

度假当然很开心，但旅途中也会遇到许多美丽杀手：旅行地区气候的变化、风沙、饮食不平衡、机舱的干燥空气等，那如何在旅游前后还能保持肌肤的良好状态，让Mary为你排忧解难。

摄影/彬彬、A-Kai 插画/Ring

轻轻松松与美丽同行

第2回

本月烦恼

忙碌工作了好几个月，终于可以放个大假了，不过看着那鼓鼓囊囊的行李，还有很多宝贝无法安置，都不舍得放弃，那究竟哪些才是必备的呢？回想去年度假回来，我都不认识镜子里的自己，原本白净的脸上，多出许多小红斑点，皮肤变得干燥，背上、后颈也被晒伤，真是不堪回首。所以，这次我该做好哪些准备，让我的度假没有后顾之忧呢？

Q1

旅行箱当然是越轻越好，但必备的护肤品也不能少，怎样的化妆包才是既精简又完备呢？

首先要检查自己的行囊中是否带够护肤产品和美容用具，否则在紧张的行程中要买到可心的用品是很难的。

在整理你的化妆包之前，你有许多事情需要考虑：天气是干燥还是潮湿；是商务旅行还是度假；飞机、火车，还是轮船；会不会长时间暴露在阳光下等一系列的问题，来确定如何保养你的肌肤。

我认为，最重要也是最必需携带的护肤产品是：

- ★ 温和的洁面产品，比如：根据旅行的天数带上足够的净肤棉；
- ★ 爽肤水可以及时舒缓风吹日晒后的疲惫肌肤；
- ★ 保湿类产品，如：面霜、喷雾等；
- ★ 至少SPF15的防晒和晒后修护产品，并随身携带一支含芦荟精华、丰富维生素E及防晒配方的润唇膏；
- ★ 应付紧急情况的具有舒缓、镇静肌肤作用的面霜或药膏等；
- ★ 独立包装的具有修护功效、促进细胞再生的面膜；
- ★ 小瓶的香水也是旅行的好伴侣，它会给你的旅伴留下好印象，也会令你精神振奋起来。

携带的产品以小包装为最佳选择，除了方便携带之外，就是不慎丢失在哪里也不会损失太大。当然种类以你平日习惯使用的为基础，再考虑到旅行地区的气候，带上一些额外的种类，例如滋润的乳液，或者吸收油脂的化妆水等。

还有一点需要注意的是，不要单单认为护肤只是脸上的事，它还包括你的身体，如果你的皮肤特别敏感或干燥，要带上你自己的洗浴产品，千万不要尝试在旅途中使用新的护肤品，那很可能导致肌肤不适应造成的许多麻烦。



Q2

旅行回来，我的脸上发了很多小痘痘，这可怎么办？

旅行会改变你的日常生活规律：喝水、洗澡、食物、健身、最重要的睡觉，这些方面的改变，都会导致痘痘的产生。

不要去挤压痘痘！尤其对于亚洲人的肤质，挤压后留下的疤痕会留很长时间。但千万记住，吃甜食对痘痘的痊愈没帮助。当旅途结束后要尽快回复你日常的生活规律，这样，你的肌肤才能恢复正常。

- ★ 温和而细致的洁面，尤其是大量出汗以后；
- ★ 避免过量的饮食，即使是你所钟爱的；
- ★ 带上适合于当地气候环境的护肤产品；
- ★ 选择适合你肤质的防晒产品，以防止堵塞毛孔。



Q3

旅游回来后，我发觉皮肤都被晒伤了，我要如何护理晒后肌肤呢？

有许多人只有在被晒伤之后才开始想到要保护皮肤，那是绝对错误的。

UVB会使皮肤晒伤，直接导致色素沉着：晒黑、晒红。有些人在晒后会立刻反映出来，但也有许多人会在几个月或是几年内显现。更可怕的危害是UVA，它会导致皱纹的产生甚至是皮肤癌。在被晒伤后，我建议要使用含有芦荟、氧化锌成分的产品；然后再使用能镇静、润滑肌肤的富含甘菊、金盏草成分的护理产品；若是想要加速肌肤的康复，那得使用蕴含维生素E、维生素C和氨基酸或者缩氨酸成分的产品。多云的天气也不要忽视了防晒，云层并不能阻挡UVA和UVB。晒后要使用晒后修护产品，这在各大护肤品牌专柜或药店里都能买到。

tips

- ★ 切忌在太阳暴晒后使用含酒精的爽肤水；
- ★ 不要用力擦拭肌肤；
- ★ 避免使用含大量香精的产品；
- ★ 勿使用厚重粘腻的面霜；
- ★ 不要将肌肤暴露在特别冷或者特别热的气温下。

Q4

在旅行中应如何保护我的长头发？？

头发和你的皮肤一样怕长时间晒太阳。

暴露在太阳下，不仅对皮肤有伤害，太阳的UV射线也会影响头发和头皮。游泳后滞留在头发上的海盐和化学物质会令发色黯淡、枯黄。除了应注意外出戴上帽子外，还应喷上防晒发胶，并用洗发水进行基本的清洁和护理。宾馆中多会提供洗发用品，但因为品质通常不佳，所以再怎么偷懒，也要带上适合自己发质的洗护产品，减少洗后的头发干涩。最后再带上一小瓶毛鳞片修护露，随时滋养你的头发。

tips

- ★ 如果你要长时间将你的头发暴露在阳光下、含氯的水或海里，事先就需要用特殊的护发素保护你的头发，例如：含有特殊油分的产品，椰子油、硅树脂油等；
- ★ 当你游完泳，千万要尽快地彻底清洗头发，并使用营养丰富的产品，游泳池中的氯非常伤害头发，尤其是染过的头发；
- ★ 使用吹风机时要确定适当的温度，并保持一定的距离，边吹边用手拨弄梳理头发，这样可以减少吹风对头发的伤害；
- ★ 无论头发长短，旅行结束一回来最好给头发做一次营养护理，全面呵护你的秀发。



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！

上海市淮海中路300号香港新世界大厦
2702-2704室《炫色》邮编：200021
电子邮件：xuanse@hfm.com.cn
传真：86-21-6335 3192

“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

1 美白旅行套装 (Laneige)/ 净白清透细肤水、净白清透保湿液、净白清透修护霜、净白清透洁面泡沫、双重隔离防晒霜SPF30+。2 晶莹嫩白隔离霜SPF30 (Clinique) 395元/ 质地轻盈清爽，能避免肌肤因受紫外线A、B和其它不良环境因子的侵害而产生黑斑和瑕疵。3 清透防晒乳液 (SK-II) 590元/ 独家“防护污染”配方，能在肌肤表面形成透气保护膜，中和入侵肌肤的毒素。4 柔和防晒霜 (Shiseido) 260元/ 为柔嫩肌肤而设的防晒用品，适合容易被晒伤的肌肤使用。5 诺珀莹润化妆水 (Avenir) 170元/ 如海绵吸水般迅速渗入肌肤，持续润泽，使肌肤变得柔嫩、光滑。6 欢沁馥郁淡香氛 (Estée Lauder) 480元/ 散发浪漫气息，具有清幽馥郁的田园花香，尤其适合外出旅游，方便携带。7 温泉水元素面膜 (Biotherm) 525元/6片 精选7种对肌肤最重要的微量元素和神奇的Bicarbonate重碳酸根离子，能促进细胞更新，缓解肌肤敏感。美容焕采面膜 (Olay) 141元/5片 每片含有24ml净白精华乳液，能立即帮助肌肤补充大量水分，让肤色更加白皙均匀。8 保湿持久喷雾 (佰草集) 100元/ 蕴涵桑白皮、天然泉水等自然精华，帮助补充水分和锁水因子，使肌肤时刻保持润泽柔滑。

Featured in *25ans*, October, 2004

Q&A: Traveling and Beauty

Q. 1

What kind of skincare products and makeup products do you think necessary to take when I have a trip?

Traveling can be great fun -- as long as we are properly prepared. Just as you would want to be sure to have enough money, you will also want to plan ahead regarding your beauty needs as well. Travel can put a lot of stress on the body, and that will show on your face and your skin's appearance after you return.

First of all, identify the climate of the place you are about to visit. How dry or humid is the area? In what season of the year is your travel going to take place? Is this a vacation or a business trip? What kinds of social occasions will you participate in? How will you get there? By air, car, train or ship? Will you be spending a lot of time outdoors, exposed to the sun and/or air pollution? Before you pack your cosmetic bag, there are lots of issues to think about, to ensure the maintenance of your beautiful skin.

The barest essentials that you absolutely must bring with you for your skin care needs are:

- A gentle cleanser that will not overly dry your skin
- A toner to neutralize the skin, if necessary
- When going to a warm and humid climate, bring a light moisturizer, preferably with anti-oxidants against air-pollution. When going to a cold and drier climate, try a heavier-textured moisturizer.
- Sunblock or sunscreen with a minimum SPF 15
- Soothing and calming products, in the form of creams, masks, ointments or compresses for unexpected emergencies.

The skin is the largest organ of your body; it is the external cover of our being. Keep in mind not just the skin of your face, but also the skin of the rest of the body. If you have particularly sensitive, dry skin, consider bringing your own body cleanser and lotion with you when traveling. As for make-up, it is always a good idea to bring only make-up your face is accustomed to. Do not experiment with new make-up while on a trip, just in case it might not be suitable for your skin. If unsure, keep make-up to a minimum, since it can be the cause of many skin irritations.

Keep in mind that everything we do, wear, eat, drink, and breathe can affect the quality and appearance of your skin. Learn to listen to the message of your skin.

Q. 2

I was hurt by the sun during my trip, what can I do to repair my skin?

Regrettably, all too often we think about protecting the skin from the sun only after sun damage has occurred. UVB rays can cause the skin to burn, which is uncomfortable and unsightly for several days right after overexposure to the sun. Overexposure also contributes to hyper-pigmentation, which can appear right away or years later. Of course, the most significant of all sun damage is the UVA rays, which cause unsightly wrinkles and skin cancer. With such consequences, doesn't the idea of a tanned skin scare you? By the way, a cloudy day is no excuse to skip using sun protection. Clouds do not block the UVA and UVB rays!

So – for quick recovery after sun damage, we must address the skin's needs immediately, using any remedies that soothe, calm and heal the skin. More serious burns can take weeks before the skin can return to normal, and really serious cases may need medical attention immediately.

Look for skin care products that are specially made for after-sun exposure, some of which may be available at your Chinese pharmacy as well.

Here are steps on what to do:

1. Right after sunburn, use products containing anti-inflammatory ingredients, e.g.: aloe vera, zinc oxide.
2. Next, use products that calm and soothe, with ingredients like chamomile, and calendula.
3. Once the skin is calm, healing or repair can be accelerated by products containing vitamins E and C and amino acids or peptides.

Things to avoid after over-exposure:

1. Alcohol-based toners
2. Any form of scrub or peeling
3. Strongly perfumed products
4. Applying thick or heavy creams
5. Exposing the skin to extreme cold and hot temperatures

Important to-do list:

1. Always protect your skin from the sun
2. Never underestimate the power of the sun
3. Be sure to use sunscreen adequately
4. Be aware of what you are planning to do each day

Q. 3

When I am back home from my journey, I find some acne on my face, what can I do?

Acne can result from some sort of stress that the body is experiencing. Traveling can certainly do that. You might have had lots of fun, but the body might have been challenged by changes in your daily routine - from the water you drink and shower with, the food you eat, your own physical activities and, importantly, your sleep. All of these can create havoc on our skin, not to mention our health, too.

Most important! Never squeeze your own acne! Especially for us Asians, the skin is less forgiving. The squeeze marks stay a lot longer, sometimes months. Use some products to help dry the acne; that is enough. If you have a lot of acne on the face, consider going to a skin care salon for professional treatment. Acne extraction is perfectly safe if you can find someone who specializes in this procedure. Also, remember that eating sweets will not help speed the healing process of any condition, including acne. As soon as you come home, resume your previous routine. Your skin will return to normal more easily.

Here are some tips to avoid acne break-outs on future trips:

1. Clean your face regularly, especially if you perspire more due to weather and physical activity
2. Avoid overeating foods you love, especially if not in your normal diet
3. Bring skin care products that are appropriate for the local weather
4. Choose your sunscreen or sunblock wisely, since many of them can clog pores

Q. 4

During the trip, it is hard to do with my long hair, always sweaty, dusty, and sometimes I swim in the sea, so how can I keep my hair always in good condition?

Long hair can be beautiful, but it does require maintenance. Traveling does not impose any special requirements in terms of hair care products, but your hair care routine may need attention. Make sure your shampoo is really right for your kind of hair (oily, dry, other), at the optimal pH, gentle (no sodium lauryl sulfate or other harsh chemicals), and with additives such as vitamins and proteins. Although hair is technically made up of dead cells, with only the roots having living cells, it is very susceptible to drying, sun damage, and damage from hair dryers. The choice of your shampoo and especially your conditioner, which must complement each other, can be very important. Bring your own shampoo and conditioner! While the hotel amenities (free samples) may be enticing, in most cases they might not be the best choices for your particular hair. Also remember that hair care also means care of the scalp, the skin of your head.

Noteworthy tips:

1. If you know you are about to expose your hair to sun and chlorinated or salt water, protect your hair by using special conditioners in advance, e.g.: a hair treatment using special oils, such as jojoba oil, silicone oil, coconut oil.
2. After being outdoors, especially swimming in pools or in the ocean, wash your hair thoroughly as soon as possible and apply nourishing products. Chlorine in swimming pools is especially damaging to hair, particularly colored hair. Exposure to the sun not only causes skin damage, the UV rays also affect the hair and the scalp.
3. When using a blow dryer, be sure to use the proper temperature and brushing motions to reduce breakage.
4. Reapply hair treatment products upon your return - a great idea regardless of the length of your hair.

Q. 5

Sometimes I feel my skin is very dry, such as on airplane, traveling north, walking in the sun for a long time or wind blow heavily, then could you give me some advises?

The environment in airplanes is quite unhealthy in many respects. The re-circulated air has less oxygen than most of us are used to, the air is very dry, since there are no humidifiers, and there are a lot of odors, some of which accompany bacteria or other micro-organisms. Fortunately, smoking is now banned in airplanes, which is a big help. When the skin is exposed to blowing wind, the air picks up our moisture, drying out the skin. Loss of moisture is a major cause of wrinkled skin!

Here are some tips to keep in mind when traveling by air or to a very dry area:

1. Choose a heavier, greasier-textured moisturizer that will act as a barrier between the environment and your skin.
2. Bring a fine spray of pure water, such as the EVIAN spray, and reapply as often as needed.
3. Remember to use lip balm; some contain sun protection.
4. If your nose bleeds easily, apply a bit of petroleum jelly in the nostril, such as Vicks VapoRub.

Be aware that changes of climate can be traumatic to some skin, so prevention is critically important.

Q. 6

Wearing bikini and a little makeup to take a photo is great, but when it meets water, god, my makeup will become so ugly, so can you tell me how can I do some makeup when I am in the beach or in the swimming pool?

Wearing makeup and going into the water do not work well together. Unless you are willing to take the trouble to use stage makeup that is waterproof, my suggestion is, avoid the stress. Use minimal make-up, if you are planning to get wet. Permanent make-up for the eyes and lips are just about the best natural enhancer you can safely use in the water, without having to look ridiculous afterward. Give yourself the freedom to have fun and not worry about everything you do and not do, especially while on vacation.

Keep in mind that if someone truly loves you, they love you with or without your make-up.

“25ans” Q&A ~ October 2004

by Mary Thé

Traveling and Beauty

Q1 What types of skincare and make up products would you recommend for travel?

Traveling can be great fun -- as long as we are properly prepared. Just as you would want to be sure to have enough money, you will also want to plan ahead regarding your beauty needs as well. Travel can put a lot of stress on the body, and that will show on your face and your skin's appearance after you return.

First of all, identify the climate of the place you are about to visit. How dry or humid is the area? In what season of the year is your travel going to take place? Is this a vacation or a business trip? What kinds of social occasions will you participate in? How will you get there? By air, car, train or ship? Will you be spending a lot of time outdoors, exposed to the sun and/or air pollution? Before you pack your cosmetic bag, there are lots of issues to think about, to ensure the maintenance of your beautiful skin.

The barest essentials that you absolutely must bring with you for your skin care needs are:

- A gentle cleanser that will not overly dry your skin.
- A toner to neutralize the skin, if necessary.
- When going to a warm and humid climate, bring a light moisturizer, preferably with anti-oxidants against air-pollution. When going to a cold and drier climate, try a heavier-textured moisturizer.
- Sunblock or sunscreen with a minimum SPF 15.
- Soothing and calming products, in the form of creams, masks, ointments or compresses for unexpected emergencies.

The skin is the largest organ of your body; it is the external cover of our being. Keep in mind not just the skin of your face, but also the skin of the rest of the body. If you have particularly sensitive, dry skin, consider bringing your own body cleanser and lotion with you when traveling. As for make up, it is always a good idea to bring only make up your face is accustomed to. Do not experiment with new make up while on a trip, just in case it might not be suitable for your skin. If unsure, keep make up to a minimum, since it can be the cause of many skin irritations.

Keep in mind that everything we do, wear, eat, drink, and breathe can affect the quality and appearance of your skin. Learn to listen to the message your skin is sending.

Q2 I was severely sunburned during my recent travels. What can I now do to repair the damage to my skin?

Regrettably, all too often we think about protecting the skin from the sun only after sun damage has occurred. UVB rays can cause the skin to burn, which is uncomfortable and unsightly for several days right after overexposure to the sun. Overexposure also contributes to hyper-pigmentation, which can appear right away or years later. Of course, the most significant of all sun damage is the UVA rays, which cause unsightly wrinkles and skin cancer. With such consequences, doesn't the idea of a tanned skin scare you? By the way, a cloudy day is no excuse to skip using sun protection. Clouds do not block the UVA and UVB rays!

So – for quick recovery after sun damage, we must address the skin's needs immediately, using any remedies that soothe, calm and heal the skin. More serious burns can take weeks before the skin can return to normal, and really serious cases may need medical attention immediately.

Look for skin care products that are specially made for after-sun exposure, some of which may be available at your Chinese pharmacy as well.

Here are steps on what to do:

1. Right after sunburn, use products containing anti-inflammatory ingredients, e.g.: aloe vera, zinc oxide.
2. Next, use products that calm and soothe, with ingredients like chamomile, and calendula.
3. Once the skin is calm, healing or repair can be accelerated by products containing vitamins E and C and amino acids or peptides.

Things to avoid after over-exposure:

1. Alcohol-based toners.
2. Any form of scrub or peeling.
3. Strongly perfumed products.
4. Applying thick or heavy creams.
5. Exposing the skin to extreme cold and hot temperatures.

Important to-do list:

1. Always protect your skin from the sun.

2. Never underestimate the power of the sun.
3. Be sure to use sunscreen adequately.
4. Be aware of what you are planning to do each day.

Q3 When I travel, I experience more acne occurrences than usual. Can you provide me with some preventative solutions?

Acne can result from some sort of stress that the body is experiencing. Traveling can certainly do that. You might have had lots of fun, but the body might have been challenged by changes in your daily routine - from the water you drink and shower with, the food you eat, your own physical activities and, importantly, your sleep. All of these can create havoc on our skin, not to mention our health, too.

Most important! Never squeeze your own acne! Especially for us Asians, the skin is less forgiving. The squeeze marks stay a lot longer, sometimes months. Use some products to help dry the acne; that is enough. If you have a lot of acne on the face, consider going to a skin care salon for professional treatment. Acne extraction is perfectly safe if you can find someone who specializes in this procedure. Also, remember that eating sweets will not help speed the healing process of any condition, including acne. As soon as you return home, resume your previous routine. Your skin will find it easier to return to normal.

Here are some tips to avoid acne breakouts on future trips:

1. Clean your face regularly, especially if you perspire more due to weather and physical activity.
2. Avoid overeating foods you love, especially if they are not part of your normal diet.
3. Bring skin care products that are appropriate for the local weather.

Choose your sunscreen or sunblock wisely, since many of them can clog pores.

Q4 I have long hair and often travel to tropical climates. I find it difficult to manage and maintain, especially since I also enjoy swimming at the beach. How can I care for my hair to retain a healthy luster?

Long hair can be beautiful, but it does require maintenance. Traveling does not impose any special requirements in terms of hair care products, but your hair care routine may need attention. Make sure your shampoo is really right for your hair type (oily, dry, other), at the optimal pH, gentle (no sodium lauryl sulfate or other harsh chemicals), and with additives such as vitamins and proteins. Although hair is technically made up of dead cells, with only the roots having living cells, it is very susceptible to drying, sun damage, and damage from hair dryers. The choice of your shampoo and especially your conditioner, which must

complement each other, can be very important. Bring your own shampoo and conditioner! While the hotel amenities (free samples) may be enticing, in most cases they might not be the best choices for your particular hair. Also remember that hair care also means care of the scalp, the skin of your head.

Noteworthy tips:

1. If you know you are about to expose your hair to sun and chlorinated or salt water, protect your hair by using special conditioners in advance, e.g.: a hair treatment using special oils, such as jojoba oil, silicone oil, coconut oil.
2. After being outdoors, especially swimming in pools or in the ocean, wash your hair thoroughly as soon as possible and apply nourishing products. Chlorine in swimming pools is especially damaging to hair, particularly colored hair. Exposure to the sun not only causes skin damage, the UV rays also affect the hair and the scalp.
3. When using a blow dryer, be sure to use the proper temperature and brushing motions to reduce breakage.
4. Reapply hair treatment products upon your return - a great idea regardless of the length of your hair.

Q5 Sometimes my skin feels very dry. For example, when I am in an airplane, when I travel to the North, after long walks in the sun, or during windy weather. Could you give me some advice to alleviate the dryness?

The environment in airplanes is quite unhealthy in many respects. The re-circulated air has less oxygen than most of us are used to, the air is very dry, since there are no humidifiers, and there are a lot of odors, some of which accompany bacteria or other micro-organisms. Fortunately, smoking is now banned in airplanes, which is a big help. When the skin is exposed to blowing wind, the air picks up our moisture, drying out the skin. Loss of moisture is a major cause of wrinkled skin!

Here are some tips to keep in mind when traveling by air or to a very dry area:

1. Choose a heavier, greasier-textured moisturizer that will act as a barrier between the environment and your skin.
2. Bring a fine spray of pure water, such as the EVIAN spray, and reapply as often as needed.
3. Remember to use lip balm; some contain sun protection.
4. If your nose bleeds easily, apply a bit of petroleum jelly in the nostril, such as Vicks VapoRub.

Be aware that changes of climate can be traumatic to some skin, so prevention

is critically important.

Q6 While I am at the beach or sitting poolside, my bikini and make up are great for photos, however after a swim my make up is a disaster. How can I keep my make up intact and beautiful?

Wearing make up and going into the water do not work well together. Unless you are willing to take the trouble to use stage make up that is waterproof, my suggestion is, avoid the stress. Use minimal make up, if you are planning to get wet. Permanent make up for the eyes and lips are just about the best natural enhancer you can safely use in the water, without having to look ridiculous afterward. Give yourself the freedom to have fun and not worry about everything you do and/or not do, especially while on vacation.

Keep in mind that if someone truly loves you, they love you with or without your make up.