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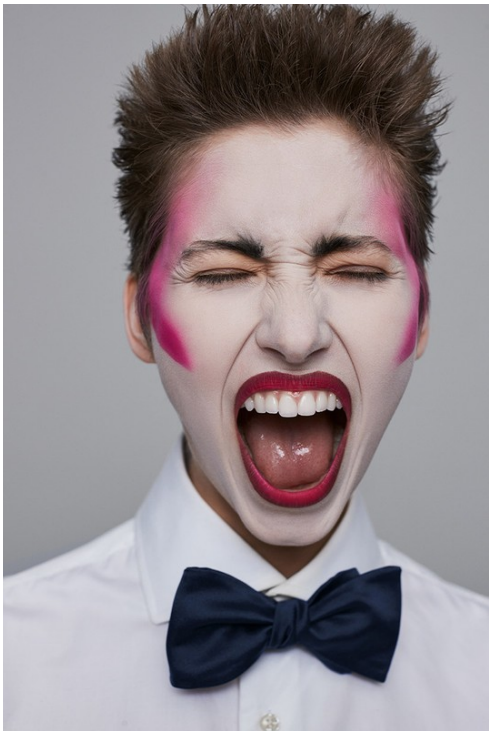

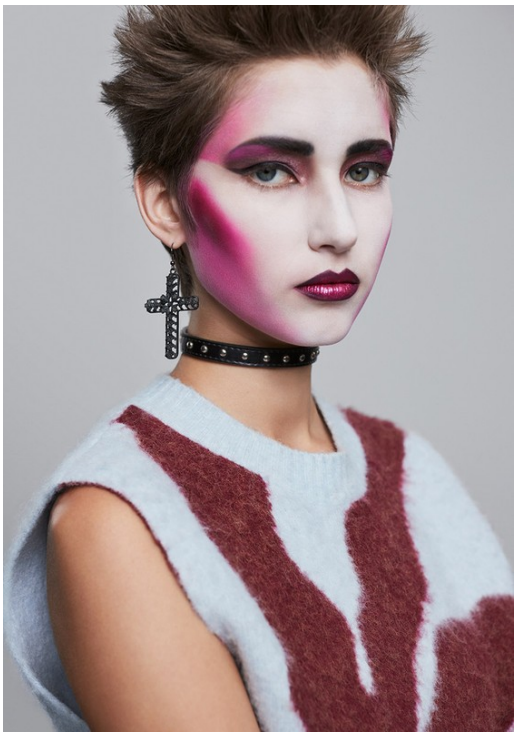

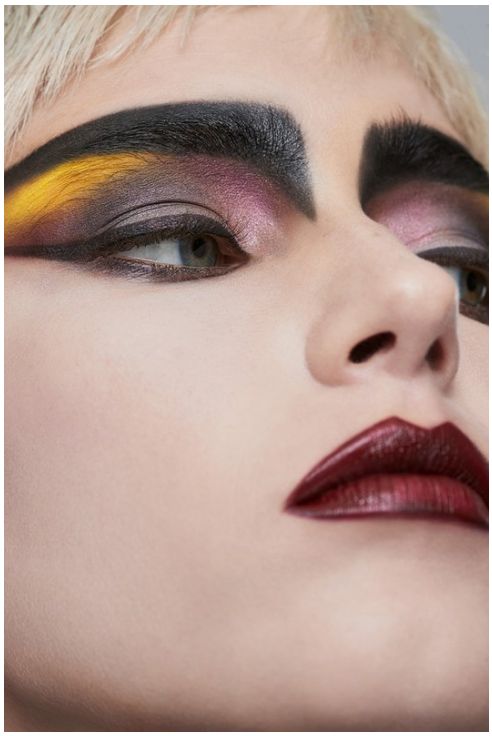

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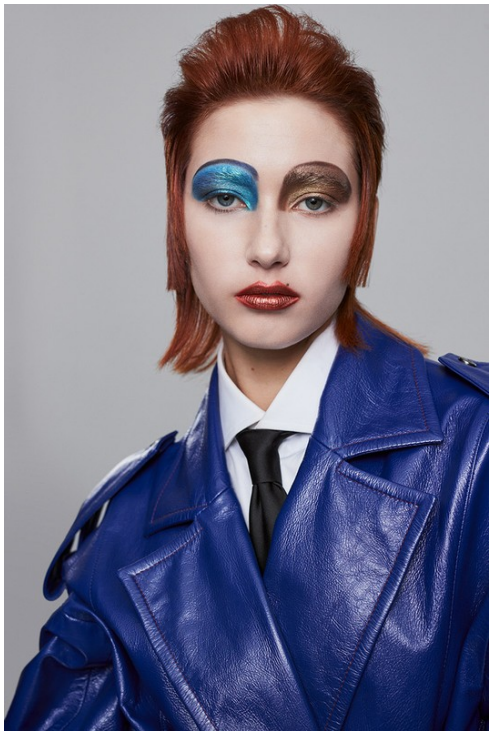

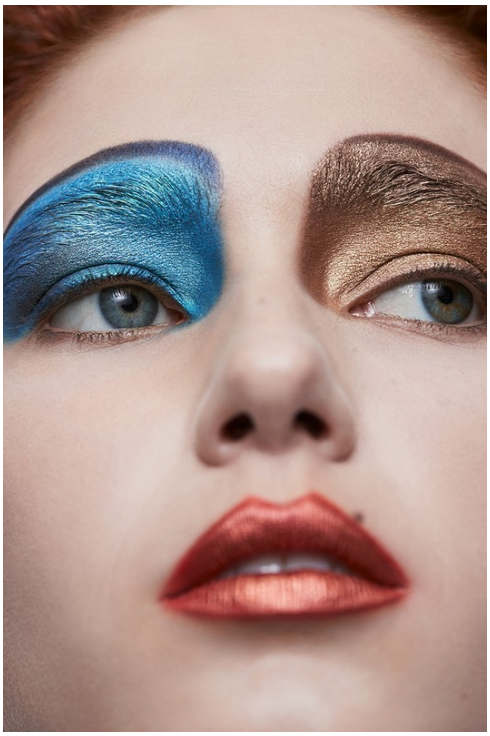

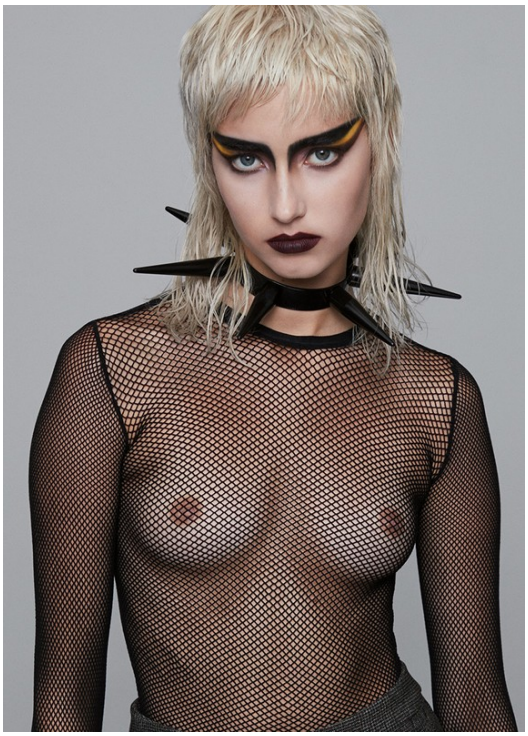

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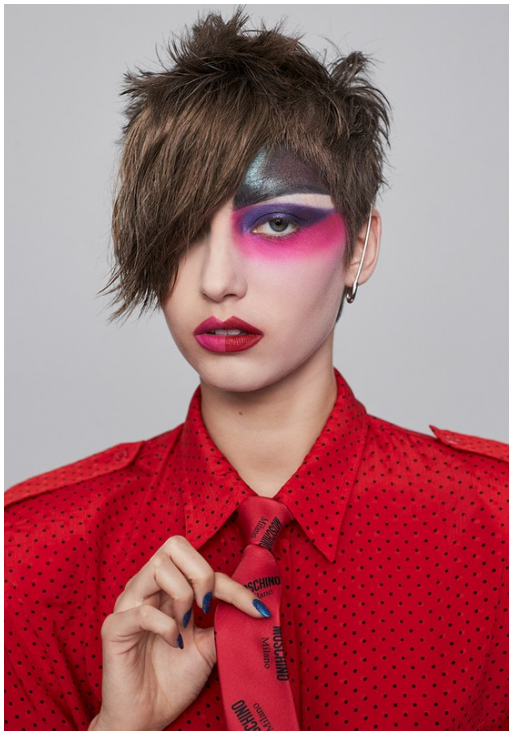

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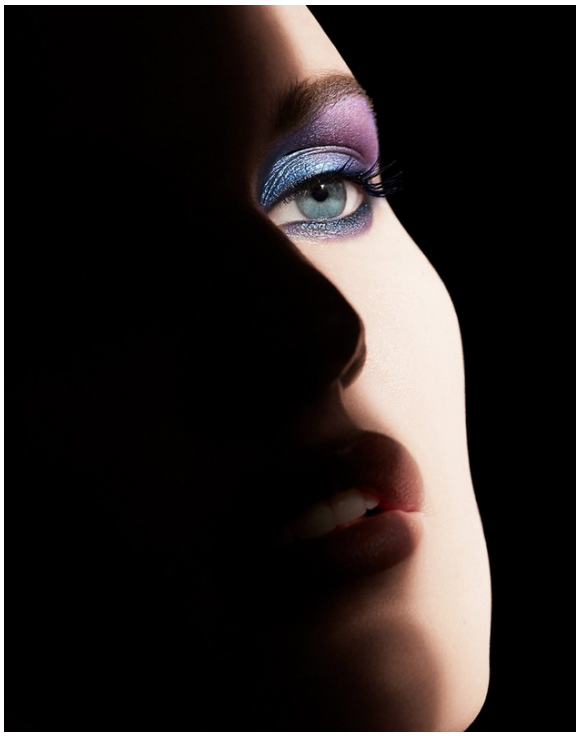

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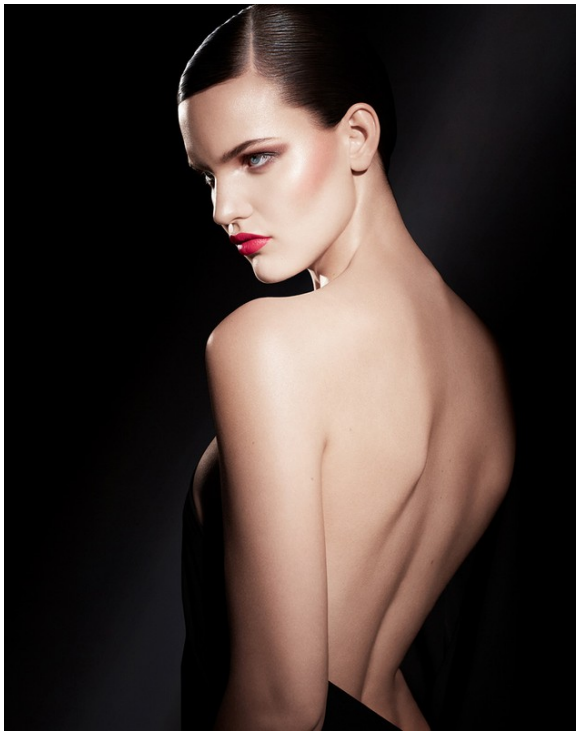

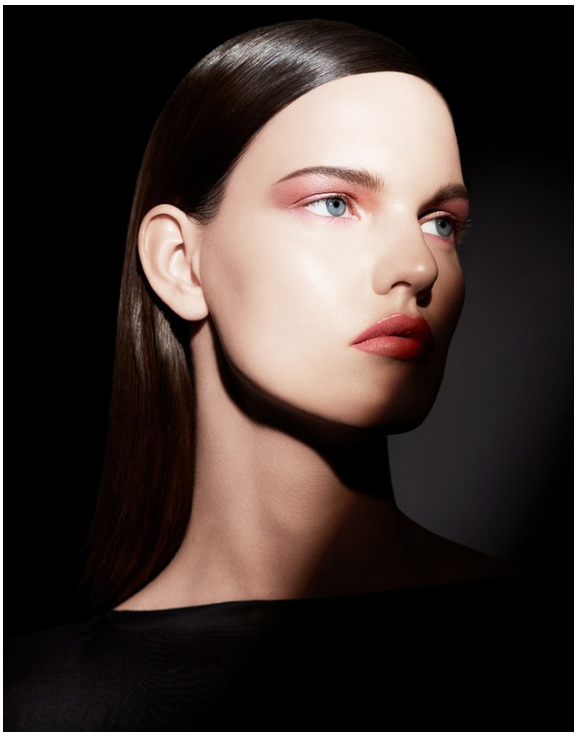

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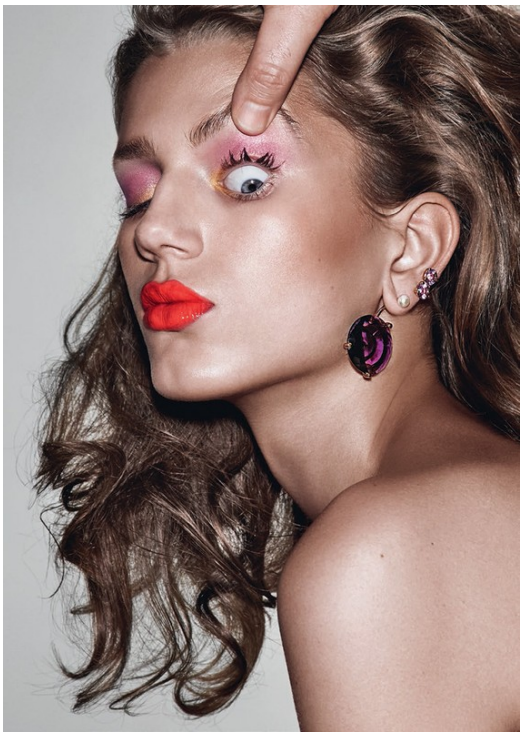

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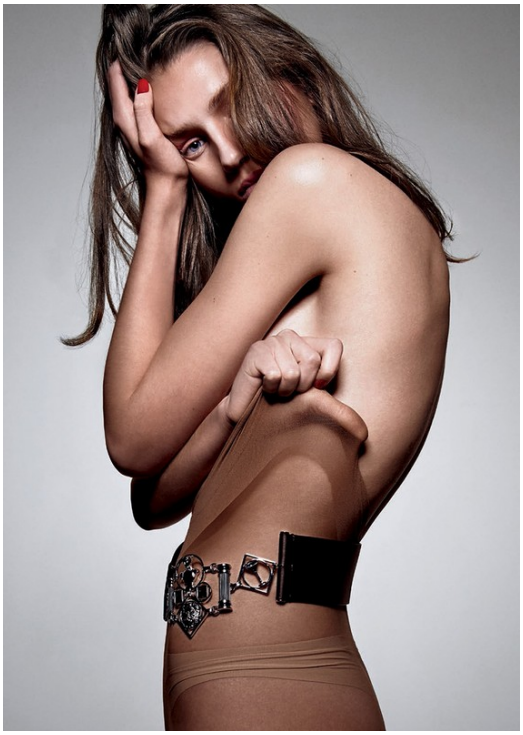

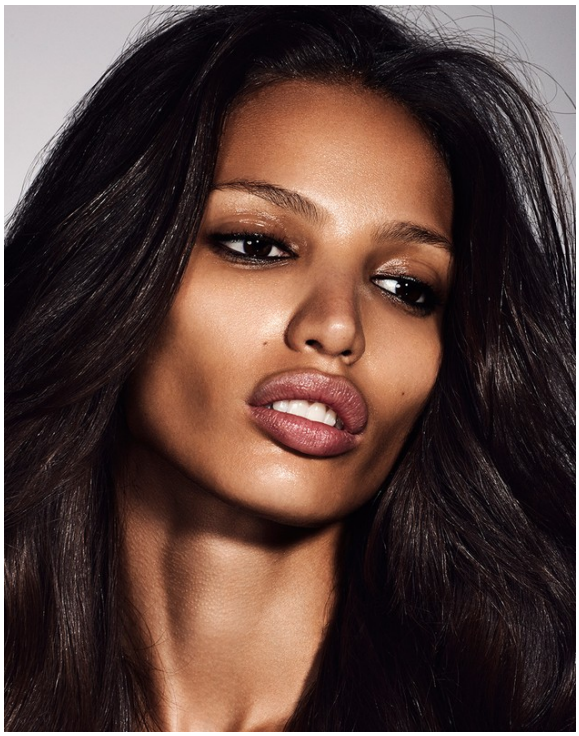

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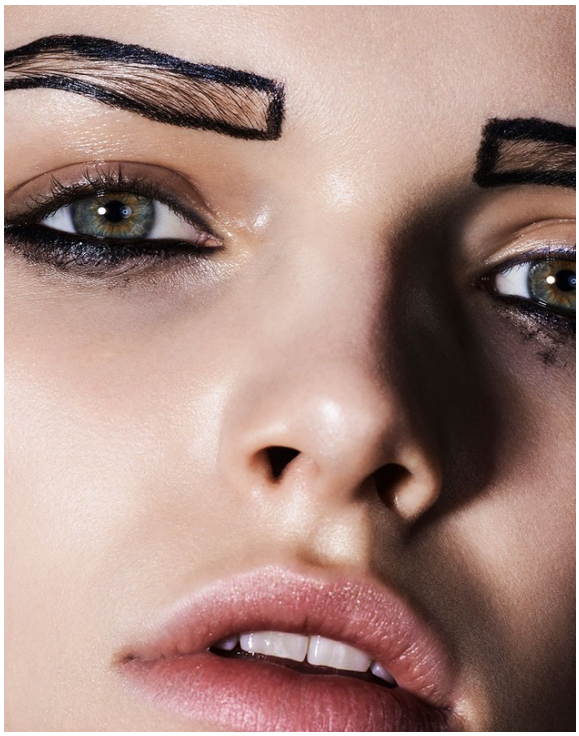

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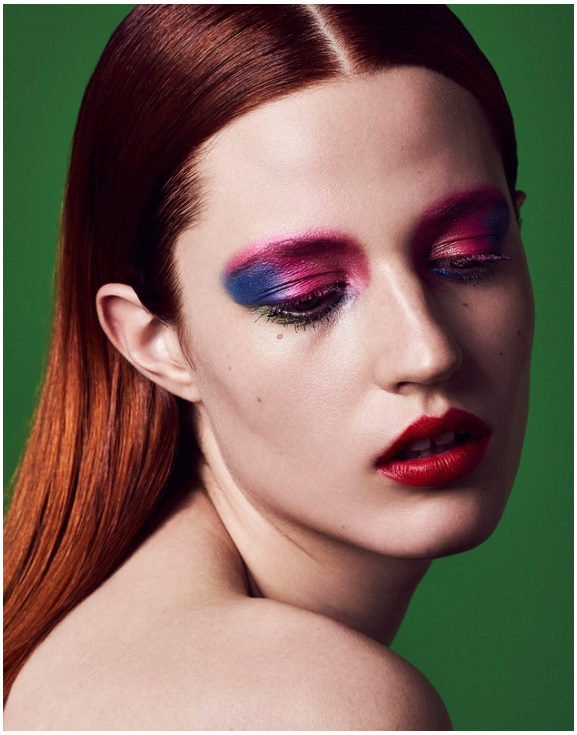

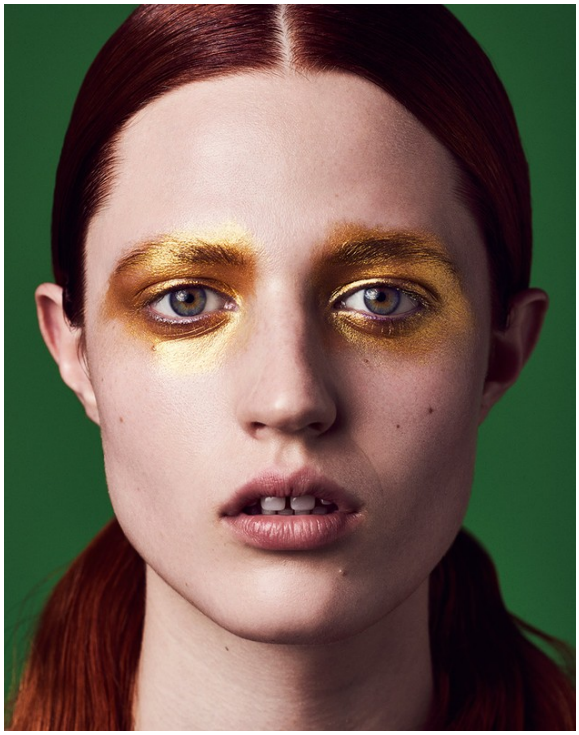

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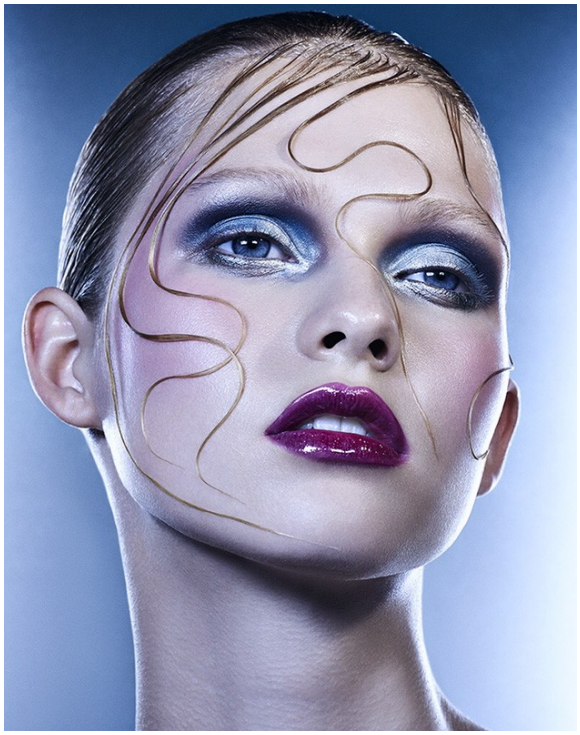

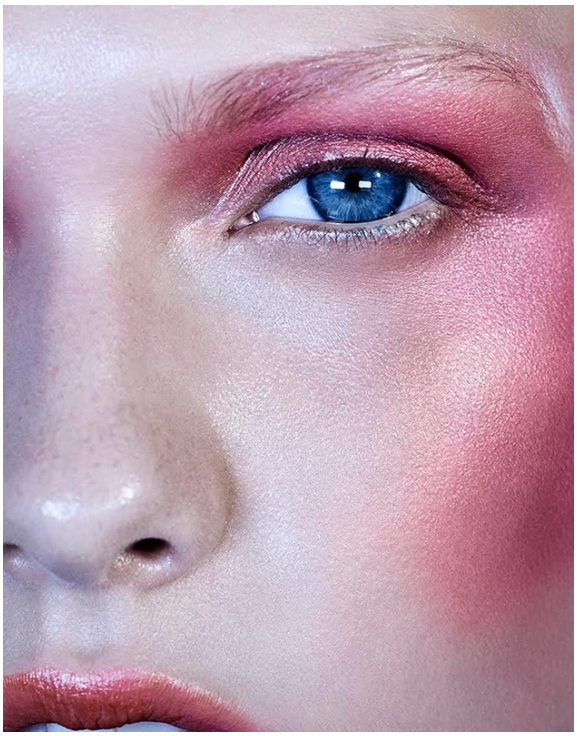

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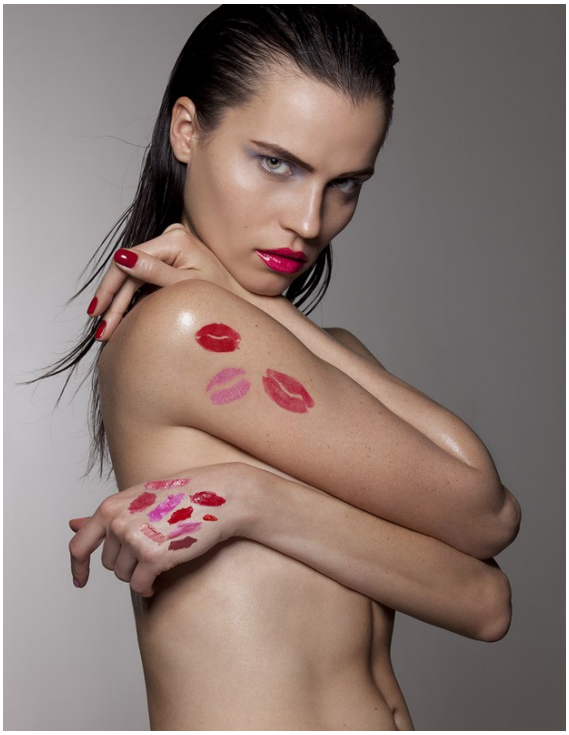

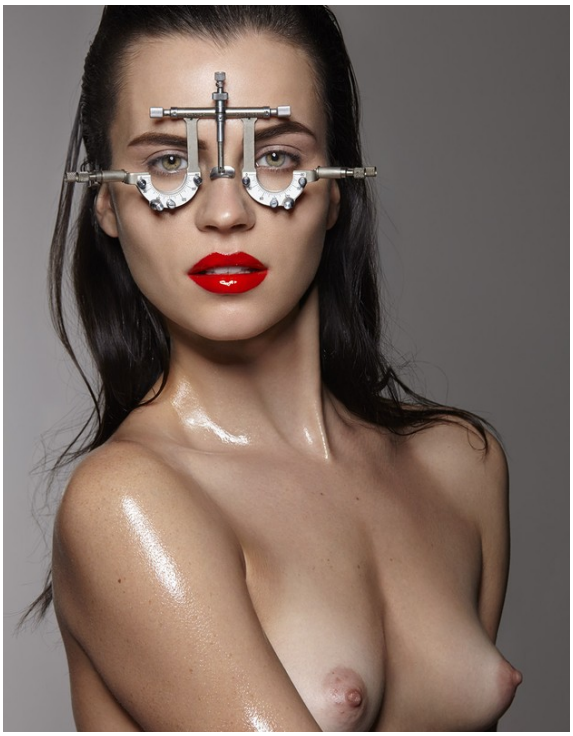

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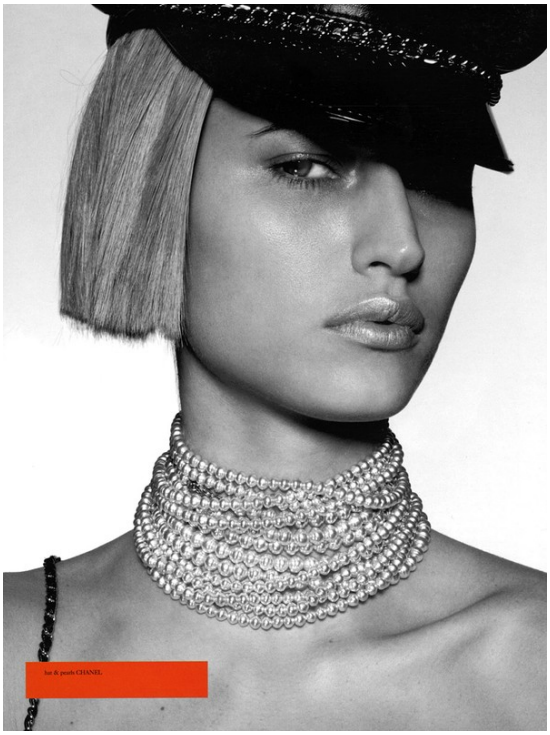

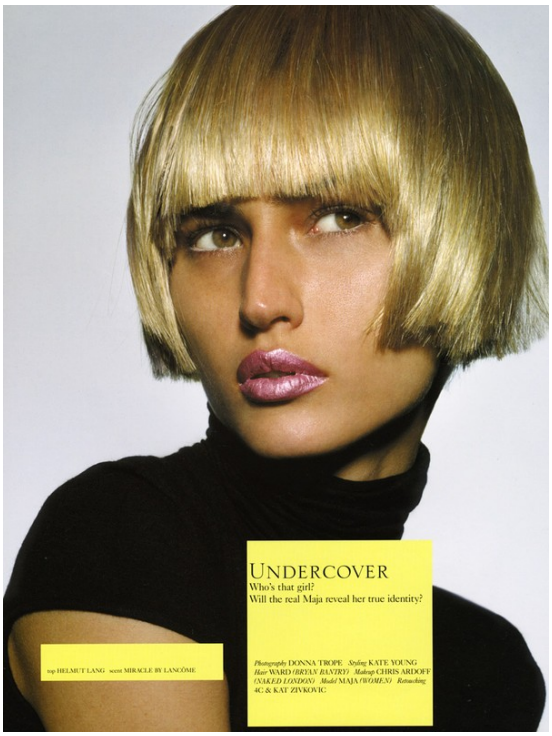

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MAJOR BROWS

the benefit: a more youthful look

There's a reason Brooke Shields has kept her brows full and bold more than 30 years after slipping into her Calvins: "Thick brows speak to health and vitality," says makeup artist Pati Dubroff. "Thin brows say the opposite."

Apply with purpose: To believably fill, use two brow pencils, one that matches your hair color (for the front of the brow) and one that's slightly darker (for the arch and tail), says makeup artist Charlotte Willer. Try **Nars *Brow Perfector*** ($22, narscosmetics.com). Draw in little upward strokes. "The inner two-thirds should be the thickest part," says brow specialist Maribeth Madron. To blend the two shades, brush hairs up and over with a spoolie wand. For especially sparse brows, Dubroff spoolies a brow cream on top of the pencil for extra density.

trends (with benefits)

These runway-inspired makeup looks brighten, plump, lift, and revitalize. They're pretty—with a purpose.

by *Krista Bennett DeMaio* photographs by *Donna Trope*

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护肤篇 Skincare

美容篇 Acne

彩妆篇 Makeup

头发篇 Hair

美体篇 Body

13

皮肤长脂肪粒怎么办？是因为保养品用得太油、营养过剩么？如何去除？

梁雷红

脂肪粒是一种俗称，医学上无此病。常说的脂肪粒似括三种：

一是白头粉刺，最为普通，皮肤摸上去有小颗粒，外观有小开口或无开口，由毛囊开口不通畅所致，部分可能与清洁不到位和眼霜过于滋润有关。

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，为微白头粉刺，但更硬更白，好发于眼部和唇缘，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发炎引起的，和护肤品无直接关系。

解决方法：可请教皮肤医生，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，它们是小而扁的粒状物，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，密集但互相不融合，汗管瘤多因遗传引起，对健康没有影响但可能有碍容颜，和护肤品无关。

解决方法：切勿自行处理，必须到医院咨询，由专业皮肤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。

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怎样才能快速去除痘痘、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，它是由于当时的痘痘比较严重或是长痘痘的时候处理不当，比如挤色种痘等导致的，它们可能会自然消退，但需要的时间比较长，通常需6~12个月，随着年龄增长，消退的速度也越来越慢，因此，在长痘痘时及时、正确的治疗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，如果产品中同时含有一些抗炎、舒敏的成分，效果会更好，因为痘印与普通的色斑不同，炎症反应参与了色素合成。

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，可促进真皮的胶原合成，对于凹陷性瘢痕有一定帮助，但见效慢，需要长期坚持使用，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，由于治疗后皮肤会有一定的损伤，在治疗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，可以预防治疗部位面下色斑。

摄：Yuyuan

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major manis

When your dress, hair, and makeup are all looking fierce, you need standout nails to match!

by meredith gray photographs by arthur belebeau

320

gilded tips

Transform your nails into pieces of jewelry! Apply two coats of shiny black lacquer, and let dry for three minutes. Then dab a small amount of gold glitter polish at your cuticle, and gently drag the brush up toward the edge of your nail in varied lengths (but stop before you reach the very top). Use nail glue to adhere tiny gold stones randomly on top of the glitter for added sparkle. Seal with top coat.

try: Chanel Nail Colour in Black Satin, $25, chanel.com; Essie Nail Color in Golden Nuggets, $8, essie.com; Art Club Nail Art Sprinkles, $4, sallybeauty.com

citrus mix

Create your own one-of-a-kind print for every digit! Working on one nail at a time, paint thick diagonal swipes of three shades of polish, slightly overlapping each one. While still wet, dip a nail-art brush in polish remover, and gently drag through the layers to create a trail. (But work fast—and avoid using quick-dry shades; otherwise the polish will dry and it won't work!) Repeat steps on each nail, and let dry completely. Seal with top coat, and let dry fully to avoid smears.

try: (coral polish) Wet n Wild Mega Last Nail Color in Club Havana, $2, drugstores; (mint-green polish) Nails Inc. Nail Polish in Hammarket, $10, Sephora stores; (yellow polish) China Glaze Nail Lacquer in Lemon Fizz, $7, sallybeauty.com

Senior Fashion Editor: Annebet Duvall. Hair: Tyler Laswell for Tresemmé at Judy Casey, Inc. Makeup: Christopher Ardoff for Christian Dior at Art Department. Manicure: Nail Art by Fleury Rose.

take a bow

Dress up your usual French mani with a cute bow tie! Apply two coats of light pink polish to your entire nail, then paint a thick band of darker pink along the tip. Let dry for about four minutes, then use a black nail-art pen to draw a small bow where the two shades meet. Top with a crystal or pearl for extra bling!

try: (base) Nicole by OPI Nail Lacquer in Do Good ...Feel Good, $8, Kmart stores; (tip) Essie Nail Color in Guilty Pleasures, $8, essie.com; (bow) Alva Nail Artist Fine Art Pen in Black, $6, Walgreens stores; (pearls) China Nail Creations Rhinestones-Pearls, $5 for pack of 60, Sally Beauty Supply stores

sparkly stripes

This neutral-toned zebra print is the sweet way to show off your wild side! Start with an opaque nude base, then use nail-art pens in beige and gold glitter to make alternating horizontal stripes. Begin the stripe from the outside edge of each nail, then glide it inward, without connecting to the other side.

try: CND Colour in Desert Sands, $9, cnd.com; Alva Nail Artist Paint in Gold, $3, Walgreens stores; Sally Hansen Color Quick Fast Dry Nail Color Pen in Shoes Beige, $8, drugstores

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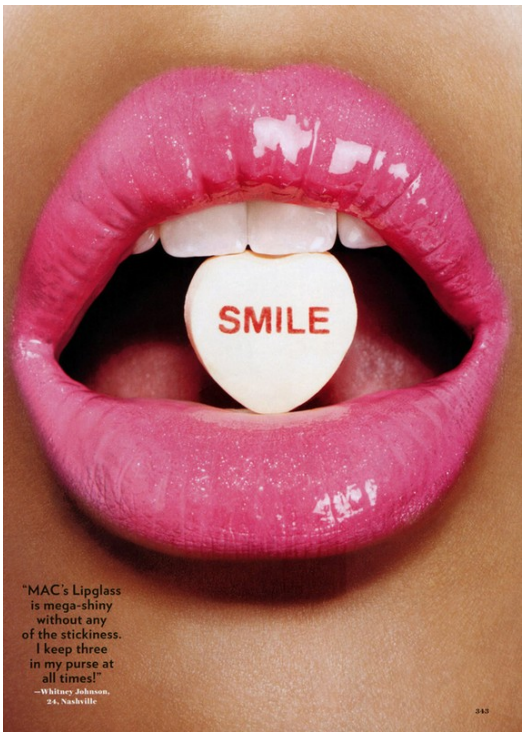

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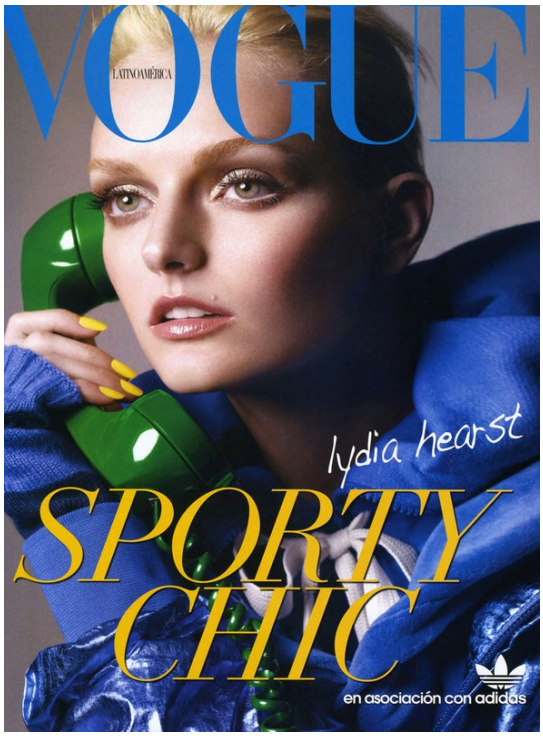

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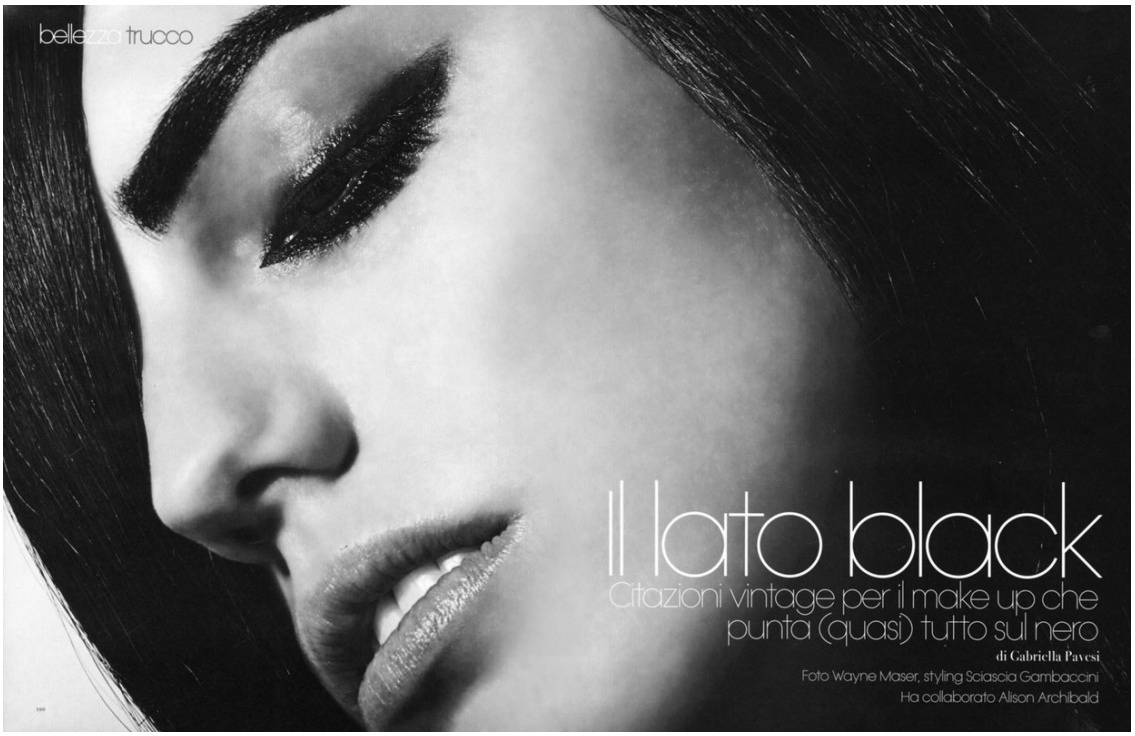

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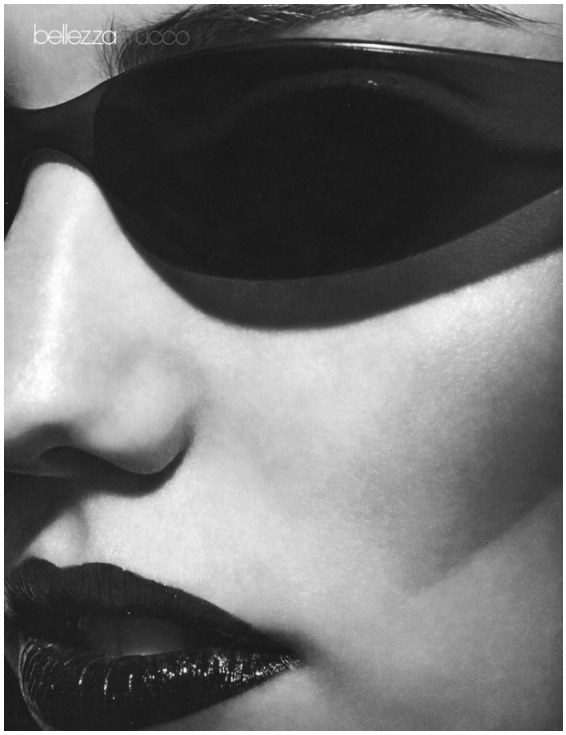

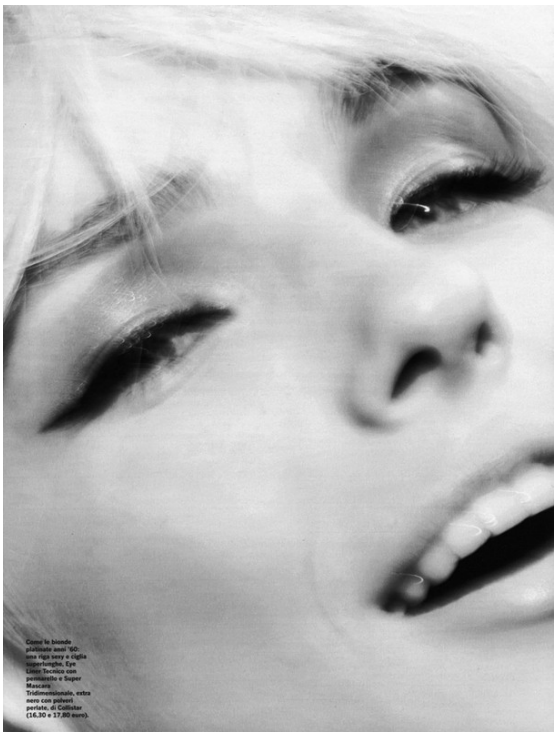

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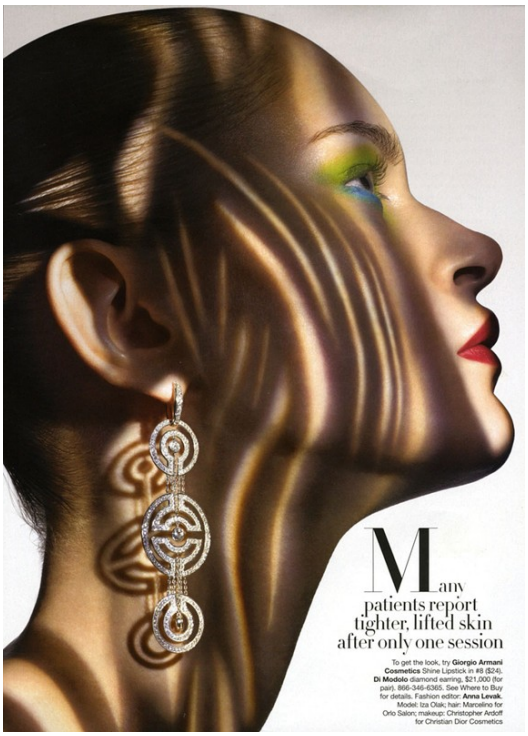

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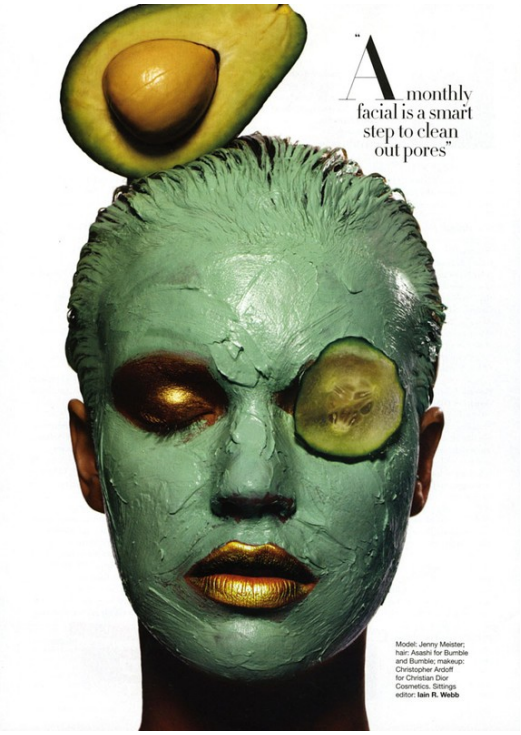

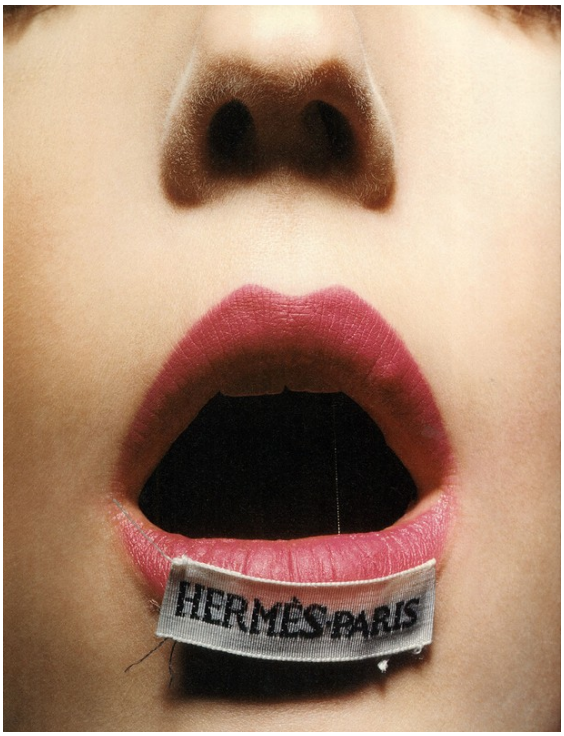

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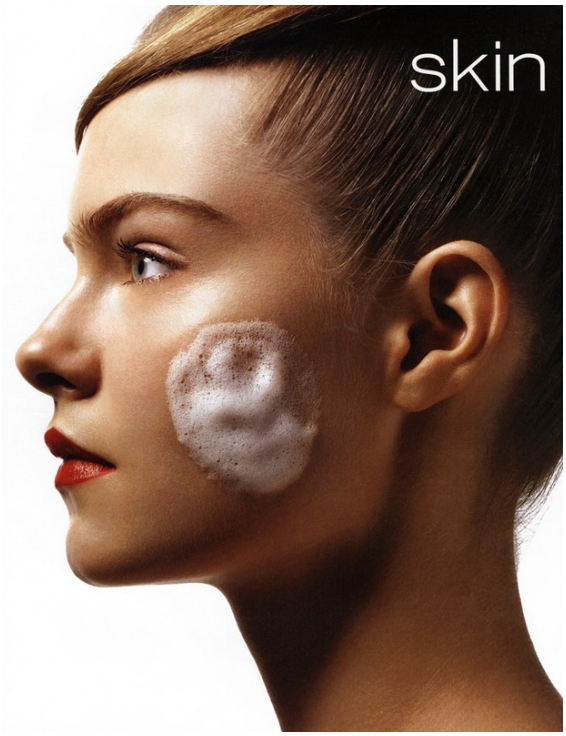

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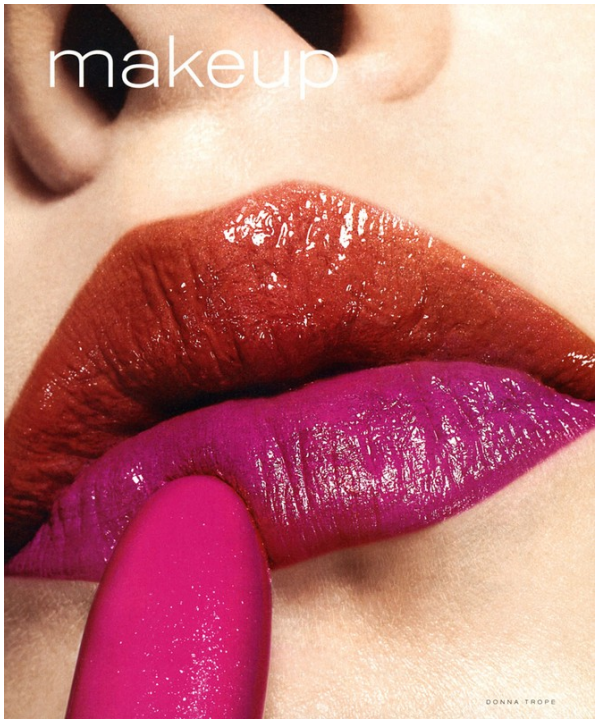

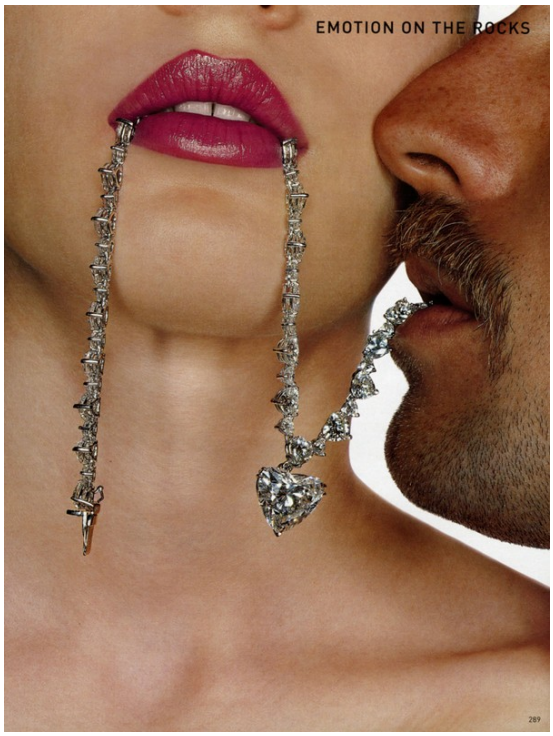

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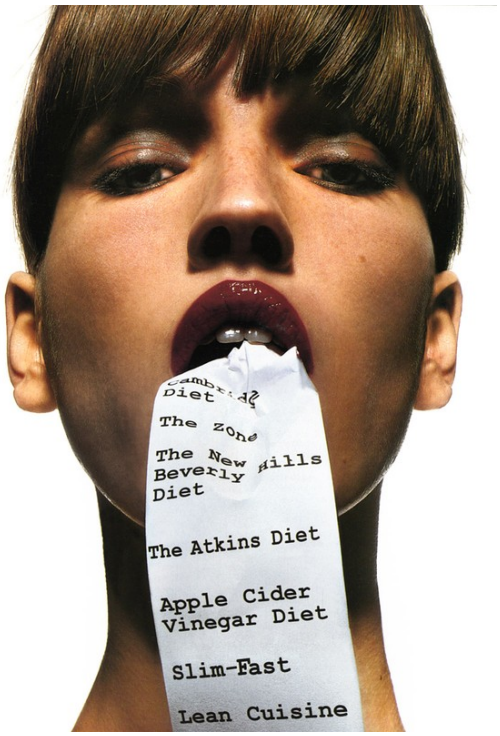

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