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S P E C I F I C A T I O N

FACE-WEARING HUMIDIFIER

TECHNICAL FIELD OF THE INVENTION

5 [0001]

The present invention relates to a face-wearing humidifier which can apply steam to a face during wear to exhibit a moisturizing effect on the face.

TECHNICAL FIELD OF THE INVENTION

10 [0002]

In Patent Publication 1 identified below, there is disclosed an invention concerning a steam-generating device for applying steam to the skin of the human body. The steam-generating device includes a steam-generating composition which discharges steam when metal powder is oxidized, and a temperature control member and a moisture-permeable sheet are disposed on a skin-side of the steam-generating composition. The temperature control member is formed of a nonwoven fabric, paper, apertured foamed plastic or the like, so that the steam discharged from the steam-generating composition is cooled by the temperature control member and then passes through the moisture-permeable sheet for subsequent application to the skin.

[0003]

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In Patent Publications 2 and 3 identified below, on the other hand, there are disclosed inventions concerning disposable body warmer and thermal plaster to be placed on the skin of the human body.

5 [0004]

In these inventions, a heat-generating composition which generates heat when metal powder is oxidized is divided into separate groups and housed in a flat bag which is wholly or partially formed of a stretchable sheet. In addition, the bag
10 can be adhered to the skin through a pressure-sensitive adhesive layer. When adhered to a joint of the human body, such a disposable body warmer and a thermal plaster can warm up the joint by the heat generated from the heat-generating composition, and because the heat-generating composition is divided into
15 separate groups, bending at the joint can be easily performed.

Patent Publication 1: Japanese Patent No. 3049707

Patent Publication 2: Japanese Unexamined Patent Publication
No. H07-213549

Patent Publication 3: Japanese Unexamined Patent Publication
20 No. H08-231386

DISCLOSURE OF THE INVENTION

PROBLEM TO BE SOLVED BY THE INVENTION

[0005]

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Patent Publication 1 discloses that a steam-generating composition gives steam to the skin of the human body such as scalp, shoulder, neck, face, buttocks, legs, hands and arms, or to the mucous membrane such as of eyes, nose and throat.

5 However, it does not describe how the steam-generating composition is shaped to fit contours of the face when used on the face.

[0006]

Patent Publications 2 and 3 disclose to divide the
10 heat-generating composition, which only aims at adhering the heat-generating composition to a joint of the human body to follow the bending motion at the joint without intending to enable the worn humidifier to easily fit contours of the face.

[0007]

15 The present invention is to solve the foregoing problems in the prior art and has an object to provide a face-wearing humidifier which is easy to fit contours of the face and prevents escape of steam applied to the face so as to improve a moisturizing effect.

20 MEASURE TO SOLVE THE PROBLEM

[0008]

According to the present invention, there is provided a face-wearing humidifier comprising a moisture-permeable

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skin-side surface sheet to be directed toward a skin, an outer surface sheet to be directed outward, and a heat-generating composition, wherein

the humidifier is symmetrical or generally symmetrical
5 about a longitudinal centerline and includes a central non heat-generating belt extending along the longitudinal centerline, a pair of inner heat-generating regions located laterally outside the central non heat-generating belt, lateral non heat-generating belts located laterally outside the inner
10 heat-generating regions and extending longitudinally in parallel or unparallel with the central non heat-generating belt, and outer heat-generating regions located laterally outside the lateral non heat-generating belts, wherein

the heat-generating composition for generating steam is
15 interposed between the skin-side surface sheet and the outer surface sheet in the inner heat-generating regions and the outer heat-generating regions, whereas the heat-generating composition is not present in the central non heat-generating belt and the lateral non heat-generating belts, wherein

20 with the skin-side surface sheet being directed toward the face and the central non heat-generating belt being located centrally and longitudinally of the face, the humidifier is deformable around the central non heat-generating belt and the

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lateral non heat-generating belts so as to follow the shape of the face.

[0009]

The face-wearing humidifier of the present invention is
5 allowed to easily bend at the central non heat-generating belt and the lateral non heat-generating belts. Even after the heat-generating composition is stiffened through oxidation, therefore, the non heat-generating belts enable the humidifier to be deformed to have a concave skin-side, following the contours
10 of the face. This results in inhibiting steam discharged into the space between the humidifier and the face from escaping to the outside, thereby providing a good moisturizing effect on the face skin for many hours.

[0010]

15 Also in the present invention, the humidifier may have a peripheral edge bowed laterally outward with respect to the longitudinal centerline, wherein an upper portion above a lateral centerline may have a larger area than a lower portion below the lateral centerline.

20 [0011]

Since the peripheral edge of the humidifier is bowed laterally outward and the upper portion has a large area, the humidifier is easy to fit the cheeks of the face, and also since

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the lower portion has a small area, the humidifier easily fits the region from mouth to jaw.

[0012]

Also in the present invention, at least the skin-side
5 surface sheet and the outer surface sheet may be joined together in the central non heat-generating belt and the lateral non heat-generating belts, and at least the skin-side surface sheet and the outer surface sheet may be joined together also in a given width of a peripheral belt extending all along the
10 peripheral edge.

[0013]

In the humidifier, since the flexible peripheral belt without the heat-generating composition is provided in a given width along the peripheral edge, the peripheral belt makes the
15 humidifier deformable to follow the contours of the face. Therefore the humidifier is less apt to form a gap between the peripheral edge and the face, which results in preventing escape of steam to the outside.

[0014]

20 Furthermore, in the present invention, the lateral belts in which at least the skin-side surface sheet and the outer surface sheet are joined together may be provided laterally outside the lateral non heat-generating belts to extend

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laterally below the outer heat-generating regions, wherein non heat-generating regions which are defined between the lateral belts and the peripheral belt and in which the heat-generating composition is not present may be provided below the outer
5 heat-generating regions.

[0015]

Since the non heat-generating regions without the heat-generating composition is provided below the outer heat-generating regions, the relatively flexible non
10 heat-generating regions are directed to the region below the cheeks and make the humidifier deformable to follow the hollow shape below the cheeks. This prevents formation of an excess gap between the humidifier and the cheeks, so that the steam is less apt to escape from between the humidifier and the cheeks.

15 [0016]

Also in the present invention, it is preferred that a foamed plastic sheet with steam passages passing through it from the top to the bottom and closed cells formed therein is disposed between the heat-generating composition and the
20 skin-side surface sheet.

[0017]

The foamed plastic sheet acts as a heat insulator which lowers the temperature of steam from the heat-generating

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composition so that the steam can be applied to the skin at an optimum temperature. In addition, the steam passages formed in the foamed plastic sheet allow a lot of steam to be discharged toward the face, as well as a rapid temperature rise of the
5 heat-generating composition to a desired degree when the humidifier is unpacked from a sealed package, because a lot of oxygen can be applied to the heat-generating composition through the steam passages.

[0018]

10 In the present invention, the heat-generating composition may comprise metal powder, a salt, a water retention agent and moisture.

[0019]

The water retention agent enables prolonged moisture
15 retention, which results in prolonged steam application.

[0020]

Further in the present invention, the heat-generating composition may comprise carbon for facilitating oxidation of the metal powder.

20 [0021]

The carbon facilitates oxidation of the metal powder, so that the heat-generating composition can be kept at a suitable temperature for many hours.

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EFFECT OF THE INVENTION

[0022]

According to the present invention, as has been described hereinabove, the humidifier containing the heat-generating
5 composition for steam generation easily comes into close contact with the face and steam is less apt to escape to the outside from between the face and the humidifier, so that the face can always be kept moisturized.

DESCRIPTION OF THE BEST MODE FOR WORKING OF THE INVENTION

10 [0023]

Fig. 1 is a rear view in which a disposable face-wearing humidifier according to one embodiment of the present invention is viewed from a skin-side to be directed toward a face; Fig. 2 is a cross-sectional view taken along arrowed line II-II of
15 Fig. 1; Fig. 3 is an enlarged sectional view of a heat-generating region; and Fig. 3 is a front view showing a state where the humidifier is worn on the face.

[0024]

Referring to Fig. 1, a humidifier 1 is symmetrical about
20 a longitudinal centerline Oy-Oy, with which the humidifier is separated into right and left portions, and asymmetrical about a lateral centerline Ox-Ox, with which the humidifier is separated into upper and lower portions.

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[0025]

The humidifier 1 is provided with a central non heat-generating belt 2 along the longitudinal centerline Oy-Oy. The central non heat-generating belt 2 is formed in a straight line of a fixed width. Laterally outside the central non heat-generating belt 2, inner heat-generating regions 3, 3 are located, and further laterally outside thereof, lateral non heat-generating belts 4, 4 are located to extend longitudinally. In the present embodiment, the non heat-generating belts 4, 4 run parallel to the central non heat-generating belt 2 and are longitudinally provided in a straight line of a fixed width. However, the non heat-generating belts 4, 4 may be formed in a straight line unparallel to the central non heat-generating belt 2 or in a curved line unparallel to the central non heat-generating belt 2.

[0026]

Laterally outside the lateral non heat-generating belts 4, 4 and in the upper portion, outer heat-generating regions 5, 5 are located. Below the outer heat-generating regions 5, 5 and laterally outside the lateral non heat-generating belts 4, 4, non heat-generating regions 6, 6 are provided.

[0027]

The humidifier 1 is shaped to have a peripheral edge which

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consists of upper peripheral edges 7a, 7a extending laterally outwardly from an upper end 8a located on the longitudinal centerline Oy-Oy along gentle convex curves, lateral peripheral edges 7b, 7b bowed laterally outwardly along convex curves with a smaller radius of curvature R1 than that of the upper peripheral edges 7a, 7a and lower peripheral edges 7c, 7c extending along convex curves with a larger radius of curvature R2 than that of the lateral peripheral edges 7b, 7b to a lower end 8b on the longitudinal centerline Oy-Oy.

10 [0028]

Thus, in the humidifier 1, the portion above the lateral centerline Ox-Ox has a larger area than the portion below the lateral centerline Ox-Ox.

[0029]

15 A given width of a peripheral belt 10 extends all along the upper peripheral edges 7a, 7a, the lateral peripheral edges 7b, 7b and the lower peripheral edges 7c, 7c. Moreover, lateral belts 11, 11 extend laterally between the outer heat-generating regions 5, 5 and the non heat-generating regions 6, 6.

20 [0030]

The inner heat-generating regions 3, 3 are enclosed by the central non heat-generating belt 2, the lateral non heat-generating belt 4, and the peripheral belts 10, 10 which

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respectively lie on top and bottom thereof. The outer heat-generating regions 5, 5 are enclosed by the lateral non heat-generating belt 4, the peripheral belt 10 and the lateral belt 11. Also, the non heat-generating region 6 is enclosed
5 by the peripheral belt 10, the lateral non heat-generating belt 4 and the lateral belt 11.

[0031]

As shown in the cross-sectional view of Fig. 2, the humidifier 1 is provided with a moisture-permeable skin-side
10 surface sheet 21 on the skin-side to be directed toward the face and a moisture-impermeable outer surface sheet 22 on an outer-side. In the inner heat-generating regions 3, 3 and the outer heat-generating regions 5, 5, a heat-generating composition 23 for generating steam is disposed inside the outer
15 surface sheet 22. On the skin-side of the heat-generating composition 23 is disposed a moisture-permeable inner sheet 24 for preventing leakage of the heat-generating composition 23, and between the inner sheet 24 and the skin-side surface sheet 21 a heat insulator 25 is interposed.

20 [0032]

The heat-generating composition 23 is provided only in the inner heat-generating regions 3, 3 and the outer heat-generating regions 5, 5. All the skin-side surface sheet

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21, the outer surface sheet 22, the inner sheet 24 and the heat insulator 25 are coextensive with the overall shape of the humidifier 1. In the central non heat-generating belt 2, the lateral non heat-generating belts 4, 4, the peripheral belt 10 and the lateral belt 11, on the other hand, the skin-side surface sheet 21, the outer surface sheet 22, the inner sheet 24 and the heat insulator 25 are stacked in layers and bonded together without the heat-generating composition 23.

[0033]

10 The skin-side surface sheet 21, the outer surface sheet 22, the inner sheet 24 and the heat insulator 25 are bonded together under pressure with a hot-melt adhesive applied therebetween. Alternatively, if the individual fabrics contain thermoplastic resin, they may be heated under pressure to be heat sealed at the belts 2, 4, 10 and 11. In the non heat-generating regions 6, 6, on the other hand, the skin-side surface sheet 21, the outer surface sheet 22, the inner sheet 24 and the heat insulator 25 are stacked in layers without being bonded together.

20 [0034]

Hence, the central non heat-generating belt 2 and the lateral non heat-generating belt 4, 4 function as a flexible belt, or both edges of the non heat-generating belts 2, 4, 4

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function as a flexible line. The lateral belts 11, 11 also function as a flexible belt or a flexible line.

[0035]

The skin-side surface sheet 21 may be a spunlaced nonwoven
5 fabric formed of rayon and pulp, rayon and cotton, etc., or a resin film formed with pores which allow passage of steam, such as polyethylene or polypropylene.

[0036]

The outer surface sheet 22 may be a moisture-impermeable
10 resin film, such as polyethylene or polypropylene film. In an alternative, there may be used an ethylene/vinyl alcohol copolymer (EVOH) or vinylidene chloride (PVDC) single layer film having air barrier function or a multilayer film containing it. In another alternative, a spunlaced nonwoven fabric or the
15 like may be laminated to the exterior surface of the moisture-impermeable resin film to improve the appearance of the outer surface sheet 22. In still another alternative, the outer surface sheet 22 may be a moisture-permeable resin film or a moisture-permeable nonwoven fabric. However, in order to
20 discharge steam effectively to the face, it is preferable that the outer surface sheet 22 is moisture-impermeable.

[0037]

The heat-generating composition 23 contains metal powder,

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a salt for corrosion and oxidation of the metal powder, and moisture. It also contains a moisture retention agent for prolonged moisture retention, as well as carbon for facilitating oxidation of the metal powder. The metal powder may be iron,
5 aluminum or zinc. The salt may be sodium chloride, potassium chloride, calcium chloride or magnesium chloride. The moisture retention agent may be vermiculite, calcium silicate, silica gel or silica. The carbon may be activated carbon, carbon black or graphite.

10 [0038]

The inner sheet 24 is a moisture-permeable sheet and provided inside the outer surface sheet 22 so as to prevent leakage of each constituent of the heat-generating composition 23. The inner sheet 24 may be a spunbonded nonwoven fabric,
15 a melt-blown nonwoven fabric or a composite nonwoven fabric in which a spunbonded nonwoven fabric, a melt-blown nonwoven fabric, and a spunbonded nonwoven fabric are laminated in this order.

[0039]

20 The heat insulator 25 has heat-insulating property due to air contained therein and also is permeable to steam discharged from the heat generating composition 23. In this embodiment, the heat insulator is made of a foamed plastic sheet. As shown

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in Fig. 3, the foamed plastic sheet has a large number of closed cells 25a and also a large number of steam passages 25b passing through it from the top to the bottom.

[0040]

5 The foamed plastic sheet, such as polyethylene foam sheet, polypropylene foam sheet or urethane foam sheet, has an expansion ratio of 20 to 30 times, wherein apertures having a diameter of 0.1 to 5 mm are formed with an aperture area ratio in the range of 5 to 60% to function as the steam passages 25b.

10 [0041]

Alternatively, a laminate of a plurality of spunlaced nonwoven fabrics or a laminate of a spunlaced nonwoven fabric and a paper may be used for the heat insulator 25.

[0042]

15 As shown in Fig. 2, the skin-side surface sheet 21 and the outer surface sheet 22 are bowed slightly outward in the inner heat-generating regions 3, 3, the outer heat-generating regions 5, 5, and the non heat-generating regions 6, 6. Therefore, a proper space is always created between the skin
20 and the skin-side surface sheet 21 when the humidifier is worn on the face.

[0043]

As shown in Fig. 4, the humidifier 1 is worn to cover

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across the jaw, cheeks and nose with the central non heat-generating belt set on the face axis or the ridge of the nose. When thus worn, the central non heat-generating belt 2 and the lateral non heat-generating belts 4, 4 function as a flexible belt to facilitate bending of the humidifier, so that the portion located between the opposite lateral non heat-generating belts 4, 4 can easily fit to the ridge and both sides of the nose. Further, since the lateral belts 11, 11 also function as a flexible belt, the outer heat-generating regions 5, 5 and the non heat-generating regions 6, 6 are allowed to be deformed in conformity with the shape of the cheeks from top to bottom, which results in easy fit to the cheeks.

[0044]

Here, since the peripheral belt 10 is soft and flexible, the peripheral belt 10 in contact with the face is less apt to give an unpleasant feeling. In addition, the peripheral belt 10 can easily conform to irregularities of the face to close the space between the face and the skin-side surface sheet 21.

[0045]

The humidifier 1 may be held by extending elasticized straps or strings from the lateral peripheral edges 7b, 7b to opposite sides and then hanging them on the ears or by wearing a conventional mask to cover the outer side of the humidifier

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1 being worn as shown in Fig. 4. In an alternative, an adhesive layer may be provided on a skin-side inner surface of the peripheral belt 10 so as to enable adhesion of the peripheral belt 10 to the face. In another alternative, the humidifier 1 may be held by hand in the state of Fig. 4 until applying steam to the skin is completed.

[0046]

The humidifier 1 is packed in a sealed bag formed of a moisture-permeable film or the like. The bag is unsealed before use and the humidifier 1 is taken out and worn on the face as shown in Fig. 4. When the humidifier 1 removed from the bag is exposed to air, the air is supplied from the skin-side surface sheet 21 through the heat insulator 25 to the heat generating composition 23; oxidation reaction of the metal powder generates heat and then moisture contained in the heat generating composition 23 and in the moisture retention agent turns to steam. The steam passes through the steam passages 25b of the heat insulator 25 and diffuses through the skin-side surface sheet 21 to be applied to the face.

20 [0047]

Here, since the heat insulator 25 has a heat insulating effect, heat generated by the heat generating composition 23 can be blocked to prevent extreme temperature rise in the space

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between the face and the humidifier 1, controlling the temperature preferably equal to or less than 50 degrees centigrade. Therefore, when steam is applied to the face, feeling too hot to the face skin can be prevented.

5 [0048]

As described above, since the humidifier 1 easily fits to the face so that the steam keeps high the humidity in the space between the face and the humidifier 1, the moisturizing effect can be performed on the skin, and also blood circulation
10 of the skin can be improved so as to be effective in facial beauty treatment and skin cleansing.

[0049]

Here, an additional moisture retention agent may be disposed in the heat generating composition 23 of the humidifier
15 1, or between the inner sheet 24 and the heat insulator 25, or between the heat insulator 25 and the skin-side surface sheet; a skin lotion, an aromatic substance, etc. may be present in the heat generating composition 23 of the humidifier 1 or between the inner sheet 24 and the heat insulator 25, or between the
20 heat insulator 25 and the skin-side surface sheet.

[0050]

Next, the humidifier 1 has a maximum width W1 preferably in the range of 180 to 300 mm and a longitudinal dimension H

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preferably in the range of 100 to 200 mm. However, this invention should not be construed as limited to the said dimensions.

[0051]

In the humidifier 1, oxidation of the heat-generating composition 23 liberates heat, which causes each material constituting the heat-generating composition to cling together and harden the inner heat-generating regions 3, 3 and the outer heat-generating regions 5, 5. However, the humidifier 1 can easily fit to the face's nose as shown in Fig. 4 if a width W2 between centerlines of the central non heat-generating belt 2 and the lateral non heat-generating belt 4 is set to an optimum size.

[0052]

In this regard, a fit test was carried out using an actually made humidifier of Fig. 1. The dimensions of the humidifier 1 were as follows: the maximum width W1 was 230 mm, the longitudinal dimension H was 135 mm, the radius of curvature R1 of the lateral peripheral edge 7b was 20 mm, and the radius of curvature R2 of the lower peripheral edge 7c was 65 mm.

20 [0053]

Various humidifiers were prepared with the width W2 between centerlines of the central non heat-generating belt 2 and the lateral non heat-generating belt 4 set to 10 mm, 20

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mm, 40mm, 60 mm or 70 mm, and applied on ten females' faces to conduct a sensory test for fit. Symbols "⊙", "o", "△" and "x" designated "fitting well", "fitting loosely", "neither fitting well nor badly" and "fitting badly", respectively. Test results were as follows:

10 mm: Evaluated as △ by five subjects and x by the other five.

20 mm: Evaluated as o by eight subjects and △ by the other two.

40 mm: Evaluated as ⊙ by eight subjects and o by the other two.

60 mm: Evaluated as o by seven subjects and △ by the other three.

10 70 mm: Evaluated as △ by five subjects and x by the other five.

From the above, it is seen that the width W2 between centerlines of the central non heat-generating belt 2 and the lateral non heat-generating belt 4 preferably falls within the range of 15 mm to 65 mm, more preferably within the range of 20 mm to 60 mm. In the case where the central non heat-generating belt 2 and the lateral non heat-generating belt 4 are unparallel, the preferred range of the mean width measured between centers thereof is the same as the above.

BRIEF DESCRIPTION OF THE DRAWINGS

20 [0054]

[FIG. 1] Fig. 1 is a rear view showing one embodiment of a humidifier of the invention from its skin-side.

[FIG. 2] Fig. 2 is a cross-sectional view taken along

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arrowed line II-II of Fig. 1.

[FIG. 3] Fig. 3 is an enlarged sectional view of a heat-generating region.

[FIG. 4] Fig. 4 is a front view showing a state where the humidifier of Fig. 1 is worn on the face.

IDENTIFICATION OF REFERENCE NUMERALS USED IN THE DRAWINGS

[0055]

- | | |
|-------|----------------------------------|
| 1 | humidifier |
| 2 | central non heat-generating belt |
| 10 3 | inner heat-generating region |
| 4 | lateral non heat-generating belt |
| 5 | outer heat-generating region |
| 6 | non heat-generating region |
| 7a | upper peripheral edge |
| 15 7b | lateral peripheral edge |
| 7c | lower peripheral edge |
| 10 | peripheral belt |
| 11 | lateral belt |
| 21 | skin-side surface sheet |
| 20 22 | outer surface sheet |
| 23 | heat-generating composition |
| 24 | inner sheet |
| 25 | heat insulator |

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C L A I M S

[1] A face-wearing humidifier (1) comprising a moisture-permeable skin-side surface sheet (21) to be directed
5 toward a skin, an outer surface sheet (22) to be directed outward,
and a heat-generating composition (23), wherein

the humidifier is symmetrical or generally symmetrical about a longitudinal centerline (Oy-Oy) and includes a central non heat-generating belt (2) extending along the longitudinal
10 centerline (Oy-Oy), a pair of inner heat-generating regions (3) located laterally outside the central non heat-generating belt (2), lateral non heat-generating belts (4) located laterally outside the inner heat-generating regions (3) and extending longitudinally in parallel or unparallel with the
15 central non heat-generating belt (2), and outer heat-generating regions (5) located laterally outside the lateral non heat-generating belts (4), wherein

the heat-generating composition (23) for generating steam is interposed between the skin-side surface sheet (21) and the
20 outer surface sheet (22) in the inner heat-generating regions (3) and the outer heat-generating regions (5), whereas the heat-generating composition (23) is not present in the central non heat-generating belt (2) and the lateral non heat-generating

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belts (4), wherein

with the skin-side surface sheet (21) being directed toward the face and the central non heat-generating belt (2) being located centrally and longitudinally of the face, the humidifier is deformable around the central non heat-generating belt (2) and the lateral non heat-generating belts (4) so as to follow the shape of the face.

[2] A face-wearing humidifier according to Claim 1, wherein the humidifier has a peripheral edge bowed laterally outward with respect to the longitudinal centerline (Oy-Oy), wherein an upper portion above a lateral centerline (Ox-Ox) has a larger area than a lower portion below the lateral centerline (Ox-Ox).

[3] A face-wearing humidifier according to Claim 1 or 2, wherein at least the skin-side surface sheet (21) and the outer surface sheet (22) are joined together in the central non heat-generating belt (2) and the lateral non heat-generating belts (4), and at least the skin-side surface sheet (21) and the outer surface sheet (22) are joined together also in a given width of a peripheral belt (10) extending all along the peripheral edge.

[4] A face-wearing humidifier according to any one of Claims 1 through 3, wherein lateral belts in which at least the skin-side surface sheet (21) and the outer surface sheet (22) are joined

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together are provided laterally outside the lateral non heat-generating belts (4) to extend laterally below the outer heat-generating regions (5), wherein non heat-generating regions (6) which are defined between the lateral belts (11) and the peripheral belt (10) and in which the heat-generating composition (23) is not present are provided below the outer heat-generating regions (5).

[5] A face-wearing humidifier according to any one of Claims 1 through 4, wherein a foamed plastic sheet with steam passages (25b) passing through it from the top to the bottom and closed cells (25a) formed therein is disposed between the heat-generating composition (23) and the skin-side surface sheet (21).

[6] A face-wearing humidifier according to any one of Claims 1 through 5, wherein the heat-generating composition (23) comprises metal powder, a salt, a water retention agent and moisture.

[7] A face-wearing humidifier according to Claims 6, wherein the heat-generating composition (23) comprises carbon for facilitating oxidation of the metal powder.