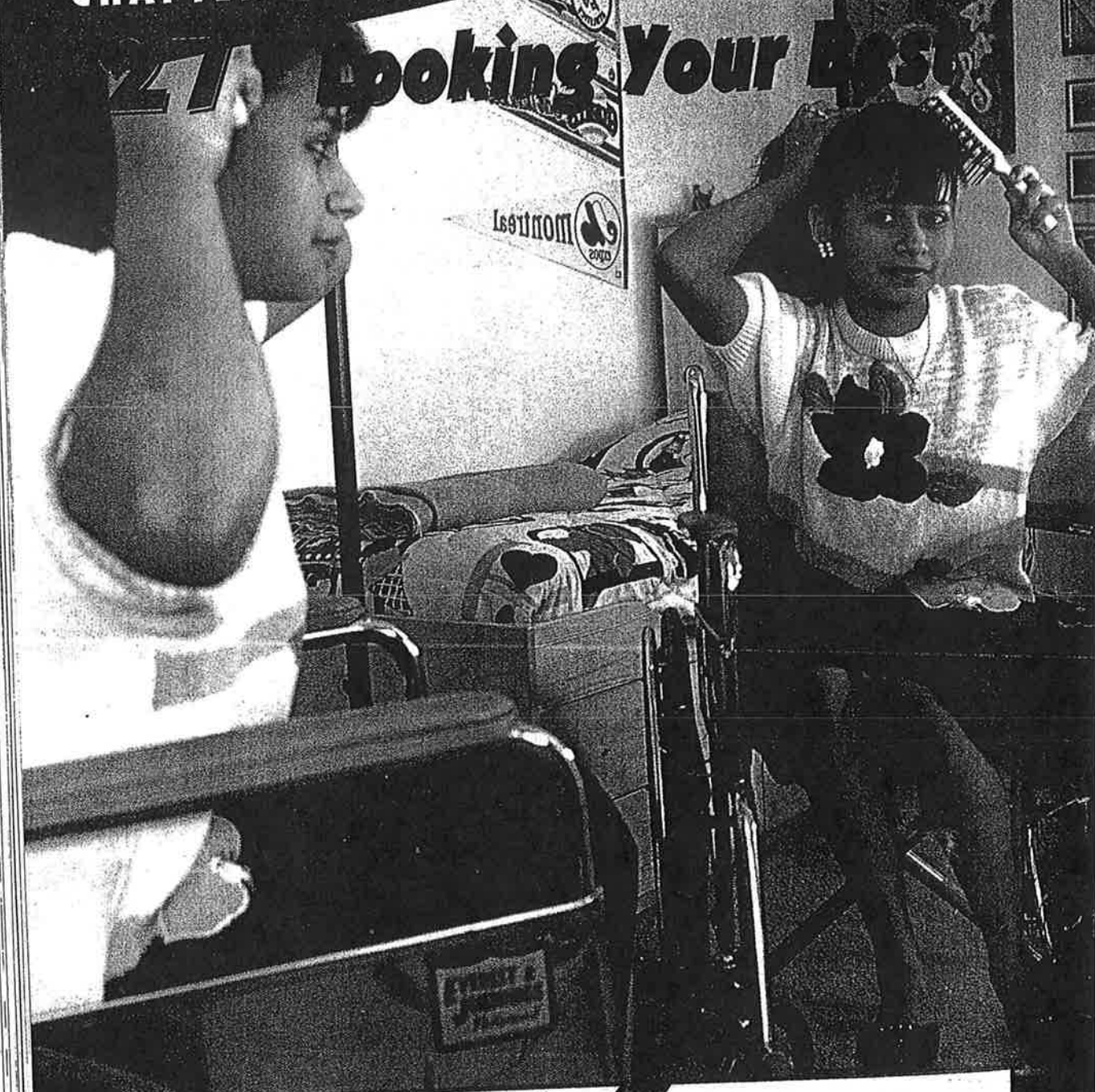


CHAPTER

21 Looking Your Best



OBJECTIVES

- ▶ Discuss how good grooming and hygiene contribute to health and success.
- ▶ Describe how to care for your skin, hair, teeth, hands, and nails.

TERMS TO LEARN

- ▶ grooming
- ▶ hygiene
- ▶ dermatologist
- ▶ dandruff
- ▶ plaque

“Hey, you look great today!” That kind of a compliment would brighten anyone’s morning.

People make an impression on others within the first few minutes after meeting. You often base decisions about whether you want to get to know someone better on your first impression of them. At the same time, they are using their impression of you to decide whether they want to learn more about you. The way people look, as well as the way they act, affects first impressions.

What does it take to look great? If you put “the right clothes” on the top of the list, think again. Being beautiful or handsome isn’t a requirement either. The first key to looking your best is actually good grooming. Even the latest clothes can’t make up for dirty hair, grimy fingernails, or lack of a shower. This chapter includes helpful suggestions for looking your best.

Good Grooming

Good **grooming** means developing a personal care routine to keep yourself clean, neat, and attractive. Not everyone is born with perfect looks, but everyone can be good looking by paying attention to the details of his or her grooming.

Cleanliness is essential for both good health and attractiveness. Following some simple guidelines of proper **hygiene**, or cleanliness, can give you a head start on making yourself a more attractive person. How does your routine measure up? Do you take a bath or shower each day? Do you take care of your complexion? Do you keep your hair clean and neatly styled? Do you brush and floss your teeth regularly? Are your nails clean and neatly trimmed? Neglecting any of these areas can keep you from looking and feeling your best.

Taking the time to be well-groomed reflects a positive self-concept. In what ways do your grooming habits show how you feel about yourself?





THE WORLD

The desire for social unity is a traditional Japanese value that influences modern dress. Many Japanese people strictly follow the latest fashion trends, choosing neutral colors and simple accessories to avoid drawing attention to

themselves. Some people are critical of this, saying it puts too much pressure on individuals to conform. Is this true in the United States? How do you personalize your appearance? How do others?



▼ Your Skin ▼

Your skin is like a fabric that covers and protects your body. Skin has important functions. It protects your body. It can feel heat, cold, and pain. Skin helps rid your body of wastes. It gives off oils to keep itself soft and moisture to help regulate your body temperature.

You look your best when your skin is in good condition. Healthy skin starts with eating right. Chapter 39 gives more information on healthy eating habits. Keeping clean is the most important habit for both good looks and good health. Soap and water wash away dirt. They also remove dried skin, extra oil, and surface bacteria that can cause odors and infections.

Start with a daily bath or shower. Remember, just dipping in and out of water doesn't get you clean. You need to use soap. Start washing at the hairline and work down. If you are taking a shower, step from under the spray while you lather so the soap has a chance to work. If you can't take a bath or shower every day, wash well from head to toe.

Eating a variety of healthy foods and drinking plenty of water helps keep skin in good condition. How healthful are your eating habits?



A small brush can help you clean your hands, elbows, ankles, heels. For your back, use a long-handled brush. Rinse well with clean water so that no soap is left on the skin.

If you have dry skin, use lotion after your shower or bath. Many people have dry skin in some areas and oily skin in others. Tanya, for example, has dry skin on her legs and arms but an oily face. She treats each part differently.

Hygiene doesn't end with a shower or bath. Your face needs washing at least twice a day. Your hands need frequent washing. Throughout the day, they pick up dirt and germs. These can easily make you and others ill. Always wash your hands well before meals and snacks. Hands also need to be washed after you use the toilet, touch a pet, or complete cleaning chores. Put germs down the drain. Don't share them with your family and friends.

Antiperspirants and Deodorants

As part of your daily cleanliness schedule, remember to use an antiperspirant or deodorant. You can't count on a daily bath to prevent perspiration odor. Only regular use of a good deodorant or antiperspirant will do this. Many people who offend others with perspiration odor never suspect it. Their own sense of smell does not warn them.

A deodorant controls odor. It does not affect the flow of perspiration. An antiperspirant controls odor and also checks perspiration in the area to which it is applied. Both products come in several forms, such as solid, liquid, spray, or cream. Apply them to clean, dry skin.

Acne

About 80 percent of all teenagers develop acne. Many adults also have this problem.

No one knows exactly what causes acne. A number of factors can play a role. If one of your parents had acne, you are more likely to have it, too. Stress and strong emotions, such as anxiety and fear, can trigger acne. Some medicines can cause skin problems. There is no medical evidence that foods such as chocolate, cola drinks, or potato chips can cause acne or make it worse.

Acne develops when glands below the pores (tiny openings) in the skin become blocked. The oils that normally move through the pores to soften the skin are trapped beneath it. As more oil becomes trapped, blackheads and whiteheads develop. Often, these areas become irritated or infected and develop into pimples.

Acne is most common in teens. The body begins to produce more oily substances. Problems are most common on the face, upper chest, and the back.

How to ...

Enjoy the Sun and Protect Your Skin



A suntan may help to make a person look healthy. However, you pay a high price for bronzed skin. Too much exposure to the sun's rays damages the skin and causes sagging and wrinkling. The major threat of too much sun is skin cancer (or melanoma).

Ultraviolet light doesn't feel hot, so it's easy to think you don't need extra protection from the sun's ultraviolet rays on cooler days. Clouds or even thin clothing offer little protection. Ultraviolet rays also pass through wet T-shirts and penetrate through several feet of water. The rays also reflect off beach sand and water, increasing your exposure.

What can you do to protect your skin from overexposure to the sun's ultraviolet rays? Doctors recommend using sunscreens for protection. Sunscreens work by absorbing or scattering the harmful rays of ultraviolet light.

Sunscreens are sold with an SPF (sun protection factor) number. The SPF number indicates the amount of protection you receive against the harmful rays of the sun and sunburn. An SPF of 10, for example, allows a person who would normally burn after 30 minutes exposure to the sun to safely be in the sun for five hours or 10 times longer than usual.

How do you select and use sunscreens?

- ▶ If you burn easily with minimum exposure, you would want to pick a sunscreen with a 15 SPF or higher, especially in a hot climate.
- ▶ As a rule of thumb, you'll get the best SPF protection by applying the sunscreen liberally over your entire body.
- ▶ It's best to apply a sunscreen approximately 30 minutes before exposure to sunlight. This allows it to be absorbed so it will be less likely to be washed off by perspiration.
- ▶ If you perspire heavily or go into the water often, reapply the sunscreen.





Cleansing your face several times per day can help you treat acne. Choose soaps and other cleansing products that are suited to your type of skin.

What can you do if you develop acne? Mild or slight cases of acne are best treated by washing your face twice daily. You can blot your face with a tissue between washings to remove the oil. Acne medicine that you can buy without a doctor's prescription may help. Avoid using oily makeup or other skin products on the problem areas. Avoid picking or squeezing the acne. This can injure the skin. It can also spread bacteria.

A serious case of acne needs treatment by a doctor. **Dermatologists** are doctors specializing in skin problems. They can usually help minimize acne.

▼ Your Hair ▼

Hairstyles change just as clothing styles change. Experiment to find a look that flatters your face. People often find that an easy-to-care-for style works best. A professional hairstylist can help you choose a good style for the shape of your face and type of hair.

Did you know that hair reflects your general health? Beautiful hair begins inside. A poor diet, emotional upsets, or a bad cold can change the appearance of your hair.

There are many products on the market to clean your hair and to keep it healthy. How can you choose the ones that are best for you? Consider the type and condition of your hair. Dry hair is harsh to the touch and has a strawlike texture. Hair is oily if it becomes stringy and sticky within a day or two after shampooing. Your hair is normal if you have none of the above problems. Choose products that match your hair type. High prices don't necessarily mean a shampoo or conditioner will work better for you. (Conditioners add shine and make hair more manageable.) Look for small sample-size bottles at first, so you can try out new varieties for a small price.

A flattering, easy-to-care-for hairstyle works best for most people.





Carefully read the labels on hair care products to choose the product best for your hair.

TIPS: Buying Shampoo

Are you confused by the many different types and brands of shampoo on store shelves? These facts may help you choose:

- ▶ Shampoos do one thing only — clean hair — regardless of advertised promises.
- ▶ Shampoos containing protein can make your hair look and feel fuller and less limp temporarily. However, getting enough protein in your diet is the only way to get it in your hair.
- ▶ Dandruff can sometimes be controlled by washing hair 3 or 4 times a week. You may not need a special anti-dandruff shampoo.

Shampooing

How often you shampoo depends on your hair. Many teens have so much natural oil in their hair that they need to shampoo every day. Wash your hair often enough to keep it looking good.

While regular shampooing won't harm your hair, you do have to be careful about how you shampoo. Hair is weaker when it is wet. To prevent damage, avoid vigorous rubbing during washing or drying.

Washing your hair is so routine, you probably never think about how you do it. Do you skip any of these steps?

1. Gently brush your hair from the scalp to the ends.
2. Wet hair with warm water.
3. Work the shampoo into a lather with your fingertips. Massage both the hair and scalp.
4. Rinse thoroughly. Hair is clean when it squeaks between your fingers.
5. If you are using a separate conditioner, apply it according to the package directions.
6. After rinsing, squeeze extra water from your hair. Blot dry with a towel, but don't rub.
7. Comb your hair gently with a clean comb. If the hair is tangled, work the snarl out carefully with a wide-toothed comb. Take care not to yank or pull.

Dandruff

Dandruff, or scales and flakes on the scalp, is a problem for many people. There are many causes.

To help control dandruff, keep your hair clean. Special dandruff shampoos are often helpful. Keep combs, brushes, and other hair care equipment clean. Change pillow cases often. Avoid scratching the scalp with sharp combs or fingernails. If dandruff is severe and does not improve, consult a dermatologist.

▼ Your Teeth ▼

If your teeth are to last a lifetime, they need regular care. What are the greatest enemies of healthy teeth? Until your mid-twenties, decay is the biggest cause of problems. After this age, gum disease becomes the biggest dental problem — causing more tooth loss in adults than any other dental disease.

The chief cause of tooth decay is **plaque (plak)**. This is a sticky film of harmful bacteria that is constantly forming inside your mouth. Foods, especially those with a lot of sugar, cling to the teeth. The sugar and plaque form an acid that eats away at your tooth enamel and gums.

You can help prevent decay by:

- ▶ Eating nutritious food.
- ▶ Limiting between-meal snacks.
- ▶ Brushing properly and flossing after meals and snacks.
- ▶ Seeing a dentist regularly.

If possible, brush your teeth right after eating. Brushing will take away plaque and food particles from easy-to-reach tooth surfaces. However, a toothbrush can't reach between teeth and the gumline. This is where most dental disease starts. Use dental floss, a string-like material, to reach these areas. Floss your teeth every day.

What if you're not always able to brush after eating? Rinse with water after you eat. Swish the water around to help remove small bits of food.

Every few months, replace your toothbrush. When the bristles begin to show signs of wear, the brush can't do a good job of cleaning.

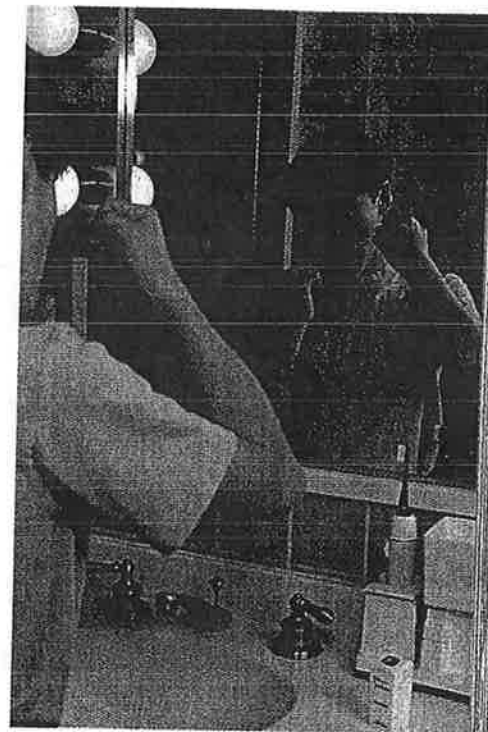
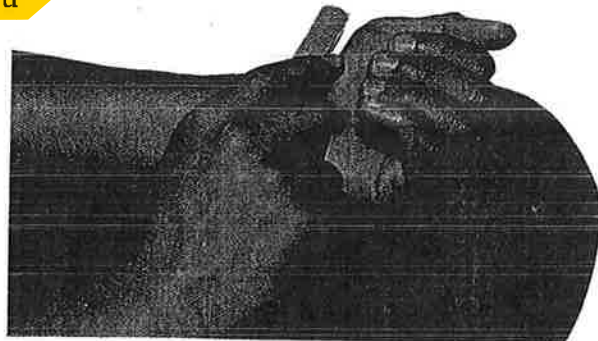
At least once a year, have your teeth checked by a dentist. A cleaning will help your gums. Cavities can also be discovered and treated while they're still small.

▼ Your Nails ▼

Nail care should be part of your good grooming routine. Dirty, broken, or bitten nails hurt your appearance. Here are some tips:

- ▶ Clean your hands and nails at least once a day. Use a small brush to remove stubborn dirt.
- ▶ Cut toenails straight across.
- ▶ Fingernails look best in a slightly oval shape. Be careful, however, not to cut or file too close to the corners.
- ▶ Use an emery board or file to smooth nail edges.
- ▶ Wear gloves for cleaning, gardening, and other activities that are hard on the hands.
- ▶ Use lotion to keep dry hands smooth.
- ▶ Nail biting is a habit that can be broken. Gradually decrease the number of nails you bite until you eliminate the problem.

How does proper nail care lead to attractive hands?



Flossing your teeth daily helps remove plaque and food particles that you can't reach with your toothbrush.

The Confident Look

Confidence in your appearance grows as you begin taking responsibility for your own cleanliness and personal grooming. The grooming habits you develop now will tend to stay with you for a lifetime. As you develop positive grooming habits, you will look and feel better all the time. This sends a positive message to others around you that you really care about looking your best.

Good grooming habits help build confidence and last a lifetime. In what ways is this teen showing he feels confident about himself?



TAKING ACTION

Breanne's first thought is, "What can I wear?" Mr. Shanks, the principal, wants her to represent Irving High School at the city council meeting next month. A citation for the school's community service project will be presented, and he has asked Breanne to accept the award.

Having never done anything like this before, Breanne turns to you, her good friend, for advice. You know that new clothes will not be possible for her. Breanne's family does not have much money for extras. Breanne wants to feel good about herself when she stands before the council. She wants you to help her figure out how to put her best foot forward.

Using Your Resourcefulness

- ▶ What kinds of clothes would be appropriate? What would be inappropriate?
- ▶ What might Breanne do to present a good appearance by spending little or no money? What resources can she draw on other than money?
- ▶ Do you think appearance is related to self-esteem? Explain your answer.
- ▶ In what ways might healthy self-esteem be a resource?



Summary

In this chapter, you have read about:

- ▶ How to care for your skin by washing regularly and using lotion if needed.
- ▶ What causes acne and how you can treat it.
- ▶ Selecting and using the shampoo and other hair care products that are right for you.
- ▶ How to prevent tooth decay.
- ▶ How to keep your nails clean and attractive.

Facts to Recall

1. Name three functions of your skin.
2. Besides dirt, what three things do soap and water wash away?
3. What is the difference between a deodorant and an antiperspirant?
4. How can washing your face daily help prevent acne?
5. How can you tell if hair is clean when you are washing it?
6. Name three things you can do to prevent dandruff.
7. How does plaque contribute to tooth decay?
8. What are four things you can do to help prevent tooth decay?
9. List five tips for keeping your nails clean and attractive.
10. Name two ways that you can protect your skin from the ultraviolet rays of the sun.

Ideas to Explore

1. In what ways can being well-groomed reflect a good self-image? How can good grooming reflect your attitude toward life? What message does poor grooming send to others?

2. Suppose your best friend believes that the way to look healthy is to have a deep suntan. What would you say to your friend? How would you encourage your friend to protect his or her skin?

Activities to Try

1. With a partner, brainstorm a list of characteristics you notice about a person the first time you see them. How do these characteristics influence the way you respond to a person?
2. Write a public service announcement about protecting skin from the sun's ultraviolet rays. The announcement should be geared towards teens. What message would you send to teens that would effectively convince teens to take better care of their skin?

LINK TO

Math

THE COST OF GROOMING PRODUCTS

Identify three types of grooming products that you use regularly. Comparison shop for five different brands of each product. Write down the product name, manufacturer's name, a brief description of the container, weight, and cost. Use the following guidelines for a cost comparison:

1. Compute the unit price for each product by dividing the weight of the product into the cost.
2. Compute the average cost for each type of product by adding the costs of all five products together and dividing by five.
3. Suggest some factors that contribute to cost differences.