

做编辑以来，经常外出拍片，发觉化妆真的太神奇了，before&after简直是判若两人。而且在众多来信中，越来越多的读者对化妆技巧感兴趣，所以特地做这期有关化妆的专辑，让更多的读者能掌握些化妆小窍门。

摄影/彬彬 插画/Ring

# 完美“妆”点动人容颜

## 本月烦恼

平时，一遇到要参加重要场合，就不禁让我头疼，怎样才能化出精致且自然的妆容呢？我也看过许多有关化妆方面的书或杂志，但每次总会碰到这里或那里的问题，怎么样才可以使脸看上去小一点？怎么打腮红？怎么使用睫毛膏？怎么……



## Q2 我最不满意我的鼻子，怎么化才可以让鼻子显得挺拔一些，鼻头小一点？(读者：李莉)

给鼻子化妆所起的“神奇”作用，能给一张相貌平平的脸增辉添彩，给人以五官端正、容貌清秀的愉快感。

**扁长鼻子：**在内眼角至眼睑部位打上褐色侧影，鼻尖偏上打点高光，在鼻尖用深一号的粉底，起到抬高鼻头、缩短鼻子的视觉效果。

**短小鼻子：**可将眉头画得稍高些，从眉头起至鼻翼两侧涂棕褐色并晕染，鼻梁上端几乎不用色，越向下越浓，使鼻子看上去显得挺拔。

**长尖鼻子：**用褐色刷在鼻子的两侧、靠近两个内眼角处特意加深一些，再在鼻尖稍微刷上一层暗色。

**塌鼻子：**先在鼻梁上抹一条浅色的粉底。两侧可用棕褐色侧影并晕染，在塌陷处用亮色，即可在视觉上造成鼻梁的挺直感。

**圆鼻子：**这种鼻子在面部易造成体积过大的错觉。可用褐色侧影，从眉头沿鼻梁的两侧至鼻头涂抹，起到收缩鼻子的作用。

## Q1 怎样正确使用睫毛膏，才能使睫毛根根分明且浓密，不会全粘在一起？(读者：athena1010)

选择正确的产品才能收到最佳的效果。新睫毛膏质地流畅，能更容易顺滑地刷在睫毛上。但随着每次使用，刷头会因为沾上睫毛上的细菌而逐渐凝结，导致最后无法顺滑地覆盖整个睫毛。这就意味着，你的睫毛膏“老”了，该退休了。若平时能经常清洁刷头，让细菌不易滋生，那么睫毛膏的寿命会更长。我们不推荐与别人分享睫毛膏。

### 使用小技巧：

- ★ 可先借助睫毛夹加强睫毛的弧度后再涂抹睫毛膏；
- ★ 先刷上面的睫毛，然后刷下面的睫毛，待干后再涂第二遍；
- ★ 涂睫毛膏时应从睫毛根部开始向毛尖方向以“Z”字形向上刷。刷上睫毛时，横向拿刷头，从里往外刷，视线始终保持向下，不移动。刷下睫毛时，镜子处于平视位置，下巴向里收，横刷、竖刷都方便；
- ★ 如果上了睫毛膏后有湿黏的感觉，用棉签配合纸巾擦去多余的膏体；
- ★ 每天要卸除睫毛膏，使用眼部专用的卸妆产品彻底清除眼妆。



- 1 高感超炫睫毛膏 (Clinique) 210元 2 焕彩眼影 (L'Oréal Paris) 新品 3 双效单色眼影 (Chanel) 250元 4 肤色造型彩妆 (Ipsa) 180元 5 卡路里睫毛膏 (Max Factor) 新品 6 多效调理胭脂 (Aupres) 120元 7 流金柔采莹莹水润唇彩 (Guerlain) 230元 8 果冻唇彩 (Maybelline) 29元

# MaryThé美容研修班 解决阻碍美丽的一切烦恼

第 8 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 我的眉毛和眼睛之间的距离稍嫌过宽，看起来有些高傲，怎样的眼妆能让我看起来亲和一些？(读者：康程)

如果你天生眉毛和眼睛之间的距离较宽，对于化眼部妆容来说，是个绝好的机会，它可以使你的眼睛看上去更大、更有神采。在眉弓骨至上眼睑的部分，选择较为明亮的色彩；在上眼睑处涂抹稍微深色的阴影(这一区域也被称为“眼部褶皱区”)。明暗过渡的眼影能创造出立体感。另外，修眉时避免修出明显的棱角，弧度平滑些会使人看上去更有女人味。



## Q4 怎样使用腮红才能打造出立体感？(读者：夏立岭)

首先，分析你的肤色。不同部位的肤色和不同色彩在脸部的使用效果是很重要的。如果你皮肤很白皙，可以使用：桃红、粉红、玫瑰色；如果肤色偏黄那最好选择咖啡、粉橘、杏色等。其次，在颧骨及颧骨以下，用斜向打腮红的方法可以制造出极富立体感的效果。

### 涂腮红小技巧：

1. 先用化妆刷蘸足够的腮红，然后在手背上轻轻掸一下，让多余的腮红粉末掉落；
2. 对着镜子咧嘴微笑，脸颊上颧骨突出的部位就是涂腮红的区域，把腮红涂在这个部位会增加脸部的立体感；
3. 刷头在脸颊上轻轻画圆圈，由内向外一边画一边向斜上方耳朵处刷；
4. 如果一不小心涂厚了，也不必担心，可以在上面扑些粉压一压，使颜色变得淡一些；
5. 刷上剩余的腮红可以涂到下巴、鬓角和额头发际处，这些部位轻轻扫上一点，使脸颊看上去更光彩照人；
6. 如果你找不到适当的腮红，可以在粉状眼影中选择适合的色彩。刷完腮红后，一定要对着镜子多侧面地观察效果哦。



## Q5 教教我怎样才能化出自然大方又透亮的唇妆？(读者：武登)

其实，只要尽可能地保持双唇湿润，就可以显现出自然丰盈的光泽。当然使用唇彩是最简便的方法，而且会有较好的保湿效果。有些唇彩涂抹后有炫亮效果，有些拥有丰润厚实的质地。当然，质地丰润的会比较持久，但触感也相对黏稠。可以根据个人状况和喜好先试试，再确定哪款唇彩适合你。

## 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！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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传真：86-21-6335 3192

本期问题被选用者将获得玉丽亮色净白养肤粉底露一瓶



## **“XUAN SE” Q&A ~ April 2005**

by Mary Thé

### **Make-Up Illusions**

***Q1 How can I use mascara properly? I want to have perfectly separated eyelashes.***

Just as in everything you do, before you can create a good result, it is important to start with the right product. When you have difficulty with mascara, a common problem is contamination. Do you know how old your mascara is? With each application, bacteria will be transferred from your own lashes to the mascara, where they will grow and multiply happily. When mascara begins to clump and you are not able to cover your lashes smoothly, this is a sign that the mascara is old and should be thrown away. New mascara has a more fluid texture, which allows it to be applied easily and smoothly over the lashes. Mascara will last longer if it can stay bacteria-free, so sharing mascara with other people is not recommended.

***Q2 The distance between my eyebrows and my eyes are a little bit wide, which makes me look elegant. Would you please tell me what kind of eye make up could help me build upon this look?***

If you naturally have a wide space between the eyes and the eyebrows, you have a great opportunity to create shadows, which will make your eyes appear larger and more deeply-set. For the main color right above the upper lashes up to the eyebrows, use a lighter color. Choose a complementary darker shade for the valley just above the eyeballs. This area is also called the “crease”. The darker color creates a three-dimensional effect, so the upper eyelid will not appear completely flat. Adding a soft eyeliner along the upper and lower eye lashes, with emphasis on the outer corners, will make your eyes look larger.

***Q3 How can we create a natural look for our lips that is also shiny and glossy?***

Healthy lips are naturally lively in appearance. Since dry lips look less attractive, do whatever you can to keep your lips staying moist and looking firm. Many lip glosses will do this effectively, and are readily available at make up counters in department stores. Some are shinier than others and some offer a thicker texture as well as a glossy appearance. Of course, the thicker ones will last much longer, but they will also feel stickier. Finding what suits you takes some experimentation as you discover your preferences, and what is best for your lips.

I have found that using lip pencil, instead of lipstick, to add color to the lip keeps the color looking fresh longer and lip gloss can be applied directly over it. The result is a more natural appearance. Important to remember - the more sheer lip glosses give a more youthful look without adding much color. For more mature individuals who need more contrast in their facial appearance, applying lip gloss over a more richly-colored lipstick may be more effective.

***Q4 How can I use a blusher to create a three-dimensional appearance for a rather "flat" face?***

Creating magical and beautiful illusions is all about using the right combination of colors and applying them in the right places, in the right way. First, it is important to analyze the shape of your face, the natural coloring of different parts of the face and see the different effects of using color. For example, everyone seems to want to have the high cheek bone look of top fashion models. If you are not born with this bone structure, you need not worry. Use a blush with a color complementary to, and a shade darker than, your skin. Apply this color on the lower edge of your own cheek bones, using strokes from the edges to the center of your face. Very important to remember - always use the right tools. In this case, the right brush can make a big difference in the result. You may use a blusher brush or a fan brush, whichever you prefer. If you don't have a blusher of a suitable color, you may find something you can use among your eye shadow colors. Feel free to experiment and practice with them first. You need to see for yourself the effects you want to create.

***Q5 I have a big nose. Should I use a darker shade to make my nose smaller or is using highlight only is enough?***

Effective make-up is an art of blending colors to create new illusions of how you can look. The same approach we talked about in an earlier question can also be used to help create the appearance of a narrower and higher nose bridge. You can use the same color as for highlighting the cheek bones, a color slightly darker than your natural skin tone, along both sides of the nose, starting from where the nose meets the eyebrows. Use a smaller brush to ensure proper application, as blending is most important. You do not want what you have done to be too obvious and easily seen by others. Keep in mind also how the lighting of the room can affect the illusion. For a more dramatic appearance, such as when posing for formal pictures, you might consider adding some color along the bridge of your nose, from between the eyebrows to the tip of the nose. This color should be a shade slightly lighter than your own skin. If you feel your nose looks too long to begin with, you would not want to apply this color all the way to the end, of course. You might even consider using the darker color instead.

After mastering the basics, creating illusion with color is the next step in effective application make up. First, learn the importance of blending colors, using either different types of sponges or using your own fingers. Make sure you have enough lighting to see any areas of the face where colors might not have been blended properly. There is no illusion when a person looks “made-up”, and the make-up is applied without subtlety or delicacy.

In summary, the first step is to select the best color for your skin. To create a shadow, go to a slightly darker color. To highlight, go to a slightly lighter color than your own skin. A more natural-looking blend depends on finding the right matching color and not using a color that clashes - which will only dramatize what you are trying to do. Once you have these colors, you can use them anywhere you think you need some contrast, some depth, or where you need more highlighting, such as above the cheek bones, under the eyebrows, or along the nose.