

Seven Ways to Beat the Heat

打擊酷暑七絕招

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1) Swap sun cream for block

"Chemical sun creams absorb ultraviolet light, preventing it penetrating the skin but transferring that light's energy into heat energy, which does scatter into the skin," says Sally Penford of the International Dermal Institute. "But sun blocks — unlike creams, which are absorbed — sit on top of the skin, reflecting the light and minimizing energy absorption." Look for non-fragranced, mineral-based (titanium, zinc) blocks, and choose an SPF of 15 for the body and 30 for the face. "Avoid anything with occlusive mineral oils or cocoa butter," adds Penford. "These can clog hair follicles, cause tiny blisters and prevent the escape of perspiration — which is, after all, your body's cooling tactic."

使用物理性的防曬產品取代化學性的防曬產品

“化學性的防曬產品可以避免UV紫外線直接穿透皮膚,但是同時間他也會將光能轉變為熱能”國際皮膚組織的Sally Penford 這樣說”但是物理性防曬品,不像一般的防曬乳霜,它會待在皮膚上,反射光線並且減低熱能擴散,尋找不含香精、礦物基底(鈦、鋅)的物理性防曬品,並且選擇防曬係數15的身體防曬品及係數30的臉部防曬品,,並且避免任何有礦物油或是椰子油的產品”Penford 補充”這些產品將會阻塞你的毛孔,讓你冒痘痘,使你身體第一道抗熱功能-汗腺功能下。

2) Take a sniff

According to research conducted at West Virginia's Wheeling Jesuit University last year, the aroma of either peppermint or cinnamon can markedly decrease frustration and anxiety in hot, frustrating conditions. Aromatherapy specialists say cinnamon may work like peppermint because it's associated with Christmas and cold winters. It triggers relaxed, cooling feelings linked to that time of year. Citrus oils — mandarin, grapefruit and particularly lime — are also calming. Try three drops of pure essential oils on a tissue placed on the dashboard of your car.

聞一些香氛產品

根據去年西維吉利亞Wheeling Jesuit大學的研究,使用像薄荷或是肉桂等香氛產品,可以緩和此時的挫敗及焦慮感。”雖然是屬於熱精油,肉桂還是可以像薄荷一樣具有消暑功能,因為它的味道會讓人聯想到耶誕節及寒冷的冬天”香氛師Georgina Walker說”我想這些香氛產品可以让你放鬆、降溫且讓你聯想到比較涼爽的季节”另外柑橘類的精油,例如葡萄柚和特定的菩提樹,也能讓能平靜,Walker繼續表示。所以你可以在面紙上滴三滴基底油放在你的儀器板上!

3) Be light with hair care

In the summer, says senior hair stylist Toby Bundle, we sweat more through the head, and the scalp produces extra sebum; these secretions combine with hair products to weigh down your hairdo. "Hairspray is generally OK," he says, "but other products, such as gel, conditioner and mousse can coat the scalp and make the hair denser, so it attracts and traps heat." Instead, opt for a soft, short and broken-up or sliced summer cut, conducive to "aerodynamic" ventilation as you walk, and be sparing with lotions and potions. "Or pile long hair up on top of your head with clips to expose the back of the head and neck for heat loss," suggests Rundle.

盡量少使用過多的美髮產品

資深髮型設計師Toby Bundle說”在夏天常會造成滿頭大汗,頭皮出油的情況,而且頭皮的分泌物也常混合著我們平日使用的美髮用品,使你的髮型變的一片拉塌”

“噴霧還算可以”他表示”但是其他產品像是髮雕、護髮油和慕絲會造成頭皮上的包覆,而且讓頭髮更厚重,造成頭髮本身更會吸熱及保持熱能”他還建議”選擇柔軟、短、打薄的髮型,讓你在平日走路時頭髮也能有空氣進出,並且少使用乳液,另外用夾子將長髮夾起,露出頭後方及頸部,也是散熱的好方法。

4) Think yourself cool

According to hypnotherapist Georgia Foster, mind power can keep you calmly chilled. If being trapped on a stuffy train or waiting in a long queue for an ice-cream always makes you fume, they will continue to do so indefinitely — simply because, to you, they're conditioned, reflex reactions.

"Your unconscious mind knows no other response, and will use the same one until you give it another," she says. "Imagine yourself in an icy pool or beside a powerful fan. This visualization will be

心靜自然涼

根據催眠治療師Georgia Foster的說法,人的自由意識可以让你平靜。當你被卡在擁擠的火車或是為吃一球冰淇淋而大排長龍的時候,你常會感到焦躁不安,而且這種情況似乎不會停止,因為對你來說這些事項已經制約住你,這只是你的反射動作。”你的潛意識並不知道遇到這些事情時可以有其他的反應,而且會持續這樣下去直到你告訴它有其他的選擇”她。這樣說”想像你自己身處在冰水池或是身旁

stored as a memory and, the next time you're in the same situation, your mind will know there's another option."

5) Achieve average weight

The appeal of summer salads serves a useful biological purpose — it was the 19th-century German naturalist Carl Bergmann who first observed that the more warm-blooded animals weigh, and therefore the more metabolizing tissue they have, the greater their body's heat generation and core temperature. Numerous supporting studies since have shown the rule applies equally to humans. And the greater your size, the lower your surface area/weight ratio, hampering your ability to lose heat. "Fat layers provide unwanted extra insulation," says William Keatinge, emeritus professor at the University of London and a leading authority on thermo-regulation. "It is the overweight who are most at risk of heatstroke and heat exhaustion."

6) Avoid cold showers

It may seem an obvious and inviting therapy for sticky flesh after a long day, but a sudden cold shower or bath is far from ideal.

"If your skin gets too cold, your body will reduce blood flow to the skin's surface and shut off sweat production in a confused attempt to conserve heat — the opposite of what you want," says Keatinge.

7) Remember you live in a hot country

Those who live around the Mediterranean or in the Far East have long successfully manipulated in-house temperatures. Airing your home at the coolest time of day — around 5am or 6am — then pulling down the shutters before the mercury rises will prevent heat entering, says Keatinge. Chillies or spicy Asian meals such as curries should be on your menu, because they not only induce sweating, and thereby cooling, but also replace essential salts.

Finally, consider easing up on the anti-perspirant, as excessive use handicaps the body's heat-loss mechanism. "A few sprays under the arm are, of course, fine," says Keatinge, "but slathering it all over your body could be quite dangerous in hot temperatures."



Finally, don't forget to **SLIP** on a shirt, **SLAP** on a hat, and **SLOP** on some sunblock!

就有一個強力的電風扇,這些畫面會停留在你的記憶中,而下次當你遇到炎熱的情況時,你的腦袋就會知道還有其他反應的選擇”。

維持適當的體重

“在夏天選擇吃沙拉其實是有一個生物理由的”19世紀德國自然主義學家Carl Bergmann是第一個發現恆溫動物的體重越重,身體的代謝組織就越多,也就越容易收集熱能。很多研究也顯示,人類其實也是一樣。體型越大,皮膚表面積/體重比率就越小,這會限制住你散熱的能力。

人體溫度調節權威及英國倫敦大學榮譽退休的教授William Keatinge說“過胖的人總是有比較多中暑及熱衰竭的風險”

避免沖冷水澡

在漫長的一天過去之後沖一個冷水澡似乎是個誘人的策略,但是瞬間的冷水澡其實不是對身體的好選擇。Keatinge表示“如果你的皮膚突然降溫,你的血液循環會降低,而且皮膚上的汗水代謝組織能力會下降,影響你身體散熱,這反而是你不想要的”

永遠記得你住在一個炎熱的國家

冷的時候打開,通常是在清晨5-6點,然後在溫度上升之前關上門窗等遮蔽物,這樣就可以避免熱氣進入,除此之外,紅番椒或是咖哩等也很適合在夏天食用,這些食物可以讓你流汗散熱,並且持續讓你保持身體所需的鹽分”

最後,加強使用止汗劑會造成人體散熱代謝功能的阻礙。”一些腋下的止汗劑是沒有關係的”Keatinge說“但是如果你在大熱天將之塗滿整個身體,那就會有相當大的危險”

