



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14回 扮靓宝典 美丽课堂

静物摄影/彬彬



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CORBIS

听说仰卧起坐对锻炼腹部肌肉特别有效，需要每天都做吗？一次做多少时间呢？

平衡性、弹性、伸展性对身体的发展很重要，我认为最好尝试通过不同的方式锻炼身体的各个部位而不仅限于腹部。仰卧起坐是体能锻炼的一个重要环节，主要作用是增强腹部肌肉的力量。姿势正确的话，既可增进腹部肌肉的弹性，同时也能保护背部、改善体态。

身体仰卧于垫上，膝部屈曲成90°左右，双脚平放。平地上切勿把脚部固定(例如由同伴用手按着脚踝)，否则大腿和髋部的屈肌便会加入工作，从而降低了腹部肌肉的工作量。把身体升起离地10~20cm后，应收紧腹部肌肉并稍作停顿，然后慢慢把身体下降回原位。当背部着地的时候，便可以开始下一个循环动作。

推荐产品：1 纤盈动感紧致精华露 (Estée Lauder) 550元 2 纤体青春乳液 (Dior) 500元

DIY祛斑果汁：

柠檬冰糖汁：将柠檬搅汁，加冰糖适量饮用。柠檬中含有丰富的维生素C，经常饮用，不仅可以白嫩皮肤，防止皮肤血管老化，消除面部色素斑，而且还具有防治动脉硬化的作用。

我听说用维生素E能消除雀斑，这是真的吗？还有别的什么方法吗？

雀斑是一种褐色或淡褐色的斑点，通常对称分布在面颊两侧，中部较为密集，周围稀疏。它形成的因素很多：有的因日晒、有的因遗传等。维生素E对愈合新伤口比较有效。它确实能帮助皮肤加快修复，但它不能淡化斑点。对于所谓瞬间美白祛斑的说法，其产品内必定含有漂白成分，短期内压制了黑斑在表面出现，而且强行快速祛斑通常是剥去表皮外层的保护膜，如果遇上紫外线照射，更会出现过敏、发红等症状，导致肌肤更脆弱敏感。所以，别轻易相信“几日祛斑、速效美白”的谎言。

推荐产品：3 美白精华霜 (Sofina) 420元 4 雷晶灵无瑕美白修复精华素 (Dior) 690元 5 雷晶灵无瑕美白粉饼 (Dior) 500元

每到秋天，我的头发总是掉得很厉害，这属于正常现象吗？我要怎么做呢？

脱发本是一种自然生理现象，每个人头顶上的10万根头发每天掉十几根不足为怪。造成脱发的原因有许多，不仅仅是因为季节，染发、烫发，或者荷尔蒙分泌失衡，甚至是怀孕期间，都会对头发有影响。如果你是长发，那也许只掉少许，摆起来看上去也会很多，大可不必担心。如果是短发，平时无论梳头还是洗发都掉得挺多的话，那最好要引起注意，必要时可以向医生咨询。

健完身回去，我浑身肌肉酸痛。如果停一段时间，会不会前功尽弃？如果坚持，会有什么损伤吗？

如果很久没锻炼，肌肉会处于睡眠状态。一旦突然剧烈运动，第二天肯定会酸痛。让身体休息2~3天后再继续，能让肌肉快速恢复到最佳状态。如果你定期做，并控制运动量，你会发现锻炼变得越来越轻松。不过在选择运动项目前，最好与你的专业教练先沟通，让他分析你的体格之后，再建议哪种项目对你的身体最有帮助。每个人的体质都不同，若是光选择比较大众化的锻炼项目，也许对你并不合适。此外也要注意姿势正确，如果不当，同样会产生肌肉酸痛。

市面上保湿产品的主要成分都不相同，你能介绍一下它们的区别，和现在最主流的产品吗？

事实上，在产品说明上的主要成分标注只是对产品的部分介绍，没有一家化妆品公司会将她们的主要调配成分公诸于众。如果我推荐某个保湿产品，而大家都去使用，这是绝对不可行的，毕竟适合她的并不一定适合你自己。在购买过程中，最重要的是要了解你的肌肤需要：你居住的环境、季节，自己属于什么类型的肌肤，质地稠厚的保湿霜保湿度怎样等，这些都是帮助你找到最适合自己的保湿品的关键词。

推荐产品：6 水分面膜 (Mentholatum) 新品 7 立润轻盈保湿霜 (La Roche-Posay) 180元 8 深海滋润修复霜 (Shu Uemura) 450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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Do's

洗发后一定要用护发素，梳理时才会更顺，不会因为拉扯而损伤头皮；

定期用发膜做一些头皮护理。现在有许多发质店有专业的设备，提供发质测试，让自己更了解发质受损的程度；

多吃含维生素和矿物质多的食物，如绿色蔬菜、水果、豆制品、瘦肉和花生、芝麻、蛋黄。

Don'ts

避免太勤快的洗发，勿使用含碱性的洗发水，这样会带走头皮的油分；

不要经常用电吹风吹干头发，而导致头发太干枯；

不要在太阳下暴晒，如果要暴露比较长的时间，最好戴顶帽子或撑遮阳伞。

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Q&A by MaryThé

Q.1 As autumn comes, my hair begin to fall, every morning. I always found much hair on my pillow, I don't know if it is normal or not. What can I do to protect them from falling?

Most of the time, hair falling have nothing to do with the season, but if you have experienced it for several years and the hair come back on it's own every time, that might be your particular unique quality. We are all different and not every change suddenly mean there is something wrong.

We do loose our hair on a regular basis. Our hair renewed itself all the time. For example, do you know that our lashes only live up to about two months? Yet we hardly know that they do. This is why anything done to our lashes can never last a long time. They do fall out. Should you experience unusual amount of hair lost, you will certainly notice it. Either you see much more hair in your hairbrush, the pillow or the floor. The hair on the head feel fewer and thinner. Sometime, you might even see some clear bold spots on your scalp or along your eyelashes.

These are signs that your body is going through a struggle with some form of change. It can be from outside assault, such as from hair coloring, hair permanent, hot iron, they all can contribute to damage hair, which contribute to breakage. It can be a form of deficiency of some minerals in the body, it can also be a form of hormone imbalance and it can also be perpetuated by stress. It is one of the ways our body let us know that we need to give ourselves some attention.

Do you know that many women also experience many hair lost right after having a baby? Yet during pregnancy, many women experience thick healthy hair. Anytime the body undergo a change, it is a bit of a struggle and the body need some loving support. It is this very important message that we often overlooked. Support does not mean to take some form of medications, the experience might not have anything to do with a disease.

Should you be experiencing rapid hair lost, here are some tips to keep in mind:

1. Do not shampoo your hair too often and avoid using a soapy shampoo, which will strip off any natural oil left behind.
2. Do use some conditioner after shampooing, to avoid tangling when combing the hair after.
3. Avoid using too hot and too much hair drying. This too can contribute to hair breakage.
4. Do not expose your hair too much in the sun. Wear a hat or bring an umbrella if you are going to be in the sun for a an extended period of time.
5. Look into your own eating habits. Your body might lack some form of nutritional support.
6. How are you doing with the rest of your body. Do you have some issue in other areas?

Q.2 I was upset by the irregular menstruation. Sometimes it comes half month earlier than before, and sometimes I have a stomach ache. So what can I do? May I use some medicine?

Have you always experienced irregular menstruation? Some women indeed do not ovulate monthly. There is really nothing wrong with that. It can also change overtime with maturity. Sometime after having the first child, a women menstruate more regularly. Unless, this is an experience that recently happened to you. There might be some hormonal issue that you might need to address. Having a complete hormone test done can be useful. Certainly lifestyle and stress can have a great influence on our hormone today. An imbalance in our hormone can often lead to many other things. Unfortunately taking medicine for this only camouflage what your body is trying to tell you. Taking some pain medication in conjunction with learning what might cause the pain would be useful. Ask your doctor for a test, if you might be experiencing low of progesterone.

Q.3 There are so many moisture products on the market. And their ingredients are all different from each other, so would you please introduce me some most popular products, what are their main ingredients and how they work. And for those people who have sensitive skin, how to choose them?

Indeed, every cosmetic company will claim they have the newest patented formula. The larger the company, the louder their campaign is to be heard. How can you know, whom to believe and which one is the right one for you. Honestly, it is not possible! This is why most people buy cosmetics by trial and error. Who can you believe and trust? If only you know how your skin feel and all cosmetic companies want are for you to buy their products. This is exactly when a good professional aestheticians can lent a helping hand. They are more informed about the skin and are more exposed to what is new in the field of skin care. If they have worked on your skin, they should have a much better idea of what yours skin is lacking of and help you find the steps on how to take better care of the skin.

Keep in mind that the ingredient list in the bottle, tube or jars are only partial explanation of what goes in to that product. No cosmetic companies will ever claim their trait secrets on the labels. Today, cosmetics are far more superior than the old ones. There are definitely a different, between over the counter brand versus the professional brands. Especially in the percentage amount of their active ingredient. Professional brands products have a narrower target to address a certain skin condition. They normally also do not have as large of a budget to market their products, since it is mostly relying on the professional recommendation. Professional products can offer greater improvement, but it also can create greater challenge if it is not used properly. Over the counter brand sell romance. Nicer packaging, often more pleasant fragrance and sometime even an invitation to receive an extra gift after you buy them.

Buying cosmetics is a life experience, where not just you will learn more about your skin and cosmetic in general, you can learn a great deal about yourself as well. Where your priorities are and how you make your choices. It is a life dance. If I should ever be able to say, one

moisturizer that is the best and everyone should use it, I will deprive you from that life experience. Fortunately, there is no such a thing as the best moisturizer. The best moisturizer for you might not be the best moisturizer for me. More important is to learn of the character of the product and learn to honestly listen to what your skin is telling you. Does it like heavy cream or does it only like light moisturizers? Is the skin very oily and shiny or is the skin dull and scaly? Where do you live and what season are you in? This all play an important role in finding the right choice of a moisturizer.

Should you experience sensitive skin, make sure it is not because the skin is too dry. All dry and dehydrated skin are prone to be more sensitive. It is important to address this dryness right away, with some healing and soothing cream. They should not contain much fragrant as it contributes to the skin sensitivity.