

别以为只有干性皮肤才会有干燥敏感的症状，若是平时不注意保湿补水，什么样的肌肤都有可能被干燥敏感所伤害，皮肤承受的压力，更会加快肌肤的老化。

摄影/钟明治 插画/Ring

# 季节交替，别让肌肤闹情绪



## 本月烦恼

季节交替时，我的皮肤总感觉紧绷，摸起来粗粗的，而且还会时不时发痒，开始我也没太在意，可渐渐开始脱皮，肌肤表面干巴巴的，早晨上妆的时候更是一点都不贴和皮肤，以前我从没有碰到过这种情况，是什么原因造成的呢？怎样才能避免肌肤过于干燥？

**Q1 在办公室一整天，让我的皮肤，尤其是唇部和眼睛感到很干燥，有什么好的方法吗？** (读者: yy)

**眼睛:** 办公室里的中央空调，会令皮肤干燥。尤其是眼睛，会感到干涩、疲劳。不过可以通过经常滴眼药水而改善。最好用不含药物成分，只帮助湿润眼部的眼药水。

**嘴唇:** 唇部干燥可能是由空气干燥造成的，但也可能是由于摄入过少对人体有益的油脂所引起。只吃无脂食品或成为一个素食者都有可能引起唇部干燥。最好的解决办法就是使用含有舒润成分的润唇膏，并有规律地重复涂抹。

**脸颊:** 如果脸部肌肤感觉干燥，甚至有一些部位变得粗糙、脱皮，以及细纹的出现，那就必须引起注意。采用喷雾式矿泉水来补充脸部皮肤水分，是很有效的。而且平日不要忘记涂抹保湿性高的护肤品。



**Q2 无论是夏天还是冬季，我的手总是很干燥，有时甚至会脱皮。我一直坚持用手霜，但好像没有什么效果，有什么好的方法吗？** (读者: 付予)

也许是由于使用了过多的干性香皂或是易引起皮肤干燥的清洁剂所造成的。首先，皮肤需要一段时间才能自我修复。避免过度洗手和适时使用手套十分必要。可以在临睡前涂抹保湿性好的护手霜，最好整晚佩戴薄型棉质手套，以保护肌肤。当然，还要养成随时涂抹手霜的好习惯。

另一个可能引起皮肤干燥的原因是牛皮癣，这是一种肌肤自身的功能紊乱，需要药物治疗。当你的肌肤出现敏感、发红、持续脱皮时，可以向皮肤科医生咨询。



1 内在平衡10分钟舒缓面膜 (Kanebo) 新品 2 敏感性爽肤水 (Givenchy) 260元 3 修护洁面乳 (Avène) 165元 4 舒缓滋润洗发乳 (Kérastase) 5 深层滋润护手霜 (Neutrogena) 45元 6 舒缓滋润乳液 (Elizabeth Arden) 350元 7 舒缓化妆水 (佰草集) 120元 8 滋润护手霜 (Vichy) 88元

# Mary美容研修班 解决阻碍美丽的一切烦恼

第 7 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 在季节交替中，我的皮肤很敏感。会变红发痒，我会不自觉地挠而让情况变得很糟糕，怎么办？** (读者: Lisa)

许多人在春季到来前都会出现敏感症状。花草树木释放的花粉会使人打喷嚏，产生类似感冒的症状，引起皮肤瘙痒和红斑。当皮肤干燥或缺水时，会缺乏自我保护能力。在显微镜下干燥或缺水的肌肤就像日晒下的沙漠，充满裂痕。这意味着许多有害物质将比以往更容易深入充满裂痕的肌肤。

- ★ 需要注意的是，头皮也会有敏感症状。头皮发痒、头皮屑增多、发根处易长痘痘等都是敏感的前兆，因此在此期间，使用有抗过敏舒缓滋养效果的洗发水和护发素会非常有效。
- ★ 选择保湿性好的产品，它给肌肤表层形成一层保护膜，阻止或延缓肌肤细胞中的水分散失；而补水产品更着力于如何把更多的水分输送到你的肌肤细胞内部。一般来说在干燥的环境中各种类型的肌肤都需要保湿。现在很多产品是能够做到两者兼顾的。
- ★ 对于真正的皮肤过敏，你需要去看医生，或考虑使用一些抗敏感药物。不过当这类药物有效缓解皮肤瘙痒和红肿等症状时，则需要注意一些副作用，如嗜睡或头痛。

**Q5 我的皮肤总是又干又缺水，每次化妆，尤其是上粉底时，看上去很不光滑，还会脱皮，有什么办法让妆面更细腻吗？** (读者: yu)

上太多的粉底只能使你的脸看上去化妆过度，相信这样的妆面效果并不是你想要的。在有效改进底妆效果前，我们先要重视皮肤对充足水分的渴求。

### 购买小窍门

在购买新保湿品时，带上你自己的保湿霜与新的进行比较，尤其要注意比较产品质地。当然在购买前，能亲身体验一下你想要的产品是很重要的。

- ★ 检查你的洁面产品。洗完脸，是否会感觉紧绷？那就说明这种洁面品并不适合你。我认为可以适当选择较为温和的洁面产品，如霜质或乳状质地等。
- ★ 其次，看一下你的保湿产品是否能给你一天周全的保护。若将渗透性佳的保湿精华液与锁水面霜叠加使用，会取得更好的效果。



## 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IDA绿茶热风修护发油一瓶



**Q4 自从搬了新办公室，我的脸上就一直敏感，长了好多红色斑点，这是什么原因呢？** (读者: Cheryl)

在新办公室里，一些建筑材料，如胶合剂、涂料、墙纸或新家具等富含甲醛，都可能释放某些化学成分，伤害你的身体。如果你有脸上泛红、头疼、视力模糊、呼吸不畅或其他一些过敏症状，那就必须引起警觉。因为长期呆在有毒环境中会导致严重的疾病。

**tips:** 如果不能马上改善，那给你一些加速净化空气的建议

- ★ 保持空气流动，尤其是长期封闭的空调室内，长开窗以交换新鲜空气。
- ★ 在室内摆放植物，但要确定有足够的阳光，植物才能进行光合作用制造氧气。
- ★ 使用空气净化装置，功率要足够大以至覆盖整个房间。经常清洗过滤器，确保有效性。

## **“XUAN SE” Q&A ~ March 2005**

by Mary Thé

### **How to take care of Dry and Sensitive Skin**

***Q1 Despite the season, my hands always feel dry and sometimes peel a lot. I diligently use hand cream, but it doesn't seem to have any effect. So what should I do to take care of my hands?***

Sometimes, this condition can be caused by often use a drying soap or sanitary hand wipes that contain alcohol, which is very drying to the skin. First, the skin needs to have an opportunity to rebuild itself. Try to avoid excess washing of the hands. You may use gloves if necessary. Apply a very moist hand cream at night before going to bed, and wear thin cotton gloves at night to keep the skin protected. Of course, try to reapply hand cream throughout the day as necessary.

Another cause of dry skin might be psoriasis, which is a skin disorder that requires medical attention. The skin feels sensitive, red, and peeling. In this case, you may want to consult your dermatologist.

***Q2 My skin always feels dry and very dehydrated. When I apply my make up, especially foundation, it is not at all smooth and it peels every time. Do you have any suggestions to make the foundation go on smoother?***

Unfortunately, when the canvas is not smooth, the painting will never come out smooth. In this case, your skin is like the canvas. Before we can improve the look of the foundation make up, it is important to address the skin's need for adequate hydration. Trying to make the skin smoother by using more layers of foundation will only make you look like you have too much make up on your face. That is not the type of impression you want to present to the world.

Try to understand why the skin is so dehydrated. Check your cleanser. Does your skin feel tight and dry right after cleansing, prior to using your toner or moisturizer? If your skin feels too tight, the cleanser is too drying. This means the cleanser is taking away more of your own natural moisturizers than necessary. Change your cleanser to a milder version, either a cream or a milk form. Next, check the moisturizer you are using. Does your skin still feel moist enough at the end of the day or does the skin feel dry? If the skin feels dry and dull, that is a sign that your moisturizer does not protect your skin all day. You will need something more moisturizing and hydrating than what you are currently using.

Here is a tip that you can use when you are shopping for a new moisturizer. Sales people often try to sell you whatever they have, but do they truly address what you

need? Bring your own moisturizer with you and compare its texture with that of the new moisturizer you are being recommended. It is important that you can feel a sample of the product you are considering before you buy it.

***Q3 The air in my office is warmer than outside, causing my skin, especially around the eyes and lips, to feel very dry. How can I remedy this condition?***

Some offices are kept quite warm during the cold season. Unfortunately, most kinds of heaters contribute to drying of the air. Some people with sensitive eyes can feel the drying effect in their eyes. This can easily be taken care of by using eye drops periodically. Find an eye drop that does not contain any medication, whose only purpose is to help moisten the eyes. Such eye drops are often described as being like natural tears. Dry lips can be caused by dry air, but they can also result from eating too little of the oils that are good for the body. Eating only fat-free foods and being a vegetarian can also contribute to the cause. The best solution to this condition is to use some lip balm that has soothing ingredients. Most importantly, you need to be disciplined enough to reapply the balm several times a day, as the lips need extra attention until their condition improves significantly.

***Q4 My office is new and from the day I moved in, my face has itched all around and some red spots have grown. What should I do?***

In new offices, some construction materials, such as glue or paint, or walls and new furniture made of pressed wood, which contains formaldehyde, may release chemicals into the air that you are actually sensitive or allergic to. They can actually be quite toxic to the body. As long as those chemicals are still in the office, the best thing you could do is to stay out and wait until the room is clear of the chemicals. This can create a difficult situation, since you may have to wait quite a long time, and changing offices may not be possible. Consider trying to use an air-cleaning machine that can clear the chemicals from the air in your new office. You may also want to consult your doctor about this condition.

***Q5 During the spring, my skin always feels more sensitive. It turns red easily and feels very itchy. I try not to scratch it and, of course, when I do scratch, the skin is even worse.***

Many people often develop some form of allergy during the Springtime. Many trees and grasses release a lot of pollen, creating a very fine dust floating through the air. The pollen can cause people to sneeze and have cold-like symptoms or cause the skin to feel itchy and have red blotches. During this time, it is especially important to make sure that your skin is not too dry. When the skin is dry or dehydrated, you will be more susceptible to this kind of sensitivity, because your skin does not have enough ability to protect itself from harmful external

influences. Dry and dehydrated skin, when seen under a microscope, looks like sun-baked desert land with many cracks. This means that some allergy or sensitivity can result because many substances can more easily penetrate deeper into dry skin than they are supposed to.

Keeping your skin adequately hydrated will help. Check your basic skin care routine to modify the use of any products that may be contributing to the dryness of your skin. For true allergies, you may want to consult with your doctor and consider taking some anti-histamine medication. While such drugs can reduce the itching and redness, be aware of possible side effects, such as drowsiness or headaches.

Here is something to remember. Anytime the skin is allowed to become too dry, all kinds of problem can easily arise. You can easily develop all kinds of allergic reaction to products you were not previously sensitive to using. So, learn to listen to the message your skin is sending before it is too late. Any form of stress experienced by the skin is a step closer to aging the skin.