

词汇: toiletries 洗漱用品

Buying shampoo can be overwhelming – there are so many **brands** to choose from, across a huge **range of** prices. Some brands promise to **repair** and **nourish** our hair, while others promise to **strengthen** and add **volume**. But are any of these claims true? Do we even need shampoo at all?

Since long before shampoo was invented – some say in India – our bodies have been producing **sebum** – an **oil-like substance**. Sebum stops our skin from getting dry, manages the health of our **scalp** and makes our hair **shiny**. But it also collects dirt, and, if left untouched for too long, sebum can cause our hair to become **greasy**. There are no disadvantages from a health perspective to letting our hair be greasy, says Eleanore Richardson, Trichologist at Fulham Scalp and Hair Clinic, but many people choose to wash their hair regularly for **aesthetic** reasons.

And so we reach for the shampoo bottle. Shampoos contain a group of **chemicals** called **surfactants**. They grab the dirt and grease from the **surface** of our hair, meaning when we **rinse** away the shampoo, we also wash away the grease and dirt. But, as Laura Waters, who's a Professor of Pharmaceutical Analysis in the School of Applied Sciences at Huddersfield University, points out, 'some surfactants work too well' and take the natural oils out of the hair, as well. More expensive shampoos may contain less **harsh** surfactants, but – adds Laura Waters – the type of shampoo doesn't really matter. 'It's on our hair very briefly and gets washed away'. It's the **conditioners** and **styling products** that we use after the shampoo that make a bigger difference to the **texture** and feel of our hair.

Of course, the more we put onto our hair, the more we need to **cleanse** it off, creating a vicious circle. So, yes, it seems we do have a need for shampoo, but we also shouldn't expect it to be a **miracle cure**. And, finally, next time you're in a shampoo aisle, remember that hair is made up of dead protein cells and that, sadly, not even the most expensive shampoo can bring them back to life.

词汇表

brand	品牌
repair	修复
nourish	滋养
strengthen	使强韧，强化
volume	数量
sebum	皮脂
oil-like substance	类似油类物质
scalp	头皮
shiny	有光泽的
greasy	油腻的
aesthetic	美观的
chemical	化学品
surfactant	表面活性剂
surface	表层
rinse	冲洗，清洗
harsh	刺激性强的
conditioner	护发素
styling product	美发定型产品
texture	(发)质，质地
cleanse	清洁，清洗
miracle cure	灵丹妙药

测验与练习

1. 阅读课文并回答问题。

1. What is sebum?
2. Is it unhealthy if our hair is greasy?
3. True or False? *Some surfactants clean the hair too much.*
4. What difference can buying a more expensive shampoo make?
5. Which affects our hair more – shampoo, or conditioners and styling products?

2. 选择意思恰当的单词或词组来完成下列句子。

1. This new face cream is supposed to _____ the skin.

grab	nourish	rinse	claim
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2. I forgot to wear a hat in the sun yesterday and I got sunburned. Now I have an itchy _____!

brand	volume	scalp	surface
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3. There are many _____ treatments to help people change their appearance, including plastic surgery and hair transplants.

repair	aesthetic	chemical	harsh
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4. We didn't want to put too many _____ chemicals on our baby's skin, so we switched to organic and herbal soaps and shampoos.

oil-like substance	chemical	styling products	harsh
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5. The doctor said there is no _____ but that a better diet and more exercise would help.

oil-like substance	styling product	vicious circle	miracle cure
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答案

1. 阅读课文并回答问题。

1. What is sebum?

Sebum is an oil-like substance that our bodies make to maintain healthy skin and hair.

2. Is it unhealthy if our hair is greasy?

No. Many people choose to wash their hair regularly for aesthetic reasons, but greasy hair is not connected to health.

3. True or False? *Some surfactants clean the hair too much.*

True. Some surfactants take the natural oils out of the hair, as well as the dirt and grease they're intended to remove.

4. What difference can buying a more expensive shampoo make?

More expensive shampoos may contain less harsh surfactants.

5. Which affects our hair more – shampoo, or conditioners and styling products?

Conditioners and styling products can affect the texture and feel of our hair, but shampoo is on our hair too briefly to really matter.

2. 选择意思恰当的单词或词组来完成下列句子。

1. This new face cream is supposed to **nourish** the skin.

2. I forgot to wear a hat in the sun yesterday and I got sunburned. Now I have an itchy **scalp**!

3. There are many **aesthetic** treatments to help people change their appearance, including plastic surgery and hair transplants.

4. We didn't want to put too many **harsh** chemicals on our baby's skin, so we switched to organic and herbal soaps and shampoos.

5. The doctor said there is no **miracle cure** but that a better diet and more exercise would help.