



# 拯救肌肤

## SAVE YOUR SKIN

宋策 著

◆ 漓江出版社

以植物、鲜花、科技的力量

SAVE YOUR SKIN

拯救肌肤

宋策 著

 江苏出版社

## 图书在版编目 (CIP) 数据

拯救肌肤 / 宋策著. -- 桂林: 漓江出版社, 2015.5

ISBN 978-7-5407-7533-9

I. ①私… II. ①宋… III. ①皮肤-护理-基本知识②美容-基本知识 IV. ①TS974.1

中国版本图书馆 CIP 数据核字 (2015) 第 095833 号

## 拯救肌肤

---

作 者: 宋策

策划统筹: 符红霞

责任编辑: 符红霞 张芳

责任监印: 唐慧群

摄 影: 印航 / 宋策 / 倪良

出 版 人: 郑纳新

出版发行: 漓江出版社

社 址: 广西桂林市南环路 22 号

邮 编: 541002

发行电话: 0773-2583322 010-85891026

传 真: 0773-2582200 010-85892186

邮购热线: 0773-2583322

电子邮箱: [lijiangbook.com](mailto:lijiangbook.com)

印 制: 北京尚唐印刷包装有限公司

开 本: 965 × 1270 1/16

印 张: 12

字 数: 50 千字

版 次: 2015 年 6 月第 1 版

印 次: 2015 年 6 月第 1 次印刷

书 号: ISBN 978-7-5407-7533-9

定 价: 68.00 元

---

漓江版图书: 版权所有 侵权必究

漓江版图书: 如有印装质量问题, 可随时与工厂调换



**Preface: Caring for your tender skin**..... 8  
序——虔诚时光·守望美肌

Power of organic skincare ..... 15  
有机护肤的力量

A trip of organic culture..... 27  
有机文化之旅

**Seeking for the secret of young skin: spring**... 28  
寻找肌肤不老的秘密——春

Clear and crystal skin..... 33  
“清”翠美肌

Caress your skin with the unique aloe recipe..... 38  
芦荟新肌

Oxygen nurtures cells..... 44  
细胞“驻”氧

Bid farewell to dark circles ..... 46  
告别黑眼圈

Taste of Plants ..... 48  
植物的味道

# CONTENTS

## 目录

- Explore ingredients of organic skin care ..... 52  
探秘有机保养成分
- Beautiful Pearl Anti-pollution-deep sea plant caviar ... 54  
美丽珍珠抗污染——深海植物鱼子酱
- Save the V-shape with plants ..... 58  
植物拯救“V”轮廓
- Origin of beauty motivation ..... 60  
根源美动力
- Unilabs customizes diagnosis for skin and body..... 66  
Unilabs 为身体肌肤定制全面的诊断服务
- Seeking for the secret of young skin: summer... 70**  
**寻找肌肤不老的秘密——夏**
- The fasting treatment for skin ..... 74  
肌肤“断食”疗法
- “Edible” color cosmetics ..... 85  
可以“吃”的彩妆
- Unveil the lies of BB cream ..... 100  
揭开 BB 霜那些谎言
- Say no to light aging..... 107  
拒绝光老化
- Skin needs flowers and nutrients..... 110  
肌肤需要各种鲜花和营养
- Peony, king of flowers..... 117  
花中之王牡丹
- Cosmetological effect of yulanmagnolia..... 123  
玉兰的美容功效
- Beautiful secret of camellia..... 127  
山茶花的美丽秘密
- Flower for mothers..... 130  
母亲花
- The lotus skin ..... 134  
莲花肌
- Laclinic: the secret for staying young ..... 138  
瑞士 Laclinic 诊所——青春不老的秘密

# CONTENTS

## 目录

<b>Seeking for the secret of young skin: autumn...</b> 145 寻找肌肤不老的秘密——秋	
Say bye to sensitive skin..... 148 告别敏感肌肤	
No roughness..... 152 拒绝粗糙	
Beautify skin with SPA ..... 155 水疗美肌	
Golden liquid to beautify skin..... 158 液体黄金能量美肌	
Beautify with Eucalyptus fruit..... 160 尤加利果美容	
Beautify with viable yeast ..... 163 活酵母美容	
Stem cells of plants..... 166 植物干细胞	
Philosophy for organic skin care..... 171 有机护肤美丽哲学	
	Ortobotanico di Padova ..... 180 帕多瓦植物园
	Young skin ..... 189 美肌纤体
	<b>Seeking for the secret of young skin: winter...</b> 190 寻找肌肤不老的秘密——冬
	Caress skin with balm..... 194 以油养肤
	More sleep more beautiful ..... 198 越夜越美丽
	Natural beauty treatment with vegetables and fruits... 205 蔬菜水果自然美容疗法
	Save skin with fruits..... 209 水果拯救肌肤
	Cosmetological secret of blueberries..... 210 蓝莓的美容秘密

Mangosteen, the queen in fruits·····	214
水果皇后——山竹	
Beautify with seabuckthorn oil·····	218
沙棘油美容	
Magic cosmetological power of nuts ·····	221
坚果美容的神奇力量	
Plain skin beauties ·····	224
素肌美人	
Beauty treatment with matcha·····	228
抹茶美容	
<b>The journey to save the soul·····</b>	<b>230</b>
<b>拯救美好灵魂的旅途</b>	
Beauty is the belief·····	234
美丽是一种信仰	





# 拯救肌肤

SAVE YOUR SKIN

宋策 著

◆ 漓江出版社



ISBN 978-7-5407-7533-9



9 787540 775339 >

定价：68.00 元

以植物、鲜花、科技的力量

# SAVE YOUR SKIN

## 拯救肌肤

宋策 著

 江苏出版社



<b>Preface: Caring for your tender skin</b> .....	8
序——虔诚时光·守望美肌	
Power of organic skincare .....	15
有机护肤的力量	
A trip of organic culture.....	27
有机文化之旅	
<b>Seeking for the secret of young skin: spring</b> ...	28
寻找肌肤不老的秘密——春	
Clear and crystal skin.....	33
“清”翠美肌	
Caress your skin with the unique aloe recipe.....	38
芦荟新肌	
Oxygen nurtures cells.....	44
细胞“驻”氧	
Bid farewell to dark circles .....	46
告别黑眼圈	
Taste of Plants .....	48
植物的味道	

# CONTENTS

## 目录

Explore ingredients of organic skin care ..... 52 探秘有机保养成分	Say no to light aging..... 107 拒绝光老化
Beautiful Pearl Anti-pollution-deep sea plant caviar ... 54 美丽珍珠抗污染——深海植物鱼子酱	Skin needs flowers and nutrients..... 110 肌肤需要各种鲜花和营养
Save the V-shape with plants ..... 58 植物拯救“V”轮廓	Peony, king of flowers..... 117 花中之王牡丹
Origin of beauty motivation ..... 60 根源美动力	Cosmetological effect of yulanmagnolia..... 123 玉兰的美容功效
Unilabs customizes diagnosis for skin and body..... 66 Unilabs 为身体肌肤定制全面的诊断服务	Beautiful secret of camellia..... 127 山茶花的美丽秘密
<b>Seeking for the secret of young skin: summer</b> ... 70 <b>寻找肌肤不老的秘密——夏</b>	Flower for mothers..... 130 母亲花
The fasting treatment for skin ..... 74 肌肤“断食”疗法	The lotus skin ..... 134 莲花肌
“Edible” color cosmetics ..... 85 可以“吃”的彩妆	Laclinic: the secret for staying young ..... 138 瑞士 Laclinic 诊所——青春不老的秘密
Unveil the lies of BB cream ..... 100 揭开 BB 霜那些谎言	

# CONTENTS

## 目录

<b>Seeking for the secret of young skin: autumn</b> ··· 145 寻找肌肤不老的秘密——秋	<b>Ortobotanico di Padova</b> ··········· 180 帕多瓦植物园
Say bye to sensitive skin·········· 148 告别敏感肌肤	<b>Young skin</b> ··········· 189 美肌纤体
No roughness·········· 152 拒绝粗糙	<b>Seeking for the secret of young skin: winter</b> ··· 190 寻找肌肤不老的秘密——冬
Beautify skin with SPA ··········· 155 水疗美肌	<b>Caress skin with balm</b> ·········· 194 以油养肤
Golden liquid to beautify skin·········· 158 液体黄金能量美肌	<b>More sleep more beautiful</b> ··········· 198 越夜越美丽
Beautify with Eucalyptus fruit·········· 160 尤加利果美容	<b>Natural beauty treatment with vegetables and fruits</b> ··· 205 蔬菜水果自然美容疗法
Beautify with viable yeast ··········· 163 活酵母美容	<b>Save skin with fruits</b> ·········· 209 水果拯救肌肤
Stem cells of plants·········· 166 植物干细胞	<b>Cosmetological secret of blueberries</b> ·········· 210 蓝莓的美容秘密
Philosophy for organic skin care·········· 171 有机护肤美丽哲学	

Mangosteen, the queen in fruits·····	214
水果皇后——山竹	
Beautify with seabuckthorn oil·····	218
沙棘油美容	
Magic cosmetological power of nuts ·····	221
坚果美容的神奇力量	
Plain skin beauties ·····	224
素肌美人	
Beauty treatment with matcha·····	228
抹茶美容	
<b>The journey to save the soul·····</b>	<b>230</b>
<b>拯救美好灵魂的旅途</b>	
Beauty is the belief·····	234
美丽是一种信仰	



A close-up photograph of a fern frond, showing the intricate, feathery structure of the leaves. The frond is dark green and is set against a dark, almost black background. In the upper right and lower right areas, there are soft, out-of-focus light spots, likely from bokeh or light filtering through the foliage, creating a dreamy and natural atmosphere. The lighting highlights the texture and fine details of the fern's structure.

CARING FOR  
YOUR TENDER SKIN



# 虔诚时光·守望美肌

