

天然美疗系列4

改善干燥皮肤 Dry Skin

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一副干燥的肌肤，将会为你带来身体上的不适。无任何具体因素导致皮肤干燥，而是因人而异，有人皮肤较为干燥，是基于皮肤死皮细胞产生的缘故；有些人则因为皮肤细胞间质遭到破坏而影响其保湿作用；若使用一些较刺激性的护肤品，也可能导致皮肤干燥；长期在烈日下曝晒，将使皮肤干燥；或者，妇女步入更年期期间，体质改变，也将导致皮肤干燥。总而言之，导致皮肤干燥失色的因素甚多。

以下是防止皮肤干燥之贴士：

- 若你拥有一副干性又较为敏感的皮肤，居家环境的整洁与卫生，对你来说极为重要。你必须时时刻刻保持生活环境的整洁，这是因为经由空气传播的过敏原，是导致皮肤过敏的主要因子。
- 尽量避免食用经化学加工过的食品。
- 尽量避免使用含有酒精、香精、人造色素、强性洗涤剂、薄荷醇、樟脑等成分的护肤品。这些成分将有损肤质，并使皮肤干燥。
- 长期使用不磨蚀皮肤的去角质产品，以防止死皮细胞之产生。因此，皮肤才能更好地将水分吸收。
- 多食新鲜、营养的食品，以增强身体的抗御能力。
- 时时刻刻保持皮肤的润湿，因为干燥肌肤的屏障功能较为薄弱。皮肤屏障能力越弱者，其皮肤也就越易过敏。
- 尽量避免在烈日高照下曝晒。猛烈的阳光，将损伤肌肤，并使皮肤干燥和老化。
- 若你的居家环境较为干燥，可安装湿润器来增加室内的湿度。

天然美疗师

Coreenna Ong 王俐琨，为本地知名天然美疗师。曾受邀为多家媒体专栏执笔，成功掀起本地天然美容的热潮。她曾赴澳洲自然疗法澳亚学院专修家居植物学和香氛理疗课程，更是本地护肤品品牌 Vitasence 创办人。

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.

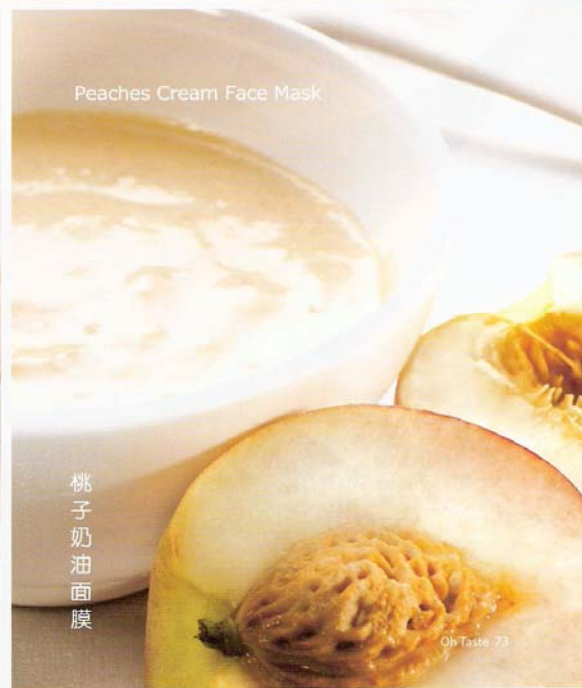
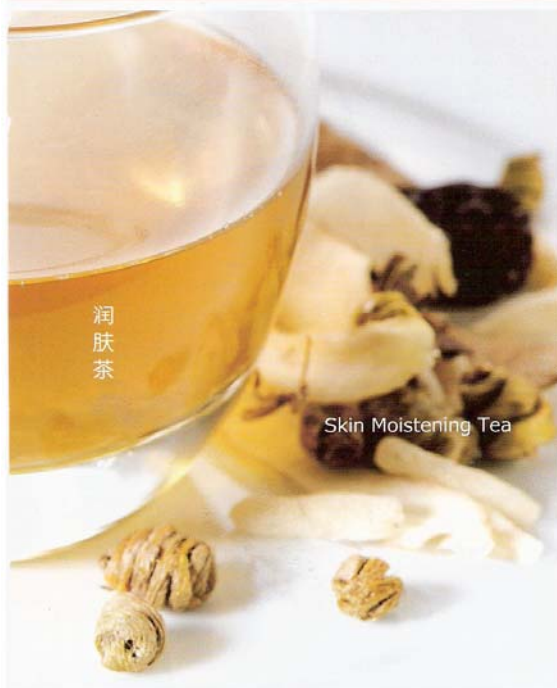
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Skin dryness can cause much discomfort. The factors responsible for dry skin vary from person to person, ranging from build-up of dead skin cells, damaged intercellular matrix of the skin causing impaired ability to retain moisture, contact with harsh chemicals or products, overexposure to the sun, menopause, etc.

Here are some useful tips:

- If your skin is both dry and sensitive, it is a good idea to keep your living environment clean and dust-free. Airborne allergens are one of the most common factors for causing sensitive reaction.
- Avoid foods that have been chemically processed.
- Avoid skin care products that contain alcohol, fragrance, colours, harsh detergents, menthol, camphor, etc, as these are these ingredients can be potentially irritating and drying to the skin.
- Exfoliate your skin regularly with a non-abrasive exfoliant to prevent the build-up of dead skin cells so that the skin could absorb moisture better.
- Strengthen your body's defense mechanism by eating fresh, wholesome foods.
- Keep your skin well-moisturized as dry skin tends to have poorer skin barrier function. A compromised skin barrier increases the chances of sensitive reaction.
- Minimize your skin's exposure to the sun as sun exposure is one of the causes of skin damage, leading to dryness and premature aging of the skin.
- If your living environment is dry, consider installing a humidifier to increase the air moisture content.





Peaches Cream Face Mask

桃子
奶油
面膜

桃子内含的天然果酸，将皮肤上的死皮细胞缓缓溶解，从而滋润皮肤。奶油富含油脂与蛋白质，它们能补充皮肤的脂质含量，并且具有保湿作用。

Peaches contain natural AHAs that help to moisturize the skin while gently dissolving away dead skin cells. Cream is rich in fats and proteins which help to replenish the skin's lipid content and lock in moisture.

DIY润肤面膜 1



桃子奶油面膜 Peaches Cream Face Mask

用料

全熟桃子1粒
纯奶油3-4大匙

做法

- 1 桃子去皮与核。
- 2 将桃子切成小块，使用臼以杵捣成果泥（勿过度捣成至水）。
- 3 将果浆置入碗中，加入奶油拌匀。
- 4 即刻使用。

用法

- 1 洗脸后，擦干脸上水分。
- 2 将面膜均匀敷在颈项和脸上，避免碰触到眼睛。
- 3 让面膜滞留在脸上20-30分钟。
- 4 以纸巾擦掉面膜，用温水洗净脸后，擦干。

Ingredients

1 fully ripen peach
3-4 tbsps pure cream

Method

- 1 Remove seed and skin from the peach.
- 2 Cut into small pieces. Mash into a pulp with a mortar and pestle. Take care not to over mash the peach to avoid it from becoming too runny.
- 3 Place the mashed peach into a bowl. Add pure cream and mix well.
- 4 Use immediately.

Usage

- 1 After cleansing, pat dry your skin.
- 2 Apply evenly onto face and neck, taking care not to let the mask enter your eyes.
- 3 Allow the mask to work on your skin for 20 to 30 minutes.
- 4 Wipe away the mask with a tissue paper. Rinse thoroughly with warm water and pat dry.

DIY润肤茶 2



润肤茶 Skin Moistening Tea

用料 (贴士: 1钱=3.75克)

玉竹1钱
石斛1钱
麦门冬1钱
南沙参1钱
南枣1钱

做法

- 1 所有药材洗净；将南枣捣碎。
- 2 所有药材置入砂锅中，加入水500毫升浸泡30分钟。
- 3 以大火煮沸，转至小火煮约30分钟。
- 4 熄火，将茶水倒入茶壶中，备用。
- 5 锅中保留药材，再倒入水500毫升拌匀。
- 6 以大火煮沸，转至小火煮约30分钟。
- 7 熄火，让药材浸泡10分钟。
- 8 去渣，把茶水倒入盛有的茶壶中拌匀即可。

注意：孕妇和哺乳妇女不适宜饮用此茶。

Ingredients (Tips: 1 qian = 3.75 grams)

1 qian fragrant solomonseal Rhizome (*yu zhu*)
1 qian dendrobium (*shi hu*)
1 qian ophiopogen (*mai men dong*)
1 qian adenophora (*nan sha shen*)
1 qian black jujube (*nan zao*)

Method

- 1 Rinse all herbs. Crush black jujube.
- 2 Place herbs in an earthen pot. Add 500 ml of water. Soak for 30 minutes.
- 3 Bring to a boil using high heat. Switch to low heat and simmer for 30 minutes.
- 4 Turn off the heat. Pour the tea into a teapot. Cover teapot and set aside.
- 5 Add another 500 ml of water to the herbs and mix well.
- 6 Bring to a boil using high heat. Switch to low heat and simmer for 30 minutes.
- 7 Turn off the heat. Allow to infuse for 10 minutes.
- 8 Discard the herbs. Strain and pour tea into the teapot containing the first tea. Stir well.

Caution: Avoid during pregnancy and lactation.

草药功能

石斛有保湿和滋润皮肤的作用。南沙参有滋阴润肺、消暑解热的功效。有助于体内制造水分，从而防止皮肤干燥。

Function of Herbs

Dendrobium keeps the skin moist and well nourished. Adenophora is a cooling and yin-nourishing herb that moistens the lungs. It helps to generate body fluids, thus preventing dryness.

润
肤
茶

Skin Moistening Tea

