

皮肤是每个女孩子最关心的话题，虽然平时非常注意，但还是会有许多问题出现。最有效可行的办法还是要先了解自己的肌肤，找到真正适合自己肤质的产品，并做个有心人，多收集些护肤养肤的小tips。

摄影/龚振宇 插画/Ring

# 肌肤烦恼年终清理

## 本月烦恼

这样那样的肌肤问题：我的肤色暗沉、泛黄，我眼周会长脂肪粒，我每天都要对着电脑……皮肤整天灰灰暗暗，油油腻腻的，还有恼人的痘痘和黑眼圈，看着镜子里的自己，真是又急又恨，SOS!!

### Q1 我的肤色很不均匀、暗哑无光、泛黄，有什么产品可以去黄气吗？

(读者：Linda Su)

肤色不均匀、黯淡无光的偏黄色肌肤，除了遗传原因，决定肤色的最主要的因素是胶原蛋白与微循环问题。

胶原蛋白是肌肤中的主要成分，占肌肤细胞中蛋白质含量的71%以上。胶原蛋白氧化破坏真皮层的致密性结构，并产生黄色的产物，反映到肌肤表层，令肌肤变得暗哑发黄。而且现在的环境污染、情绪、不规律的生活、疲劳、压力、年龄、吸烟等也都会影响人的肤色，在这些情况下，保证肌肤内在的血液循环及新陈代谢的良好运转情况，肌肤才可以呈现粉嫩净白的好肤色。玉兰油的净白莹采调理精华露、薇姿的亮颜活力凝露都非常的有效，可以一试。

#### Tips:

- ★每天至少一次的洁面，用保湿型的洗面奶混合浓缩的苏打轻柔地按摩，重点在T字部位和嘴唇周围；
- ★皮肤受到日晒等刺激后立即用冷毛巾敷脸；
- ★使用含维生素C的保湿霜；
- ★每天给肌肤补充充足的水分；
- ★多吃富含维生素C的食品，如西红柿、黄瓜、牛奶等。

### Q2 我喜欢用不同品牌的化妆品，倩碧的洁面皂、高丝的面膜、碧欧泉的面霜，到底是使用多个品牌还是成套的护肤品好呢？(读者：徐娟)



理论上说，使用同一系列的产品效果更好。然而，最重要的是你必须了解你皮肤的需要，知道究竟哪样产品适合你。事实上，没有一个品牌可以完全满足你的肌肤需要。每个品牌都有自己的特色，最关键是你找到适合自己肌肤的。但必须注意的是：护肤产品不是万能的，好的生活规律才是最重要的。

### Q3 在我眼睛周围有许多脂肪粒，是否是我用的护肤产品太过油腻呢？(读者：小米)

是的，脂肪粒是一种长在皮肤上的白色小疙瘩，约针头般大小，看起来像是一小颗白芝麻，一般发生在脸上，特别是眼睛周围。而导致其产生的根源是你所用的眼霜太过油腻，眼睛周围的皮脂被角质覆盖，堵塞住你的毛孔，不能正常排出体外，堆积于皮肤内便形成白色颗粒。我的建议是使用轻薄一点的眼霜或眼胶，尤其是在潮湿闷热的天气里，还可以适当增加去角质的次数。在气候干燥的冬天使用滋润度较高的眼霜，但每次最好少涂一些。



## Mary美容研修班 解决阻碍美丽的一切烦恼

### 第4回

“护肤不仅是做脸，还是一种生活方式。”

作为美国美容、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



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### Q4 每天对着电脑，辐射对我的皮肤伤害很大，我要怎么办呢？

(读者：屈艺)

脸上无端地生出许多痘痘，莫名其妙地添了几粒色斑，每天顶着个熊猫眼，有时还会一连几天干痒起皮……这些都是计算机给皮肤带来的不良影响。

对着电脑或者其它电子设备有许多方面需要注意。一般说来，电磁辐射会刺激在体内产生自由基。而且电脑开机状态产生的静电对皮肤杀伤力很大。静电作用会使荧光屏表面吸附许多空气中的粉尘和污物，并落在皮肤上，让皮肤变脏，毛孔堵塞，痘痘滋生。日积月累，眼睛周围肌肤出现松弛、鱼尾纹、眼袋和黑眼圈等。所以我建议频繁使用电脑的女孩子们，在上机前最好先涂一些防护用品，比如隔离霜或者粉底等。临睡前，用完电脑更需要及时清洁肌肤。

#### Tips:

- ★首先，避免长时间坐在电脑前，控制工作时间。每工作一小时向远处眺望10分钟左右，缓解视疲劳。抽空做一会儿操，站起来走动一会，或在座位上活动几下头部和手臂；
- ★其次，要彻底清洁面部，使用含有抗氧化成分的护肤产品；
- ★再者，每天保证充足饮水，防止脸上水分流失。吃些有抗氧化功效，含有维生素A、C、B2和胡萝卜素的食物。



### Q5 我用了许多品牌的护肤产品，但似乎我皮肤的吸收能力很差，脸上可以看见血丝，天太热或很冷，我的脸上就会长出红点，那我该怎么办呢？(读者：李宁)

你肌肤现在的状态说明你并不真正了解你的皮肤。以前你可能只从表面来判断你的皮肤。对于你的肌肤，你可以做一些降低敏感性的护理与补水的护理。

用温水洗净肌肤，使用轻薄质地有保湿成分的润肤露(尽量选择露而不是膏)，避免含大量香精的产品，最好含有金盏草和甘菊成分。由于你的皮肤很薄，因此，你的脸部按摩时间一定不能过长。如果脸上的血丝很细，那降低你皮肤的敏感度就行了。如果血丝粗的话，用激光使扩张的血管封闭，从而不再有血流通过，这样能消除面部的红色。但平时要注意保暖，避免日晒，尽量控制自己的情绪，少饮酒及吃辛辣的食物，每天摄入足量的维生素C(一天1000mg)以加强皮肤的抵抗能力。

#### 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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本期问题被选用者获得she's精美美甲套装一份



- 1 净白莹采调理精华露 (Olay) 139元 提取天然草药精华，有效加速肌肤美白微循环，显著改善肌肤不健康色调。
- 2 亮颜活力凝露 (Vichy) 198元 含有多聚果糖、氨基酸、植物提取物，用后皮肤明显改善，肤色均匀柔和、健康红润、清透亮泽。
- 3 完美焕肤修护精华露 (Estée Lauder) 750元 能改善面部脱皮，肤色不均，干燥引起的细纹，令皮肤柔软、光滑且具透明感。
- 4 雪颜双重精纯美白护理液 (L'Oréal Paris) 180元 强效美白成分，有效抑制肌肤深层的黑色素生成。
- 5 温和收敛喷雾 (La Roche-Posay) 128元 含有温泉水、氯化钠及硫酸锌，调理皮肤，缓解其不适感，令皮肤感觉滋润、舒适。
- 6 无皂基滋润洁肤凝胶 (Avène) 148元 含雅漾滋润冷霜和具有舒缓、抗刺激作用的雅漾活泉水。
- 7 胶原蛋白眼霜 (HR) 540元 含大豆精华和酵母精华，预防眼周肌肤老化，使皮肤瞬间紧致。
- 8 紧致光采眼霜 (Kanebo) 260元 配合新乳化技术于眼周形成水分薄膜，深层渗透至肌肤内部，使眼部肌肤光亮而平滑。



## **“XUAN SE” Q&A ~ December 2004**

by Mary Thé

***Q1 There are always some fat granules around my eyes, my friend tells me that the skin care products I am using may be too greasy, what can I do about this?***

Indeed, eye creams that are too heavy (oily or greasy) can clog the pores, therefore contributing to the formation of whiteheads (milia is it's technical term) around the eyes. This happens because the pores around the eyes are the most fine. Try using an eye gel or a light eye gel/cream instead, especially on hot and humid days. You may resume using the heavier eye cream in the Wintertime, but use only a very, very little bit. All eye products should be used very sparingly, to avoid running into the eyes.

***Q2 My T-zone is dark and my complexion is uneven, especially around the corners of my lips and chin. It feels unhealthy - what kind of product can solve these problems?***

What you are experiencing is an uneven amount of dead skin in different parts of the face. The darkness around the T-Zone is caused by excessive activity of the oil glands in that area, which also increases the build-up of layers of dead skin. The corners of the lips receive more external stimulation, such as from the food we eat and are often left too dry. More dead skin builds up because of the dryness. Here is the best way to take care of these problems:

**At home:** Wash your face at least once a day with the following mixture: mix a gel cleanser that is not drying with a mild scrub and a pinch of baking soda. Concentrate on the T-zone and lip corner areas. Follow this gentle scrub with a mild toner (that contains no alcohol) and a moisturizer containing Vitamin C (a natural skin lightener). Protect the skin with a sunscreen every day, even on cloudy days. You should start to see some improvement in just a few weeks.

For faster results, you can go to professional skin care salons and request micro-dermabrasion treatments. Make sure you do the appropriate home routine to support the skin after each treatment.

***Q3 There seems to be radiation from the computer causing a lot of harm to my skin every day, what can I do?***

There are several aspects of concern when working closely with computers and other electronic equipment. In general, all forms of electromagnetic radiation

can stimulate formation of free radicals in the human body. If you feel you are exposed to a lot of radiation, it would be wise to take an antioxidant supplement, containing Vitamins A, C and E, and Beta Carotene. Externally, use a moisturizer that also contains antioxidants. Antioxidants help protect your cells from the influence of free radicals. Today, the LCD flat screen computer displays generate much less radiation and are much easier on the eyes to read. If you still use older computers with a CRT display, you can install a special screen that can shield you from the display. This should help.

***Q4 I have used many different kinds of products, but my skin still has trouble with absorbing the products. Blood vessels are quite apparent and red spots always appear when I am exposed to hot and cold weather. Can you give me some advice?***

Your skin's condition is a sign that your skin's real needs have been somewhat neglected in the past. This does not mean that you have ignored your skin, but rather, this is a good example that you may be judging your skin only by the way it looks, instead of trying to understand how it is communicating its needs. Your skin needs some TLC (Tender Loving Care). The skin you describe needs extra protection, more than usual, from just about everything: extreme temperatures, wind, cigarette smoke, pollution, etc. Avoid heavy perfume or anything that might add to the trauma to the skin, including vigorous scrubbing to clean it. Instead, do everything that is soothing, calming and healing. Use room temperature water to wash the skin, for example. Only use products that are light in texture, since heavy creams can suffocate it. Look for products that contain anti-inflammatory ingredients, such as calendula and chamomile. Take extra Vitamin C (1000 mg a day) to help strengthen the capillary walls.

Here is a tip to help you look at your skin a little differently. Begin by looking into the mirror and appreciate what your skin has done for you and ask what it might need. Avoid just criticizing and disapproving what you see. Proper and effective skin care means understanding the delicate balance between addressing what your skin needs and addressing what you want. Addressing only what you want can lead to the sensitive condition you described, but addressing only what your skin needs, can leave your expectations for your appearance to be unsatisfied.

***Q5 How should I take care of my oily, yet dehydrated skin?***

This is a common problem for Asian skin. The oil comes from the pores (sweat glands) while the skin cells on the surface are dehydrated, sometimes even peeling a bit. Many people do not realize that oiliness and dry skin are two separate issues and both need to be addressed. The moisturizer you have been

using might be too greasy and it just sits on top of the skin, leaving the skin underneath very thirsty. This type of skin loves serums, which are more easily absorbed into the skin. You will notice how fast your skin absorbs the serum. Because it is so light, serum is also the best vehicle to bring other active ingredients into the skin. Choose a serum that has deep moisturizing properties. You will still need to apply a light moisturizer over the serum, even a creamier one during the dry winter months.

***Q6 I always use products from different brands, I use Clinique for washing, Biotherm as my skin care product, and for the mask, I use Kosé. Can I really make such different brands work effectively together?***

In principle, yes, combining different brands can work for you. However, you must know your skin's needs and understand the products you are choosing and why. Indeed, no one brand can fulfill every skin's needs. Each brand has a certain character and not all products in the brand are equally good. The challenge for each of us is that we are truly unique individuals with particular needs. A well-trained skin care professional can best help guide you in your selection and should be far more knowledgeable than a sales person behind the cosmetic counter in a department store. **Keep in mind:** skin care products can never do everything for you, but the right skin care routine can do much more than you might expect.