

MARY THE ON HEALTH & BEAUTY



HEALTH
&
Beauty

International beauty expert Mary The's passion is to inspire and inform, to focus people's attention on their overall health and well-being. She treats and counsels an exclusive clientele of business and political leaders and noted celebrities at her beauty centre on the prestigious Maiden Lane in San Francisco, next to the Chanel and Yves Saint Laurent boutiques. Mary has been featured on television news shows and in prominent national magazines such as Town and Country, Elle, Harper's Bazaar, Allure, and Get Up & Go!

Winterizing Your Skin

As the seasons change, so does our wardrobe. But what do you do for your skin? As the largest organ of our body, the skin has many functions. It protects against the elements, transports oxygen and nutrients into the body, removes toxins through sweat and is a key sensory organ. Yet, our endless expectations make us want a flawless look at all times. How easy it is to forget that our skin is alive, with its own unique needs!

I can't emphasize enough how important it is for all of us to become more aware of our skin's needs, especially for water. For example, if your skin feels tight and begins to peel, this can be a sign of dehydration. If the skin becomes even drier, spot rashes or contact dermatitis may result - warning signs that your daily routine needs updating.

When exposed to harsh weather conditions, unprotected skin literally suffers and needs special care in your daily regimen. Some suggestions. Reduce or completely avoid the use of any harsh products, such as scrubs. They disturb your skin's ability to protect the body properly. Exfoliation



For international beauty expert and writer Mary The health and well-being are a passion.

This is the first in her new series for Shanghai Talk.

should be used sparingly - only as needed, as the newly uncovered skin will have a harder time protecting itself from pollution, wind, the sun, and the cold. Salon procedures, such as microdermabrasion, that cause trauma to the skin should also be done with caution and followed by proper skin support and protection at home.

As we begin to layer our clothing, our skin also needs extra layers of protection. Choose products that will nourish your skin, and not just cover up. Use of serums, for example, is particularly effective, after which you will want to seal the skin with appropriate moisturizers. The texture of your moisturizer is very important. Just as you will want to use your fur coat in very cold weather, your skin needs a heavier or a greasier cream. Oils may also be useful. Plant-based oils are light, while animal-based ones are heavier.

Here are some skin treatment suggestions for your daily routine. But do remember to regularly re-evaluate your daily routine:

- Cleanser - if your cleanser leaves the skin feeling tight and dry, change to a milder one.
- Toner - must not be drying. Even if you need an oil-controlling toner,

consider using it once a day, instead of morning and night.

- Serums - the older our skin, the more it needs support from serums with the highest concentrations of nourishing active ingredients.
- Moisturizers - essential, as discussed above.
- Sun protection - always a must, if we care about pigmentation (freckles) and skin cancer.
- Mask - can be used alone or on top of a serum. Choose a non-drying mask, preferably with soothing, calming and nourishing ingredients.
- For the eyes - an eye serum followed by a light eye cream will help ease the signs of time. If you feel that you need more personal guidance, please consult a skin care specialist. An occasional salon treatment can be very helpful, especially in times of transition, like seasonal changes.

Appreciate the many choices presented to us today. There is so much to learn and experience. The challenge for us is to avoid being overwhelmed. We live in exciting times, so we need to learn how to balance the power of modern technology with ancient wisdom and common sense. To honor ourselves, to appreciate who we really are, we must choose wisely for ourselves.