

卸妆千万马虎不得。如果卸得不彻底，化妆品残留在脸上，长期下来，会堵塞毛孔，滋生粉刺、痘痘，甚至会造成肌肤过早衰老。因此，彻底地卸妆、清洁皮肤，绝对是美容的根本。

摄影/彬彬 插画/Ring

卸妆，护肤的完美句号

本月烦恼

每天出门前，我都会精心打扮一番，这样会让我一整天都好心情。可繁忙的工作结束后，疲惫不堪地回到家，我就只想躺着什么也不做，有好几次都忘了卸妆就睡着了。最近我的皮肤越来越差，经常会长些小痘痘，脸色也灰灰的，是不是因为卸妆不彻底造成的呢？

Q1

我会先用卸妆油卸除睫毛膏和唇膏，然后再用洁面产品清，这种方法对吗？ (读者：孙娟)

这种方法是正确的。卸妆应该有顺序，否则会造成二次污染。应该按照局部卸妆—整体卸妆—洗脸的顺序进行。如果使用的唇膏颜色很深，用沾有卸妆品的棉片由两边向中间擦拭，反复2~3次，直到化妆棉上没有唇膏颜色为止，这样会减少对唇部的伤害。

由于卸妆油的含油量较多，为了洗净脸上残留的油分，最好使用洗面乳进一步清洗。洗脸时水温要适度，冷水对油脂的洗净力差，而热水又会过度洗去皮脂膜，使皮肤干燥、敏感。所以一般水温在38℃~40℃比较适宜，之后最好再用22℃~24℃的温水轻敷，以达到收敛毛孔的作用。



Q2

我几乎不化妆，但我可以用卸妆类产品代替洗面奶吗？如果可以，会不会使我的肌肤过度清洁而造成敏感呢？ (读者：徐晓霞)

事实上，卸妆产品是利用油脂将粉底油分包住，同时加以去除，是温和而油性的洁面产品。如果你的皮肤偏干，而且不化妆，可以使用卸妆水作为洁面产品。而洗面乳则是将卸妆后所剩余的油分、皮脂与灰尘等污垢，一起洗干净。但除了脸部肌肤特别油的人以外，洗脸次数最好不要超过一天两次，以免造成肌肤干燥。如果平时不化妆，我建议最好还是选择适合你肤质的普通洁面产品，因为这不会造成过度清洁或是清洁不彻底。否则的话，很可能导致肌肤的其它问题出现，包括敏感。

tips:

一些不是卸妆品的好东西像润唇膏、润肤乳，甚至是婴儿油、婴儿润肤巾同样是卸妆的好帮手。

★ **透明润唇膏VS珠光眼影、唇膏、亮片**

用棉签沾透明润唇膏轻轻擦拭，润唇膏特有的黏度和滋润度既可把附着物清理掉，又不会伤害眼部和唇部娇嫩的皮肤。

★ **润肤乳VS浓密睫毛膏**

为了让睫毛看起来又浓又密，你往往会有意多刷好几层，但卸妆时会发现睫毛早已变得硬硬的，这时用棉签沾上少许润肤乳涂在睫毛上，一会儿睫毛就恢复到柔软的状态了。

★ **婴儿润肤巾VS淡彩妆**

效果明显、使用方便，而且用后皮肤还会很滋润。如果你化的妆比较清淡，就无须卸妆产品，婴儿润肤巾完全可以卸得干干净净。



Mary美容研修班 解决阻碍美丽的一切烦恼

第5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



MaryThé

Q3

听说卸妆油里含有的矿物质会伤害皮肤，是这样的吗？到底是洁颜油好，还是传统的卸妆乳好呢？ (读者：Daisy)

不是的，矿物油不会伤害你。它被广泛地应用在化妆品中已有很长一段时间了。皮肤不会吸收这些矿物油。然而，如果你的皮肤偏油性，那油腻的洁面产品并不适合你，因为，矿物油分会持久留在皮肤表层，它会形成障碍阻止其它护肤产品的营养被吸收。所以在使用滋养产品前，你必须确定残留在脸上的油分已经被洗净。

tips:

对于洁颜油还是传统卸妆乳，其实两者各有好处，应依照个人上妆和卸妆习惯来综合考虑。通常有“人工合成酯”成分的洁颜油，具有较强的渗透性，可以轻易带出阻塞在皮脂腺内固化的黑头粉刺，但容易过度刺激角质，使皮肤变得粗糙。因此含植物或矿物油成分的洁颜油更好，较为温和。

★ **缺水性肌肤**：选择亲水性高、含保湿因子而不含油脂的卸妆产品，使皮肤不会因清洁而流失过多的水分。

★ **油性、粉刺类肌肤**：使用含有消炎、杀菌、防腐成分的产品，彻底去除皮肤污垢，再用收缩水调理毛孔，避免因油脂堵塞而使毛孔扩大。

★ **干燥老化性肌肤**：使用维生素含量高、植物油脂成分的洁颜油，目的是卸妆清洁后，能在皮肤表面形成滋润性保护膜。

★ **敏感性肌肤**：应选择温和并具轻微消炎杀菌功效的产品，但绝对不应含有酒精、香料或色素。而且清洁时间不宜过长，否则会引起皮肤发红、敏感。

Q4

如何正确卸除睫毛膏？ (读者：Susan)

快速有效卸除睫毛膏的方法有很多种。但无论哪种方法，你都必须十分小心，因为眼睛和眼部周围的皮肤都非常细嫩。有些人喜欢用卸妆油，但对于一些人来说，油分会刺激到她们的眼睛。我个人比较偏爱使用温和的baby shampoo，因为它安全，无刺激，使用方便，价格合理，更可以卸除防水睫毛膏。每天彻底卸除睫毛膏是非常好的习惯，会减少眼睛被感染的几率，否则长此以往会使睫毛稀疏甚至掉落。如果不小心将卸妆水弄到眼睛里，不要揉搓，一定要用温和的眼药水冲洗眼睛。

tips:

卸除睫毛膏的步骤：

★ 将化妆棉沾满足够的卸妆液。假如你用的是防水睫毛膏，就需要使用注明专为去除防水睫毛膏而设的卸妆乳液；

★ 将清洁的纸巾对折，垫在眼肚位置；

★ 将沾满卸妆液的化妆棉轻贴眼部，停留约五秒，让卸妆液充分溶解睫毛膏，然后慢慢由根部往梢部卸；

★ 使用沾了卸妆液的棉花棒，清理睫毛间的细缝；

★ 最后用沾了卸妆液的新化妆棉，由上而下地轻抹，确保将残渣清除掉。



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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本期问题被选用者将获得纷莹艳色染发凝露一盒



- 1 清新洁肤卸妆乳 (HR) 280元 能迅速轻柔地卸除眼部和脸部妆容，含有甘油成分让肌肤倍感滋润，矢车菊精华带给肌肤特别的舒缓。
- 2 均效洁颜油 (Shu Uemura) 260元 只需一次洁面，能同时彻底清除化妆品、油脂等油性污垢，和汗水、尘埃等水溶性污垢，洗后清爽不黏腻。
- 3 润泽卸妆乳 (Chanel) 330元 细致轻柔地卸除眼部及眼部彩妆，其富含润泽复合物，能够滋润及保护肌肤，捕捉及锁住水分，使肌肤长保润泽及舒缓。
- 4 轻盈卸妆洁面摩丝 (Dior) 250元 温和质地，柔和按摩能让泡沫如天鹅绒般细腻，轻松去除彩妆、灰尘和过多油脂，恢复最初的新鲜肌肤。
- 5 全面卸妆乳 (Vichy) 148元 一个步骤就可同时清洁面部及眼部，同时滋润皮肤赋予活力，用后肌肤倍感清爽、柔细。
- 6 洁面油 (Lancôme) 280元 内含木瓜、菠萝，能彻底清洁肌肤，无需弄湿脸部，可直接涂抹洗净，更可卸除防水睫毛膏。
- 7 眼部/唇部卸妆液 (Clinique) 210元 特殊的油水双层配方，能温和彻底地卸除防水持久的眼、唇部彩妆。

“XUAN SE” Q&A ~ January 2005

by Mary Thé

Make up remover

Q1 What is the best way to remove mascara?

There is more than one way to remove mascara effectively. The most important issue is to recognize that the skin around the eyes and the eyes themselves are delicate and need to be treated carefully. Some people prefer to use eye make up remover, which contains some oil. For some other people, the oil can irritate the eyes. Personally, I prefer to use a mild baby shampoo, which is safe, non-irritating, easy to use, reasonably priced, and also removes waterproof mascara. Patience is needed when removing mascara. If you are always in a hurry, avoid using waterproof mascara, as it takes more time to completely clean off this kind of mascara. It is a good habit to remove your mascara thoroughly every day, to reduce the chance of possible eye irritation. If your eyes are irritated because you have to rub them while removing mascara, be sure to rinse the eyes with soothing eye drops.

Q2 I usually don't wear make up, but when I do, can I use make up remover in place of my cleanser? If that works, will it make my skin excessively clean and can it cause my skin to become really sensitive?

Indeed, make up remover is normally a gentle more greasy cleanser. If your skin is having a dry tendency and you do not wear make up, you may use the make up remover as a cleanser. Normally make up remover is to help remove the make up foundation, which contains some oil, to be followed by a second cleanser to take off the excess oil. If you do not wear any make up anyway, it would be better to use a normal cleanser appropriate for your particular skin type. This helps assure you will not over-cleanse or under-cleanse your skin, as that can contribute to other problems, including sensitivity.

Q3 First, I use remover oil to remove the mascara and lipstick, then I wash my face twice with cleanser. Is this a good way to take care of my skin?

Using make up remover first, followed by a normal cleanser for your skin type should be fine. Pay attention to how the skin feels afterwards. Unless you have applied several layers of mascara over several days, without washing it off, using the right cleanser can clean the skin and remove lipstick and mascara, too. Not cleaning mascara regularly can eventually contribute to eyelashes falling out. A normal gentle cleanser will normally remove cream mascara, too.

If the lipstick you are wearing has a matte finish or is strongly pigmented, wipe it off first with tissue paper, before using a cleanser. Under normal circumstances, any cleanser should be able to take lipstick off. If the lipstick is more like a stain, you may find that using some oil will help take it off.

Q4 Some make up remover oil can remove make up completely and do not need to be followed with an additional cleanser (such as Shu Uemura Skin purifier high performance balancing cleansing oil), but some aren't as effective. Which type is better?

In general, the fewer steps needed to cleanse the skin, the better, of course. Less time is required and there is less chance of irritating your skin. If your skin is more on the dry side and the make up application is light, then using the make up remover oil alone should work. However, if your skin is on the normal or oily side, with an oilier T-zone, the cleansing action in the remover oil might be too mild. What you need will depend on your skin type, the kind and amount of make up used, and the seasonal weather (cold, dry or hot and humid).

Today, fewer people are using both a cleanser to remove foundation make up, and a second one to clean the skin. With the exception of actors or TV personalities in front of a camera all day, few people use such thick make up anymore. Make up itself is created to be very sheer now. If you choose compact foundation or powder to cover blemishes or imperfections, you may have to use two different types of cleansers.

Q5 Someone told me that make up remover oil contains mineral oil, will it really be harmful to my skin?

No, mineral oil will not harm you. It has been widely used in cosmetic products for a long time. The skin cannot absorb this kind of oil. However, if your skin tends to be oily, you may feel that a greasy cleanser is not as effective as you would like. Because mineral oil will stay on the surface of the skin, it also can act as a barrier preventing absorption of any skin care products into the skin. Before applying any serums or any nourishing products, you will want to make sure that the oil residue is removed.

The secret is to always remember, to listen to the messages from the skin and look for products that will address your skin's needs. No matter how great a product might be, your skin won't appreciate or benefit from the product, if the skin's needs are not met. If you adopt this approach in your daily home care routine, your skin will be happier, more cooperative, less sensitive and best of all, it will be lasting healthy and beautiful skin.