



**In this unit you are going to learn about**

- hair and scalp (saç derisi)
- personal and salon hygiene products

## HAIR AND SCALP PROBLEMS

### WARM-UP

Say the words hair and scalp problems to your group that you know.



#### Activity 1

First read the text below. Then share any funny or terrible memories with your partner.



#### Hair Dye Accident

I was dying my mum's hair with some black hair dye, and I think I touched my hair by accident. Now I have a black mark on my hair. I'm not too worried about the look, because it's a small spot and I can simply put my hair on top. But I just hate the idea that it's going to stay there forever... (until it grows out). It was Nice'n Easy 10-minute root makeover. I have never done any dying to my hair, so this is just very scary. Any ideas to take out the dye without damaging my hair? By the way, it's been around one hour since the dye has been in my hair. I just noticed it.



#### Speaking

#### Activity 2

Do you know of any hair or scalp problems?

Ask your partner: a) Do you have any hair problems?

Answer: YES/NO

b) How do you solve the problem(s)?

Answer: \_\_\_\_\_



### Activity 3

Complete the story below, using the words in the box. Then compare your answers with your partners.

yellow

mirror

same

dye

immediately

mixture

damaged

grey

suggestions

hairdresser

We look at ourselves in the mirror sometimes and want to do something to feel better. What can make us feel better? Dying our hair or putting on make-up!

When I saw my \_\_\_\_\_ hair population had increased in the mirror, I decided to \_\_\_\_\_ my hair. I went to my \_\_\_\_\_, James, to get some \_\_\_\_\_ about the colour. I couldn't imagine which colour would suit me the best. James said that \_\_\_\_\_ would be the best but I didn't like his suggestion. I have never thought about dyeing my hair yellow and I refused his suggestion. Then I told him that I wanted to try red. James prepared the \_\_\_\_\_ to dye my hair. I trusted him and I didn't look in the \_\_\_\_\_ while he was dying.

I read magazines. When James washed my hair and took the towel from my head, I was horrified. I saw a dead face in the mirror. My hair was completely yellow and my face looked like a zombie's. I couldn't say a word for a couple of seconds. I said, "Change the colour of my hair \_\_\_\_\_!" James refused and tried to find an excuse. "Yellow hair will be better with perfect make-up. That's all you should do. If I dye your hair again now, it will be \_\_\_\_\_," he said. I wore my new hair for just two days. Then I went to another hairdresser, who dyed my hair red. It's still the \_\_\_\_\_ colour. I really like my red hair.



Now share your findings with your group.

### Information Box

**Dandruff** is a condition of the scalp that causes flakes (*pul pul*) of skin to appear.

Dandruff is a common condition, and causes itching (*kaşınma*).

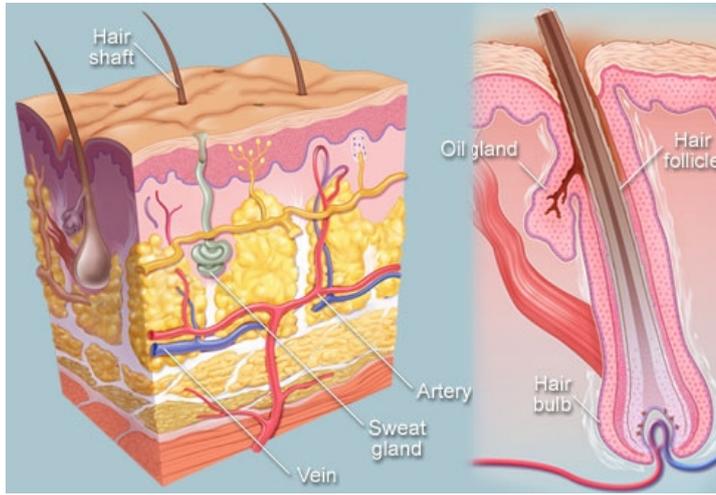
Fortunately, dandruff can be controlled.

In mild cases, the person should find a suitable shampoo, which contains a gentle cleanser.

When the dandruff is strong, you will need a medicated shampoo (*tıbbi şampuan*).



❖ Let us look at hair and roots first. Then we will look at hair and scalp problems.



Hair is simple in structure. It is made of a tough protein called keratin.

**Hair growth is in three phases:**

- **Anagen (growth phase):** Most hair is growing at any given time.
- **Catagen (transitional phase):** Over a few weeks, hair growth slows and the hair follicle (*saç kökü*) shrinks (*azalmak*).
- **Telogen (resting phase):** Over months, hair growth stops and the old hair dies. A new hair begins to grow, pushing the old hair out.

Hair grows at different rates in different people. The average is around one-and-a-half centimetres per month. As we get old pigment (colour) cells die, and the hair turns grey.

**We all want to have perfect hair. Unfortunately some of us have hair and scalp problems.**

*Below you can see some hair and scalp problems.*

**NON-INFECTIOUS** (*bulaşıcı olmayan*):

- dandruff and anti-dandruff shampoos.
- greasiness (shampoos for greasy hair)
- eczema (medical treatment)
- split ends (cutting and reconditioning treatment)
- tangled hair (reconditioning treatment/restructurants)
- swollen/ broken hair shaft (restructurants/ econdition and cut hair where possible)
- loose/ thinning hair
- grey hair
- dry scalp
- scalp acne



**INFECTIOUS** (*bulaşıcı olan*):

- head lice (*kafa biti*)
- scabies (*uyuz*)
- ringworm (*saçkıran*)



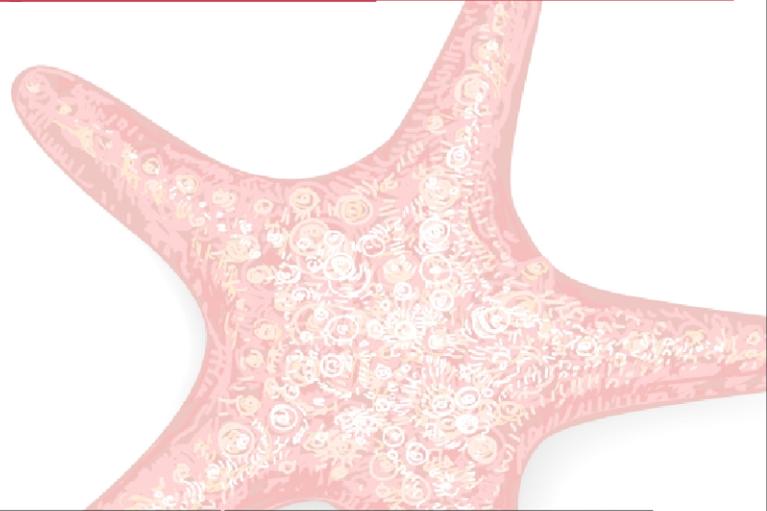
**Activity 4**

Match the following pictures with the sentences.



You should:

- use a shampoo for greasy hair.
- have a haircut to remove your split ends.
- use hair conditioner for your tangled hair.
- use an anti-dandruff shampoo for your dandruff.



**Activity 5**

Name the hair problems in the pictures below:



- 1 The man \_\_\_\_\_
- 2 The woman \_\_\_\_\_
- 3 The man \_\_\_\_\_

- 4 The man \_\_\_\_\_
- 5 The man \_\_\_\_\_
- 6 The woman \_\_\_\_\_



## Activity 6

Circle the fifteen hair and scalp words in the puzzle. You can read from left to right (→), from right to left (←), from top to bottom (↓), from bottom to top (↑), and diagonally (↗) (↘) (↙) (↖). One has been done for you.

### HAIR AND SCALP PROBLEMS

E	C	I	L	D	A	E	H	P	R	O	S
F	F	U	R	D	N	A	D	B	L	E	M
T	A	N	G	L	E	D	H	A	I	R	R
N	E	L	L	O	W	S	M	S	E	O	O
R	E	C	Z	E	M	A	P	S	N	I	W
S	I	N	U	E	T	L	E	O	C	L	G
H	T	A	B	P	I	J	R	L	A	Y	N
D	R	Y	H	T	V	R	A	R	P	M	I
S	M	L	E	Y	P	K	R	I	L	N	R
U	Q	N	S	D	E	U	H	A	A	A	W
F	D	O	Q	W	S	R	R	H	C	T	I
S	G	R	B	P	X	M	G	Q	S	E	Q

dandruff

dry

eczema

grey hair

hair loss

head lice

oily

ringworm

scalp acne

split ends

swollen

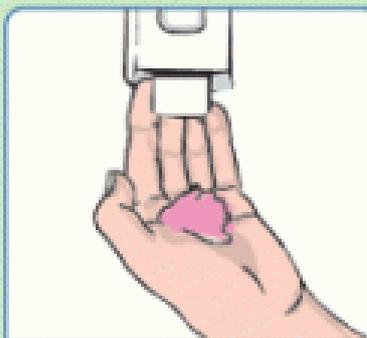
tangled hair

### PERSONAL AND SALON HYGIENE

## FIGHT GERMS BY WASHING YOUR HANDS!



**1** Wet your hands



**2** Soap



**3** Lather and scrub - 20 sec



**4** Rinse - 10 sec



**5** Turn off tap



**6** Dry your hands

#### DONT FORGET TO WASH:

- between your fingers
- under your nails
- the tops of your hands

Here is some advice (rules) about personal and salon hygiene:

- Always work in a clean environment.
- Be very careful in your work. Careless work can lead to hair loss, hair breakage or damage to the customer's skin or eyes.
- Always clean, dry and sterilise the tools and equipment before using them with the next client.
- Don't use broken tools, because they can be a source of infection.
- Give a clean towel and gown to each client.
- Sweep all waste hair up after every hair cut.
- Clean all work surfaces regularly with hot water and detergent.



### Activity 1

You can use as many of the above examples as you like. The phrases in the Language Bar will help you to start your sentences.

#### Language Bar

Remember to \_\_\_\_\_

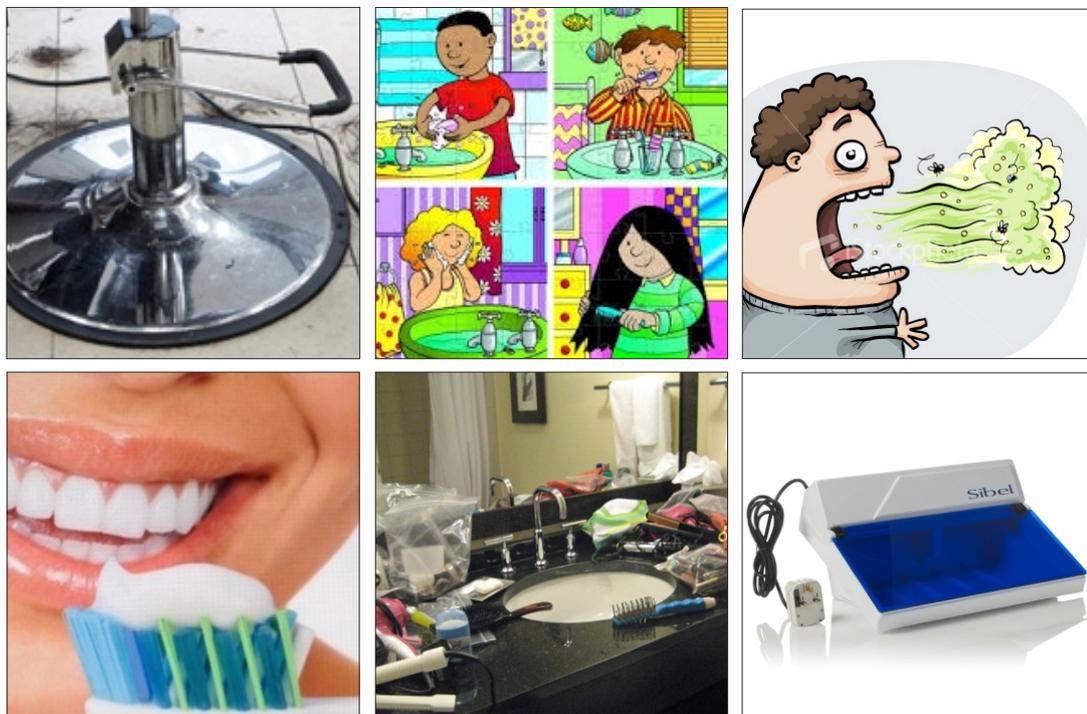
Don't forget to \_\_\_\_\_

You should always \_\_\_\_\_

Make sure you \_\_\_\_\_



### Practise with your partner.



1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_

6 \_\_\_\_\_



Activity 2

Complete the dialogue with your partner, using the cues below.

clean

floor

odour

washing

help

terrible

Selcan: Do you \_\_\_\_\_ your mother at home?

Özlem: Yes. I sweep the \_\_\_\_\_, but I don't like doing that.

Selcan: Don't you? I \_\_\_\_\_ the windows and I really enjoy that.

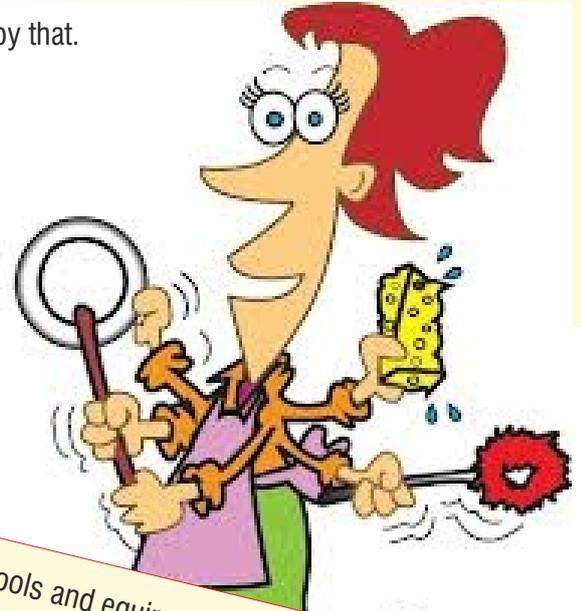
Özlem: How about \_\_\_\_\_ the dishes?

Selcan: Well, I like washing just the glasses.

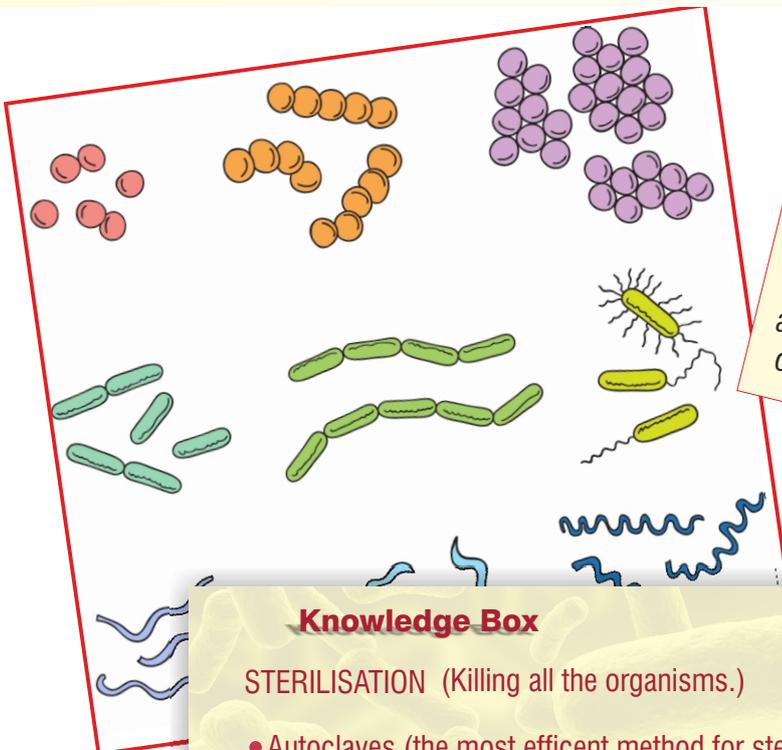
Özlem: Cleaning the bathroom is \_\_\_\_\_!

Selcan: What? Why?

Özlem: Because of the strong \_\_\_\_\_ of disinfectant.



All tools and equipment must be cleaned with hot, soapy water to remove hair, dust and dirt. Scissors and razors can be cleaned with alcohol. This must be done before sterilisation and disinfection.



**Knowledge Box**

STERILISATION (Killing all the organisms.)

- Autoclaves (the most efficient method for sterilising metal and plastic tools, steam heat at 121°C.)
- Boiling in water (towels and gowns are washed in a hot wash cycle, where the water should reach 95°C)
- Ultraviolet radiation cabinet (all the tools should be perfectly cleaned before being placed in them. Each side of the tool should be exposed to the ultraviolet rays for 20-30 minutes.)

DISINFECTANTS

• Disinfectants are effective only if they are used correctly.

There are two common disinfectants:

- *hypochlorite* - suitable for non-metallic tools and wiping down surfaces.
- *glutaraldehyde* - suitable for metallic tools and wiping down surfaces.

# PERSONAL HYGIENE

## Activity 3

First read the short passage below. Then fill in the gaps using these six words.

Hygiene is extremely important, but personal hygiene is equally important in \_\_\_\_\_ hygiene. It's necessary for your client's well-being.

\* Think how close you stand to your \_\_\_\_\_ when you are doing their hair. Both bad breath and body odour can offend, so keep your breath fresh and remember that soap and \_\_\_\_\_ will remove stale sweat (*ter kokusu*), while deodorants and \_\_\_\_\_ can help to prevent body odour.

\* Keep your hands and \_\_\_\_\_ clean and well presented. Be sure to remove any large rings and bracelets, which can easily become caught in the client's \_\_\_\_\_.



## Activity 4

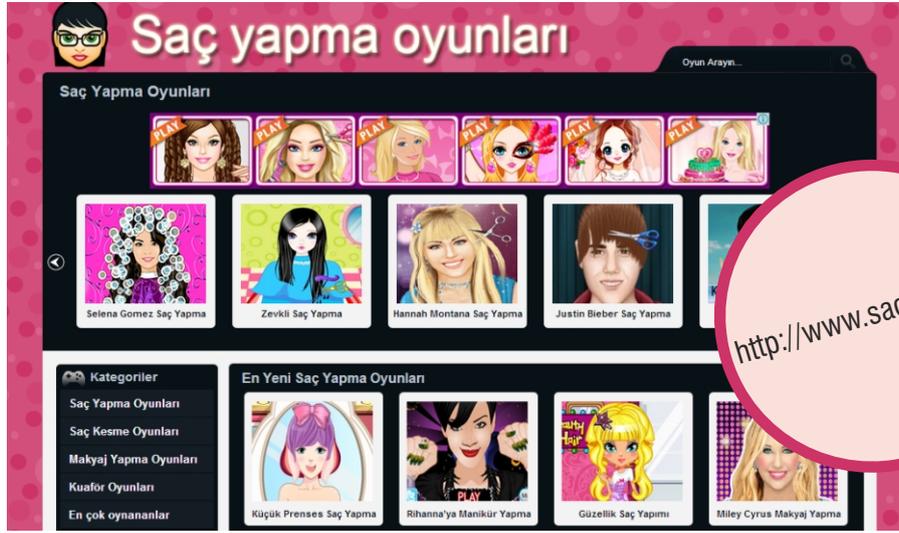
If you don't take care of your personal hygiene, what will happen to your clients? Discuss with your partner and share your answers with the class. Lastly, make a poster of DO'S and DON'TS to stick on the salon wall.



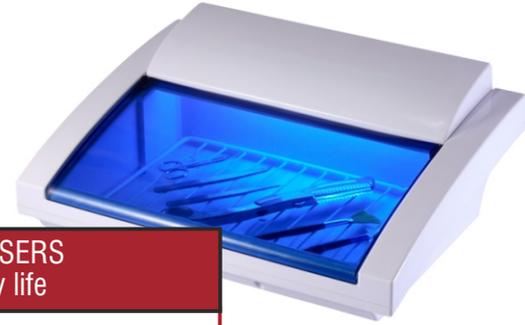
## Activity 5

Create your own hairstyle by playing a game on the internet.

Today's your lucky day! You have won a free trip to the salon, and you're going to get your hair styled however you want! Create your dream hairstyle with this game. Having a good hair day makes everything better.



You have learnt about the difference between disinfection and sterilisation. Make a list of where we use disinfectants at home and how we sterilize things in our daily life. You can bring different kinds of disinfectants and sterilisation equipment to class to support your homework for the next lesson.



DISINFECTANTS at home	STERILISERS in daily life