



天然美疗系列6

# 让你的皮肤永远年轻!

如何断定皮肤老化? 皮肤老化过程又始于何时?

实际上, 个人皮肤老化的时间和程度是因人而异。一些人正处于年轻的黄金时段——即二十多岁——之际, 皮肤就已浮现出老化的症状, 如表层的光泽失色暗淡、脸部细纹和眼袋趋于明显化。相反的, 一些人迟至步入晚年时分——七十多岁, 仍然似毫不受岁月的损耗, 依旧保有耀眼的光泽与神采。

也许, 是遗传基因和生活习惯决定了个人的“年轻因素”。从科学角度而言, 导致皮肤老化的因素有:

## ● 长期受到自由基的破坏

导致皮肤老化最普遍的因素之一, 是皮肤细胞受到氧化的作用。氧气是氧化作用的必备之物; 若无氧气, 就不会产生氧化作用。科学家和医药研究人员, 将氧气视为造成生物体内发生退化过程的主导因子之一, 而产生氧化疾病。导致细胞破坏过程的氧气, 也被称之为自由基。人体最大的器官——皮肤, 由于长期与空气中的氧气和自由基接触, 因而最易受到破坏。

## ● 长期烈日下曝晒

你是否有想过为何手部与脸部皮肤(与其它受到太阳照射的身体部位)较之于腹部(与被衣服遮盖的身体部位)皮肤老化得更快?

我们都知道, 长期在阳光下曝晒对皮肤有害无益。就算你不是个户外活动爱好者, 每日在驾驶、步行时遭受到阳光照射, 也能引致皱纹发生、色素沉着、皮肤下垂, 严重者甚至可导致皮肤癌。

因阳光而引起的老化作用不会在朝夕之间一蹴而就, 而是经过日积月累在阳光下曝晒所致。若你不好好抵挡阳光对皮肤的伤害, 擦拭再多的防皱膏或美白膏也无济于事。

## 抗老化的抗氧化剂

正如其名, 抗氧化剂的真正作用是抵抗氧气的因子。它“牺牲”自己与氧气分子对抗, 并抑制与防止氧化过程。抗氧化剂会令氧气分子与其电子元素进行反应, 使之不会破坏健康细胞, 并分化其中的电子元素。因此, 健康细胞才能完整无缺地不遭受到破坏。

## 以下为防止皮肤老化之贴士:

- 每日在会受到阳光照射的部位擦拭防晒霜, 切记需选购防晒指数(SPF, 表明防晒用品所能发挥的防晒效能之强度)至少为15的防晒霜, 这样才能有效抵挡紫外线。
- 避免使用刺激性护肤产品。刺激护肤品含有酒精、合成色素、合成香精和强性表面活性剂成分, 会引致皮肤发炎(甚至一些难以肉眼能观测到的皮炎), 并使皮肤失去其保护层; 这, 促使已受到外在因素如污染、紫外线、化学物等影响的皮肤, 变得更脆弱。每日使用温性的护肤品来保养皮肤。
- 在饮食方面, 减少糖份的摄取。血液里过量的糖分将与体内和皮肤蛋白质结合, 造成蛋白质的结构因这“交联作用”而松散易脆。所以, 皮肤上的胶原蛋白和弹性蛋白结构因而失去其弹性、坚性和柔韧性。
- 多食富含营养成分如氨基酸、维他命和矿物质的天然食品和蔬果。这些营养成分是维护体内健康细胞和维持细胞再生与修复的主要原料。
- 定期饮用补充血液和精力的药材汤。
- 若有需要, 可适当摄取营养补充品。
- 避免抽烟, 减少酒精摄取。
- 每晚拥有足够的睡眠时间(美人觉)。
- 时时刻刻保持心境开朗愉悦, 并拥有乐观的生活态度。

## 天然美疗师

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Coreenna Ong is a regular contributor for many publications on natural herbal care, giving advice on health, acne, aging skin and youth rejuvenation. Ong, who is certified in homeobotanical studies and aromatherapy, is the Managing Director of Vitasence.

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### Age-Proof Your Skin

How does one define aging skin? When does the aging process begin anyway?

I believe the above vary from individual to individual. Signs of aging, such as a dull and lackluster outlook towards life, eye bags, fine lines have manifested themselves in people in their mid-twenties. Meanwhile, there are those whose countenance and outlook remained youthful and vibrant even in their late seventies.

Perhaps it is a combination of genetics and lifestyle that ultimately determine the 'youth factor' of a person. From a scientific point of view, the factors that contribute to aging of the skin include:

#### Exposure to free radicals

One of the most prevalent factors of skin aging can be attributed to the oxidation of skin cells.

Oxygen is identified by scientists and medical researchers as one of the causes of oxidative diseases. The oxygen responsible for the process of cellular destruction is also known as free radicals. The skin, being the body's largest organ is constantly exposed to the oxygen and free radicals in the environment.

#### Long-term exposure to the Sun

Have you ever wondered why the skin on your hands and face (and other sun-exposed areas) seems to age faster than the skin on say, your stomach (and other areas covered by clothing)?

As you know, sun-tanning is bad for your skin. Even if you don't indulge in regular outdoor activities, daily sun exposure even from just driving, walking etc, can lead to wrinkles, pigmentation, sagging and on a more serious note, skin cancer.

Sun-induced aging of the skin doesn't happen overnight. It is a result of accumulative, regular exposure to the sun over the years. No amount of anti-wrinkle creams or whitening cream would be any good if you don't protect your skin from the sun.

#### Antioxidants To The Rescue

Antioxidant is literally an agent that is 'anti-oxygen'. It arrests and prevents the process of oxidation by 'sacrificing' itself to the oxygen molecules. So instead of grabbing electrons from healthy cells, the oxygen molecule will grab the electrons from antioxidants. Therefore, healthy skin cells remain intact.

### Tips on 'Age-Proofing' Your Skin

- Apply sunscreen on the exposed skin area everyday. Be sure to choose a sunscreen with a minimum SPF of 15 to protect your skin from both UVA and UVB.
- Avoid using harsh products on your skin as they contain alcohol, synthetic colors or fragrances and strong surfactants which strips the skin of its protective barrier to become more vulnerable to damage caused by external factors such as pollutants, UV exposure, chemicals, etc. Take care of your skin faithfully everyday with gentle products.
- Cut down the amount of sugar in your diet. Excessive sugar molecules in the bloodstream will cause the protein structure to become brittle in a process known as 'cross-linking'. As a result, the collagen and elastin structure of our skin lose their elasticity, firmness and pliability.
- Consume lots of whole foods and fruits that are rich in nutrients such as amino acids, vitamins and minerals for the maintenance of healthy cells as well as continual cell regeneration and repair throughout the body.
- Drink herbal soups that tonify and replenish the blood and energy on a regular basis.
- Take nutritional supplements if necessary.
- Avoid smoking and minimize alcohol intake.
- Get sufficient 'beauty sleep' every night.
- Keep yourself happy, positive and optimistic no matter what.



传统玫瑰露

Traditional Rosewater

玫瑰露一向凭其多项美容功能而被视为美容佳品。作为爽肤水，它帮助紧实和调理皮肤，并不会造成皮肤干燥和紧绷。届时，它有助于柔软、松弛和滋润皮肤，是干燥和较为成熟皮肤的绝佳爽肤水。

传统制作方法上，玫瑰露是经由蒸馏法制成。由于许多家庭中无蒸馏器之设备，可采用泡制的方法取代。此外，一些草药学家喜爱把酒精如伏特加酒加入其中，以作为赋形剂和防腐剂。然而，酒精会使皮肤干燥，并刺激敏感皮肤。

Rosewater is credited with many skin beautifying virtues. Being mildly astringent, it helps to firm and tone the skin without causing dryness or tightness. At the same time, it softens, soothes and moisturizes the skin, making it the ideal facial toner for people with dry, matured skin.

Traditionally, rosewater is obtained via distillation but since most people do not have a distiller at home, the next best alternative is to obtain it through simple infusion. Some herbalists like to add alcohol like vodka to act as an excipient and preservative but alcohol tend to dry out the skin and irritate sensitive skin.

## 抗皮肤老化妙方 ①



### 传统玫瑰露 Traditional Rosewater

#### 用料

干玫瑰花瓣或花蕾1大匙  
蒸馏水¾杯

#### 做法

- 1 将干玫瑰花瓣或花蕾洗净，取出渣滓，置入杯中。
- 2 将蒸馏水倒入锅中，以大火煮沸，再倒入盛有玫瑰杯中。盖上盖子焖20分钟。
- 3 取出玫瑰，待玫瑰露凉后，置入一瓶内。
- 4 放入冰箱内冷藏，并于5天内用完。

#### 用法

洗脸后，将少许玫瑰露敷在脸上，并轻拍脸部至玫瑰露完全被脸部吸收为止。

#### Ingredients

1 tbsp dried rose petals or rosebuds  
¾ cup distilled water

#### Method

- 1 Rinse dried rose petals or rosebuds with water to remove all dust and debris. Place in a clean cup.
- 2 Bring distilled water to a boil using high heat. Pour in the cup and over the dried roses. Cover and steep for 20 minutes.
- 3 Strain and discard the roses. After the rosewater has cooled completely, pour into a clean bottle.
- 4 Store in the fridge and use within 5 days.

#### Usage

After cleansing, apply a small amount of rosewater directly onto your skin. Pat your skin gently until rosewater has been absorbed completely by your skin.



你可将玫瑰露驻入一小喷水瓶内。使用时，只需轻易将玫瑰露喷洒在脸部，并轻拍脸部以致均匀。

You may like to store your rosewater in a small spray bottle. To use, simply spray your skin with the rose water. Pat your skin gently to stimulate circulation.

## 抗皮肤老化妙方 ②



### 抗氧化面膜 Antioxidant Facial Masque

#### 用料

香芹3支、迷迭香1茶匙、熟番茄1粒

#### 做法

- 1 将所有材料洗净，沥干水分。
- 2 将香芹和迷迭香切碎。
- 3 将番茄切成小块，使用臼以杵捣碎成泥状，取出倒入碗中。
- 4 将香芹和迷迭香置入臼中，以杵捣碎成泥状。
- 5 将香芹和迷迭香置入同一碗中，与番茄泥拌匀即可。

#### 用法

- 1 将面膜均匀敷在脸部和颈向部位，
- 2 让面膜滞留20-30分钟。
- 3 用温水洗净脸后，擦干。

注意：将面膜敷在脸部时，会略受到一丝麻刺感。

#### Ingredients

3 sprigs fresh parsley, 1 tsp fresh rosemary,  
1 ripe tomato

#### Method

- 1 Rinse all ingredients thoroughly. Blot dry to remove excess water.
- 2 Chop the fresh parsley and rosemary finely.
- 3 Cut the tomato into small pieces. Place in a mortar and pestle and mash until a smooth puree is obtained. Pour into a clean bowl.
- 4 Place the parsley and rosemary in the mortar and pestle. Pound until you obtain a smooth paste.
- 5 Mix the herbs and tomato puree thoroughly in a clean bowl.

#### Usage

- 1 Apply evenly onto your face and neck area.
- 2 Leave on for 20 to 30 minutes.
- 3 Rinse off with warm water and pat dry.

**Note: A mild, tingling sensation on the skin may be experienced when you apply this masque.**



为求达到最佳效果，需采用最新鲜的材料，并尽快加以使用。

For best results, buy the freshest ingredients you can find and use them as soon as possible.

Antioxidant Facial Masque

番茄含有丰富天然抗氧化剂如维生素C和番茄红素，它们有助于中和自由基和促进健康和新细胞的生长。其天然的收敛和澄清性质，是含粉刺、油性皮肤者的绝佳抗老化材料。

香芹中和自由基之时，有助于松弛和镇静皮肤。

迷迭香誉有“恢复青春神奇草药”之称，富含能中和自由基的抗氧化剂，并能保持皮肤柔嫩漂亮。

Tomatoes are very rich in natural antioxidants like vitamin C and lycopene, which helps to neutralize free radicals and promote healthy, new skin cells. Its natural astringent and clarifying properties makes it a good age-defying ingredient for people with oily, acne-prone skin.

Parsley soothes and calms the skin while neutralizing free radicals.

Rosemary, also called 'the miracle herb that restores youth', is rich in antioxidants that neutralize free radicals and actives that help to keep skin soft and beautiful.