



MaryThé

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

还是一种生活方式。
「护肤不仅是做脸」，

Ask MaryThé 第15回 扮靓宝典 美丽课堂

静物摄影/彬彬



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化妆前切勿使用面膜！

很多女孩在化妆前先敷面膜，以为可增加化妆品的贴面效果。其实皮肤需要一段时间才能完全吸收面膜的营养，做完面膜后皮肤会变得较为滋润，在这个时候化妆反而会减低粉底的贴面程度。

怎么用保湿喷雾，是直接喷还是用化妆棉？这对皮肤保湿真的有效吗？可不可以用在化妆的脸上啊？

首先，我想说的是保湿喷雾并不能取代任何保湿面霜等产品。它们一般由天然矿泉或温泉水构成，并含有大量的矿物质和微量元素，除了能够对肌肤进行随时随地的补水滋润，更能够调节肌肤水油平衡，舒缓肌肤压力，抵抗过敏现象，增加肌肤的天然保护功能。

在特别热或干燥的日子里，随时用保湿喷雾会帮助肌肤及时恢复生气，立即感受到清爽和畅快。直接喷在脸上或身上任何地方都可以，然后用干净的手在脸上拍匀，或者用纸巾贴在脸上，吸取未被肌肤吸收的多余水分，否则它会带走你皮肤本身的水分。

此外，喷雾也是补妆时一个方便的工具，出油脱妆时喷一下，就不用担心肌肤变干而上不了妆，以及浮妆的问题了。

推荐产品：1 水嫩保湿喷雾 (Clinique) 280元 2 矿泉水喷雾 (Evian) 30元 3 深层海洋水 (Shu Uemura) 150元

当我用面膜敷脸时会感觉皮肤有些刺痒，我开始以为是过敏，但朋友告诉我是因为我的皮肤长期缺乏营养，是真的吗？

由于面膜的成分不同，有些产品会让你的面部有刺痒的感觉，这在现在相当普遍。由于许多面膜中含有活性成分诸如某些酸类，这是导致刺痒的原因之一。与皮肤长期缺乏营养并无直接关系。当然，有时候，也可能是由于皮肤过于干燥而引起的。但无论如何，如果脸部一直感觉刺痒，请立即将面膜清除并停止使用。

推荐产品：4 晶白净化on/off面膜组合 (Biotherm) 1095元 5 爽洁面膜 (佰草集) 60元 6 护肤面膜 (SK-II) 660元/6片

我的经期总是很不正常，有时半个月就会来一次，而且小腹疼痛，请问有什么好办法吗？

一般女性的月经周期是28~30天，而且，月经容易受多种因素影响，所以提前或延后3~5天，也是正常现象。月经不调会随着发育成熟而逐渐好转。但是如果按照你所说的，半个月就来一次，极有可能是荷尔蒙导致的问题，生活习惯、压力等都会影响荷尔蒙的分泌。对于痛经，精神因素往往是主要的，大多数可以通过消除精神上的恐惧、焦虑，增强体质而解决。但是如果疼痛得厉害，那最好向你的妇科医生咨询，查出原因，并在医生指导下服一些止痛药。

电脑辐射对于皮肤真的有伤害吗？

电脑显示器，尤其是今天的液晶显示器的辐射危险已远不如以前的显像管显示器那么多了。大部分电器或用电的产品，一般人们会认为对身体有影响，其实，它所产生的磁场，对人身体的危害是非常小的。我认为，在健康方面，最受影响的是眼睛的损耗和不正确的姿势所导致的背部和颈部的疼痛。因此，坐在电脑桌前，每隔1个小时左右，就可以简单活动一下你的颈部：身体保持正直且紧靠椅背，双臂紧贴身体，双手平放在膝盖上，然后：向前耸肩，回复；向上耸肩，回复；向左、向右、向前、向后慢慢转头；向前伸下巴。每个动作重复10~15次。这些动作可以缓解疲劳状态，帮助血液循环通畅，恢复精力。

如何快速补妆，能介绍一些简单又易行的方法吗？

日常的补妆，一般只需要补点散粉和唇膏、唇彩就可以了。具体方法如下：

Step1: 用吸油面纸按压，吸取多余油脂。如果不清除表面多余油分，再上底妆会浑浊不堪；**Step2:** 均匀喷上保湿喷雾，尤其对长久呆在空调房内的肌肤，保湿喷雾能瞬间舒缓干燥紧绷的肌肤；**Step3:** 用手掌轻按全脸，手的温度能加速水分的渗透吸收。最后用面纸吸掉表面无法吸收的多余水分；**Step4:** 用粉扑蘸取蜜粉或散粉轻按全脸，在特别容易脱妆的地方多补些；**Step5:** 最后再刷上点晶亮唇彩即可。如果眼影变淡，也可适当补些上去。

推荐产品：7 靛彩清透粉饼 (Estée Lauder) 350元 8 幻彩流星粉珠 (Guerlain) 410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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头发也要补妆：

补好妆，恢复精致妆容，头发却乱糟糟的可不行。现在专业美发品牌Matrix带来全新前卫造型产品——TRIX趣可丝，它共有三个系列“固定”、“光泽”和“塑型”七款产品。任何一款，就如玩具一般，易于使用，随时随地即可轻松塑造出想要的发型。乱发，快速搞定！

推荐产品：9 趣可丝创意啫喱发蜡 (Matrix) 10 趣可丝亮发丝乳 (Matrix)



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XUAN SE

November 2005

Q&A by MaryThé

Q.1 Can you tell me some easy ways about how to fix my makeup during midday, include foundation, eyeshadow, blush, etc.?

For routine touch-up during the day, while at work or going to lunch with a friend, touch up your lipstick and powder the face lightly if additional coverage is needed. Otherwise, use some rice paper to remove the oil that causes excess shine on the face. If the color seems to fade due to humidity, feel free to add more eye shadow and some rouge too. There is no need to wash everything off and start all over again several times a day, except if you have to go for a party in the evening. Of course at that point, you might want to take a shower and wash yourself completely clean and start the make-up all over again. Applying make-up should be fun, but feeling that you have to look perfect all day will surely take the fun away. There is more to life than having to look perfect all the time.

Q.2 How to use moisture spray? Spray directly or use some cosmetic cottons? Do they really have effect on the skin? If I am wearing make-up, can I use it? How to?

Moisture spray is not a replacement for any skin moisturizer products or creams. They offer a gentle refreshing, which feels great on a hot or dry days. Spray directly on the face or anywhere you desire to use it; there are no limits where you can use it. You may use it on top of make-up; sometimes people purposely use it to set the make-up when the top layer is a powder.

Q.3 When I am masking, I feel itching like something stinging my skin, I thought it may be allergy. But my friend told me it is because my skin is lack of nutrition for really a long time. Is that true?

Depending on the contents of the mask, you may experience some itching or stinging on the face. Today, this can be quite common, since many mask products contain some active ingredients such as acids, that may contribute to the stinging sensation. The uncomfortable feeling has nothing to do with the skin lacking nutrition. Certainly, sometimes, the discomfort can also mean the skin can't tolerate the mask, possibly due to other reasons, such as the skin being too dry. Your own instinct will give you the most accurate feedback. If you think you may have an allergic reaction, please wash the face as soon as possible and stop using this particular product. Always trust your instinct. As you listen to it more, it becomes even more accurate.

Q.4 Is computer radiation really harmful for the skin?

Computer monitors, especially flat-panel displays, today no longer present the radiation danger originally associated with the old CRT (cathode ray tube) technology. However, all electrical and electronic products do produce electromagnetic fields, which some people believe can affect human bodies. The effects are likely to be very small, so any possible harm would result from long, extended periods of exposure. A more immediate risk to health is eye strain, poor posture leading to back or neck pain, and poor ergonomics, leading to problems like tendonitis. Pay attention to what your body tells you. You might be surprised at what you'll learn.

Q.5 What is the best structure of dietary for preventing fat accumulating in the body?

There is really no secret to staying slim, we have always known it all along, but refuse to exercise self control. Everything is about balance. Our body normally tells us, when we have eaten enough. Our body tells us when the food is not agreeing with our body. If we choose to ignore that, due to our own desire to eat more or due to the temptation of food we can't ignore, who is responsible if we become overweight? It is very easy for us not to take responsibility to our own choices, that is precisely what make us vulnerable to commerce. There are plenty of companies out there who are going to offer all kinds of alternatives, so we do not have to take responsibilities to what happened to our body. It is sad to think how technology advancement can provide all solutions.

As for the type of food we eat, it is completely a separate matter. Some people need to consume more fat in their diet, such as Omega 3, 6 and 9 oils, to be able to loose weight easier. Each body have a different need, as each body metabolized differently too. We have to consider our genetic make up, our lifestyle and chronological age. Keep one thing in mind, not all good food are good for you.

Now that we have longer life expectancies, a very important discipline we should all consider seriously is "exercise". There are many different types of exercises and each one of them have a specific target. Choose one that your body might appreciate most and bring lots of pleasure for you to do. I can't emphasize the importance of exercise. Especially for those who lead an urban lifestyle. Every parts of our body are supposed to be used. Ignoring them year after year speeds the aging process.