

Look and feel fantastic today!

Japanese Secrets of Beautiful Skin & Weight Control

The Maeda Program



HISAYO GRACE MAEDA, Ph.D. with LUCILLE CRAFT

This book is written just for you. It is based on the simple and natural principle that diet and bathing are the most important factors in creating healthy, beautiful skin and a general feeling of well-being. And once your skin glows and you feel full of energy and enthusiasm, you are well on the way to realizing your complete beauty potential.

How would you rate your physical condition and appearance? Are you satisfied with the way you are, or would you say there is room for improvement? Do you feel frustrated because it is difficult to find the time—much less the energy—to give attention to health and beauty maintenance? In today's fast-paced world, time for personal care and relaxation is often forgotten, yet the price of neglect is too high to pay. Your eating habits, beauty routines, and techniques for managing stress all need to be as simple, streamlined, and *effective* as possible. To meet this need, the Maeda Program combines the best of Western medical knowledge with tried-and-true Japanese methods to create an easy-to-follow routine ideal for today's busy woman.

From the wonders of *polei* diet tea to the virtues of Oriental massage, from the amazing benefits of the Japanese bath to the beauty-giving properties of sex, here are all the "secrets" that have been proven successful through actual use by thousands of Japanese women.

Learn how to massage away lines and wrinkles using *tsubo* techniques, how to "think thin" and cut the calories you consume simply

(continued on back flap)

JAPANESE SECRETS

— OF
BEAUTIFUL
SKIN
— &
WEIGHT
CONTROL
—

THE MAEDA PROGRAM



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THE MAEDA PROGRAM

by

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Preface

All women can be beautiful. If you've ever wondered whether you could be as radiant as a model on the cover of a magazine, the answer is yes, you can. But first of all, it is important to understand that the basic ingredients of beauty involve health, skin care, diet, and makeup appropriate to your skin type. With a commitment to following certain lifestyle strategies and beauty techniques, you can accomplish an amazing beauty makeover that is based on real, rather than cosmetic changes. By picking up this book, you have already taken the first step toward looking and feeling great. Allow the Maeda Program to be your guide, and you can develop a lifelong system for health and beauty.

The human body is naturally abundant in health-restoring agents and resources of beauty. By having the courage and the commitment to discipline ourselves in our daily lives, we can mobilize our own natural resources—our healing and beauty powers—to make ourselves over to our personal satisfaction. And when we feel fit and look great, all the other challenges of modern life—at home, at work— become easier to handle.

If you had to give your face, body, and mind a score, would each receive a "ten"? If not, what would each score be? You may give yourself a "seven," and even through the application of modern beauty techniques add another few points, but perhaps you've despaired of ever being a "perfect ten." In fact, though, over eighty percent of beauty derives from your *inner* beauty—your intelligence, tenderness, and sincerity, as well as your healthy internal body functions, whereas the remaining twenty percent is manner, expression, and technique. Wouldn't you like to let your inner beauty shine through? Forget about failures or disappointments you may have had in the past; put them all aside and commit yourself to creating a new you *now*.

Japanese women, and men, are famed for their longevity. The long

Japanese lifespan is partly a tribute to medical progress, but it is equally a product of the traditional Japanese diet and lifestyle. The Japanese believe that the natural beauty of skin and the suppleness of the body are especially important to maintain, and put a great deal of effort into combating the cumulative effects of stress, sunlight, and changes in the climate and environment. I believe that these efforts combine to strengthen the body and the spirit in ways that promote longevity.

I have advised many women between the ages of sixteen and eighty-four. Each and every one of them expressed a strong desire to stay healthy and beautiful. But of these women, the ones who enjoy the best health are those who maintain a balanced diet and lifestyle. Others are troubled or unhealthy because of worry, stress, or conditions around them that are beyond their control. However, misuse of medicine or cosmetics, lack of exercise, poor nutrition, inadequate skin and body care *can* be controlled, and once they are, the negative effects of stress and worry can be minimized. I recognize, however, that to achieve this it is vital to have accurate information on health and beauty, as well as straightforward, worry-free routines that can be incorporated into a daily schedule for lifelong benefits.

After teaching and lecturing on health and beauty all over the world, it became clear to me that many women don't know the basic techniques for a "beautiful life." What was needed was a common sense program that could be followed without resorting to elaborate or expensive techniques. I have taught mainly in Japan, but my research and lectures have taken me to the United States, Canada, Europe, and Southeast Asia. In many places I found people using unnecessary medicines, impure cosmetics, and complicated diet and makeup routines that often served to create more stress and less beauty in their lives! My message was (and is): simple and natural is best. In every lecture or consultation I insist that diet and bathing are the most important factors in creating healthy, beautiful skin and a general feeling of well-being. And once you look and feel great, the likelihood of illness and the signs of aging are minimized, so that you truly do become beautiful, inside and out.

Japanese woman often envy the clear-cut faces, long legs, and well-proportioned bodies many Western women are endowed with. On the other hand, as Japanese women, we are proud of our smooth, youthful

skin and slim figures. I also admire the commitment to exercise that exists in the West, but recognize the wisdom of the East when it comes to skin care and diet. So after many years of travel and research, I see how advantageous it can be to combine the best parts of each, the East and the West, to help women all over the world realize their most complete beauty potential. The Maeda Program combines the best scientific techniques and strategies with traditional Japanese methods to create a simple, practical beauty program that is truly good for you. It is my sincere hope that you find it a helpful guide to rejuvenation that you can follow for life.

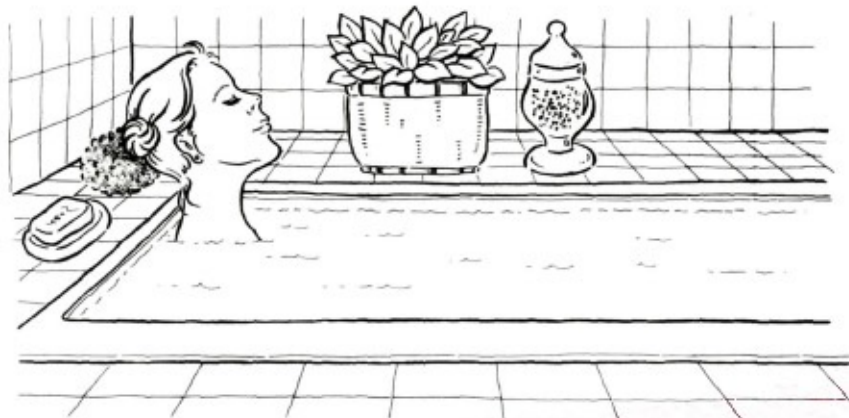
—Grace Maeda

Tokyo

1 The Japanese way of living

In a recent television interview, the oldest person in Japan—a female centenarian—related the secrets of her longevity: —A life relatively free of worry or anxiety, thanks to a circle of peaceful and supportive family members —Plenty of Japanese-style food (that is, a daily variety of low-fat foods served in small portions) —Regular and frequent baths —A full night's sleep, every night

Her advice was hardly news to most Japanese, who usually live in tightly knit family groups, take nightly baths, and retire early. In addition, the Japanese diet, based as it is on rice, fish, and vegetables, is considered by many experts to be a very healthy one. While a Westerner may view these basic lifestyle and dietary habits as calculated strategies for longevity, to Japanese they are simply ordinary ways of living. Yet now that Japan's longevity rate is recognized as one of the world's best (Japanese women, for example, reached an average life expectancy of 82.1 years in 1987, setting a world record), more and more Westerners are interested in knowing, and perhaps following, the Japanese way.



How does all this relate to beautiful skin and weight control? Health, beauty, and fitness are deeply connected. By following a healthy lifestyle, not only will you live longer, you'll live better, too. If you have ever yearned for a better complexion, ever wished you could be slim—forever!—and you hope to enjoy glowing health well past your 80s, then read on, and find out about some of the traditions that have been followed in Japan for centuries.

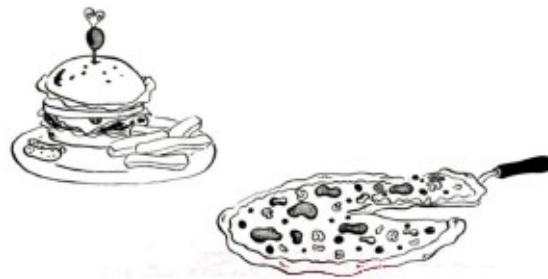
Of rice burgers and squid pizzas

On the surface, Japanese seem, and in fact do consider themselves, utterly Westernized. Kimonos are reserved for ceremonial or rare occasions, if they are worn at all; school lunch menus often consist of unexotic standards such as hamburgers, spaghetti, or sandwiches. Yet the Japanese tend to adapt imports to their own tastes. Western salads are served not only at lunch and dinner, but also for breakfast. Hamburgers may be stuffed with that perennial favorite, white rice, and the local pizzeria's choice of toppings may include corn or squid. The veneer of Westernness in Japan conceals a solid Oriental tradition of balance, based on the belief that food and medicine are derived from the same source (*i-shoku-do-gen*). Perhaps a Western equivalent would be "you are what you eat." The Japanese accept Western food and customs, but on their own terms, in proportions that make sense in the context of their own lifestyles.

To a discerning observer, the "secrets" of Japanese good health are not hard to recognize. As our resilient senior citizen explained, a sensible diet and a rigorous routine of bathing (that is, cleansing and relaxation), are behind the country's remarkable longevity rate. Neither of these is a fad or a recent lifestyle discovery. Rather, a low-fat diet and hot baths are ways of living developed and maintained over centuries.

The relative material inferiority of a middle-class Japanese home to its Western counterpart may surprise foreigners, but there is no question that despite the restrictions their crowded country places upon them, the Japanese do enjoy and have a lust for life. One of the best examples of this is the bathing ritual. For a Japanese, no more sublime pleasure on earth exists to surpass that of bathing in any of the hundreds of beautiful

hot-spring resorts, some so remote they are accessible only after hiking from a mountain train station on foot.



At these watery retreats, known as *onsen*, you can find both indoor and outdoor baths of every description. The very finest are fashioned of *hinoki*, Japanese cypress wood, which is recognizable even through the diminished visibility of a steamy bath by its distinctive and pleasing woody scent. And the famous Japanese attention to detail is put to no better use than at the hot-spring bath, where ceiling, walls, and floor are designed to enhance the atmosphere of relaxation. The warmth of the water, the beauty of the decor, the aromatic scent of the *hinoki*, all serve to create an atmosphere of total self-indulgence and luxury. After the bath, guests are further pampered by being served an elaborate feast of local dishes laid out on low tables in their rooms. Wearing comfortable cotton *yukata*, kimono-like loungewear, they may then opt for an evening stroll before retiring to their freshly laid-out *futon* beds. Is it any wonder that people feel rejuvenated after visiting an *onsen*? They find it so wonderful, in fact, that the ambience of a hot spring is recreated on a smaller, less grand scale in thousands of neighborhood bath-houses and private homes. Never mind the frenetic world outside: in every home the bath is made into a sacrosanct oasis of peace and relaxation, a haven for even the most fervid Japanese workaholic.



A day in the life of "Yoko"

For most people, rejuvenating visits to hot springs are possible only a few times a year, so health and beauty care has to become a daily "at home" regimen. Let's consider the lifestyle of a typical young Japanese woman. We'll call her "Yoko."

Yoko is not a woman of unlimited resources. She works in a typical office, but she doesn't like to sacrifice quality just to save money. Her clothes and makeup are on the pricey side, but she believes the investments are worthwhile, since it means not only fewer dropped hems, or cosmetics that don't deliver as promised, but also that she looks her best at all times. Her cleansing routine is careful, deliberate, and thorough, and she avoids using cheap skin-care products, knowing that the temporary savings in cost may mean trouble for her complexion later.

In the morning she'll have a cup of tea, toast, and maybe a small green salad. In coffee shops, this repast is known as "morning service." For lunch, she likes to go out for a set meal (usually rice, a serving of meat or fish, some vegetables, and tea), or maybe a bowl of noodles. Dinner may be fish again, or perhaps an Italian or French meal in a fashionable restaurant. Whatever cuisine she chooses, Yoko is unlikely to eat dessert—still not a popular custom in Japan—and the portions served will be about half the size of those in the U.S.

Yoko works hard, but it isn't so much for the money. Like many young singles, she lives with her parents. Her main goal is to be able to belong

to a group (that is, to fit in with her peers), and to move according to a prescribed life passage. She may join her workmates at a bar to sing a few rounds of bluesy ballads, called *enka*, to pre-recorded music, before catching the subway home. No matter how late she stays out, Yoko is fastidious about taking a nightly bath. (Undoubtedly, her exhausted male colleagues will be just as anxious about hitting the tub, too.) She may even shower the next morning before work.

Though she is in good health, and eats well-balanced meals, Yoko is very slim by American standards. Heredity is partly responsible, but much has to do with the fact that the typical Japanese diet is low in fat and comprised of small portions of a great variety of foods. (Vegetarianism for dietary reasons has never taken off in Japan except among Buddhist adherents, because most people view their diets as being already in balance.)

Japanese women do... and don't...

To sum up, Japanese women generally *do*: —buy quality products, considering the money spent in the short-term as money saved later —go to great lengths to maintain their skin, protect it from the environment, and nourish it by eating a healthy diet —eat many different kinds of food every day, but in small portions —take a leisurely bath every night, and sometimes a shower the following morning —work hard and industriously, and put in overtime if called for —reserve time for regular visits to a spa, to relax and rejuvenate —sing often (and often out of tune!) to let off steam and they usually *don't*: —use cheap lotions or creams that are not suited to their particular skin types —go to sleep with their makeup on —eat a huge meal late at night—or anytime, for that matter!

—miss taking a bath or shower every day —forget to "treat" themselves once in a while—to a massage, a facial, or whatever!

How old are you?

Calculating your age according to the year you were born is only one way

of appraising how "old" you really are. Consider that you have four other ages: skin age, appearance age, sexual age, and mental age. All of these have an impact on your physical and mental health—on how you feel from day to day.

In terms of **skin age**, all of us are middle-aged after our 22nd or 23rd birthdays. That is when the sebum film that naturally coats and moisturizes the skin breaks down, and needs to be helped by applications of creams or lotions.

Appearance age, unlike skin age or chronological age, is one we can control. An active life, positive outlook, and careful makeup and cleansing routines help determine how old—or young—we are in appearance.

Sexual age, again, is up to the individual. A fulfilling and satisfying sexual life with a loving partner is part of the way to stay youthful, whether you're 28 or 82. And keeping your **mental age** low means acting a little like a kid. Not in the sense of being selfish or immature, but in keeping a balanced tension in your life and giving yourself the chance to play once in a while.

No, you can't turn back the clock, but remember that the means of controlling your age are in your own hands. Take control, now!





2 The Way to Beautiful Skin

Your skin serves as an excellent barometer of body and spirit. Sickness, sadness, worry—all are reflected in a poor complexion. But when you're healthy, satisfied personally and professionally, and have a lust for life, your face shows it. When people tell you, "You look great!" it's probably a tribute to your lustrous, lively complexion.

To have great skin, be happy. Sound too simple? It isn't—your state of mind has an enormous influence on the condition of your skin. A positive mindset promotes the healthy functioning of nerves and hormones, which in turn ensures good circulation and the production of natural chemicals for all parts of the body, including the skin. Achieving a positive frame of mind requires reducing stress, getting enough sleep, and balancing your nutritional and exercise habits.

By the way, when was the last time you took good care of your skin? Ever go to bed with your makeup still on, or without washing your face? Ever stay up all night, or oversleep? Do you smoke, or tend to have one drink too many at the bar? Do you spend a lot of time in rooms loaded with stale air? Expose yourself to sudden chill or heat? Neglect to wash your skin after a workout?

It's hard living in today's fast-paced society without having your skin take a beating. The trick is to eliminate "skin enemies" whenever possible, and to "train" your skin to be strong enough to withstand foes like extreme temperature and stale, smoky air, without obstructing the natural breathing of the skin.

But, first, let's get down to basics.

What is skin?

The skin is the body's largest organ. We tend to take it for granted—we scrape it, stretch it, expose it to the elements, and still expect it to hold up without much help. How vitally important is skin? Let's look at the six major functions it performs:

1. *A window on the emotions* Japanese people are often considered inscrutable and poker-faced, but needless to say, given the right situation, they are as capable of expressing emotions as anyone else. Feelings are expressed by a rush of blood—to the face, when flustered or embarrassed, away from the face, when angry or afraid—and by contractions of the facial skin. Women often try to hold back a smile or other expressions, in the belief that this will stave off the wrinkling process. This is foolish and may even give your face a mask-like appearance. Natural expressiveness is an important human trait, one that distinguishes our personalities. Instead of giving up smiling, a more sensible approach is disciplining yourself to a good skin-maintenance routine. (On the other hand, you should try to avoid *habitual* frowning, pursing of the lips, or any other nervous tics that can etch deep lines in your face over time.)

2. *Nature's armor* Skin wraps the entire body and internal organs, providing a shield against various irritations. This natural armor takes a considerable amount of punishment—it's the only thing between you and bacteria, ultraviolet rays, chemicals, vast temperature fluctuations, poisonous substances, and sudden blows to the body. Cosmetics, if used properly, act as a kind of skin-on-the-skin.

3. *A thermostat* The skin does 80 percent of the job of regulating body temperature. In cold environments, the blood vessels and pores constrict to conserve heat. Subcutaneous fat—a layer of fat beneath the surface of the skin—also keeps the body warm. And when it's hot, the blood vessels expand to induce sweating and help the body shed heat. Sweat glands are generally concentrated in the palms, soles of the feet, and forehead. In addition to sweat, a minute amount of moisture—insensible perspiration—is constantly being released both from the surface of the skin and by exhaled water vapor. The water lost via insensible perspiration can amount to as much as 1.5 pints (700 milliliters) a day.

4. *In with the good, out with the bad* Only certain kinds of substances can be absorbed by the skin, so understanding its role in absorbing nutrients and excreting wastes is critical to the correct application of cosmetics. Excretion is performed by two types of glands: pores, which expel oil, and sweat glands, which give off perspiration. The pores are also capable of absorbing substances, but ONLY those that are liposoluble, or non-water soluble, that is, dissolvable in fat solvents and alcohol. *Note:* Rubbing lemon juice on the skin or applying other water-soluble substances is a waste of time if deep-down skin health is your goal, because these liquids cannot be absorbed, and work only on the surface of the skin.

In the prime of your youth—when you're around 22 or 23—your skin has already hit middle age. Until then, your skin is preserved naturally by a film of oil and sweat. Even after washing with soap, the skin quickly produces a new filmy layer, a kind of natural skin cream. But after your early 20s, your skin can't manufacture enough moisture by itself, and has to be assisted by lotions and creams with a surface active agent, or emulsifier, which assists your skin with the absorption process.

To avoid an allergic reaction or irritation, care is required in choosing skin preparations. And if your skin is already in good shape (not too dry, not too oily), you must be especially careful not to pile on heavy creams that may disturb your skin's natural balance. The trick is to add only what is needed, leaving all the unnecessary extras where they belong—in the jar. Your goal should be to help your skin maintain its peak condition *naturally*, not to make it dependent on synthetic helpers.

Caring for your skin is like tending to a pair of your favorite leather shoes. With proper maintenance, they will get better with age. But expose them to the elements, neglect to clean them properly, forget to buff them once in a while, and soon that lovely, smooth pair of shoes will look like bargain-basement junk. Spare your face from a similar fate.

5. *A transmitter of sensations* Skin transmits a plethora of outside stimuli, anything from heat and cold, to pain and itching, to the central nervous system. The softness of a cashmere sweater, the coolness of silk against your body— all are conveyed via the skin.

6. *It breathes, too* Cutaneous respiration—when your skin "breathes"—resembles pulmonary respiration. What most of us think of as the

process of breathing occurs when the lungs take in oxygen and expel carbon dioxide. Your capillaries also take in oxygen, but expel carbon dioxide in far greater proportion. This process is unique to human beings.



Five signs of ideal skin

The skin has a natural ability to guard itself against disease, recover from abrasions, produce new cells, and clear pimples and blotches. Try to avoid interfering with the skin's natural ability to cure itself, and assist it only when necessary.

There's no way to stop the natural biological process, but there are ways to keep your skin looking healthy and younger longer. To begin with, know the Five Signs of Ideal Skin: —Supple, firm

—Glossy and lustrous, with oil and water content in perfect balance —
Free of blemishes

—Strong enough to withstand normal conditions —Healthy-colored

What's your skin type?

Knowing your skin type means being able to avoid the pain and hassle of wasted money and skin irritation. You can do a quick diagnosis yourself. (Those with especially sensitive complexions should have a more thorough analysis done by a dermatologist using a tissue sample, and should always test cosmetics on just a small patch of skin first.) Check the size of the pores and the amount of oil on your face by holding a magnifying glass over:

1. *Center of the forehead* The best place to determine how fine-grained, dry, or oily your skin is.

2. *Nostrils* The condition of the skin here will show whether or not you are washing your skin thoroughly. If not, this area will exhibit signs of trouble, such as blackheads.

3. *Outer corners of the eyes* These tend to be quite dry, and also show early results of wear and tear, such as wrinkles or droops. The state of your skin here reveals whether or not you have a tendency toward wrinkling.

4. *Under the eyes* Capillary vessels are concentrated in this area, and some people—those with allergies or users of steroids—have red and/or puffy skin here.

5. *Centers of the cheeks* This is a good place to examine skin tissue to see if the pores are enlarged or blocked with dirt and oil.

6. *Chin* Check the hollow under your lower lip to see how much oil your skin is secreting.

There are five basic skin types: Neutral, Oily, Dry, Combination, and Sensitive. To figure out what kind you have, check each of the areas mentioned on the previous page, and then consult the Skin Types chart below.

SKIN TYPE	NEUTRAL	OILY	DRY	COMBINATION (OILY & DRY)	SENSITIVE
1. Forehead	Skin is fine-grained, moist.	Skin is coarse, thick and oily.	Dull, flaky, feels tight after washing.	Oily, coarse.	Easily irritated, thin skin.
2. Nostrils	Few pores visible.	Large pores, tendency toward blackheads.	Fine-grained.	Rather large pores, oily.	Easily irritated, prone to swelling.
3. Eyes (corners)	First signs of wrinkles.	Rather slow to show surface wrinkling.	Wrinkles correspond to age, but may show up in the early 20s.	Dry, with the first signs of wrinkles.	Tendency to redness, swelling, infections.
4. Eyes (underneath)	Healthy color, capillaries not visible.	Smooth, but sometimes with enlarged pores.	Fine-grained, clean skin.	Dry or normal.	Visible or broken capillaries.
5. Cheeks	Few pores, clean, fine-grained.	Shiny, prone to blackheads, blemishes.	Skin is thin, dry.	Dry and flaky; sometimes blemished.	Prone to rashes or blotches.
6. Chin	Smooth, nonshiny texture.	Large, open pores; oily, coarse skin.	Skin tends to be flaky rough.	Shiny, prone to blemishes.	May be red or blotchy.

The basics of beautiful skin

1. Water your skin

The human body is 70 percent water; the blood, 92 percent water. Water carries nutrients to the organs, and carries wastes away. It helps regulate body temperature. When the body doesn't get enough water, it affects the heart and brain, and causes sleeplessness and constipation. The skin, of course, doesn't escape damage. Five or six glasses of water a day is the minimum you should drink, unless you are suffering from kidney ailments. Try to drink purified or mineral water.

2. Feed it essential nutrients

Protein is another essential element of skin care. Collagen and elastic fibers of the skin need amino acids, ingested both through protein-rich foods and nutrient creams. Your diet should include ample amounts of vitamins and minerals. (See Chapter 4 for a rundown of good-for-your-skin vitamins and minerals.)

3. Avoid emotional upsets

Well-functioning hormones are vital to smooth, beautiful skin. Emotion does wield some influence on the secretion of hormones, as does a

woman's natural menstrual cycle. By striving to remain as calm and cheerful as possible, you can help keep your body's hormone levels in balance. Pregnancy also has a strong effect on hormone levels, with a corresponding change in skin texture. But no matter what the cause of a hormone imbalance, its effect on skin can be minimized by avoiding unnecessary stress in your life. (*Note: Hormone creams can't correct a hormone imbalance, but are strictly for wrinkle control.*)

4. Don't miss those important eight hours of sleep The autonomic nervous system, divided into sympathetic and parasympathetic divisions, guides the body's organs, and is responsible for making beautiful skin. It is said that "a beautiful woman is made at night," and in a way this is so. The parasympathetic nerves operate throughout the night to regulate our body functions. For the nerves to do their important task, we need a full night's sleep, every night. This is something creams, vitamin supplements, and cosmetics can't make up for. Try to set a regular bedtime, and stick to it.

5. Wash your face every day

The basis for beautiful skin is clean skin. All of your cosmetic efforts will be for naught unless you maintain a good skin-cleansing routine, so we'll start by first giving you a regimen for removing makeup and oily dirt. Being busy is no excuse—once you get used to it, the routine takes only a few minutes a day.



A three-step cleansing routine

1. To remove makeup, massage cleansing cream into the skin, including eye area and lips, for 10 seconds. Wipe away using tissue mitt (see illustration on facing page).

2. Wash by massaging cleansing foam (preferred), or weak acidic soap into the skin for 10 seconds. Rinse thoroughly by splashing face with lukewarm water for 10 seconds.

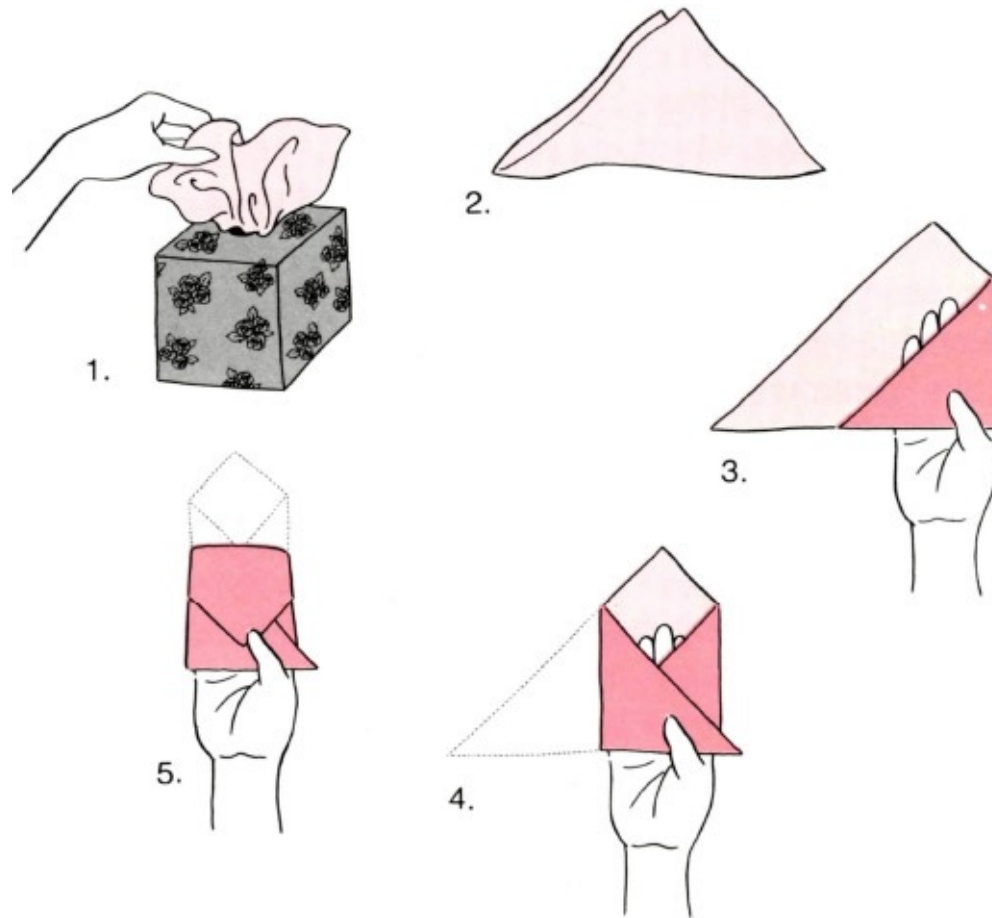
3. Once or twice a week, apply a facial pack geared to your specific skin type for 5 to 10 minutes. The cream type is the easiest to use when taking a bath, but the jelly type is the easiest to remove.

Cleansing tips:

—Many women tend to stop at Step 1 above, but this removes only oily dirt. Steps 2 and 3 are necessary for truly beautiful skin.

—Exercise your skin by massaging in outward circles on cheeks and forehead while you cleanse. Press firmly as you circle up; lightly on the way down.

—While cotton ball fibers tend to pull off and remain on the face, and cotton pads are best suited for patting on astringent, good old facial tissue is the easiest and least expensive tool for removing makeup. Fold tissue in half to make triangle; wrap around four fingers so that point is sticking up. Then fold point down to palm to make a mitt. When mitt is covered with makeup, fold inside out and use reverse side. What it all means: A few lucky people are born with perfect complexions but 99 percent of us are not so blessed. However, developing good basic cleansing habits, proper diet, a calm, optimistic attitude, and a regular night's sleep, can make a face of difference.



Treating skin problems

Problem: Acne

The skin's small sebaceous glands secrete an oily substance called sebum, which normally keeps the skin soft, supple, and protected. But when the skin is too greasy, the glands clog with sebum and may become infected, which appears as acne. Acne may be compounded by the presence of *staphylococci* bacteria, which create a yellowish pus. Resist the temptation to squeeze pimples, because this risks scarring and further infection. Serious conditions require treatment by a dermatologist, who may prescribe antibiotics, or vitamin-A acid creams.

There are a host of reasons why acne is triggered. Teenaged girls, for example, often lack enough female-hormone secretions to counter the amounts of male hormone in their systems, which makes sebum secretions more active, and in turn creates acne.

Heredity also plays a large role. If your parents or siblings have acne genes, you are likely to, also, particularly given the fact you and your family live together, are exposed to the same stresses, and eat the same foods. (The probability of inheriting acne genes is 80 percent.) Acne can be brought on by high temperature and humidity and certain foods, especially those high in acid, fat, and sugar. You can counter these irritants to a degree by avoiding acidic foods or those high in fat and sugar, especially when it's hot and humid.

Stress, constipation, and lack of rest can also induce acne. Regular elimination, a well-balanced diet, and plenty of rest are obvious remedies. Last but not least, keep your face clean. Neglecting to wash your face attracts acne-inducing bacteria.

Treatment: Wash three times a day to remove the dirt and sebum. Soap is alkaline, so after lathering your face, rinse five times with lukewarm water. Apply an astringent, which will remove excess oil (you may want to experiment with astringents of varying strengths to find the one best suited to your skin), and then use a hydrophilic (water-based) foundation rather than an oily one. Before washing your face at night with antibacterial or anti-acne soap, remove the foundation with a cleansing cream. Keep the skin as dry as possible during the day by patting occasionally with astringent and applying a face powder to soak up the oil. Be careful not to apply cosmetics on inflamed areas. These should be treated with antibiotics and special hormonal drugs prescribed by a physician.

Since proper elimination is important to the maintenance of clear skin, try to get moderate exercise every day, drink lots of water, and eat whole, fresh foods (preferably alkaline rather than acidic-based). Vitamin B6 is also helpful in clearing up acne. Take it in a B-complex form, two tablets daily.

Finally, don't treat acne *symptoms* alone. If you aren't getting enough sleep, a balanced diet, and exercise, you aren't treating the whole problem.

Problem: Blotches (liver & sun spots, freckles) When your skin is young, it replaces itself about every four weeks. But as you age, this process slows, leaving the skin susceptible to permanent deposits of

black pigment, or melanin. This condition can be brought on by overexposure to the sun, taking contraceptives or other drugs, or occasionally, cosmetics. A hormone imbalance, either because of pregnancy or the natural aging process, can induce blotching, as can liver-related ailments, fatigue, stress, and acne.

Treatment: Blotches can be completely removed only by laser treatment or surgery. But there are several ways to make blotches less prominent and to retard darkening.

Wash the face carefully every night to remove all trace of cosmetics. Massage blotchy areas to stimulate circulation and metabolism, and to spread pigment to prevent deposits from forming. Vitamin C helps lighten blotches, and vitamin E helps reduce blotch-inducing lipid peroxide in the blood. As mentioned earlier, vitamins can't be absorbed through the skin, so the only option is consuming either vitamin-rich foods or capsules. Take 1000 mg of vitamin C— or, even better, try to eat more raw foods like strawberries, oranges, cucumbers, and lemons, with a supplement if needed. You'll want to take about 100IU of vitamin E a day. Wear sunscreen or extra foundation to protect the skin from ultraviolet rays. Get treatment for constipation or other ailments. And relax, or you'll produce extra melanin.

Problem: Wrinkles

This problem varies greatly from individual to individual. A woman in her 20s may fret over it as much as someone twice her age; and two 55-year-old women may look as much as 30 years apart. The variables include genetic factors like race, as well as controllable factors such as stress, nutrition, and skin care.

Hormone creams and massage help to some degree, but in general, the final recourse is cosmetic surgery. The best approach is to try to slow the progress of wrinkling. It occurs when the skin becomes thin and dry, and the connective tissue weakens and loses elasticity.

Treatment: Each night, remove oily cosmetics with oily cleansing cream. Then wash the face with soap or cleansing foam, rinsing five times, to extract makeup left in the pores. Eat balanced meals, with adequate protein and vitamins. These are necessary for new tissue formation, and

for preventing rough, dry skin. Remember your beauty regimen continues even as you sleep, so get to bed before midnight.

There are compelling reasons for this. Skin cell division tends to peak between 10 p.m. and 2 a.m. Beauty-related hormones are secreted, and the autonomic nervous system goes on duty at night. Not getting enough sleep at night disturbs these mechanisms. So staying out until late into the night is an invitation to wrinkles.

An aside: One of the stars of the Kabuki theatre, Tamasaburo, plays feminine roles so convincingly that a small army of young women follows his every move in the hope of picking up some pointers on comportment. Tamasaburo makes it a point to get plenty of sleep, and he also abstains from alcohol, to avoid wrinkles. However, some people may find that the relaxing benefits of alcohol—in moderation—outweigh the disadvantages. But be careful to control your intake of alcohol, as well as coffee and spicy foods, which also promote wrinkling.

Supply the skin by applying nutrient creams containing amino acids, collagen, elastin placenta, or female hormone. Stimulate circulation and the sebaceous glands by massage, taking care to massage upward, not in the direction of gravity. Follow with a moisture cream or lotion to prevent drying. Use facial packs for nutrient value and to stimulate the circulation. Protect your skin from the sun. Use a humidifier in dry rooms, particularly during the colder seasons when the heating is on. (Nothing dries out the skin like very warm, moistureless rooms.) If possible, re-apply foundation during the day.



Problem: Allergies and irritation caused by cosmetics These occur either because the user has a sensitivity to certain ingredients in the product, or because the cosmetics were used improperly—an emollient cream applied to oily skin, for example, or an astringent to dry skin. Allergic rashes can lead to blotching.

Treatment: Stop using the product immediately. Wait 48 hours. If the irritation continues, consult a dermatologist. *Note:* If your cosmetic reaction is an allergic one, skin will react within an hour of contact with the offending substance. But if the problem takes longer to appear, it's probably a reaction to a poor-quality product.

About suntanning

Traditionally, Japanese women have avoided the sun. One reason is that clear, pale complexions have been a mark of class and beauty since ancient times. Another reason is that Japanese skins are quite sensitive to sunburn and blotching from overexposure. While the West has had sun worshipers since the early part of this century, it is only in the last few decades that they've appeared on Japanese beaches. The results are already becoming visible: Older Japanese ladies who grew up avoiding the sun generally have smooth, clear complexions—in fact, you'd be hard-pressed to guess their ages—while younger women who bake themselves every summer are experiencing early wrinkles and spot-pigmentation. That is, the typical leathery, blotchy skin that results from sun damage.

Suntanning is a trade-off. Besides giving you a healthy-looking color, it can help strengthen the skin, and the ultraviolet rays are a good source of vitamin D, which makes bones stronger. But there is no getting around the fact that tanning makes your skin wrinkle, and is a leading cause of skin cancer. If that concerns you, you should simply stay out of the sun, or, take precautions. Use a sunblock base cream (total sunblock), with thick foundation over it. Stay under the beach umbrella, wear a hat, and keep yourself covered. Re-apply foundation every two to three hours, checking the mirror to make sure you haven't missed any patches. *Note:* If you have very oily skin, use a powder-based foundation with a high

SPF (Sun Protection Factor); up to 30 SPF is now available.

Whether or not you want to tan, prevent burning by wiping off sweat frequently, and occasionally cooling your face with a spray of mineral water—or try the Japanese summertime solution and use a brightly colored fan to cool yourself!

If you do opt for tanning, by all means don't get sunburned. When starting a tan, stay out of the sun between 11 a.m. and 3 p.m., when the ultraviolet rays are strongest. Begin with just a few minutes of exposure from 10-11 a.m., or 4-5 p.m., before building up to longer exposures. Use suntan oil with an SPF factor of at least 4 (or more, according to your skin type) to screen out some of the ultraviolet rays.

If you do burn, for about a week afterward, do not scrub or manipulate the skin roughly, as that could complicate the damage already caused by the burn. After sunning, bathe or shower in lukewarm water, being sure to lather soap into skin with the palms, not with a rough washcloth. After bathing, massage for three minutes to get rid of dry skin. Apply moisture lotion. Use a face pack twice a week to open the pores and assist in recovery. Take ample amounts of vitamins C and E. Neglecting these steps can lead to blotches, freckles, wrinkles, and rough, dry skin. In short: KNOW your skin—its weak and strong points.

COMPENSATE for any deficiencies with the right skin-care products.

GET HELP for acne, either at the cosmetic counter or from a competent dermatologist.

THINK DEEPER than skin—eat and sleep right.

SUNTAN SMART—and beware of the trade-offs.

Skin care products and cosmetics

Cosmetics often are mistakenly viewed as things we put *on* the face. The fact is, some of those cosmetics become part of the skin, if only for a while, and so should be chosen with the same care and attention to quality that you give to the food you eat or the medicine you take. Without this care and attention, cosmetics will have that put-on, heavy look. A fresh, natural look can come only from applying cosmetics and skin-care products correctly.

There are some basic Dos and Don'ts about using cosmetics:

Don't:

- Leave containers uncapped
- Try to put excess contents back into the container
- Leave containers in direct sunlight
- Use too much makeup
- Use makeup you don't need
- Expect water-based cosmetics to perform nutritional or healing functions, since these cannot permeate the skin



Do:

- Look for quality when selecting oil-based cosmetics, since these can permeate deep into the skin
- Use oil-based cosmetics in modest quantities, and water-based cosmetics in more generous amounts
- Choose makeup colors according to your skin type, in the same way you select foundations and skin cleansers
- Buy cosmetics according to YOUR specific needs—whether it be healing blemishes, supplying moisture, blotting excess oil, or whatever
- Throw out old, stale cosmetics

Hunting for the right cosmetics

Before buying cosmetics, decide what you want and what you want it for. If you have skin trouble such as blotches, for instance, you'll want cosmetics that function mainly as concealer. If you suffer from acne,

you'll want cosmetics that absorb oil. Read labels carefully, and ask questions at the cosmetics counter before buying.

Become familiar with your skin type and constitution. Think basics. One of the most important things you can do for your face is to find out what kind of basic cosmetics your skin needs. Ignorance can take a toll both on your skin and your pocketbook. After you pin down what kind of skin you have, you will be able to choose the cosmetics and skin-care products that work best for you.

SKIN TYPE	Cleansing cream or foam	Massage cream	Nutrient cream	Acidic lotion	Alkaline lotion	Milky/moisture lotion	Facial pack	Soap
NEUTRAL	In fall/winter, remove makeup with cleansing cream, wash with cleansing foam. In spring/summer, use cleansing foam only.	In fall/winter, use oily type. In spring/summer, use neutral type. Massage at least 3 minutes.	Dry skin? Use oily type. In summer, if skin is oily, use hydrophilic vanishing cream or moisture cream.	Pat on small amount of mildly acidic lotion.	Use small amount to soften skin.	Small amount.	In fall/winter, apply nutritious pack to guard against dryness. In spring/summer, apply once or twice a week.	Unnecessary.
OILY	In fall/winter, remove makeup with cleansing cream, wash with cleansing foam. In spring/summer, if skin feels greasy or sweaty use foam only.	For extremely oily skin, don't massage every day. Use non-oily cream. Olive oil OK instead.	Don't use until after age 23—then use small amount of neutral cream before bed.	Pat on to control oil.	Small amount to exfoliate and degrease.	Do not use.	Use powdered astringent mask (kaolin type) to clean and control oil. Peel from bottom up.	Use 3 to 4 times a day in the summer.
DRY	Use generous amounts of both.	Use generous amounts of nutrient massage cream.	Use generous amounts.	Small amount (or to kill bacteria); increase amount summer. Either moisture or oily type is fine.	If feeling unusually dry, use to exfoliate itchy skin.	Small amount of milky or generous amount of moisture lotion to fight wrinkles and dryness.	Cream, nutritious type.	Unnecessary. Or if you wish, choose one with amino acids.
COMBINATION (OILY & DRY)	Use either.	Use only on dry areas like cheeks. Avoid T-zone.	Use oily or neutral cream on dry areas only.	T-zone only.	Small amount on oily areas, more on dry area.	Dry areas, definitely; all over if desired.	Moisture pack.	Choose a neutral soap with a 5-6 pH.
SENSITIVE	No cleansing cream; work foam into good lather, wash gently, rinse carefully.	Optional, but never when skin is inflamed.	Optional. Avoid creams with oil, perfume, color, other additives.	Mild products or	Optional. Mild products only.	Mild milky lotion with low oil, high water content.	Avoid packs unless they are extremely gentle. Pre-test on a small patch of skin.	Unnecessary.

If you have neutral skin:

Tip —Vary your cosmetics according to the seasons. Your skin needs less moisture in the warmer months, more during the colder periods.

1. *Cleansing cream or cleansing foam?* You can use either a cleansing cream or cleansing foam. In winter and fall, when you should be using an oily foundation, be sure to wipe it off—all of it—with cleansing cream, then wash with cleansing foam. In spring and summer, when you should switch to a water-based foundation, use only cleansing foam.

2. *Massaging cream* In fall or winter use an oily type. For the rest of the year, use plenty of neutral-type cream. Massage for at least three

minutes, every day.

3. *Nutritious cream* When your skin feels dry, use a moisturizing (oil-based) product. In summer, if your skin feels slightly oily, use a hydrophilic vanishing cream or moisture cream.

4. *Acidic lotion (astringent)* Pat on small amounts of a mildly acidic lotion.

5. *Alkaline lotion* Use to soften rough skin.

6. *Milky lotion/moisture lotion* A touch of milky lotion is enough. Moisture lotion is fine, too, if your skin requires it.

7. *Pack* Use it according to the season. A nutritious pack guards against dryness in the colder months, and a cleansing pack once a week during spring and summer prevents dirt from accumulating.

8. *Soap* Unnecessary.

If you have *oily* skin:

Tip —Oil control is the most important thing. Learn the techniques that help to keep the shine off your face.

1. *Cleansing cream or cleansing foam?*

In winter, wash with cleansing foam after wiping off any dirt with cleansing cream. In the warmer months, when your face feels sweaty or greasy, use only cleansing foam and plenty of warm water.

2. *Massaging cream* You don't need to compound the oiliness with an oily cream. But olive oil—out of the bottle—is okay. If you are young and your skin secretes large amounts of oil, massage a few times a week, not every day, and be sure to wash your face thoroughly afterward.

3. *Nutrient cream* If you are young and have very oily skin, skip it. After the age of 23 or so, use a tiny bit—enough to cover a fingertip—before bed. You don't need oily nutrient cream at any other time.

4. *Acidic lotion (astringent)* Pat this lotion on to control oil. It also serves

as an astringent, keeps skin on the slightly acid side, kills germs, and dries the skin. You should use enough to consume two bottles a month. To prevent inflammation and to sterilize, apply calamine lotion.

5. *Alkaline lotion* You don't need much. Use just a bit to remove rough skin and oil.

6. *Milky lotion/moisture lotion* Skip it. If personal preference dictates that you use it, stick to moisture lotion.

7. *Pack* Use a powdered pack, such as an astringent pack with almond, or a kaolin (clay) pack to clean the skin and control oil.

8. *Soap* If your skin tends to be especially greasy or you sweat profusely, in summer wash with soap three or four times a day. This helps to prevent pimples and rashes. Try using an antibacterial soap, or one made especially for oily skin.

If you have *dry* skin:

Tip —Nourish your skin with nutrient cream to ward off wrinkles and silken the complexion.

1. *Cleansing cream* Use a rich, oily-type cleansing cream, enough to fit on your thumb up to the joint. Cleansing foam is okay, too.

2. *Massaging cream* Choose a nutrient massaging cream instead of an oily one.

3. *Nutrient cream* Nutrient cream is important for dry skin, since it is an important weapon in your fight against wrinkles. You have a wide range of choices here. Creams can contain an exotic array of ingredients—vitamins, squalene (a substance found in shark livers!), amino acids, collagen, placenta, female hormone, herb medicine, and other things that compensate for skin low in water and oil.

4. *Acidic lotion (astringent)* Use only a small amount to kill bacteria; slightly more in summer. Choose a moisturizing type especially made for

dry skins, or one containing oil.

5. *Alkaline lotion* When your skin feels drier than usual, use to remove rough skin.

6. *Milky lotion/moisture lotion* To prevent wrinkles and drying, use either one.

7. *Pack* Use a cream-type pack that nourishes, to smooth and moisturize.

8. *Soap* Since your skin isn't oily, you don't need it. But if you prefer to use soap, choose one with amino acids, to prevent your skin from tightening.

If you have *combination* skin:

Tip —T-zones and the rest of your face weren't created equal. Treat them differently!

1. *Cleansing cream or cleansing foam?*

Either one is fine.

2. *Massaging cream* Use only on the dry areas, like cheeks. Skip the T-zone—forehead, nose and chin—which is oily.

3. *Nutritious cream* Skip oily areas, but apply cream on dry spots.

4. *Acidic lotion (astringent)* Pat only on the T-zone.

5. *Alkaline lotion* Use more on the dry areas, less on oily spots.

6. *Milky lotion/moisture lotion* Use a touch of milky lotion on the dry parts.

7. *Pack* Use a pack that is specially formulated to moisturize.

8. *Soap* Choose a neutral soap with a pH (degree of acidity/ alkalinity) around 5-6.

If you have *sensitive* skin:

Tip —Treat your skin with kid gloves—don't massage too forcefully, choose products that are mild, mild, mild.

1.

Cleansing cream or cleansing foam? Don't use cleansing cream. Work foam into a good lather, and wash gently. Don't rub skin hard. Rinse carefully to remove all traces of soap.

2. *Massaging cream* Use only when skin is free of inflammation or other trouble. Not a necessary part of your regimen.

3. *Nutritious cream* Again, not a necessary step. If you do opt for it, use just a touch of moisture cream. Avoid brands with fancy ingredients, oil, perfume, or coloring, and stick to simple, pure products.

4. *Acidic lotion (astringent)* Carefully choose a mild product with low alcohol content. Even a low-alcohol brand will be astringent enough for your skin.

5. *Alkaline lotion* Not necessary, but if you do use it, choose a mild one.

6. *Milky lotion* Use a gentle product with a low-oil, high-water content.

7. *Pack* Unnecessary.

8. *Soap* Unnecessary.

3 A cosmetics primer

Cosmetics can be divided into skin-care products and makeup, or coloring. Western women, starting in their teens, tend to focus on making-up, and often don't think about caring for their complexions until it's too late. But the Japanese cosmetics market is overwhelmingly geared toward skin care. Japanese learn at a young age how to be fastidious about cleanliness, and how to keep their complexions youthful. Both for genetic reasons, and because of their excellent skin-care regimens, Japanese women tend to look 10 or 20 years younger than their Western contemporaries.

For clean, healthy skin

Broadly speaking, skin-care cosmetics exist to control oily complexions, to compensate for the lack of moisture and oil in dry skins, and to smooth rough or dry skin. A good product should: —Clean the skin

- Protect it from bacteria, dirt, temperature extremes, and ultraviolet rays
- Promote metabolism
- Stimulate circulation
- Make the skin smooth
- Moisturize the skin
- Be absorbent
- Be safe to use
- Be free of toxic substances
- Contain few impurities

Here is a brief rundown of product types and what they do:

1. *Cleansing cream.* Removes oily cosmetics and makeup. Should be

mild. It is made from ingredients such as vaseline, paraffin, surface active agents, and antiseptics. *Note:* It can't take the place of soap or cleansing foam.

2. *Cleansing (washing) foam.* Offers the benefits of both soap and cleansing cream. Water-based. Particularly effective if your skin is sensitive to soap, or if you're in a hurry.



3. *Massage cream.* Keeps skin moist while rubbing. Be careful to select a high-quality product, since it will be absorbed, and make sure it fits your skin type. Dry skin types should choose a cream that is nutritious, and formulated especially to prevent wrinkles and blotches. Oily skin types should choose a cream that is non-comedogenic, and should avoid over-massaging. (Once a week may be enough if you have very oily skin.)

4. *Nutrient cream.* This covers a broad range of creams with different uses: night, day, vanishing, nourishing, emollient, and moisture. All should protect the skin, smooth it, and operate like a sebaceous membrane, supplying the skin with water and oil. Most importantly, they should penetrate into the skin. Again, use only high-quality products, since nutrient cream can reach deep into the skin lining.

5. *Special cream (night cream).* Acts as a covering on the skin, and can also penetrate into the skin. Ingredients include vitamins and collagen. This cream is aimed at slowing the formation of wrinkles, preventing blotches and sunburn, and lightening skin; it is most effective when used before going to bed at night. Ingredients include vitamin A and B groups, vitamins C and E, collagen, elastin, chondroitin, Gamma-Orizanol, placenta extract, amino acids, female hormones, herb medicines, natural oils, and hiaruronic acid.



6. *Facial pack*. It takes a little extra effort to use packs, enough so that many women don't bother with them. But the effort is worth it.

Packs form a temporary barrier between skin and air when spread on the face and then washed or peeled off 5 to 10 minutes later. While on the face, a pack feeds the skin with water, oil, and nutrients, while at the same time inducing the skin to get rid of wastes. Good for deep cleansing, facial packs are also good for softening, stimulating, and bleaching the skin, and opening the pores. This enables pores to take in nutrition and get rid of wastes. Packs promote blood and lymph circulation as well.

There are four kinds of packs. All should be applied, then allowed to dry for 10 to 15 minutes, before removing: — *Jelly*. Spread thinly over the face, let dry, then pull off in a sheet.

— *Cream*. Spread on thickly, let dry, then wash off.

— *Paste*. Spread thinly, dry, then wash or pull off.

— *Powder*. Mix with water, spread thinly, dry, then wash off. Good for oily skins because it has a drying effect.

7. *Soap*. The most conventional cleanser. Soap tends to be alkaline, so thorough rinsing is essential to preserving the skin's happiest state—a weak-acid pH. Today stores sell soaps that are neutral or low-acid, as well as those containing amino acids, minerals, and vitamins. Soap

should be selected carefully according to skin type. Cheap soap is usually pH 8-9 (alkaline) while high-quality soaps are around pH 5-6 (acidic); pH 7 is neutral.

A good soap should:

- Be water-soluble
- Make a good lather
- Feel good

Soap should not:

- Stimulate the skin
- Leave skin feeling taut or dry —Leave a film



8. *Lotion*. Differs in function according to its pH, or degree of acidity/alkalinity: — *Acidic lotion*, or astringent, is good for oily or acne-prone skins. It removes excess oil, sterilizes, bleaches, and deodorizes the skin. Patting it onto the skin assists circulation.

— *Alkaline lotion* softens dry or rough skin. The pH of this lotion is higher than 7, and it feels slightly "slimy" to the touch, but it is especially good for dry skin types.

— *Moisture lotion* is good for skin that feels tight or dry. It generally contains amino acids.

— *Calamine lotion* and lotions containing powder are good for drying oily skin, especially in summer, since the main ingredients (zinc oxide mixed with a little ferric oxide) absorb oil.

- *Emollient lotion*, plus nourishing lotion, moisture lotion, skin milk, and milky lotion, tend to contain less oil and more water than creams. Excellent for younger, oily skins, these permeate deeply, so be careful to choose one that is of high quality and suited to your skin type.



Makeup: Getting it right

Makeup should:

- Have a reasonably long shelf life
 - Be free of impurities, toxins, or anything that causes allergies or wrinkles
 - Look as good on your face as it does in the box
 - Feel good on
 - Be easy to apply
 - Protect the skin from ultraviolet rays
- Makeup should not:
- Stimulate the skin
 - Irritate the skin



Base cream. Also known as makeup cream, or pre-makeup cream, base cream is applied thinly under foundation as a kind of adhesive between skin and makeup. Be careful not to use too much, since it can make the

foundation look uneven. Switch to oily-based creams in dry seasons, and water-based as needed.

Foundation. The first step to making-up, foundation lets you create a blemish-free "canvas" on which to add color. Foundations come in liquid, cream, oil, solid, stick, and powder form, and should: Even out face color, and make it healthy-looking; protect against ultraviolet rays, bacteria, and dirt.

How to use: Start by spreading a thin layer of base cream evenly over your face. (This will help the foundation spread smoothly.) After applying base cream, spot foundation on five places: forehead, cheeks, nose and chin (fig. 1).

Since your hair grows downward (including the tiny hairs on your face), don't rub face toward the hairline. Spread with a light touch from the sides of the nose outward, toward the ears; from the center of the forehead outward in all directions; from the bridge of the nose to the tip; and from the center of the chin outward in all directions. Your strokes should fan out from the center (fig. 2). Don't rub back and forth. Choose your foundation—thick, medium, or thin (that is, oily, neutral, or water-based) both according to your skin type AND the season.



Fig. 1



Fig. 2

Hiding blemishes

Spots, freckles, birthmarks, scars, or other discoloration can be "erased"

using a special thick foundation. *How to use:* Spread a small amount of your regular foundation evenly all over face. Then apply a tiny bit of the special foundation to discolored areas that show through the first layer. Pat the spot with your ring finger (ensuring a lighter touch) and spread with a circular motion, radiating from the center (fig. 3). This will blend the two foundation layers so that the two shades of color will become one.

Apply a layer of powder, and voila—the blemish will be perfectly and naturally concealed (fig. 4).

To tone down a reddish complexion, blend foundation with control colors such as green or yellow.



Fig. 3



Fig. 4

Applying cosmetics

Foundation. Dab five spots onto face as previously indicated. Spread in an outward direction by patting with fingertips. Don't rub back and forth.

Note: To cover blemishes with foundation, place foundation on fingertips, pat blemish about five times, moving from center outward until the color is blended. *Blusher.* Available in liquid, powder, paste, solid, and stick form, this brings out the highlights in the face and can soften the imperfections in a face. For example, a round face looks thinner if blusher is applied (fig. 5) in vertical strokes. A long face appears less so if color is applied horizontally across the cheekbones (fig. 6).



Fig. 5

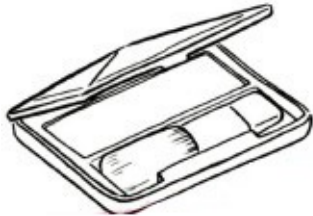


Fig. 6

Eye shadow. This is the most difficult area to do since, depending on the application, eye makeup can make the wearer look elegant or vampy. The aim is to carefully blend colors to play up the strong points of your eyes, not work against them. Be careful also to choose a product with ingredients geared to your skin type. Shadows come in creams, powders, sticks, and pastes.

Eyebrow pencil. Not everyone needs eyebrow makeup. If you are reasonably well-endowed, simply brushing and tweezing stray hairs is enough. Artificial eyebrows tend to make you look older, so exercise restraint. A good brow pencil should be easy to use, neither too soft nor hard, resistant to breaking, and gentle on the eyebrows.

Eyeliner. Used to correct eyes that are too big or small, slanted, or drooping. Don't overdo it, or you'll come out looking like a raccoon. Good liners should be soft and smooth, easy to remove, nonstimulating, odorless, safe, and not blurry. These come in liquids, pencils, and creams.



Tips for perfect makeup

The Base

1. Apply a clear lotion before making up. Holding cotton pad between index and middle fingers, as well as ringfinger and pinkie, stroke up and out (fig. 7).
2. For oily complexions, or in summer, pat briskly with astringent (fig. 8).
3. For wrinkle prevention, place a drop of moisture lotion on forehead, cheeks, and chin. Spread all over face using middle and ring fingers, to avoid pressing skin roughly. Those with dry skins should use "night" cream or moisture cream instead.



Fig. 7



Fig. 8

4. Choose a foundation that matches neck color— either beige, pink, or ochre (yellowish). Don't forget to cover behind nostrils, and to blend over the jawline into the neck.

5. Apply spot concealer by first dabbing a small amount on the blemish. Then gently pat until blended—don't leave an obvious patch of color behind (fig. 9).

6. Dust with powder, unless you have wrinkles. (The powder settles in the nooks and crannies and highlights them instead of concealing.) (See fig.



Fig. 9



Fig. 10

10.)

Adding color

1. Before applying eye shadow, wrap square of tissue around fingers that rest on face, to avoid smudging foundation.
2. To avoid "bent," unnatural look in lashes (fig. 11), use lash curler like this: With lashes inside curler, squeeze gently, one-two-three-four (fig. 12), while moving from base to ends of lashes (fig. 13).
3. Stroke mascara over, then under, top lashes. Then roll mascara wand across bottom lashes. Hold up eyebrows to avoid poking eyes (fig. 14).



Fig. 11



Fig. 12



Fig. 13

4. If you have small eyes, use eyeliner all the way across the lid. For large eyes, line just the outer one-third (fig. 15).
5. A dark, racy blusher is for fancy occasions. A soft, gentle hue is best for casual use or work.
6. Finish makeup with pearlized highlight powder, applied lightly with a brush on forehead, nose, chin, around eyes.



Fig. 14



Fig. 15

Masking wrinkles

Don't give in to wrinkles without putting up a good fight. A bit of pre-makeup preparation and some makeup tricks can go a long way toward concealing, and making your appearance more youthful.

The base. Start with basic skin care before makeup. First, massage your face gently to make the skin soft and pliant (fig. 16). Before foundation, apply a cream with a high oil and Vitamin E content, and, if needed, female hormone. Apply only on wrinkle-prone areas (fig. 17). This preparation is important, because without it, your wrinkles will be emphasized rather than hidden once foundation is applied.

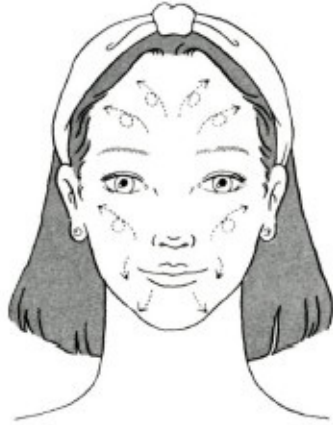


Fig. 16

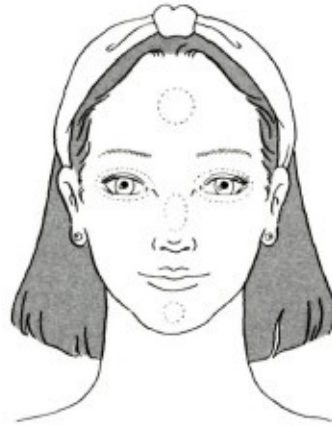


Fig. 17

Avoid liquid foundations, which tend to stiffen the skin, and powders, which make the skin too matte. Use a cream type that goes on in a thin, even layer. Pat on face moving from the center outward. Think radiant. If you have combination skin—wrinkles, plus a tendency to sweat and show oil in the T-zone—pat a pearly face powder over foundation. This won't become matte, and controls oil and sweat.

Eyes. Before applying eyeshadow, color in entire area from lashes to brows with a pink or white background (fig. 18). This highlighter may also be applied under the eyes to conceal dark circles (fig. 19).



Fig. 18

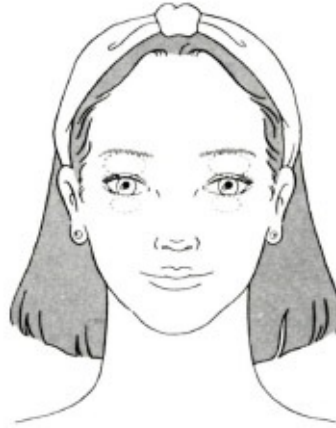


Fig. 19

Stay away from cool colors like blue or gray—they tend to make you look unhealthy—and stick to cream, rather than powder shadow, again, to avoid emphasizing wrinkles. A light green pearly shadow is flattering and youthful. Experiment with mascara colors and ways of applying eyeliner to see which is most attractive for you.

Eyebrows. Start with brows that are shaped attractively to fit the shape of your face. For a youthful look, avoid pencil-thin brows, and don't draw the ends too high. The arch is most important, but also draw brows to fit your character. Not everyone has sharply arched or curved brows—straight lines are perfectly acceptable, provided the look is natural.



Drawing beautiful eyebrows

Tip —Use eyebrow makeup sparingly, and brush at edges of brows to soften outline. Always draw in brows using strokes that move from below upwards, not vice versa.

Most women are less than confident when it comes to trimming or drawing their eyebrows. Many have eyebrows that are too thick or thin, too close together or too distant, or too far away from the eyes. Let's spend a minute with yours. Remember after drawing, to shade off the edges using a brush—stark, sharp brows are for dolls, not people. A modern look is to have the highest part or peak of the arch at the outer corner of the eye (this will give you a young, open-eyed look).

Ten rules for shaping eyebrows

1. Follow the shape of your natural eyebrows.
2. Pencil in the desired shape before trimming or plucking.
3. Pluck along the grain (the direction that the hairs are growing in), and always pluck from underneath.
4. Trim with scissors **AGAINST** the grain, and only trim hairs that are longer than the rest.
5. While trimming, continue to shape with brush.
6. To avoid off-center brows, mark the arches first. The peak of the arch is on a line directly above the outer edge of the pupil of the eye.
7. For brows that can be re-styled for each occasion, shape from front of brows (section closest to nose) to arch. Cut or pluck the back half. This area can be styled to fit the occasion.
8. Brow color can be selected to match your hair, eyeglass frames, or favorite shade of clothes, but a color slightly darker than your hair often looks most flattering.
9. For better control while penciling in left eyebrow, brace elbow against the body, and position hand below the eye.
10. To avoid an older, unhealthy appearance, don't trim brow hairs too short.

And finally, don't forget to choose brow shapes that suit your face:

1. *Standard*. The most natural and easiest to match with any face (fig. 20).
2. *Straight*. Less curved; emphasizes horizontal direction, so it's good for long faces (fig. 21).
3. *High point*. The higher arch emphasizes vertical direction, so it's good for full-cheeked faces (fig. 22).

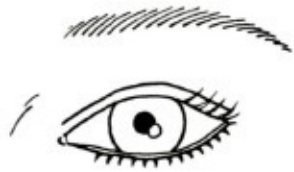


Fig. 20

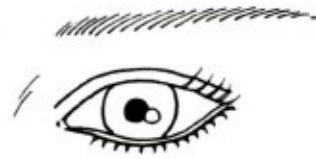


Fig. 21

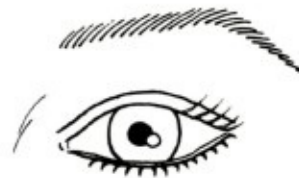


Fig. 22

Other makeup hints

Charming eyes need shapely lines and lashes—a few tips

1. *Oversized eyelids.* Line naturally. Apply mascara so that lashes become long, but not thick.



2. *"Oriental," no-fold.* Use a wide line (liquid liner only), and longer lashes.



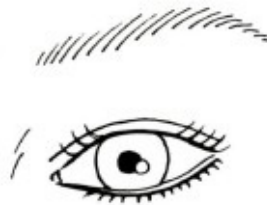
3. *Small eyes.* Line eyes with wide, full lines on both upper and lower lids. Add mascara to outer and lower lashes only.



4. *Big eyes.* Lining unnecessary, but can be applied to outer corners of eyes if desired. Add just a hint of mascara.



5. *Medium-sized eyes.* Draw narrow, natural lines, and add two coats of mascara on upper and lower lashes.



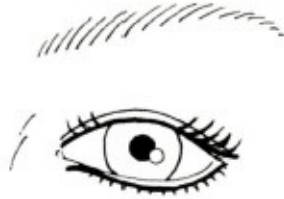
6. *Roundish eyes.* Lengthen with long, narrow lines and mascara at outer edges.



7. *Narrow eyes.* Open eyes with wide lines on upper and lower lids (use liquid liner). Lashes should be thick and of uniform length.



8. *Drooping eyes.* Lines should widen toward outer corners of eyes, and slope up slightly. Leave a little space between line and eye when lining lower lids. Lashes should be thicker on outer corners.



9. *Upturned eyes.* Line should start out wide and narrow as it reaches the outer corner. Leave a little space between line and eye when lining lower lids.



Blusher

Women often select one on the basis of skin color, and stick with it. But try changing blushers according to the occasion.

Lip color

Middle-aged women should not use brown, wine, or light pastel colors. Go for brighter shades.

Finish

Brush highlight powder on areas you want to bring out, like forehead and cheeks.



Fighting acne

If large areas of your skin have broken out, it's best not to cover the pores with foundation until you've healed. Try to stick to lip and eye color, and perfume. If you must use foundation, apply a liquid type with a high water and powder content. In severe acne cases, apply adrenal ointment or an antibiotic ointment sparingly, and only on the affected areas. Then cover with a thin layer of foundation or translucent powder.

Eyeglasses as makeup

Eyeglasses used to have a shabby reputation. But the day of the squinty-eyed, bespectacled look is past. Nowadays, fashion-conscious young Japanese are so fond of eyeglasses, most wearers seem to buy them for sheer fun, rather than for lack of perfect vision. Some even wear frames without any lenses at all! Indeed, glasses, especially dark boxy frames, have become an essential fashion accessory for the young people of Tokyo.

Whether or not you wear glasses out of necessity, you should be as discriminating about them as you are with your makeup. Perhaps more so, since the frames will be the most prominent part of your face. Your selection should take into account not just the shape of your face, but your whole body, as well, and whether you're using them for casual or formal wear.

With the range of frames available today, glasses can be selected to fit the occasion—and to help cover flaws in a face, or play up its strong points.

First, let's assess just what your particular look is. What's your image of yourself? What kind of image would you like to project: fashionable, dressy, soft, casual? Take a look in the mirror (a full-length one, since glasses affect your entire look). Are you tall or short? Thin or chunky?

Finally, take a look at your hairstyle, makeup, and favorite clothes. What color of frames would best complement them?

For "perfect" and less than "perfect" faces A perfectly proportioned face measures this way: The distance between the hairline to eyebrows = eyebrows to tip of nose = tip of nose to chin. The owner of this face can

wear any kind of frames with ease. For the rest of us, there are frames that don't work, and ones that look great.

Frames and your face

In general, there are two kinds of faces in the world— long and round. If you have a long face you should select frames that don't make it look longer. Conversely, if your face is round, you should buy glasses that thin your face.

Good for a *long face* —Frames that don't play up the distance between eyes and chin. Large frames and dark colors go well. If your face is on the thin side, choose big frames that are uniformly wide or narrow all-around, but not wide on top and narrow on bottom (fig. 23).



Fig. 23

Good for a *round face* —Small, thin frames, with little or no decoration, look great. Stay away from large frames. Frames that are thicker on the outer rims are flattering. Dark frames can make you look like a raccoon. Choose metal or plastic frames in pastel colors (fig. 24).



Fig. 24

If you have a *long nose* —Frames with a double bridge create a strong horizontal line that shortens the nose (fig. 25).

If you have a *short nose* —Frames with an overarched bridge de-emphasize the nose (fig. 26).



Fig. 25



Fig. 26

Do the frames suit your face?

—Check your brows. The upper frame should follow the shape of the eyebrows, with the arch slightly visible above the frame. If brows float above or sink below frames, your glasses are too small.

Are your eyes far apart or close together?

—To check, first measure the length of your eye, then the distance between the pupils of both eyes. If the two measurements are unequal, then your frames can be used to draw away from that feature. Those whose eyes are set far apart should choose frames with decorative bridges. If your eyes are close together, opt for frames with striking color on the outside edges.

Is the fit right? Glasses fit if: —They don't hurt your nose and ears —They don't dent or touch cheeks —They don't feel heavy. (Even thick lenses can be made in lightweight plastic.) Glasses should never weigh more than 35 grams (1.225 ounces) —They settle properly, not listing to one side

A few hints to help you select frames: Metal frames are good for all occasions, while plastic tends to look more casual. Size considerations

do not apply to sunglasses (anyone can wear large ones), nor if you find something that *is* you—go ahead and enjoy!

The traditional look

For round faces

Colored metal frames in a cute round shape play up your strongest features. Formal but soft, these kinds of frames can add a touch of elegance.

For long faces

Chose elegant plastic frames in a color suited to formal and everyday occasions. Decorations at sides of frames add interest and width.

The casual look

For round faces

Plastic frames with a sharp, fox-eyed shape, and gray-to-clear shading are large but flattering to round faces, because of their color.

For long faces

Plastic frames with a strong horizontal line shorten the face. Large frames with a dynamic shape and double bridge can also soften an otherwise hard look. Avoid aviator-style frames—they lengthen the face.

The fashionable look

For round faces

Brimless frames add up to a smart look, and an unexpectedly high bridge slims the face. Lenses tinted in grades of pink and purple make for glasses so interesting even people with perfect vision will want them as accessories.

For long faces

A "Boston" shape in plastic, candy-cane striped in coffee and ivory, makes for a sporty as well as a fashionable look. Lenses that are wider-on-top shorten a long face.

Makeup and eyeglasses

Eyeglasses, left alone, can accentuate flaws. But selected carefully and combined with skillful makeup, they can hide or distract from weak points.

Some common facial flaws:

1. *Eyes that are too narrow.* Narrow-eyed women should line eyes clearly. Select frames that are large but feminine.
2. *Eyes that are too far apart.* Create the illusion that eyes are closer together by applying shadow to inside corners of eyelids. Choose frames with a double bridge to draw attention to the center of the face. (For eyes that are too close together, shadow the outer corners of eyelids.)
3. *Round, "wide" faces.* Apply a touch of blusher high on the cheeks in sharp vertical strokes, with a brownish shade on the cheekbones. Distance from top to bottom of frames should be on the short side.
4. *Long, narrow faces.* Apply blusher in gradations to lower cheeks in horizontal strokes, with a touch of blusher or a heavy coat of foundation to make a pointed chin look less so. Distance from top to bottom of the frames should be on the long side.

Contact lenses: Eye makeup without tears

Substituting contact lenses for glasses can make you look more youthful, but many women think wearing them means giving up eyeshadow, mascara, and liner. They think it will be painful, or that it will become messy when lenses slip out of place and eyes begin tearing. But having the convenience of contact lenses doesn't have to mean renouncing eye makeup. Here are some tear-free tricks.

1. To make sure lenses are in place, first, relax! You're doing things the *rightway*, so there's no reason for it to hurt.
2. *Shadow.* Close eye, then using the ring finger, push up skin just below brow. This ensures lid is out of the way of the lens. Open eye halfway—opening fully prompts tearing— and apply cream base eye shadow with downward strokes. Open eyes a bit more when applying main color, and use a brush.
3. *Mascara.* This takes a bit of practice. It has to be applied quickly, or the lens (not to mention your eyes) will dry. You'll improve your chances of success if you find a place that isn't too dry, is free of drafts, and away from an air conditioner. Use a waterproof mascara so that makeup

doesn't dissolve with tearing. Curling the lashes first will make it easier to apply mascara, since the wand will be away from the eyes.

4. *Liner.* Brush on a liquid liner—lining with a hard pencil can move the lens—and make sure the product does not contain ingredients harmful to lenses. A hypo-allergenic liner may be less irritating to contact wearers.

5. At the end of the day, remove lenses first, then clean off makeup slowly and carefully.



Removing unwanted facial hair

While American women are obsessed with removing leg hair, Japanese women somehow find hirsute legs natural. But they are equally obsessed with facial hair. Hair in the mustache and "sideburns" areas is shaved to keep the skin smooth and shadow-free.

If your hair is darker than your skin, you may have noticed it is prominent on your face in pictures. If you think your appearance would be enhanced by removing it, there are several options: using a bleaching agent to lighten it; waxing, which leaves a smooth surface; removal by electrolysis, where a small current is applied via a needle to zap hairs at the roots; and shaving. The latter is the method most favored in Japan, probably because it is cheapest, easiest, and has been around the longest. Women use a special straight razor, rather than the kind used by men to shave their beards. On the plus side, shaving (once a week, mind you, not daily, as men do) leaves skin smooth and makeup goes on more easily. The overall look is a more refined appearance. If you do shave,

make sure to apply a mild astringent after shaving (just like the men do!), and a moisture lotion as well if your skin is dry or easily irritated. *Note:* If your skin is acne-prone, shaving may irritate it further, so it is not advisable to shave too often.

4 One-step Beauty Secrets

Up until now we've focused almost entirely on facial care. But of course it makes little sense to fuss over the face when you've ignored what's underneath. In this chapter, we'd like to give you a quick set of tips for body maintenance and total beauty.

Hormones and your body

First, a brief outline of what hormones do for you.

Hormones are vital to great skin. They are produced in one of the organs—such as the pituitary or adrenal glands—and carried by the bloodstream to control or trigger the activities of many of the internal organs, thereby ensuring that your system works smoothly. The system operates in a very delicate balance. A minute amount of hormone secreted at the wrong time—or not secreted at all—can cause severe illness. There is a vast difference between how vitamins and hormones are introduced into the body. Hormones are produced internally by our bodies (though there are now synthetic versions available), but vitamins have to be ingested via our food.

Female hormones

Estrogen. This is the most important hormone for beautiful skin, since it suppresses the secretion of male hormone, controls secretion of subcutaneous matter, promotes growth of mind and body, and improves circulation and metabolism. Estrogen assists in keeping skin fresh and healthy. *Progesterone.* This is the hormone involved in preparing the body for pregnancy, getting the uterus ready for the fertilized egg, and the mammary glands for milk production. Progesterone in turn produces

pregnenolone, which is sometimes added to facial or eye creams as a skin enhancer.

Testosterone or "Male" hormone

"Male" hormone is actually found in both sexes, though obviously in smaller quantities in women. It promotes the secretion of sebaceous matter, and the growth of body hair.

Pituitary hormones

These hormones influence and control the other endocrine glands, promote the growth of the sex glands, help control the reproductive cycle, promote the periodic sexual excitement known as estrus, promote hair growth, and generally control the autonomic nervous system. They also stimulate the production of melanin and modify contractions of smooth muscles.

Renal gland hormone

Adrenocortical. This stimulates the parasympathetic nerve, controls circulation, removes spots, cures rashes, and stimulates mineral, carbohydrate, and protein metabolism.

Adrenal marrow. This stimulates the sympathetic nerve, stabilizes blood pressure, extends the capillary vessel system, and contracts the conjunctiva vessels, which helps to make our eyes look clear and healthy.

Thyroid gland hormone

Promotes metabolism and produces fresh, smooth, and lovely skin.

Salivary gland hormone

Prevents wrinkles, increases freshness of skin.

A vitamin rundown

Vitamins play an important role in our bodies. They help in the metabolism of nutritive substances taken from food, and promote the absorption of nourishment and cell division. This, in turn, has a great influence on our general health, and on the skin's appearance. (As the body's largest organ, the skin is one of the first to show telltale signs of ill health or malnutrition.) If you want to look beautiful, you must nourish your skin from *within* first, and the best way to do that is by getting adequate amounts of all the essential vitamins for beauty care: A, the B group, C, and E.

Vitamins are divided into fat-soluble and water-soluble. Fat-soluble vitamins, especially A, D, and E, can be stored—and for that reason, are toxic if over-consumed. Water-soluble vitamins—B and C—may be destroyed by heat, air, and light. They tend not to be stored and so must be replenished daily.

Fat-soluble:

Vitamin A

Vitamin E

Water-soluble:

Vitamin B1

Vitamin B2

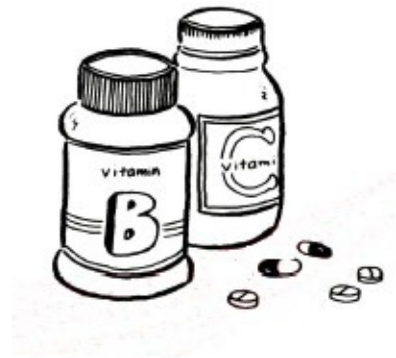
Vitamin B3

Vitamin B6

Pantothenic acid

Vitamin B12

Vitamin C



Vitamin A. Provides all-around nutrition for the eyes, helps keep the skin fresh and moist. It protects the skin's outer layer, and makes mucous membranes throughout the body resistant to bacteria and infection. Symptoms of an A deficiency include weak hair (falling hair, split ends), rough skin, acne, and eye fatigue. Those who overdiet risk becoming deficient in A; but ingesting too much vitamin A can contribute to overweight, and large doses are toxic. Make sure you're getting at least 0.2-0.3 mg. a day.

Good sources: Liver, fish-liver oil, butter, cheese, egg yolks, eel, sea urchin, spinach, carrots, seaweed, whole milk, fortified margarine, and dark green, yellow, and orange vegetables.

Vitamin B group. Helps body absorb nutrition and promote metabolism. Symptoms of B deficiency include fatigue, numbness, irritation, digestive problems. Vitamin B helps make skin smooth, prevents oversecretion of sebaceous glands, strengthens skin, eyes, and mucous membranes, relieves fatigue, prevents oily skin and acne, and has a calming effect both on the digestive system and mind. It is vital for metabolizing protein, fat, and carbohydrates. Those who indulge in alcoholic beverages frequently, in particular, should take extra B group to metabolize the carbohydrates. Consult with your doctor as to dosages if you have a particular problem, but a safe supplement is about 25 mg. a day.

Good sources: Yeast, milk, liver, egg, tomatoes, spinach, ham, sausage, eel, codfish eggs, poultry, green vegetables, fresh or dried *shiitake* mushrooms, peas and beans, nuts and seeds, and whole grains and cereals. (Brown rice is an especially good source of B vitamins.)

Vitamin C. Essential for collagen, the protein that "cements" cells

together, vitamin C helps in absorbing or retaining other vitamins and iron. It also helps in calcium absorption, which in turn strengthens bones, helps the body resist sunburn, and reduces pigmentation. Vitamin C promotes the activity of female hormones, thereby helping the body to resist blemishes and wrinkles. Nobel prizewinner Dr. Linus Pauling has spent many years demonstrating the effectiveness of vitamin C as a flu-virus suppressant and as a natural catalyst for interferon production, which protects the body from cancer.

You should increase your intake of vitamin C if you: —smoke (add extra 500 mg/day) —are under stress, or suffer insomnia (add 100 mg/day) —have poor circulation (add 500 mg/day) —are exposed to prolonged sunshine (add 500 mg/day) A daily dosage of at least 250 mg. is recommended. *Good sources:* citrus fruits, strawberries, green peppers, spinach, broccoli, and tomatoes.

Vitamin E. Promotes circulation, reduces blood cholesterol, prevents high blood pressure, promotes healing of acne, prevents aging, promotes metabolism, prevents chronic disease, and controls production of lipid peroxide, which causes blemishes. Regular dosage: 10 mg/day; 300 mg/day will help to clear blemishes.

Good sources: Legumes, vegetable oils, egg yolks, wheat and rice germ.

Skin workout: Japanese massage

Your facial muscles need a workout as much as your body needs exercise. In both cases, exercise slows the aging process. On your face, massage helps reduce wrinkles, blemishes, and puffiness, and so helps keep you young-looking. It is especially useful for the woman whose face has a tendency to plump up, since massage prevents fat deposits from settling by "exercising" the facial tissues.

But massage the right way, or you'll do more harm than good. Massage upwards and outwards, always using a strong upward stroke and light downward stroke. The time to massage is when wrinkles appear on corners of eyes and between the eyebrows, to help minimize those creases. Massage every night using liberal amounts of good-quality massage cream. Afterward, wipe face with tissue and wash thoroughly.

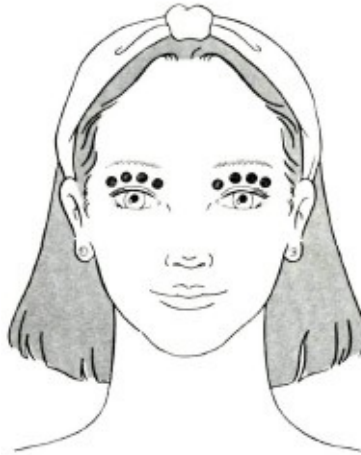
Where's the point? *Tsubo* and *Shiatsu* *Shiatsu* (finger pressure), or traditional Japanese massage, works by stimulating *tsubo*, or points in the body that regulate the flow of energy. The role of *Shiatsu* is to encourage the body to heal itself, and it has proven especially effective in curing diseases related to stress, as well as muscle and functional disorders.

In Japan, where excellent service is taken for granted, *Shiatsu* is provided as a matter of course at barbershops and beauty salons. One of the things foreign residents miss most when they return home from Japan is that invigorating massage, which usually starts with the scalp after the hair is washed and wet, and then moves around the temples, and even includes a workout on those stiff shoulder and neck muscles. The massage alone is worth at least as much as the price of the haircut, but never costs extra.

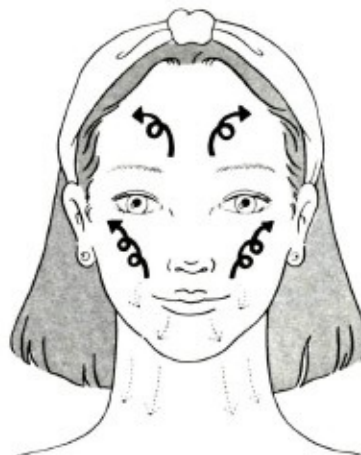
Shiatsu can be especially useful in reducing wrinkles before they deepen. Use *Shiatsu* on your face when it is clear of makeup, but before washing. The areas that will benefit most are around the eyes, between eyebrows, forehead, around the mouth, and the sides of the nose.

Shiatsu can be done lying in bed, leaning back in a chair and looking up, or lying in the tub with your neck against the rim. The following techniques do not require cream or oil, and once you get used to them, take just a few minutes a day. Anyone over the age of 25 can benefit from these.

Eye area. Place ringfingers underneath brows, and press gently for a count of three. Move fingers away from each other, and press again for three counts. Repeat, moving between eyes and brows until you reach temples.



"Thinker's wrinkles." Caused by straining to see because of poor eyesight, or from knitting brows as in thought. As soon as wrinkles appear, massage with ring and middle fingers of both hands, circling up and out, pressing hard on the upstroke, softly on the way down.



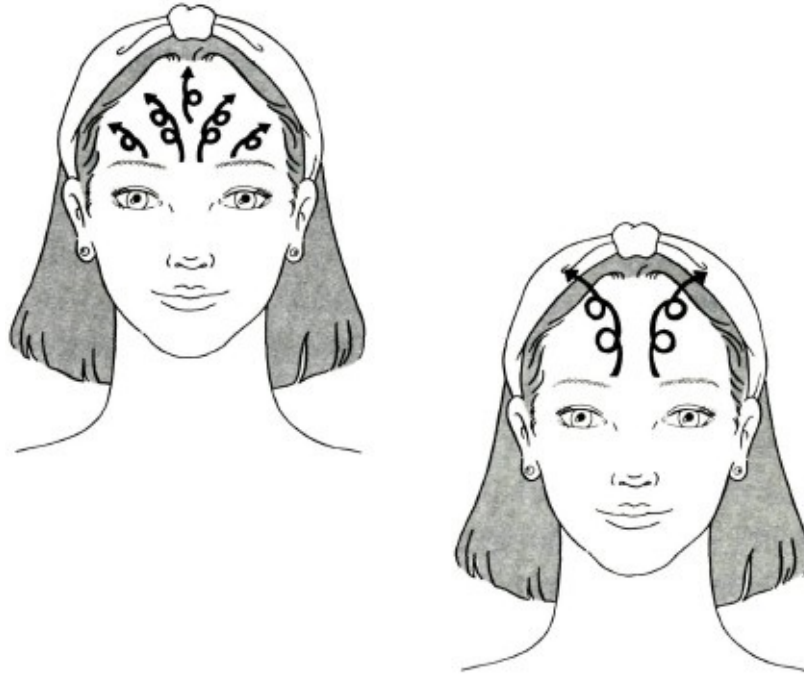
Mouth area. Begin under the wings of the nose; using ring and middle fingers, massage outward in a circular motion. Repeat, beginning from the corners of the mouth.



Around nose. Place ring and middle fingers on either side of nostrils and circle out, pressing lightly and staying just below cheek bones.



Expressive wrinkles. Appear if you frequently move eyebrows upward, open eyes wide, or look up while speaking. Use ring and middlefingers, circling up and out from center of forehead.



Massage is part of your war on wrinkles—a war that should be fought long and hard. Unlike the so-called Swedish massage, Japanese *Shiatsu* tends to be sharper and more intense, but with greater overall benefits. Like other massage, *Shiatsu* leaves the body with a feeling of well-being, and is an excellent way to make yourself relax.

The Maeda special homemade tofu facial pack

Westerners have devised all kinds of ingenious recipes using that old Japanese staple, tofu (soybean curd). But even few Japanese are aware that tofu, applied to the skin, is a mild and inexpensive way to smooth and help reduce wrinkles and blemishes. One block of 130 grams (4.5 ounces) contains almost 9 grams protein, plus calcium, iron, vitamins B1 and B2, niacin, and plant oil. Tofu's oil and sugar content are good for skin, and best of all, tofu has no stimulative effect on the skin. To blend your own facial pack at home, take one-fourth of a block—about 30 grams (1 ounce)—and combine with either three tablespoons of wheat flour or half an egg yolk and four tablespoons wheat flour, adjusting flour for thickness. Wheat flour helps make the pack soft, able to stick to the skin, and is mild, with a "calming" effect on the skin. Egg yolk contains

lecithin and vitamin A, both good for wrinkles.

The pack will go on unevenly, and dry in about 10 minutes. Wash off with warm water. You'll be surprised at the results!



Grooming hands and feet We sometimes see women who evidently have labored over their faces and hair, but give away their real ages because they have neglected their hands. Hand and foot care should be an essential element in your beauty regimen. After bathing, apply body lotion, massaging it in from the nails to the wrists, and toes to thighs (use any leftover cream on the elbows!). Keep hand lotion, body lotion, and moisture cream handy so that skin never has a chance to dry out. Invest in a consultation with a nail specialist. A pro should be able to advise you, based on the shape of your hands, fingers, and nails, about how to groom them in the most flattering way. Ask about the condition of your nails. If they break easily, it's a sign of protein deficiency.



Are you eating—and digesting—right?

It's no revelation that ample sleep, a good diet, and regular elimination are essential to beauty care. In fact, constipation is a prime cause of skin flare-ups. To ensure your "plumbing" is in working order, make sure you:

1. Exercise, especially abdominal and back muscles.
2. Get enough vitamin A, B2, and minerals.
3. Eat high-fiber vegetables.
4. Have a routine—eat a healthy, well-balanced breakfast, with regular elimination afterward.
5. Avoid stress.
6. Drink plenty of water.
7. Drink milk or tomato juice each morning.
8. Massage the belly with a circular motion while in the bath.

Dietary fiber: How to check on yourself The many benefits of fiber, or roughage, in our diets have been well established. For those who are trying to lose weight, fiber increases volume, gives a feeling of fullness, and takes longer to chew, without adding calories. Fibrous foods leach slowly into the bloodstream, providing a steady flow of energy for long periods of time. And the roughage helps protect and clean the digestive tract. Speaking of beauty—there is no understating the importance of regular elimination in order to properly cleanse the body and maintain a healthy intestinal tract. If you suffer frequently from constipation, consult a physician. If you do take a laxative on your own, make sure it's a mild one, so that it will stimulate, rather than take over, the body's natural function.

How can you make sure you're eating the right foods and getting enough fiber? There is a simple, practical method. I often ask my clients if they check their stools every day. The usual reply is, "I wouldn't dream of it!" But actually, this is an excellent way to monitor your health and general day-to-day condition. Which is why mothers check their children's stools to make sure they are well and getting the right nutrition.

After the body ingests the nutrients it needs from food, the rest is

excreted as waste, and this is a good barometer of digestion. About 15 percent of the food you eat will become waste the body excretes.

So what are you supposed to look for? The key point is whether the stools are watery and light enough to float, or whether they are small in volume and heavy enough to sink.

Stools that float indicate you are getting enough water-soluble fiber, which is found in foods like fruits, beans, and vegetables. Fiber is not a nutrient, but is believed useful in preventing diseases such as cancer of the large intestine or age-related illness, and obesity. Among communities such as those in Africa, where no processed foods are available and food is eaten unrefined, appendicitis and diverticulitis are almost unheard of. One theory is that while fiber speeds the way for digestion to take place, it also dilutes toxins and hurries them through the digestive tract—thus decreasing the chances of cancer.

If your diet is low in fiber, your stools will be hard and heavy. A high-fat, low-fiber diet will produce small, heavy stools; high-fiber, low-oil foods will result in larger, softer stools. (*Note:* If you have diarrhea, soluble fiber—found in many fruits—which absorbs water, is needed to thicken the stool.) Japanese foods tend to be low in oil and high in fiber, so they are excellent choices for a balanced diet. Just 300 grams (10.5 ounces) of vegetables, on average, produces 10 grams (0.35 ounces) of dietary fiber. Green peas, which are a prime source, contain 18.6 grams of fiber per 300 grams. Try to eat 10 grams of peas a day. Some other examples:



3.5 ounces of

yields

pumpkin	1.9 grams of dietary fiber
broccoli	1.4 grams
spinach	1.3 grams
carrot	1.2 grams
green pepper	1.1 grams
lettuce	1.0 gram
tomato	0.9 grams
celery	0.7 grams
cucumber	0.6 grams

Shampoo sabotage

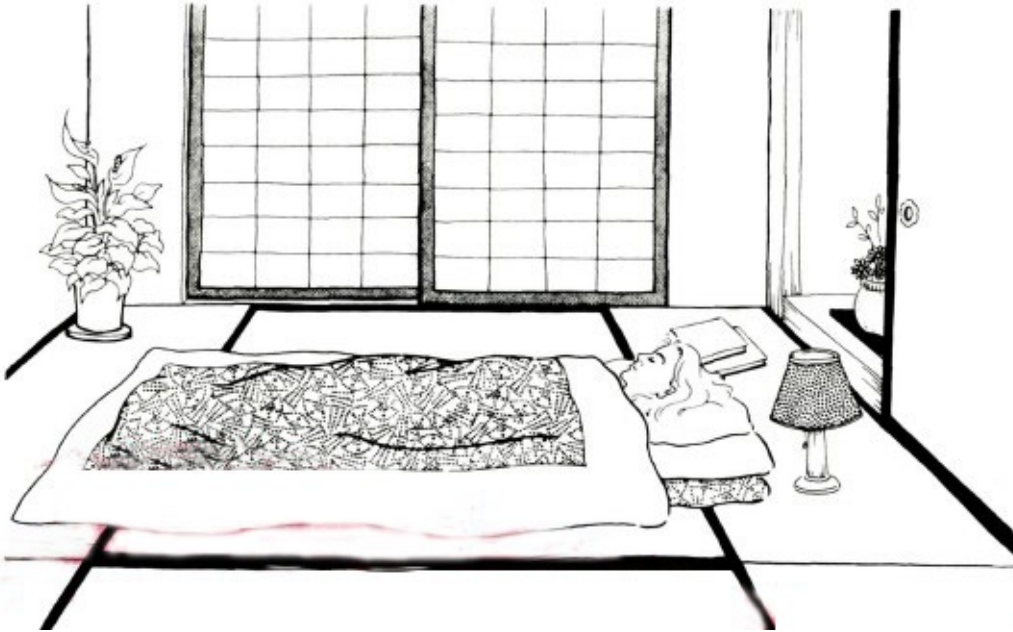
Is your shampoo harming your skin? Shampoo contains stronger ingredients than soap, and of course is not meant to be used on the face. Make sure you rinse your face off well after shampooing to get rid of residues, which can cause allergic reactions or lead to dry skin and wrinkles. Certain skins can suffer redness and swelling if they come into contact with shampoo. A shampoo with extra amino acid may solve the problem.

Sleeping beauty

There are some good reasons for sleeping on the floor, Japanese-style—the firm back support provided by a *tatami* straw mat floor, the clean feeling of *futon* bedding, which is draped on poles and aired outside daily, and the tiny *soba-gara* (pellet-filled) pillows. They are a far cry from your beloved goosedown pillow, but they are more sanitary, since the small hard pillow permits air to circulate.

But a firm bed mattress should accomplish the same thing as a straw-mat floor. Once you've got a firm place to sleep, the important question is, *how* do you sleep? If you want to prevent wrinkles, the best position is flat on your back, looking at the ceiling. Consider the consequences of spending eight hours prone on your stomach with your face mashed into a bed—helped by the forces of gravity, you hasten vertical wrinkling

under your eyes, sides of the nose, cheek, and mouth. Lying on your side is just as wrinkle-promoting, since it helps create creases between the eyebrows, forehead, cheeks, around eyes, and all over the side of the face. In addition, habitually lying on one side, and perspiring, induces acne. *Note:* To fall asleep easily, take a bath just before retiring, or have some wine, a bit of brandy, or warm milk. Avoid tea or coffee, and do not eat for at least two hours before you go to sleep.



Silk underwear-try it!

Common wisdom holds that cotton underwear is the most sanitary, but silk has a lot going for it, too. Silk allows air to circulate, wicks out moisture, resists odor, is cool in summer and warm in winter. It's lightweight, comfortable, easy to clean and dry. It feels luxurious-and it is!- but consider it also a practical investment.

Coffee and cigarettes

Many people can't seem to make it through a day without coffee and cigarettes on the desk. But both are about the worst enemies a complexion could have. More than five cups of coffee a day makes the

skin rough, not to mention the havoc it wreaks in your stomach. A heavy smoker is distinguishable by "fishskin" that is coarse and dry. Smoking consumes vitamin C (one cigarette uses up 25 mg. of vitamin C), which is necessary for healthy skin, and induces wrinkles by interfering with the skin's metabolism and the transfer of oxygen to cells. If you care about your skin, quit smoking and try to keep your caffeine intake to a cup a day.



Eating for health and beauty Ten commandments

1. Try to eat at the same time every day
2. Eat three meals a day: Large breakfast, medium-sized lunch, and small dinner. Skipping breakfast and making up for it in the evening will cause you many digestion and weight problems.
3. Try not to abruptly reduce or increase the amount you eat.
4. Don't eat or drink too much—it's bad for the digestion, and the skin.
5. Aim for 30 different kinds of foods a day, in small quantities, to achieve a nutritional balance.
6. Try to get a balance of meat, fish, and non-meat proteins (beans, tofu, pasta, etc.).
7. A green salad is not a main dish, even if you're dieting.
8. To ensure regular elimination and circulation, eat vegetables high in fiber, and try to include liver and bluefish each week.
9. Eat seaweed, mushrooms, and small fish (such as sardines), all of which are rich in minerals, iron, and calcium.
10. Chart what you eat over three days, to assess nutritional value and volume.

For beauty's sake, make love in the morning

Tradition and custom has dictated that lovemaking take place at night, after the date, or after work, when nighttime releases our inhibitions, makes us more sexy and exciting (or covers our flaws!). And I fully endorse the idea that when the urge hits, you should act on it.



But there are good reasons for saving romance for the morning, preferably the weekend, when we don't have to rush off to work. Good skin care needs a relaxed sleep in the evening, after a slow bath has washed away the dirt and fatigue of the day. The time from 10 p.m. to 2 a.m. is when skin cells are produced most actively, and beauty-related hormones are secreted. Night is when the autonomic nervous system goes to work. Nighttime lovemaking can deprive us of this important period we need to prevent wrinkles and blemishes.

There is nothing worse for your face than staying up late at night, every night. As your mother always said, women need their beauty sleep. Learn to wake up to the joys of morning romance. What better way to begin the day!

On-the-job beauty maintenance

If you work in an office, or anywhere outside the home for that matter, you face some special beauty challenges. Here are some tips for keeping your best face forward, and your body well-cared for. (In general, you should relax your skin by going without makeup at least once a week. And no matter how late you get home, wash your face.)

If you work in an office —Apply moisture lotion as needed to counteract the effects of air conditioning or heating. If you're going out after work, take a few minutes first to cleanse your face, moisturize it, and apply new foundation. Keep a few bottles of cleanser and lotion in your bag.

If you work outdoors —Apply a light, oil-based foundation to protect skin from ultraviolet rays and wind. Use just a hint of blusher. During the day, apply hand-cream and astringent over makeup, as needed. Beware of sunburn on face as well as arms and any other exposed areas.

When you fly —Apply moisture lotion even over makeup, since cabin air tends to be cool and dry— and tough on skin. Try to drink several glasses of water during the flight to prevent dehydration. Japanese, whether they're traveling via train or plane, are famous for knowing how to make themselves at home. No sooner has the plane left the ground than the shoes come off, to be replaced with slippers (now provided on many Western carriers as well as Japanese ones). If the flight is long, get out of your seat occasionally to stretch or stroll, and try the Japanese trick of removing your shoes to get comfortable and to prevent your feet from swelling. Refresh before landing by brushing your teeth, adjusting makeup, smoothing hair. Try ordering a vegetarian meal instead of the standard fare—a heavy meal *feels* heavy when you are inactive for a prolonged period of time. The ingredients in the vegetarian meal tend to be fresher, higher in dietary fiber, lower in sugar and fat. Pass up the alcoholic drinks—pressurized cabins compound the harmful effects of intoxication.

If you spend a lot of time on your feet—On rest breaks, do stretching exercises and massage feet to help tired legs and back recover. As soon

as you get home, take off your shoes and put up your feet for a few minutes to reduce swelling, then soak feet and legs in cold water, or rub a moist towel from ankles to calves.

5 The Sublime Ritual of Bathing

"Bathing once, the visitor was made fair of face and figure; bathing twice, all diseases were healed; its effectiveness has been obvious since of old."

—Izumo regional chronicles, 733 A.D.

Naked acquaintances

Five a.m. finds a historic downtown section of Tokyo chilly, dark, and deserted. But within an elegant old two-story building, six men are stripping down for a daily ritual they have performed for 30 years.

While most of the city sleeps, the Early Morning Bathing Club comes to order, in a room with a high ceiling and white-tiled walls lined with spigots and mirrors. The members range from a rotund middle-aged taxi driver to a couple of stooped retirees in their seventies. Each sits on a small stool, to scrub with gusto at the grime accumulated from the previous day. Only when he is thoroughly clean, does each member immerse himself with a contented sigh into the bath, kept at a scalding 107.6 degrees F (42 C). After an hour of repeated scrubbing, soaking and rinsing, the members quickly dress and leave for work.

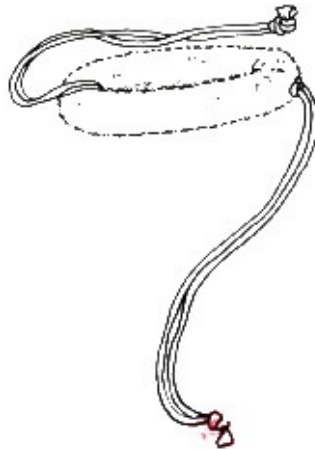
The neighborhood bathhouse, which has existed in Japan for 400 years, has such a fraternal, pub-like atmosphere that the Japanese refer to their closest friends as *hadaka no tsukiai*, or naked acquaintances. The deep fondness here for bathing was expressed in a 1960s pop hit called *!! Yu Da Na* (What a Great Bath)!

Nearly 90 percent of the adults in Japan take a bath at least every other day. Bathhouses, some of them quite luxurious, still have a strong following, but most people tend to pass them up nowadays to bathe at

home. Yet as public baths fade in popularity, *onsen*, Japanese hot springs or spas, are booming. One popular TV program hosted by a burly, crewcut, exsumo wrestler focused solely on the joys of bathing in spring waters, and featured a different *onsen* every week. (The exsumo's reporting involved surrounding himself with a complement of lovelies who giggled as he hefted his bulk into the steaming waters.)

The land of volcanoes

Situated on a geothermally active swath of the earth, Japan hosts an astounding number and variety of hot springs, many of them endowed with striking natural scenery such as cherry trees, rugged mountains, and curious rock formations. Aficionados can bathe alongside wild monkeys, in bright green or red water, under the stars surrounded by banks of snow, or next to a meticulous bonsai garden. There is even an *onsen* where patrons can bathe with their pets!



To bathe indoors—or out?

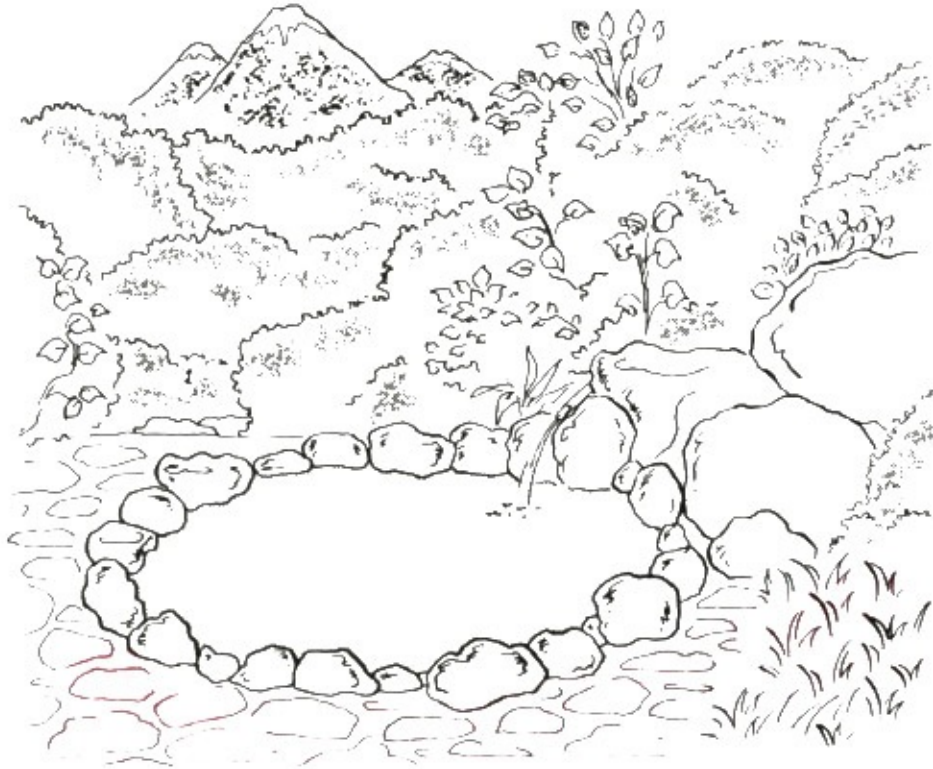
Some spas offer only indoor bathing, though that is hardly a disappointment. After shedding robes, one steps onto a floor made not of tiles, but of stones set into the floor like a smoother version of a cobblestone road. This leads to a scrubbing area, and the piece de resistance, a bath cleverly designed, with rocks, foliage, and other decor, to resemble a quiet pond. Invariably, the bath will have a huge plate glass

window looking onto a well-sculptured Japanese garden, or perhaps a picture-postcard mountain rising sharply from the sea. The bath may be just large enough to comfortably soak a dozen people, or perhaps roomy enough for hundreds at a time.



Just like the overpowering aroma of chocolate is enough to tell a visitor he has arrived at Hershey, Pennsylvania, the pungent scent of sulfur (some have compared it to the smell of rotten eggs, but to others, it's like a perfume), announces that one is approaching a sulfur-spring *onsen* town. Or, barring smell, a telltale sign is the clouds of steam hanging over the area like mist. Beppu, in the southern part of Japan, is one of the most famous sulfur-spring resorts.

If the both is a *rotenburo* (outdoor hot spring), the lushness and drama of the scenery-the bath is constructed to afford bathers a view conducive to meditation-can be breathtaking. The heated waters of an outdoor bath can provide the wonderful pleasure of soaking even when it is snowing a" around you! Afterward, the bather retires to his or her room to be served a huge gourmet meal featuring the local produce. A massage may be ordered later-provided the customer, fortified by bath, food, and pamperingcan remain awake.



Priests, emperors, and samurai

Japanese history dating back to ancient times is replete with references to hot-water bathing. Legend has it that the god who created the Japanese archipelago was struck with the idea while soaking in an outdoor hot spring. Many hot springs today boast of visits centuries ago by emperors and other members of the royal family, and by famous Buddhist priests who wandered the country spreading the then-new Buddhist teachings—which included a pitch for the medicinal value of hot springs. The Buddhist purification ritual included a dip in the bath. And samurai and other nobility, who used the springs to recover from war wounds, jealously kept the locations of favorite springs to themselves.

The tourism industry, born in Japan nearly 400 years ago, has from the beginning centered around visits to religious sites and stops at hot springs, a custom that has never gone out of style. Guidebooks of the seventeenth century named and ranked spas along the route between what later became Tokyo and the western city of Osaka. Included were remarks on the cuisine served and even what kinds of souvenirs were for

sale.

Today, the spas have been spruced up considerably. A luxury hotel or a *ryokan*, a Japanese inn, may house bathers during their visit; the food may range from local seafood to French haute cuisine. After-bath amusements may include a bar and video games as well as nightclub-style entertainment. Where once spas catered primarily to men, who were the main patrons, attractive baths now have been created for female customers. Yet the whole point of a spa remains unchanged: to give physically weary or over-stressed people a chance to relax and recover in beautiful, natural surroundings. Which is why bathing at hot springs remains one of Japan's best-loved pastimes.

While hot springs have been used for treatment purposes in many countries ever since the Middle Ages (and possibly earlier), it is only within the last century that "taking the waters" has been accorded scientific and medical acceptance. In Japan, Goto Konzan (1659-1733), who was a doctor in Edo (now Tokyo), initiated the first medical study, and subsequent therapeutic use, of hot springs. In the years that followed, proper methods of bathing, use of certain types of baths for various ailments, optimum frequency of bathing, submersion periods, and aftercare were carefully set down. By 1886 a magazine devoted solely to hot springs had appeared, and wealthier patients suffering from degenerative and chronic diseases were making regular pilgrimages to hot-spring sanatoriums.

But of course the word soon spread, and hot springs began to enjoy popularity among people of all ages and types. Today, there are over 2,200 *onsen* in Japan, a number of them offering long-term therapy. Visitors go not only to improve their health, but to relax and pamper themselves with the beautiful surroundings, excellent food, and spirit-soothing thermal waters.

Plenty of places to soak: Hot/mineral spring distribution

France	124
Italy	149

Iceland	516
U.S.	1,003
Japan	2,237



How hot IS it?

At temperatures as high as 194 degrees F (95.5 C), hot-spring water has been used for cooking, heating, and sake brewing, and piped to roads to melt snow in winter. The steam given off is powerful enough to generate electricity of 170 megawatts.

Balneotherapy

The study of therapeutic bathing has existed here in Japan formally since 1931. And until recent times, hot springs were patronized almost exclusively by those recovering from illness or injury. However, it is recognized today that the combination of heat and the rich mineral content of hot springs is useful in relieving not only a host of ailments, including chronic rheumatism, stomach diseases, hypertension, allergies, and physical injuries, but is also a valuable aid in post-surgical rehabilitation and in generally releasing and reducing stress.

The natural minerals and gases of hot springs include carbonic acid, sulfur, and radium, which are especially effective in curing or preventing certain diseases or helping overall health. Hot springs are classified according to the ingredients in the waters as being especially good for certain types of health problems.

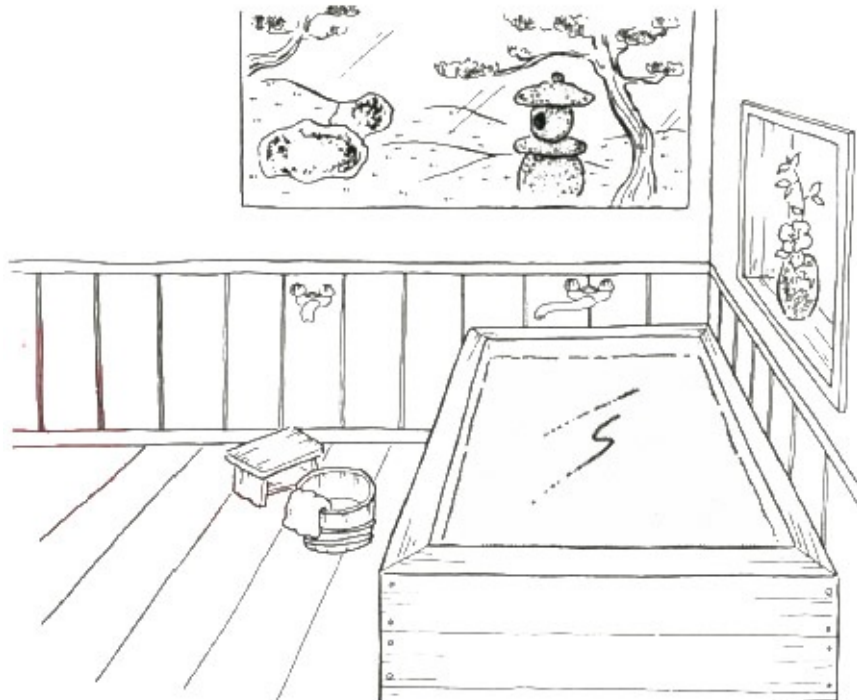
Bath therapy is used to treat:

- Chronic digestive, liver, and gall bladder diseases
- Hypertension
- Gout
- Chronic rheumatism

- Chronic dermatitis
- Post-operative treatment and rehabilitation
- Neuralgia (nerve-related pain)
- Paralysis

But *onsen* are too pleasant to be used just when we are ill or recovering. In fact, over the last few years, the hot spring has shed its image as a preserve of the elderly or infirm, and is increasingly the vacation destination of choice for healthy people. Hot springs provide a refreshment, a change of scenery, and an opportunity to relax, all of which rejuvenate the body and gladden the soul.

The Japanese are so attached to a daily soak that employees have been known to go on strike for the right to a bath break. It is not uncommon for people at an *onsen* to bathe twice or even three times a day. Indeed, to the Japanese, getting clean is almost an excuse for bathing. Equally important is the chance for relaxation and health maintenance.

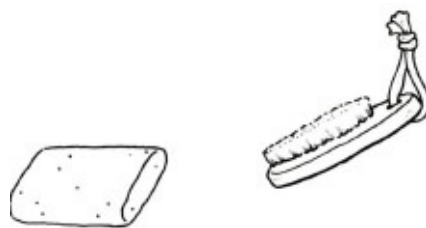


The secret: Japanese-style bathing

So taking leisurely, steaming-hot baths is a national passion among the Japanese, and many Japanese beauties trace their smooth, youthful complexions, good circulation, and deep, untroubled sleep to their daily bathing regimens.

How do you take a Japanese-style bath? To begin with, you need a tiled bathroom where you can soap down and rinse outside of the tub. Japanese homes are usually well-equipped with a tiled floor slightly inclined toward a drain. A wealthy household will own a traditional tub handcrafted from chestnut, Chinese black pine, cryptomeria, or Japanese cypress (*hinoki*). But in general, families have to content themselves with lower-priced models of manmade enamel, tile, plastic, or fiberglass.

Assuming your floor isn't built to accommodate bathing outside the tub, a shower that is separate from the tub will do, since it will allow you to scrub *before* getting into the hot bathwater. You may want to assemble some bath accessories—Japanese-style! These include: a small wooden bucket made of a beautiful wood (like *hinoki*) to fill with water and douse yourself with; a natural-bristle backbrush; a pumice stone for those rough spots on elbows or heels; a small, absorbent washcloth; a scented bar of soap; and shampoo and conditioner. Japanese often bring a razor for shaving body hair and even their toothbrushes into the bath—getting clean is Serious Business! Finally, they use a small, low stool, wooden if it's available but plastic if it isn't, to sit on while scrubbing. If you are washing in a shower, of course, you won't need anything to sit on.



Visitors to a Japanese spa immediately change into the resort's loose-fitting cotton kimonos, known as *yukata*. Men and women alike tromp around the establishment in these garments, clattering in borrowed wooden sandals, or *geta*. If specialty stores in your neighborhood don't carry *yukata*, set aside a thin cotton robe to don after the bath. The heat of the bath will often be so intense—and stay with you for so long

afterward—you won't want to wear anything heavier.

Next, fill a tub with HOT (104-111.2 degrees F or 40-44 degrees C) bathwater. Using the bucket, pour hot water from the tub over your body until you feel warm all over. Or, if you are in the shower, rinse with hot water until your body is warmed. Skip the full body treatment for now; your goal at first is simply to lightly wash the most soiled spots—underarms, feet, and genital area—so that you can get in the bath without dirtying the bathwater. (In Japan, a bath even at home is almost never used by just one person, but by every member of the family, so it is a matter of etiquette to leave it as clean as it was before you got in.) Even if you have it all to yourself, which would you prefer to relax in—clear, clean water, or a bath that is dirty and soapy?

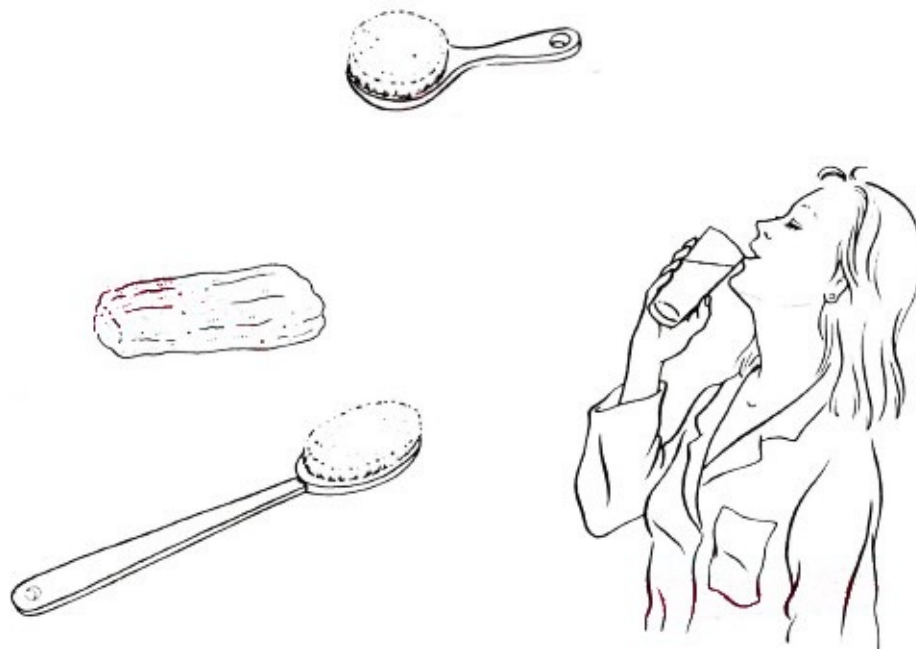
Remain in the bath for a few minutes, until the pores open and the sweat starts rolling. Now the soaping can start in earnest. Emerge from the tub, take your stool, and scrub with a washcloth for all you're worth. (Do the same if you are in the shower.) You'll be removing dead skin, oil, and dirt from deep in the skin. Don't forget those often-neglected areas—elbows, knees, soles of the feet, and back. A long-handled brush may be used for the places a washcloth won't reach. This is also the time when you can wash your hair, shave underarms and legs, and even brush your teeth. Rinse thoroughly with water ladled out from the tub, or, if you're in the shower, from the taps turned on full blast.

Now that the dirty work is done, it's time to relax. Step back into the bath, and sink slowly up to your chin in the hot water. (*Notice* the difference between getting in a tub before you've properly washed, and after your skin cells have been rubbed to a luster.) Stay in the tub until you feel thoroughly warmed and relaxed. (Some people describe it as "feeling soft and comfortable as a newborn again.") If you like, after emerging, you can douse yourself with tepid water to prepare for another soak.

You should now feel super-clean, super-relaxed, and cleansed of the accumulated stresses and irritations of the day. Most importantly, you are now prepared to slip between the sheets and have the best night's sleep ever. Imagine doing this 365 days a year, every year, and you may begin to see why the Japanese are so addicted to bathing.

You should always consume five to six glasses of water a day to

maintain the body's water supplies. And drinking a glass of cool water after the bath is a good idea—you have just lost substantial amounts of moisture by sweating, so you will probably feel a natural desire for a drink. RESIST by all means the urge to bring a glass of wine or other alcoholic beverages into the bath with you—it can be hazardous to mix liquor with the slippery and sleep-inducing environment of a bath. Save the wine for after the bath—and preferably, after you've had a glass of good old tapwater or mineral water first.



Bathing for beauty

Japanese women believe bathing is an essential part of skin care. For them, going to bed without bathing is as barbaric and unhealthy as sleeping with makeup on. But the main purpose in bathing is two-fold: To clean the body, as well as to warm it. Warming the body in the bath has many benefits. It promotes circulation, helps cure insomnia, reduces stress, strengthens the skin, and can improve rough skin or acne. (However, if you have heart disease, high blood pressure, or other circulatory problems, you should avoid very hot water.) Consider the fact that your skin is a living, vital organ, as much as the heart or kidneys are. One of the skin's most important roles is to regulate body temperature by

perspiring. Daily bathing gives your sweat glands and pores—ducts in the skin through which sweat is released—a great workout. The ideal regimen is a shower in the morning, and a leisurely 15-to 20-minute warm bath right before bed.

In brief, bathing:

- Tones the body
- Helps relieve insomnia
- Helps relieve skin and respiratory allergies
- Relieves stress
- Removes the old outer layer of skin
- Promotes circulation and increases metabolism, which, in turn, —
Promotes robust skin tone

More than just plain old bathwater

In an ideal world, we would all spend a week or so every month rejuvenating the body and spirit at an *onsen*. But even in Japan, where hot springs are as common as swimming pools in the West, few people have the time to get to a hot spring regularly. So the next best thing is to create your own *onsen* at home.



The standard Western tile bathroom may be a far cry from the rustic idyll of a hot spring, but with a few simple touches—a leafy potted plant or two, a scented candle, and your favorite relaxing music—you can set the mood and repair to your own private spa.

Some like it hot

"Hot" water as used in this chapter means scalding—as high as 111 degrees F (44 C). Japanese are accustomed to this temperature, but if it is uncomfortable for you, try to at least keep the temperature "warm," that is, at least at body temperature—98.6 degrees F (37 C).

Whether you are trying to close or open the pores, keep the water temperature within a range of 59 to 113 degrees F (15-45 C).

Bath minerals are sold at most drug stores. If you are interested in traditional Japanese beauty-bath recipes, turn to page 139.

Face care in the bath

No matter how oily or dry your complexion, avoid using cheap soaps, which tend to be alkaline and irritating to the skin. You want a soap or cleansing agent with a low pH, that is, one that is mildly acidic.

When you wash your face, use extra-hot water for oily skin and warm water for normal or dry skin. Soak in the tub until you begin to perspire off sweat and oil. Then wash again with soap. Rinse with cold water to shrink pores.



For delicate or troubled skin, use a mild cleansing foam. Work foam into a lather in the palm, then apply to face. If your skin reacts even to mild soap, avoid it altogether and wash only with warm water, then with cold water.

Treating ailments

In Japan, there are some traditional bathing techniques for illness or injury.

Heart disease. Since the weight of the water exerts pressure on your internal organs, be very careful when taking baths, and acclimate yourself gradually. Start with the feet, then ease up to the legs, the waist, and finally the rest of the body. Avoid really scalding water. The stress-relieving properties of a warm bath can offer many benefits to heart-disease victims, but bathe with caution.

High blood pressure. Create a total environment of calm and warmth by adjusting your thermostat so that the bedroom is about the same temperature as the bathroom. Relax in the bath, then go straight to bed.

Poor circulation. Immerse feet in a basin of hot water, or sit on the edge of the tub with your feet immersed. Once the feet are warm, add tepid water to lower the bath temperature to a comfortable level, and immerse entire body. Use the Maeda Method described on page 129 to rub your body, always moving in the direction of the heart.

Insomnia. Take a leisurely warm bath for about fifteen minutes, or for as long as you feel comfortable, then go straight to bed. Using scented bath salts can increase the sleep-inducing benefits of the bath.

Stress/muscle fatigue after exercise. Relieve stress and relax muscles by stimulating the body with a brief, hot bath, followed by a rinse of cool water, then plunge back into the warm water again.

Swollen feet. Take a long, leisurely warm bath. Then pour cold water on the feet only.

Fatigue, stiff shoulders, or back pain. Take a warm bath for about 20 minutes, making sure to sink down so that the water comes up to your chin. Try rotating your arms and shoulders 10 times on each side. Next, rotate your head slowly, keeping your eyes closed. Repeat several times.

Basic regimen for naturally beautiful skin

Bathing may seem like a lot of trouble, but you'll notice the improvement in your physical and mental health by soaking even once a week. Remember, you're not just getting rid of grime—you're sloughing off stress and fatigue.

To prepare for bathing, drink a glass of water about 30 minutes before you get into the tub. This will help both to induce sweat and to open the pores. And plan to have your bath no earlier than an hour after dinner. Do not, by any means, bathe within 30 minutes of eating, since the effects of the hot water interfere with digestion.

To get your sweat glands rolling, make the bathroom hot and steamy. This can be done by running a hot shower for a few minutes to fill the room with vapor.

The Maeda Method for removing old skin and calluses

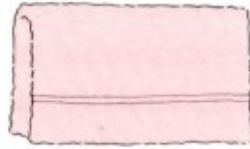
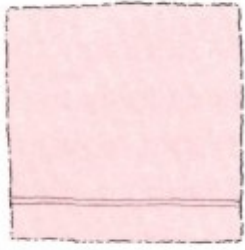
About once a month, the top layer of skin becomes old and must be washed off. A daily shower or bath is fine for de-greasing, but doesn't thoroughly slough off dead skin, a practice that should be performed once a week, or, at the very least, every two weeks. Regular sloughing helps prevent age spots and wrinkles, and assists skin dried and battered by ultraviolet rays, especially from outdoor activities like tennis, gardening, or swimming. As you age, your skin becomes much more susceptible to sun, wind, and extreme temperature changes. In addition, the top layer of skin does not renew itself as quickly as it did during your teens, so you need to begin sloughing skin to help it along in the process. *Note:* This method is not recommended for people with sensitive skins. And if your skin becomes irritated, stop immediately.

Aside from cleaning and smoothing the skin, the Maeda Method has the added advantage of massage. Which, in turn, lends itself to another valuable means for promoting healthy skin—sex. Have your husband, boyfriend, or lover work on those hard-to-reach places, and then return the favor. What more pleasant preamble to making love?

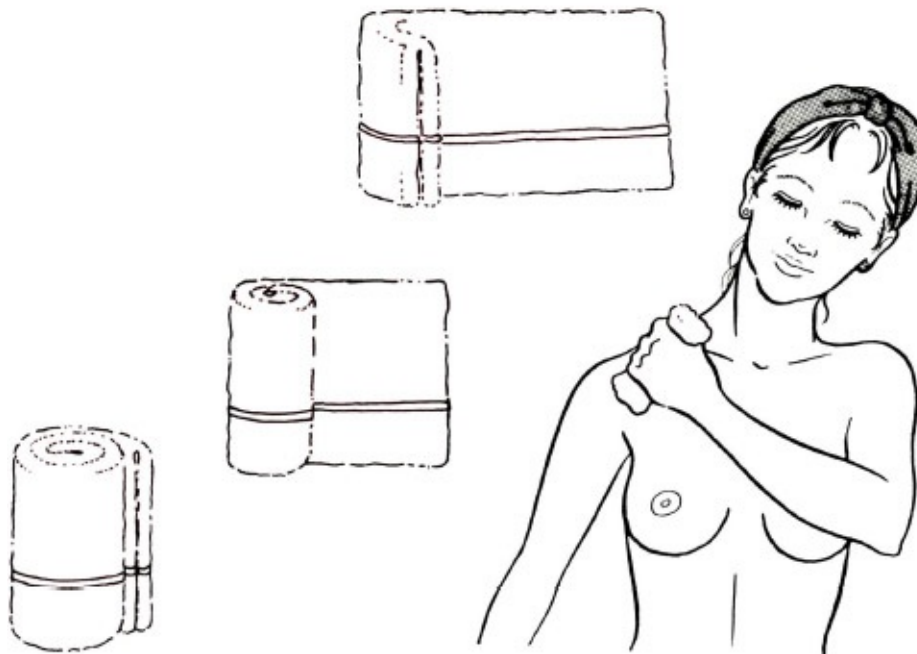
There are plenty of scrubbing tools on the market such as body brushes, loofah pads, and natural sponges. For callused or rough skin on elbows and soles, you may want to purchase a pumice stone. But rather than invest in other fancy bath accessories, we recommend using a thin, pliable, rough cotton washcloth—the dimestore type would serve better than one of those nubby, deluxe facecloths. Thin washcloths or towels are inexpensive, easy to launder, and won't cause an allergic reaction.

The method

First, fill a tub with hot water. Then, moisten and fold a washcloth in half:



then roll it up.



Now, soak in the tub to soften skin and calluses and induce perspiration and oil. Rinse off the sweat with hot water. Now you are ready to work on that old outer skin layer.

In general, think of your heart as the center—always rub yourself from the extremities in a radial going toward the direction of the heart. This feels more pleasant than rubbing in random directions and promotes good circulation as well. Wring and re-roll washcloth as needed.

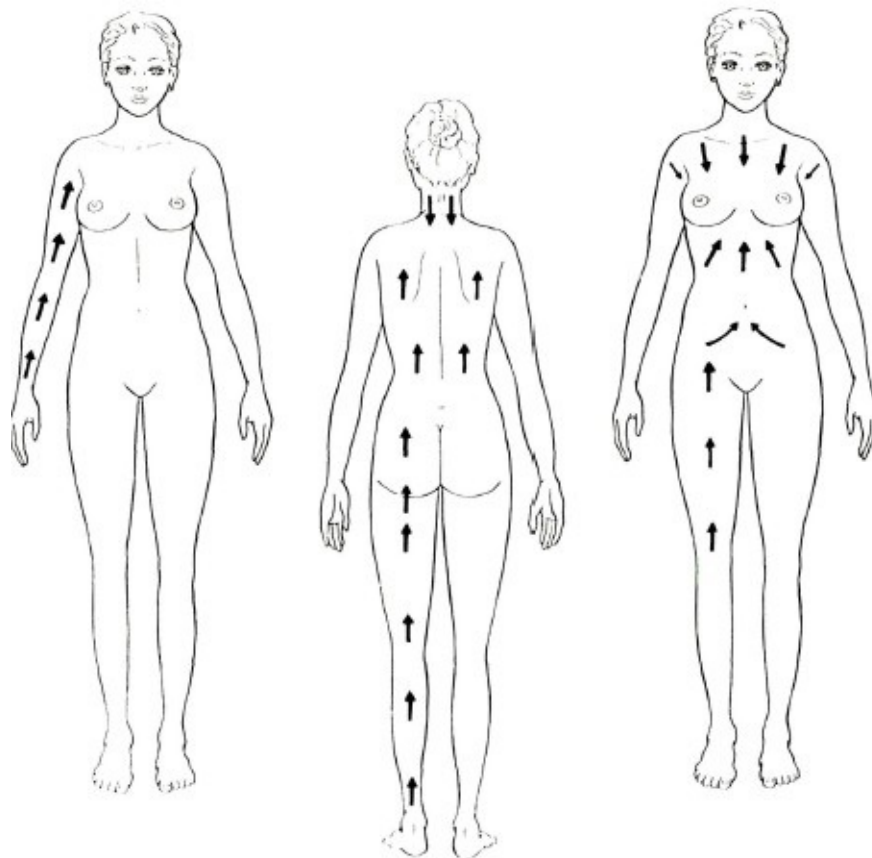
The sloughing massage

1. *Arms.* Rub from wrist to the shoulder using long, steady strokes. Work the same area a few times before turning the arm to cover the next patch.

Grip the washcloth tightly and use a firm touch—you want to remove dead skin but the sensation should be pleasant, not painful. The loose dead skin will be gathered at the shoulder joint, where you can rinse it off with warm water.

2. *Back.* Ask your partner to rub your back, moving from waist to shoulders. This relieves stiff shoulders and promotes good circulation.

3. *Nape of neck.* Massage from hairline to the shoulders. This is good for stiffness and fatigue in the neck.



4. *Thighs/ Front torso.* Start at the knees, and rub up toward the waist. Then rub down from the shoulders toward the chest. Finally, start under the arm and rub in short horizontal strokes toward the midline of the torso.

5. *Derriere.* A buttocks massage feels great—because these are the muscles that support your legs, and so are most prone to fatigue. Rub

from the thigh to the waist, using strong, "pulling" strokes.

6. *Calves*. Save these for last. Have your partner rub from the backs of ankles to the top of the thighs. Then return the favor and repeat the body massage on him.

Drain bath, and rinse body under a hot shower. You should experience a tingling sensation and a feeling of lightness. Follow by washing gently with soap or cleansing foam. (To really pamper yourself, draw another bath, throw in your favorite minerals or *onsen*— style ingredients, and luxuriate in your new skin.) Finally, dry off with a fluffy towel and smooth your favorite body lotion all over.

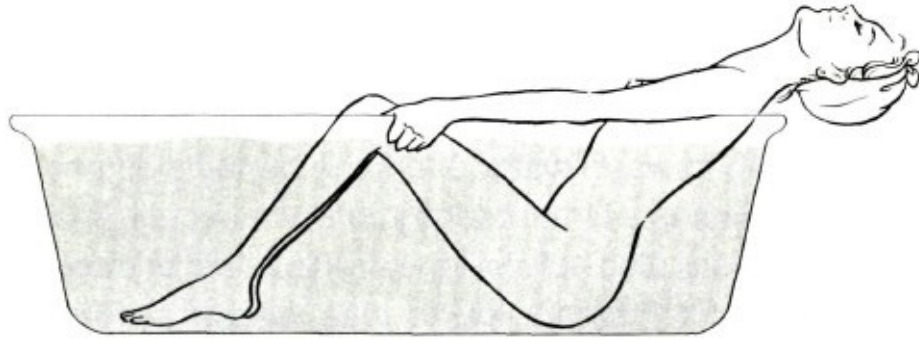
Bathercise! The three-minute shape-up

Exercising in warm water offers the benefits of toning without placing a strain on the joints or muscles. These exercises are also helpful for stiff shoulders or swollen legs, and for helping you to lose weight. Sweating profusely for one minute in a hot bath uses three calories—as much as walking for three minutes. But that doesn't give you a license to towel off and eat an entire cheesecake. Slimming effects are possible PROVIDED you combine the regimen with a good exercise and diet routine.

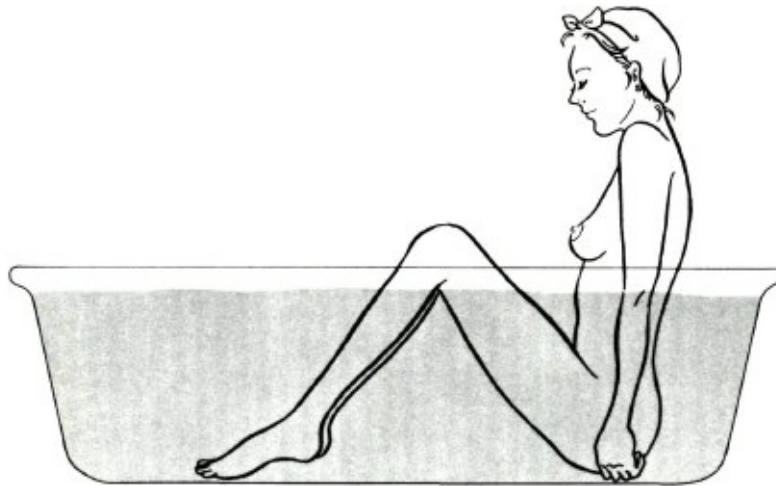
While a home bathtub isn't big enough for vigorous exercise, there are some excellent *stretching* exercises, which, with the body made buoyant in the water, are especially effective at toning and shaping the muscles.

The shape-up

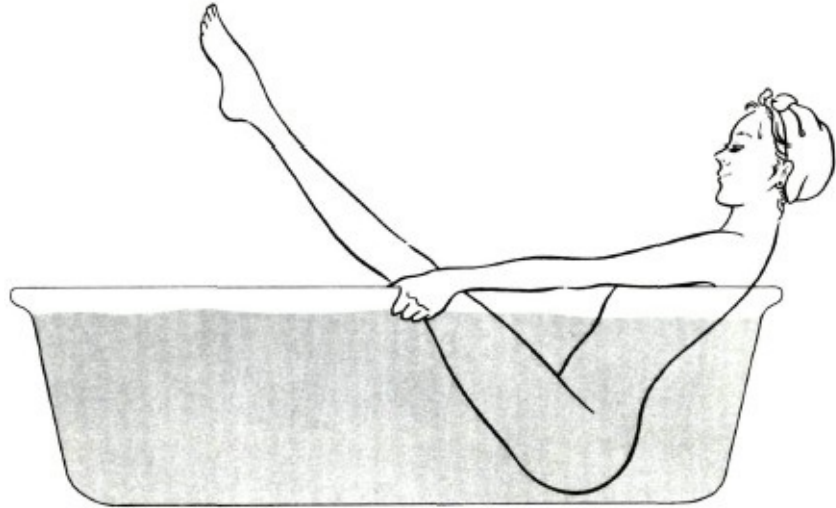
1. Stretch your arms onto the rim of the tub and let your head lean back over the edge. Turn your head to the left and right, 10 times. Then look back as far as you can, and hold for 10 seconds. This reduces stiffness in the neck.



2. Sit up and let your arms fall limp. Hunch and circle your shoulders back 10 times. This relieves shoulder stiffness.



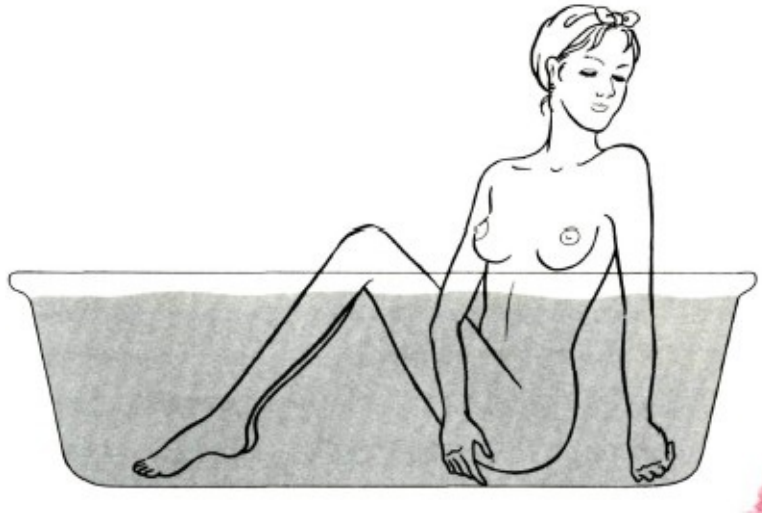
3. Grasping the edges of the tub, do leg raises, keeping the ankles together. This slims thighs and reduces swelling in the legs.



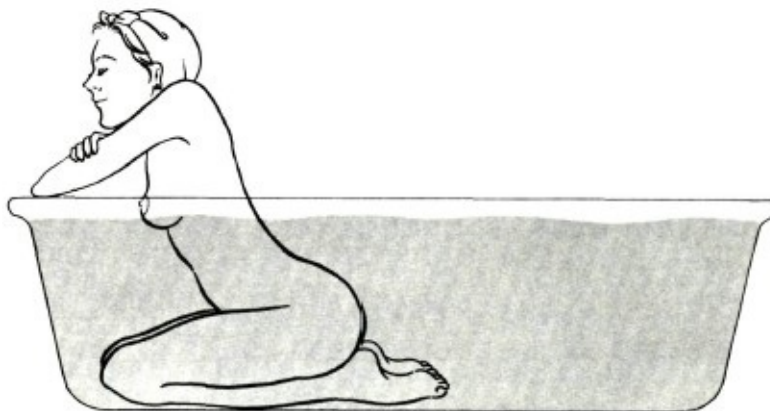
4. Rub your stomach clockwise, moving around the navel, 10 times. This helps slim the gut, and is also helpful for constipation.



5. To slim the waist, twist at the waist left and right, 10 times. Then turn over on your stomach.



6. Resting your chin and arms on the edge of the tub, arch your back, tensing abdominal muscles at the same time. Repeat five times.



Steamy contemplation

The value of passive reflection in allowing the mind to become more creative and productive is a well-established scientific fact. Rather than straining exhaustively to overcome a problem or situation, common sense dictates the wisdom of putting it aside for a while to refresh the mind. One of the most convenient and effective ways to set the scene for rejuvenating your mental energy is by soaking in a bath.

As mentioned earlier, Japanese have been taking "mental-health bath breaks" for centuries. In more recent times, ad copywriters, corporate executives, and masters of Japanese-style painting alike escape to the

bath to quietly reflect for an hour or so before attacking a fresh conundrum or canvas.

Meditating seems simple, but it takes practice, particularly for those used to being "on" all the time. The key is passive, NON-concentration. Consciously thinking defeats the goal of releasing stress and fatigue.

Settle comfortably into the bath. Let a drop of water fall, and watch as it creates circles on the surface. Close your eyes, and focus on a word or phrase like *mu* (that's a short *u*, as in put, not long *u*, like music). *Mu* is non-existence. For now, nothing exists within or without you. Breathe or sigh slowly, deeply, as you mentally repeat *mu*. Maintain this state for a few minutes.

Remember, regenerating the mind through methods like meditation is as vital to the mind as sleep or food is to physical well-being.

After the bath

Pat astringent lotion on oily areas of face, and troubled areas on the back and elsewhere if needed. For dry or normal complexions, apply moisture lotion or cream. For delicate complexions, protect with mild lotion and a sprinkling of powder.

Don't forget to apply body lotion before you go to sleep—your skin will absorb the nourishment overnight and feel smooth and silky the next morning.

Classic Japanese beauty-bath recipes

If your schedule doesn't permit a visit to a hot spring right away, try re-creating the effects in your own tub. Here are a few time-honored Japanese recipes for your home spa.

Rose Petals Bath. A bath fit for a king. Use flowers that have been sitting in a vase for a few days. Pluck the petals from about ten blooms, and scatter on the surface of the bathwater. Keep the temperature a bit lower than usual to preserve the rich rose color. To save time cleaning up the tub later, place the petals in an organdy or other diaphanous cloth bag

before adding to the bathwater.



Cherry and Peach Leaves Bath. A good remedy for relief of prickly heat, if you have access to fruit trees. Use young leaves if possible. Gather enough to fill a large bowl, and sprinkle on the water when the bath is filled. Let the leaves steep for about three to four minutes before you get in.

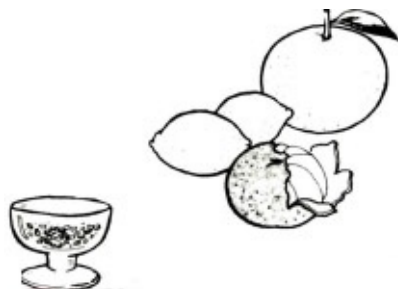
Citrus Bath. Excellent for those who suffer chills because of poor circulation. Slice any kind of citrus fruit—limes, lemons, oranges, grapefruit—and float in the bathwater. It's better to use the whole fruit, but peels are also effective. Dry the peels in a shady, well-aired place. Cut into narrow strips, bag, and place in bathwater. Folk wisdom says that this bath is good for warding off colds.

Seaweed Bath. Loaded with protein, iodine, amino acids, and vitamins, seaweed is good for beautiful skin, and helps shape up the body. Use edible *wakame* or *kombu*, plant-like seaweed (not dried and pressed *norif*). When placed on the surface, the seaweed will absorb water and expand to fill the tub. (Some spas in France offer "seaweed body wraps" as skin-rejuvenating treatments. Why not try it on your own at home, and see how well it works!)

Herbal Bath. Good for increasing metabolism and circulation, especially for those suffering from neuralgia, rheumatism, chills, fatigue, or acne. Use one or two bags of herbal tea straight from the box, or, after brewing tea, throw in the used bags.

Wine Bath. Good for warming up in winter. *Onsen* bathers have long enjoyed the custom of drinking sake from trays floating beside them, but

this is not recommended for a home bath. The latest discovery is pouring a cup of rice wine into the water itself. This may have a warming effect, and certainly, is far less intoxicating than imbibing the liquor directly!



6 Getting and staying slim— forever!

Food is composed of vitamins, minerals, and three major nutrients: proteins, carbohydrates, and fats. Human beings, whether they live in Osaka or Omaha, or have the physique of a sumo wrestler or a geisha, require identical ratios of each nutrient. Now here's a little quiz. Which nutrient should hold the dominant share? Which occupies the smallest share? And how much of each does a person need?

If you are like most Americans, you'd probably guess protein is the most pressing need in our diets. "We all need meat once in a while," is a common refrain. Yet, how much do we really need? In terms of what experts see as ideal diets, Japan and the U.S. are remarkably similar. In both countries, the perfect (that is, the most healthy), diet depends on essentially the same ratio among proteins, carbohydrates, and fats. But even though the nutritional goals are the same, the eating habits of Americans and Japanese are quite different.

Nutritional Goals:	Japan	U.S.
proteins	12—13 percent	12 percent
carbohydrates	57—68 percent	58 percent
fats	20—30 percent	30 percent

*Sources: Japanese Ministry of Health and Welfare Nutritional Guidelines, Aug 1979
Dietary Goals for the United States, 2nd edition, Dec. 1977*

Health and your diet

Briefly, what's the role of each nutrient?

Proteins supply nitrogen and amino acids for skin tissues, hair, and the brain, among others. They do the same for the hormones, and for antibodies that fight infections. *Sources:* Tofu, meat and poultry, legumes, cheese, and milk.

Carbohydrates prevent proteins from being used for energy, so that they can be deployed strictly for bodybuilding. Carbohydrates are the main source of energy. *Sources:* Vegetables, legumes, fruits, and grains.

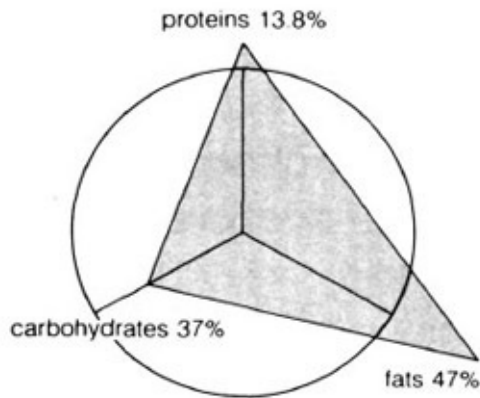
Fats carry fat-soluble vitamins, provide concentrated energy, and supply insulation for the organs and the body. *Sources:* Milk and cheese, meats, butter, margarine, nuts, and oils.

As the chart above demonstrates, in terms of the ideal diet, Japanese and Americans basically agree. Now, who's doing a better job of sticking to the proper nutritional ratio? To get an idea, I ran an informal experiment with six young Americans.

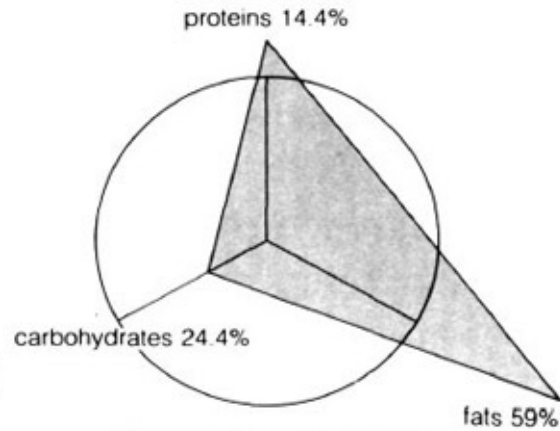
The perils of eating American-style

Three men and three women of average height and weight, average age 26, kept diaries over three days, listing everything they ate. The results of this spot survey can be seen in the following graphs.

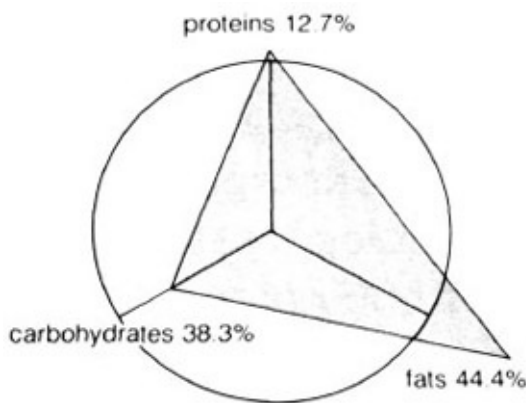
A Comparison of Six Americans' Dietary Balance



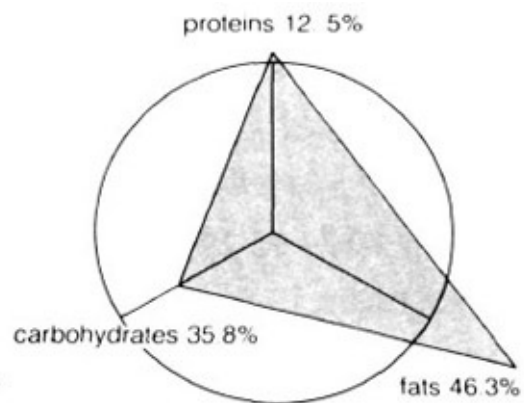
Subject A (age 28; female)



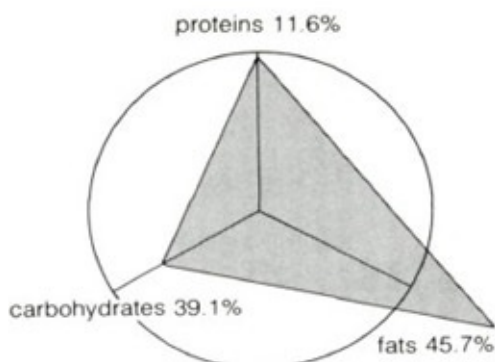
Subject B (age 26; female)



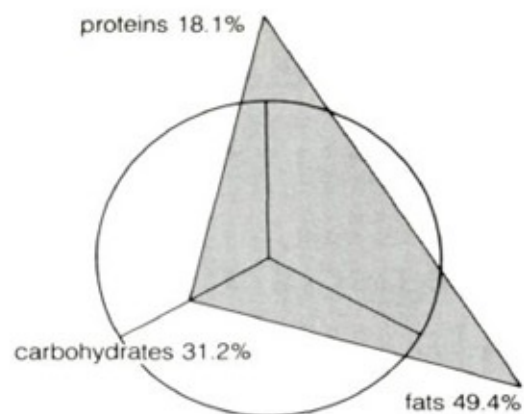
Subject C (age 25; female)



Subject D (age 27; male)



Subject E (age 24; male)



Subject F (age 23; female)

Note: A triangle aligned on the circle indicates ideal nutritional balance. When the points of the triangle slip outside or inside the circle, it indicates an excess or deficiency. The amounts of food energy consumed do not total 100% of the diet in each case since small amounts of vitamins,

minerals, *etc.* are also present.

Subject A, for instance, is a 28-year-old woman who is 5' 6" and weighs 115 pounds. She is not overweight, but her diet is low in carbohydrates and high in proteins and fats. If this pattern continues into middle age, she stands an increased risk of heart disease, diabetes, and obesity.

The bottom line:

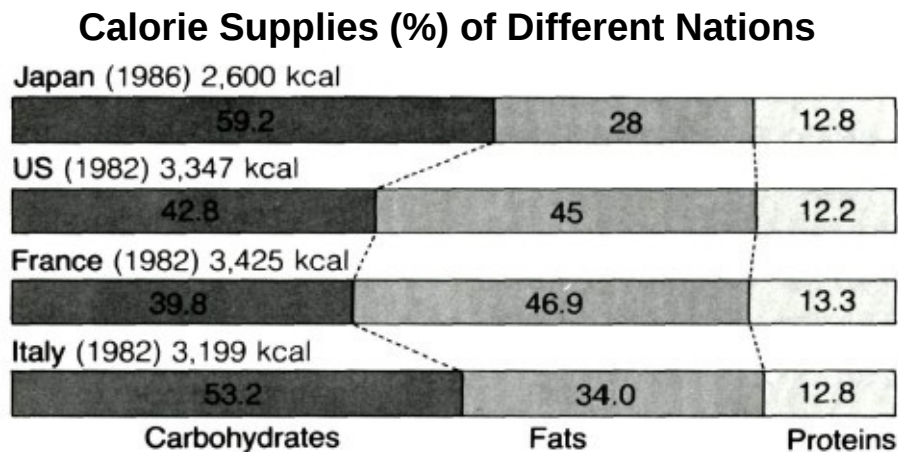
- More than 40 percent of the energy consumed by the average American was fat. Each person ate about the same amount of protein as a typical Japanese, but then consumed about 20% more fat than a Japanese (mainly in the form of cake, potato chips, hamburgers, and so on).
- The average diet tended to be monotonous, dominated by a small number of large-volume dishes and too many empty calories. Translation: Americans consume too much high-calorie food without getting adequate nutrition.
- The typical American diet is calcium-deficient. This could be remedied by drinking milk, or, as the Japanese do, eating small fish (like sardines) and seaweed, both of which are excellent sources of calcium. Calcium deficiency is a prime culprit in the painful bone disease osteoporosis, common in post-menopausal American women.

Small wonder, then, that nutritional supplements have not been nearly as popular in Japan as in the U.S., where Americans often try to compensate for nutritional neglect by popping vitamins. The six people in our study, as it turns out, represent all too well the neglected state of the average American diet nationwide.

Typical Western diets vs. standard Japanese diets The typical U.S. diet shows a deficiency in complex carbohydrates (whole grains and vegetables), and an overemphasis on fats. Conversely, the Japanese—on average—have a diet that comprises a higher percentage of complex carbohydrates and a much lower supply of fats. (The average Japanese consumes 242 lbs [110 kg] of vegetables each year, one of the highest levels in the world.) The U.S. Recommended Dietary Allowance for

women is 2,000 calories a day, but given differences in body size, age, and physical activity, the amount can range from 1,600 to 2,400 calories a day. However, the average American consumes around 3,347 calories a day, 45 percent of which are derived from fats. A Japanese, on the other hand, consumes about 2,600 calories a day, only 28 percent of which come from fats, with a whopping 59.2 percent coming from carbohydrates.

The chart that follows shows the ratio of proteins, fats, and carbohydrates in the calorie supply of Japan, the U.S., France, and Italy. Japan has the lowest overall calorie consumption, and the highest ratio of carbohydrates in the diet.



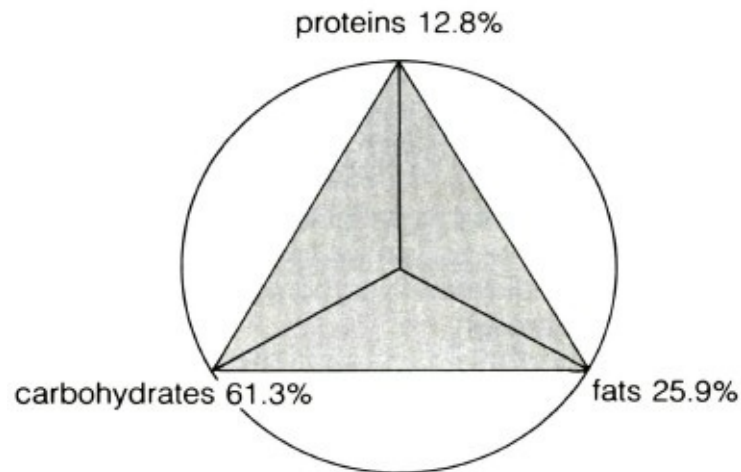
Source: Food Balance Sheet, MAFF, and Food Consumption Statistics, OECD

This is not to say that the Japanese diet is perfect, but simply that the Japanese have, over the decades, evolved a dietary pattern that is much closer to the dietary ratios determined to promote health and longevity. However, the Japanese diet is changing. While it can be said that, in general, it is in good nutritional balance, there are signs of increasing protein consumption.

The Westernization of the Japanese diet

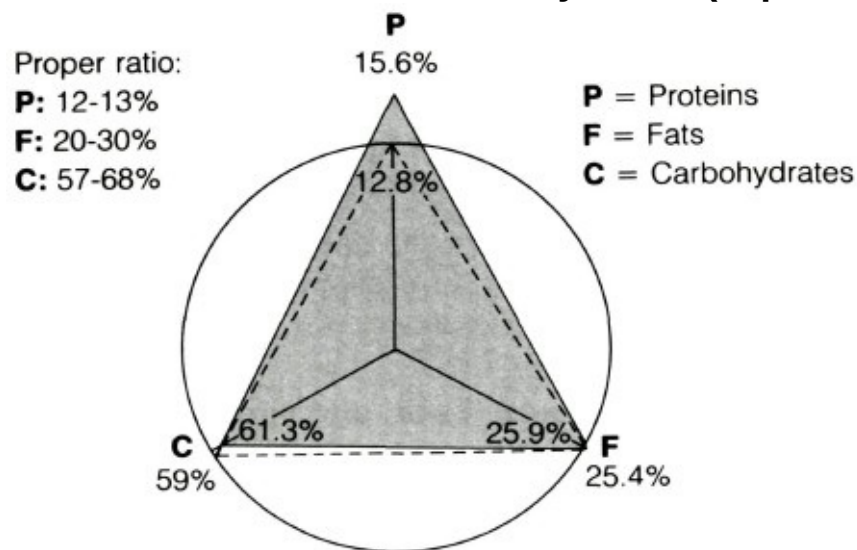
In 1950, just after World War II, Japanese suffered from a poor diet extremely deficient in fats. But by 1981, the Japanese diet was in ideal nutritional balance.

Ratio of Proteins, Fats, and Carbohydrates (Japan, 1981)



By 1985, the diet had shown signs of moving closer to the U.S. model—an overly heavy consumption of protein. To maintain its nutritional goals, Japan needs to increase fat in proportion to protein, while maintaining its consumption of carbohydrates.

Ratio of Proteins, Fats, and Carbohydrates (Japan, 1985)



- The dotted line represents the ideal nutritional ratio (based on the Japanese Ministry of Health & Welfare Nutritional Guidelines, 1979).
- The solid line represents the proteins/fats/carbohydrates ratio for Japan in 1985. The diet is now inclining toward the American model, with a deficiency in carbohydrates and a tendency toward too much protein.

The benefits of eating Japanese-style

A good case can be made for eating Japanese-style. This does not mean sushi three times a day. By eating Japanese-style we mean food that is: —High in complex carbohydrates (fruits, vegetables, grains, legumes) —Low in fat and sugar

—High in dietary fiber

—Low in meat protein; high in fish and vegetable protein —Fresh, rather than processed

—Of great variety

—Served in small portions

The benefits of eating Japanese-style are immense, allowing us to greatly reduce our chances of suffering major illness.

—Lack of fiber has been implicated in heart disease, diabetes, hypoglycemia, gallstones, and cancer.

—Too much sugary food is a key culprit in diabetes, hypoglycemia, and heart disease.

—Too much fat has been linked with cancers of the breast and colon, and tentatively linked with cancer in the pancreas, prostate gland, and ovaries. - Cholesterol, found in eggs, butter, liver, etc., is a major cause of heart disease.

Weight control and balanced eating are clearly keys to not only beauty, but to health maintenance as well. Yet proper nutrition seems so elusive, with many women in the West prone to over-or under-eating. One is the road to obesity and related illnesses, the other to amenorrhea (a temporary pause in menstruation), bulimia, liver impairment, gout, anorexia, and even death. Needless to say, dieting in ignorance is not bliss-and can be downright dangerous.

Secrets of "thinking thin"

People who tend toward overweight often follow habits that doom their best dieting efforts to failure. By changing or eliminating these bad habits, and substituting them with the habits of thin people, you can make major changes without eating a single grapefruit.

Do you, for example:

- Eat between meals, snacking on potato chips or cookies while you work or watch television? (If you have to snack, at least make the calories worthwhile: try vegetable sticks, rice crackers, or fruit.) —Skip breakfast, and then snack throughout the day to make up?
- Tend to eat and drink just before going to bed?
- Never run to make a green light?
- Always avoid taking the stairs?
- Sit down on a chair as soon as you can find one?
- Eat even while you are driving a car, or walking down the street?
- Cook and prepare more food than you really need?
- Keep lots of tempting leftovers in the refrigerator?
- Eat quickly?

If any of the above apply to you, try to substitute habits that keep you slim: —Prepare three meals a day, at the same time every day. Regularity is important, and is also effective in preventing snacking between meals.

- Eat slowly, chewing each mouthful well.
- Become a gourmet and enjoy the quality (not the quantity) of the food you eat.
- Do not eat after 8 p.m., or if you do, do not lie down to sleep for at least two hours after eating.
- Always shop for food on a full stomach.
- Don't read newspapers or watch TV while you're eating.
- Don't stock your cupboards or refrigerator with extra food.
- Never buy junk food or sweets; keep fresh fruit around the house instead.
- Avoid fried foods and heavy cream sauces.
- Avoid alcohol, or at least limit yourself to one drink.
- Prepare only as much food as you can eat comfortably (don't leave leftovers).
- If you dine out, eat less the rest of the day at home.
- If you go to a buffet party, try a LITTLE of everything, a lot of nothing.
- Avoid eating ONLY diet foods: it's dangerous to your health.
- Substitute margarine for butter.
- Learn to drink coffee and tea without sugar or heavy cream.

- Broil or steam food rather than fry.
- Remove the skin from chicken—it accounts for one-quarter of the calories—and trim the fat from steak before you eat. Try to buy only lean cuts.
- Avoid heavily seasoned foods, since it's easy to over-indulge with flavor-rich items.
- Drink a glass of water BEFORE you sit down to eat, and you won't eat as much.
- If you must have dessert, choose fruit.
- Don't try to turn over a new leaf overnight. Try one Japanese-style meal one day a week, then gradually incorporate the principles, if not the cuisine, into your life.

Health maintenance and weight control go hand in hand, and by establishing some basic good habits, you'll soon be on your way to a well-balanced lifestyle. If you can, try to follow the Japanese style of eating, by including about 30 different kinds of foods in small portions each day. Obesity among Japanese is relatively rare, and their grazing style of eating certainly helps prevent over-consumption. It is a habit well worth imitating if slimness—and general nutrition—is your goal.

Dieting smart

Professor Yoshiko Kagawa, a noted nutrition expert, has come up with a sensible and easy-to-follow method of dieting. All foods are classed into one of four food groups, and assigned points, to ensure a balance of low-calorie nutrition.

1. *Dairy group*: Milk, dairy products, and eggs. Good sources of protein, calcium (essential for strong bones), and vitamin B.
2. *Protein group*: Fish, shellfish, meat, leguminous beans and bean products. Good for healthy, youthful organs, cells, skin, and hair.
3. *Vegetable/fruit group*: Green, red, and yellow vegetables, potatoes, and fruit. Rich in vitamin C, and vegetable fiber, which helps "scrub" the intestines, prevent constipation, and cancer of the colon.

4. *Carbohydrate group*: Grains, oil, sugar, and confections. Direct sources of energy. Adjust levels according to how active a life you lead.

The point system: One point equals one 80-calorie portion.

Your goal: *To eat at least three points worth of food from each of the first three food groups, and to obtain the rest of your calories from the fourth group, getting a total of about 20 points each day.*

For example, each of the following foods is worth one point:

1. An egg (about 1.68 oz. or 48 grams)
2. A small potato (about 3.5 oz. or 100 grams)
3. An apple (about 5.6 oz. or 160 grams)
4. A slice of salmon (about 3.5 oz. or 100 grams)
5. Two small oranges (about 6.3 oz. or 180 grams)
6. Half a cup of rice (about 2.1 oz. or 60 grams)
7. A slice of bread (about 1.05 oz. or 30 grams)
8. Beef fillet (about 2.45 oz. or 70 grams)
9. Sirloin (about 1.92 oz. or 55 grams)
10. Chicken, without skin (about 2.45 oz. or 70 grams)
11. Three slices of roast ham (about 1.4 oz. or 40 grams)
12. Three slices of boneless ham (about 2.24 oz. or 64 grams)
13. A small container of milk (about 4.7 oz. or 141 ml)
14. Half a block of tofu (about 4.76 oz. or 136 grams)
15. Two prawns (about 3.08 oz. or 88 grams)
16. Ten small oysters (about 3.99 oz. or 114 grams)

Now, what you want to work on is maximum variety without exceeding your point limit. A sample day:

Breakfast = 3.5 points

An egg = 1 point (*dairy*) Milk = 1 point (*dairy*)

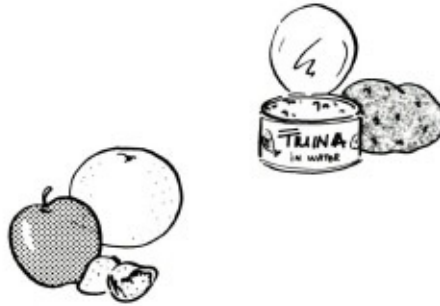
A slice of bread = 1 point (*carbohydrate*)

An orange = 1/2 point (*fruit*)

Lunch = 6 points

A small dish of spaghetti = 4 points (*carbohydrate*)

With meatballs = 1 point (*protein*) Hot vegetables, about 10.5 oz.(300



grams) = 1 point (*vegetable*)

Dinner = 8.5 points

Two slices of cheese = 1 point (*dairy*)

A slice of broiled fish with soy sauce = 1 point (*protein*)

A potato = 1 point (*vegetable*)

Seafood salad, 3.5 oz.(100 grams) = 1 point (*veg/protein*) Fresh vegetables, 10.5 oz. (300 grams) = 1 point (*vegetable*)

Large apple = 1.5 points (*fruit*)

Cup of rice = 2 points (*carbohydrate*) **Day's total** = 18 points + 2 points for seasoning = Grand total of 20 points x 80 calories = 1,600 calories.

Breakdown:

1. Milk group = 3 points
2. Protein group = 3 points
3. Vegetable/fruit group = 5 points
4. Carbohydrate group = 7 points



Remember, eat at least three points' worth from each of the first three groups, and cut back on the carbohydrates when trying to control your weight. And whenever you splurge—and you will, either at home, or out—compensate for it by lightening up on the next meal.

Japanese food = healthy cuisine

What exactly is so healthy about Japanese food? For one thing, rice is a staple served at most meals. Rice has been the base of the Japanese diet for 2,000 years, and though French *baguettes* and German *brot* have started edging it off the table, rice remains popular. One of the best-liked lunch dishes is something called "curry rice," which is plain white rice covered with a mildly pungent sauce containing beef, shrimp, or chicken, and vegetables. Another favorite is box lunches (*bento*) with compartments for vegetables, fish, or meat, and of course, a big serving of rice. Japanese are picky about their rice and its preparation the way the French are about cheese or wine. Only two native white rice varieties are considered acceptable. For the sake of higher fiber and nutrition value, you may want to rely on less refined brown rice, known as *genmai* in Japan.

Lately the Japanese have taken to cream of corn soup (for breakfast!), but in general, creamy soups are the exception. Japanese tend to eat lighter soups like *miso* (fermented bean paste added to fish stock) and clear broths made from kelp and fish stock. To these may be added delicately sliced vegetables, fish, meat, or tofu.

The main dish is usually fish or meat, often prepared in a low-calorie way: broiled, steamed, baked, or cooked in seasoned soy sauce—or not cooked at all. This lean method of preparation is used mainly to preserve natural flavors, but another result is that calories are minimized. The relatively short cooking time for Japanese dishes also ensures that vitamins and minerals are retained as much as possible.

It's only been about 100 years since the Japanese began eating meat, which is considered unclean in the Buddhist religion. Beef-eating was encouraged by the government when the country began to modernize, but continuing strict import laws and the small number of beef farmers limits supply well below demand, and keeps prices high.

So meat remains a luxury in Japan, and is used sparingly. It is rarely eaten in the form of a hunk of steak, but rather is sliced paper-thinly for *sukiyaki*, a kind of goulash, or *shabu-shabu*, which is boiled in a large brass pot. Boiling allows the fat to be dissolved from the beef into the water, where it is skimmed off and therefore not consumed. After cooking, the meat is flavored by dipping into one of several thin sauces. Animal fat consumption, needless to say, is extremely low in Japan.

The daily Japanese diet

Consider the nutritional gap between a coffee-and-doughnut or croissant breakfast, and the traditional meal for Japanese in the morning: *Miso* (fermented bean) soup, raw egg, fish, assorted vegetables, rice, and tea.

The quick Western-style breakfast provides an initial rush of energy, but once the sugar high plummets, so does your energy. Such a meal is high in fat but provides little in the way of essential nutrition. The Japanese breakfast, on the other hand, provides ample amounts of protein, carbohydrate, fat, roughage, nutrients, and no processed sugar. This allows a gradual release of glucose into the bloodstream and a consistently high level of energy throughout the day. Of course, you don't have to eat fish and raw egg for breakfast to accomplish this— Western favorites like whole grains and breads, fruit, etc., will do the same thing.

Lunch for the workaholic Japanese tends to be a perfunctory affair, perhaps just a bowl of aromatic noodles, or a plate of curry rice lapped up with a large spoon. But even these can be highly nutritious. *Soba* buckwheat noodles, for instance, are an excellent source of complex carbohydrates and protein. They may be served hot or cold, with a piquant soy-based sauce or a fish-stock soup, and may include thin-fried pieces of tofu, fish cake, vegetables, or *tempura* (batter-fried shrimp and vegetables) on top.

For dinner, most people eat at home, dining on fish, grilled meat, vegetables, and of course, rice.

Notice there is no mention here about dessert. Western-style confections like gourmet ice cream, cookies, and chocolate have gained a foothold in Japan, but are generally consumed in small portions as an occasional snack. Brownies, doughnuts, or other American favorites haven't caught on at all, because they are considered sweet in an overpowering way. This dislike for heavy sweets is part of the reason why another American staple—diet soda -has never really caught on, either.

But that's not to say Japanese don't have a sweet tooth. Indeed, Japanese *wagashi*, created to go with the somewhat bitter green tea, date back to the 7th century. A main ingredient of these confections is sweet bean paste made from adzuki, or red bush beans, mixed with sugar and water. Adzuki is a real gem, a food that works to dissolve fat in

the bloodstream. These traditional sweets are free of dairy products, vegetable oils, and artificial flavorings. Other main ingredients are wheat flour, rice, and modest amounts of nuts and seeds. The end product is a delight to the eye, representing motifs from nature. Bean paste also goes into the making of *yokan*, a sweet made with agar-agar that somewhat resembles fudge. Agar-agar is derived from seaweed—but to taste *yokan*, you'd never know it!

Seaweed is another important staple of the Japanese diet. Westerners will be familiar with it as the wrapper around some kinds of sushi; the many varieties are also used in soups, salads, noodle dishes, and even alone, as a snack. It is rich in dietary fiber, good for digestion, and an excellent source of vitamins and minerals. Best of all—it has no calories!

Younger people tend to favor steakhouses and hamburger joints, but as they get older, Japanese generally prefer fish, which is easier to digest, and lower in oil and cholesterol. Fish is a good source of protein and calcium, and fish oil helps suppress body cholesterol levels.

Animal protein isn't the only source of protein (and carbohydrates) in the Japanese diet. Soybeans and soy products play a large role. A perfect example is tofu, or soybean curd. The white curd is eaten raw as silken or cottony-textured blocks, or blended into dozens of different recipes. Among the highest quality of the non-animal proteins, soybeans also go into seasonings like *miso* (fermented bean paste), are used for sauces and dressings, and are consumed almost daily in the form of *miso* soup.

Buddhist priests centuries ago developed a nutritious dietary regimen using no animal proteins at all, called *shojin ryori*. Similar to the haute *kaiseki* cuisine, *shojin* cookery consists of many dishes, including rice and soup, with ingredients varying according to season. Instead of meat or fish, light cakes of wheat gluten and soybeans—including tofu—are prepared in ingenious ways. One popular and fashionable restaurant in Tokyo, for instance, has a huge menu divided into "meat," "fish," and vegetables, listing items such as "shrimp," "steak," etc. Thanks to clever seasonings, many of the items actually look like their namesakes—and taste like them too!

Besides rice and a protein main dish, Japanese meals generally

include some vegetable side dishes. Typical is *sunomono*, or vinegared vegetables. The vinegar in the vegetables is valuable for alkalizing the blood and other body fluids. In the case of *sukiyaki* or *shabu-shabu*, vegetables are cooked along with the beef. Then there is *nabemono*, or a hot pot cooked at the table. It may include fish, shellfish, leeks, carrots, Chinese cabbage, Japanese radish, a gelatinous vegetable that is excellent for digestion known as devil's tongue, *shiitake* mushrooms, and perhaps some chopped chicken. Such a dish is sure to cover most of your nutritional needs.

Oil is not eschewed in Japanese cooking, but is limited to vegetable-derived varieties like sesame and safflower. Vegetable oil is used, for instance, in *tempura*, deep-fried fish and vegetables.

Japanese cuisine places a great premium on appearance. (American diet centers often use the same principle—creating an attractive-looking spread, served on smaller plates, to fool the mind into thinking the meal is a hearty one.) Yet more often than not, a Japanese meal is not only attractive to the eye, but truly *is* filling, because rice and vegetables are served. The haute cuisine of Japan is *kaiseki*, a multiple-course dinner in which what seems to be a never-ending stream of foods is served on small lacquered dishes, artworks in themselves, by well-comported waitresses in kimono. A large "family-style" plate from which everyone eats is seldom used except in the countryside.

Note: One major failing of Japanese cuisine is the over-reliance on soy sauce, *miso*, and other high-sodium seasonings. Be sparing in the amount of salt you use, by substituting low-salt soy sauce, and reducing or eliminating the amounts of salt called for in recipes.

So, to sum up, Japanese food can be the ideal food—rich in nutrients, low in calories, it pleases the palate without putting on pounds. (A list of common Japanese foods and their nutritional components is included at the back of this book.) Another important benefit is that Japanese food is easily digested.

The mysterious qualities of "diet" tea It's no secret the Japanese, like most Asians, love tea. Coffee shops, which seem to dwell on every street corner, nook and cranny in Japan, always include milk or

lemon-flavored tea on their menus. Visitors to one's home or office can expect to be offered a cup of green tea, or, in summer, some chilled *mugi-cha*, or barley tea. Women continue to study the ancient art of tea ceremony, where a special powdered green tea is prepared. Ice cream shops serve green-tea-flavored varieties and vending machines always stock hot or cold canned tea next to the colas.

So-called slimming teas have gained popularity in Japan, especially among women, as a weight-loss aid. A special tea known as *polei* is valued both for its appetite-suppressing and diuretic properties by those trying to shed weight. Although the idea is controversial, some advocates contend *polei* tea is also useful in reducing triglyceride, the body's fatty tissue. They also claim *polei* tea helps reduce high blood pressure and suppress allergic reactions. Tea in general is grouped into six basic varieties, according to how long it is fermented: Green, white, blue, red, yellow, and black. *Polei* falls into the black tea group, which has been fermented the longest.

Only recently have Japanese women started to fret about their weight, and turned to *polei* tea for help in dieting. One of the main advocates of this tea is Dr. Eiroku Hayashi, a lecturer at the Tokyo University School of Medicine. Dr. Hayashi also serves as chief physician for the Japan Sumo Association. His job is a formidable one-supervising sumo wrestlers as they put on hundreds of pounds, and then, once they retire to coaching careers, helping them reduce their girth. The difficulty of this task cannot be overrated. After years of eating to compete, many competitors find it impossible to exercise self-control at the table, though doing so is literally a matter of life and death. Since most of them are unable to stick to any kind of diet, Dr. Hayashi developed a regimen of *polei* tea that helps put them on the road back to health and fitness. The key to their success in returning to pre-training weights is this "diet" tea regimen. (Note that the regimen must be accompanied by a monitoring of blood cholesterol, triglyceride, and uric acid levels.) Significant results are visible within six months, the tea having helped somehow to suppress those larger-than-life appetites.

Dr. Hayashi's clients are not only sumo wrestlers, but come from all walks of life. He claims they have all achieved success in losing weight, and in some cases in controlling diabetes, high blood pressure, or

allergy, by drinking *polei*; tea.

How a sumo wrestler slimmed down just by drinking *polei* tea

	<i>Before drinking tea</i>	<i>3 months later</i>	<i>6 months later</i>
<i>Height</i>	5'8"	no change	no change
<i>Weight</i>	330 lbs.	325.6 lbs.	316.8 lbs.
<i>Cholesterol mg/dl*</i>	290	286	250
<i>Neutral fat mg/dl</i>	416	374	355
<i>Blood sugar mg/dl</i>	141	136	132
<i>Uric acid mg/dl</i>	10.6	10.3	10.3

Urea nitrogen

mg/dl	21	22.3	19.5
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HDL-C** mg/dl	22	26	32
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* milligrams/deciliter ** High-density lipoprotein concentration (a type of cholesterol) should be at least above 45; ideally at 60.

Note: The sumo wrestler did not change his food or eating habits except for drinking the tea on a daily basis. After six months, although his weight loss is not significant, his lowered cholesterol and raised HDL levels are quite impressive.

Polei (or bo-lei) tea, also known as *pu-erh* tea in Mandarin, is available in most Chinese food stores and in some delicatessens. Instructions for use can be found on the package in English.



Exercising for weight loss

Of course, dieting is only the first step on the road to losing weight. The other key component to success is exercise. Exercise improves the ability of the blood and lymph fluid to carry nutrients to the cells, where they are needed. And exercise is also a means of controlling the metabolism. By exercising, the body's ability to build muscle is improved.

In sedentary people, this process is handicapped, and the body is more likely to convert food into fatty tissues instead.

Try to plan exercise for at least one hour before lunch or dinner. Too early in the morning, and the body just isn't ready for heavy exertion. Too late, and it interferes with sleep. Try to stretch in the morning but save the real activity for when you are fully awake and your stomach is empty.

Working up a sweat is proof that your regimen is working, and taking a Japanese-style intensive bath is another way to get the glands going. Before getting into the bath, stretch and drink a glass of water. The bath should be hot, and deep enough to cover your shoulders when you are seated, or it can be up to your chin, if you want to do it the Japanese way. Stretch your arms, legs, and especially stomach, where fat tends to be concentrated. Outside tub (or in the shower), scrub thoroughly, to remove all the dead skin, then get back in tub to stretch back muscles, waist, and legs. (For more details, see Chapter 5.) Center your diet on easy-to-digest carbohydrates the days you exercise, and save meat dishes for the days you aren't working out.

Remember that your workout should last longer than 15 minutes, since the body doesn't start burning stored fat until then. And make sure you get regular exercise—at least every other day is ideal. Don't overdo it, but adopt exercise that works the entire body, like: —TV or video calisthenics for 20 minutes: burns 60 calories —Running for 15 minutes: burns 80 calories —Dancing to music for 30 minutes: 120 calories —Walking (briskly) for 45 minutes: 130 calories

Think positive: Be thin

Exercise and diet are essential to a successful weight-loss regimen, but don't stop there. You've got to think positive: you are a worthwhile person with qualities that people respect and admire. Focus on the good parts, and it will be easier to treat your body with respect. Learn to obey the appetite control center in your brain that tells you, in no uncertain terms, when you are full. Don't fight yourself!

Watch people at a party. Overweight people tend to load up on food, no matter how high the calories or fat content. They never seem to be

able to put down knife and fork. If you think thin and just take a bit of everything, you should be able to retain self-control, even when there is a smorgasbord in front of you. (And by the way, do yourself a favor and avoid as much as possible all-you-can-eat situations and restaurants, or you *will* eat all you can. Also, make sure that you don 't sabotage yourself by keeping goodies in the fridge at home. Stock it with vegetables and fruit instead.)

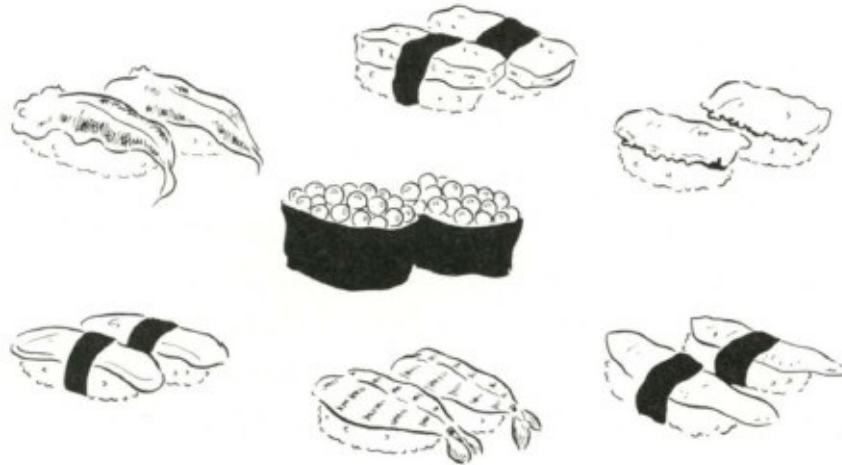
Love and losing weight

People in love seem to undergo a physical transformation, and it's for real. Being involved in a romance induces greater secretions of female hormone in women, male hormone in men. Instead of thinking about food, each worries more about his or her appearance. Couples also tend to chide each other about one another's personal habits. An absorbing job, particularly one that forces you to appear in public, or even a hobby that requires great concentration, can have a similar distracting effect and perhaps give you the extra incentive to stay away from snacks.

And finally, sushi

Sushi is composed of slices of raw fish, and occasionally vegetables or a small omelet, that are placed onto palm-sized rice balls seasoned with vinegar, sugar, and salt. The rice balls may also be rolled in *nori*, or dried laver.

Sushi bars have become a staple in many countries, and it is commonly believed that raw fish on rice is dietetic. Well, yes and no. More than half the calories from sushi come from the rice ball, so if you're trying to slim down, cut the rice ball in half, or give it to someone else. The bulk of the nutrients, at any rate, are in the topping. And you can take reassurance in the fact that sushi gourmets actually prefer sushi with less rice.



Don't order any of the side dishes, such as teriyaki chicken. And do order plenty of vegetables on the side.

Fish used in sushi include tuna, bonito, yellowtail, salmon, sea bream, halibut, abalone, cod roe, salmon roe, herring roe, sea urchin, octopus, cuttlefish, and shrimp. These are rich in bodybuilding and heart-disease-preventing protein. If you are concerned about cholesterol, stick to lean white fish.

The virtues of seaweed, as mentioned earlier, are many. The seaweed jacket around your sushi is high in iodine, good for preventing gray hair and anemia. And again, at no expense to your waistline, because the caloric value of seaweed is nil.

Sushi may also contain *natto*, or fermented soybeans. Rich in alkaline, *natto* takes a bit of getting used to-the smell turns a lot of people off-but its nutritive features commend it.

Blood analysis

Blood is the source of life. Clean blood is essential to health, and good nutrition is the key to this. To maintain health, we need to keep a close watch on cholesterol levels, blood sugar, and blood pressure.

A system for assessing one's health through blood cell analysis has been developed, allowing patients to examine their own cells on a video screen. Evidence of lack of exercise, or bad eating and living habits will show up, enabling the patient to alter his or her routine before disease

strikes. Check with your doctor to see if this analysis system is available in your area, and if it is, try it.

Substituting good habits for bad

You can alter your eating regimen without throwing out the foods you love, by making a few adjustments. Good tasting, low-calorie foods can be prepared by careful cooking methods.

Bad choice:

A sirloin steak with fat trimming, sauteed carrots and peas, fried potatoes, and tomatoes.

—Sirloin with fat (7 oz. or 200 grams) = 400 calories —Carrots (8 oz. or 224 grams) = 50 calories —Fried potatoes (4 oz. or 112 grams) = 250 calories —Tomato (4 oz. or 112 grams) = 25 calories —Peas (4 oz. or 112 grams) = 50 calories —Butter (1 tablespoon) = 100 calories
TOTAL = 875 calories

Good choice:

Same dinner, except...

—Sirloin with fat trimmed away, or round of beef, or fillet (3.5 oz. or 100 grams) = 200 calories —Carrots (4 oz. or 112 grams) = 25 calories —Mashed potatoes without butter (4 oz. or 112 grams) = 100 calories —Tomato (4 oz. or 112 grams) = 25 calories —Peas (4 oz. or 112 grams) = 50 calories
TOTAL = 400 calories

Bad choice:

Fried trout with butter sauce and potato —Rainbow trout (5.25 oz. or 150 grams) = 200 calories —Baked potato (1 medium) = 100 calories —Pimento (.35 oz. or 10 grams) = 20 calories —Butter (1 tablespoon) = 100 calories —Oil for frying (1.4 oz. or 40 grams) = 370 calories
TOTAL = 790 calories

Good choice:

Grilled trout seasoned with salt and lemon, grilled tomatoes —Rainbow

trout (5.25 oz. or 150 grams) = 200 calories —Tomatoes (2 small; 8 oz.
or 224 grams) = 50 calories
TOTAL = 250 calories

As you can see, smart substitution can reduce your caloric load substantially, while retaining vital nutrients. Now, here are some examples of substitutes that, for the same volume, pack half as many calories. Why not give some of these a try?

Instead of PORK LOIN, use the white or breast meat.

Instead of BACON, use ham loin.

Instead of SAUSAGE, use boneless ham.

Instead of BREAST MEAT, use tofu.

Instead of SALMON, use water-packed tuna.

Instead of SIRLOIN, use beef round or fillet.

Instead of FRIED POTATOES, try baked potatoes.

Instead of CAKE or COOKIES, eat fruit.

Instead of a SOFT-DRINK, have mineral water.

Instead of SOUR CREAM, use yogurt.

Instead of WHOLE MILK, drink skim milk.

7 Your one-week total beauty program

Up to now, you've heard lots of advice on how to care for yourself inside and out. If sifting out the essentials seems difficult, remember the important thing is to approach beauty as a holistic, or total, challenge. Makeup is only one facet, and no amount of sexy eye shadow or luscious lipstick can disguise a neglected body. Your emotions, your diet, physical fitness, and cleanliness are each as essential to beauty, and perhaps more so. This is true no matter whether you plan a head-to-toe makeover, spot improvements, or even if you love your appearance the way it is now keeping those looks takes work!

"But I'm too busy to get involved in a beauty program." Granted, the demands of work and family can leave precious little time for breathing, much less worrying about beauty care. The key to a successful program is to keep it simple, and to *keep it up*, even in a stripped-down form. Once you see the results, you'll know it was worth it.

Below you will find the elements of beauty care condensed into a set of programs. Select from them throughout the week, and you've got a prescription for total beauty care. A suggested one-week beauty program is given near the end of this chapter.

The programs

Wakeup program

For a slow, but sure start in the morning: Lying in bed, inhale deeply and stretch every inch of your body, from the fingertips to the toes. Repeat three times.

Now that you've summoned your physical side, it's time to get the mental side awake. Relax, and ponder the infinite possibilities ahead. What great events will happen to you-are you going to make happen-today and during the rest of this week? How about trying a new sport with a new friend? Sharing a favorite activity with an old buddy?

This week's resolution: You will not let life get you down, no matter what. You 'll deal with the problems you can control, and you won 't dwell on the negative events that trip up everyone once in a while. Resolve to relish life to the fullest.

Know-your-skin program

Skip the makeup today. You and your skin are going to get re-acquainted. You 'll need to study your skin, warts and all, so leave off the color and carefully note any changes throughout the day. Observe how the condition of your complexion varies from morning to noon, and at night. Note the effects of temperature, humidity, eating and drinking. Keep a notebook where you record the changes, and note at what time of day your skin looks its best. Also make a note of any problem areas (blemishes, flaky skin, new wrinkles) that you find.

Today, review your cleansing routine. Is it too harsh? Too slapdash? Do you always take care to rinse off all the soap or cleanser with lots of clean water? Take time to plan and practice a careful cleansing routine that you can memorize and do with your eyes closed from now on.

Bathing program

Before dinner, take a leisurely bath. Scrub off the old skin, using the Maeda Method described in Chapter Five. Try to recruit a partner to get at the difficult-to-reach places. Finish with the Three-Minute Shape-Up (page 133).

Eating program

We need a degree of subcutaneous fat to regulate body temperature, and strengthen us against disease and injury. Without a fat layer, we'd wrinkle much more quickly. But too much fat is also a problem.

Are you overweight? Carrying too much fat is not only unattractive but unhealthy as well. Unless you are suffering from a hormone imbalance, kidney disease, high blood pressure, or other illness, there is no physical

reason for you to weigh any more than what is normal for your size. But there are many psychological reasons that can lead to overeating; worry is one, stress is another. Just remember that "stressed-out" leads to "pigging-out"! Weight control is another reason to maintain a positive outlook and keep your mind as calm and free of worry as possible. Stress helps make you fat! When you're under stress, the pancreas secretes insulin, which triggers a sensation of hunger. You eat, feel guilty, and set off still more cravings, eat more, and continue on a destructive merry-go-round.

Get off the merry-go-round of bingeing, and set a *strict* meal schedule.

Breakfast (7-8 a.m.) = 200-250 calories. Eat slightly less than you want, but don't forget to include a glass of milk or dairy equivalent, since protein and calcium are beauty musts. Including whole grains at breakfast is one excellent way to energize yourself for the rest of the day.

Lunch (12-1 p.m.) = 500-600 calories. Make it the most substantial meal of the day. (Think of the European style of eating a full-course meal around midday.) And if you absolutely must have cake or chocolate, this is the time to indulge, since your physical activity during the rest of the day will help to burn off the calories.



Dinner (5-6 p.m.) = 400 calories. Again, eat slightly less than desired. Avoid all heavy, fatty foods (and if you feel terribly deprived, remind yourself that you can have them for lunch the next day!).

Try:

- Not to snack
- Not to miss breakfast and lunch
- To eat less if you lead a sedentary life —To eat "Japanese-style," that is, lots of small portions to ensure a balance of nutrition and help curb

overindulging, dessert only rarely, with high-quality carbohydrates making up the largest portion of the meal

Exercise program

Hard exercise often leads to frustration and quitting. We offer a 15-minute-a-day barebones program that concentrates on streamlining your figure and strengthening the abdominal muscles, back, and thighs. Relax, and make it an automatic part of your day. And try to get a friend to join you-friendly competition often makes the going easier.

Warmup:

1. Lie down, with your arms stretched over your head. Tense from the fingertips to the toes. Flatten your stomach for eight counts. Relax, then tense again to the count of eight. Do three sets on your back, then three more standing.

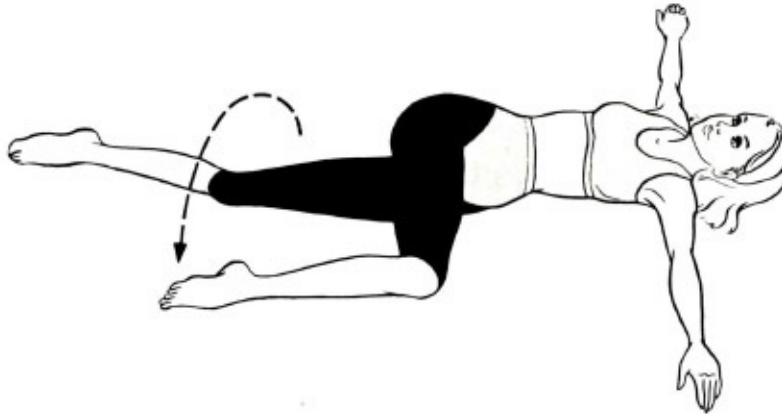


2. Interlock the fingers of both hands, turn the palms out, and raise over your head. S-t-r-e-t-c-h as long as you can. Do three sets.



Abdominals:

1. Lie on your back, with your arms extended at right angles to the torso. Bending the left leg, raise the right up and over, to the opposite side, so that the knee comes to rest on the floor. Try to keep your right shoulder on the floor; hold for a few seconds. Do three sets, then switch legs.



2. Still lying down, keep your arms at your sides, and lift your head as high as possible. Raise your legs 15 to 20 degrees off the floor, and hold for eight counts. Do three sets, with legs together, then three more sets, scissoring the legs on each count.



Back:

1. Still on the back, place your arms slightly away from the body, palms down. Bend at the waist and pull your straight legs over your head, to rest the toes on the floor beyond your head. Keep the legs straight, and hold for at least eight counts.



2. Now bend the knees, and flatten the stomach. Raise your derriere off

the floor, and hold for eight counts. Do three sets.



3. Too easy? With the hands facing forward and palms down, raise your entire torso off the floor, and hold for eight. This also works the abdominals.



Thighs:

Find a chair with a back high enough so that one of your legs can rest on it perpendicular to your body. Make sure your leg is stretched. Now, standing facing the chair, lift one leg up from the floor to the back of the chair, and then bring it down again. Do 20 to 30 leg lifts on each side. Too hard? Use a lower leg rest, like the seat of the chair.

Derriere:

1. Grasp a chair or wall at waist height, and kick the leg backwards eight times. Repeat with opposite leg.



2. Lie face down, with the arms folded underneath the chest and neck extended. Raise one leg and hold; repeat with second leg. Do three sets.

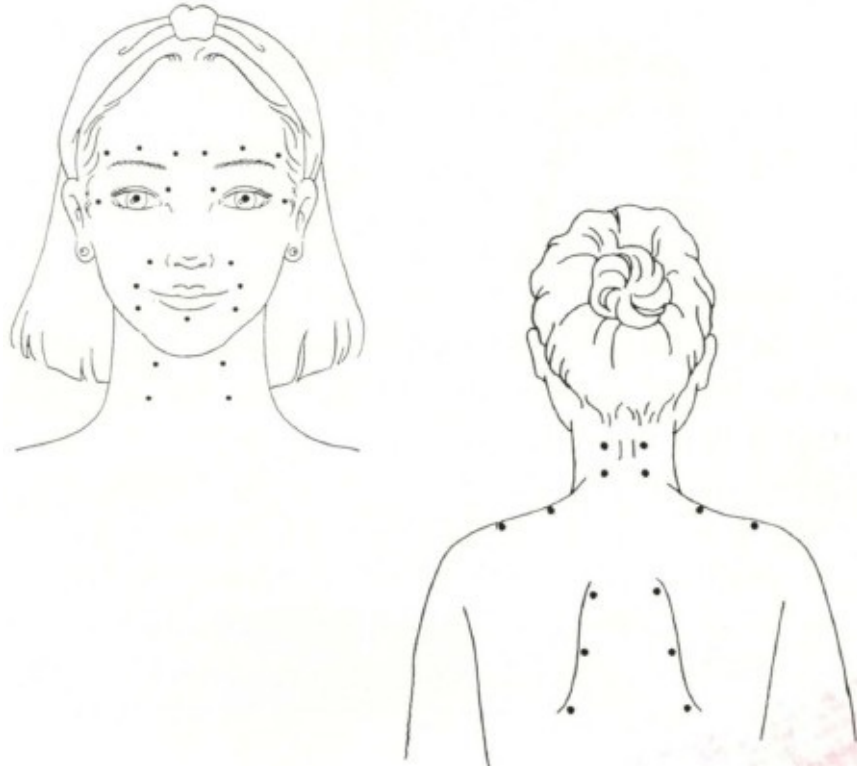


Massage program

Face. The massage should take about three minutes each evening, and can be done together with some other passive activity, like watching TV or taking a bath. A mirror isn 't necessary.

Body. About 10 to 20 minutes after bathing, with or without a partner, focus on the *tsubo* points, kneading and stretching the muscles from the head down to the toes.

Tsubo Points



Makeup program

After determining your skin type, you need to reconsider which cosmetics are best for you. This is a chance to review and revamp your makeup regime. Gather all your makeup together, sit down in front of a mirror, and consider... (be ruthless!) —Is your foundation effective for your skin type, in terms of color and ingredients?

—How many colors for lips, eyes, and cheeks do you own? Do you actually use? Are there flattering shades that are missing from your palette? Throw out the colors that don't work for you, and invest in ones that do.

—Are your eyebrows the right shape for your face? Scrutinize your eyebrow pencil. Does the shade match your coloring and your desired image? Is it easy to use, neither too hard nor too soft, but resistant to breaking, and not harmful to your brows?

—How about eyeglasses? Hair? Wardrobe? If you're bored with your accessories or if they don't make you feel smashing, change them. - And finally, if you have any old makeup that you don't wear, throw it out NOW.

A sample one-week total beauty program

Use this suggested program to build one that suits your needs and taste. Don't forget to make time for jogging, an aerobics or dance class, a round of golf or tennis, a trip to the pool, or whatever suits you.

Get in the mood for making over. To get yourself in the right frame of mind for a complete makeover, stand in front of a full-length mirror. Which part do you like best? No matter how much work we need, there's always something-great eyes, attractive hands, beautiful hair-that is fine as is. Find it, and smile. Your goal isn't to look like a fashion model, but to play up and refine your natural features. Learn to like yourself, and revel in the improvement you'll experience along the way. Next, look at any "problem" areas, and resolve here and now not to worry about them, but rather to focus on things you can do right now, like improve your posture, re-style your hair, "think thin," exercise a little every day-or just get into a healthy, positive frame of mind!

Now, set aside a week in which you will devote yourself to practicing and experimenting with beauty care. Try to start on a day when you have time to yourself, like a Sunday.

To prepare for your beauty week, do the following:

1. Stock your bathroom with everything that you'll need to get clean and beautiful-bath and shower gels, scented soaps, a long-handled brush, pumice stone, exfoliating facial mask, moisturizer, thick, thirsty bathtowels, and a pretty robe.
2. Clean out your fridge! Get rid of *all* junk food, fattening food, and old leftovers, and stock it instead with mineral water, raw vegetables, and fruit.
3. Put together a comfortable and colorful workout outfit, such as stretchy shorts and a bright T-shirt, or a leotard and sweatshirt. Invest in a headband or covered elastic to pull back your hair with.
4. Have some favorite music on hand to work out to, or buy a hot new tape or record that can become *your* inspiration music... Get psyched!

One week to total beauty

Program	Special Instructions
Sunday a.m. <i>Wakeup</i>	Wake up slowly, luxuriating in the possibilities of a new week and a new you. Relax, ponder or meditate, think positive, and psyche yourself for rolling into action.
<i>Know-Your-Skin</i>	Remember, today the makeup is off, to give yourself a chance to witness firsthand the changes that take place throughout the day. Take time also to familiarize yourself with your skin type.
<i>Exercise</i>	If going it alone isn't your style, join a class, or a fitness club, or enlist a friend to get you motivated. One rule: Make it an activity you truly enjoy and have regular access to, to prevent a good intention from remaining a one-time fling!
Sunday p.m. <i>Eating</i>	Check to see which foods are in season, which are easy to prepare and to your liking. Compose your menus for the coming week.

Makeup After cleaning out your collection, work on developing a makeup routine that is simple, truly flattering, and that maintains your skin in tip-top condition.

Bathing If you've never known anything but Western-style baths, this will be your introduction to the delights of Japanese bathing. Try cleansing in the shower first, then filling the tub with scents and herbs if desired, for a long idyll. Include a few minutes of massage while you soak. (Bathe one hour before dinner Or no sooner than one hour after eating.)

Massage Get used to leaving a few minutes free every night before bed to work those tsubo points, and knead away the stiffness.

Monday a.m. *Wakeup*

Breakfast (glass of milk or dairy equivalent; slice of bread, egg, tomato)

Exercise

noon

Lunch (protein-oriented; meat, fish, or vegetarian equivalent, vegetable)

Monday p.m.

Massage

Experiment with a new skin-care regimen.

(face)
*Bathing (15-
20 minutes
before bed)*

Light dinner (main course of grilled tofu
with seasoning)

**Tuesday
a.m.**

Wakeup

After you wake up, try splashing your face
10 times with cool water. Invigorating!

Exercise

Follow the program you set up on Sunday.

noon

Lunch (carbohydrate-oriented; rice/bread/
spaghetti, vegetable, corn soup)

p.m.

Light dinner

*Exercise
Massage
(face)*

Bathing

How about trying some additional
stretching exercises in the bath tonight?

**Wednesday
a.m.**

*Wakeup
Exercise*

Set aside the morning to experiment with
new hairstyles!

noon

Lunch (protein-oriented; tofuf*tempura*, salad)

p.m.

Exercise

Light dinner

*Massage
(face)*

Bathing

Tonight, try meditating in the bath for 5 minutes.

**Thursday
a.m.**

*Wakeup
Exercise*

Wake up to music! Put on your favorite record while you workout.

noon

Lunch (carbohydrates; stir-fried rice, veggies)

p.m.

*Exercise
Massage
(face)*

Bathing

Take an exceptionally warm bath tonight, and you'll sleep like a baby!

Friday a.m.

*Wakeup
Exercise*

noon

Lunch (protein; chicken/ beef, vegetables)

light beer or 3.5 oz. sake, or a small glass of white wine.

Bathing

Tonight, go all out and add some fragrant herbs or bath salts to your bath water, then soak until you feel silky and relaxed. You're beautiful!

Extra tips

Life can be hectic, but just this once, spend a week where *you* are firmly in the driver's seat. Avoid heavy foods and stick to low-calorie dishes that you can eat in quantity like vegetables and fish. Strive for variety in what you eat.

Always, always clean your face thoroughly, as soon as you get home every day, to ward off wrinkles and spots. Follow with a bath before you go to sleep, and don't forget nourishing cream. Try to get to bed early.

Total time elapsed for your daily regimen should be about 40 minutes: 15 minutes for exercise, 20 minutes for bathing, and 3 for massage. Add time for makeup in the morning and cleansing at night, and your routine should not take more than about one hour a day.

Traditional Japanese beauty secrets

While there is no denying the effectiveness of modern skin-care methods (and I swear by them), the virtues of traditional, *natural* beauty secrets cannot be ignored. The wisdom of the past is continually being rediscovered by "modern" science, so take a tip from famous Japanese beauties of the past, and try some of their "secret" beauty techniques and preparations.

For ultrasmooth skin: Nightingale droppings

Since the beginning of the seventeenth century in Japan, the dried and powdered droppings of nightingales have been used as a facial treatment to smooth and condition the skin. Famous, aristocratic beauties with complexions like creamy porcelain used it on a monthly basis.

The droppings used to have a strong scent, but modern versions have been deodorized. Their beauty-giving property is an enzyme that resolves deposits such as fat and protein found in old skin, therefore making it smooth, white, and fresh-looking. Available in certain specialty stores and some department stores in Japan, the droppings come in a small packet, already powdered for you. Mix with a little water to make a pack for your face, or simply wash your face with the powder and soap.

For super-clean, clear skin: Adzuki bean powder

If you have a muddy complexion, you may want to try washing with a powder made from the adzuki bean. This small red bean has been cultivated for over 2,000 years in the Far East, and was originally introduced to Japan from China. The bean contains an ingredient called *saponin* that functions as an especially effective cleansing agent. Skin becomes clear and white with regular use, but since the bean's powder is not stimulative, no irritation develops. The powder can be found in Oriental food stores.

For all-over beautiful skin: A *nuka* (rice bran) bath

Rice bran is removed from the original rice husk when it is refined into white rice. Since it is alkaline, it makes an excellent pore-cleanser when gathered into a small cotton bag and allowed to steep in a hot bathtub. And because the rice bran contains B-complex vitamins and vitamin E, it helps to strengthen your skin and make it blemish-free. Rice bran (*nuka*) is sold at rice shops in Japan, or at most health-food stores in the West.

For instant relaxation: *Hinoki* (Japanese cypress)

Bathtubs fashioned from *hinoki* wood have been prized in Japan since ancient times—both for their natural beauty and for their fresh forest scent which puts the bather into a relaxed frame of mind. But women

have long known that *hinoki* also contains an ingredient called *hinokitiol*, an oil exclusive to this wood, that helps to smooth the skin and relax the mind. Today, *hinokitiol* is used in the formulation of some cosmetics, and extracted or powdered *hinoki* is used as a bath powder to relieve stress in aromatherapy. Available at health-food stores.

A unique beauty food: *Konnyaku* (Devil's tongue)

Konnyaku is a unique food made from the paste of the arum root, which is a member of the potato family. It contains a sap known as glucomannan that is good for curing constipation. *Konnyaku* has no calories and practically no flavor, so it can be cooked with other foods or with spices to take on their flavors. Although it is basically a vegetable from the earth, in its natural state it looks tuberous and smells a bit like a sea plant. *Konnyaku* contains a great amount of dietary fiber, so it is especially good at "scrubbing" the large intestine, thus helping to prevent various illnesses. It also expands in the stomach, giving a feeling of fullness without calories, so it is a perfect diet food. This amazing plant can also be made into a loofah-like material that is used to scrub and smooth the skin.

Banish gray hair with *umeboshi* (pickled plum)

Umeboshi is a small Japanese plum that has been eaten by the Japanese for centuries. It is an alkaline dietary food that helps to prevent hair from turning gray. To make *umeboshi*, first dry green plums in the sun until they are well softened. Then, put plums, red perilla (which contains a lot of vitamin C), and salt into a jar, and let it all ferment for several weeks. Eat plain or as a condiment with a main course. *Umeboshi* are also sold in grocery stores and department-store food sections in Japan, or at delicatessens in the U.S.

Twenty-four essential beauty habits

1. Every morning, stretch before you get out of bed to help the body wake up.

2. For breakfast, drink skim milk instead of whole, eat whole-wheat bread instead of white, and have fresh fruit instead of powdered juice mix. Take vitamin supplements, or at least extra vitamin C.

3. Never leave the house without brushing your teeth; keep a toothbrush and toothpaste in your bag or in your desk at the office-brush after every meal.

4. Walk, instead of riding the bus; take the stairs instead of the elevator.

5. Walk to work in low-heeled, comfortable shoes, or tennis shoes; put on heels once you reach the office. Rotate the shoes you wear on a daily basis. Follow the Japanese custom of removing shoes as soon as you come home and wear slippers indoors-your feet will thank you!

6. Keep a bottle of mineral water in the house or on your desk, and drink it all during the course of the day. If you must drink coffee or tea, try using a Japanese tea cup-it holds about half the amount an American mug does!

7. Get a good haircut at least every two months; take time out every afternoon to comb your hair and "freshen up."

8. Never, ever leave the house with chipped nail polish: repair immediately.

9. Every season, reconsider your makeup colors: what worked with a summer tan won't work with winter-pale skin. At the very least, change your lipstick and blusher colors.

10. Once a month, do a breast self-examination, and check your body in front of a full-length mirror for moles.

11. Once a month, deep condition your hair, and change the part so that your hair gets a fresh "lift," avoids that flat look.

12. Brush your eyebrows and apply vaseline or gel to keep them neatly in place; pluck stray hairs as soon as they appear.

13. Remove unwanted facial hair religiously and de-fuzz underarms and legs as required.

14. Throw out your synthetic underwear and buy cotton or silk panties.

15. Breathe slowly and deeply, drawing breath down into your stomach and then expelling air slowly.

16. Take a "stress break" every day—a brisk 10-minute walk, a swim, or, if you are at an office, stretch at your desk, then relax your body by untensing muscles beginning from the face and then moving down through the shoulders, hips, legs, feet. If possible, get a *Shiatsu* massage once a week.

17. Do not cross your legs for a long time: it's bad for circulation. Instead, try to sit with your tummy pulled in, knees parallel. If you observe Japanese girls on the subways in Tokyo, you'll notice that they rarely cross their legs.

18. Be kind to tired feet: place under cool running water, then massage soles and toes. Use a pumice stone to remove rough spots, corns; finish off with a rich emollient cream.

19. Once a week, lather hands and feet with cream, pull on cotton socks and gloves, and then go to bed. When you wake up in the morning, you'll be amazed at how soft and lovely your hands and feet have become. Japanese cotton *tabiare* especially useful for wearing on your feet when you do this.

20. Always eat a light dinner, and have only fruit for dessert in the evening.

21. Get into the habit of using lip balm every day during the winter.

22. Take a nightly bath, and use a rough washcloth (or loofah) to exfoliate old skin. Afterward, apply a rich body cream while skin is still damp.

23. Massage fine lines regularly once they appear using *Shiatsu* techniques.

24. Remove all makeup and wash face every night without fail before going to sleep.



A personal note

The advice offered on these pages is the result not just of my experience consulting for thousands of skin-care patients, but is distilled from the pages of my own life. I am blessed with a fulfilling work and personal life, a steady companion, two affectionate children, and friends to play golf with or meet over a few drinks. It wasn't always this way. I have survived a near-fatal car accident, a serious illness, and a divorce. These trials taught me that having a positive attitude, staying active, and taking good care of myself were necessary for beating the blues.

Foreigners have spent countless years trying to unravel the mysteries of Japanese management and master the techniques of Japanese business. But the West has yet to explore the health and beauty practices that have helped to make the Japanese among the longest-lived (and most youthful-looking) peoples in the world. Perhaps it is time to do so.

Is this to say that Japan has all the answers when it comes to health and beauty? Of course not. But my hope is that some of the advice

offered here can fill out *your* personal care regimen. Good luck, and here's to your beautiful future!

前 田 久 代
Hisayo Grace Maeda

Appendix

Some Japanese foods: a nutritional breakdown

Note: All amounts except calories (kcal) expressed in grams.

FOOD	Calories	Protein	Fat	Carbo	Fiber	Calcium	Salt
Shabu Shabu 1 serving	379.50	28.20	26.01	11.44	4.34	77.85	3.80
<i>Sukiyaki</i> 1 serving	600.35	39.50	35.71	27.39	3.35	261.07	3.20
Mackerel (grilled) 1 serving	158.40	20.57	7.59	0.11	0.0	72.25	2.9
Sushi (red shellfish) 1 piece	61.18	2.52	0.23	11.61	0.11	4.87	0.10
Sushi (squid) 1 piece	61.24	2.51	0.28	11.48	0.11	2.75	0.30
Sushi (cod roe) 1 piece	157.10	5.01	0.64	32.13	0.36	7.30	1.0
Sushi (<i>dried bonito</i>) 1 piece	152.72	3.93	0.55	32.27	0.36	6.8	0.3
Sushi (cucumber roll) 1 piece	103.39	30.5	0.91	21.20	0.72	27.85	1.20
Sushi (tuna) 1 piece	66.94	3.78	0.32	11.48	0.11	1.45	0.3

<i>Tempura</i> (shrimp) 2 pieces	72.75	6.16	2.55	5.25	0.17	18.04	0.6
<i>Tempura</i> (pumpkin) 1 piece	82.96	1.65	4.68	7.68	0.93	9.69	0.4
<i>Tempura</i> (vegetable) 9 pieces	466.07	12.69	11.70	75.37	6.59	122.87	236.8
<i>Tempura</i> (assorted) 1 serving	485.91	26.04	23.10	38.14	88.23	0.0	2.5
<i>Mi so soup</i> w/tofu 1 cup	52.17	3.93	2.4	3.21	1.15	51.47	1.8
Miso soup w/ <i>wakame</i> seaweed 1 bowl	34.83	2.61	1.02	4.12	1.32	35.75	2.4
Tofu, plain 1 serving	127.72	11.99	7.53	2.37	0.09	184.54	1.9
Pickles (cucumber) 1 serving	5.1	0.48	0.06	0.75	0.54	8.70	0.84
Noodles (<i>udon</i>) w/fried tofu 1 serving	425.49	15.36	13.07	55.76	1.08	139.0	5.2
Noodles (instant) 1 cup	351.75	9.38	16.13	42.23	0.45	28.50	2.85
Buckwheat noodles (<i>soba</i>) 1 serving	417.61	15.91	9.62	65.06	1.39	95.39	4.7
Ramen noodles (Chinese-style) w/soysauce flavor 1 serving	444.16	20.73	5.1	74.19	2.84	60.57	6.4
Rice, white 1 bowl	192.4	3.38	0.65	41.21	0.39	2.60	0.01
Rice cracker 1 piece (7 grams)	26.6	0.56	0.1	5.85	0.06	0.42	0.1
Sake 180cc	137.5	0.63	0.0	6.25	5.00	0.0	0.01
Green tea 1 cup	0.0	0.11	0.0	0.11	0.0	2.20	0.01
Soy sauce 10cc	5.80	0.75	0.0	0.71	0.0	2.10	14.00

A typical, modern, Japanese menu

Breakfast

1. Slice of toasted bread with margarine
2. One egg, sunny-side up
3. Tomato and broccoli w/salt and pepper, salad oil
4. Glass of milk
5. Fresh mandarin orange

Nutrition totals:

479 calories

20.5 grams protein

19.4 grams fat

65 grams sugar

Lunch

1. Rice
2. Chopped raw bonito
3. Chives
4. Beefsteak leaf (*shiso*)
5. Grated ginger
6. Vegetables cooked with sake, sugar, soy sauce, soup stock
7. Boiled spinach w/ground sesame-seed dressing
8. Grated yam cooked in soup stock, seaweed, soy sauce

Nutrition totals:

626 calories

41.5 grams protein

5.8 grams fat

9.8 grams sugar

Dinner

1. Rice
2. Chicken sauteed without skin, with salt and pepper, oil, soy sauce, Worcestershire sauce, bean sprouts, peas
3. Brown algae cooked with soybeans, fried tofu, soup stock, soy sauce, and sake
4. *Miso* soup with fried tofu

Nutrition totals:

680 calories

40 grams protein

25.9 grams fat

71.9 grams sugar

(continued from front flap)

through small changes in food preparation methods, how to stretch and exercise in the bathtub, how to choose makeup that is appropriate for your skin type, and how to have a real beauty sleep, every night!

Since ancient times, Japanese women have followed a lifestyle that centers on a simple, nightly bathing ritual and a low-fat, low-volume diet. Their reward has been clear, unlined skin and the world's longest average lifespan. Now, Dr. Grace Maeda reveals the traditional Japanese beauty and lifestyle strategies that can lead to lovely skin, a slim figure, and a healthier, more beautiful you.

Hisayo Grace Maeda graduated from Kyoritsu Pharmaceutical University and later obtained a Ph.D. in Health Sciences at Pacific Western University in the United States. She is now a lecturer, educator, and writer on skin and health science, specializing in cosmetic allergies. Author of several bestselling Japanese books on health and beauty, Dr. Maeda is also the director of the Cosmetics Allergy Prevention Institute.

Lucille Craft is an American journalist who reports on Japan for National Public Radio and on financial affairs for "The Nightly Business Report" on PBS; she also writes a feature column for a business magazine. A vegetarian, Ms. Craft lives in Tokyo with her husband, jazz musician Hiro Takada.



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Everyone has the potential to be beautiful. The key is to apply strategies that enable you to live longer, feel better, and look great! Dr. Grace Maeda now brings to Western lifestyles the benefits of time-honored Japanese health and beauty techniques.

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