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“Top 10 Frequently Ask Questions”

By
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Q1. My face is often get annoyed by poxes, I've tried many methods to cure them but with no success. What shall I do?

Many things can cause breakouts. Such as hormonal imbalance, what you eat, what you use on your skin, your lifestyle, your own perspiration, the environment around you, etc. etc. etc.

While finding the cause might take time, it would be wise to find a professional who is trained to do manual cleaning of the pores and have this done properly on a regular basis. At least monthly if not more often, depending on the severity of the breakout. This method help avoid new potential marks on the face, by cleaning the clog pores before they become infected and turn into acne (breakout).

Avoid eating all forms of sweets, as sugar slows down healing of the skin. Drinking lots of water every day is always a good idea and is helpful in this situation.

Be more aware of the products you are using at home. It is important that they are truly addressing what your skin needs, none irritating and non-clogging to the pores.

When your skin is actively breaking out, use of a topical antibiotic can be helpful, especially in the beginning. Retin-A is also very effective for breakout control. It is not to be used for an extended period of time. Consult with your doctor if these products are appropriate for you to use.

Q2. My combination skin is giving me a real big headache. My T-zone is oily, but my cheek is peeling for dryness. How should I nurse my skin?

This is a common problem for Asian skin and there is really nothing wrong. If the difference is quite significant, you do have to take care of it differently.

When you are dealing with dry areas and oily areas on the same face, it is important to address the dry area first. Products for oily skin tends to make the skin dryer and

an already dry skin even more dryer and dehydrated. A skin that is too dry and dehydrated will for sure be more sensitive and allergy prone.

It is best to take care of this skin with a gentle cleanser, a mild exfoliating toner, an oil control serum or gel for the T-zone only, containing some glycolic acids and a light moisturizer all over the face. Do not use too hot water for washing, as this will contribute to dryer skin as well.

Q3. I had some poxes on my face and then I had them cured, but this has left me many small blemish pits. How do I get rid of them?

Small scars left behind by breakouts will, unfortunately, take time to go away. You can help speed the repair process by having professional micro-dermabrasion done by an experienced, well-trained aesthetician at a reputable skin care salon. Micro-dermabrasion is great for this condition, as it is safe and totally mechanical, with no harsh chemical treatment. It helps smooth the surface of the skin. It is very important to give the skin proper support and protection after this treatment, as you will have removed the stratum corneum, which is the skin's outermost, protective layer. If you choose to take this step to help improve the skin, properly wearing sunscreen every day is absolutely a must.

Q4. I have big pores and they are even more visible around my nose. Is there any way to solve this?

The pores around the nose do tend to be the largest on our face, especially if your skin is experiencing oiliness. As we cannot use common products to make the size of the pores any smaller, there are several things you can try to do, which can contribute a better appearance of the pores.

First, try to have your pores cleaned manually on a regular basis, once a month at least. By doing this regularly for about 6 months, your pores might actually look smaller, as the cleaning allows the pores to shrink back to their normal size. Unfortunately, at this time, we will not know if the size of the pores is caused by the clogging, until after you have cleaned them regularly for several months.

Second, large pores are so visible partly also because the depth of the walls of each pore are too thick. Micro-dermabrasion is very helpful to help the walls of the pores to be less deep and therefore less visible to the naked eye. This can be achieved by doing a series of micro-dermabrasion treatments, at least 6 times, at 2-week intervals.

Q5. I am using a water-proof mascara, but it still create a smear. Is there any mascaras that does not come off at all?

A very common problem. A real good Water-proof mascara is often more troublesome to remove at the end of the day. Often I find people do not remove their mascara thoroughly because of that. This can contribute to lost of eye lashes.

Yes, there is a mascara that is water resistant, easy to take off and does not smear at all. It is currently not available in China yet.

Other alternative is individual eye lash application. If done right, it is very natural and beautiful. Instantly it makes your lashes look longer and fuller.

Q6. There are some fattiness grains beneath my eyes and on my chin, can I just pick them out with a needle by myself? Or is there a better way to handle them?

Absolutely not! One should never try to remove whiteheads or milia on their own. Especially since Asian skin marks and scars very easily, do not play with a needle or knife on your own skin. Unlike black-heads, white-heads do not have any opening to the surface of the skin. However, they can easily be taken out by a trained professional who has been trained to take them out using the proper tool.

Please check your eye-cream and moisturizers as they can contribute to creating white-heads, if they are too heavy in texture. White-heads are more common on skin with smaller pores.

Q7. I erased my freckles from my face by laser surgery, but they came back later! Are they really unconquerable?

It is wonderful that there are so many things we can do today. At the same time, new problems also arise. Indeed, treatments to remove freckles or any pigmentation with laser or intense pulsed light can be quite effective, but they certainly are not permanent solutions, unless you destroy the pigment completely, in which case your skin will end up with no color at all.

While new treatments can offer more effective results, they often make the skin less able to protect itself from the environment (pollution, sun, extreme cold, extreme heat and wind). Laser and Intense Pulsed Light treatments are choices made by some people to manage sun damage resulting in hyper-pigmentation. However, remember that all of these effective treatments come with unwanted side effects, unless proper post-treatment care is applied. Sometime professionals are too eager to suggest a treatment and do not take the time to explain the possible consequences.

If it is difficult for you to follow up after professional treatment, it would be wise to avoid all kinds of treatments that will traumatize the skin. Keep in mind that the more trauma the skin experiences, the greater the risk you are taking. In this situation, proper make-up application can be a much safer alternative and help you look a lot better.

Q8. I have had a lot of sunburns (black dots) on my face after a hot vacation in Thailand last year and they never get better. How do I get rid of them?

Sometimes, the appearance of this type of sunburn can improve with time, sometimes not. If the skin is not too sensitive, you might try to do micro-dermabrasion and have a vitamin treatment while using products that contain vitamin C to help lighten the skin and protect the skin from the environment at the same time. Like all sun damage skin, the appearance can be improved, but the spots cannot disappear entirely.

Be careful next time. Sun damage is real!

Q9. I am 18 years old now. Can I start using cosmetics? Are things like eye cream or masks suitable for me?

Absolutely. Skin care should begin at birth! If your skin is pretty much normal, with no serious problems, you can begin by using a mild cleanser, a mild toner, with sunscreen for the day time and a light moisturizer at night. Begin to learn and appreciate what your skin does for you from morning to night. Recognize the abuse it suffers, for example, when you are in a room with people who are smoking.

If your skin begins to show some problems, it would be useful to consult with skin care professionals and learn how best to take care of your skin.

If the skin around the eyes feel drier than the rest of the face, it would be nice to use an eye cream. Even eye cream comes in many different textures, thickness and richness. Try to find a lighter form of eye cream, such as a light gel form. It is nice in the summer time; try it refrigerated. The cooling effect is great for puffy eyes.

A mask can be purifying, oil controlling or just soothing and calming for the skin as well as for the mind. You can bring the spa experience to the privacy of your own home.

Q10. The blackheads on my nose are getting more serious recently. In what way can I wipe them out?

First, use a good cleanser, usually in the form of a gel cleanser. Try to find one that is not too drying for the skin. Use a mild glycolic toner, followed by a mild glycolic and salicylic acid serum or gel, applied only on the nose or your T-zone. Finish with a mild moisturizer during the day that contains sunscreen and repeat at night followed by a normal light moisturizer that is non-comedogenic (that won't clog the skin's pores).

Retinol is also used in some products to help repair sun damaged skin, and can also be a great way to control oil. Use it only in areas that need extra attention, such as the T-zone area. A proper home care routine is especially important when using Retinol.

COSMO

10个最常被问到的美容问题

作为读者非常信赖的时尚类杂志, Cosmo每天都收到无数读者发来的美容类问题。形形色色的问题其实大部分都是非常相似的, 我们特地整理出了最常被问到的10个问题, 看看你是否也有相同的困扰? 文/Mary Thé (美国) 译/tension

Q 从十几岁开始, 我就进入了战“痘”的大军, 为什么到现在依然被人家叫做“痘”花, 快告诉我该怎么办?

A 痘痘还真是个最难解决的问题, 每天都有无数读者写信、发mail来咨询如何解决问题。但我们的答案可能让你有点沮丧: 有太多的因素会让你长痘, 而且大部分严重的痘痘绝非用普通的化妆品可以解决的! 常见原因比如说荷尔蒙分泌失衡, 你吃的东西, 你用什么样的护肤品, 你的生活方式, 肌肤的排汗能力, 周遭的环境等等。发现原因要一个很长的时间, 最简单的方法是寻求职业医生的帮助, 他可以对你的痘痘进行全面的诊断, 找到起因, 然后对“症”下药。这样的战“痘”方式是最为理智的, 千万不要用手乱动, 否则落下了“痘”疤, 再后悔就来不及了。

你是巧克力、冰激淋的狂热追捧者吗? 如果痘痘久久不肯离你而去, 那么最好要检点一下自己的饮食, 因为太多的甜食不仅会延缓痘痘治愈的时间, 更会为很多的肌肤问题埋下伏笔。同时, 每天充足的水分补充也是健康肌肤的有力保证。

至于你梳妆台上的那些瓶瓶罐罐, 也该好好打理一下, 别让那些阻塞肌肤细胞呼吸的产品继续站立在你的梳妆台上。

当你发现痘痘要露头的时候, 快用一些含有维生素A衍生物的产品, 它可以非常有效地抑制这种趋势, 不过这样的产品不适合长期使用。

Q 我痛恨混合性肌肤, 简直不知道该怎么办才能同时满足油油的T区和干干的脸颊, 我该怎么摆脱混合性肌肤的困扰?

A 没什么大惊小怪! 有80%的亚洲女性都会有同样的问题, 你绝不是个案! 不过, 如果你的状况非常严重, 也一定要提高警惕, 仔细对待。

当你要同时对待油性区域和干性区域的时候, 干性地带是会率先抗议的——因为适合油性区域的护肤品一定会让你的干性区域更干, 这会让你的干性区域变得异常的敏感。

建议你最好先在油性T区下工夫, 先用温和的洁面乳清洗一下, 然后稍微去一下角质, 一支具有控油功效的乳液或者啫喱会让你的T区感到满意的, 接下来把含有水杨酸或是具有保湿功效的面霜涂在面部其余部分就可以了。注意: 不要用太热的水来洗脸, 那会让你的肌肤变得更干!

Q 以前脸上长过痘痘, 后来痘痘终于好了, 却落下了难看的痘疤, 试了很多种方法也好不了, 怎么办呢?

A 首先, 很遗憾地告诉你——这样的痘疤如果要彻底消失, 需要很长的一段时间, 有的疤痕性皮肤甚至会永远留下痘疤! 不过如果你不属于疤痕性皮肤, 你也可以通过美容手术来解决这个问题。这种手术就是激光磨皮手术, 当然这要在非常专业的医院来做。激光磨皮术是对抗痘疤最好的方式, 这是一种非常安全而且有效的美容手术, 不像一般的化学性疗法那么痛苦。它可以帮助平滑肌肤表面, 但在手术之后, 需要特别的护理。由于这样的手术已经破坏了肌肤的表层, 所以术后出门的时候, 一定要做好足够的防晒功课!



Q 我的黑头最近有愈演愈烈的趋势，怎么才能把它们从我的脸上赶下去？

A 同样，黑头也是个顽固分子，一旦出现几乎不可能消除，而只能是你孜孜不倦地与它斗争以求缓解。首先，选择一款绝对好的清洁产品，最好是泡沫或是啫喱状的产品，记着每周还要在黑头区域使用1-2次磨砂膏来清除老化角质。接着用含有水杨酸的爽肤水和含有这种成分的精华素或是啫喱，但记住只用在T区。最后涂上性质温和的保湿面霜，最好是含有防晒系数的那种。

含有维生素A衍生物的面霜不仅可以修复阳光伤害后的肌肤，更可以有控油的作用。同样只把这样的面霜涂在T区就可以了。

Q 通过激光的方式，我总算是“擦”掉了脸上讨厌的雀斑，可过了一段时间，它们居然又回来了，难道这真是无法解决的吗？

A 虽然雀斑和色素沉淀的问题比较容易通过激光手术的方式解决，但激光只能解决表面的问题，而不能从根本上消灭肌肤中的黑色素。而有些遗传性的斑点在皮肤中残留有记忆，所以往往会再次出现色素沉淀的现象。另外，做完手术后不注意防晒也是导致斑点再次生成的重要原因。

另外，虽然激光能够帮肌肤解决很多问题，但同时也会削弱肌肤抵御自然侵害的能力（比如空气污染、阳光、寒冷和大风）。

Q 去年夏天我去热带度过了一个开心的假期，可也给我的肌肤留下了些遗憾，那就是肌肤被阳光灼伤了，留下了难看的黑点，最恐怖的是这种状况到现在也没有改善，我该怎么去掉它们呢？

A 很多时候，肌肤的这种状况会随着时间而得到改善，但也有个别的情况。如果你的肌肤不是太敏感的话，你可以采用导入维生素C的肌肤护理疗程，如果在专业的美容院做效果更好。维生素C可以帮助肌肤恢复光泽，同时可以保护肌肤躲避自然的伤害。对于阳光晒伤后的肌肤，肌肤表面的状况很容易得到改善，但黑斑是很难完全消失的，还需要长期使用美白产品来缓解，严重的依然要依靠激光去除。

所以，下次去海边的时候，千万要注意防晒！

Q 我18岁了，能不能够开始美容了呢？像眼霜、面膜之类的东西适合我用吗？

A 当然！从出生就要开始护肤才对！如果你的肌肤年轻够漂亮，没有什么严重的肌肤问题，你可以从温和的清洁——调理——日间防晒（非常重要！会决定你将来的肌肤健康）——夜间保湿开始。特别要注意的是对于周遭环境的防御，比如注意你的周围有没有“烟囱”，自己也不要吸烟才好！

如果你的肌肤出现了一些问题，要征求美容顾问的意见，看看怎么酌情对待。

要是眼部周围的肌肤比较干燥，那么可以用一些眼霜。市面上的眼霜有很多种，质地也从厚到薄不等，建议你从质地最轻薄最无油的眼霜开始尝试，比如眼部的啫喱。

至于面膜，清洁、补水或者只是单纯放松的面膜会比较合适，那些强效的焕肤面膜你并不需要。

Q 我总是用防水的睫毛膏，但依然难逃“熊猫眼”的厄运，难道真的没有睫毛膏是完全防水的吗？

A 这是一个很平常的问题，即使是最好的防水睫毛膏到了下午下班的时间，也该“罢工”了，而且在真正卸妆的时候，也会遇到不小的麻烦。常常看到人们由于没能把睫毛膏完全卸掉而造成眼眶下面的黑色“晕染”，更糟的是还会造成睫毛掉落。这是因为防水睫毛膏顾名思义，只是防“水”，而皮肤分泌出来的油脂仍然可能将其溶解。

你可以选择一种叫做睫毛膏“雨衣”的彩妆品，在涂过睫毛膏之后，再涂上这样的“雨衣”，担保你的睫毛膏真正“防水”了。不过，到了晚上卸妆的时候，可就需要你大费一番工夫了。

当然，如果你有足够的时间用来化妆，最好还是粘假睫毛，技术好的话，能让你的睫毛显得非常自然、漂亮。

Q 眼睛下方和脸颊上冒出了好多脂肪粒，我能自己用针来挑吗？或者有更好的方法来解决吗？

A 当然不可以！绝对不可以自己动手来试图消灭肌肤上的白头，这很容易让你的肌肤留下疤痕，所以千万不能在自己的脸上动刀动枪！跟黑头不同，白头与肌肤没有连接，因此只要是受过训练的专业的美容师，都可以帮你轻松解决这个问题。

首先要检查你的眼霜和润肤霜，如果它们过于滋润就很容易导致脂肪粒，所以只要更换清爽的护肤品就不会再有这样的麻烦了。

Q 我的脸颊和鼻子上都有难看的粗大毛孔，而且已经被无数的人宣判了是根本无法解决的肌肤问题了，难道真的无药可救了吗？

A 鼻翼两边的毛孔是脸部最容易扩张的毛孔了，特别是对于油性肌肤来说，毛孔问题就更是大问题。不过，真相有时候真的很残忍——目前确实没有护肤品能够真正将已经扩张的毛孔缩小，而只能是缓解而已，但你可以采取这样一些措施来延缓毛孔的扩张速度：

首先，确保定期的肌肤去角质程序——每个月至少一次。6个月的时间坚持下来，你毛孔的粗大状况会有所改善。不过，很遗憾，我们不能确定你的毛孔粗大是不是因为毛孔堵塞引起的，如果你坚持肌肤清洁程序6个月的时间，状况得到了改善，就说明是这样了。

其次，激光磨皮这样的美容手术疗法是对付粗大毛孔比较有效的方式，这会比使用任何一种毛孔缩小产品都见效更快。