

XUAN SE

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Q&A by Mary Thé

Recently, I often have tooth-ache– maybe I am going to have my first wisdom tooth. What can I do to relieve the pain? What kind of food can I eat better for my teeth?

It sounds like you might want to check your teeth with a dentist. You might have some cavity and need a filling. Normal growth of wisdom teeth should not cause too much problem. If they are growing sideways, it can be a problem. This is something that the dentist should be able to see through an X-ray. Relieving the pain by biting on a clove is only a temporary solution. Your teeth need some serious attention from you. Soft food will likely be more comfortable for the inflamed tooth and avoid all sweets as it will prolong the inflammation.

My mascara is red, so I choose the pink eye shadow for myself, but it seems quite difficult to make a perfect match. Even worse, they make my eyes swollen. Can you tell me what's the problem here?

Using red mascara is somewhat unusual. I am sure you chose it for fun as a fashion statement, as red mascara normally is not used to help enhance your own eyes. Aside of that, if any product makes you swollen and irritated, it is a sign that your skin is inflamed, maybe due to an allergy. Your skin might be sensitive to the color that is used or other ingredients in the product. I strongly suggest to stop using them. Try to use most common colors for mascara from reputable brand. Do remember, mascara is a great place for bacteria to multiply. If used regularly, please throw them away every 4-6 months. Trying mascara testers in stores is very risky as so many people are trying them on and put the brush back with their bacteria into the mascara. This is how people can innocently develop an eye problem.

What kind of perfume is best for winter?

Perfume is a very personal preference. Some of us like it flowery, some like it more fruity. Often in the cold winter months, we choose something mustier or spicier. However, more importantly your perfume should represent how you feel, who you are as a person and not just the season. Most people choose to have two different perfumes. One for more formal events, one for more casual and fun events.

Do I have to pay more attention to my neck in autumn and winter? If I do, how?

Absolutely. My father used to tell me: A woman without a neck is like a flower without a stem. That is absolutely true. Today, we see so many mature ladies, who have had a face-lift and their

neck shows their age. They have to wear a turtle-neck or scarf all the time. In all my career life, I have always encouraged all of my clients to take care of the face and neck daily. Use whatever you use on the face also on the neck. Sometime, the neck may require a richer cream in winter time. If your neck feels dry and the skin shows it, absolutely give it support right away. As this is how unconsciously we allow our skin to age faster.

I swim everyday, but I don't know whether the water will be harmful to my hair and my skin. What should I do?

Indeed, swimming pool water is normally chlorinated to keep them clean. Chlorine is not so great for the skin and hair. They are not easily washed off with a normal shampoo. Before you enter the swimming pool next time, you might consider the following steps to avoid build up of chlorine on your skin and hair. For the face, apply a thicker cream or any waterproof sunscreen. For the hair, wet it and apply thick conditioner thoroughly. Wear a swim cap when possible.

If I am pregnant, which skin care products can I use, and which ones should I avoid? Can I use make-up?

Most normal skin care products over the counter are safe to use during pregnancy. Stay away from those prescribed medicated creams. They have too high percentage of chemicals that you might not want to be absorbed into your system. Stay away from products that are effectively lightened the skin. As they may contain some toxic chemicals.

Can I use the facial scrub in autumn? You know it's so dry here in Shanghai.

Everything is about balance. I am not against using scrub in autumn or winter. More importantly is not to overdo it. You might be able to use facial scrub more often in the hot humid weather, but a lot less in the winter. Also, your skin will need more support and protection right after a scrub, as the skin is less able to protect itself from wind, sun, dry air and pollution.

It seems that I have already passed the acne growing period, but how can I get rid of them completely.

You might need to check your skin care products. Are you still using the same products that you were using when you had your acne? Sometime, those products can make the surface of the skin too dry and it does not allow the waste product that goes out through the skin, to come out freely. This also can cause some acne. Learn to listen to the message of your skin and adjust the skin care products accordingly.

My hands and feet (extremities) are always cold in winter, it troubles me a lot. Could you tell me why and how can I prevent it?

Many women have this issue. It can be hormonal, but most of the time it is from lack of

circulation. Exercise, especially weight bearing exercise can help a lot, as it boost circulation. This does require real discipline, as it is of no effect if done only from time to time. It is obvious the body needs it and you, the owner, are expected to provide.

My eyelashes are not long enough. Besides using mascara, are there any other ways to make them look longer and thicker? Removing the mascara every night is really a big trouble for me.

If removing mascara is the main trouble look into cream mascara. Avoid using waterproof mascara as they are more troublesome to clean. It is important to clean mascara daily, to avoid build up which can contribute to fall out eye lashes. All other method will still require daily cleaning. Such as the usage of silk fibers to help thicken eye lashes appearance, to be applied prior to mascara. Today, there is also individual eye lash extension. This is very comfortable and look very natural. It can make your eye lashes considerably longer. However it require regular visit to a professional as you will need to have them filled every two weeks or so, as your lashes naturally falls out regularly. Certainly this can be the best solution, but at a much higher cost.



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。她坐在旧金山著名的Maiden路上的美容中心吸引了很多跨国专业人士、政治领导和界名流。

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

「还是一种生活方式。」
「护肤不仅是做脸，」

Ask MaryThé 第17回 扮靓宝典 美丽课堂

静物摄影/Michael Teo



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摄影/彬彬

冬季厚厚的大衣，将我的香味遮得严严实实的，怎么办呢？

聪明的你可以在熨衣服时，洒上你喜欢的香水，那样，淡淡的香味会很持久；另外，不妨在发梢上洒一点香水，不过香水中酒精含量很高，最好加少许水混合后再使用，这样既不伤发质，也能散发出自然的芳香。

在寒冷季节里，最适合用什么香水来调节自己的心情呢？

在寒冷的季节，最好选择浓郁醇厚的香味，如醉人的果香、芬芳的花香以及沉稳的木香都会立刻调动你身体的热情，不知不觉间心情会愈来愈好！此外，还不妨涂上与香水同一系列的润肤乳。这样，你的味道会更统一，而且持久。但是，无论你选择什么香水，它都必须体现身份及个人品位。如果朋友说用过过的某品牌的香水还不错，就去买一瓶，那就大错特错了。我们每个人的身体气息与心情息息相关，即使你与使用的是同一款香水，也会因为心情的不同而呈现出不同的面貌。所以，一定要根据最适合自己的原则去挑选，不要人云亦云。

推荐产品：1 香奈儿香水 (YSL) 850元 2 5号香氛精油 (Chanel) 775元 3 真我纯金限量版香水 (Dior) 620元

最近我牙齿疼得厉害，可能是长智齿了吧，有什么办法能缓解疼痛，什么样的食物比较好？

因为牙齿疼得“扛”不住了，才到医院看，这是绝对不行的。在国外，有很多人会定期到医院给牙齿照X光片，以及时了解自己牙齿的健康状况。你的情况很可能是由于蛀牙或是智齿长得位置不对所造成。光吃止痛药缓解疼痛只是暂时的，最好及时求医治疗。饮食上忌辛辣、刺激性的食物(如：辣椒、洋葱、蒜等)和粗糙、坚硬、煎炸及甜食。酒和酸性食物对牙齿也会产生化学刺激，加重疼痛。选择吃些柔软的食物(如：粥类)会对疼痛的牙齿比较有帮助。

推荐产品：4 牙齿及牙龈护理漱口水 (Oral-B) 30元/贝齿漱口水 (Colgate) 20元/浓维漱口水 (Armway) 117.75元

怀孕期间能否用护肤品？在选择上有什么讲究吗？

很多人怀孕期间素面朝天，不涂任何护肤品，生怕护肤品中的化学成分影响宝宝。其实，选择品质优良的、原来自己习惯使用的护肤品，不会对Baby造成伤害。但最好远离那些有针对性的处方药用面霜，例如治粉刺的药膏等，内含的化学药剂成分，可能会影响胎儿。还要避免使用含铅的美白产品、指甲油、染发剂、烫发剂等。孕期皮肤的代谢率，会随孕周下降，也可平时稍勤点到美容院做做放松和清洁等基础护理，建议不要做指压及各种仪器治疗。

推荐产品：5 智能保乳霜 (Pur) 780元 6 芳奢精纯精华 (Biotherm) 530元 7 青春活力日霜 (Chanel) 665元

一到冬季，我的手脚就冰冷，这是为什么，能预防吗？

大多数女性很寒冷，四肢发凉，处于亚健康状态，可能主要是由于饮食不当、营养缺乏、衣着不当、缺乏运动所引起。合理营养，多吃促进血液循环的食物，例如芝麻、菠菜、花生等，此外，牛羊肉中的蛋白质、脂肪、铁质也能改善手脚冰冷的情况，增强机体的御寒能力。运动可以帮助促进血液循环，尤其针对需要久坐办公的上班族，其中央熏练习可增加身体循环。

我的睫毛很粗，除了用睫毛膏之外，还有什么方法能使它们看上去更浓密，因为，卸除睫毛膏实在太麻烦了。

如果觉得卸妆麻烦，你可以选择假睫毛或是嫁接睫毛，它们都能使你的睫毛变得更长、更浓密。刚买来的假睫毛会很干不自然，不宜原封不动地贴用，必须自行修剪。用过的假睫毛要彻底清除上面的粘合胶，以确保能够再次使用。嫁接睫毛现在非常流行，不会伤害眼睛，种好后的3个月内也不用再用睫毛膏、睫毛夹，如同芭比娃娃般又长又浓密卷翘的睫毛，让你的眼睛看上去妩媚动人，更不会有卸妆的烦恼。不过，一定要选择经过处理的植物纤维或天然貂毛等材质才能保证效果。

推荐产品：8 纤长魔力睫毛膏 (Clinique) 280元 9 限量版假睫毛 (Shu Uemura) 150元

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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持之以恒的白晝護理，才可能擁有健康的牙齒

活血DIY

泡脚浴方：

材料：黄芪10克、当归10克、菖椒10克、川椒5克、红花5克

做法：以纱布包好所有药材包起来并捆紧；加适量水浸泡20分钟后再烧开加热；煮约10分钟后倒入泡脚盆，再调和水至适当的温度即可。

这泡脚配方可以活血通经，双脚冰冷的人可以每天泡个10分钟，促进血液循环，逐步改善四肢冰冷的情况。



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