

Simple Skin Care  
簡易皮膚護理





# 個別皮膚分析種類

Skin Types



# 認識基本皮膚類型 Skin Types

- 油性皮膚 Oily Skin
- 混合性 Combination Skin
- 乾性皮膚 Dry Skin
- 脫水皮膚 De-Hydrated Skin
- 敏感性皮膚 Sensitive Skin



# 油性皮膚 Oily Skin

油脂分泌：油性皮膚的人油脂分泌特別旺盛

Grease secretion: People with oily skin have particularly strong oil secretion

水分：水分失調，有脫皮現象

Facial moisture: Moisture imbalance has peeling phenomenon

毛孔大小：中至大，特別在臉部的中心阻攔或堵塞

Pore size: Medium to large, especially blocked in the center of the face

外觀：油光滿面，油脂分泌旺盛，易生暗瘡和粉刺，可能出現帶黃或灰黃面色

Appearance: Glossy, with strong oil secretion, prone to acne and pimples, may appear yellowish or grayish complexion

感覺：皮膚粗糙，結實，輕微地崎嶇不平（擁塞）

Feeling: Rough skin, firm, slightly rugged (congested)

# 油性皮膚 Oily Skin

- 意見：大多數常見的從十幾歲至30多歲或更年期前  
Most common from teens to 30s or before menopause
- “洗臉後1小時後立即仍然油光滿面”
- “而上粉後容易脫妝”



# 混合性皮膚 Combination Skin

油脂分泌：從低至高

Grease secretion: Low to high

水分：從低至正常

Facial moisture: Low to normal

毛孔大小：從小至大

Pore size: Small to Large

外觀：T字位最明顯

Appearance: T-Zone is most obvious

感覺：歸因於各個皮膚性區域

Feeling: Attributed to various skin areas

# 混合性皮膚 Combination Skin

- 意見：混合性皮膚的人多數T字位油，兩頰和眼角部位極乾，皮膚可能是正常在T字位，乾燥或正常皮膚在面頰和眼睛部位正常

Most people with combination skin have T-shaped oil. The cheeks and corners of the eyes are extremely dry. The skin may be normal in the T-position. Dry or normal skin is normal on the cheeks and eyes.

- “我的T字位在夏天弄到油膩，和我的面頰有時是乾燥和我的皮膚感到緊緊的”



# 乾性皮膚 Dry Skin

油脂分泌：低

Grease Secretion: Low

外觀：臉色變蒼白或帶紅色，失去彈性

Appearance: Pale or Reddish, loss of elasticity

感覺：繃緊感，又乾又爆拆

Feeling: Tightness, dry and bursting





# 乾性皮膚 Dry Skin

➡ 意見：年齡變化或不適當的皮膚護理造成臨時地損壞

Temporary damage due to age changes or inappropriate skin care

➡ “我的皮膚感覺緊和難受”

➡ “有時護膚產品可能導刺痛”



# 脫水皮膚 De-Hydrated Skin

防衛保護作用：虛弱

Defensive protection: Weak

外觀：表皮層出現龜裂和脫皮，經常出現稀薄和脆弱薄片或無光澤的鱗狀

Appearance: The epidermis layer is cracked and peeled, often with thin and fragile flakes or dull scales

感覺：皮膚更顯繃緊，乾燥，脫皮甚至痕癢，長期暴露乾燥氣候或對風的溫度弄致乾燥

Feeling: The skin is more tight, dry, peeling and even itchy, long-term exposure to the dry climate or drying caused by the temperature of the wind

變壞因素：煙霧，煙，太陽，藥物，汗水惡劣或不適當的皮膚護理

Deterioration factors: smoke, sun, drugs, sweat or inappropriate skin care

# 脫水皮膚 De-Hydrated Skin

- 意見：90%乾性皮膚由於脫水，大多數出現於乾性皮膚，最能發生在油膩和粉刺有傾向的皮膚上和不適當的皮膚護理  
90% of dry skin is due to dehydration, most of them appear on dry skin. Most likely to occur on oily and acne prone skin and inappropriate skin care
- “我的皮膚感到繃緊和不舒服”
- “大風的季節或當我搭飛機時，我的皮膚感到好像乾燥和過敏”



# 敏感性皮膚 Sensitive Skin

防衛保護作用：弱

Defensive protection: Weak

外觀：容易引起敏感

Appearance: Sensitive

感覺：大約50%人引致皮膚紅腫，發炎，發痛，繃緊

Feeling: Approximately 50% of people will have red skin, inflation, Pain, and Tightness

變壞因素：化妝用品，煙霧，煙草，太陽，藥物和不適當的皮膚護理，例如果酸

Deterioration factors: Cosmetics, Smoke, Sun, Drugs, Inappropriate Skin Care

# 敏感性皮膚 Sensitive Skin

- 意見：能發生在任何一種皮膚類型，皮膚是脆弱的和易反應的

Can occur in any skin type, the skin is fragile and reactive

- “有時某個護膚產品會導致刺痛並且發熱的反應但有時不會”
- “我的皮膚蜇或燒傷與幾乎一切”
- “我的皮膚總是紅色的”
- “我只能用水沖洗我的皮膚”



# 各樣洗面霜 Cleanser

- ➔ 奶狀的 (Cream)
- ➔ 膠化的 (Gel)
- ➔ 磨沙膠化/奶狀 (Scrub/Milk)
- ➔ 泥 (Mud)



# 面膜 Mask

- ➔ 泥狀 (Milk)
- ➔ 奶狀的 (Cream)
- ➔ 胶化的 (Gel)



# 各樣收縮水 Toner

- ➔ 護膚液 Refresher 乾性 Dry
- ➔ 收縮 Toner 中性 Combination
- ➔ 收縮 Astringent 油性 Oily





# 面霜 Lotion

- ➔ 奶狀的 (Cream)
- ➔ 胶化的 (Gel)



# 每日需知 Facial Cleaning Steps

➡ 早晚清面 Day & Night

➡ 清面步驟 Steps

1. 清：洗顏霜 Cleanse: Cleanser

2. 收：收縮水 Tighten: Toner

3. 潤：面霜 Moist: Lotion



# 面膜護膚步驟 Mask Skin Care Steps

1. 洗顏霜 Cleaning
  2. 面膜 Mask
  3. 護膚液 Toner
  4. 滋潤 Moisturizer
- \* 防曬 Sunblock



# 如何選擇合適你的產品

產品測試：首先需要了解產品成分



# 皮膚類型成分 Ingredients for skin type

## 油性皮膚 Oily Skin

- Tea tree
- Willow bark – pore Cleansing
- Sage, Eucalypties, Levender – pore purifycing
- Green tea – help clam readness
- Zinc Oxide – Soothing, pore – purifying



# 皮膚類型成分 Ingredients for skin type

## 混合性皮膚 Combination Skin

- Beta – Glucans
- Superoxide Dismutase



# 皮膚類型成分 Ingredients for skin type

## 乾性皮膚 Dry Skin

- Ursolic Acid – From Rosemary
- Rose
- Vitamin A, C, E
- Lavender, Petitgraine
- Chamomile



# 皮膚類型成分 Ingredients for skin type

## 敏感性皮膚 Sensitive Skin

- Sea Whip Extract
- Green tea
- White tea
- Allage





## 基本化粧前步驟 Basic pre-makeup steps

- 洗顏霜 Cleaning
- 護膚液 Toner
- 面部精華 Serum
- 滋潤/底霜 Moisturizer/Base
- 防曬 Sunblock



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## 5分種化妝法 5 Minutes Makeup



粉底

Foundation



臉

Face



唇膏

Lip Stick



簡單眼影

Simple Eyeshadow



睫毛液

Mascara



# 簡易面膜

Simple DIY Masks

# 蕃茄杏仁面膜 Tomato Almond Mask

功效：深層清潔油性及中性皮膚

Deep cleansing oily and neutral skin

➤ 新鮮蕃茄一個，杏仁粉少許

One fresh tomato, a little almond flour

➤ 把蕃茄搗成漿狀，加入杏仁粉混和，塗在臉上15分鐘，用冷水洗臉部

Pound the tomato into a paste, mix with almond powder, apply to the face for 15 minutes, and wash the face with cold water



# 杏仁蛋白面膜 Almond Protein



功效：美白，杏仁有滋潤作用，有助收細毛孔

Whitening. Almonds have a moisturizing effect and help to shrink pores

- 將適量杏仁粉，加蛋白混和成糊狀，塗在臉上2分鐘，然後用清水洗淨

Mix an appropriate amount of almond flour, add protein and mix to form a paste, apply to face for 2 minutes, then wash with water



# 蛋白面膜 Protein Mask

功效：收緊毛孔及鬆弛皮膚

Tighten pores and loosen skin

➡ 將蛋白打成泡狀，敷在臉上，待蛋白乾涸，皮膚緊繃後，用暖水洗淨皮膚

Beat the egg whites on the face and apply to the face. After the protein dries up and the skin is tight, wash the skin with warm water

# 雞蛋蜜糖面膜 Egg Honey Mask

功效：滋潤，令皮膚柔嫩光滑

Moisturizes, leaving skin soft and smooth

➡ 將蛋黃(不要蛋白)和蜜糖，可加 2 / 3 滴檸檬汁混和，塗於面上，15 - 20 分鐘，用清水洗淨面部

Mix egg yolk (no protein) and honey, add 2/3 drops of lemon juice, spread on the face, 15-20 minutes, wash the face with water





# 西瓜汁 Watermelon Juice

功效：皮膚潔白，細嫩，光澤

Whiten skin, delicate and shiny

- ➡ 用西瓜皮輕輕按摩面部數分鐘，再用清水洗淨
- ➡ Gently massage the face with watermelon peel for a few minutes, then wash with water



# 草莓面膜 Strawberry Mask

功效，滋潤，美白

Moisturize and whitening

- ➡ 3 至 5 隻草莓弄碎，加入牛奶，蜜糖，攪成糊狀，塗於面部，20 分鐘後，用溫水洗淨
- ➡ Crush 3 to 5 strawberries, add milk and honey, mix into a paste, apply to the face, and wash with warm water after 20 minutes