

獲得男人好感秘笈女人要須知



美國著名女性雜誌《婦女村》近日刊文指出,要想獲得一個男人的好感並讓愛持久,女性可以通過以下一些方法展現魅力。

留下長久的第一印象

想要創造一個長久的第一印象,就要讓他通過一樣東西記起你。一條長長的裙子,一點清新的香水,或者一個亮眼的頭飾……都會讓他對你的印象更加深刻。總之,要有一個獨特的地方。

做事自信

調查顯示,女人的自信會令男人產生性沖動。大家都喜歡和一個能夠掌控自己生活的人在一起,所以在與他約會時,不妨就菜品和飲料發表一些見解,定會吸引他的注意。

聽他說話

男人喜歡談論那些他們感興趣的事,他的工作、體育賽事,當他說的很高興時,你要做的是耐心傾聽,給出回應。這樣他就會把你和好心情聯繫在一起了。

文字傳情

不在他身邊?別擔心,你同樣可以讓他對你牽腸挂肚。發條調情短信或給他工作郵箱發封郵件,告訴他你的思念。

偶爾矜持

你可以積極主動表達愛慕,但在性方面要學會矜持。不經意間紅了臉,偶爾給他一個羞澀的眼神,或者向他發出求助,這些都會激發男性的雄性激素分泌,對你留下好印象。

懂得性愛

一個懂得生活的女人必定懂得怎樣享受性愛,知道他的性需求和喜好,瞭解他的身體,同時也知道怎樣讓自己達到高潮。值得提醒的是,在性方面,你要做到“知而不語”,千萬別總是把性挂在嘴邊。

擁有一個健康的身體是人的資本,特別是女性健康更不容忽視,因為女性的身體普遍比男性要差,這是人們都瞭解的一個問題,而要保持健康身體就必須懂得女性健康知識,保持女性健康最忌諱的 8 件事具體如下:

1、忌飲茶過濃。多數職業女性有飲茶的習慣,茶可消除疲勞、醒腦提神,提高工作效率。飲茶好處固然不少,但茶碱太多也有壞處,茶是一種有效的胃酸分泌刺激劑,而長期胃酸分泌過多,是胃潰瘍的一個重要致病因素,所以,應在茶中加入少量牛奶、糖,以保持胃粘膜免受或減輕胃酸的刺激。

2、忌抽煙解悶。

目前,很多女性以抽煙為時髦,其實抽煙百害而無一利,煙草對女性健康的危害尤為嚴重。據統計:吸煙女性心臟病發病率比正常人高出 10 倍,使絕經期提前 1 至 3 年,孕婦吸煙所產生畸形兒是不吸煙者的 2.5 倍,青年女性吸煙會



抑制面部血液循環,加速容顏衰老。

3、忌借酒消愁。職業女性在工作中總會遇到一些挫折和打擊,有些人往往借酒消愁,或者把喝酒當成現代生活方式中的一種時髦行為。其時,借酒消愁愁更愁。只顧悶頭苦飲的結果使大量酒精進入人體,首先是神經系統受損,這是很危險的。

4、忌見異思遷。職業女性由於接觸面廣,會遇到各種各樣的男性,其中不乏優秀者,如果沒有較好的道德修養,婚外戀由此產生,結果往往輕則家庭失和,重則離婚。一位職業女性因婚外戀鬧了一年多,離婚終于如願以償,但事後她說:“無論選擇哪種離異方式,都像被人剝了一層皮。”

日本社會學家做過一項調查:離婚女性與家庭幸福者相比,前者的壽命縮短 5 年左

右。而對朝夕相處的夫妻來說,如果經常爭吵、不和、斗氣、互不相讓,則會導致內分泌系統功能紊亂,內臟器官功能失調,患上各種身心疾病,以致未老先衰,縮短壽命。記住:忠誠美滿的婚姻是健康美容的最佳良方。

5、忌超負荷工作。隨著競爭愈來愈激烈,現代職業女性的工作節奏日趨緊張,精神上容易產生巨大壓力,精神上 and 身體上的超負

荷狀態對健康是非常不利的。如果不注意休息和調節,中樞神經系統持續處於緊張狀態會引起心理過激反應,久而久之可導致交感神經興奮增強,內分泌功能紊亂,產生各種身心疾

病。

因此,職業女性要注意緩解心理上的緊張狀態,做到勞逸結合,張弛有度,合理安排工作、學習和生活,堅持體育鍛煉。

6、忌憂愁抑鬱。生活中的煩惱在所難免,將憂愁煩惱壓在心中顯然是不妥,心情不好應學會心理調節,儘量想辦法宣泄或轉移,如找好友聊天,一吐為快,或縱情山水,飽覽大好河山,使心胸開闊,熱愛生活。

7、忌盲目減肥。愛美之心,人皆有之,職業女性尤其如此,許多人千方百計想減掉自己體內多餘的脂肪,減肥茶、減肥餐等各種各樣的減肥措施令人眼花繚亂。減肥者想速見成效,拼命節食,結果是體重減輕了,身體卻垮了。

8、忌濃妝艷抹。職業女性由於工作需要,對自己進行適當的化妝是必要的,但切忌濃妝艷抹,因為目前市場上出售的化妝品無論多高檔,還是化學成分居多,含汞、鉛及大量的防腐劑,雖然能暫時遮住色斑,但卻治標不治本,不少女性把美容希望寄託于層出不窮的化妝品上,忽略了自身的健康。化學品會嚴重刺激皮膚,粉狀顆粒物容易阻塞毛孔,阻滯皮膚的呼吸功能。

女性健康最忌諱的 8 件事



主講人 Fannie Chen

Timeless Beauty

Just in time for the Holidays,
Join Fannie Chen
to learn beauty secrets,
etc. (Fannie, Please feel
to write what you believe
is most appropriate)

讓我來呵護您的美麗與魅力

Date: Sunday December 7, 2014, from 1:00 p.m. – 5:00 p.m

Ticket Price: \$20

Doors Open at 1:00p.m. and the Program Begins at 1:30p.m.

Light Refreshments will follow the Program

Location: The Overlook: 2380 Overlook Road
Cleveland Heights OH 44106



Fannie Chen's delightful and educational program is being held in a surrounding befitting the elegance of Timeless Beauty. Built in 1896, The Overlook will enchant you with its castle-like exterior and refined interior. Constructed of hand-hewn sandstone, this historic edifice abounds with architectural details and other design features, such as Tudor arches, trefoils, hand carved heraldic shields and leaded glass. The Overlook served as the filming location for a documentary celebrating The Rockefeller Foundation's 100 years of

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philanthropy dedicated to Asia, filmed by Phoenix Satellite Television of Hong Kong. Listed on the U.S. Department of the Interior's National Register of Historic Places, it remains a private home to this day.

It's current owner, Cynthia Marek Lundeen is honored for it to be the host location for Fannie to bring to you the secrets of Timeless Beauty.

Light Refreshments will be served immediately following the program, in an elegant setting suitable for convivial conversation.

Please send your check payable to: Cynthia's Castle Treasures 2380 Overlook Rd. Cleveland Hts. Ohio 44106 Include the number and names of those in your party, and your phone number. All reservations and checks are due by December 2, 2014. This event is expected to sell out, so reserve your seat early to avoid disappointment! For questions or more information, call Fannie 917-815-8128 or Cynthia 216-704-0101 or email: fannie@dihusa.com or in fo@cynthiascastle-treasures.com

If you're worried about aging skin, wrinkles and sun damage, it's time to put a few timeless solutions to the test. Ready to find out how to improve upon your daily regimen and gather some tips on anti-aging fashion, makeup and skincare? Read on to learn more.

3 Timeless Beauty and Fashion Tips: Younger-Looking Skin and Anti-Aging Secrets

Beauty isn't just about how you look - it's also how you feel. If you're discouraged about your appearance, it's time to re-vamp your fashion and beauty habits and start paving the way for more youthful-looking skin. Then, turn your attention to your wardrobe and beauty regimen to learn how some small changes can make a big difference.

Develop a daily skincare regimen. Want beautiful skin? Then put some thought into how you care for it each day. Your daily skincare regimen depends on factors that

go above and beyond any off-the-moment products and tips. Consider your age, your skin type and specific skin concerns you'd like to address.

Don't be afraid of change. Once you've developed a regimen that suits your skin, don't think that you have to rigidly adhere to it. A successful beauty regimen should change through the years, adapting to your skin's current needs, as well as changing with the seasons.

Protect skin every day, in multiple ways. Keeping your skin youthful means diligently using an SPF product daily, regardless of the weather - yes, UV rays can still cause damage on cloudy days.

No matter how old you are, it's never too late for a change. Whether it's incorporating anti-aging products into your regimen or trying out a new color palette in your makeup and wardrobe, these timeless beauty tips can help you to boost your beauty and complexion, every day.

