

如果将痘痘比喻为活火山，那么黑头就好比是死火山。听身边的朋友同事都在抱怨黑头难处理，似乎这已成为面部保养中最大的问题，不能彻底清除的确非常棘手。我们搜集了几封很典型的读者来信，听听MaryThé是怎么说的吧。

摄影/彬彬 插画/Ring

# 吸挤洗贴，烦人黑头全光光



## 本月烦恼

最近突然发觉鼻子上多了许多黑乎乎的东西，我也不知道是不是朋友们说的“草莓鼻”，反正我尝试了许多办法，似乎都不太奏效，什么鼻贴啊，吸黑头笔啊，蒸面膜啊，那些顽固的小家伙们就是赖着不出来，真是没办法了，只能求救MaryThé啦！！

**Q2 挤黑头是在家做好呢，还是去美容院做？如果我要自己做，用蒸汽会有用吗？** (读者：嘉琪)

我认为不管使用何种方式，都不要在家自己尝试清除黑头。唯一正确和安全的方法是前往信誉良好的美容院解决这一问题。因为，在那些正规的美容院里，受过专业培训的美容师会为你手工去除黑头。事前使用蒸汽蒸一蒸面，会令毛孔自然张开，除了有助于排出毒素外，也有助于清洁。要是清除完黑头后，用冰冻蒸馏水或爽肤水敷于鼻子和T字部位，还能镇静皮肤，收缩毛孔。

### Tips:

不少皮肤细腻的人在使用黑头鼻贴后感觉很痛，这与鼻贴需要以水来产生黏力有关。要么是使用时涂了太多的水，产生的黏力太大；要么是贴在鼻子上的时间太长，等到黏力很强时才扯开，当然会痛，尤其是中、干性皮肤的人感觉就更明显了。或者不妨试试二合一的产品，先贴上鼻贴软化角质层，再用去黑头面膜敷在鼻上，然后撕去。还可用于T字区的其他部位，如下颌和额头。

**Q1 我试过很多方法来缩小毛孔、减少黑头，但效果并不怎么样，现在都不敢接近朋友。而且好像有扩展到鼻梁上的迹象了，怎么办啊？** (读者：hongzixie)

黑头最常出现的地方是以鼻子为中心的T形部位。因为那是脸部油脂分泌量最大，毛孔最容易堵塞的地方。黑头出现的必然原因是毛孔来不及将大量的油脂迅速排出皮肤表层，再加上空气中的尘埃、污垢和空气的氧化作用而使其接触空气的一头逐渐变黑。

尽管你没有具体描述你是使用何种产品、哪种类型的面膜来减少黑头，但很有可能是因为你的方法刺激性太强，导致情况恶化。可能这也是黑头不断扩散的原因。在饮食方面尽可能避免摄入酒精、咖啡、浓茶等刺激性强的饮料和食品。当然在去除黑头之后，更重要的是要注重平时的皮肤清洁和深层清洁保养，以减少黑头的发生率。

- 1 深层洁净按摩啫喱 (Shiseido) 190元
- 2 纯净立显面膜 (Chanel) 350元
- 3 净肤面膜 (Dior) 330元
- 4 深层清洁面膜 (Estée Lauder) 300元
- 5 清透毛孔洁面乳 (Olay) 26元
- 6 清鼻巾 (小久保) 49元
- 7 黑头洁净面膜 (Fancil) 150元



# MaryThé美容研修班 解决阻碍美丽的一切烦恼

第9回

“护肤不仅是做脸，还是一种生活方式。”

作为美国介绍美容、祛斑、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跨国商业人士、政治领导和各界名流。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](http://www.marythe.com)



MaryThé

**Q3 听说市面上有种能吸出黑头的笔，但又怕会使鼻子上的毛孔变得越来越大，有什么更好的方法吗？** (读者：徐晓霞)

市面上有好几种专业仪器能帮助吸出黑头。如果你说的是那种在末端有个小孔的长金属棒，那么你必须认真看清使用说明，因为错误的用法会伤害你的肌肤，导致发炎，而留下疤痕。这种仪器能强力吸出黑头，经常重复使用，的确会使毛孔壁失去原有的伸缩力，而看上去越来越大。所以我建议，最好少用这类仪器。

### Don'ts:

★ 若你有用手挤压黑头的习惯，赶快停手吧，那会严重损伤你的皮肤结缔组织。而且指甲内易藏细菌，容易引致皮肤发炎，使得毛孔孔变大。

### Does:

- ★ 鼻贴法：鼻贴表面附有水溶性黏胶，通过黏力将黑头除去。但这种方法对深层的黑头无能为力，有时，清洁后的鼻部表层依然可见没有除掉的黑头。
- ★ 磨砂法：使用磨砂膏先将鼻子弄湿，然后用磨砂膏在鼻子部位轻轻打圈，让黑头随外力排出。不过此法对于比较顽固及大颗粒的黑头效果不大，只适用于细小形态的黑头。



**Q4 我听说用婴儿油能去除鼻子上的黑头，这招管用吗？** (读者：贝贝)

据我的个人经验，我从未听说过用baby油去除黑头的方法。而且我觉得这招未必行得通，因为婴儿油中含有矿物油，其油分可能会引起毛孔堵塞，使情况变得更糟。

**Q5 我脸上的毛孔很明显，而且还有略微的鼓起，能看到一点点的脏东西在里面。是否是因为我平时的洁面产品不够深入呢？** (读者：PIP)

一般说来，有黑头是很正常的。没有一种洁面产品能深入到清除毛孔中的黑头。听上去你的肤质是偏油性的，最好使用洁面啫喱或是洁面泡沫清洁肌肤。冬季时节则选择保湿的洁面乳。如果你发现肌肤格外油腻，可以通过使用不同的产品来控制这种情况。例如，成分中含乙醇酸或是维生素A，但必须知道怎样有效地使用才不会导致皮肤变得太干燥。

编辑推荐：用温水洗脸，然后用热毛巾敷在鼻子上，并轻轻挤压，能将新生或不是太顽固的黑头有效清除，而且不会红鼻子哦！非常之有效。



## 美容问题大募集

任何你想要的美容问题，欢迎来信或电子邮件，让《炫色》和MaryThé帮助你提升美丽指数！如果你的问题被我们选用刊出，还有获得时尚礼品以及试用新产品的机会哦！

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本期问题被选用者将获得Red Earth提供的彩妆一份



## **“XUAN SE” Q&A ~ May 2005**

by Mary Thé

### **Keeping it Clean – Skin Care Solutions**

***Q1 I heard that baby oil can remove blackheads on the nose. Is it true? If so, how do you use it?***

Personally, I have never heard of baby oil being used to remove blackheads on the nose. This idea actually does not make sense, since baby oil contains mineral oil, which some people think contributes to clogged pores.

***Q2 I have seen several kinds of pencils on the market that can suck out the blackheads. I haven't tried them yet because my friends told me that this will make my pores become bigger and bigger. Are there some good ways to remove blackheads and clean my pores?***

There are several professional instruments available to help extract blackheads from the pores. Are you referring to a comedo extractor, or a blackhead remover? It looks like a long metal wand with a little hole in the end? If this is what you are talking about, you need to be trained in how to use this instrument correctly. Improper use can easily damage your skin, causing inflammation and infection, which can lead to scarring. This device is designed specifically to force blackheads to spurt explosively out of the pores. Repeatedly doing this treatment can indeed cause some of the walls of the pores to lose their elasticity, therefore resulting in the pores looking bigger. Altogether, using this device may cause more trouble than benefit for you.

Today, only a few schools of aesthetics (skin care) teach proper manual extraction to clean pores, even in the US. In my salon, all of our aestheticians are carefully taught how to do this essential and basic treatment thoroughly. Unless you can find a skin care professional who is trained and experienced in doing this, perhaps the best course of action is not to try to remove blackheads yourself. Remember, Asian skin is damaged very easily and these marks last much longer.

***Q3 The pores on my face are very visible, and a little bit plumped up. I can see some ugly things in each of them. Is my everyday cleanser unable to work deep enough?***

No cleanser works deep enough to remove blackheads in the pores. The condition of your skin sounds like it is a bit oily. You might want to consider using a cleansing gel or a cleansing foam to clean the skin better. In the Winter season, choose a cleansing cream, which tends to be less drying. If your skin cleanser is

too drying, that can contribute to breakouts, because your own oil will not flow out easily from your pores.

Generally, having blackheads is normal. If you feel that your skin is abnormally oily, you can control this condition with many different types of products, such as those containing Glycolic Acids or Retinol. But you need to know how to use these products effectively, applying just enough to keep the skin from becoming too dry.

***Q4 What are the correct steps to squeezing out blackheads? Should I go to the beauty parlor or do it at home? If I do it myself, would it be helpful to use a vaporizer first?***

As mentioned above, my recommendation is that you not try to remove your own blackheads at home, regardless of what technique you might use. The only proper and safe way to treat this condition is to go to a reputable skin care salon where a properly trained aesthetician can do a manual extraction for you. Using a vaporizer can only help relax the clients. As soon as the vaporizer is turned off, the cooler room air will tighten up the pores again in just a few minutes.

***Q5 I have used an instrument that can reduce blackheads and masks to minimize pore essence, but the effect is not good enough. "Strawberry nose" makes me feel awkward, and now it has spread to the bridge of my nose. SOS!!!!***

Although you have not described exactly what type of instrument you are using to reduce your blackheads and what kind of masks, it is possible that your treatment might be too harsh, actually making the strawberry nose condition worse. This could also explain why the condition is beginning to spread.

The strawberry nose condition may also be hereditary. The best treatment is to avoid alcohol, coffee, tea and sugar, as these aggravate the inflammation. Make sure you also use sunscreen at all times, since this kind of nose is particularly sensitive to the temperature being either too hot or too cold.