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A B S T R A C T

[ABSTRACT]

[OBJECT] Disclosed is a humidifier having a heat-generating
5 composition for generating steam, the humidifier being permitted
to easily fit to the face, keeping high the humidity in the
space between the face and the humidifier for many hours.

[MEASURE TO ACHIEVE THE OBJECT] A central non heat-generating
belt (2), which functions as a flexible belt, is provided between
10 inner heat-generating regions (3, 3) containing heat-generating
composition; and lateral non heat-generating belts, which
function as a flexible belt (4, 4), are provided between the
inner heat-generating regions (3, 3) and outer heat-generating
regions (5, 5). The humidifier can easily fit to the face through
15 deformation of the flexible belts. Thus, the face can be kept
moisturized by steam discharged from the inner heat-generating
regions (3, 3) and the outer heat-generating regions (5, 5).

[REFERENCE DRAWING] Fig. 4