

No shampoo may be better for your hair

4th April, 2017



Could shampoo be a thing of the past? Millions of us spend a lot of time and money on it, but is it necessary? Shampoo sales have gone down a lot in the UK recently as more people are changing their hair-washing habits. A recent study by Nielsen, a consumer analyst company, said: "People are working from home...and fewer people are smoking, so [they] are

using less shampoo less frequently than before." The ecosalon.com website said shampooing regularly may be the reason hair gets so greasy. Shampoo makes the scalp dry, so the head produces more oil, which you then shampoo again to remove. The site said: "By shampooing less often, your scalp naturally reduces its production of [oil]."

However, many people say shampoo is good for the hair. Mark Coray, a former president of the National Hairdressers' Federation in the UK, says there is no benefit to not washing your hair. He said: "Shampoo is not abrasive or harsh to the scalp....The ingredients in shampoo help the hair to look so [glossy]....The hair's oil may build up so it starts to look like it is shiny...but it will not self-clean." A hair loss clinic in London, The Belgravia Centre, said: "Rinsing your hair is not going to be very effective after certain activities that make the scalp sweaty, such as exercising or using a sauna." It added: "Rinsing will also not remove bacteria or clean the excess oil from your scalp if you have greasy hair."

Sources: bbc.com / treehugger.com / ecosalon.com

Writing

Shampoo and conditioner are unnecessary. Discuss.

Chat

Talk about these words from the article.

shampoo / the past / time / money / necessary / recently / hair washing / scalp / benefit / glossy / ingredients / oil / hair loss clinic / rinsing / activities / bacteria

True / False

- a) The article says shampoo is now a thing of the past. T / F
- b) Shampoo in the UK has not been selling so well recently. T / F
- c) Fewer people are using shampoo because fewer people are smoking. T / F
- d) Shampoo makes the scalp dry, so the scalp then produces more oil. T / F
- e) A former hairdressing president said not shampooing has many benefits. T / F
- f) The former president said shampoo can be harsh on the scalp. T / F
- g) The former president said hair is not self-cleaning. T / F
- h) Rinsing your hair is effective at removing bacteria. T / F

Synonym Match

(The words in **bold** are from the news article.)

- | | |
|----------------------|---------------|
| 1. necessary | a. wash off |
| 2. habits | b. successful |
| 3. frequently | c. routines |
| 4. remove | d. good point |
| 5. reduces | e. essential |
| 6. former | f. rough |
| 7. benefit | g. ex- |
| 8. harsh | h. often |
| 9. effective | i. oily |
| 10. greasy | j. lowers |

Discussion – Student A

- a) What do you think about what you read?
- b) Is shampoo good value for money?
- c) What would it be like to be a hairdresser?
- d) What would happen to your hair if you didn't wash it for a year?
- e) How important is your hair to you?
- f) What is your favourite hairstyle, and why?
- g) Would it be better if we were all bald?
- h) What do you think about what you read?

Phrase Match

- | | |
|--|----------------------|
| 1. Could shampoo be a thing | a. in shampoo |
| 2. Millions of us spend a lot of time and | b. dry |
| 3. People are working from | c. of oil |
| 4. Shampoo makes the scalp | d. washing your hair |
| 5. your scalp naturally reduces its production | e. clinic |
| 6. there is no benefit to not | f. money on it |
| 7. The ingredients | g. scalp sweaty |
| 8. A hair loss | h. home |
| 9. certain activities that make the | i. bacteria |
| 10. Rinsing will also not remove | j. of the past? |

Discussion – Student B

- What do you think of shampoo?
- How necessary is shampoo?
- What are your hair-washing habits?
- What do you think of washing your hair?
- What's the difference between very cheap and expensive shampoo?
- Do you like going to the hairdresser's?
- What problems do you have with your hair?
- What do you do to look after your hair?

Spelling

- Insliomi of us
- is it asrnsceey
- using less shampoo less flegyutnre
- shampooing raglryule
- Shampoo makes the psalc dry
- your scalp laryanutl reduces its production
- there is no feetinb
- The rntedineigs in shampoo help the hair
- A hair loss iilncc in London
- very etvficfee after certain activities
- clean the scsxee oil
- if you have gasrye hair

Answers – Synonym Match

1. e	2. c	3. h	4. a	5. j
6. g	7. d	8. f	9. b	10. i

Role Play

Role A – Shampoo

You think shampoo is the most important hair care product. Tell the others three reasons why. Tell them what is wrong with their products. Also, tell the others which is the least important of these (and why): a brush, a hair dryer or hair dye.

Role B – A Brush

You think a brush is the most important hair care product. Tell the others three reasons why. Tell them what is wrong with their products. Also, tell the others which is the least important of these (and why): shampoo, a hair dryer or hair dye.

Role C – A Hair Dryer

You think a hair dryer is the most important hair care product. Tell the others three reasons why. Tell them what is wrong with their products. Also, tell the others which is the least important of these (and why): a brush, shampoo or hair dye.

Role D – Hair Dye

You think hair dye is the most important hair care product. Tell the others three reasons why. Tell them what is wrong with their products. Also, tell the others which is the least important of these (and why): a brush, a hair dryer or shampoo.

Speaking – Hair care

Rank these with your partner. Put the most important hair care products at the top. Change partners often and share your rankings.

- | | |
|---------------|------------|
| • conditioner | • shampoo |
| • hair spray | • mousse |
| • coconut oil | • brush |
| • hair dryer | • hair dye |

Answers – True False

a	F	b	T	c	T	d	T	e	F	f	F	g	T	h	F
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---

Answers to Phrase Match and Spelling are in the text.