

唇部是布满血管的部位，只有一层很薄的角质层直接覆盖在上面，介于非湿润的面部肌肤和湿润的口腔粘膜组织之间，双唇抵抗环境侵扰的耐力是整个身体肌肤中最弱的，停留在双唇上的水分非常容易蒸发，所以唇部的呵护比你想象中的要重要很多。

摄影/彬彬 插画/Ring

为水嫩娇柔的美唇而战

本月烦恼

秋风乍起，天气渐渐变得干燥起来，我的嘴唇失去了往日的润泽感，经常出现干裂、嘴角裂口等现象，而且嘴唇周围有点泛黑，微微一笑，嘴角还露出了可恶的小细纹。由于干燥，唇膏并不能完全覆盖唇纹，显得很不均匀。天哪，我的嘴唇怎么会有如此大的变化？我究竟该怎么护理我娇嫩的嘴唇呢？

Q1 秋天一到，我的嘴唇就非常容易开裂、起皮、出血，该怎样护理呢？

嘴唇的护理应该是全面的，只用润唇膏是不够的。

嘴唇是季节变化的“超感体”，空气中的水分每增减一分，它都会先知先觉，所以当气候变换、冷风袭来，都会使脆弱的柔唇受损。通常我们以为只要涂上润唇膏就能令嘴唇得到足够的保护，但事实上嘴唇的护理应该是全面的。

- ★ 在天气转凉变得干燥之前，临睡前得使用护唇膏，最好是含有金盏花及甘菊精华成分的，因为这两种成分能舒缓干裂的双唇。白天在涂唇膏之前可以先涂上一层。
- ★ 含保湿防晒功效的润唇膏，SPF指数在15-30之间，能阻挡紫外线对唇部的伤害。
- ★ 干燥、龟裂的嘴唇还有可能是因为对你正在使用的某些产品不适应而产生的反应，例如：唇膏、唇彩、唇线笔、润唇膏、牙膏等。
- ★ 经常舔嘴唇可是个坏习惯，这样做不仅不会湿润嘴唇，反而会加速水分蒸发，把保护嘴唇的油分也带走，使唇部变得更加干燥。
- ★ 嘴唇干裂后一般都会起皮，此时千万别用手撕扯，避免造成出血和疼痛。如果起皮现象严重，可将润唇膏敷在嘴唇上面，然后用热毛巾轻揉，让唇部充分吸收水分和油分，用指腹轻轻按摩，这样死皮可以快速脱去，唇部也因按摩而促进血液循环，变得润泽。



Q2 我的嘴唇上有很多细小的唇纹，有什么解决办法吗？

唇纹是挂在唇上的年龄时钟。

唇纹的生长就像你身上其它皱纹的产生一样。健康的肌肤需要充足的水分，如果你的身体，包括唇部肌肤干燥，就说明平衡你身体的某些生活习惯需要调整：

- ★ 最简单的方法就是多喝水，每天至少8杯。
- ★ 检查一下你的食谱，你有没有摄入足够的富含维生素的水果和蔬菜，忌吃辛辣的食物。
- ★ 你有没有有规律地进行锻炼，有没有半途而废。
- ★ 睡眠如何，是否睡得太晚，睡得太多。我们身体的大多数修护都是在睡眠的时候进行的。

tips
润唇膏是保养嘴唇的重要滋润品。它们不但提供最基本的滋润功效，许多还兼具多重养分，如羊毛脂、维生素E等来防止嘴唇的氧化。冬季或长时间处于干燥环境中，不妨选择保湿效果特别强的润唇膏。当然还可以用一些含有润滑柔软成分的产品，例如：天然蜡、维生素A、维生素E。

Mary美容研修班 解决阻碍美丽的一切烦恼

第 3 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 我嘴上的汗毛比较明显，远看嘴唇上方就是黑黑的，该如何处理它们呢？

用刮胡刀刮去汗毛是相当错误的做法。

嘴上的汗毛是很正常的，如果汗毛非常多且颜色很深，可以去专业的美容机构，低温融化蜡后轻柔地去除。如果你的皮肤不太敏感，自己使用脱毛产品也是可行的。用刮胡刀刮去汗毛会使汗毛长得更快更粗。但以上所有的办法都不能阻止汗毛的再次生长，因为这是由你的基因决定的。



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，还有机会获得时尚礼品以及试用新产品的机会哦！

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* 卸妆卸出美唇 *

经常化妆的美眉不可忽略对唇部的卸妆，如果卸妆不彻底，也会导致唇色暗沉，严重的则有可能染上“唇斑”哦。选择专门卸除唇部化妆的卸妆液来卸唇妆，并用柔软的化妆棉配合。

具体方法是：

- ★ 先将卸妆液倒在化妆棉片上湿敷嘴唇，在瓦解色素的同时软化干燥的唇部肌肤，还能避免拉扯嘴唇。
- ★ 随后从两侧向中央推进，顺着唇纹纵向擦拭，翻转到干净的一面再擦拭嘴角，防止色素残留在唇边皱褶中。对持久唇膏还要多卸一次，如果是嘴唇特别干燥，还可以隔着棉片先用热毛巾蒸敷，软化肌肤，防止色素沉着。

Q4 我的唇色很深，颜色好看的口红用在我的嘴唇上就变了色，这可怎么办呢？

漂亮唇色的对策：

- ★ 在使用唇膏前，可以先用润唇膏给双唇穿上一件防护衣，然后上一层薄薄的粉底液，再用散粉轻柔地拍到嘴唇上，遮盖住嘴唇的轮廓，唇色也会改变，这样做是使唇膏持久不脱色的小秘密。
- ★ 为了快速持久，你可以选择用唇线笔代替唇膏涂满整个唇部，现在唇线笔有很多颜色可供选择了。
- ★ 准备一个光滑软毛的唇刷，多上几层，这样可以画得更精准。
- ★ 当然不用唇膏用唇彩也是很好的办法。市面上唇彩的最大特色在于运用各种不同的光源折射效果，来呈现唇部晶莹剔透的亮感色泽，使用后能使唇部湿润饱满、性感自然，全面覆盖暗沉的唇色。

tips

唇膏的选择：秋天最好还是使用滋润型唇膏，虽然滋润型唇膏要比持久型唇膏容易脱色，但对嘴唇伤害要小很多。



- 1 流金秋季唇油 (Guerlain) 180元 柔软并保护唇部肌肤，防止因气候变化等引起的干燥、紧绷和开裂，赋予唇部非常舒适的感觉。
- 2 润唇膏 (Nivea) 30元 含有天然乳木果油、甜味杏仁油和维生素E，长效保湿、抵御外界伤害、保持双唇自然弹性。
- 3 修护唇膏 (La Roche-Posay) 58元 能锁住唇部水分，使干燥的唇部恢复滋润，不含任何香精及防腐剂。
- 4 魅力炫彩液体唇膏 (L'Oréal Paris) 69元 炫亮色彩和滋润质地，营造耀目双唇，3D立体妆效。有多款颜色可供选择。
- 5 焰彩莹润唇膏 (HR) 260元 拥有独特的滋润成分，能在娇唇表面迅速形成自然保护膜，令双唇倍感滋润舒适。
- 6 不脱色恒彩唇蜜 (Revlon) 128元 特有护唇液，富含99%之保湿成分，能迅速渗透、滋润唇部。
- 7 柔和护唇膏SPF15 (Chanel) 260元 质地温和柔软，可单独或在涂上唇膏前当作打底之用，带给唇妆亮丽持久的效果。

“25ans” Q&A ~ November 2004

by Mary Thé

Lips – Highlights of your face!

After your eyes, aren't your lips the most noticed and important feature of your face? Your mouth communicates so much of your feelings and is far more expressive than most of us are aware. How do you feel when your lips show their unhappiness by becoming dry, chapped, or wrinkled? Fortunately, there are many things you can do for your lips, many products you can purchase, as well as a number of home remedies that are fun and delicious (literally) that will help keep your lips healthy and beautiful.

The skin on your lips IS different from the rest of your face because it does not contain sebaceous cells to secrete the oils that protect against drying. The surface is the same mucous membrane as inside the mouth, which is much more delicate than the exterior of the face. Also, there is much less melanin in the lips, making them more sensitive to damage from exposure to heat and the UV rays.

Q1 When Autumn comes, my lips always feel very dry and sometimes they becomes chapped. What do I do?

Beautiful, soft and luscious lips are what everyone wants. The cooler and drier months ahead will undoubtedly cause many lips to cry out for more attention. Try to address the first signs of discomfort before the lips become chapped or show bloody cracks. Not only will the lips be painful, your lipstick will not look good, either. Fortunately, lips respond quickly in a few days, with proper care.

- As a preventative measure, before the weather turns cold and dry, begin using a lip conditioner at night as well as under your lipstick during the day.
- A moisturizing lip balm with a SPF 15 - 30 has greater staying power than creams and is effective under lipsticks, some of which actually contribute to drying of the lips.
- Dry, chapped lips may also be a sign that you may be experiencing an adverse reaction to an ingredient in certain products, such as lipstick, lip gloss, lip liner, lip balm or toothpaste.
- Resist licking your lips to make them feel more moist. In fact, licking will make your lips dry out even faster, as that will remove some of the oils that protect the lips.

- Don't peel or exfoliate chapped lips as this will create even more discomfort. If the lips are not severely damaged, you can remove dry skin by gently brushing your lips with a soft damp cloth. Look for a lip serum that contains healing and calming ingredients such as Calendula, Chamomile or algae.

Q2 There are some wrinkles around my lips, especially at the corners of my mouth. I have tried some creams and they were not helpful. Can you recommend any good solutions for reducing the appearance of wrinkles?

Wrinkles along the upper lips are often caused by heredity. The individual architectural design of the face contributes to all kinds of different wrinkles on our face, including the wrinkle outside the corners of the mouth. Also, habits such as cigarette smoking contribute greatly to this problem. Avoid drinking through a straw, as this aggravates lip wrinkles.

Because the mouth is so expressive, the muscles around the mouth get plenty of exercise. We are all familiar with the wrinkles that result from smiling. You wouldn't want to stop smiling, though, would you? Some of the wrinkles around the mouth will reflect the overall condition of the skin of your face, so first, make sure you are doing all you can to maintain the natural health and beauty of your skin. As all wrinkles are also a sign of breakdown of the skin tissue, here are some suggestions:

- Gentle massage of the face encourages good circulation of oxygen and excretion of waste materials, which helps restore a healthy balance.
- For fine lines, a couple of salon treatments are very effective: micro-current, which uses very low electrical current to normalize the muscles, and micro-dermabrasion, which polishes off the outermost layers of skin. Consult your skin care professional.
- More aggressive treatments by dermatologists or plastic surgeons can include injections of fillers or even Botox®.
- Before you consider those procedures, experiment with other products which nourish and stimulate growth of new skin.

Q3 There are some tiny hairs above my lips, how can I remove them?

Fine hair above the lips is very normal. If the hairs are thick and dark in color, consider gentle, low-temperature melting waxing. This procedure may require finding an experienced professional who has the right wax. Using a depilatory product can be an alternative, if your skin is not too sensitive. Shaving the hair should be avoided, as that will only cause the hairs to grow back faster and coarser. None of the procedures discussed above will ever create more hair,

because your genes determine the general amount of hair growth.

Q4 The color of my lips are really dark. Some lipsticks look nice in the store, but when I apply it on my lips, the color takes on a different shade. As I am applying makeup, what can I do to preserve the original lipstick tone?

Here are some general guidelines for effective application of lipstick:

- When applying lipstick, first use lip balm or a lip cream as a base, then add a thin layer of liquid makeup, powder the lips lightly to set the color. This is another secret to longer-lasting color.
- Then, define the desired shape of your lips, using a lip liner pencil that is a shade darker or a complement to the lip color.
- To ensure color steadfastness, you may choose to use a lip pencil instead of lipstick to fill in the lip. Lip pencils come in many different colors today.
- If you prefer to use lipstick, apply it with a lip brush for a smoother, thinner, and more even layer of color. The shape will also be more precisely drawn.
- Finish with a lip sealant. Some sealants make the lipstick smudge-proof, even “kiss-proof”. Make sure you have a lip balm or lip cream at the base of your lipstick, as lip sealant can contribute to lip dryness.
- A shiny lip gloss is another final option for that shimmery look.

Q5 I like some long-haul lipsticks, cause it can keep for a long time, but I feel dry. Some lipsticks are moist, but fade so easily, how can I get the best of both worlds?

Indeed, some lipsticks, especially the ones that are designed to last longer, contain ingredients that actually tend to dry out the lips. You will need to experiment a bit with different products to find the balance of color and moisturizing that is best for you, or find the right lip sealant. They do work, but some are more drying than others.

Q6 I'd like to know if there are any other ways to cure the tiny wrinkles on my lips besides using lip balm?

Fine wrinkles on the lips, just like fine wrinkles anywhere else, are indications that the skin is too dry and not too happy. They might not even be permanent wrinkles yet. Healthy skin needs a lot of water contained in and around the cells. If many other areas of skin, including your lips, are dry, then your body is telling you that the balance of your lifestyle choices may need some adjustment.

- The easiest thing to do first is to drink more water, up to 8 glasses a day.
- Look at your diet – are you getting enough fresh fruit and vegetables?

- Do you exercise regularly and have a regular elimination process?
- How about sleep? Are you sleeping too late or not having enough hours of sleep? Our body does the most daily repair while we are asleep.

If you are healthy everywhere else, and only your lips are a bit dry, then consider whether you are doing enough specifically to protect your lips. Sun, heat, cold, wind, air conditioning – these environmental factors can be powerful agents that dry the lips. Are you spending a lot of time outdoors, participating in sports activities? Long hours in an air-conditioned office can be just as bad. These lifestyles will really challenge your skin's ability to stay moist. The wrinkles are feedback that your body needs more attention than you are giving it.

If you do not like using a petroleum-based lip balm, there are now many other products specifically designed for the lips that contain sunscreen or sunblock and have other active ingredients that smooth and soften the lips: e.g., shea butter, natural waxes, vitamins A and E.

Yes, we all wish we could have a magic wand that can instantly remove our wrinkles. In reality, our wrinkles are just another way our body is letting us know where we currently stand. If we listen and address its needs, we will learn to appreciate what wrinkles actually do for us.