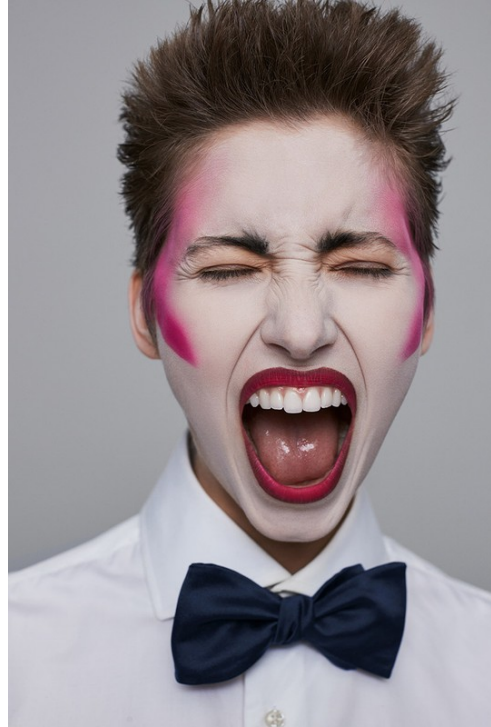


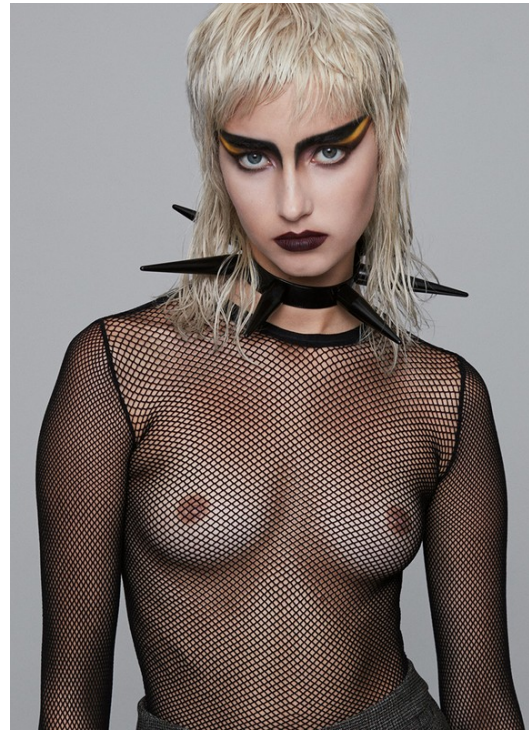
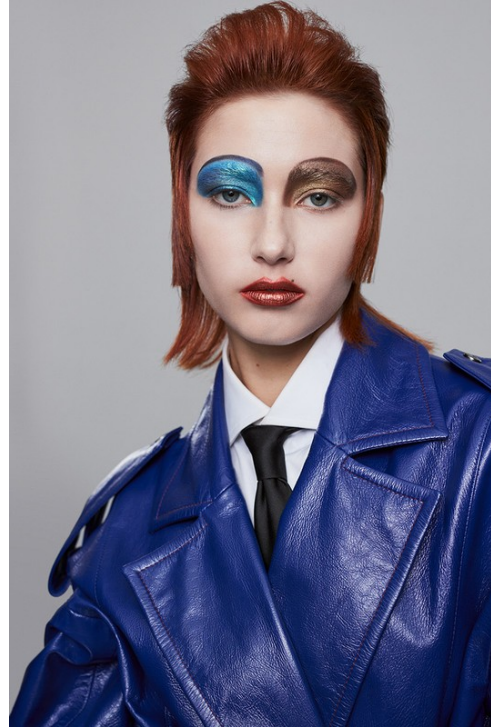
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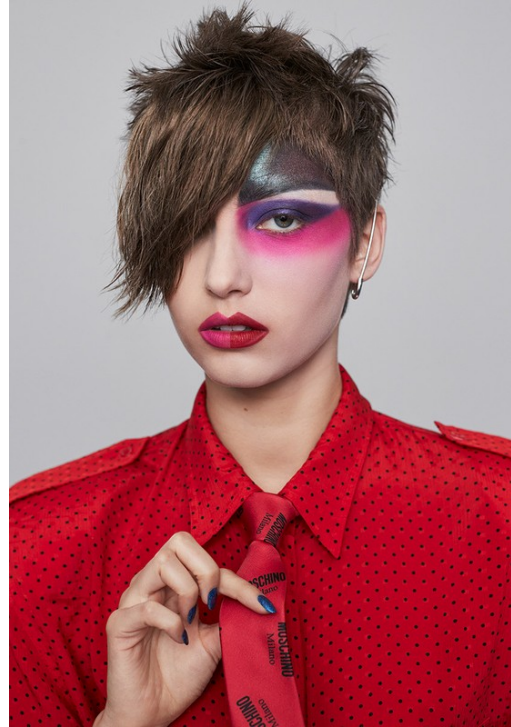
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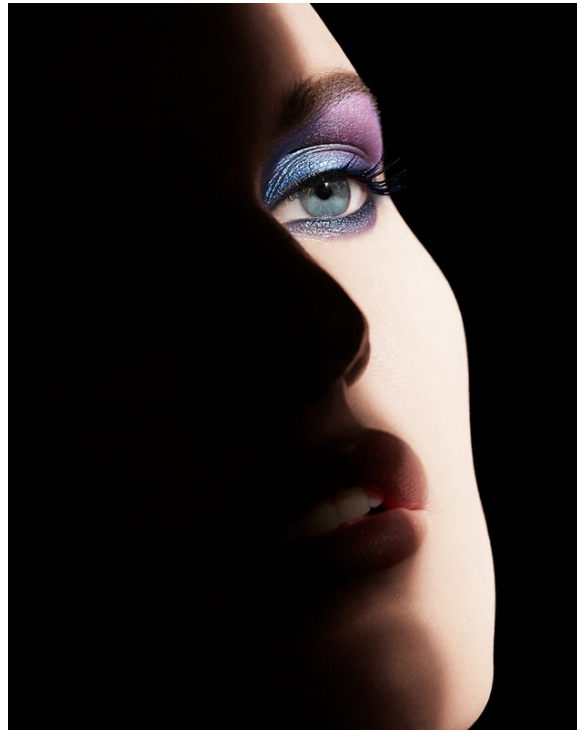
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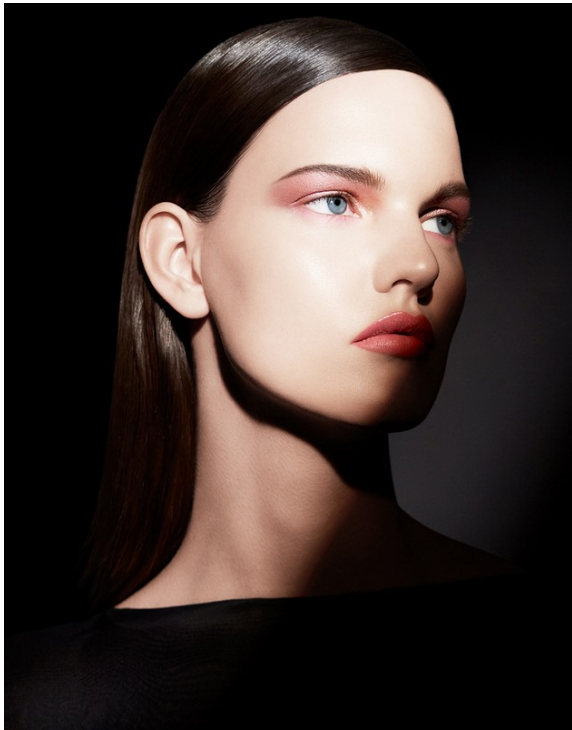
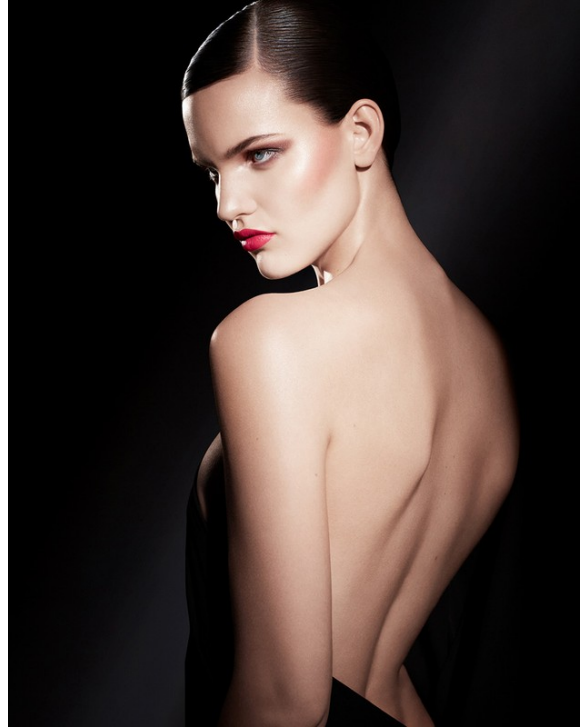
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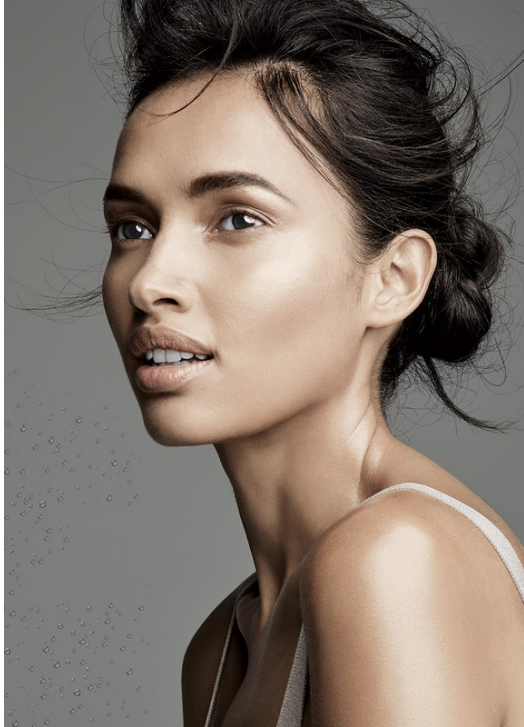
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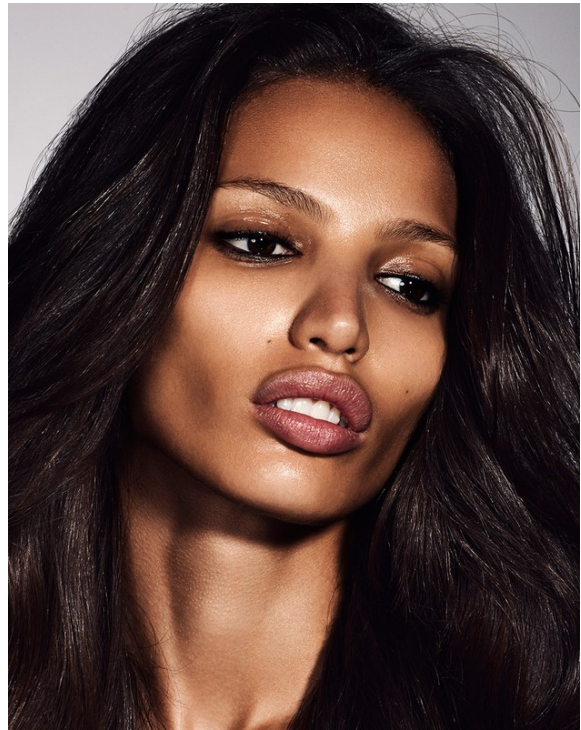
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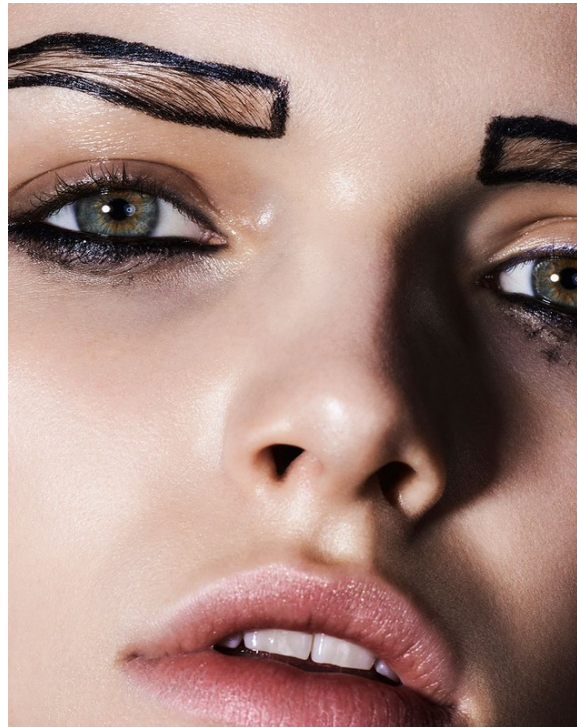
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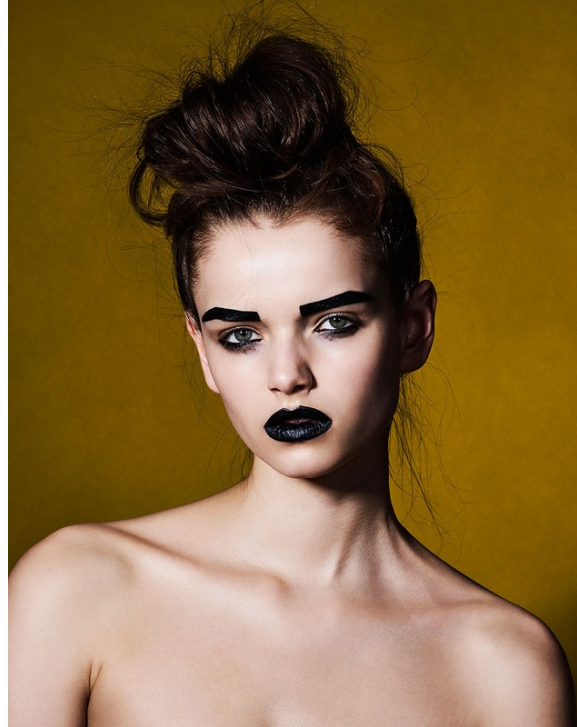
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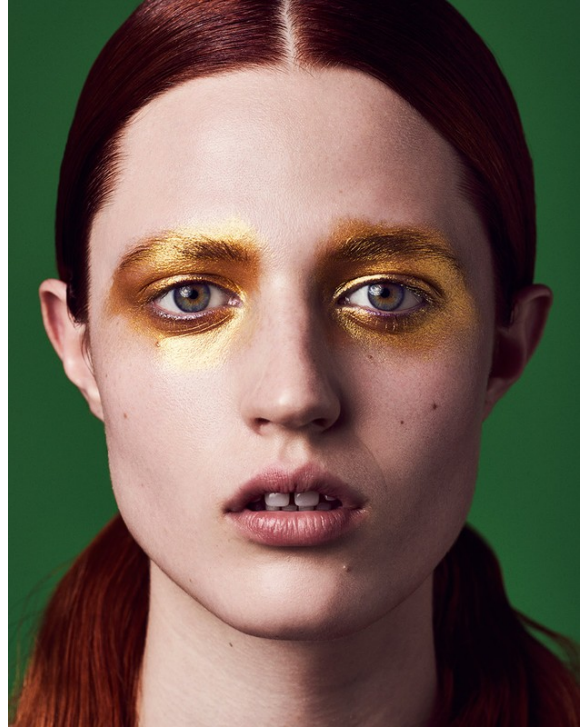
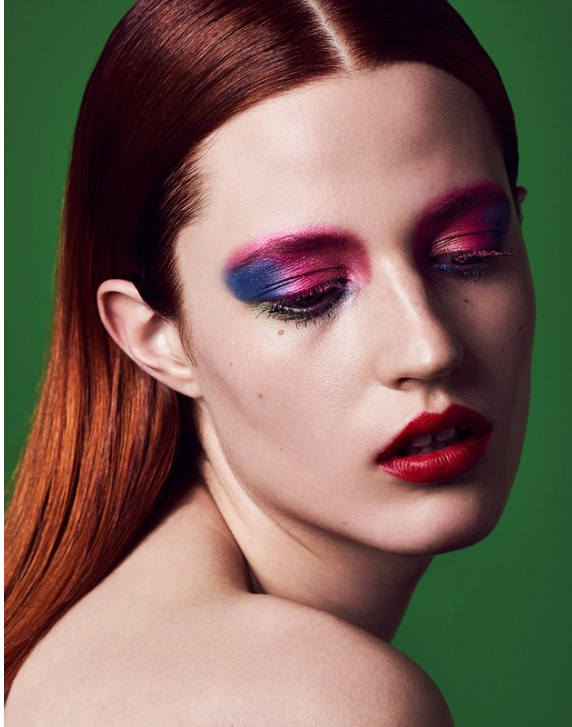
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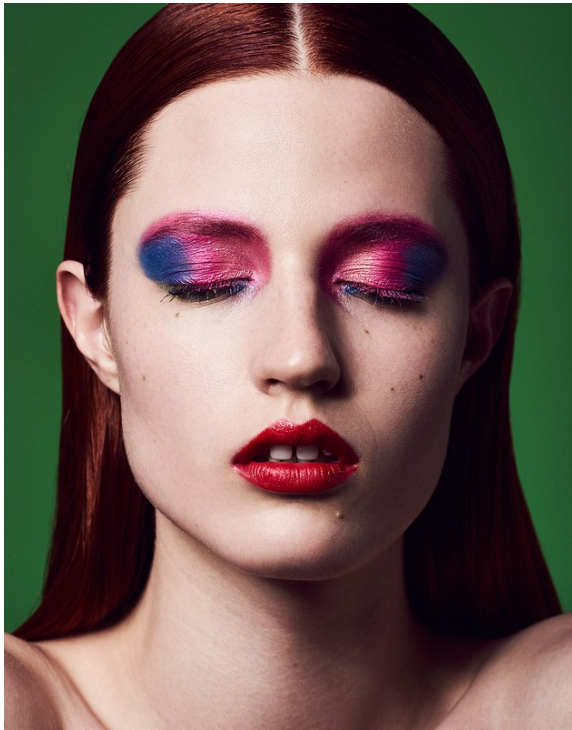
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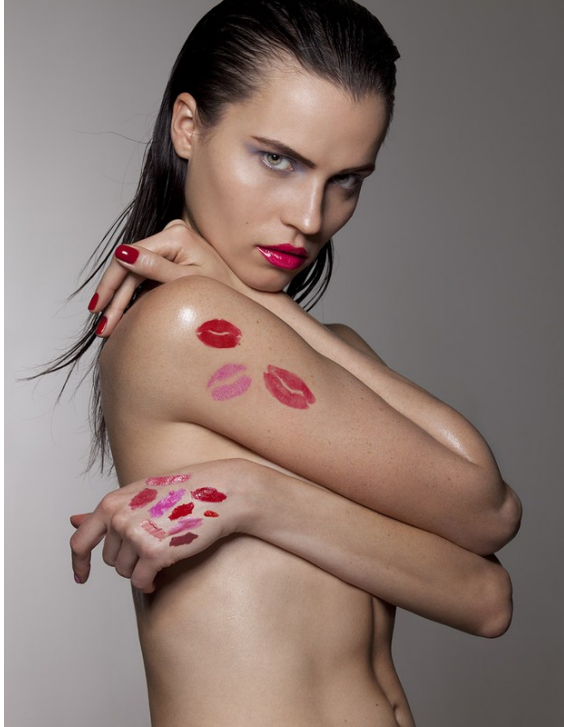
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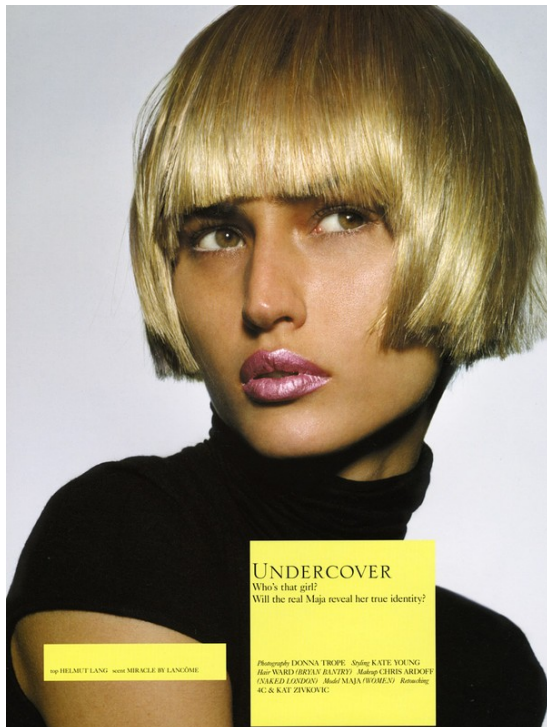
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李敏慧 Sincere

彩妆篇 Makeup

头发篇 Hair

身体篇 Body

B

皮肤长脂肪粒怎么办? 是因为保养品用得太多、营养过剩么? 如何去除?

脂肪粒是一种俗称,医学上无此病,常说的脂肪粒包括两种:

一是白头粉刺,最为普遍,皮肤较上去有小颗粒,外覆有小开口或无开口,由毛囊开口不通畅所致,部分可能与清洁不到位和眼霜过厚有关。

解决方法: 可自行代谢,但时间较长,通常需要一个月或以上,可去医院请医生挑除。

二是粟丘疹,它比白头粉刺,但更硬更白,好发于眼部和面颊,病因不明,有遗传倾向,部分和日晒有关,也有可能由于眼周的小伤口愈合不良所致,如护肤品太滋润太厚重。

解决方法: 可请皮肤科医生,掌握正确的挑除方法后,也可以在家消毒后挑除。

三是汗管瘤,它们是小而硬的粒状物,当中没有硬粒,呈皮色、淡黄色或褐色,多发于面部、颈部、前胸等部位,密集但互不相合,且常能随情绪波动引起,对健康没有影响但可能有碍美观,和护肤品无关。

解决方法: 如自行处理,必须到皮肤科咨询,由专业皮肤科医生制定针对性疗法,可采用冷冻、二氧化碳激光及电凝等处理。

14

怎样才能快速去除痘疤、痘印呢?

吴艳

痤疮以后遗留的暗红色印迹就是大家通常所说的痘印,医学上叫做炎症后色素沉着,它是由当时炎症比较严重或是炎症消退的时候处理不当,比如用一些刺激性强的护肤品,它可能会自然消退,但需要的时间比较长,通常需6~12个月,随着年龄增长,消退的速度会越来越慢,因此,在长痘时及时、正确的护理对于预防痘印的产生很重要。

对于已经出现的痘印,可通过注意防晒避免其颜色加深,同时外用一些含有高浓度维生素C的精华来淡化色素,如果产品同时含有一些抗氧化剂,护肤的效果会会更好,因为痘印与普通的色素不同,它需要细胞参与了色素合成。

痘疤是痤疮后遗留的凹陷性或隆起的瘢痕,这种痘疤一旦形成,基本上不能自行消退,外用一些高浓度维生素C的保养品,可以促进真皮的胶原合成,对于凹陷性痘疤有一定帮助,但见效慢,需要长期持续使用,建议去医院采用点阵激光的治疗,一般1~3个月治疗一次,3~4次一个疗程,由美容院医生就会有一定的损伤,在治疗的同时配合一些含有高浓度维生素C的美白产品和高倍防晒产品,可以预防治疗部位留下色沉。

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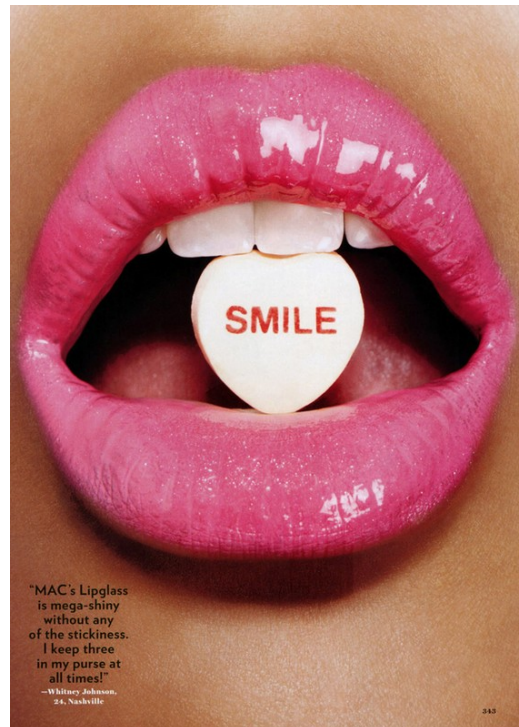
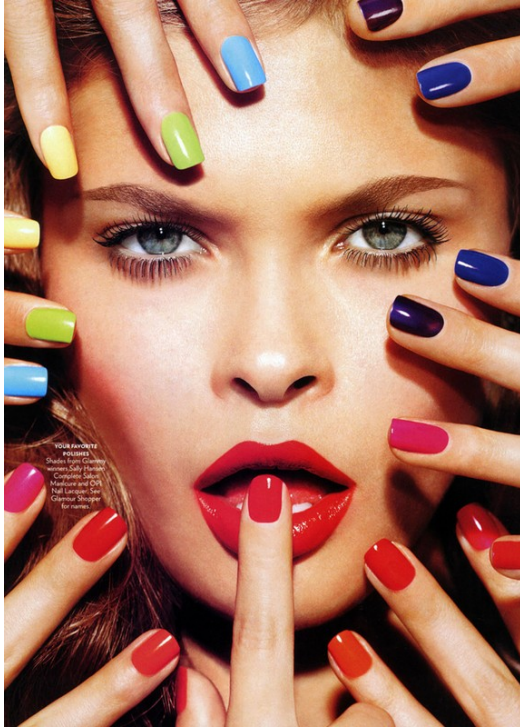
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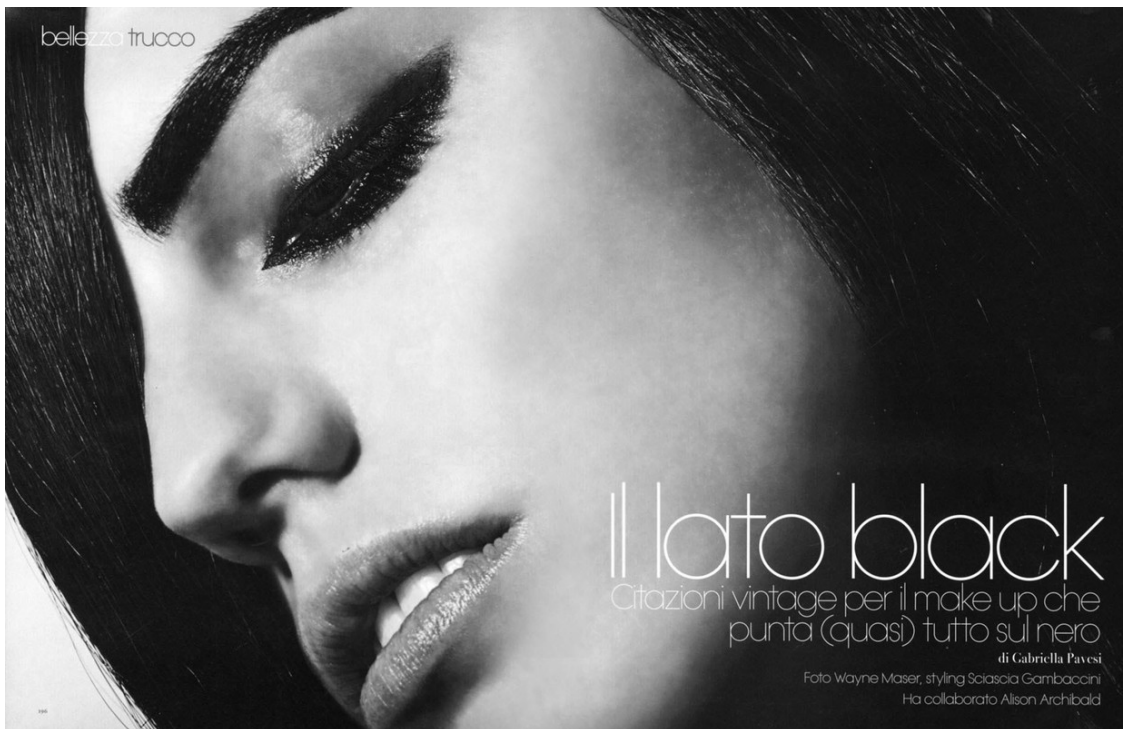
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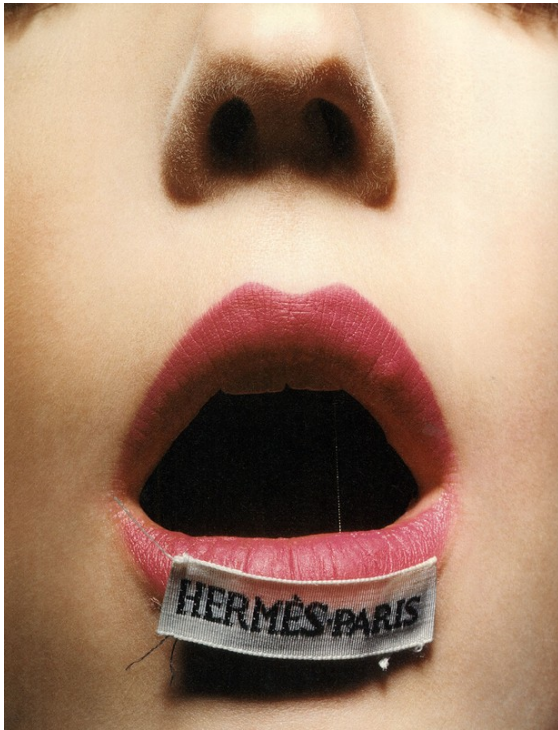
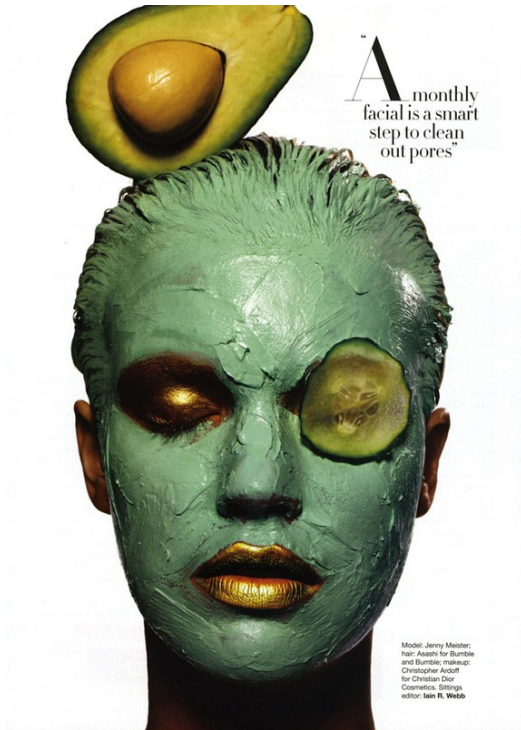
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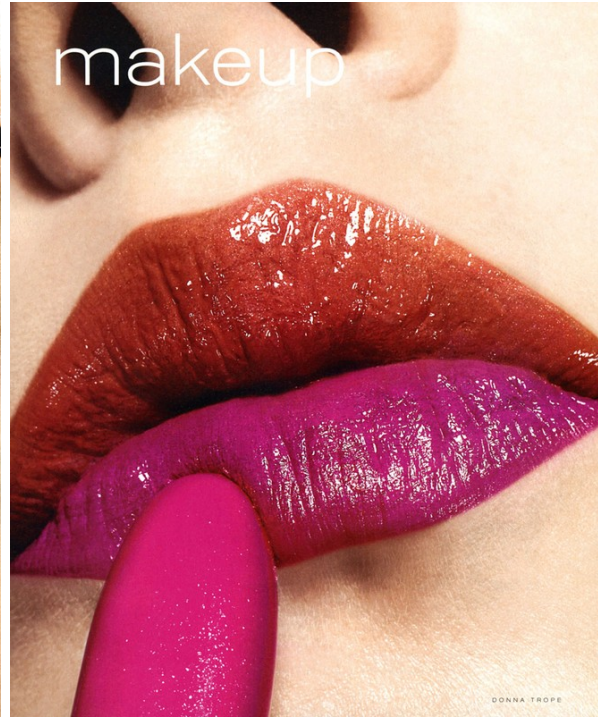
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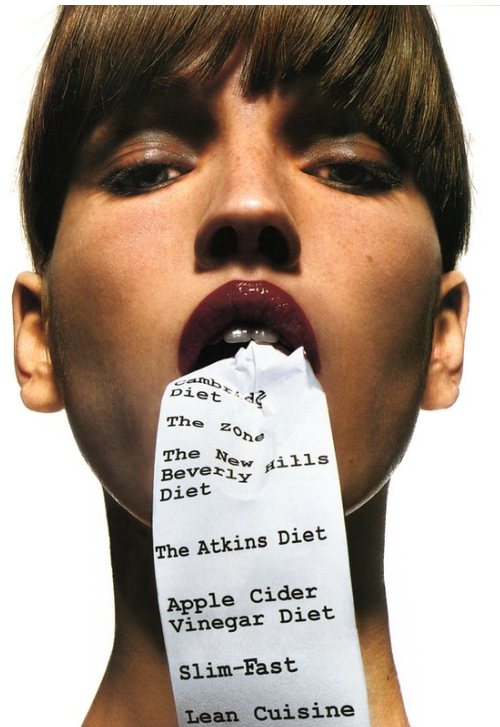
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