

mirror, mirror on the wall

By Josie Lau | Photos Courtesy of Diane Denby



Beautiful Ballerina. The two words go hand in hand, and it's a very apt description in the case of Chan Hon Goh, Canada's own ballet superstar. We caught up with the busy dancer/author/entrepreneur/businesswoman recently at her home in Vancouver.

Beauty Routine

Chan's pressed for time in the morning like most of us, so she likes to keep her beauty regimen as simple as possible:

"I cleanse my face morning and night with a good cleanser, followed by toner (Kiehl's is a favourite) and I like to use an oil-free moisturizer—a lighter one in summer, and a [richer] one in the winter." At night, especially if she's been wearing heavy makeup, she'll use a special eye make-up remover.

Being in the public eye, Chan has to look good even if she's in a hurry. Luckily, all it takes is about five minutes. "I keep it pretty simple...a light powder foundation, a little bit of eyeshadow as eyeliner, and mascara...[since] I'm running out the door at that point, sometimes the lipstick gets on and sometimes it doesn't!" she laughs. On occasion, Chan might take a few extra minutes "just to check that nothing's smudged".

美麗的芭蕾舞家，這個字眼用來形容加拿大芭蕾舞超級明星—吳振紅，是最貼切不過的了。我們最近有幸及時得以聯絡上這位終日忙碌的舞蹈家/作家/企業家/商業女強人，在她位於溫哥華的家作了個簡短的訪問。

日常美容護理

Chan每天早上就和我們大多數人一樣，時間過得非常的緊湊，因此她比較鍾於簡單的養顏方式：

「每天早晚我都會使用品質好的潔膚乳來洗臉，然後再使用爽膚水(Kiehl品牌是她的最愛)。在夏天時，我喜歡使用較柔和的控油保濕霜，而在冬天時我則喜歡使用比較滋潤的保濕霜。」在晚上，尤其是當她有化妝時，她會使用一些特別的眼部卸妝液。

身為一個公眾人物，既使時間緊湊匆匆忙忙，Chan任何時候都必須要保持上鏡。幸好她擁有一些美容秘訣，全程只需大約5分鐘便完成。「我這個人比較喜歡簡單，所以一般出門時只會塗上薄薄的粉底、少許眼影、眼線以及睫毛液。由於有些時候我是匆匆忙忙跑著出門的，因此偶然也會忘了塗上唇膏。」她笑著說。Chan不時也會花額外幾分鐘的時間來確保臉上的妝沒有糊成一片。

Can't-Live-Without Beauty Item

"My toothbrush...does that count? Okay, mascara!"

Best Beauty Advice from Mom

"Actually there's two things: Never use cheap products on your skin and always take off all your makeup at night before you go to sleep."

Says Chan, "Mom was a ballet dancer, and had gone through the experience of wearing heavy makeup constantly and perspiring while on stage, and had always stressed the importance of cleansing your skin properly...but when you're a just a kid, you don't really care and sometimes you forget and you end up going to sleep with your makeup on...then you start to break out...that's when you realize that maybe you should [listen to your mom]...I guess we all have to learn the hard way sometimes."

Beauty Tip

Chan loves her Starbucks, but makes up for it by making sure she drinks enough water daily. In fact, she often travels with bottled water as she declares, "I don't think there's any product you can buy that will replace being sufficiently hydrated" in terms of impact on one's beauty.

Worst Beauty Disaster

Growing up and "being immersed in Canadian culture while at school, but having a Chinese heritage at home" Chan was caught between two beauty ideals: the classic ballet look (really neat, one length, simple) and the Charlie's Angels look (Farrah Fawcett's feathered mane). She recalls thinking, "I think I would look really good with bangs" so I got the scissors and I started cutting... you can imagine the rest...in short, it was a disaster. Take my word for it, "Never cut your own hair, not even [just] the bangs."

On being beautiful and the definition of beauty

"It didn't really register until my mid-20s...it was very gradual... [to me, beauty] is actually about having confidence, and self-esteem. Some find it at an early age, some of us find it later, but true beauty comes from within...you can hear it all the time 'Oh, you're beautiful' but it doesn't matter what others say. You're only beautiful when you feel beautiful, and that comes from being the person you want to be...so, pursue your goals and maintain your values. My wish is that each of us will find our own unique beauty."

日常生活中不可缺少的美容產品

我的牙刷算嗎? Okay, 睫毛液!

母親大人所給最好的美容忠告

其實有兩樣: 一是用便宜的美容產品, 二是每晚睡覺前必須記得卸妝。

Chan說道:「我媽媽也是一位芭蕾舞演員, 也曾有過時常需要化濃妝以及在臺上表演是汗流滿面的經歷。因此她經常都強調要必需把皮膚潔淨, 但當你還是小孩時, 你一般都不理那麼多, 偶然間忘了便帶著妝入睡。直到青春豆開始長出來時, 才發覺早知道如此就應該聽媽媽的勸告。我想, 有些時候人就是這樣, 難以避免地必需要吃過苦頭才會學乖。」

美容貼士

Chan很愛到Starbucks喝咖啡, 但每天她都會確保自己有喝足夠的開水。「事實上, 我隨身都會攜帶樽裝開水, 因為獲得充足的水份是很重要的, 這是外面所賣的美容產品無法代替的。」Chan表示道。

最恐怖的美容惡夢

因為我是在加拿大長大的, 在學校唸書時受的也是加拿大文化的洗禮。但是由於在家學到的卻是中國的傳統, 因此 Chan 經常被卡在對美的兩個不同觀念之間: 一是古典的芭蕾舞型(齊髮、靈巧和簡單), 另外一個則是霹靂俏嬌娃般 (Charlie's Angels) 的相貌 (如法拉佛西 (Farrah Fawcett) 的一頭散亂鬆髮)。她回憶著道:「我以為劉海會使我看起來更加漂亮, 因此我拿起剪刀便開始自己剪劉海。接下來的事你不用想便能知道, 我把自己的頭髮剪得難看死了, 真是惡夢一場。切記我的勸告, 千萬不要自己剪頭髮, 即使是劉海而已也不好。」

有關美麗及其定義

我對自己美麗的自信到我20歲左右那時才顯露出來的, 而且這是一步步逐漸建立起來的。對我來說, 美麗就是擁有自信和自尊。有些人在年少時便擁有這些, 而有些人則要等到遲些時候才能察覺到。但是真正的美麗是發自內在的, 你時常都聽到人家對你說: 噢! 你很漂亮! 但是其他人怎麼說也並不重要。只有在你自己感覺到美麗時你才是美麗的, 美麗是做回自我、追求你的目標和保持你的個人價值。我的願望是希望每一個人都能找到屬於我們自己獨特的美麗。A

What's in my purse? 我手袋裡不可缺少的東西

Chanel Concealer
(www.chanel.com)
Clinique Moisturizing Lipstick
(www.clinique.com)
Kiehl's Gentle Foaming Facial Cleanser,
Kiehl's Tea Tree Oil Toner
Kiehl's Abyssine Moisturizer
(www.kiehls.com)
Lancôme Mascara - HYPNÔSE
(www.lancome.com)
Shiseido Concealer Powder
(www.shiseido.com)



INTRODUCING Male Mail 男士信箱

BY MEENA KHAN

Dear Meena,

I shave with a razor that leaves my skin bumpy.
How do I get rid of the bumps?

因為使用剃刀來剃鬚鬚, 面部肌膚變得坑坑窪窪,
我該怎樣去除這些腫塊呢?

Bum(p)led out, 皮膚腫脹的人



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