ABSTRACT

Disclosed is a sheet-like pack comprising a plurality of sheets, which is obtained by laying said sheets one upon another and cutting into a predetermined shape such as shape of the face, said sheet comprising gypsum and a sheet-like substrate impregnated with said gypsum. A proper thermal pack effect can be obtained simply by impregnating said sheet-like pack with water, applying said sheet-like pack on a predetermined portion where a cosmetic composition is applied, and removing said sheet-like pack solidified after a lapse of a predetermined time from said predetermined portion.