

# XUAN SE

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Q&A by Mary Thé

***Recently I can not sleep well, sometimes I even suffer from insomnia, do you have some good ways to solve that?***

Insomnia can result from many different causes, which can be physiological, psychological or some temporary emotional challenge. Nevertheless, we can be sleep-deprived only a certain amount, before the effects begin to show in our daily performance or in our appearance. A very important point to remember is not to add worry if you have difficulty sleeping. The worry only adds to the anxiety, which will escalate the problem, instead of helping reduce stress.

If your trouble sleeping started only recently started, the cause might just be a temporary issue, such as worry about work or an emotional relationship. To help me fall asleep, here is a technique that I use because it works for me every time. While lying in bed, choose a mantra (short prayer) that you like and begin to recite it. If you are awake due to some anxiety that you have created for yourself, focusing on the mantra can relax you and bring you back to a worry-free zone. You can also use meditative techniques like observing and counting your breath. If you wake up in the middle of the night and can't go back to sleep, this can also work for you. One of the wonderful mysteries of how the brain works is how much we can do with our mental energy.

***The pores on the T-Zone seem larger and larger, and my U=zone become abnormally dry, do you have one way to solve both of these problems?***

The skin type that you describe is more on the dry side. Having larger pores on the T-zone is normal for most people. The skin might carry a lot of dead cells and the pores will appear more rough and prominent. This skin needs application of a more effective moisturizer, and it also needs to have exfoliation (removal of the dead cells) on a regular schedule. Over time, with these treatments, the skin will look smoother and more even. Then, the pore size also becomes less of an issue.

***How can I effectively shape my body... especially my lower body? Do those various shaping creams really work?***

The real secret to improving physical appearance is discipline – in exercise and diet. Commit to exercise correctly at least 3 times a week to improve flexibility and strength. Even walking for 30 minutes or more, a couple of times a week, will help. Proper nutrition and diet planning are always important; reducing fats, starches and sugars will do wonders for your physical and mental condition. Remember, your body will have a tendency to create the same problem over and over

again, if you let that happen. The result merely reflects your own ability to commit to yourself. Indeed, not all shaping creams work, but the ones that do, will only work if used with conviction.

***Can you introduce some hair trends in the US for this coming winter?***

There seem to be two major directions: one fashion is soft and glamorous. Some of the old romantic look is back, with a new twist. Long straight hair is still popular, as people are wearing more sleek long hair with a soft wave at the end. Lowlights and highlights (selective tinting) which add life and contrast to the main hair color, are still quite popular for women of all ages. The other trend is a modern, smart look, with the hair cut short, to follow the head shape and complement the shape of the face. This emphasizes the individual personality of the person and can be quite sexy and feminine, when done well. Women today are more focused on expressing their unique individuality and want other people to be interested in who they really are. With so many more choices of clothing, lifestyle, and hair styles (not to mention wigs), women can have a lot more fun showing off the various sides of their wonderful personalities on different occasions. Women need not feel they have to follow any trend, unless that trend happens to work for what they want to express. Fortunately, there are also many more artistically talented hairdressers today who can support this desire for self-creativity.



MaryThé

作为美国介绍美容、护肤、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，她还提醒你在注重全面健康的同时，享受更加更多的信息。请浏览网站：[www.marythe.com](http://www.marythe.com)

还是一种生活方式，「护肤不仅是做脸」

# Ask MaryThé 第16回 扮靓宝典 美丽课堂

静物摄影/彬彬



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我T字部位的毛孔越来越大，而U区却极其干燥，有没有一种方法能同时解决这两个问题？

按照描述，你的肌肤是属于典型的混合性。其实许多人都有T字部位毛孔粗大的问题。额头、鼻子、鼻翼两侧等部位油脂分泌旺盛，混合污垢堆积在毛孔内，造成毛孔粗大，变得越来越粗糙、凸起，而U区皮脂腺很少，缺乏皮脂腺的滋养，肌肤就容易干燥缺水，毛孔也会因干燥松弛而变得粗大。这类肌肤在日常护理上，需要从控油、清洁毛孔、去死皮护理和保湿两方面入手，针对不同部位，最好使用两种不同的爽肤水。有收缩毛孔作用的轻拍在T字区附近，将保湿滋润的用棉片敷在较干燥的U区，坚持一段时间后，肌肤会有明显的改善。

推荐产品：1 毛孔细致修护面膜 (Neutrogena) 119元 / 5片 2 毛孔清洁露 (美肌) 58元 3 净颜爽肤水 (Chanel) 320元 4 深润滋润修复精华液 (Shu Uemura) 560元



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## 露得清 毛孔细致修护面膜

首创的分区感应设计，同时满足T字及U字部位不同的毛孔需求，做到控油补水一次完成，由内而外的水润均衡。T字面膜含有的西洋杉及金缕梅成分，能及时减少额头及鼻子的过度泛油；U字面膜所含的高效保湿元素，为双颊提供立即且持久的水分滋养。



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怎样才能有效瘦身，尤其是我的下半身，那些纤维乳真的有效吗？

美丽的曲线永远是女人们孜孜以求的目标，而真正改善形体的秘密就是进行有规律的锻炼。每周至少三次的身体训练，以提高肢体活性与伸展性。一周两次30分钟以上的行走也会非常有帮助。至于纤维乳霜，不是所有的都会有效果，但如果有一款你觉得不错，那就必须怀揣着信心坚持使用，才能见效。

推荐产品：5 纤维青春乳液 (Dior) 500元



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最近我总是睡不好，有时甚至整夜失眠，有什么好的办法能帮助我吗？

失眠被称为女性美容、健康的新杀手。导致失眠有许多因素：压力过大，生理、长期心理抑郁或者一些暂时的情感问题等。如果你的睡眠问题最近才开始，那很可能只是暂时性的，不妨给自己营造一个优质的睡眠环境：点一盏有助睡眠的薰衣草芳香精油，平躺在床上，选择一首自己喜欢的诗歌背诵或者留心细数自己的呼吸，将紧张的情绪缓和下来。或者干脆起床离开房间做些轻松活动，如：看书、听音乐、静坐，等到累了再进房间。平时也可多吃钙质丰富的食物，以帮助入睡，安定神经，如奇异果、豆浆、芝麻糊、玉米汤等，并且在睡前养成喝牛奶的习惯，因为牛奶中所含的成分具有松弛神经的效用。

推荐产品：6 薰衣草芳香精华油 (佰草集) 100元



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什么样的饮食结构才能防止脂肪在体内大量堆积？

众所周知，掌握饮食的平衡之道尤为重要。现在，越来越多的女孩开始理智地减肥，更注重饮食的均衡性，而不像以前拼命地节食来换取时髦的美。我认为，最理想的饮食结构是少食多餐，三餐饭要定时定量吃，但只需吃个七分饱就行，多吃营养高、含纤维、热量低的食物，多吃蔬菜、水果，少吃油腻食物，多喝酸奶，因为其中的活菌都是对人体有益的菌，能帮助肠道消化，均衡营养的吸收。还有，每天保持一定的活动量，如健身、游泳、散步等也很重要。

推荐产品：7 高纤维五谷米 (City Mart) 12.8元

能介绍一下今年秋冬的发型趋势吗？

今年秋冬健康的黑、棕色是新的发色潮流指标。发型主要有两大趋势：温柔的卷发，垂落肩头的柔软卷发无论是出席派对，还是日常生活，都让人性感无比；另一大发型趋势是个性而硬朗的短发，配以层次丰富的挑染色彩，打造出女性阳刚与优雅结合的独特别美！

推荐产品：8 丰盈润发摩丝 (L'Oréal Professionnel) 158元 9 弹性卷发摩丝 (Vidal Sassoon) 新品



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## 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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