



天然美疗系列8

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想要柔细嫩滑的肌肤?

柔滑细嫩的皮肤，是大家梦寐以求的肤质。皙滑无瑕疵的肌肤能为人们的体态美感垫下基础。因此你不应该只关注于脸部肌肤，全身上下肌肤的照顾也是极为重要的。

以下为柔滑肌肤之贴士：

- 你可在每周进行1-2次的全身磨砂。磨砂有助于去除令皮肤变得粗糙暗淡的角质层；而脸部方面，由于磨砂对细质脸部肌肤的伤害，你应该选择使用含有果酸或丁化羟基茴香醚（一种白色蜡状的苯酚抗氧化剂）的磨砂护肤产品。
- 在洗脸或冲凉后，擦拭润肤液。若是油性肌肤者，应选择不含油分的润肤液。润肤极为重要，它有助于保持皮肤湿度，并使肤质变得光滑柔嫩。
- 避免使用刺激性或是会令肌肤干燥的护肤品。
- 避免在烈日高照下曝晒。每日应擦拭防晒膏保护皮肤。
- 多食含有抗氧化成分、氨基酸和必需脂肪酸的水果与食品，因为它们能够润肤，并保持皮肤健康。这些食品包莓果类（berry）、鱼类、鱼油、鸡蛋、果仁、五谷、橄榄油、芝麻、豆奶、苹果、橙、奇异果、蜜瓜和梨子等。

Achieving Smooth, Soft Skin From Top-to-Toe

We all desire to have smooth, silky skin not just on our face, but all over our body too as smooth, flawless skin form the basis of physical beauty.

Tips for Smooth Skin

- For your body, use a scrub once to twice weekly. Scrubbing helps to remove dead skin cells that cause the skin to become rough and dull-looking. For your face, opt for an AHA or BHA product as abrasive scrubs may be too harsh on delicate facial skin.
- Apply moisturizer after cleansing or showering. If you have oily skin, choose a light, oil-free moisturizer. Moisturizing is important as it helps to optimize your skin's moisture level, which is essential for giving the skin a smooth, plump appearance.
- Avoid using harsh, drying products on your skin.
- Minimize exposure to the sun. Always use a sunscreen during the day.
- Consume lots of fruits and foods rich in natural antioxidants, amino acids and essential fatty acids, as these nutrients go a long way to keep your skin smooth and healthy. Examples of healthy skin foods include berries, fish, fish oils, eggs, nuts, whole grains, olive oil, sesame seeds, soy milk, apples, oranges, kiwi fruit, honeydew, pears, etc.



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天然美疗师

Coreenna Ong 王俐诺，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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这磨砂膏富含天然润肤剂，有助于滋润肌肤。
This wonderful scrub contains lots of natural emollients to nourish and moisturize your skin.

黄姜面膜

Turmeric Facial Mask





此面膜具有抗皮肤老化和美白肌肤的功效。
Try this facial masque for its age-defying and skin whitening effects.

Almond and Sesame Honey Body Scrub

杏仁黑芝麻磨砂膏

柔嫩肌肤妙方

1



黄姜面膜 Turmeric Facial Mask

用料

黄姜粉 ½ 茶匙、热开水适量（足以形成糊状）、
纯正原味酸奶奶酪 1 大匙

做法

- 1 将黄姜粉和热开水置入碗中拌匀成糊状，待凉备用。
- 2 加入酸奶奶酪拌匀即可。

用法

- 1 洗脸后，擦干脸上水分。
- 2 将面膜均匀敷在脸部和颈向部位，避免碰触到眼睛。
- 3 让面膜滞留在脸上20-30分钟。
- 4 轻轻地以纸巾擦掉面膜，用清水洗净脸后，擦干。

Ingredients

½ tsp turmeric powder, some hot water (sufficient to form a thick and smooth paste), 1 tbsp plain, natural yogurt

Method

- 1 Mix the turmeric powder with hot water in a bowl as to form a thick and smooth paste. Let the paste cool completely.
- 2 Add yogurt to the turmeric paste and mix thoroughly until a smooth mixture is formed.

Usage

- 1 After cleansing, pat dry your skin.
- 2 Apply the face mask evenly onto your face and neck, avoiding the eye area.
- 3 Let the mask remain on your skin for 20 to 30 minutes.
- 4 Wipe off gently with a clean tissue. Rinse your face thoroughly and pat dry.



为了减少黄姜粉遗留在皮肤上的色素痕迹，此配方仅使用1茶匙的黄姜粉；若肤色较黑者，可再加上多1茶匙的黄姜粉。

To minimize the yellow stains, ½ teaspoon of turmeric powder is used for this recipe. However, if your natural skin colour is darker, the yellowish stain will be less obvious. Thus, you may choose to add up to 1 teaspoon of turmeric powder.

柔嫩肌肤妙方

2



杏仁黑芝麻磨砂膏 Almond and Sesame Honey Body Scrub

用料

黑芝麻 ½ 杯
鲜奶 ¼ 杯
蜂蜜 2 大匙
杏仁粉 1 杯

做法

- 1 将黑芝麻置入臼，以杵捣碎成粉，备用。
- 2 将鲜奶置入锅中，以小火加热至温，盛入碗中。
- 3 倒入蜂蜜拌匀，再加入杏仁粉和黑芝麻粉拌匀即可。

用法

- 1 以温水冲净身体。
- 2 将磨砂敷在全身肌肤上，尤其是脚、胳膊和膝盖部位。
- 3 轻柔地以圆转方式按摩全身肌肤即可。

Ingredients

½ cup black sesame
¼ cup fresh milk
2 tbsp honey
1 cup almond meal

Method

- 1 Grind the black sesame seeds using a mortar and pestle until powder is obtained. Set aside.
- 2 Pour milk into a pot and gently heat it until warm using low heat. Remove and pour into a bowl.
- 3 Add in honey and stir well. Add almond meal and ground black sesame. Mix well to achieve a smooth paste.

Usage

- 1 Rinse your body thoroughly with warm water.
- 2 Massage the Almond Honey Scrub over your entire body, paying special attention to rougher areas like the elbows, knees and feet.
- 3 Massage in a circular motion, using gentle pressure so as not to over-scrub your skin.