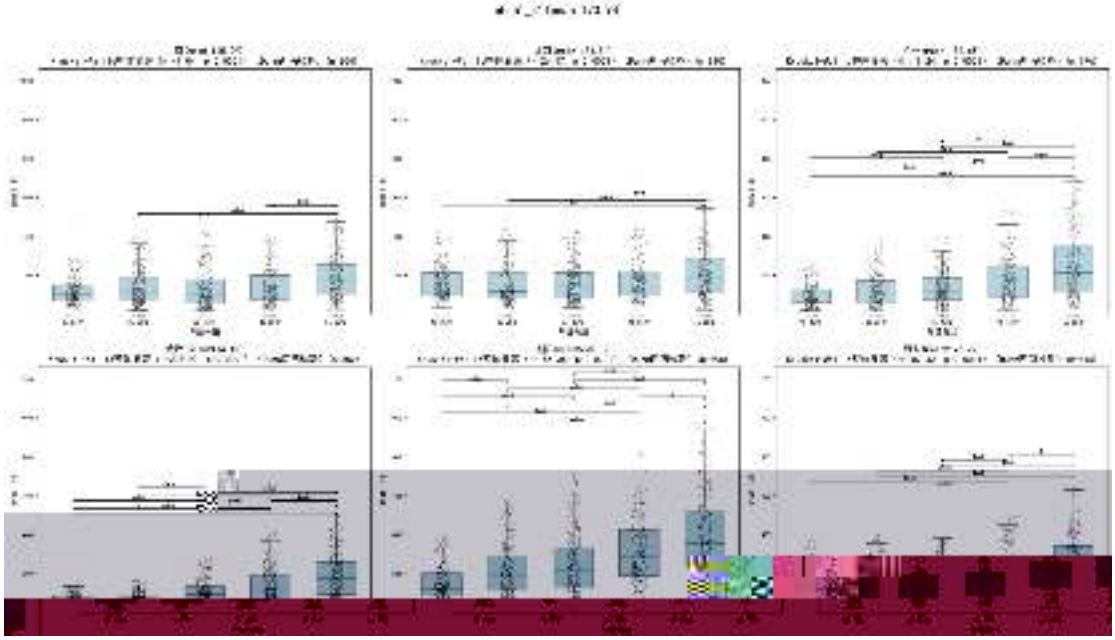


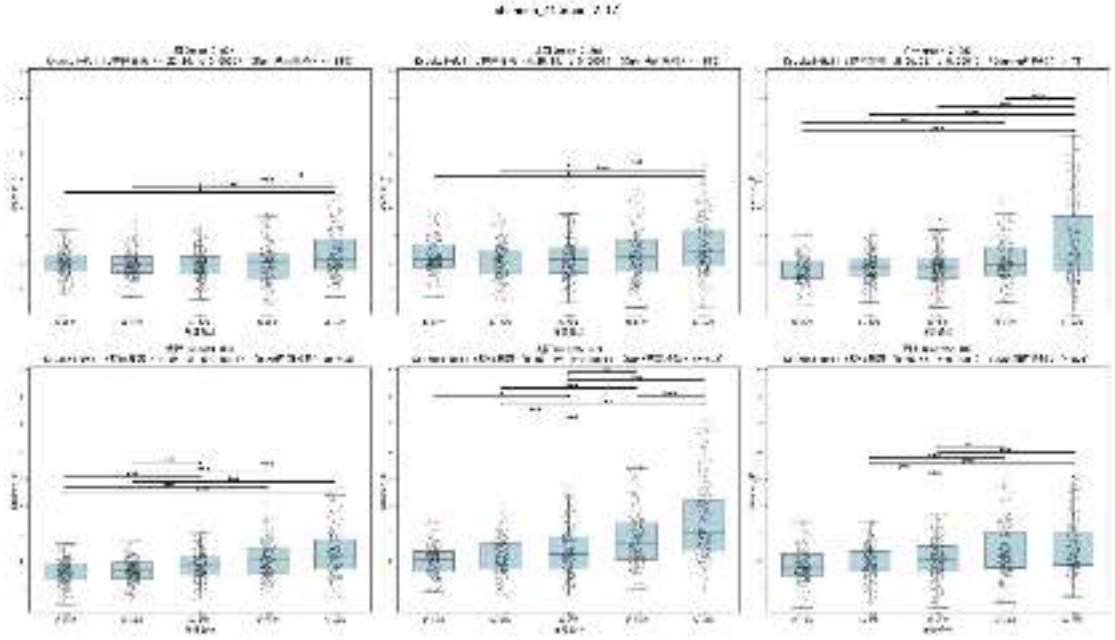


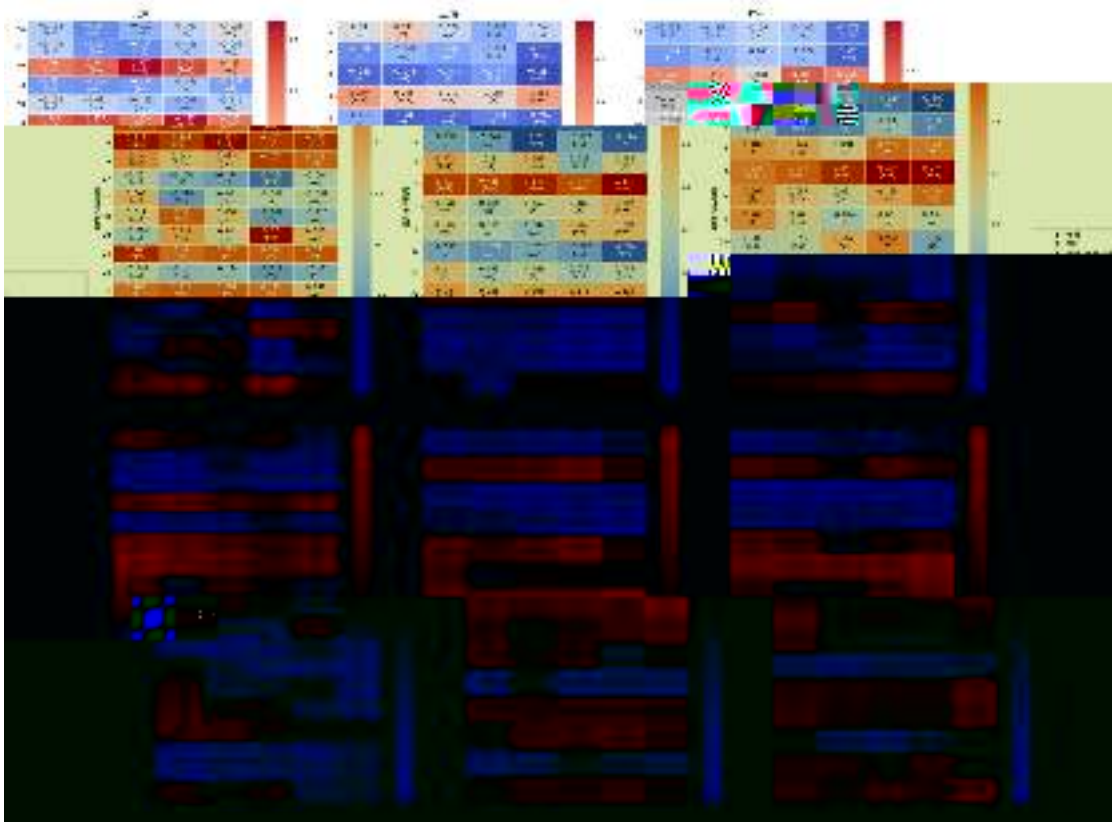


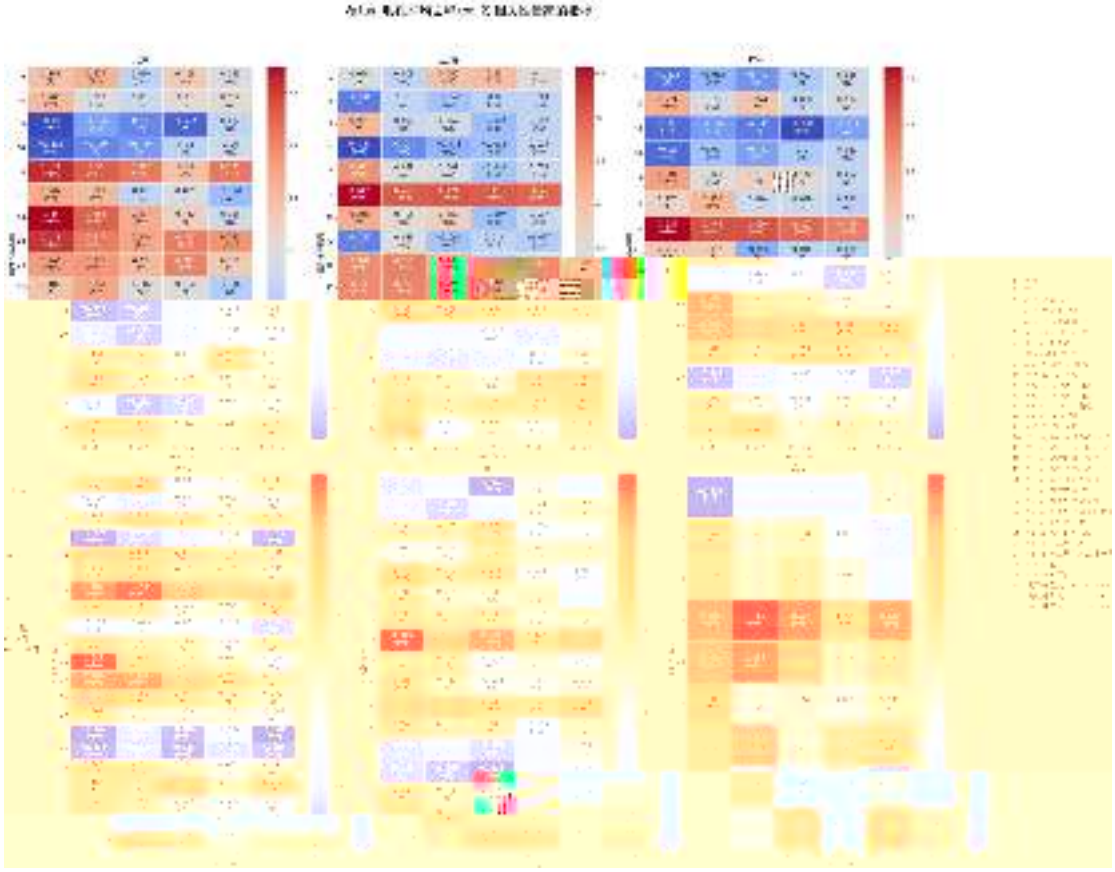


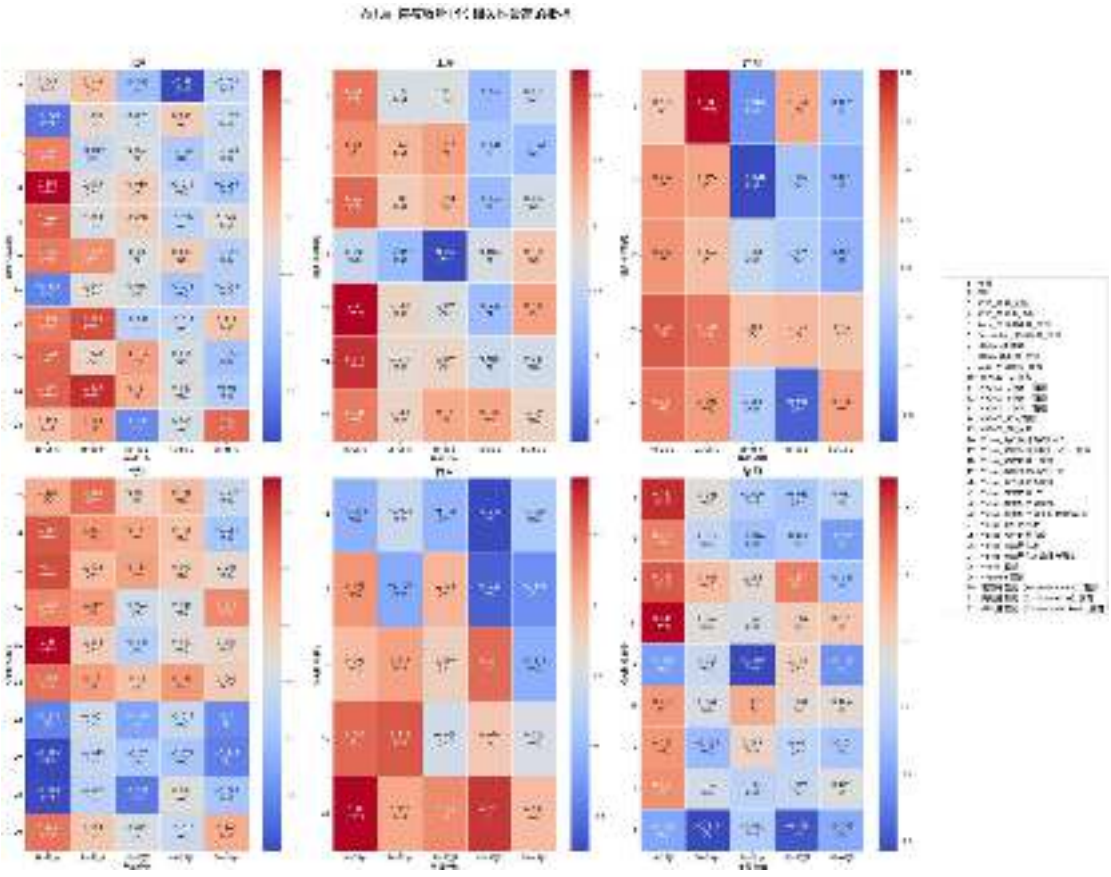


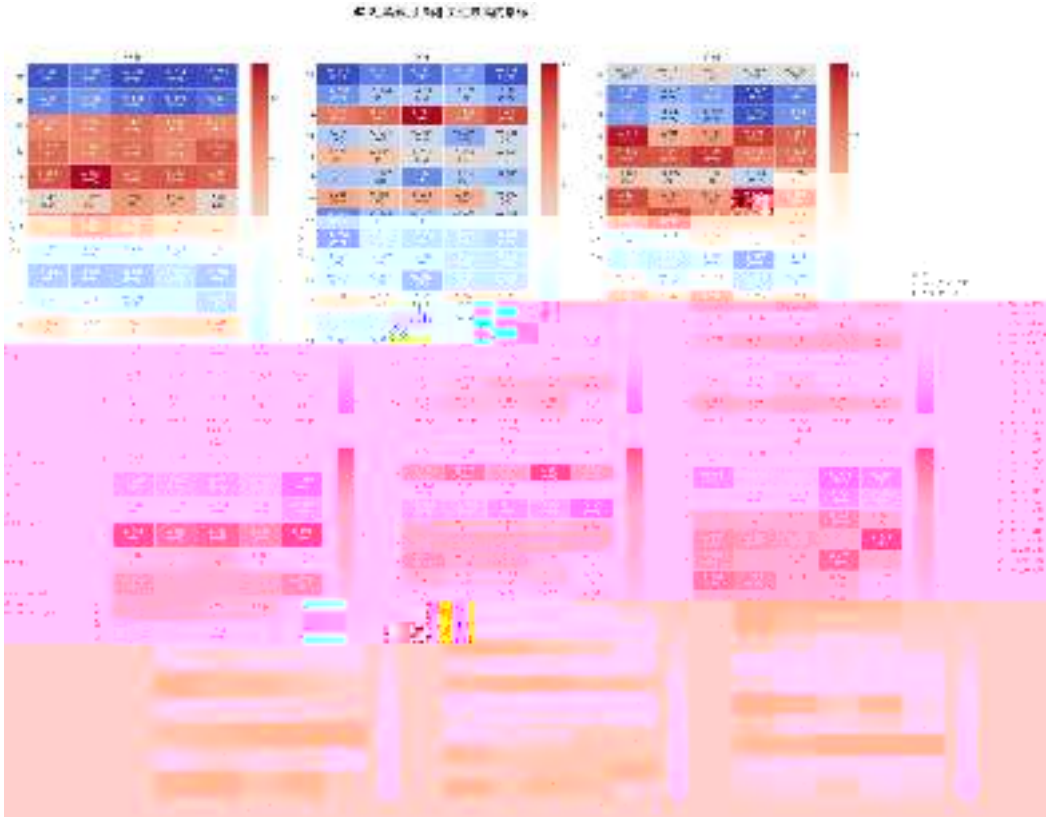


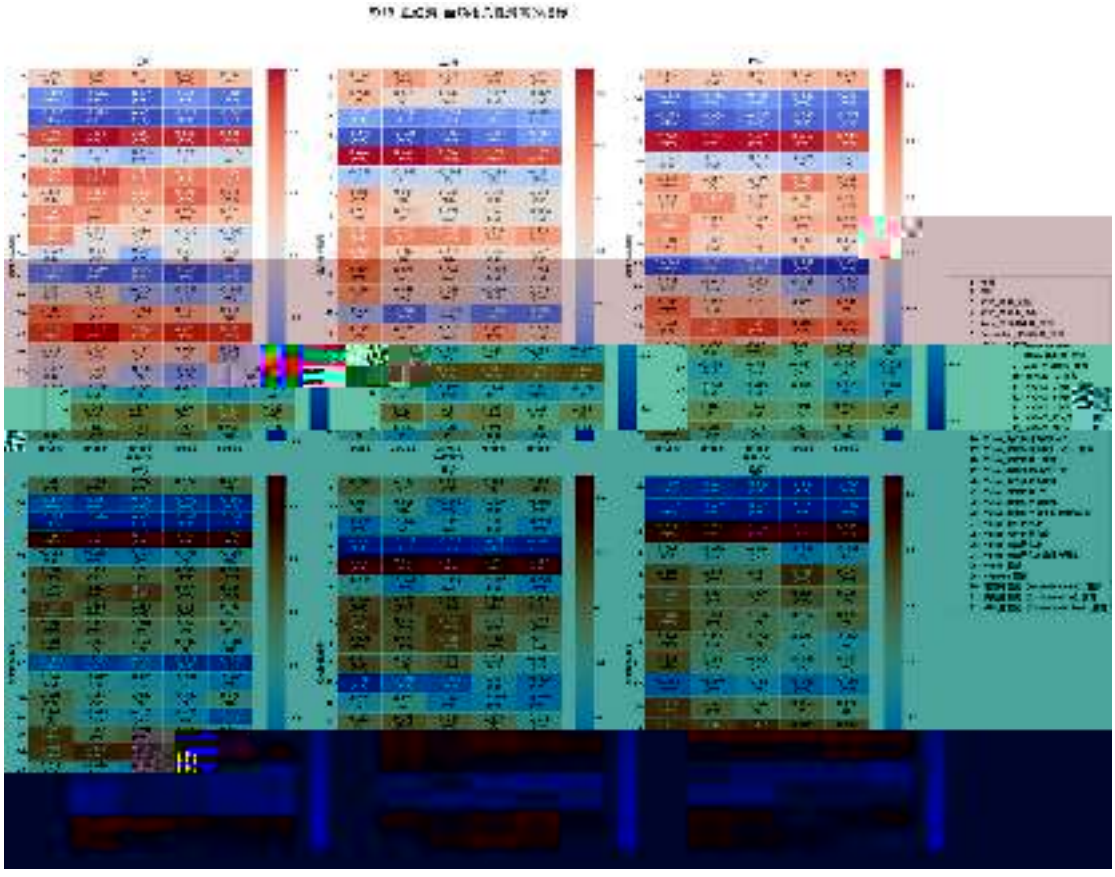


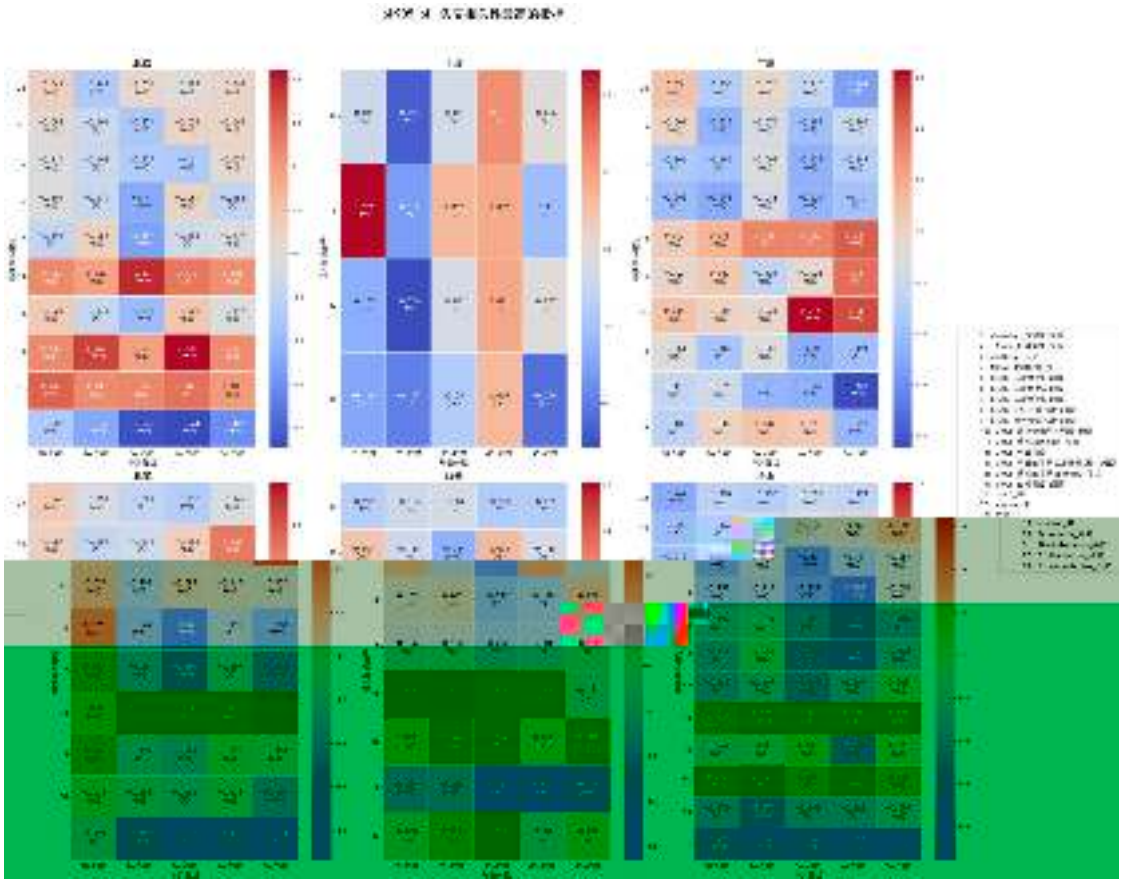


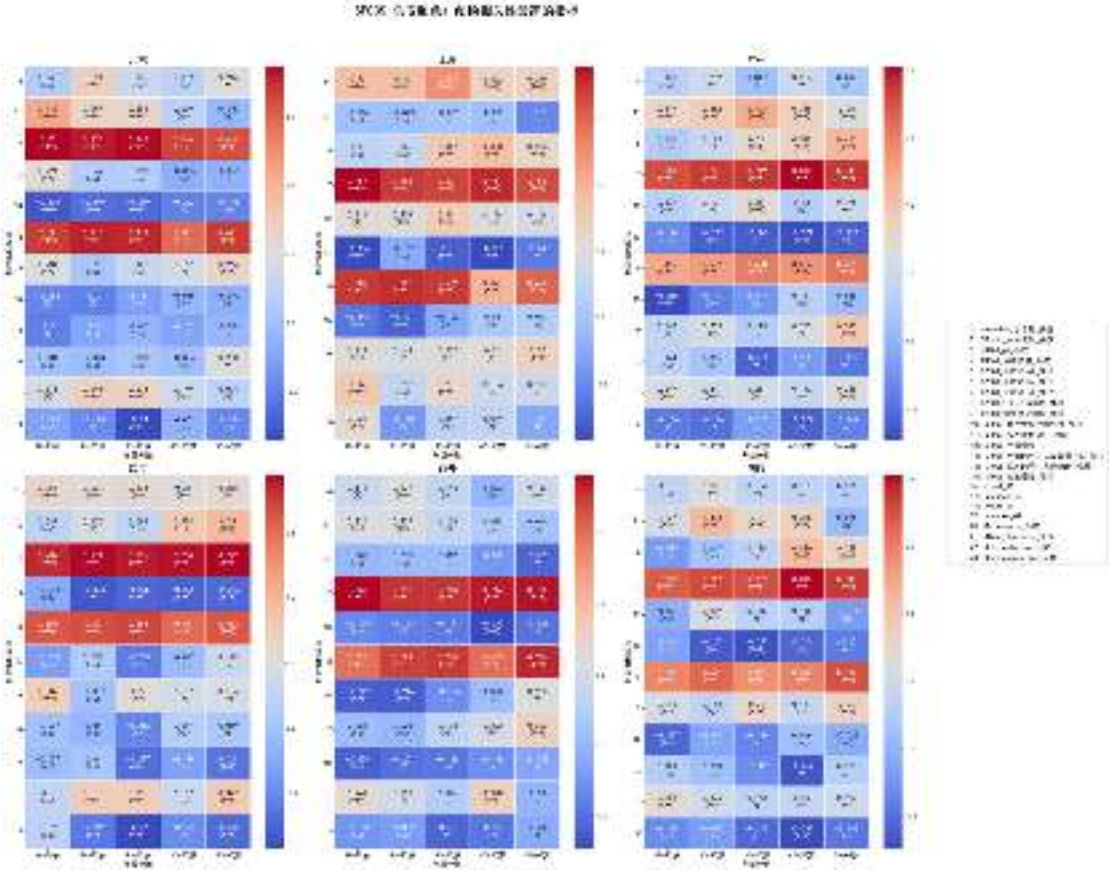


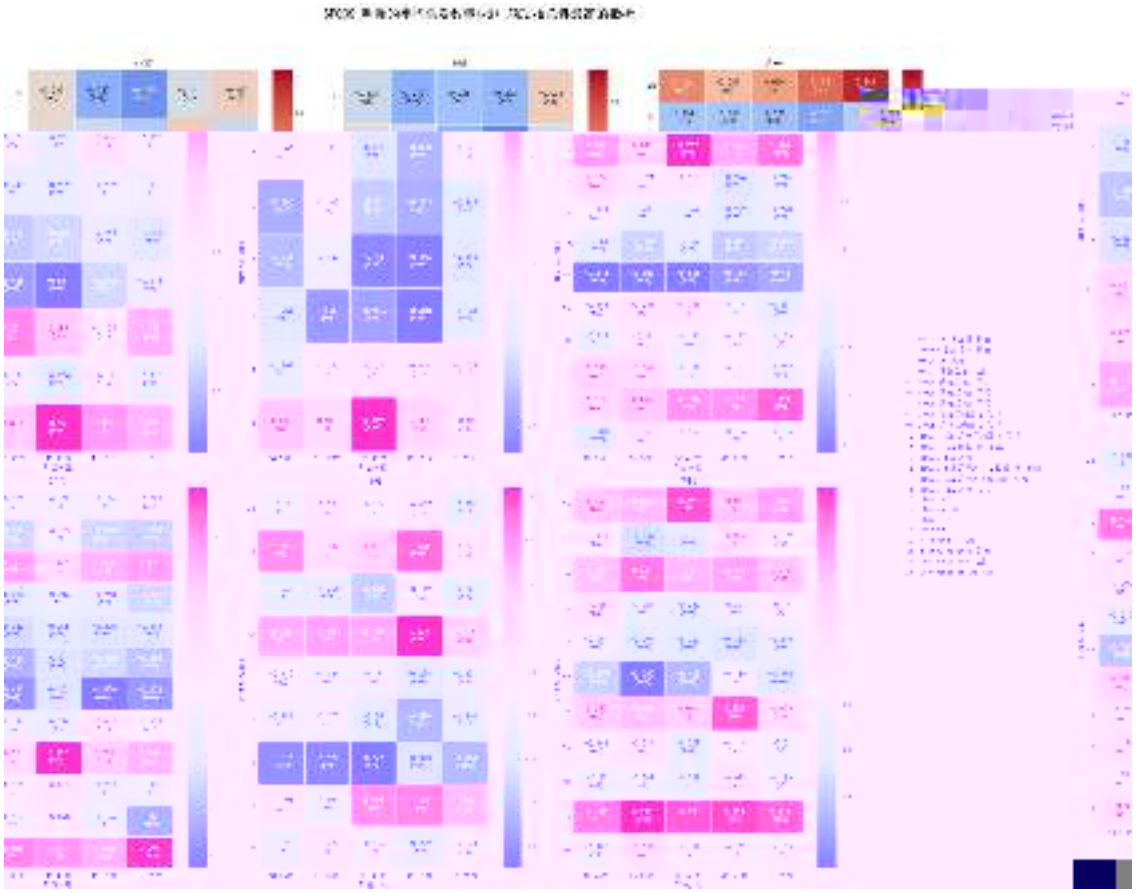


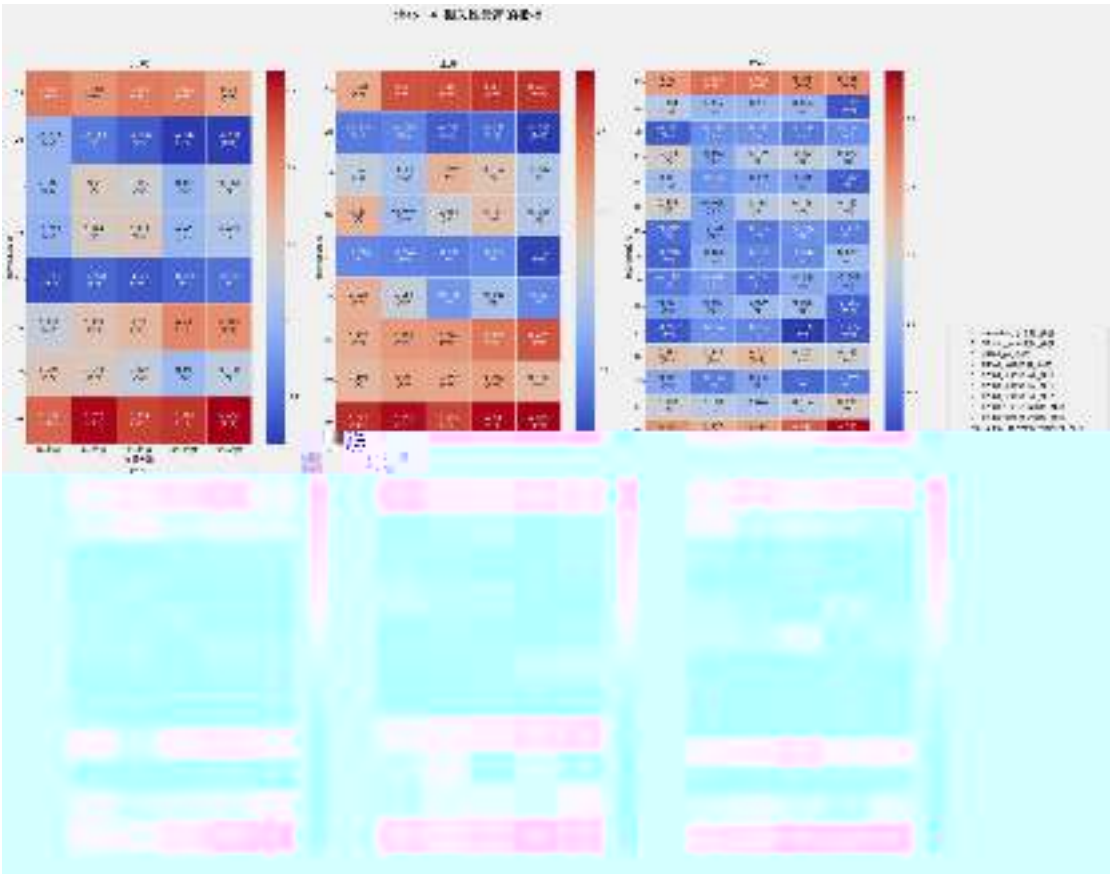


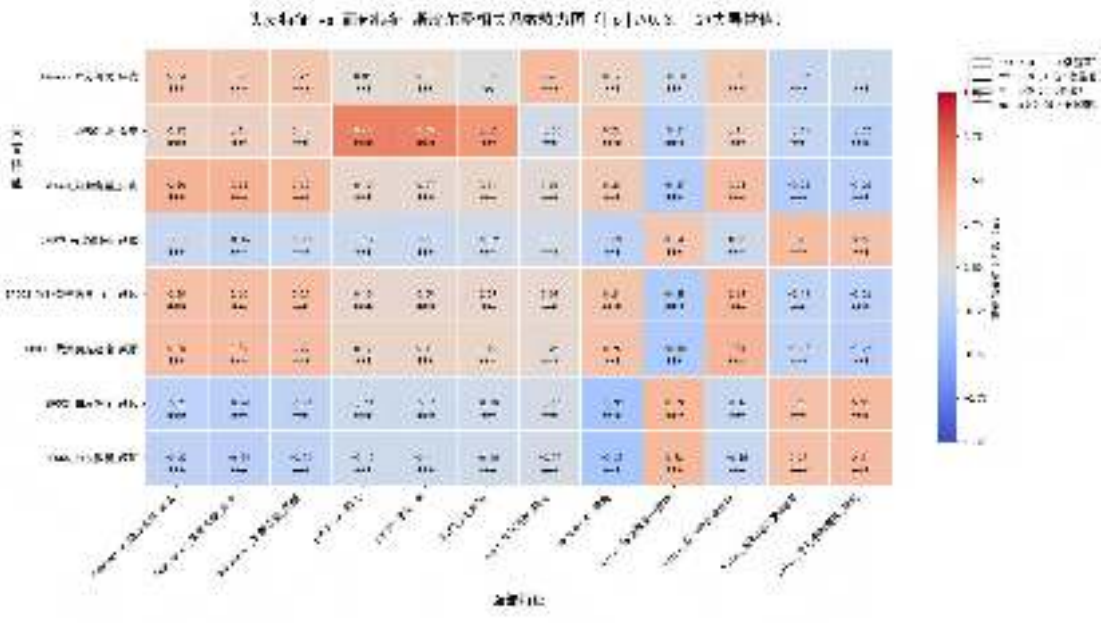


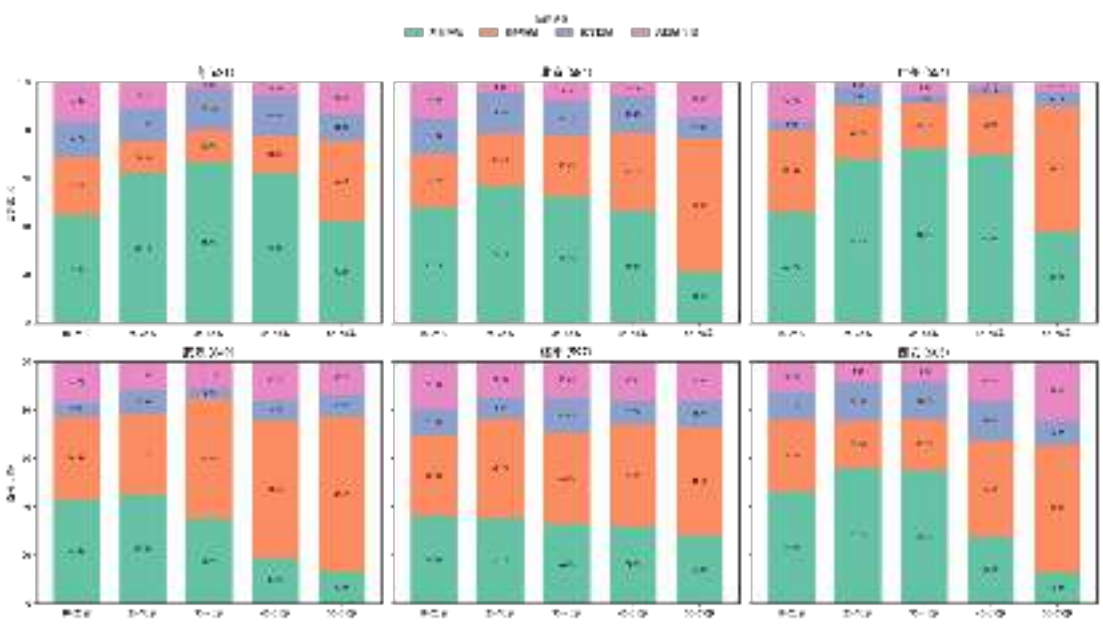


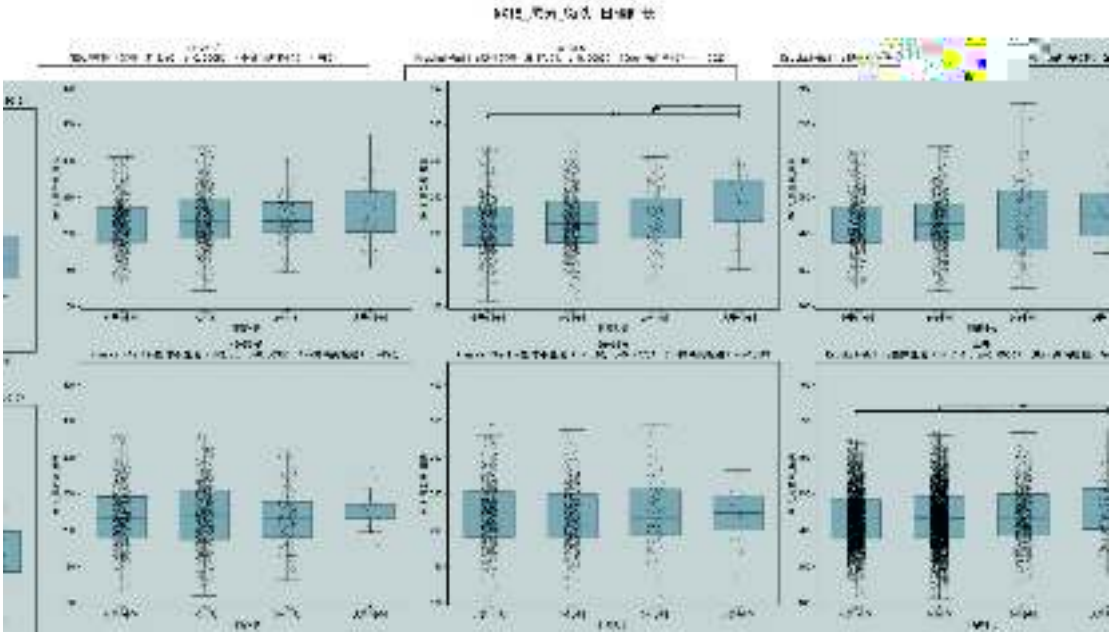


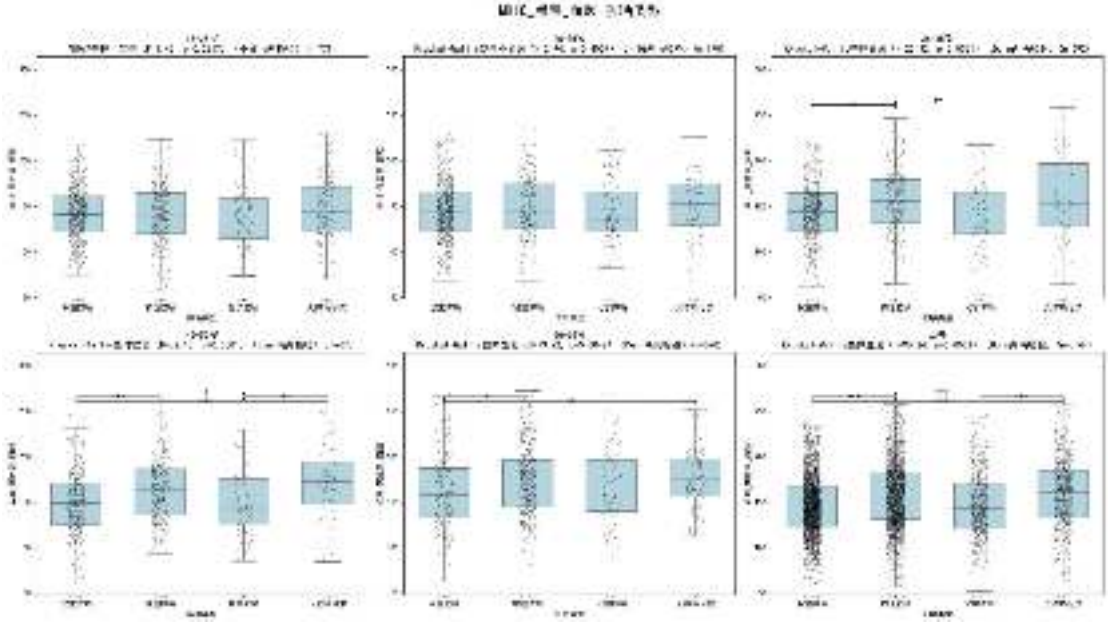


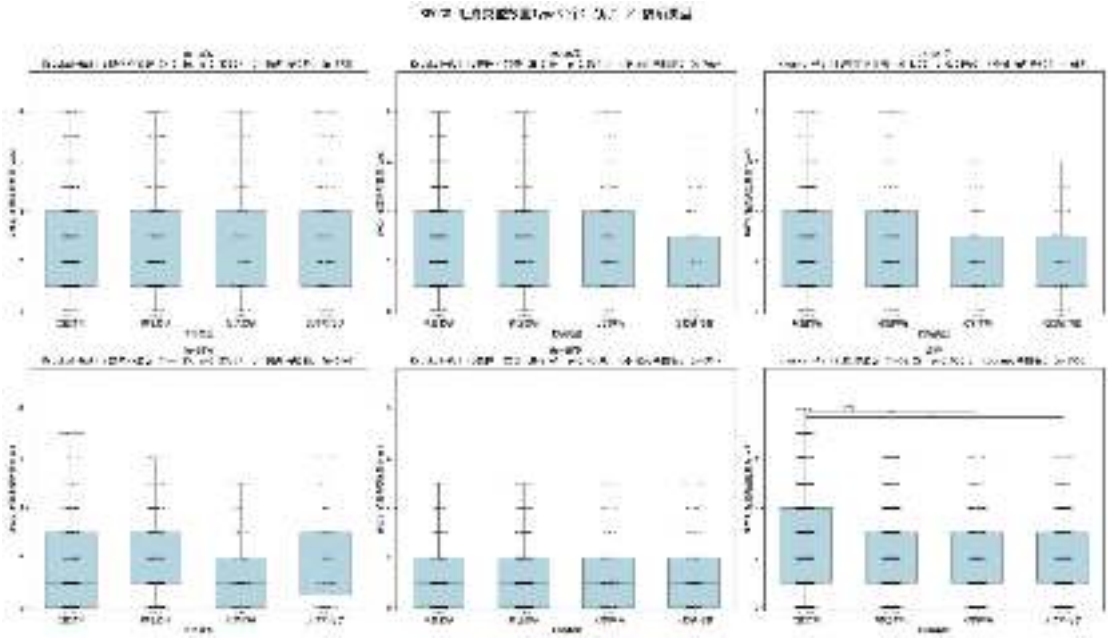


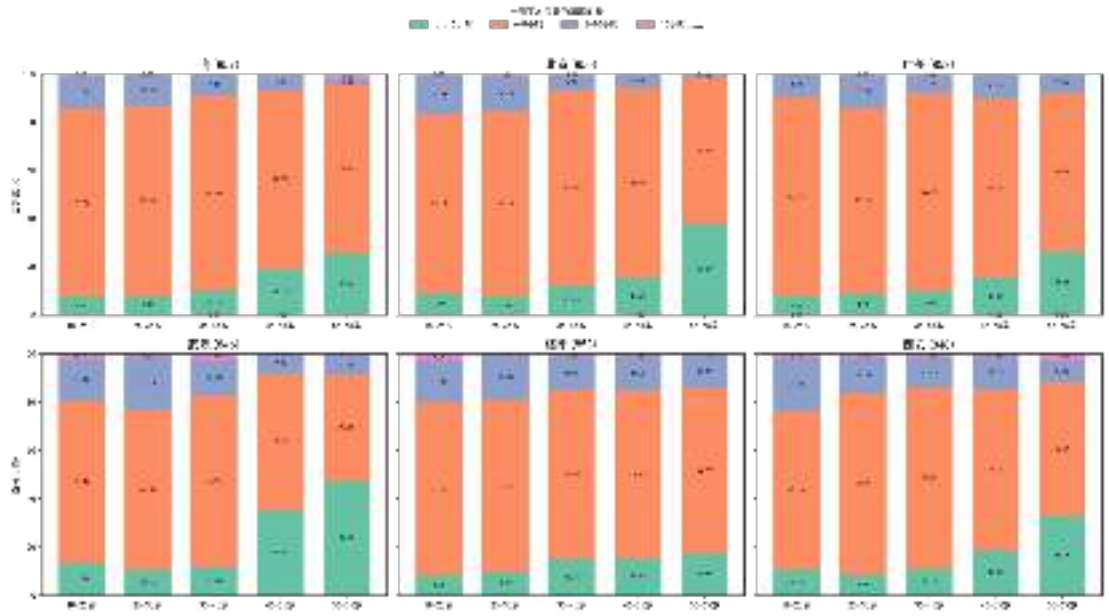


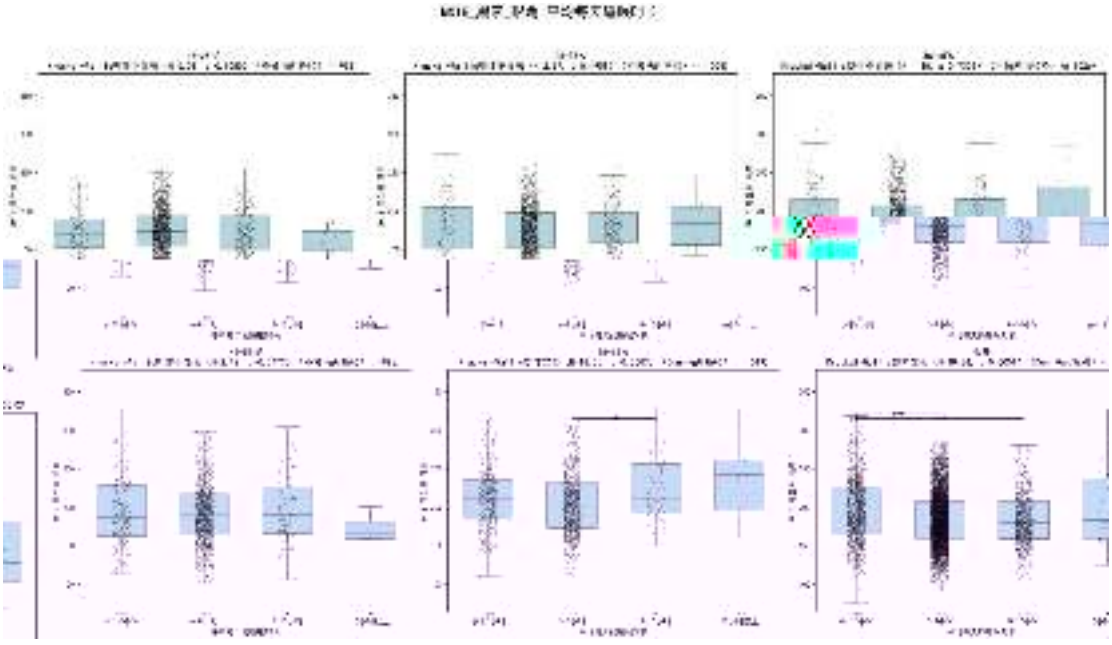


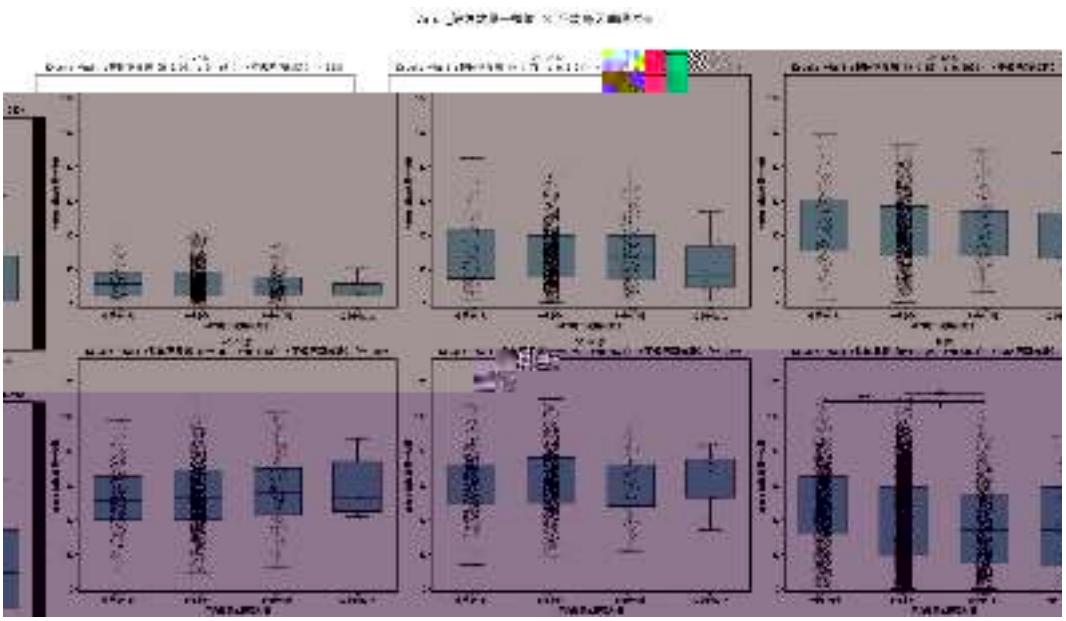


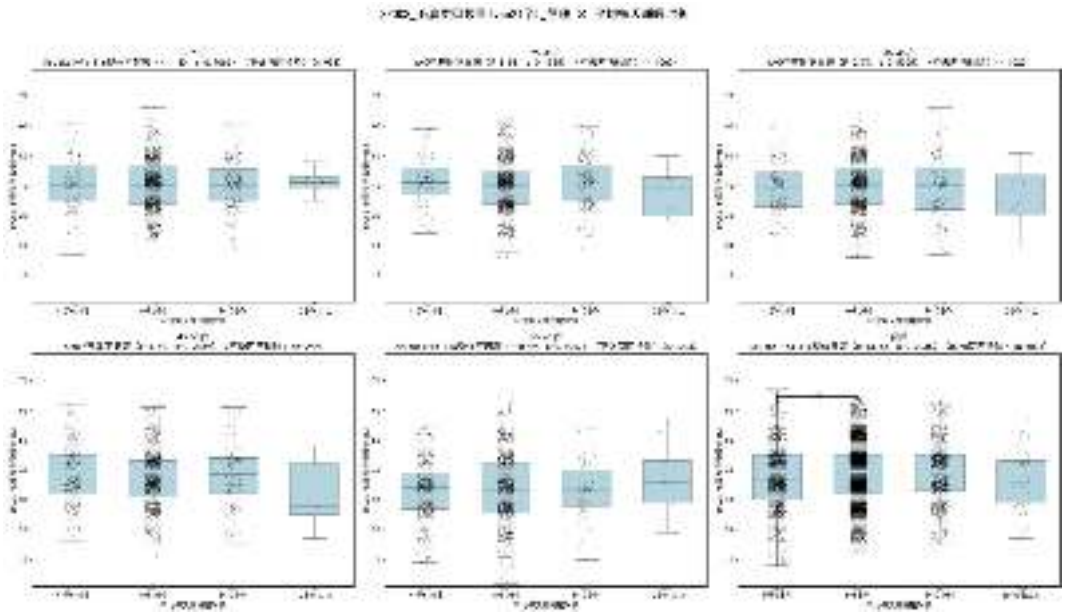


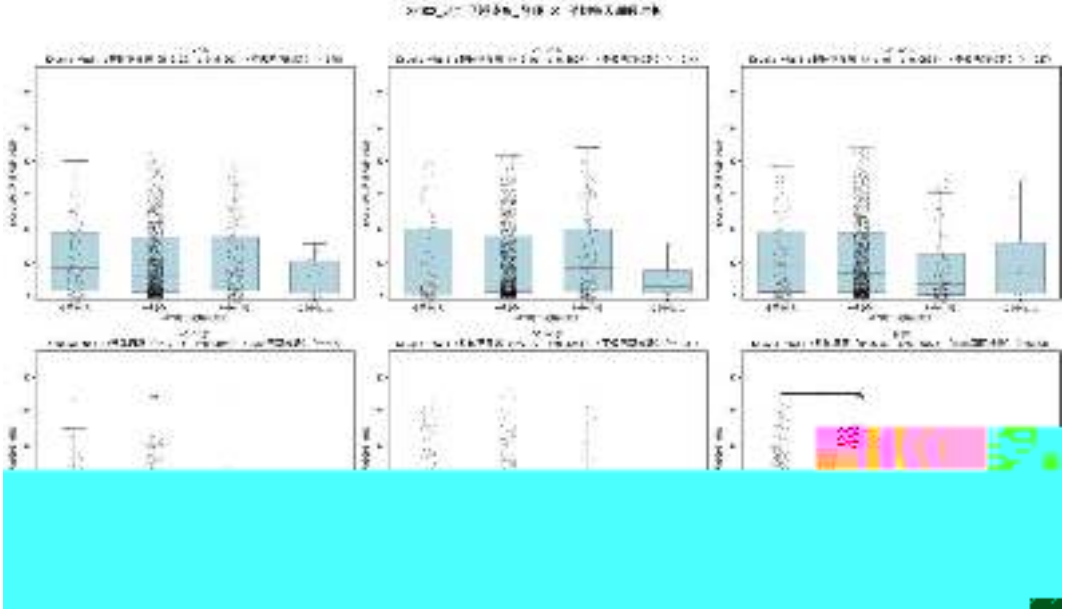


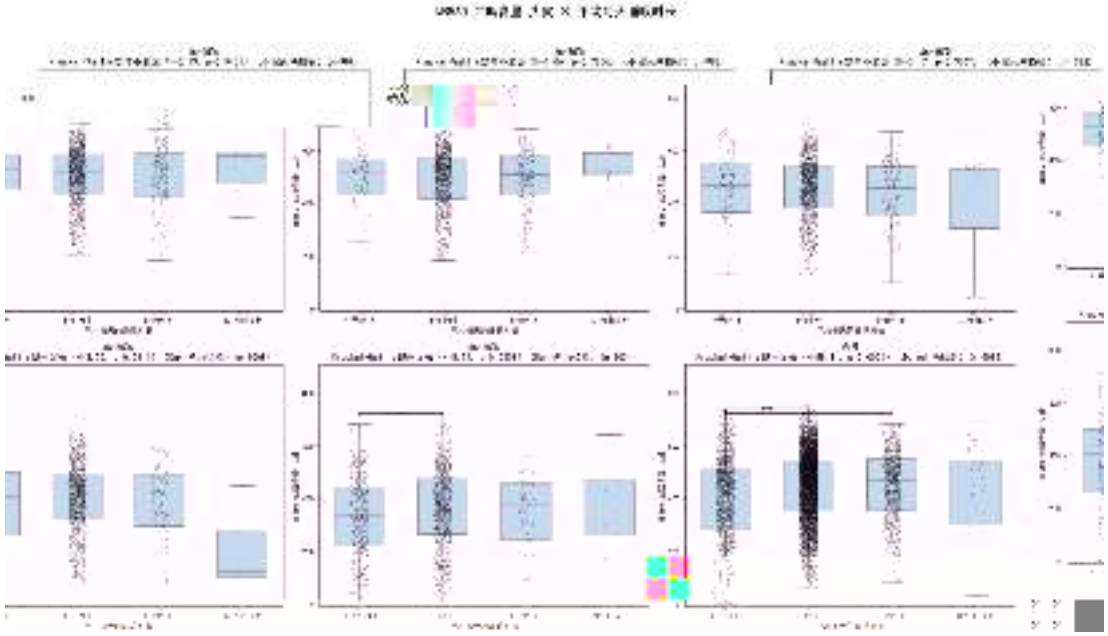


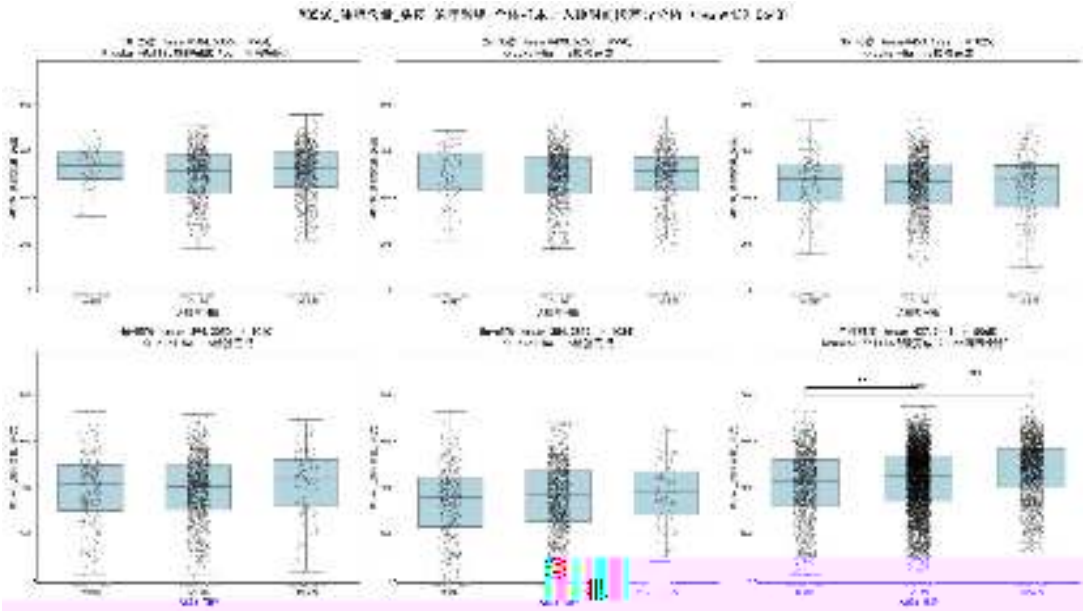


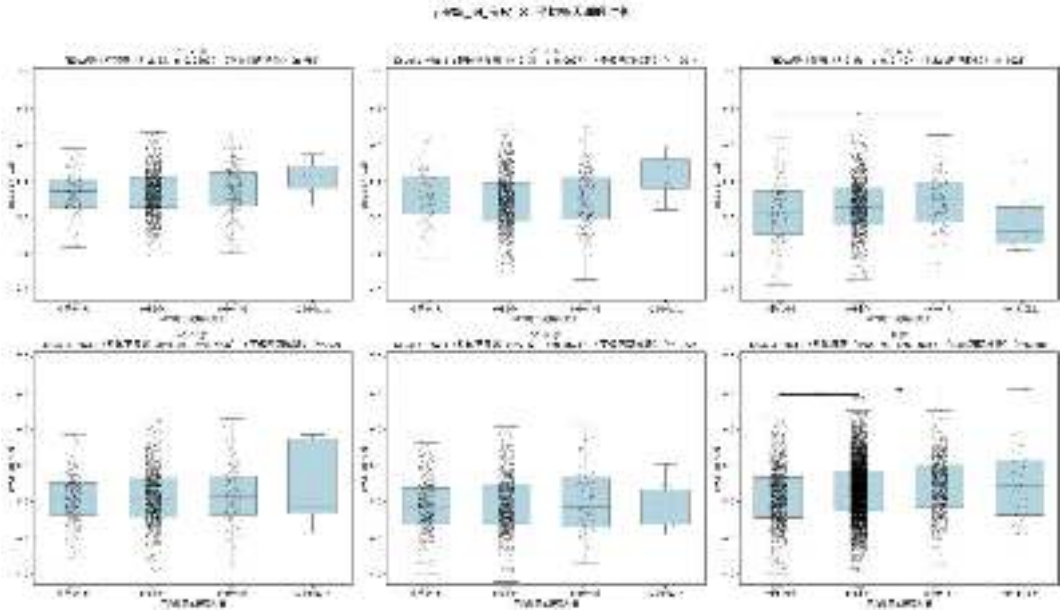


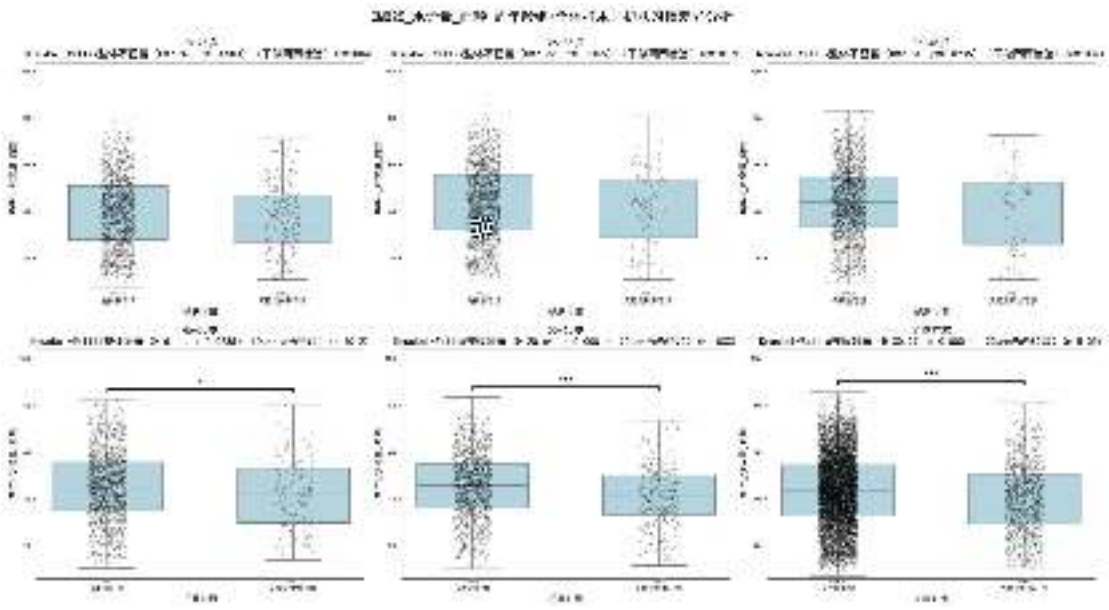


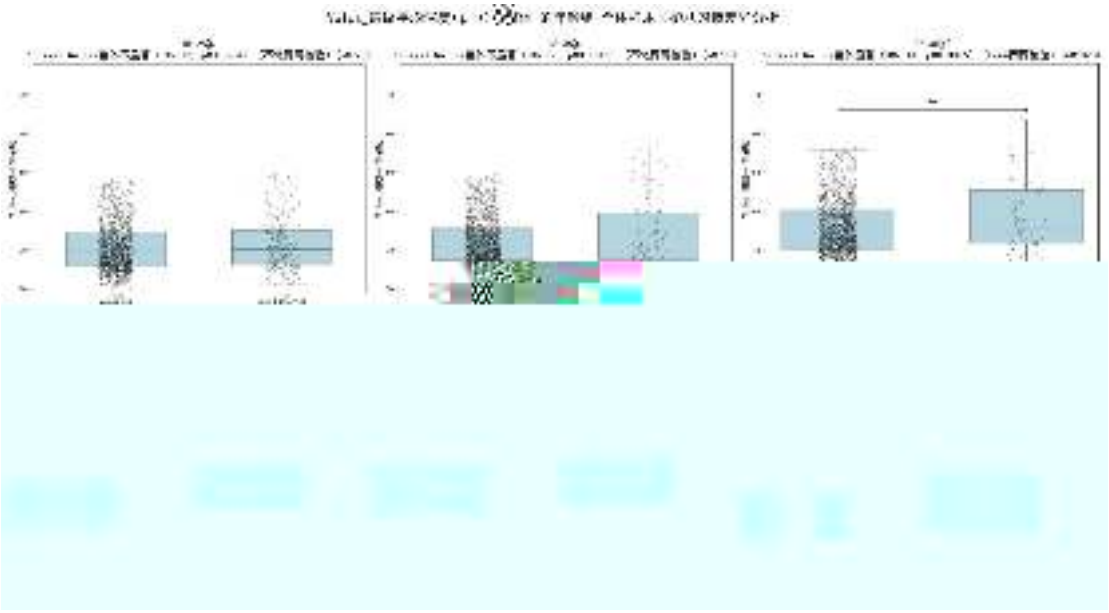


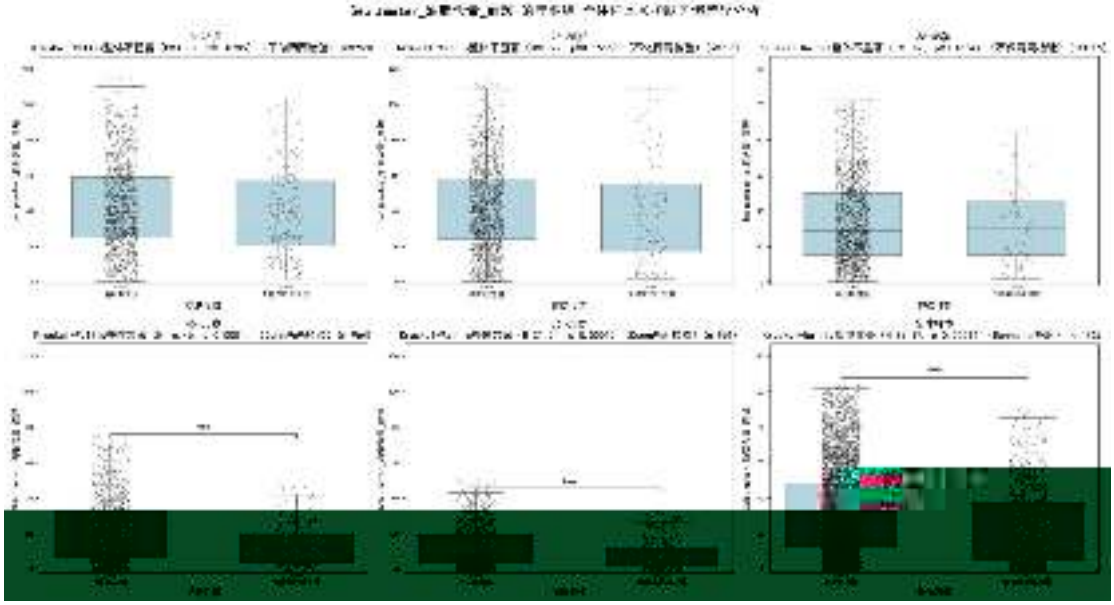


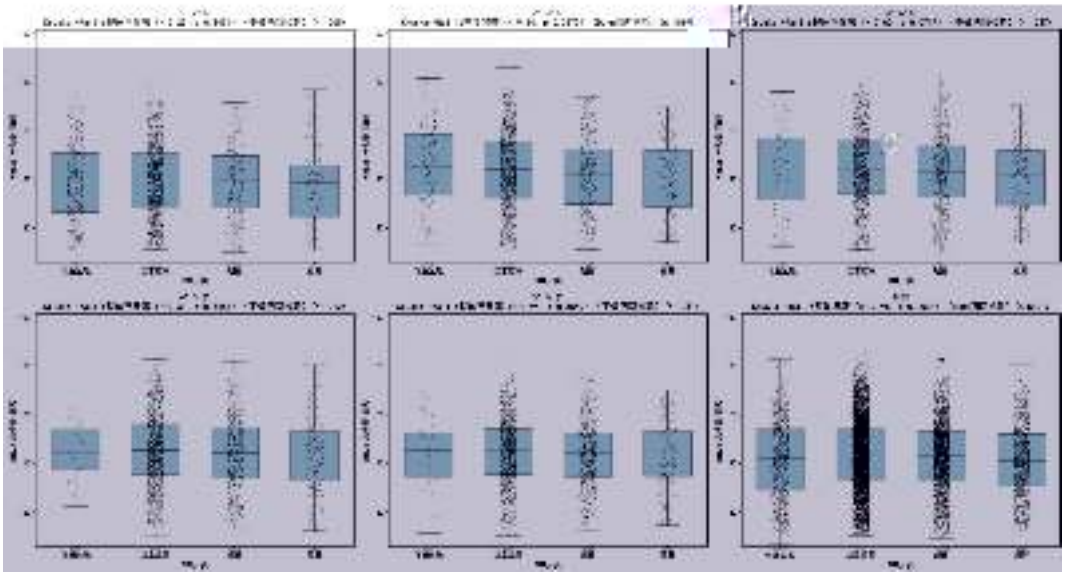


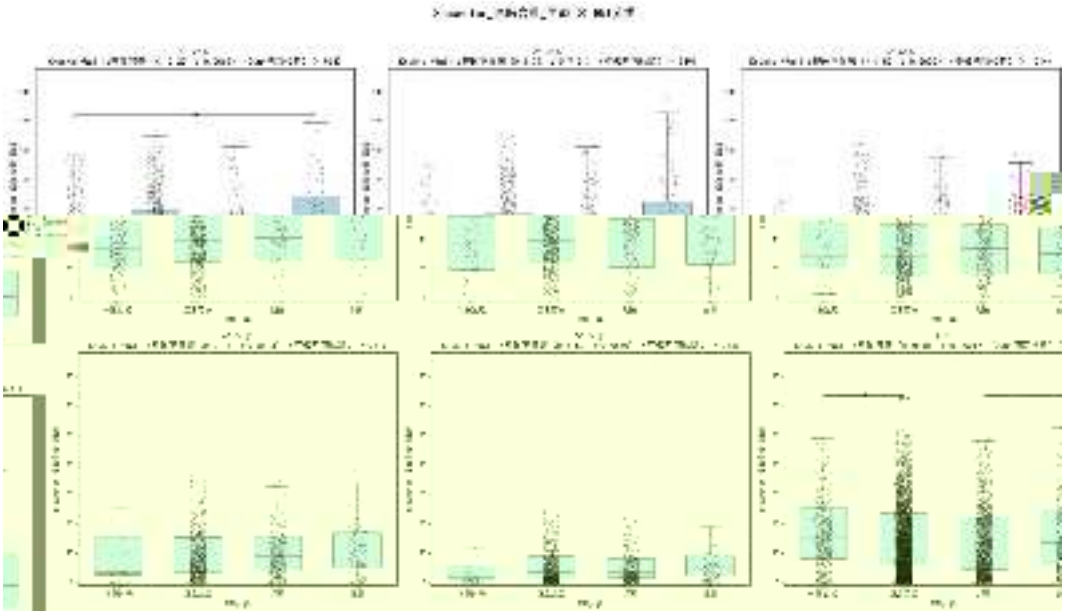


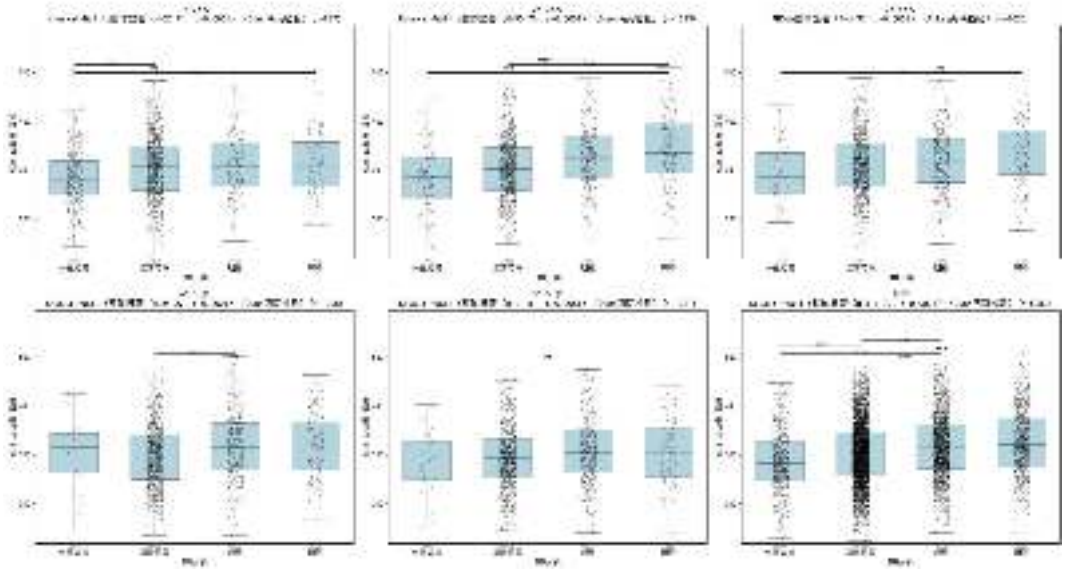


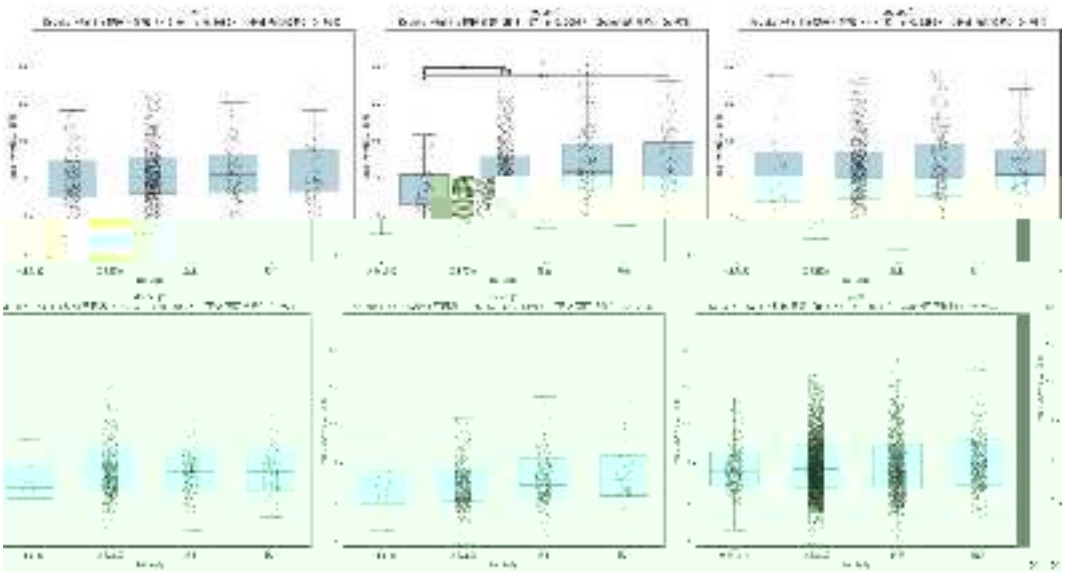


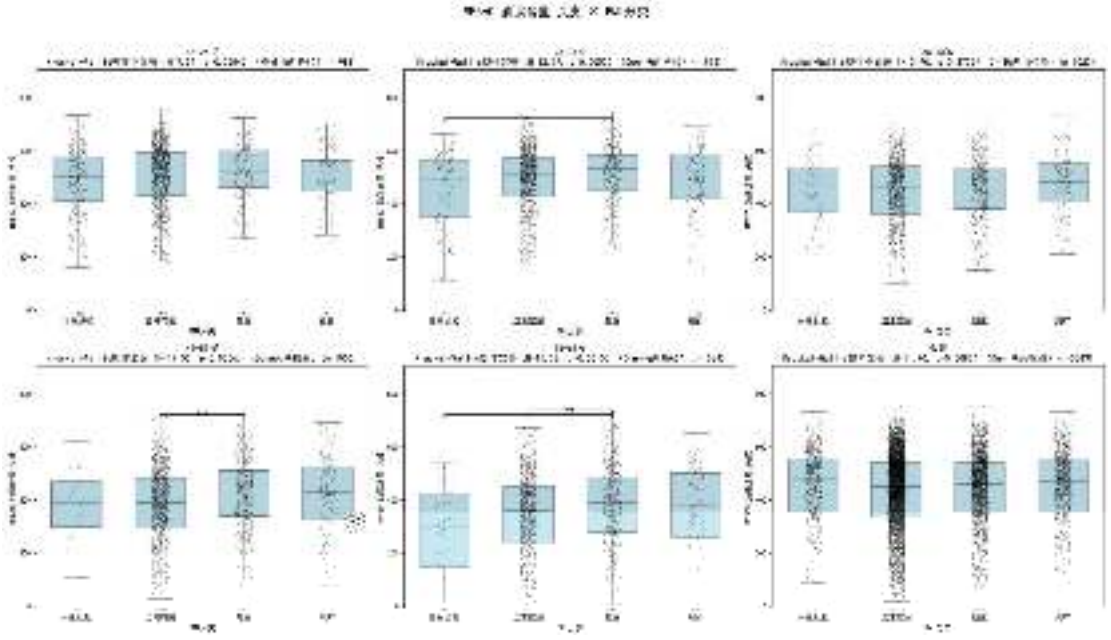


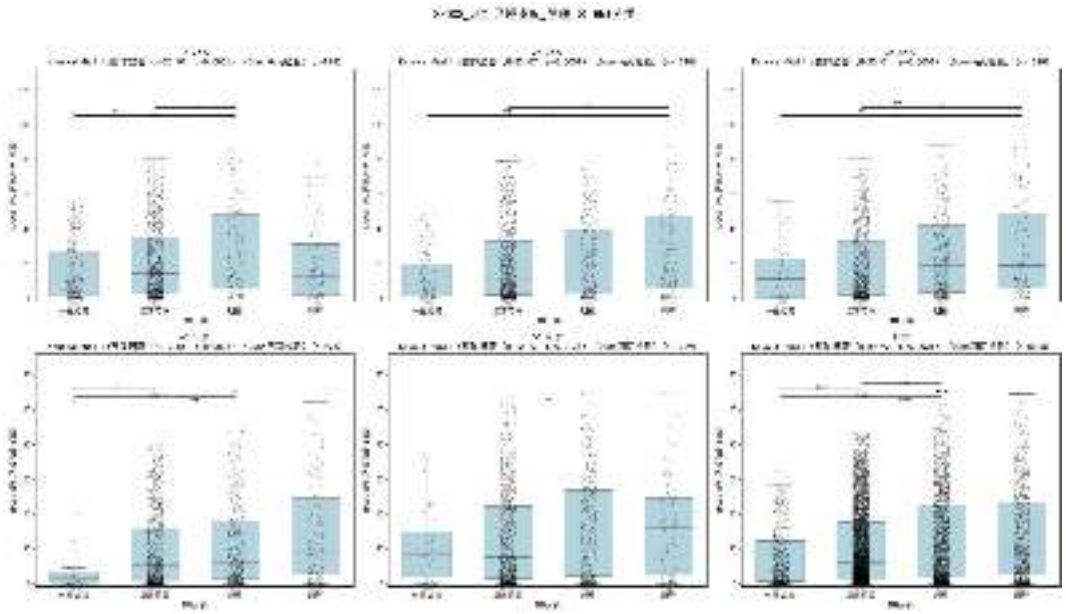


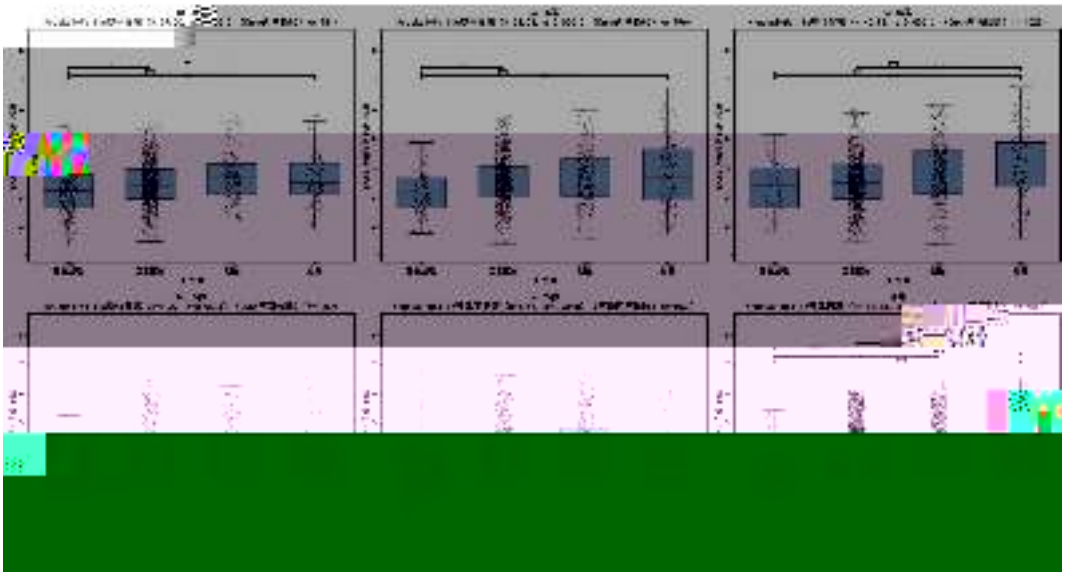


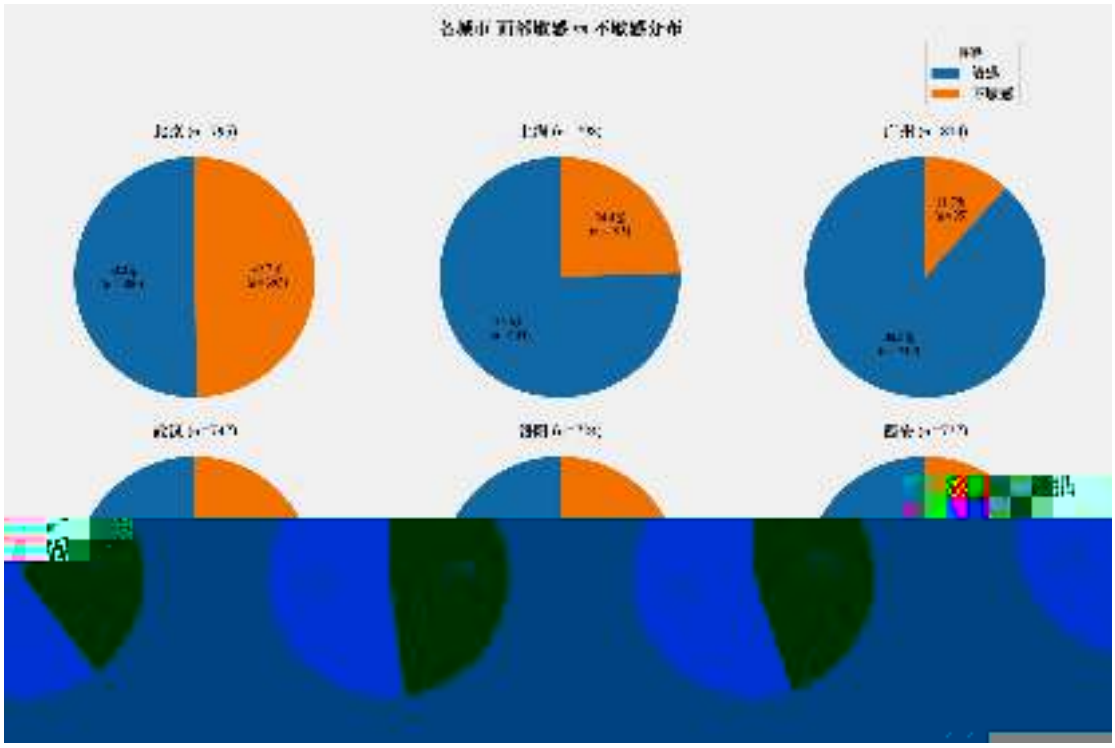


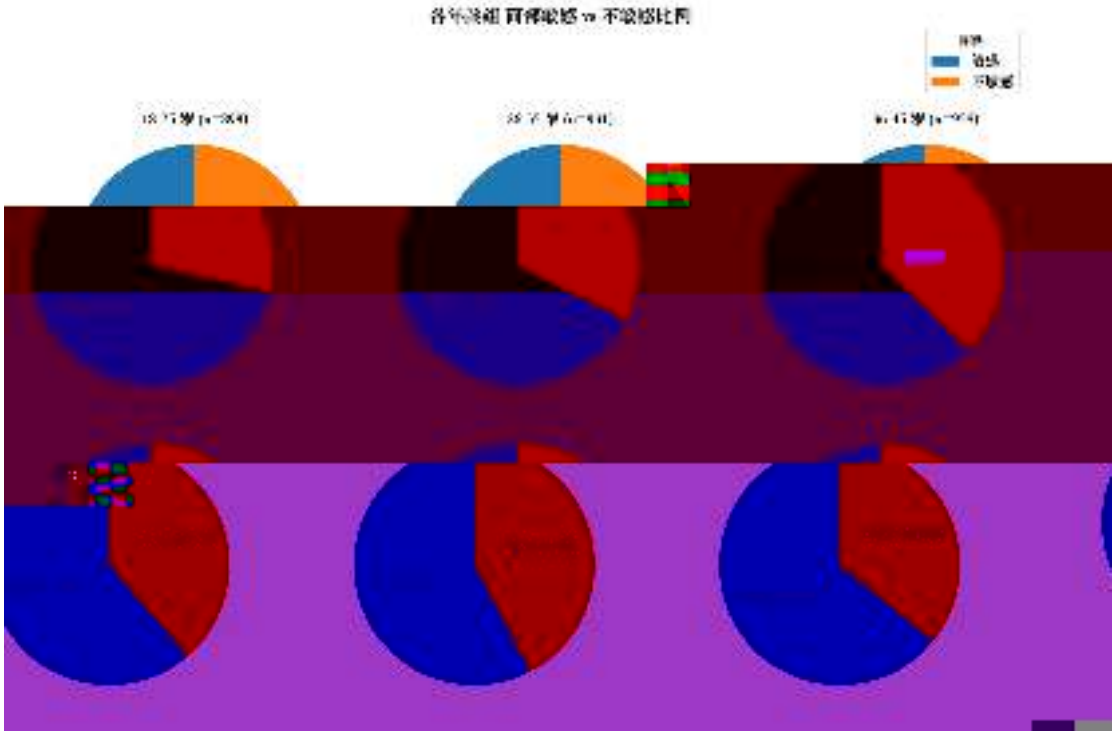


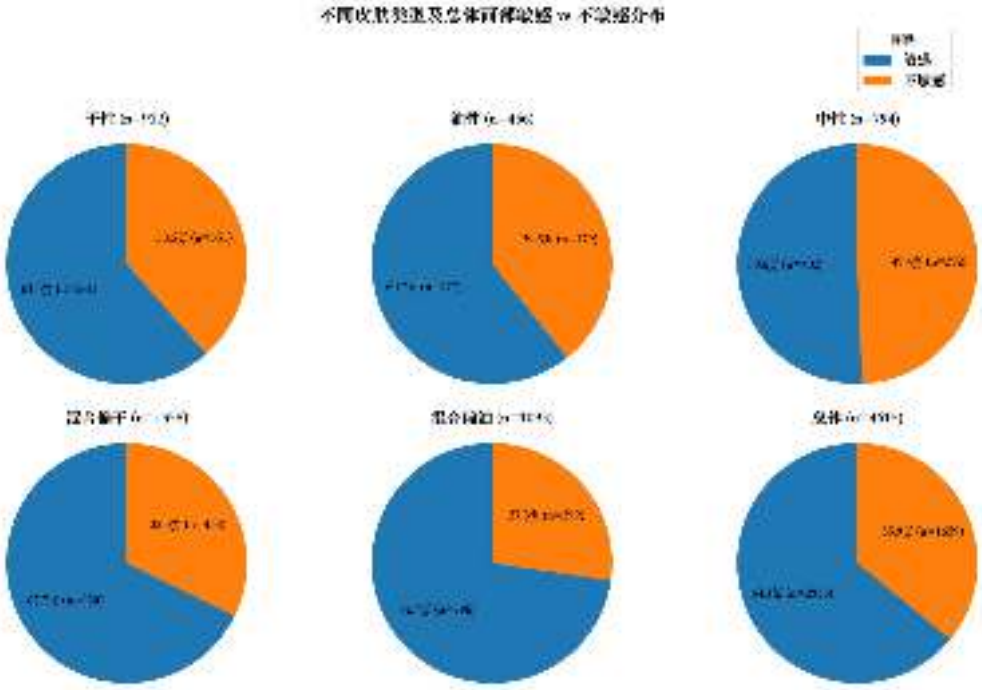


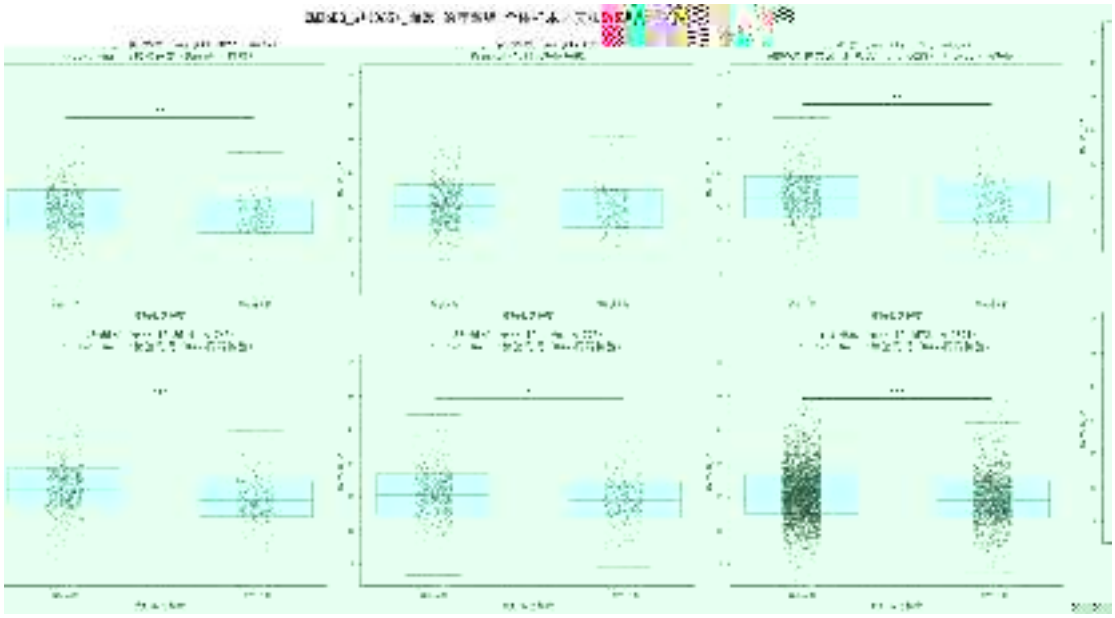


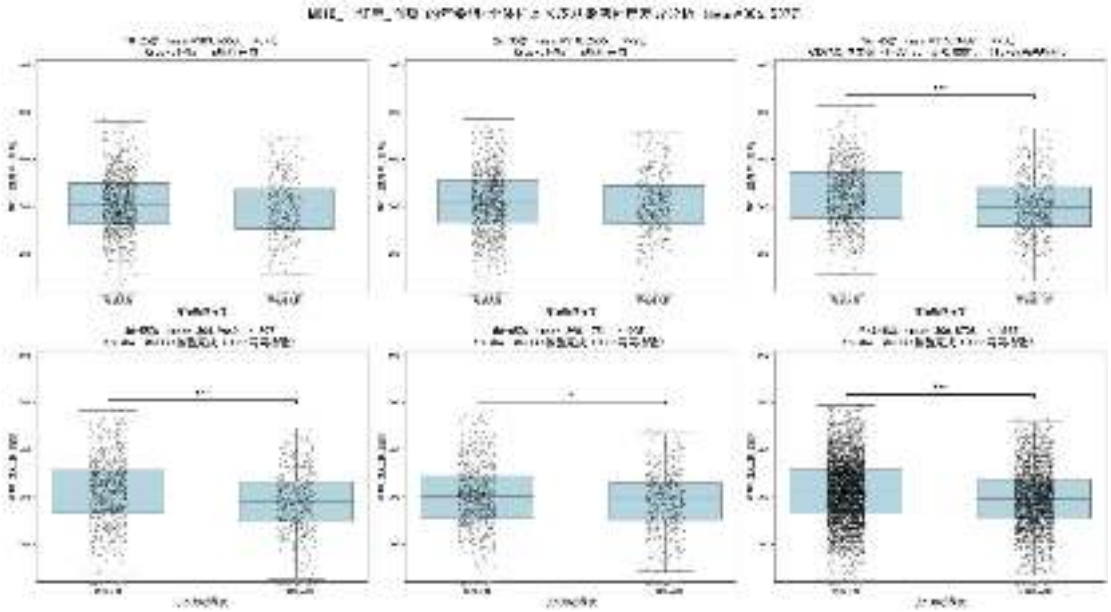


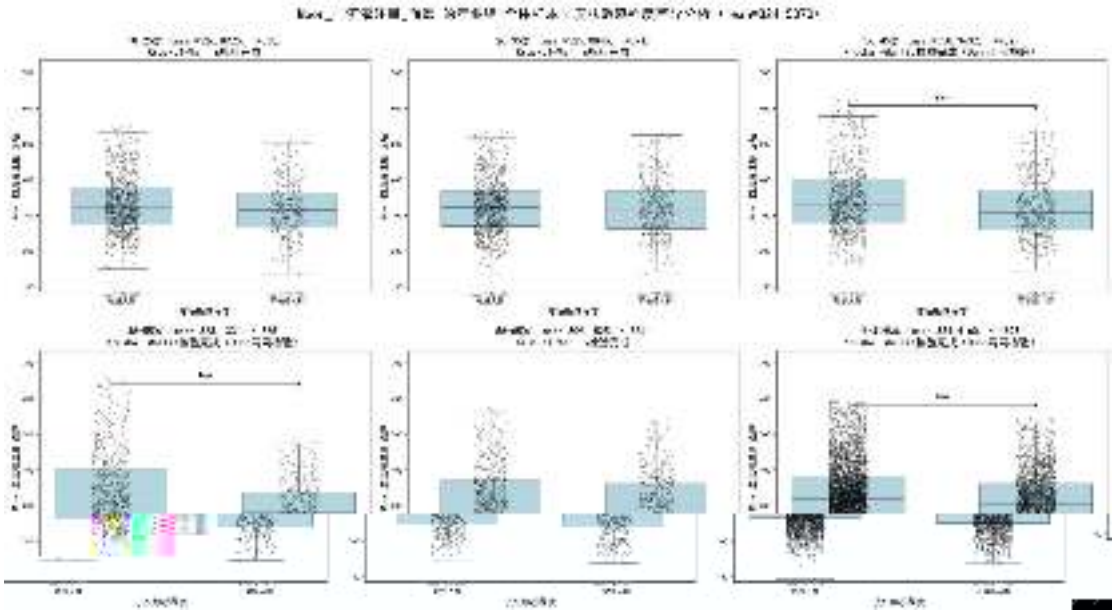


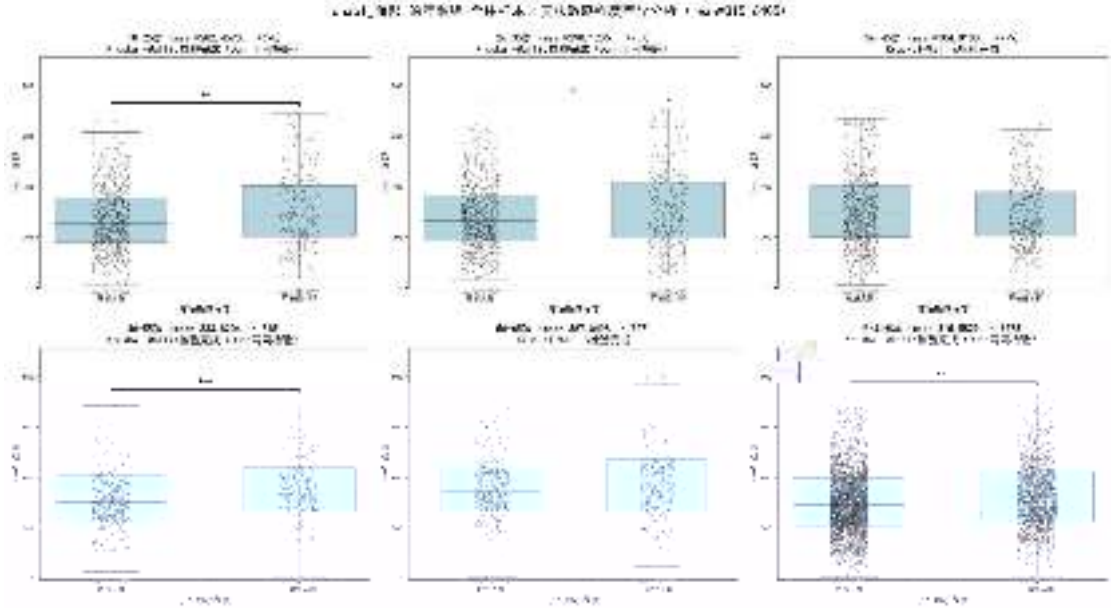


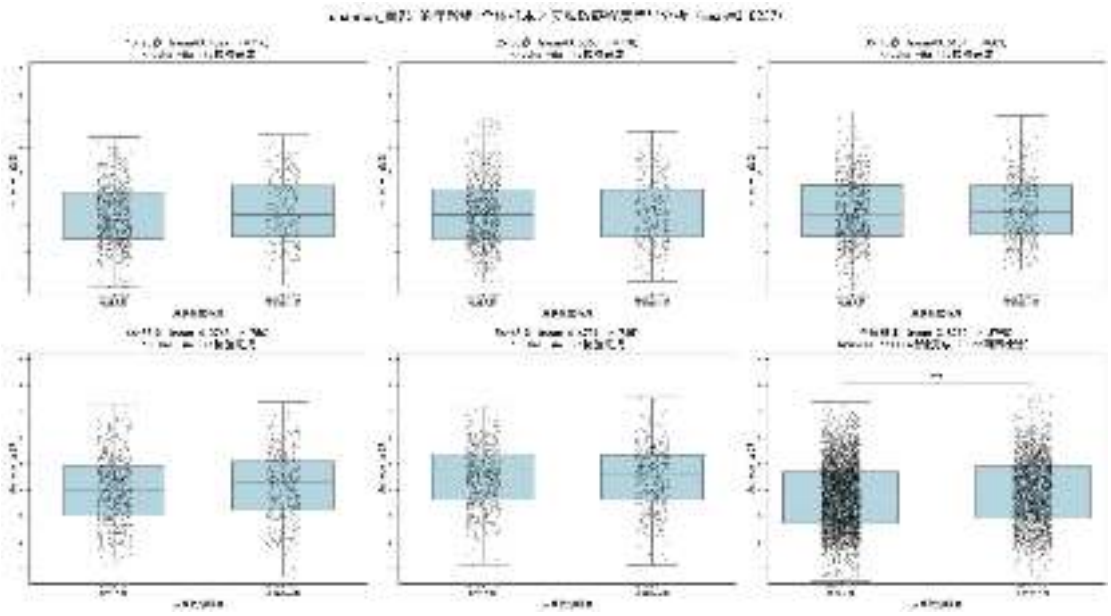


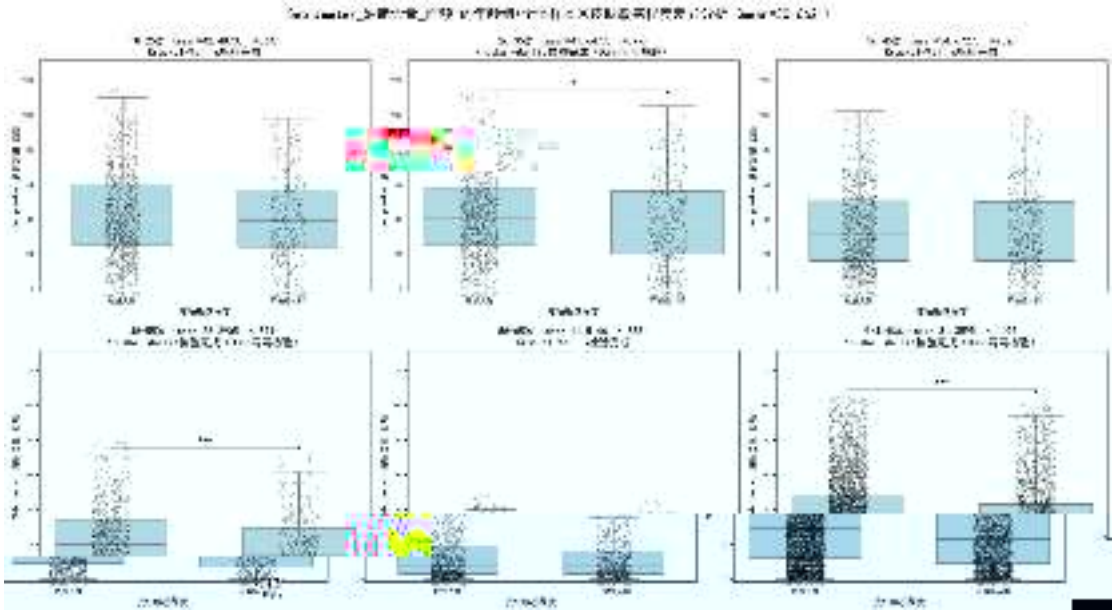


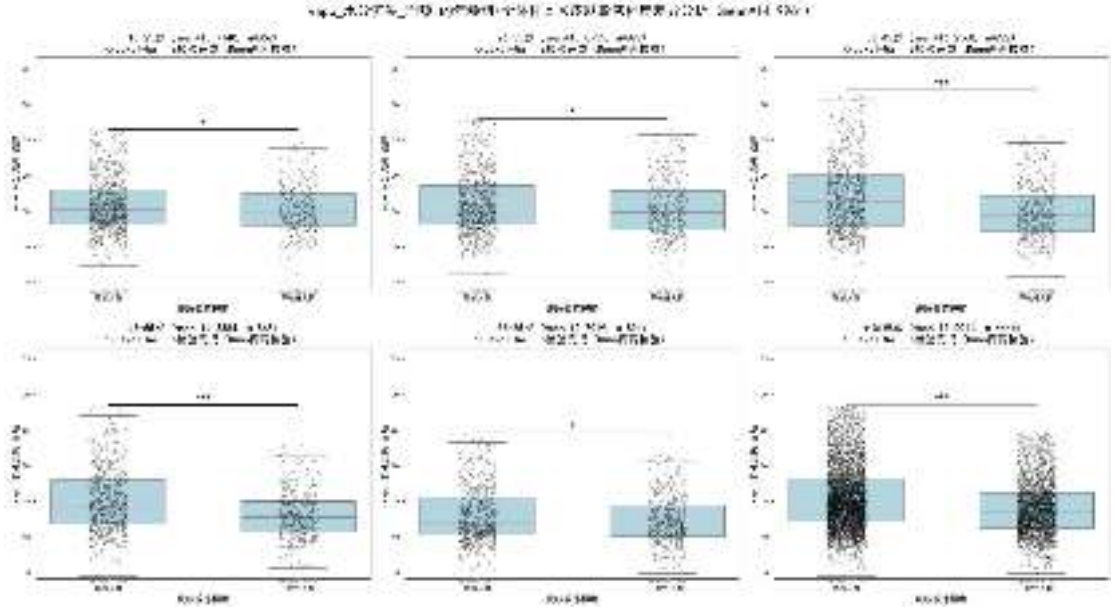


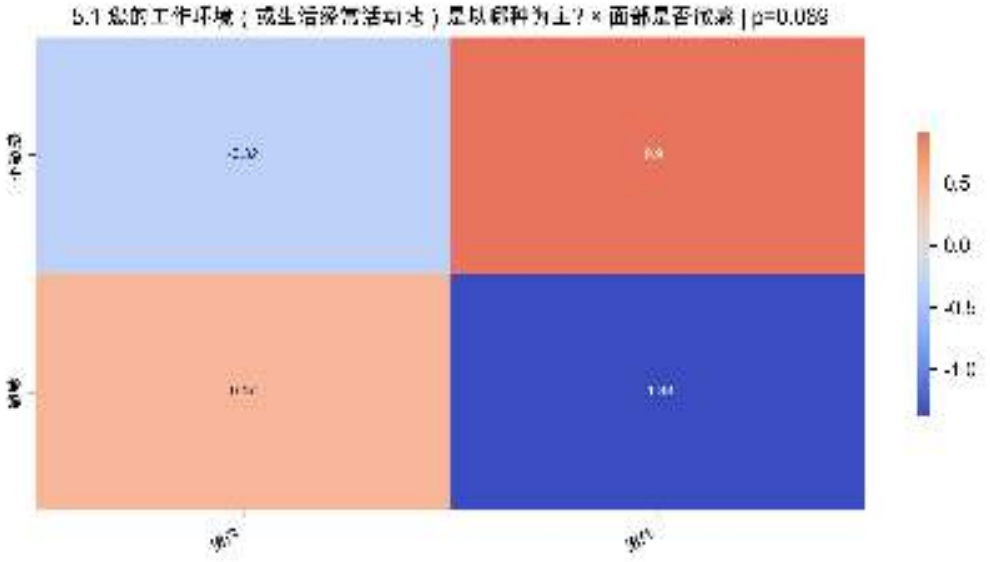




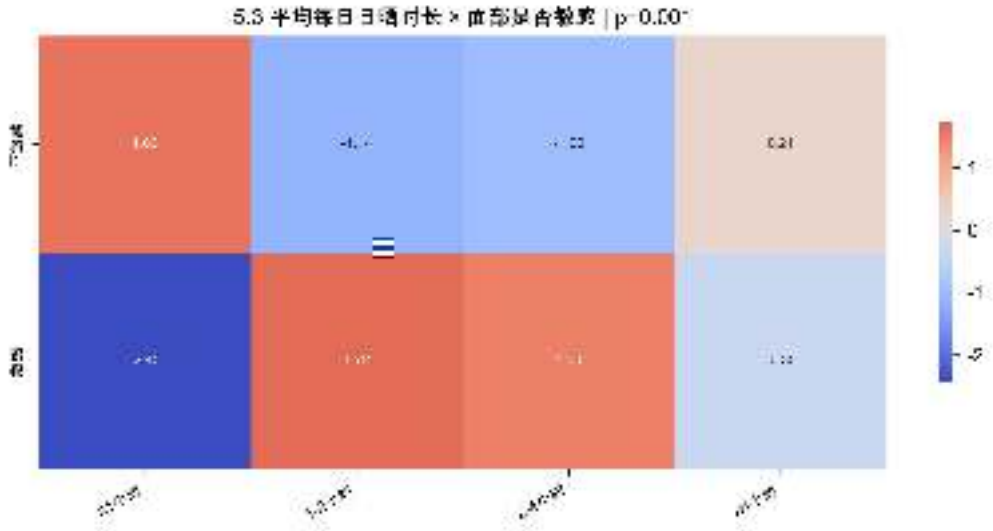


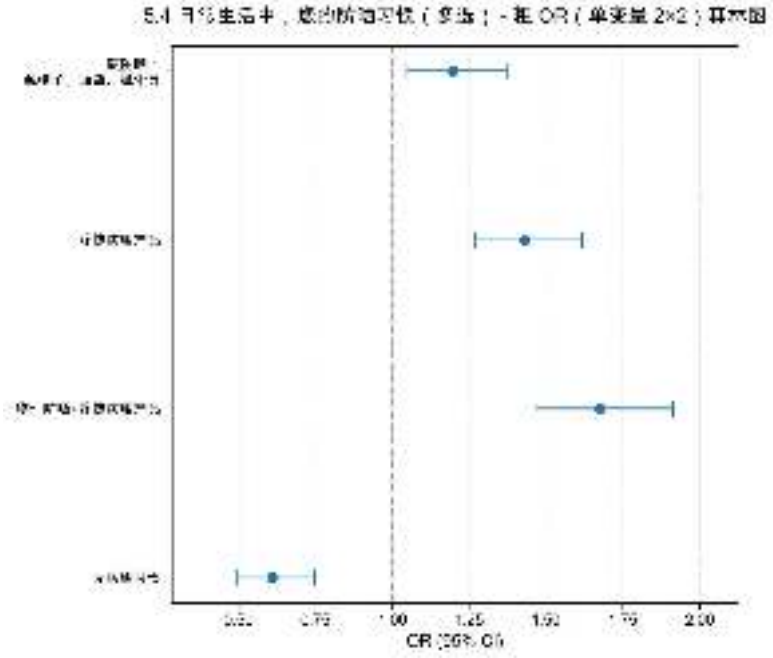


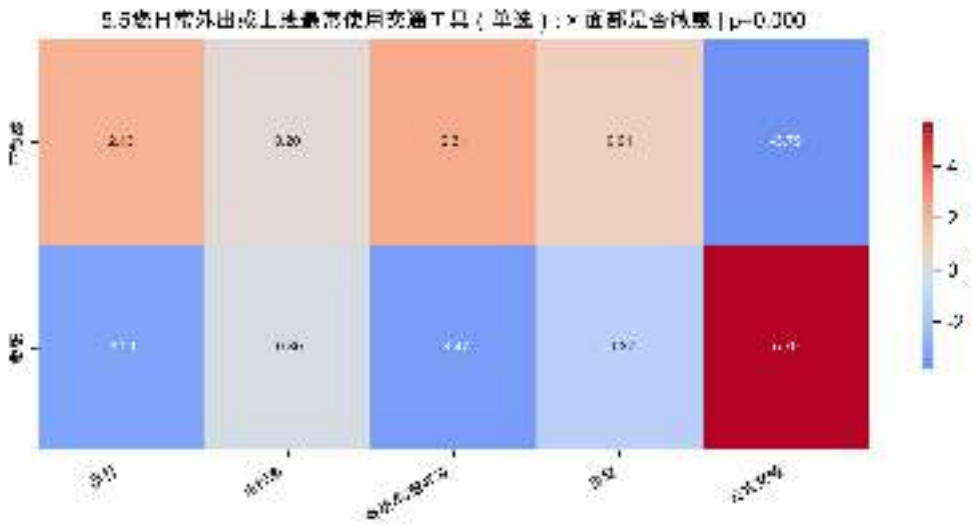


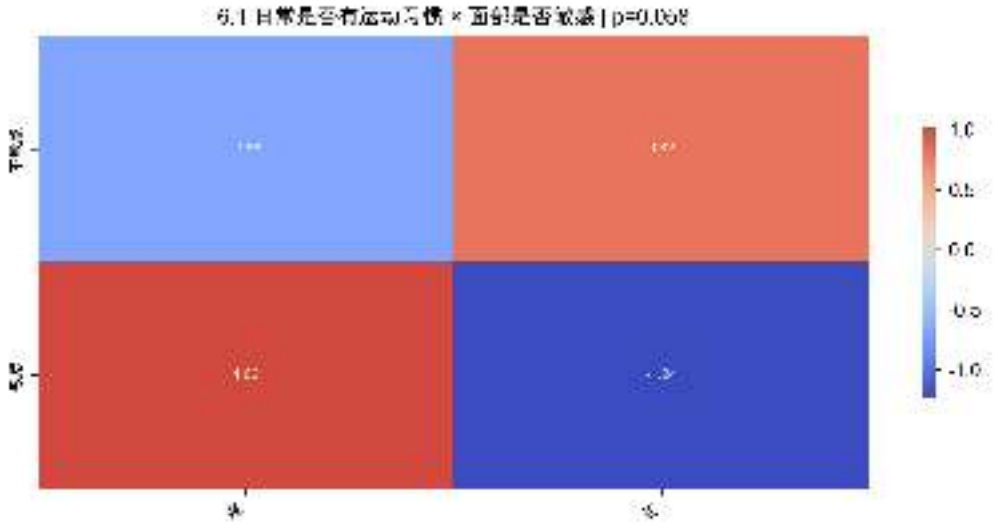

0.5
0.0
-0.5
-1.0


2
0
-2

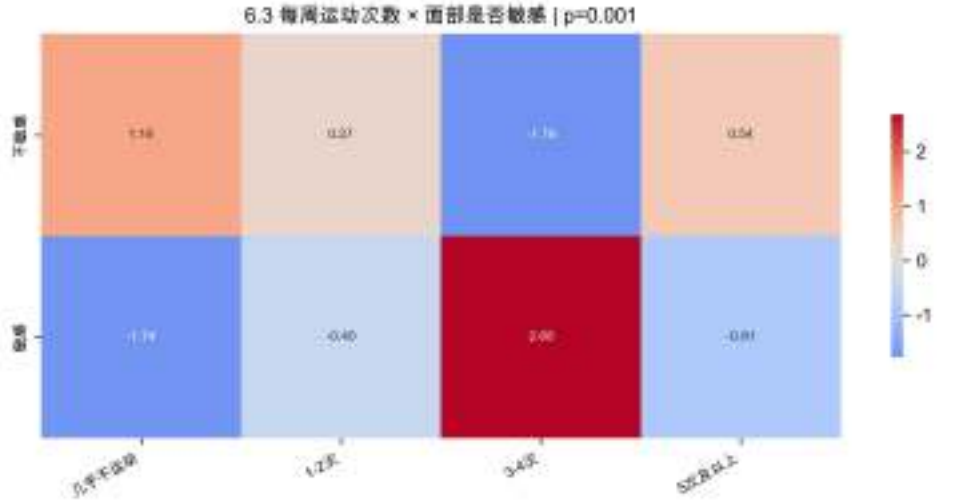

5.3 平均每日日晒时长 × 直部显著整数 | p=0.001
1
0
-1
-2

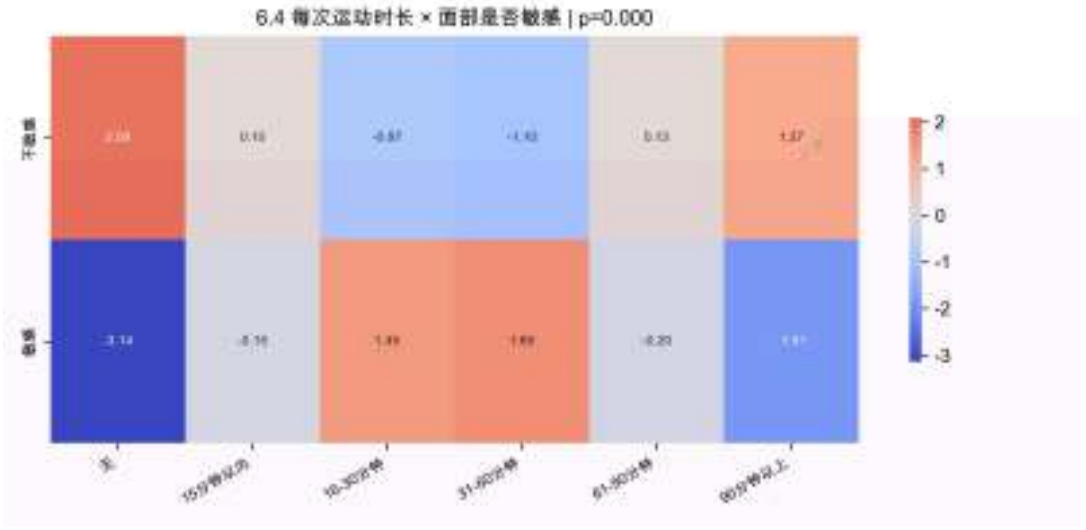

5.4 月份生活中，感的防晒习惯（变量）- 粗 OR（单变量 2×2）算术图
0.50
0.75
1.00
1.25
1.50
1.75
2.00
OR (95% CI)

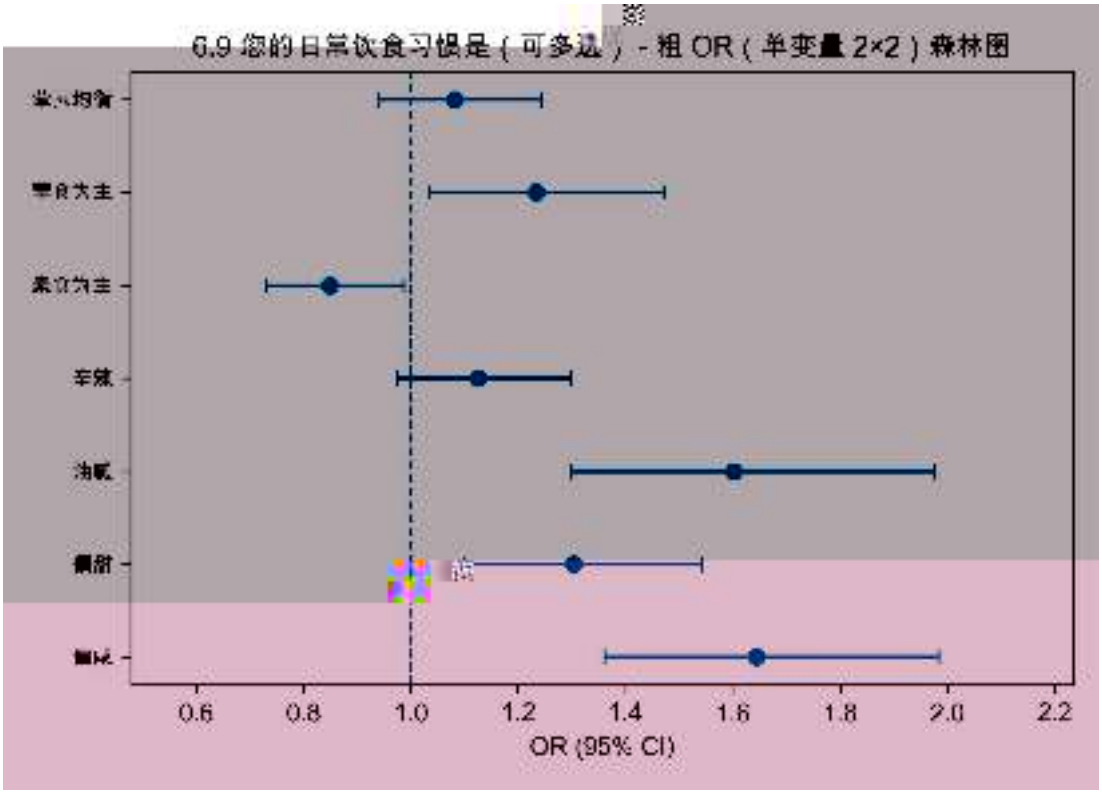


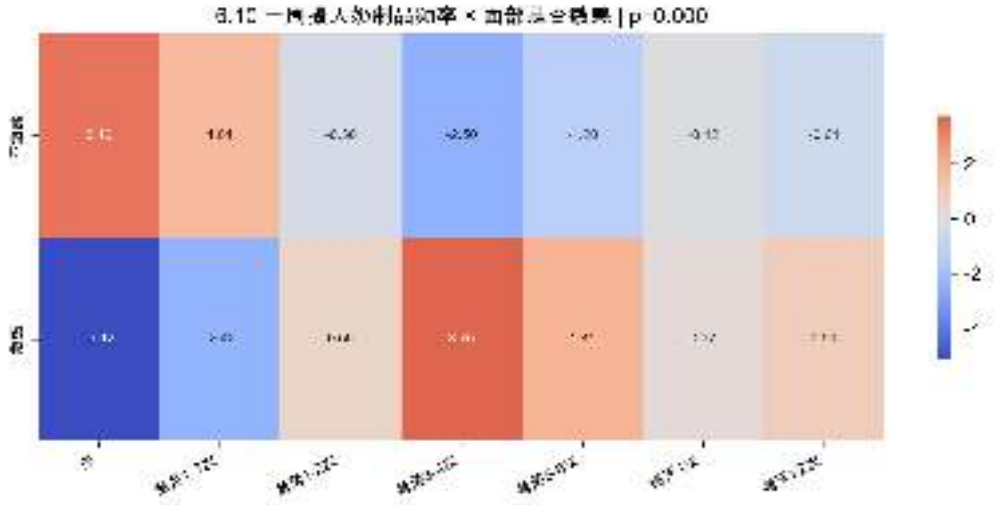

6.1 日常是否有运动习惯 × 面部是否敏感 | p=0.009
1.0
0.5
0.0
-0.5
-1.0

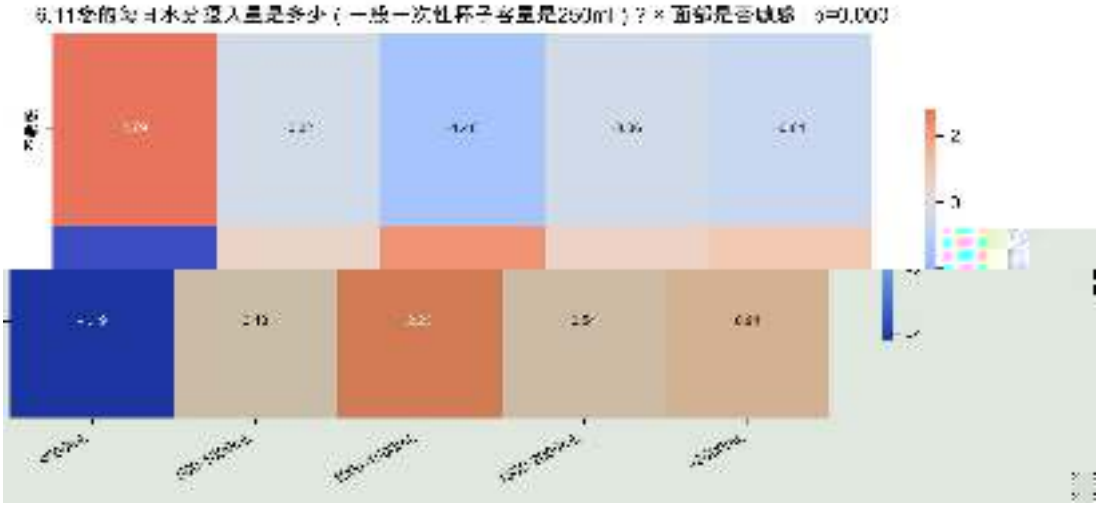

6.2 每天运动时长 × 面部是否敏感 | p=0.064
1.0
0.5
0.0
-0.5
-1.0


6.3 每周运动次数 × 面部是否敏感 | p=0.001
2
1
0
-1

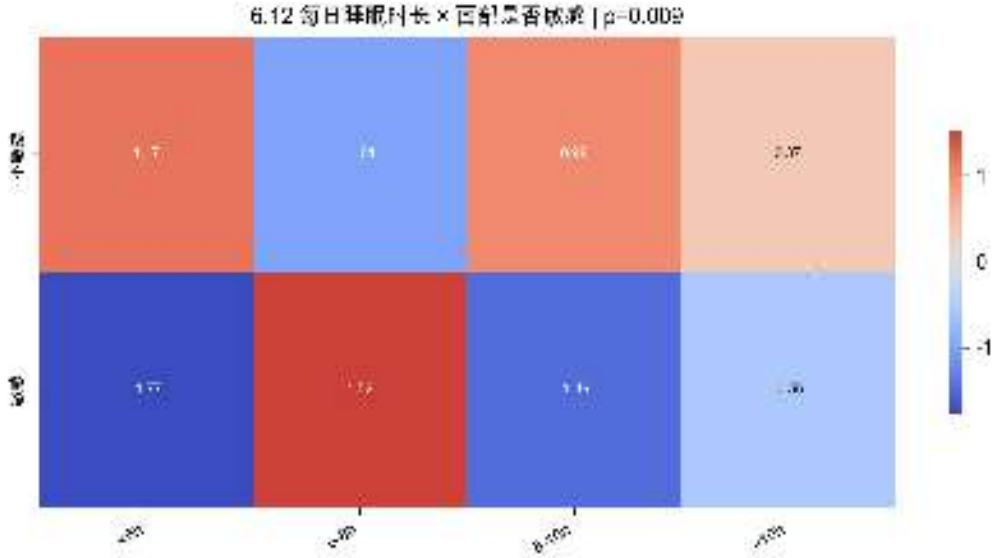

6.4 每次运动时长 × 面部是否敏感 | p=0.000
不敏感
敏感
2.08
0.16
-0.87
-1.42
0.13
1.37
-3.14
-0.16
1.49
1.69
-0.20
1.11
无
15分钟以内
16-30分钟
31-60分钟
61-90分钟
90分钟以上
2
1
0
-1
-2
-3


6.9 您的日常饮食习惯是（可多选）- 粗 OR（单变量 2×2）森林图
0.6
0.8
1.0
1.2
1.4
1.6
1.8
2.0
2.2
OR (95% CI)

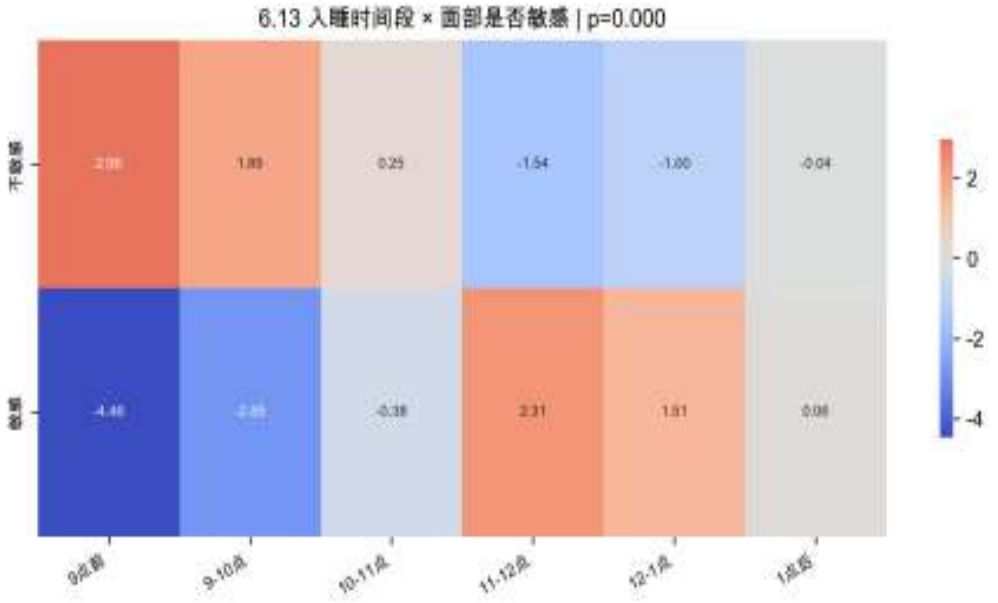



6.11你每天日水总摄入量是多少（一般一次性杯子容量是250ml）? × 面部是否缺陷 p=0.000
2
0

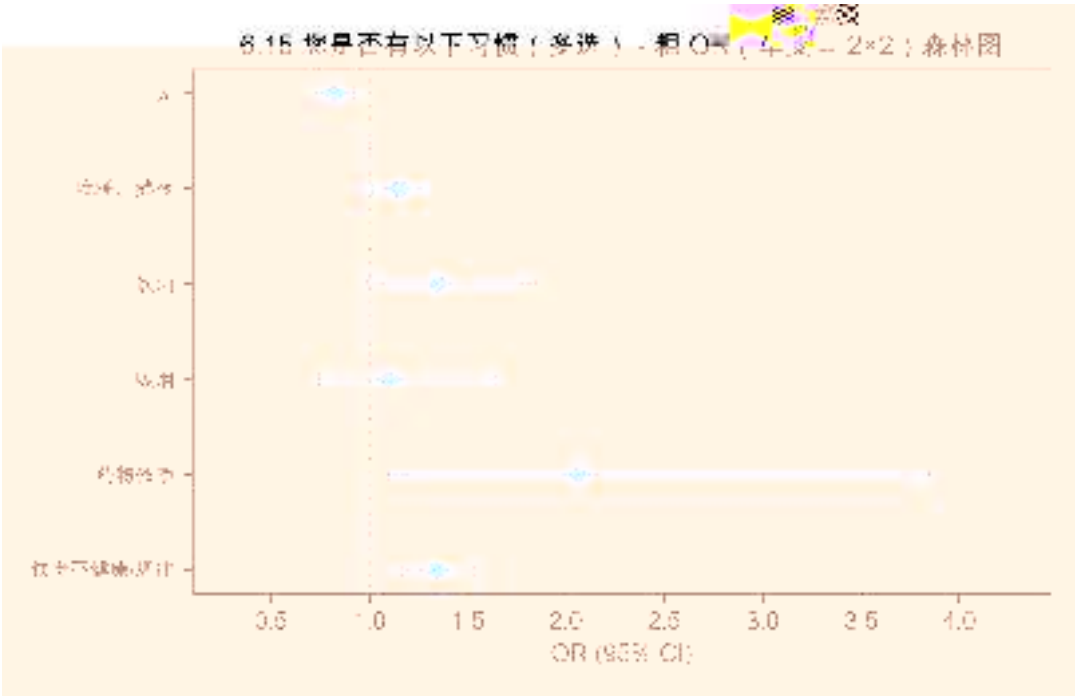
6.12 每日睡眠时长 × 面部是否敏感 | p=0.009

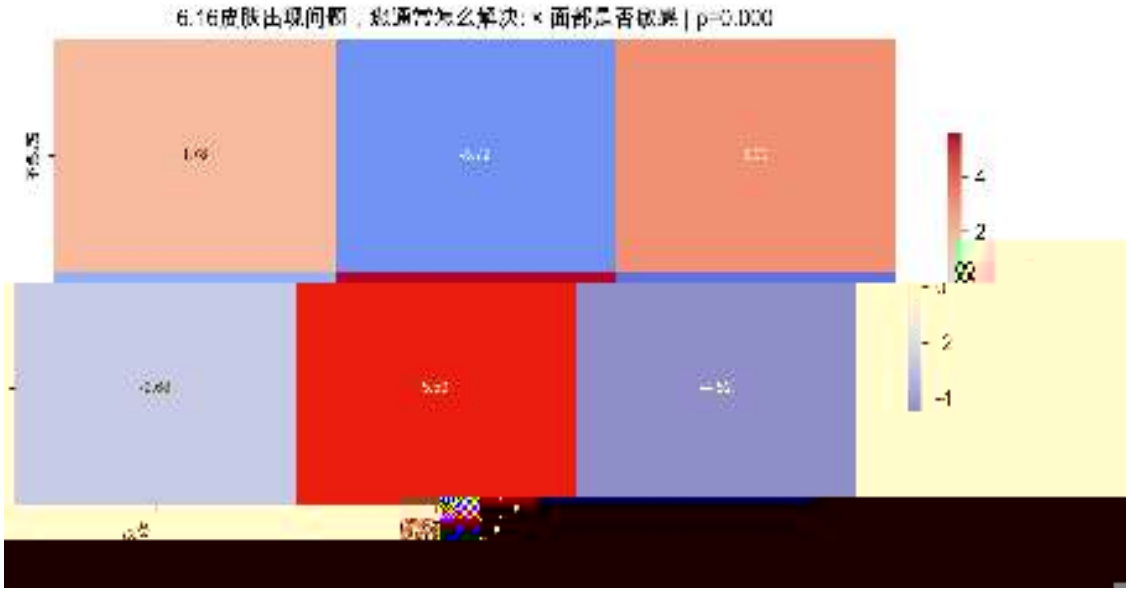


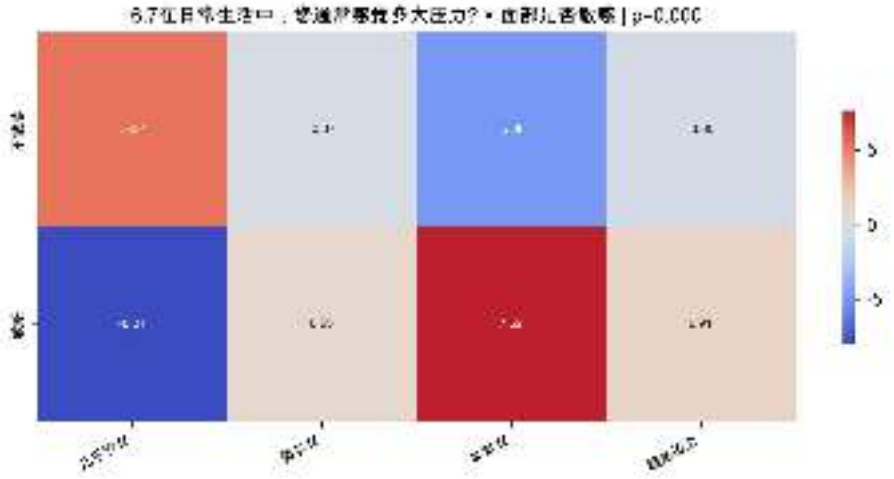

6.13 入睡时间段 × 面部是否敏感 | p=0.000

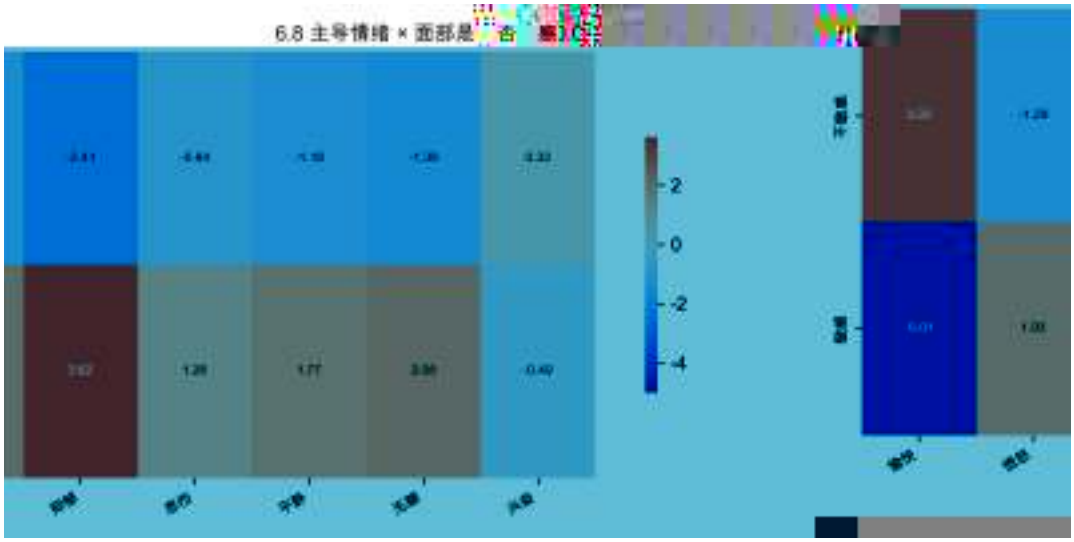


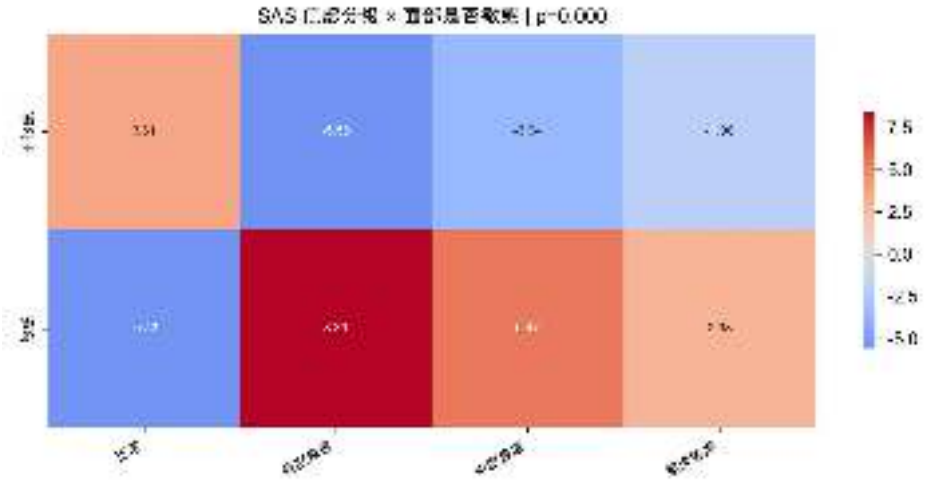


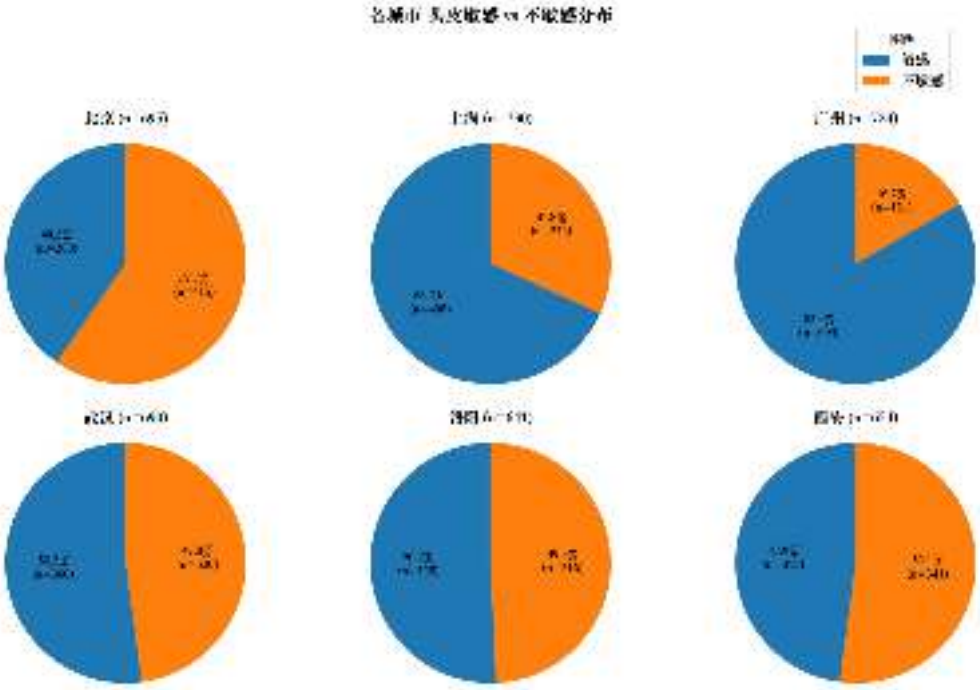

0.5
1.0
1.5
2.0
2.5
3.0
3.5
4.0
OR (95% CI)

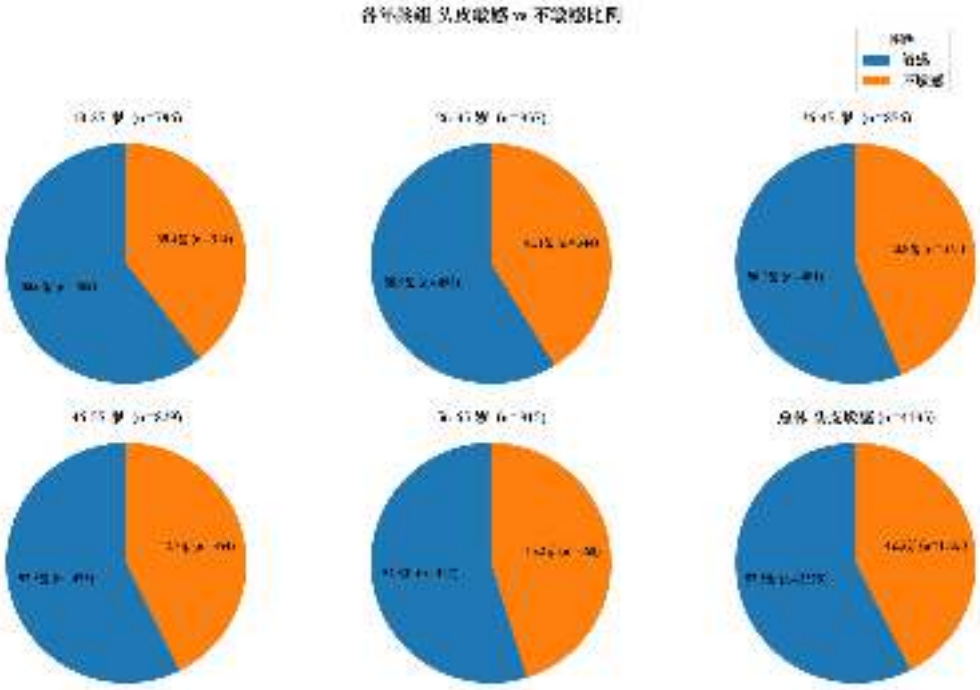

4
2
0
2
-1

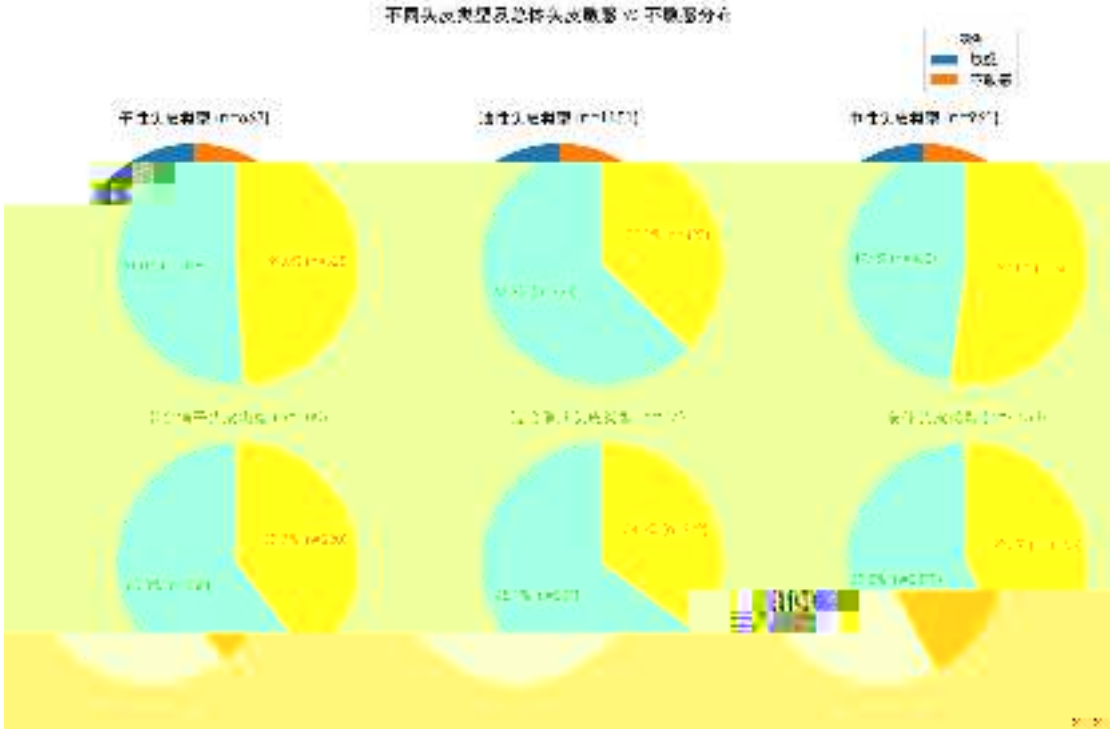


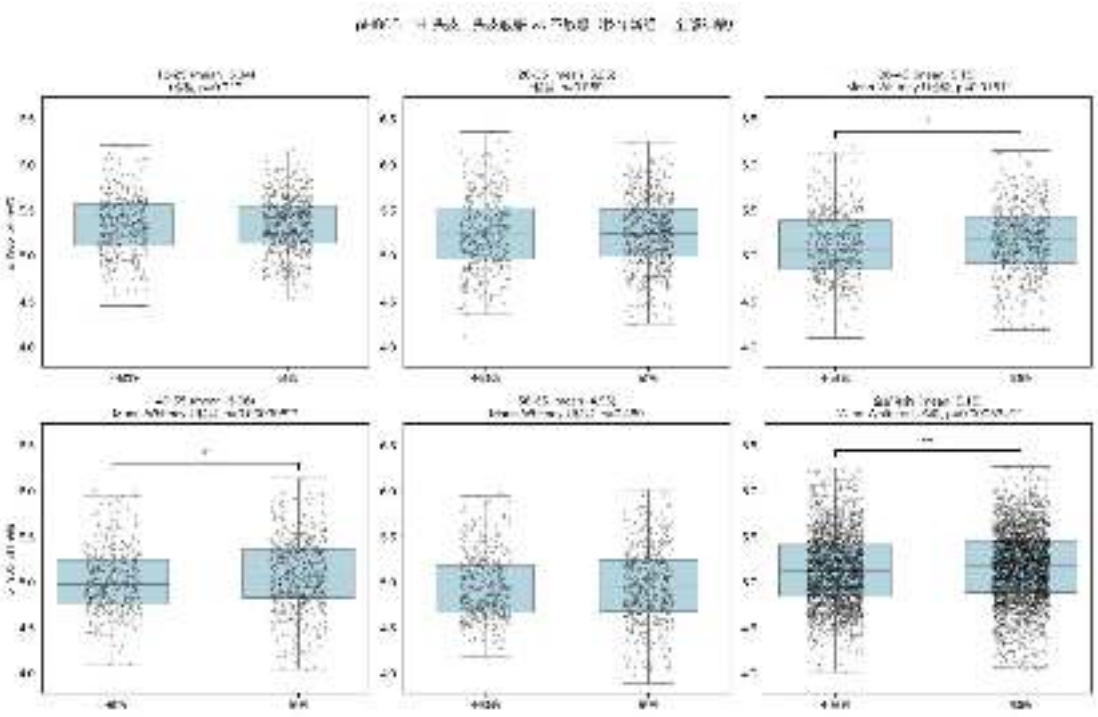


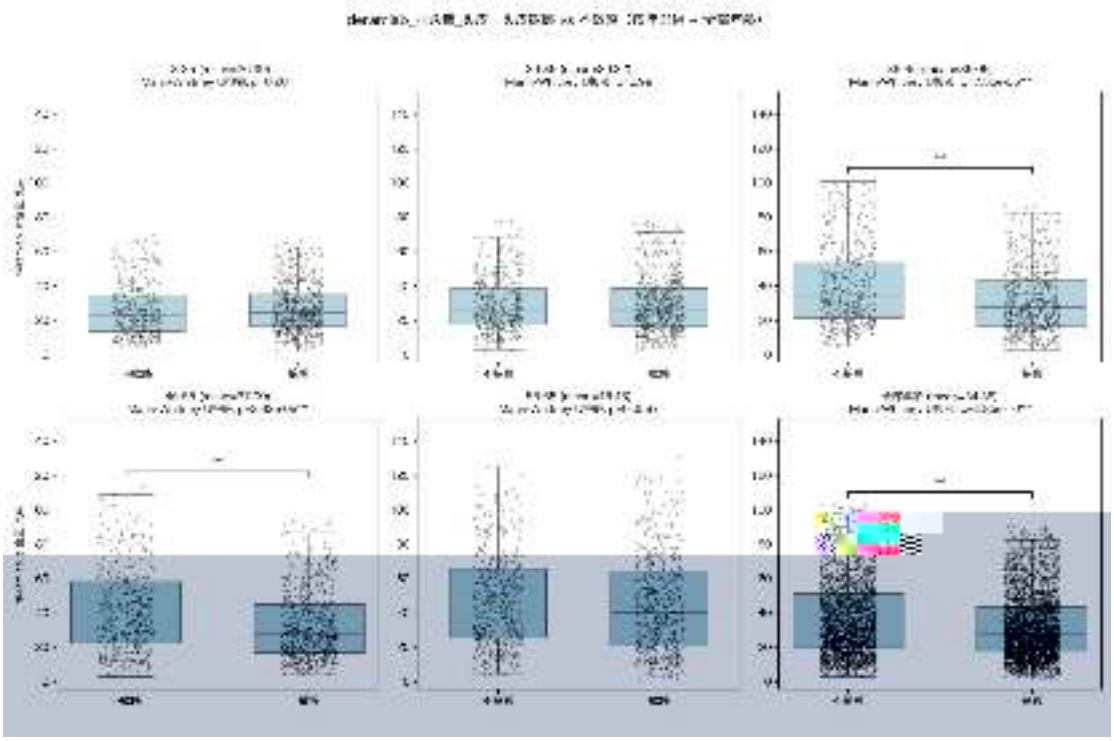

SAS 二部分析 × 置部是否敬業 | p=0.000
7.5
5.0
2.5
0.0
-2.5
-5.0

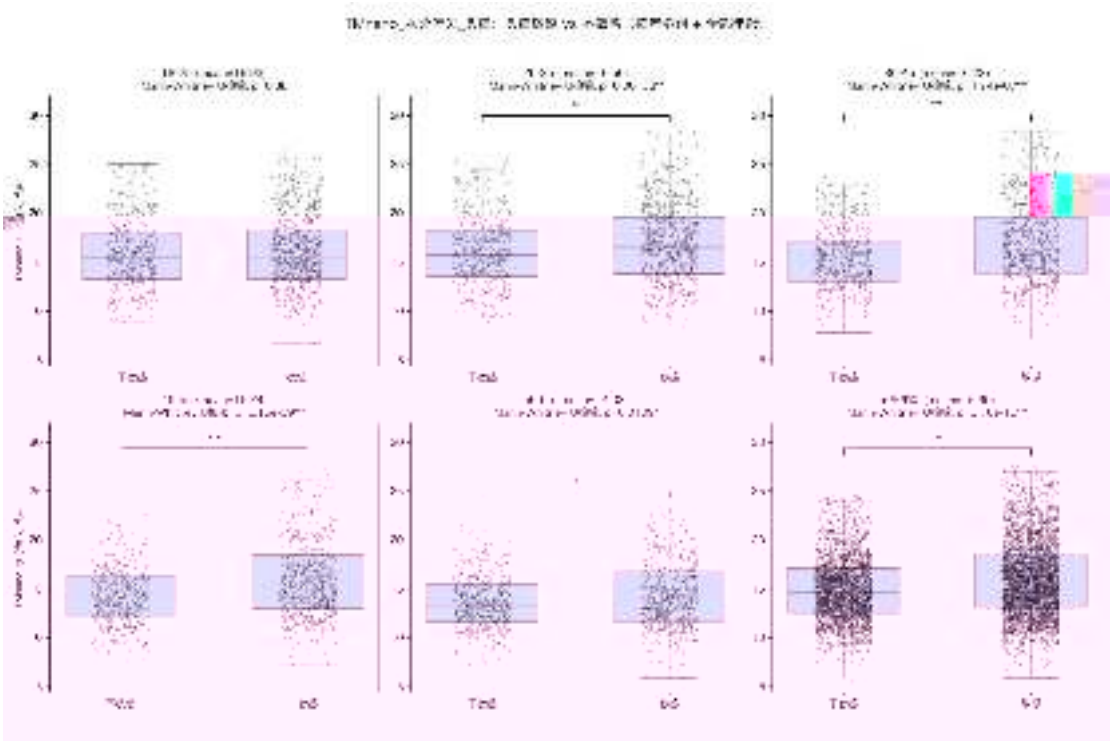

各城市 男女敏感vs不敏感分布
敏感
不敏感

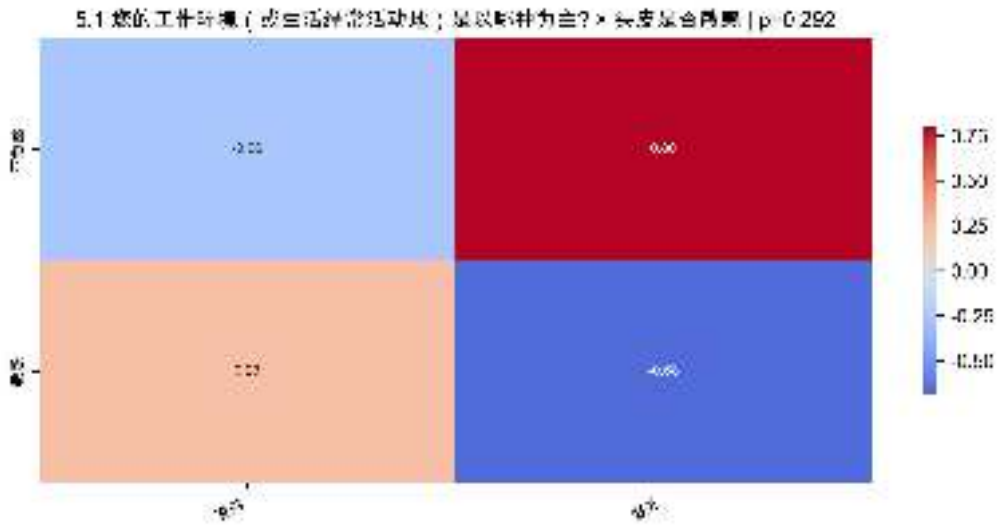

各年龄组 乳皮敏感 vs 不敏感比例
性别
敏感
不敏感

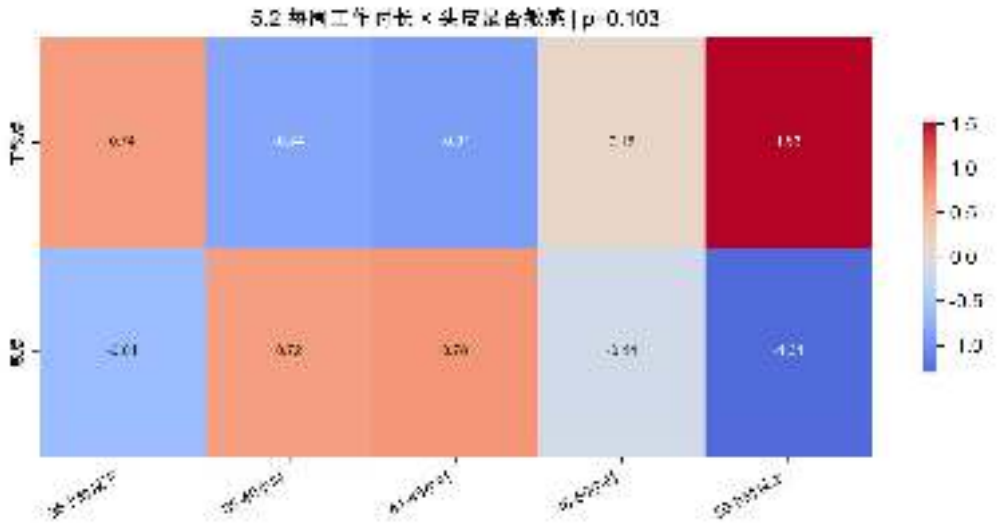


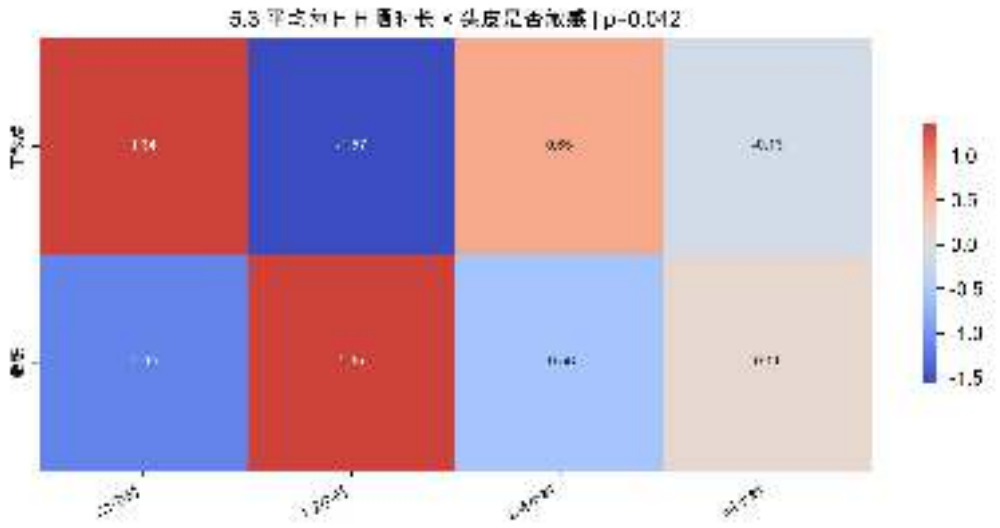




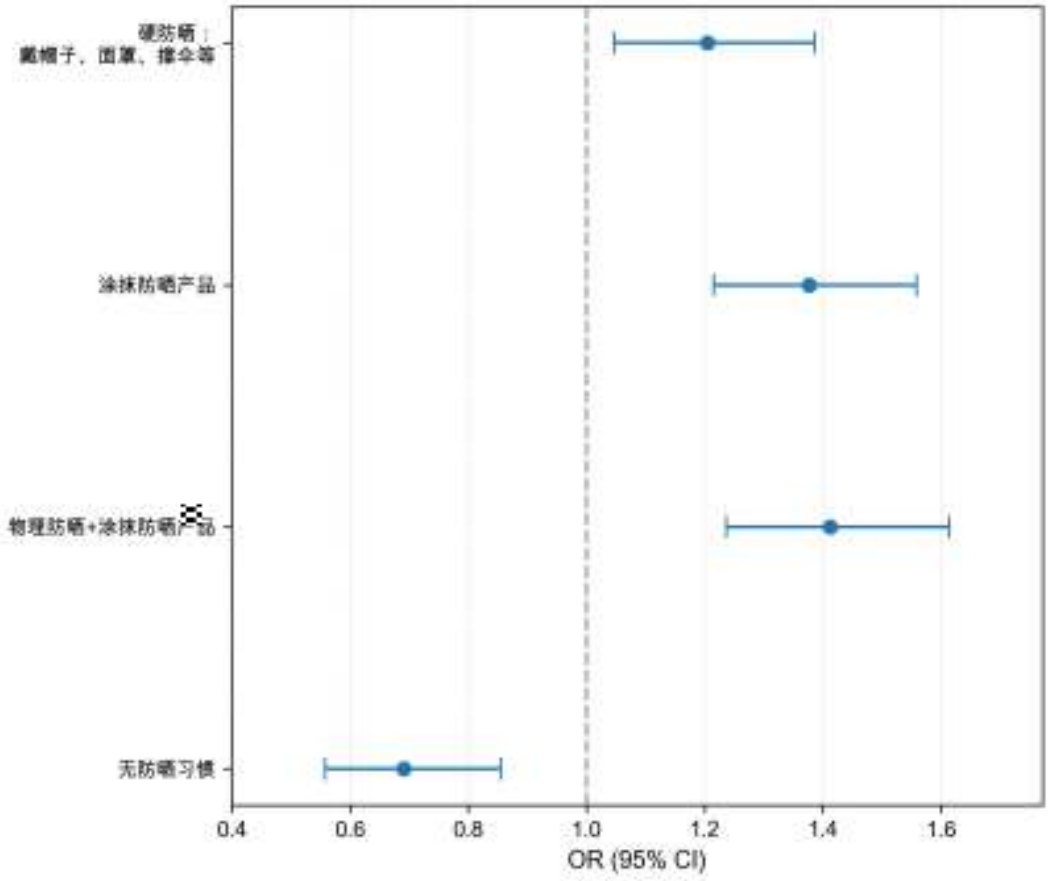


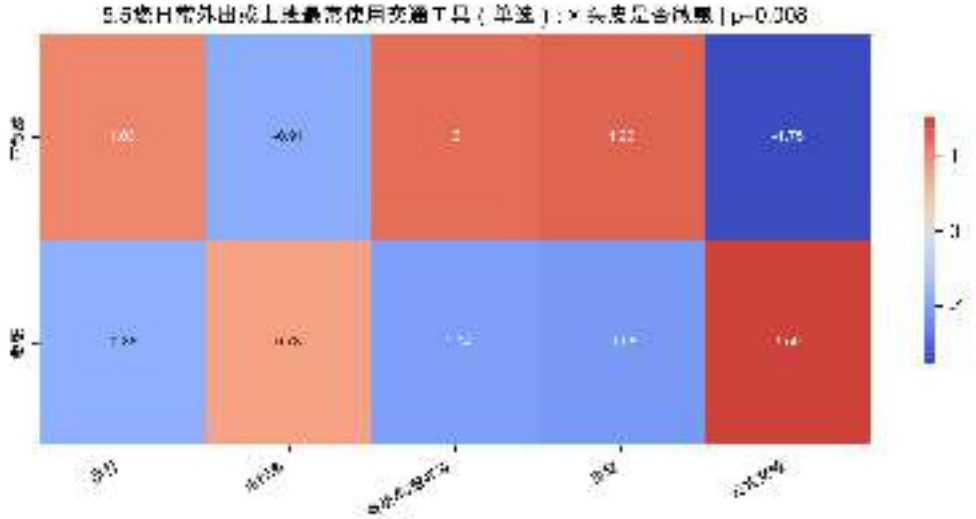

5.1 [illegible] | p = 0.292
0.75
0.50
0.25
0.00
-0.25
-0.50

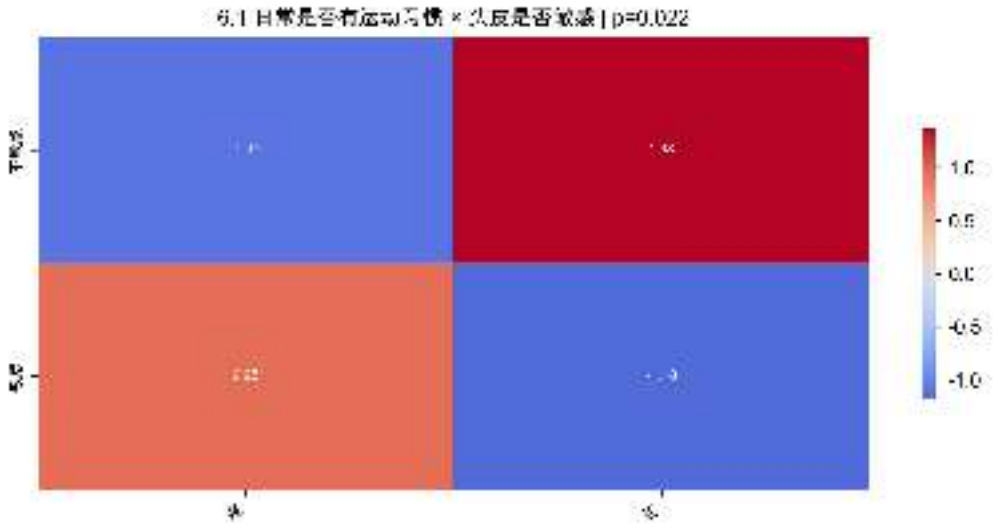

5.2 [illegible] | p = 0.103
1.5
1.0
0.5
0.0
-0.5
-1.0

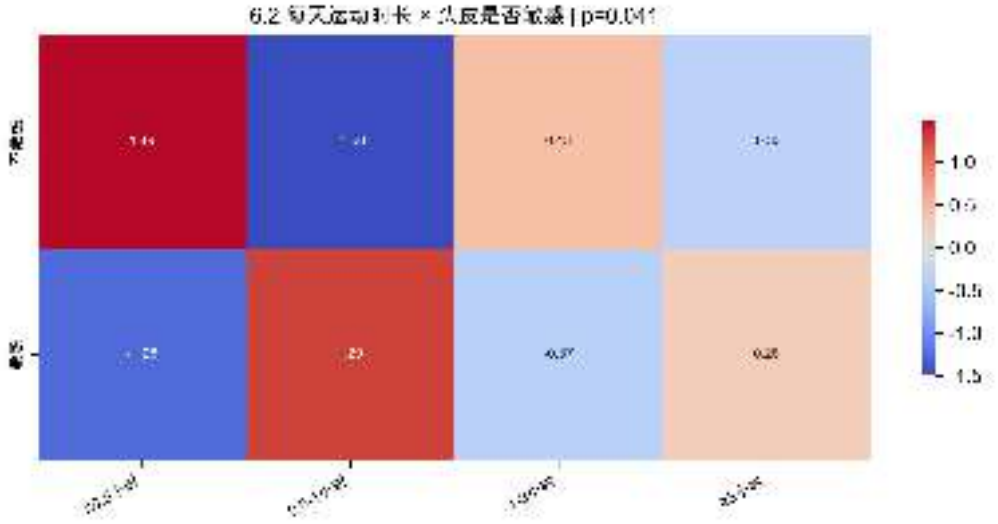

1.0
0.5
0.0
-0.5
-1.0
-1.5

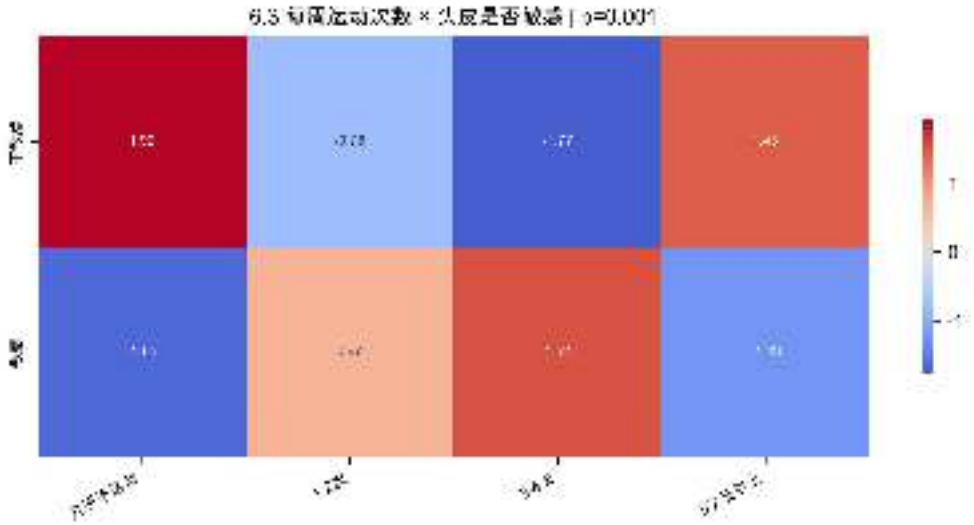
5.4 日常生活中，您的防晒习惯（多选）- 粗 OR（单变量 2×2）森林图

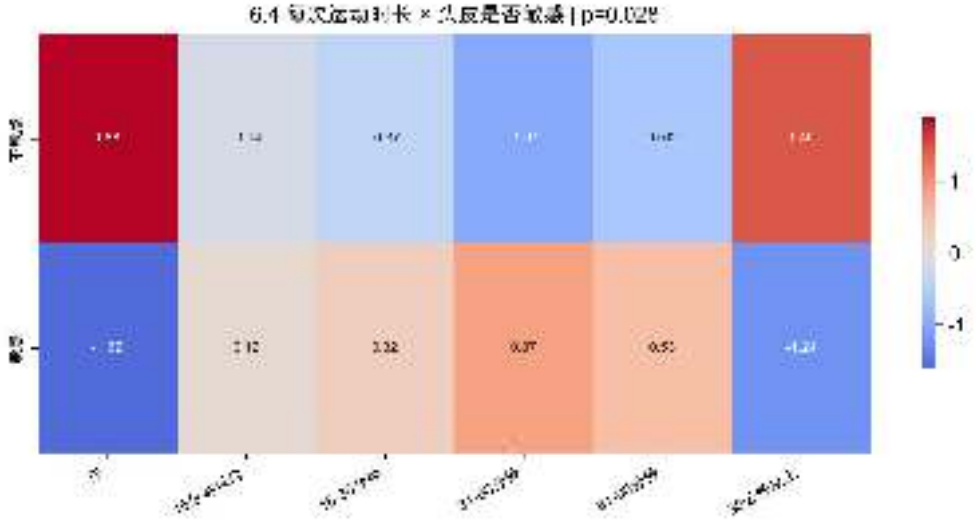


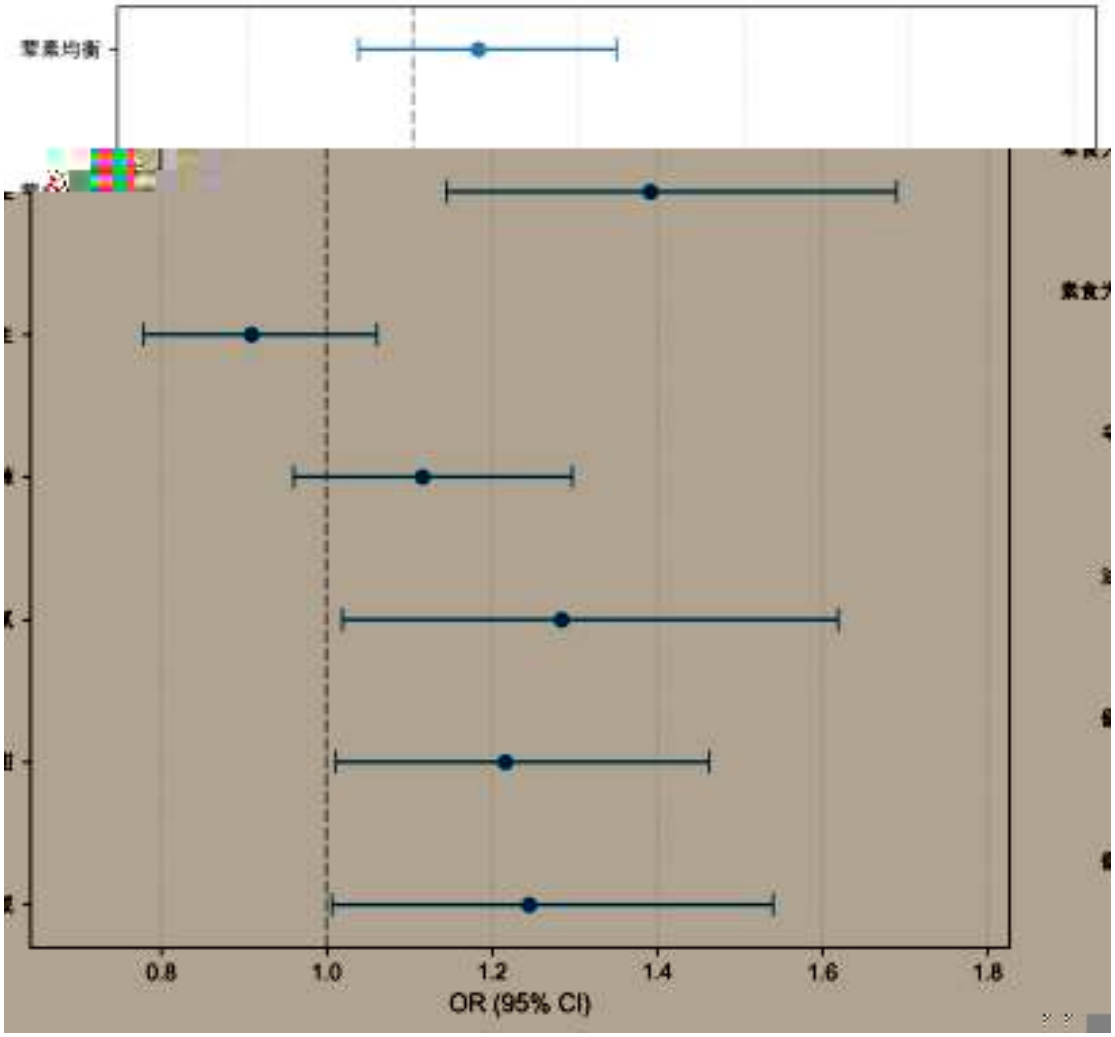

6.1 日常是否有运动习惯 × 久反是否敏感 | p=0.022
1.0
0.5
0.0
-0.5
-1.0

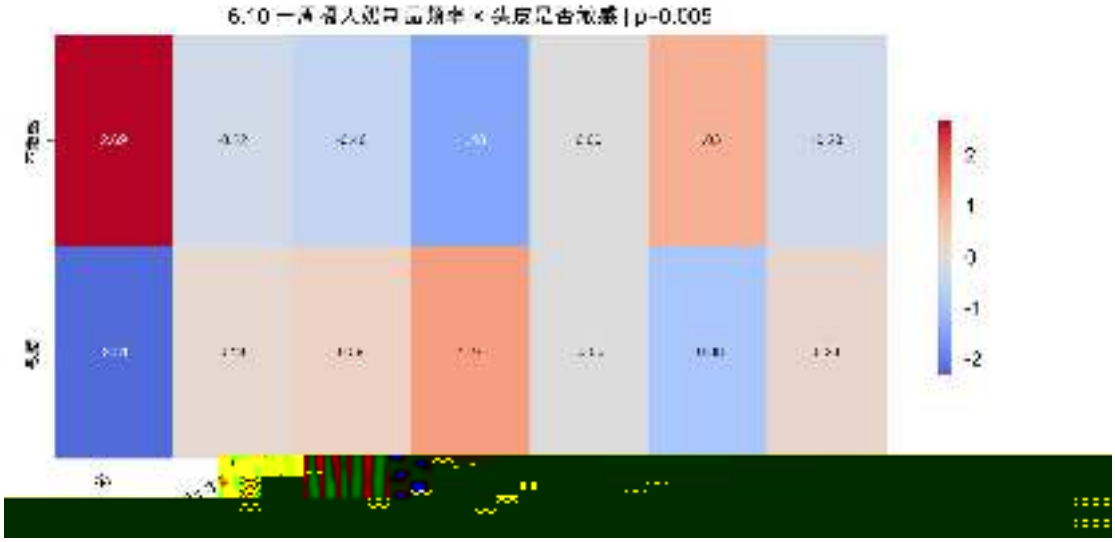

1.0
0.5
0.0
-0.5
-1.0
-1.5

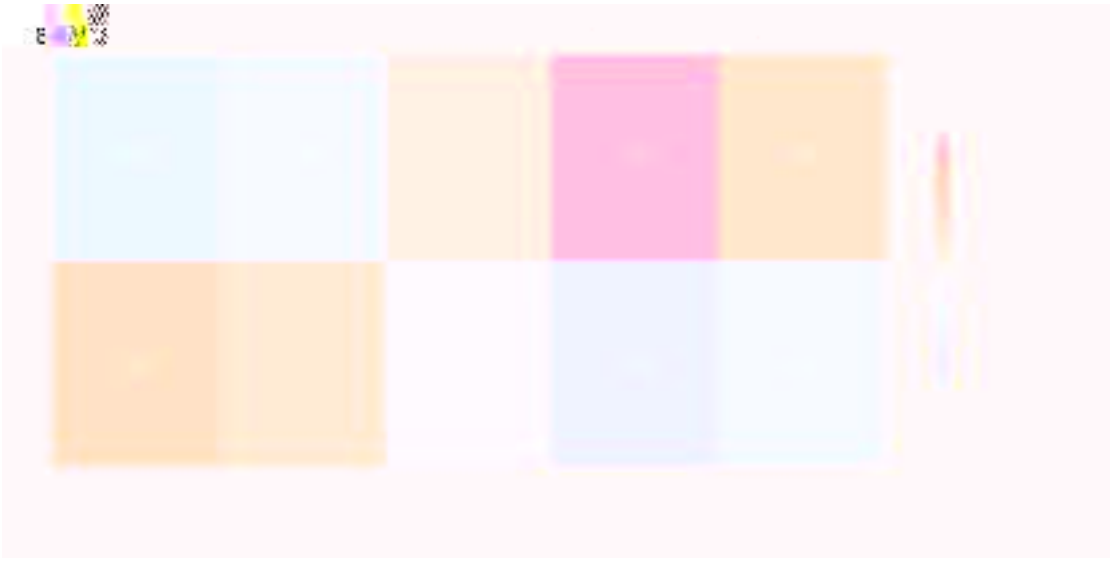

1
0
-1

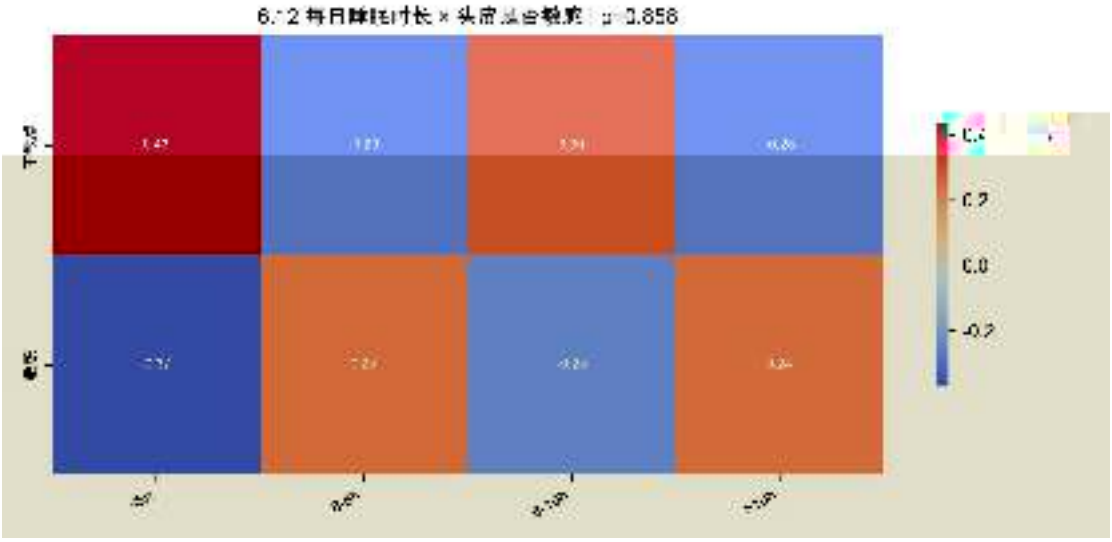

6.4 每天运动卡卡 × 久反是否被录 | p=0.029
1
0
-1

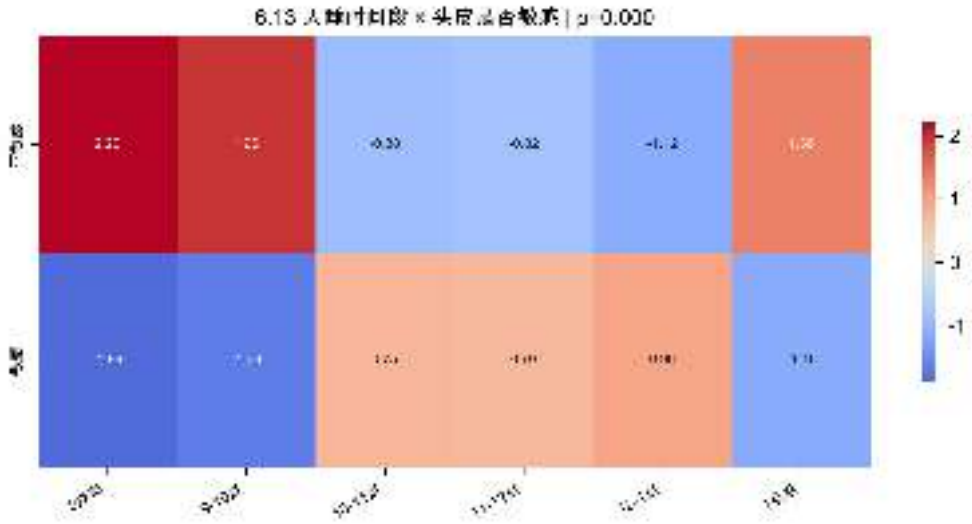
6.9 您的日常饮食习惯是（可多选）- 粗 OR（单变量 2×2）森林图

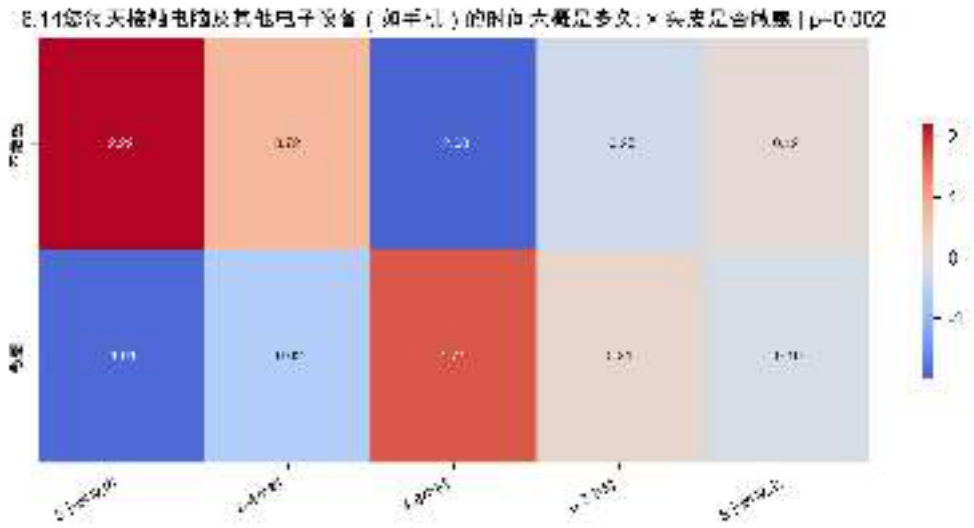


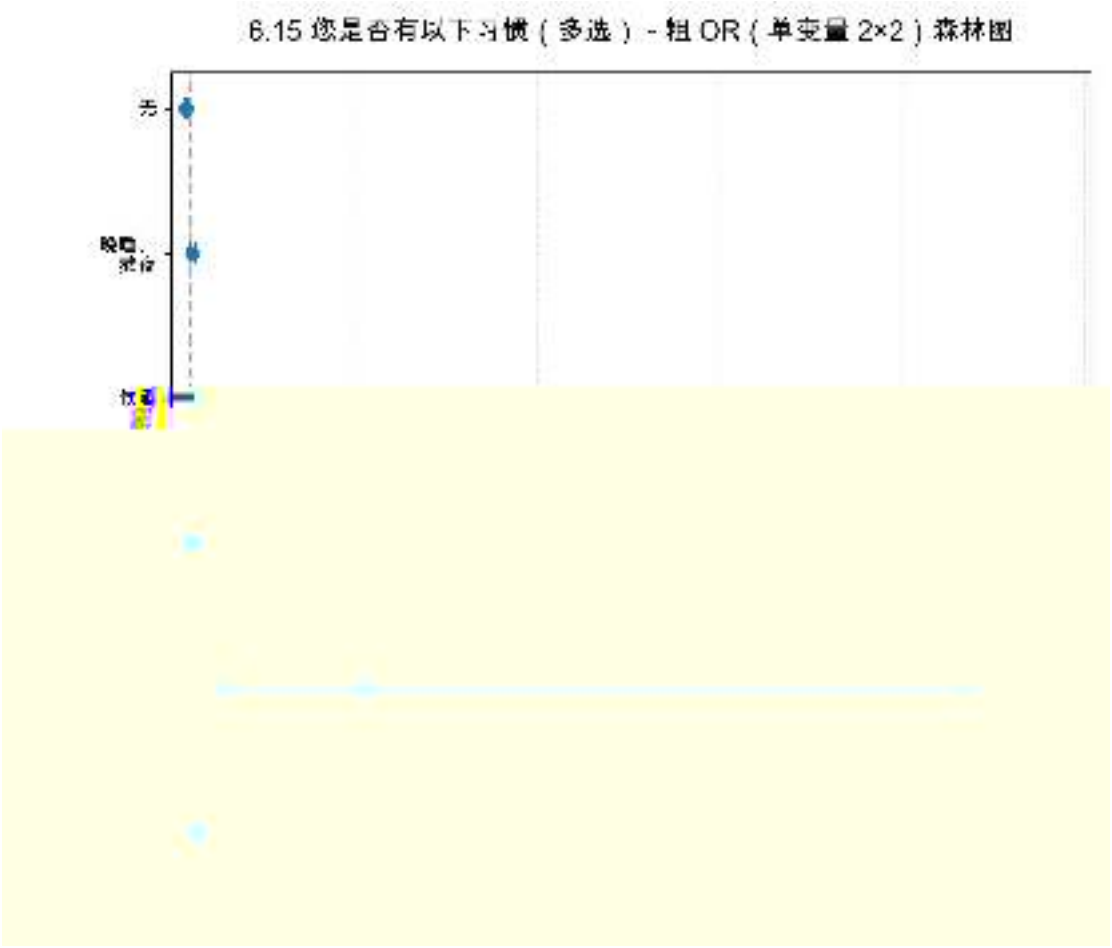



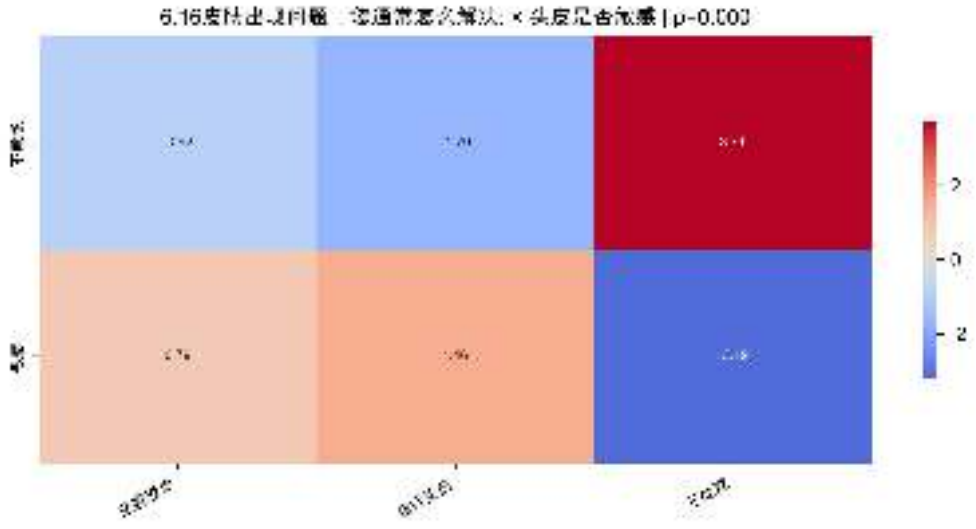


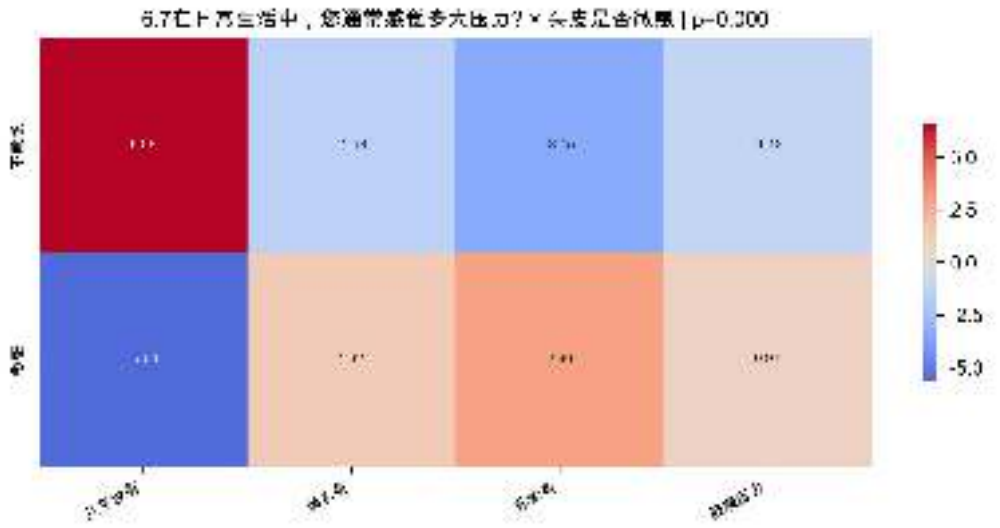

0.2
0.0
-0.2

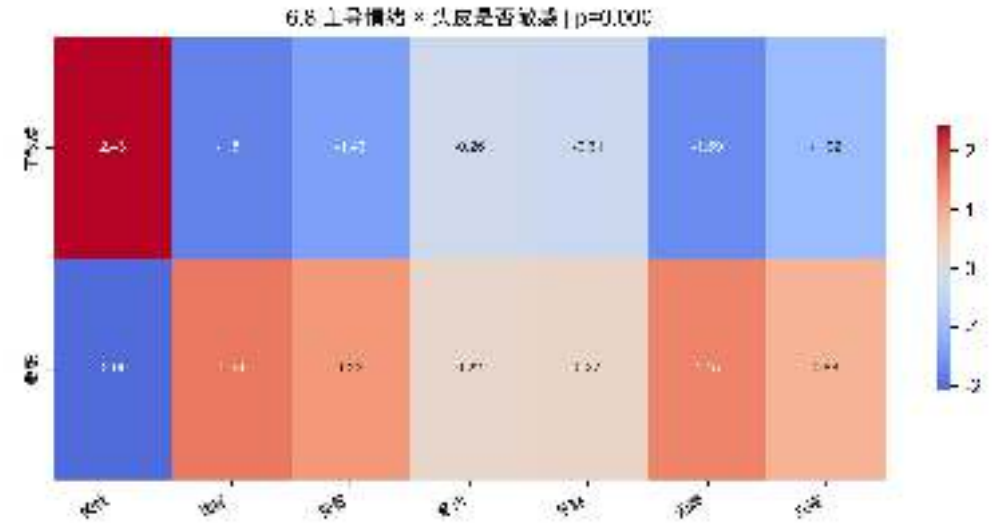

2
1
0
-1

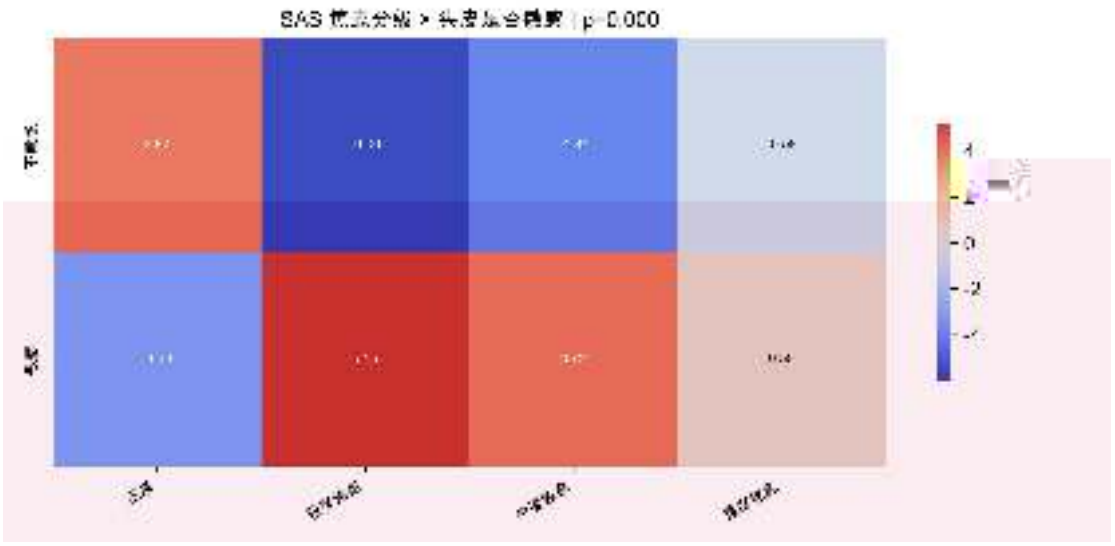



6.15 您是否有以下习惯（多选） - 粗 OR（单变量 2×2）森林图


6.16皮肤止痒问题，您通常怎么解决 × 头皮是否泡澡 | p=0.003







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