

字彙 : *toilettries* 盥洗用品

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.

字彙表

brand	品牌
repair	修復
nourish	滋養
strengthen	使強韌，強化
volume	數量
sebum	皮脂
oil-like substance	類似油類物質
scalp	頭皮
shiny	有光澤的
greasy	油膩的
aesthetic	美觀的
chemical	化學品
surfactant	表面活性劑
surface	表層
rinse	沖洗，清洗
harsh	刺激性強的
conditioner	護髮素
styling product	美髮定型產品
texture	(發)質，質地
cleanse	清潔，清洗
miracle cure	靈丹妙藥

測驗與練習

1. 閱讀課文並回答問題。

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. 選擇意思恰當的單字或片語來完成下列句子。

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. 閱讀課文並回答問題。

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. 選擇意思恰當的單字或片語來完成下列句子。

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.