



MaryThé

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

还是一种生活方式。
「护肤不仅是做脸」，

Ask MaryThé 第13回 扮靓宝典 美丽课堂

静物摄影/彬彬



眼线液使用Tips:

画眼线的时候，小手指可抵在脸颊上，这样比较好控制且不易将眼线画歪。千万别让眼线与眼皮之间出现空隙，这会让眼睛比例变得很奇怪。如果想让眼线妆效更持久，还可轻轻扑上一层粉底或蜜粉。

我的眼睛很大，但白眼仁的部分比较多，所以平时都不知道如何化眼妆才能让眼睛显得有神采？

根据你的形容，我觉得最有效的办法之一是买一副扩大黑眼珠部分的彩色隐形眼镜(可以根据有无度数来选配)。平时化妆时，可以强调上眼睑的部分，描绘上眼线，选择较鲜艳的眼影，这样可以将别人的注意力往眼睛上部吸引。当然睫毛膏也是提升眼睛神采的好帮手。千万不要将整个眼睛用眼线框死，那只会更突出白眼仁的部分。

推荐产品：1 自动眼线笔 (Shu Uemura) 240元 2 时尚眼线液 (Dior) 295元 3 五色眼影 (Dior) 520元 4 纯色晶亮眼影 (Estée Lauder) 200元 5 专业两用眼影创意笔 (Estée Lauder) 260元

前段时间的交通意外让我的腿上留下了两条很大的伤痕，我很怕留疤，有什么方法能快些痊愈？

首先，很遗憾听到这个消息。总体来说，亚洲人的皮肤特别容易留疤，而

且印迹会留更久。不妨去中药店选购一些具有祛疤功效的口服产品。新兴的高科技产物有时反倒没有传统的中药疗法来得安全可靠，而且涂抹药膏可能更多的是基于化学成分。如果疤痕的位置相当明显，也可以到美容医院接受激光治疗。不过我建议你最好等上至少6个月，再采取更有效的治疗方法。

马上就秋天了，我的皮肤又开始变得干干的，除了用保湿的面霜、保湿化妆水之外，还有什么办法吗？

有人说“水是肌肤的活力源泉”，缺乏水分的肌肤，就不见健康与光彩。而最直接导致肌肤缺水的原因就是生活习惯和饮食习惯的不良。除了使用面霜保湿，最直接的补水方法是多喝水。每天保持一定的饮水量，能有效地改善机体的新陈代谢和血液循环。其次，确保你所吃的食物中含有丰富的“Omega-3油脂”(也被称为脂肪酸)，在一些海产类及某些植物种子里存在(比如，鲑鱼、鳕鱼以及南瓜子、亚麻子油)。或多补充含骨胶原、维生素、矿物质丰富的食品，以增强皮肤的储水能力。

推荐产品：6 深海滋润修复平衡水 (Shu Uemura) 320元 7 多层次瞬透保湿乳液 (Estée Lauder) 550元 8 水动力深层精华素 (Dior) 580元

我喜欢涂指甲油，而且经常换颜色，这会伤害我的指甲吗？怎样才能保护我的指甲？在选择甲油上有什么讲究吗？

其实涂指甲油非常好玩，尤其是自己可以设计许多属于自己的图案。但是在涂之前，最好能先涂抹一层护甲底油，这可以防止因为经常使用有色甲油导致指甲变黄和干燥，若是含钙成分的，还可使指甲更坚硬不易断裂。

推荐产品：9 水晶淡彩护甲油 (Maybelline) 39元 10 润泽指甲油 (Shu Uemura) 150元

我喜欢健身，但不知道普拉提与成人芭蕾舞还有瑜伽到底有什么区别，哪项更适合整天坐在电脑前的OL女性？

任何形式的运动总比不运动强。

- 芭蕾是一种专业的舞蹈，要求很好的平衡性，配合受过训练富有美感的动作，还要加上力度和柔韧性。
- 普拉提是通过对身体核心部位的锻炼，使脊柱变得柔软有韧性。不但改善了身体线条，还对矫正颈部和脊椎起到好的效果。
- 瑜伽在雕塑你外在形象的同时，还给你一种源自内心的力量。它能促进塑出良好的身身体态，好的血液循环和肌肉控制。

对于缺少运动的上班族，经常长时间坐在电脑前使肌肉失去力量，支撑不住身体，所以容易腰酸背痛，久而久之连身线条都走样。普拉提则有助于重新伸展绷紧的肌肉，好似做深层按摩，同时练习肌肉耐力，带给你扁平的腹部、结实的肌肉、协调而柔韧的躯体。

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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普拉提



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Q&A by MaryThé

Q.1 My eyes are big, but white parts are more than black eyeball, so at usual I don't know how to deal with the makeup about them? Can you give me some idea? How to make them become brighter and lively?

The most effective make-up for you is determined by more than just the size of your eyes. The eye shape and color, the shape of the eye brow in relation to the eye and the face are all important considerations when determining the selection of eye make-up. The shape of the face, the type of haircut and color also contribute to what type of eye make-up you should have. Without seeing your face and learn of your personality, it is difficult to give useful advice. For detailed suggestions, consult a make-up professional for guidance. You can begin by sampling the make-up counters at major department stores. Keep in mind that make-up is an art and you might find one make-up artist more appropriate for you than another. Don't be surprised if you learn different valuable lessons for your personal preference from different professionals.

Q.2 It goes to autumn, and my skin feels dry again. Besides using moisture cream or toner, what shall I do or eat to make skin feels better?

Indeed, your lifestyle and what you eat do contribute to your overall well-being and the health of your skin. Habits, ignorance and environmental assault contribute most to our experience with the skin. Make sure that your diet includes enough Omega-3 oils, found in fish and certain seeds (e.g. salmon, eel and mackerel and pumpkin seeds, flax seed oil). These are also called the essential fatty acids. Some of us are born to have drier skin. This type of skin will generally need more protection from the environment. Usually, using a heavier type of cream or moisturizer is the thing to do. This type of skin are also more thirsty, not just for support, but also for more nourishment too. Skin dehydration, a dry feeling with some flakiness and even redness are signs of some form of suffering of the skin. The skin is showing signs that it needs attention. Redness will only worsen if the situation is not improved right away. Dry and dehydrated skin is more sensitive in general. Use moisturizers made with more hydrating formulas and or heavier creams to help create a barrier for the skin from the outside world.

Q.3 Now going to gym after work is very popular, but I don't know which kind of exercise is suitable for me. Is any different between Pilates or Yoga or Ballet? Which one is healthier for our office lady must sitting before computer a whole day?

Any form of exercise is much better than not doing any exercise at all. Whatever is convenient

for you, regarding location or time, do create a habit to exercise your body regularly. Ballet is a specialized form of dance, which requires great balance and incorporates disciplined, aesthetic movements along with strength and flexibility. The Pilates exercises were developed specifically to help dancers build strong, supple bodies. Both Pilates and Yoga develop strength, flexibility and balance for your entire body. They both promote good posture, good circulation, and muscle control. Stretching is extremely important, especially for those people who sit a lot as part of their work. Make sure to find a qualified trainer to teach you each of these exercises properly. To fully benefit from Pilates, you must do the exercises precisely. After doing either Yoga and Pilates at least 2-3 times a week for at least 6 weeks, you will notice and feel a difference in how your body moves. Just like anything that is good for the body, it is a commitment.

Q.4 After do the exercise in the gym, my whole body feels awful, every piece of muscle feels ache. My friends tell me it is normal feedback, needn't to worry about. But if I stop for some days to relax, will all my previous efforts wasted? But if I insist on doing exercise, will hurt myself?

Indeed, when muscles have not been used for a long time and they are asleep, waking them up by suddenly exercising them vigorously may make them ache and feel sore the next day. This is to be expected. Give the body 2-3 days of rest and resume exercise again. Rest is necessary for your muscles to recover and grow optimally. If you are not over-exerting, you will find that the exercises will get easier and easier if you do them regularly. You will also know if you are working on some new muscles that have not been exercised before, because they will ache especially, perhaps in unexpected locations. When choosing a specific type of exercise, it is important to consult a professional who can analyze your body to suggest a type of exercise that would be most helpful for your body. Each of us is built differently, so just choosing a popular form of exercise may not work for you. Physical activity that is not done properly can create problems too.

Q.5 Abdominal curl at home will efficient to the muscles on the abdomen? Shall I do everyday? It takes how much time?

As mentioned earlier, balance, flexibility and strengthening are extremely important, so try to learn how to exercise the whole body and not just the abdomen alone. Exercising for at least 30 minutes at least 3 times a week will achieve very good results. For example, Pilates are particularly good for strengthening the abdomen while toning the body, which abdominal curls can't do. Having a flat stomach is not so great if you do not stand straight. I am sure you have seen someone who is perfectly slender with flat stomach, yet shrugs her shoulders when she is standing up. This posture does not provide smooth circulation for the body and cannot give her the appearance of confidence.

Q.6 From my childhood, freckle on my face always let me feel depressed. I fear to try on those products which say can dispel the freckle. And now I am accustomed to using foundation. I hear of vitamin E can solve my problem, but I have tried for a period of time, and seemed no effect. I don't know why. Will vitamin E truly helpful? Is there any other ways?

Sadly, in our society today, we make some unrealistic expectations of ourselves and our bodies that cause distress and frustration to many people, making them more vulnerable. Freckles are not a disease, they are part of what makes you unique and special in this life. Just because we make a value judgment that freckles are not attractive, is it fair to punish our body by using topical chemicals that are potentially harmful to the skin? Is this the way we show our appreciation to our body?

Vitamin E is very good to help heal new cuts or skin injuries. It does help the skin repair process, but it cannot make the skin lighter in color. Because our society puts so much emphasis on flawless white skin, virtually all cosmetic product lines will try anything to please their customers by including anything that can suppress melanin production. Today, the most successful product that can suppress melanin is also the most toxic product for the body. Unfortunately, the product does not come with any warning for consumers and it is selling fast, as it satisfies the common desire to look flawless. Please don't fall into this marketing trap. Appreciate your body more, as it has to carry you for a lifetime. Pretty soon, you will learn that those freckles are just a part of you. There are plenty of make-up foundations that can help make you look flawless, without having to risk your body.

Q7 I like to colorful my nails. DIY lovely patterns on them. So I change the color frequency. Will it hurt my nails? How can I protect them? Is any notice when I choosing the nail polish (nail color)?

It is fun to use nail polish. Especially, today you can even add designs on your nails. Just make sure you always use a good clear base coat, before you use the color polish. This will avoid building a stain to your nails. You can change your polish as often as you want.

Q8 I was hurt in an accident by a car driver, and leave two big scars on my legs. I was very careful when I chosen foods. And I am worried if they leave scars after heal. What can I do to make them heal immediately, and do I need to buy some products in the market?

I am sorry to hear about your car accident. Indeed, some people scar more easily than others. In general Asian skin scars easily and keeps marks longer too. Today, there are plenty of things you can do for scars. You might even check your local Chinese Pharmacy, which might have some products that are quite good for scars. New, "scientific" formulas are not always better than older traditional formulas. Sometimes, the old formulas are safer, as the new ones tend to be more chemical-based. In the US, the newest product for scars is a cream called: Strivectin SD. Today, there is also laser therapy to help improve the appearance of scars. My suggestion is first to wait for at least 6 months, before even considering aggressive therapy. See what your own body can do. Each of us has an awesome body - don't forget that.