

## XUAN SE

January and February, 2006

### Q&A by Mary Thé

*Recently, I often have tooth-ache– maybe I am going to have my first wisdom tooth. What can I do to relieve the pain? What kind of food can I eat better for my teeth?*

It sounds like you might want to check your teeth with a dentist. You might have some cavity and need a filling. Normal growth of wisdom teeth should not cause too much problem. If they are growing sideways, it can be a problem. This is something that the dentist should be able to see through an X-ray. Relieving the pain by biting on a clove is only a temporary solution. Your teeth need some serious attention from you. Soft food will likely be more comfortable for the inflamed tooth and avoid all sweets as it will prolong the inflammation.

*My mascara is red, so I choose the pink eye shadow for myself, but it seems quite difficult to make a perfect match. Even worse, they make my eyes swollen. Can you tell me what's the problem here?*

Using red mascara is somewhat unusual. I am sure you chose it for fun as a fashion statement, as red mascara normally is not used to help enhance your own eyes. Aside of that, if any product makes you swollen and irritated, it is a sign that your skin is inflamed, maybe due to an allergy. Your skin might be sensitive to the color that is used or other ingredients in the product. I strongly suggest to stop using them. Try to use most common colors for mascara from reputable brand. Do remember, mascara is a great place for bacteria to multiply. If used regularly, please throw them away every 4-6 months. Trying mascara testers in stores is very risky as so many people are trying them on and put the brush back with their bacteria into the mascara. This is how people can innocently develop an eye problem.

*What kind of perfume is best for winter?*

Perfume is a very personal preference. Some of us like it flowery, some like it more fruity. Often in the cold winter months, we choose something mustier or spicier. However, more importantly your perfume should represent how you feel, who you are as a person and not just the season. Most people choose to have two different perfumes. One for more formal events, one for more casual and fun events.

*Do I have to pay more attention to my neck in autumn and winter? If I do, how?*

Absolutely. My father used to tell me: A woman without a neck is like a flower without a stem. That is absolutely true. Today, we see so many mature ladies, who have had a face-lift and their

neck shows their age. They have to wear a turtle-neck or scarf all the time. In all my career life, I have always encouraged all of my clients to take care of the face and neck daily. Use whatever you use on the face also on the neck. Sometime, the neck may require a richer cream in winter time. If your neck feels dry and the skin shows it, absolutely give it support right away. As this is how unconsciously we allow our skin to age faster.

***I swim everyday, but I don't know whether the water will be harmful to my hair and my skin. What should I do?***

Indeed, swimming pool water is normally chlorinated to keep them clean. Chlorine is not so great for the skin and hair. They are not easily washed off with a normal shampoo. Before you enter the swimming pool next time, you might consider the following steps to avoid build up of chlorine on your skin and hair. For the face, apply a thicker cream or any waterproof sunscreen. For the hair, wet it and apply thick conditioner thoroughly. Wear a swim cap when possible.

***If I am pregnant, which skin care products can I use, and which ones should I avoid? Can I use make-up?***

Most normal skin care products over the counter are safe to use during pregnancy. Stay away from those prescribed medicated creams. They have too high percentage of chemicals that you might not want to be absorbed into your system. Stay away from products that are effectively lightened the skin. As they may contain some toxic chemicals.

***Can I use the facial scrub in autumn? You know it's so dry here in Shanghai.***

Everything is about balance. I am not against using scrub in autumn or winter. More importantly is not to overdo it. You might be able to use facial scrub more often in the hot humid weather, but a lot less in the winter. Also, your skin will need more support and protection right after a scrub, as the skin is less able to protect itself from wind, sun, dry air and pollution.

***It seems that I have already passed the acne growing period, but how can I get rid of them completely.***

You might need to check your skin care products. Are you still using the same products that you were using when you had your acne? Sometime, those products can make the surface of the skin too dry and it does not allow the waste product that goes out through the skin, to come out freely. This also can cause some acne. Learn to listen to the message of your skin and adjust the skin care products accordingly.

***My hands and feet (extremities) are always cold in winter, it troubles me a lot. Could you tell me why and how can I prevent it?***

Many women have this issue. It can be hormonal, but most of the time it is from lack of

circulation. Exercise, especially weight bearing exercise can help a lot, as it boost circulation. This does require real discipline, as it is of no effect if done only from time to time. It is obvious the body needs it and you, the owner, are expected to provide.

***My eyelashes are not long enough. Besides using mascara, are there any other ways to make them look longer and thicker? Removing the mascara every night is really a big trouble for me.***

If removing mascara is the main trouble look into cream mascara. Avoid using waterproof mascara as they are more troublesome to clean. It is important to clean mascara daily, to avoid build up which can contribute to fall out eye lashes. All other method will still require daily cleaning. Such as the usage of silk fibers to help thicken eye lashes appearance, to be applied prior to mascara. Today, there is also individual eye lash extension. This is very comfortable and look very natural. It can make your eye lashes considerably longer. However it require regular visit to a professional as you will need to have them filled every two weeks or so, as your lashes naturally falls out regularly. Certainly this can be the best solution, but at a much higher cost.



MaryThé

作为美国介绍美容、护肤、抗衰老产品的先锋，MaryThé在Town and Country, ELLE, Harper's Bazaar, Allure等各大国际媒体上都有专门报道。她坐落在旧金山著名的Maiden路上的美容中心吸引了很多两国商业人士、政要领导和各界名流。

在指导你如何保持美丽的同时，她还提醒你注意全面的健康和幸福感受。想知道更多的信息，请登陆网站：www.marythe.com

还是一种生活方式。  
「护肤不仅是做脸，」

# Ask MaryThé 第18回 扮靓宝典 美丽课堂

静物摄影/Michael Tso



摄影/彬彬



摄影/彬彬



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## 简单方便的颈部操，不仅能美化颈部，更可缓解颈部的疲劳

**Step1:** 前后活动头部。向前要达到胸部，向后让头部与身体成直角。**Step2:** 侧向活动脖子。向左右两侧交替转动，使它的侧面肌肉充分得到伸展。**Step3:** 全方位转动脖子。用头部划大圈带动头部，向右转完，再向左转。**Step4:** 用拇指与食指从锁骨开始向上夹提肌肤，直至下巴，以促进血液循环，防止细纹的产生。

## 冬天穿高领，那脖子还需要护理吗？如果要，该怎么护理呢？

绝对需要。由于颈部油脂分泌较少，平时活动又很频繁，难以保持水外，所以极易干燥，产生皱纹。因此，经常的保养按摩，都是让颈部肌肤年轻有弹性的好方法。

颈部往往是清洁的死角。常常上妆时不会忽略颈部，可卸妆就忘到九霄云外。除了每日必用洗面奶清洗之外，每周最好再使用具有紧致、补水功能的面膜，15-20分钟即除后，拍上紧肤水或保湿液，这样才能对颈部皮肤做到彻底的清洁。当颈部涂上保养品后，记得要用中指与无名指一起，右手按摩脖子左边，左手按摩脖子右边，由下往上打圈轻拍的方式按摩直至肌肤完全吸收营养。

**推荐产品：**1 功能紧致提拉精华液(Guérant) 800元  
2 紧致肌肤双效保养霜(Lancôme)745元 3 颈霜(佰草集) 230元

## 冬季皮肤干燥，我还能使用磨砂膏按摩去除老化角质吗？会伤害面部肌肤吗？

平衡是关键。我不反对在秋冬季节使用磨砂膏，只是不要做得太过，按照自己皮肤的需要，一周两次左右就足够了。因为这种物理性的去角质方法，也可能将未老化的角质一并磨去，令皮肤变薄，所以，用磨砂膏时动作一定要非常轻柔。使用过之后，皮肤会很脆弱，若是早晨出门前做，风沙、紫外线、污染等都会刺激娇嫩的肌肤。因此最好晚上做，涂抹一些保养品之后入睡，最大程度地让肌肤恢复自身的抵御力。

**推荐产品：**4 海洋矿物磨砂膏(-H2O+) 240元 5 面部深层磨砂膏(Clarins) 335元

## 我好像已经过了长痘痘的年纪，可为何总是发个不停，有什么好办法吗？

我觉得你最好check一下自己的护肤产品。因为经常长痘痘，本想用清洁力强的洁面乳和控油产品让自己的皮肤变得清爽，但事实却并不让人愿，这是为什么呢？人皮肤表面有一层由脂质和水分组成的皮脂膜，对皮肤有保护作用，而对容易长痘痘的皮肤来说，皮脂腺分泌功能较旺盛，如果将表面的皮脂洗得过于干净，只会刺激皮脂腺分泌更多的皮脂，反而让皮肤变得更油，效果适得其反。所以痘痘皮肤只需要温和的清洁，使用具有有良好的保湿效果产品就够了。

**推荐产品：**6 新活肤持久水(Exotherm) 425元 7 宛若新生柔肤精华霜(Clinique) 新品 8 立涸保湿爽肤水(La Roche-Posay) 168元

## 为了保持身材，我每天坚持游泳，但似乎非常损伤我的发质与肌肤，该怎么才好呢？

最伤害发质与皮肤的，是游泳池中的氯气。而且，遗留在头发上的氯离子，不会随着普通的洗发水轻易洗去，所以预防变得尤为重要。去游泳之前，必须做一些准备工作：在脸上与身上涂上厚厚的面霜或防水的防晒产品；然后把头发弄湿，彻底涂上护发素或焗油膏，使之在头发的表面形成一层薄薄保护层，再戴上泳帽，最好用橡胶材质的，它弹性大，能将头发紧紧包住，不易进水。游泳后，先将头发彻底冲洗干净再梳头，以防水中杂物与梳头时产生的摩擦而对发丝造成损伤。

**推荐产品：**9 纤弱发质洗发乳(Kerastase) 145元 10 纤弱发质护发霜(Kerastase) 430元

## 用红色睫毛膏好像很难搭配。更糟糕的是，每次使用过后，我的眼睛就会红肿一两天，是过敏反应吗？

选择红色睫毛膏，非常时尚。不过我想，这个颜色，不如黑色睫毛膏有增大、提亮眼睛的效果。而且确实不容易搭配。用在脸上的色彩过多，反而会适得其反，毕竟生活妆不像舞台上那么浓艳。

如果眼睛会有水肿现象，那我强烈建议你停止使用这支睫毛膏。因为睫毛膏的刷头很容易滋生细菌，如果频繁使用，那最好4-6月后就更换新的。在商店里也千万不要试用装，因为那里的刷头不会定期清理，会有许多细菌。这就是为何许多人会无缘无故眼睛水肿的原因了。

**推荐产品：**11 浓密卷翘睫毛膏(YSL) 250元 12 调羹睫毛膏(Opéra) 59元

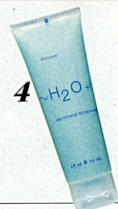
## 美容问题大募集

任何你想知道的美容问题，欢迎来信或电子邮件，让《炫色》和MaryThé帮助你提升美丽指数！

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## 食补，令秀发更健康！

如果经常游泳，在这期间要常吃些黑豆、玉米等植物蛋白较高的食物，以及莴苣、卷心菜、花菜等富含维生素E的蔬菜，以保护头发的光泽。此外，吃些核桃、鸡蛋、芝麻等还可以防止头发干枯分叉。

