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Everyday English Snack

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每天读一点 英文

章华◎编译

Everyday English Snack

那些光影飞华的魅惑

The shining and popular words



与美国人同步阅读的经典丛书

——美国英语教师协会推荐——

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你会以为这就是全世界。

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那些光影飞华的魅惑

我的美丽日记
My beautiful diary



The Misunderstandings on Beauty

你陷入美容护肤误区了吗？



1. Soap is Bad for Your Skin

Traditionally, soap was a mix of animal fats and fruit or vegetable oils. This **combination** has a high PH and is drying to skin, particularly to aging skin. These days, however, soaps are formulated with synthetic elements that are milder than traditional soap, and therefore suitable to cleanse skin. Most soaps have emollients (moisturisers) added, so they are **beneficial** for the skin. If you prefer the cleansing feeling which soap provides, don't let those purveyors of fine skincare bully you—there's nothing wrong with using soap.

2. Dry Skin Causes Wrinkles

Around eighty percent of lines and wrinkles are caused by the sun. The other twenty percent are the result of facial expressions such as smiling and frowning. If you smoke, the appearance of these wrinkles is accelerated. Also, as one ages the skin makes less natural oil and this makes the wrinkling more

apparent. A moisturiser will help temporarily smooth away some early fine lines. Protect yourself from the sun, and you impede the development of fine lines. Remember, a tan is your skin's reaction to an injury.

3.It Can Be Too Late to Start Wearing Sunscreen

The cumulative effect of the sun's rays causes a multitude of damage to skin, but it's never too late to start protecting skin from the sun. There is clinical evidence that once you start protecting the skin, it has the ability to repair itself. This repair is not going to happen overnight; it's a gradual process that can take a couple years to yield significant results. Do your skin a favour and start the day with a layer of sunscreen. And remember to wear sunscreen during the winter. Just because you don't feel the sun's rays, doesn't mean its harmful UVA and UVB rays are not **penetrating** your skin. If you can see shadows, you need to protect your skin.

4.Everyone needs Moisturiser

According to dermatologists, you only need a moisturiser if your skin experiences the following: redness, scaliness or itchiness. These symptoms are more **frequently** seen during the colder seasons.

5.For Best Results You Should Stick to One Product Line

You may love how all the products work together, but using products from different lines won't kill you. Every cosmetics line has products you should avoid because they contain **irritating** ingredients, inadequate amounts of sunscreen, or moisturisers that over-saturate the skin. Experiment and find the products that are

right for you.

6.Expensive Products are Better

Completely untrue. All cosmetics contain standard cosmetic ingredients. They can't contain anything else, as drugs do, or they would be regulated differently. The quality levels of cosmetic ingredients don't vary that much, and every company that buys cosmetic-grade ingredients all buy the same quality.

7.Eating Chocolate and Fried Foods Causes Bad Skin

Studies have shown that pimples are caused from factors such as extreme stress or dead skin cells blocking pores. However, eating fresh fruits and raw vegetables does promote a healthier complexion due to their vitamins and minerals.

8.Frequent Trimmings Can Make Hair Grow Faster

Hair, whether it is cut or not, grows about half an inch per month. Hair does grow slightly faster in the summer, but that is due to hormones rather than the stylist's scissors. A worrying trend among young Chinese girls is to rub a paste made of crushed contraceptive pill into their scalp and hair. This does not lead to stronger, glossier, faster growing hair. In fact, the hormones, while initially improving the condition of the hair, quickly lead to hair loss.

P.S. You can't repair split ends. The only way to rid of split ends is to cut them off and prevent them in the future with good hair care. A good trim will eliminate split ends, making hair look healthier and livelier.

9. Shaving Makes Hair Grow Back Darker and Coarser

As above. Cutting or shaving any hair on your body does not affect its growth.

10. You Can Get Rid of Cellulite

The truth is, nothing can be done to permanently eliminate cellulite—not even liposuction. *The removal of cellulite remains one of the holy grails of cosmetic dermatology.* It doesn't matter whether you're fat or thin, rich or poor, luck of the gene pool determines who will and won't get cellulite. Take heart though, you can, however, **temporarily** reduce its orange peel-like appearance. Specialist firming creams containing caffeine tighten and smooth the skin, while basic moisturisers will also work to hydrate and swell the skin, making cellulite a little less obvious.



1. 香皂对皮肤有害

从传统上来说，香皂是动物脂肪和水果或植物油的混合物。这种化合物的 PH 值很高，会令皮肤，尤其是老化的皮肤，变得干燥。现如今的香皂在配方中加入了较传统香皂更为温和的人工合成成分，因而适合清洁皮肤。大多数香皂都添加了润肤剂（润肤霜），所以对肌肤有益。如果你更喜欢用香皂洁肤的那种感觉，那么就别让那些高档护肤品的经销商们把你给唬住了——使用香皂一点儿问题都没有。

2. 干燥皮肤造成皱纹

约 80% 的细纹和皱纹是由阳光造成的。另外的 20% 则源于微笑和皱眉等面部表情。如果你吸烟,皱纹就长得更快。另外,随着一个人年龄的增长,皮肤分泌的天然油脂会减少,而这会令皱纹更加明显。润肤霜能暂时抚平一些早期的细纹。避免让自己受到日晒,你就能抑制细纹的发展。记住:晒黑就是你皮肤受损的反应。

3. 想要开始涂防晒霜时可能为时已晚

日积月累的日晒会对皮肤造成严重损害,但是什么时候开始让皮肤避免日晒都不晚。临床证明,一旦你开始保护你的皮肤,它就拥有了自我修复的能力。这种修复不会在一夜之间发生,它是一个循序渐进的过程,可能需要几年的时间才会产生显著的效果。帮帮你的皮肤吧,涂上一层防晒霜再开始一天的生活。此外,在冬天也要记得涂防晒霜。你感觉不到阳光,并不意味着紫外线 A 和紫外线 B 不会伤害到你的皮肤。只要能看到影子,就需要保护你的皮肤。

4. 人人都需要润肤霜

根据皮肤科医生的说法,只有在你的肌肤出现以下状况时你才需涂润肤霜:发红、多鳞或发痒。这些症状在天气寒冷时更为常见。

5. 为了达到最佳效果,你应该坚持使用同系列产品

你可能喜欢整套产品一起使用的效果,但使用不同系列的

产品也不会对你有所伤害。每个化妆品系列都有你该避免使用的产品，因为它们含有刺激性成分、含量不足的防晒成分或是过度滋润肌肤的润肤剂。要在试用后找出适合自己的产品。

6. 产品越贵越好

完全不属实。所有化妆品都含有化妆品所需的标准成分。它们不会像药品一样含有其他物质，否则它们会受到不同的管制。化妆品成分的质量等级相差不是很大，每家化妆品公司所购原料的质量都是相同的。

7. 吃巧克力和油炸食品对皮肤不好

研究表明，粉刺是由过度压力或死皮细胞阻塞毛孔等因素所致。然而，多吃富含维生素和矿物质的新鲜水果和蔬菜确实对皮肤有好处。

8. 经常修发会使其长得更快

无论剪发与否，头发都会以每月约半英寸的速度生长。头发在夏季的确会长得稍快一些，但那要归功于荷尔蒙而非发型师的剪刀。在中国的年轻女性中出现了一股令人担忧的风尚，那就是将避孕药碾成粉末弄成糊，涂到头皮和头发上。这不会使头发更加坚韧、更有光泽、长得更快。事实上，荷尔蒙虽然在最初会改善发质，但转而就会导致脱发。

此外，你不可能修复分叉。摆脱分叉的唯一方法就是将其剪掉并精心护理头发以防其日后再现。修剪得好就会清除分叉，令头发看上去更加健康和洒脱。

9. 剃除毛发会令其长得更黑更粗糙

如上所述，修剪或剃除身上的任何毛发都不会影响其生长。

10. 你可以摆脱脂肪团

事实上，做什么都无法永久去除脂肪团——甚至吸脂也不行。去除脂肪团至今仍是皮肤美容学上的终极目标之一。它与你的胖瘦、贫富无关，基因库的随机性决定了谁会拥有或没有脂肪团。尽管如此，还是要振作起来，你可以暂时缓解皮肤呈橘皮状的现象。含有咖啡因的专业紧肤霜会紧致和平滑肌肤，而一般的润肤霜有补水的功效，这能使脂肪团看起来不那么明显。