

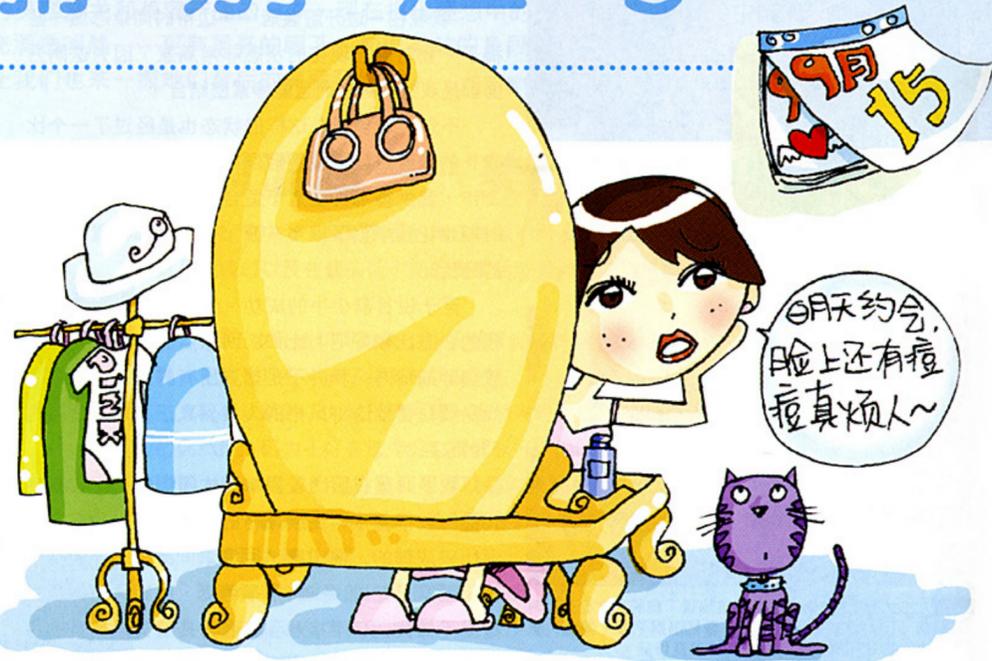
青春痘会以各种形式出现，如果皮肤没有发炎，它会以白头和黑头出现，而在皮肤发炎的状况下，青春痘会有疼痛、红肿、脓头等症状，包括丘疹、囊肿、粟粒疹。如果长期没有好好处理，有些痘痘就会变得很严重，甚至留下永久的疤痕。 插画 / Ring

青春美丽，别“痘”了

第 1 回

本月烦恼

SOS!! 一到换季，我脸上的痘痘又跑出来了，这可怎么办呀？试过了N种方法，可是那可恶的痘痘就是喜欢赖在我脸上不走，时间久了还会留下很多小疤痕，真怕再这样下去，我的脸就成月球表面了。



Q1 为什么痘痘常常反复出现在同一个部位??

皮肤表面的病变并不单纯是皮肤出了问题，往往是身体内部脏腑病变的反映。

常常有人对我说，他们的痤疮往往会在大致相同的位置反复出现：两侧面颊上、额头以及发际线附近、嘴的周围……这是为什么呢？从传统医学的角度讲，皮肤表面的病变往往是身体内部脏腑病变的反映。例如，大颗、根深蒂固的青春痘生长在额的周围暗示着荷尔蒙分泌失调，经常会在女孩子的经期发生；口唇周围反复不停地起痤疮说明脾胃湿热，有燥火，很可能因爱吃辛辣、油腻之物而起。



Q2 痘痘可以挤吗??

我的经验是，当痘痘已经成熟(尖端呈现液体状态)时，挤出它并及时敷上消炎的药物比由其在洗脸时自然破裂更卫生更安全。

具体方法是：先用碘酒或酒精、消毒液等局部消毒，然后用洗净针头把白头挑破，清洁手指在痘痘根部轻轻挤压，放出痘内液体，减压引流。若是在口周鼻旁的三角区和重度脓肿者，千万不要用指尖挤，挤压会导致发炎使情况变得更糟。

Q3 治疗痤疮的药是选择发出来的好还是抑制性的好??

要视具体情况而定，采用联合用药的方法能达到明显的疗效。

青春痘的治疗方案必须根据每个人的情况来制订。一般说来，如果情况不是很严重，温和清洗和去除死皮细胞是非常有效的，而且这可以在家进行，当然如果来专业的美容师或皮肤科医生这里能得到更安全快速的治疗。如果痤疮情况非常严重，那除了清洗、护肤产品之外，辅药也是必须的。消痤疮的药物有很多，有的是用在痤疮发起初期，使其不再发展壮大；有的是用在痤疮生长中期，使其消炎、平复等。同时服用既杀菌也控制皮脂分泌的内服药，有助于根除体内的病源。

Mary美容研修班 解决阻碍美丽的一切烦恼

“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



Q4 痘痘留下的痕迹可以去掉吗??

最好的方法是尽早地治疗和控制痤疮的生长，防晒也是关键。

有些疤痕是色素沉淀，这需要好几个月才能消退。大部分疤痕能通过专业的美容师或者皮肤科专家经过一系列的疗程而消退，包括药物褪皮、去疤痕手术或者激光手术。如果疤痕严重，外科手术可能是唯一的解决办法，手术可以改善肌肤，但不能恢复到发痘前的肌肤。而且我认为这种治疗最好是在痤疮被控制后进行，否则只是浪费钱，更会刺激损伤你的肌肤。不过不管是通过药物还是手术，防晒可是关键哦，脸上留有痤疮的红印时，不要连续在阳光下暴晒20分钟以上，否则，很容易使新鲜的色素印发展成为陈旧的色素印。

除痘小秘方

柠檬汁+蛋清面膜

功能：除痤疮、缩小毛孔
具体方法：将1/4个柠檬挤出的汁调到一个鸡蛋清中，敷到脸上，半个小时后，会形成一层膜，保留半个小时后，将其洗净即可。

蜂蜜水洗脸

功能：安抚小粉刺，滋润皮肤
具体方法：每晚用3~4滴普通蜂蜜，滴到温开水中搅匀(切不可过热，如果水温超过80℃，蜂蜜中的营养物质就会受到破坏)，洗脸并缓慢地按摩5分钟，清水洗净。



Q5 痘痘已经出来了，该怎么办呢??

最关键的是日常生活中的皮肤护理和生活方式。

许多痤疮都是可以治疗，但选择治疗手段要仔细对待，因为每个人的情况都不一样，包括很多因素。日常生活中要注意以下提示，如果痘痘非常严重，不仅仅需要家中的护理，更需要来向美容师或者皮肤科医生寻求帮助。

- ★ 每天用温和的洁面乳轻轻地清洗脸部，并擦干。
- ★ 不要为了使肌肤少出油而使用令肌肤干燥的产品，这类护肤产品会刺激你的皮肤。
- ★ 使用没有刺激性不会阻塞毛孔的化妆品，比如粉类产品如腮红和眼影等，厚重的粉底妆容最好避免。
- ★ 避免使用带有油分的护发产品，例如润发油、凝胶等。不要让油腻的头发接触脸部皮肤，勤洗发。
- ★ 穿着棉质的衣服以减少刺激。
- ★ 不要擅自使用药物，许多时候，药物并不是最好的解决方法，甚至还会有潜在的副作用。

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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- 1 顺尔丽思遮瑕冻蜜 (Shiseido) 190元 / 晶莹剔透的重点修护啫喱，容易被肌肤吸收，具净化及清爽肌肤的功效
- 2 净界清脂去油润肤露 (L'Oréal Paris) 80元 / 减少油脂分泌，滋润并舒缓肌肤，防止突发痘痘和粉刺
- 3 油脂调节瞬间遮瑕笔 (Vichy) 128元 / 有效遮盖青春痘痕迹，使肤质得到彻底的改善，紧致毛孔
- 4 茶树夜用修瑕液 (Bodywave) 158元 / 能修护和改善青春痘粉刺，有助于去除老化角质
- 5 暗疮膏 (Guerlain) 220元 / 具有杀菌和收敛、遮瑕的作用，消除已形成的粉刺，收缩毛孔
- 6 青春痘洁肤啫喱 (La Roche-Posay) 138元 / 不含皂素，温和清洁皮肤并净化表皮，去除过多油脂，有效抑制青春痘、粉刺的生长
- 7 皮脂调节喷雾爽肤水 (Givenchy) 275元 / 镇静皮肤，控制油脂分泌，促进血管收缩，减轻刺激和红斑，使晦暗肌肤变得明亮。

ACNE

By MaryThé

Acne can appear in many forms. When the skin is not inflamed, acne is characterized by closed comedones (whiteheads) and/or open comedones (blackheads). Inflamed conditions are characterized by soreness, redness, swelling, pus formation, etc., and include pimples, pustules, nodules, cysts, and milia. Left untreated for long periods of time, some acne can become very serious and leave severe, permanent scarring. The good news is that early and effective treatment can eliminate most kinds of acne.

Acne also needs to be understood as a communication by the body – an indication of imbalance of body chemistry, energy, care routine, etc. The body demands respect and attention – we need to learn to listen to the messages from our bodies. Respect means less stress, less “worrying” – fewer negative emotions, which only aggravate the condition. Respect means appreciation, which is a positive emotion. Respect means integrity - and balancing what we want and what our bodies need.

Question 1: Why does acne always grow in the same place on my face, like my forehead, cheeks and chin?

Acne growing in the same places may indicate that the pores in those places tend to clog up more than elsewhere on your face. More attention to gentle cleaning at home, thorough extraction by a trained aesthetician, perhaps exfoliation (removal of dead skin cells) would help keep those regions in a more healthy condition. Not only does the T-zone (forehead, cheeks, and chin) tend to produce more oil, sometimes acne can reflect a certain imbalance in the body. For example, large, deep-seated acne around the jaw-line may be a sign of hormonal imbalance, which is common in girls or women of menstrual age

Question 2: Will there be any relationship between the growth of the acne and the type of my skin? (oily, normal or combination skin)

In general, oily skin does have a greater tendency toward acne, as the excess oil can clog pores. However, some people have lots of clogged pores and very little acne, while others have fewer clogged pores and a lot more acne. The most common mistake people make is to start using products that have a drying effect on the skin. This type of skincare product can irritate the skin more. Note your skin's reactions carefully, to watch for any aggravation symptoms.

Question 3: There is some acne on my face for several months and they seem to be still there, I hate them but I don't want to squeeze. What can I do about it? Do you know what kind of acne it is?

Acne that persists for months indicates that your treatment procedures are not working. Change is required – seek professional attention from your aesthetician or dermatologist – and review your home care routine and lifestyle choices. Examination by a professional can determine what kind of acne you have.

Acne appears to be caused by a combination of factors, including: hormones, heredity, and the effects of bacteria which is naturally found on the skin and in the pores. Especially during and after puberty, hormonal changes cause the sebaceous (oil) glands of the skin to produce more sebum (oil), which in turn causes a buildup of dead skin cells that stick together. For genetically inclined individuals, this unhealthy mixture clogs up the pores. Inflammation results when acne bacteria feed on this mixture of dead skin and oil. For most sufferers, acne begins at puberty and lasts through the early twenties, although some cases can persist or develop later. Because of the hormonal changes in women, they may develop acne as adults.

Many people believe that other environmental and lifestyle factors influence the onset or course of the acne condition:

- (a) Diet – avoid foods high in iodine, such as kelp and seaweed, salty foods, refined starches and sugar, peanut butter and peanut oil, caffeine, as well as any foods that cause allergies
- (b) Physical or emotional stress
- (c) Hormones – levels fluctuate as seasons change, altering the amount of oil produced, these are affected by pregnancy, diet, stress and medications
- (d) Lifestyle – inadequate sleep, drug or alcohol use
- (e) Environment – humidity induces excretions and pollution congestion
 - minimize exposure to the sun
 - many acne treatments increase the sensitivity of the skin to UV rays from the sun
 - improper selection and use of cosmetic products (avoid “sodium lauryl sulfate”, which is very common in hair and skin care products)
 - avoid using fabric softener, when cleaning clothes
 - pressure/friction, i.e., caps, headbands, anything in direct contact with the skin for long periods of time
- (f) Medications – many drugs cause skin reactions as a side effect, including some birth control pills

Although virtually every case of acne can be resolved, treatments need to be carefully designed for each individual and may require guidance and help from skin care professionals and a medical doctor (dermatologist). Significant improvement can take 6 to 8 weeks, and continued treatment may be necessary to prevent recurrence. The daily skin care routine may need to be modified. Since each person's condition is unique, and there are so many factors involved, what works for one person may not work for another.

In the treatment of acne, as for any and all skin conditions, the most critical factor for success is the acne sufferer's motivation and commitment to help himself or herself through proper skin care, and attention to lifestyle. This begins with learning what healthy skin feels like, looks like, and how to maintain that state of health. Common, everyday activities must reflect common sense, and a focus on balanced, healthy choices.

Question 4: What will happen if I squeeze the acne?

Do not pop, squeeze, or pick at acne. Squeezing acne can make the condition worse by spreading inflammation. Whiteheads and blackheads can be safely removed by aestheticians who have been trained in thorough cleaning of the skin, which includes opening pores and removing dead skin cells. Trying to do this yourself can make matters worse. Do note, that marks and minor scarring on Asian skin can take a long time to fade away.

Question 5: What should I do during my daily skincare routine if there's acne on my face?

First, seek professional guidance from an experienced skin care specialist and/or a dermatologist to determine the most appropriate course of action to treat your particular acne. Most likely, some combination of home care products, aesthetician or dermatologist-treatments will be needed, depending on the severity of the acne. Avoid aggravating acne – avoid using hair care products that contain oil, such as pomades and gels, keep oil hair off the face and wash it daily, wear cotton clothing next to the skin, to minimize irritation. Do not immediately assume you need drugs. Many times, drugs are not the best treatment and can have potentially harmful side effects. Acne is a skin condition and not a disease.

What kind of cleansing product should I choose, and can I wear foundation?

Treat the skin gently by washing twice a day with a mild cleanser and pat dry. Vigorous scrubbing and washing will not help clear the skin. In fact, it can irritate the skin and make the condition worse. Use “noncomedogenic” (does not clog pores) cosmetics and toiletries. Heavy foundation makeup should be avoided. Powder blushes and eye shadow are often preferable to cream products because they are less irritating and noncomedogenic. You may want to consult your aesthetician if you have questions about specific products.

Question 6: Which way do you prefer to cure the acne, taking medicine or embrocating (moisten and rub)?

Each individual case of acne needs to be addressed with a treatment program specifically designed for that person's condition. In general, for mild conditions, a combination of gentle washing and exfoliation (removal of dead skin cells) followed by a topical antibiotic is usually effective. This can be initiated at home and supported by visits to a professional aesthetician or dermatologist who can use stronger treatments to accelerate the process. When the acne is more severe, more aggressive cleaning, stronger skin care products and medications may be necessary. Severe conditions characterized by deep cysts, inflammation, extensive damage to the skin and scarring need to be treated by a physician.

Question 7: How can I erase the scars caused by acne?

The best way to minimize scarring is by treating and controlling the acne as early as possible. Some scars are really just discolorations of the skin which will fade after a few months. Most scarring can be reduced by a number of procedures that can be performed by a professional aesthetician or dermatologist. These include chemical peeling, dermabrasion ("mechanical peeling), or laser abrasion. For very serious scars, surgical procedures may be the only recourse, which will improve the appearance, but cannot restore the skin to the way it looked before the acne. These procedures should only be considered after you have been able to control the acne breakouts. Otherwise, the treatment can be a waste of money, and cause more irritation and damage to the skin.

After the acne condition is under control, a proper, disciplined home care routine, with occasional treatments by a skin care professional, is absolutely necessary to reduce the likelihood of recurrences. For all of us, we need always to remember to focus on the health of our skin, the health of our body, and the health of our minds (and emotions). How else are we going to be able to enjoy and appreciate all that life offers to us? This requires a commitment to be open and honest with ourselves and with others, to on-going learning, to being sensitive to the messages from our body, to trusting ourselves and our sense of self-worth. We all want to look and feel our best. Isn't that the best definition of beauty we can have?