

词汇: *beauty* 美容

How much do you spend on **looking after** yourself each month? We all like to look and feel good, so it's nice to spend money on ourselves sometimes! You might spend your hard-earned cash on visiting the **hairstylist**, a **gym membership** or **pampering** yourself with a **massage**.

When it comes to hair and beauty, the average UK household spends just under 2% of their budget, according to personal finance experts, Nimble Fins. That's about £38 a month if you have an annual salary of £30,000. Areas that were looked at in their survey included **toiletries**, **cosmetics**, and related **electrical appliances**, like **hairdryers**.

However, it seems that some people spend much more than that. The booking app for all things **aesthetic**, Pamperbook, carried out a survey in 2022 of 900 UK **salons** and freelancers. The results found that female **clients** who use the app spend, on average, £1,000 per month. The survey showed that the most popular treatments were **lashes** and **lip fillers**, while customers frequently visited hair salons for a **blow dry**.

But it's not only women who spend money on beauty. Though men and women visit **spas** more or less equally, according to the International Spa Association, or ISPA, men spend more on **treatments**. A national survey in 2019 found that male participants spend more on massages and **facials** per year than women – £501 to £445. Garrett Mersberger, head of the ISPA, said: "Men are more aware that it's not just a thing I go to to get pampered. It's an actual **lifestyle choice** with benefits to my body, my **wellness**."

Whether you tend to spend money on these things or not, it can certainly feel good to **treat** yourself every now and then!

词汇表

look after	护理, 善待
hairdresser	理发师
gym membership	健身房会员
pamper	精心护理
massage	按摩
toiletries	洗漱用品
cosmetics	化妆品
electrical appliance	电器
hairdryer	吹风机
aesthetic	美的
salon	美容院, 美发店
client	客户, 顾客
lash	睫毛
lip filler	丰唇
blow dry	吹发
spa	水疗中心
treatment	护理
facial	面部护理
lifestyle choice	生活方式的选择
wellness	健康
treat	犒劳

测验与练习

1. 阅读课文并回答问题。

1. What percentage of the average UK household budget is spent on hair and beauty?
2. What were the most common treatments for women in the 2022 Pamperbook survey?
3. True or False? *Men visit spas more than women.*
4. How much do women spend on massages and facials per year on average?
5. True or False? *Garrett Mersberger believes that men go to spas to get pampered.*

2. 选择意思恰当的单词或词组来完成下列句子。

1. My back was aching a lot, but the therapist _____ the pain away.

looked after	blow dry	pampered	massaged
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2. I've asked for new _____ for my birthday. I want to wear more make-up.

aesthetic	lifestyle	wellness	cosmetics
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3. I'm going to the shop to buy some _____. Do you need anything?

toiletries	clients	facials	spas
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4. The _____ I see is so lovely. I can talk to her about anything.

hairdresser	salon	treatment	treat
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5. My _____ is expensive, but I go there every day, so it's worth it.

lip fillers	lashes	beauty	gym membership
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答案

1. 阅读课文并回答问题。

1. What percentage of the average UK household budget is spent on hair and beauty?

When it comes to hair and beauty, the average UK household spends just under 2% of their budget.

2. What were the most common treatments for women in the 2022 Pamperbook survey?

The survey showed that the most popular treatments were lashes and lip fillers.

3. True or False? *Men visit spas more than women.*

False. Men and women visit spas more or less equally, according to the International Spa Association.

4. How much do women spend on massages and facials per year on average?

£445. A national survey in 2019 found that male participants spend more on massages and facials per year than women, £501 to £445.

5. True or False? *Garrett Mersberger believes that men go to spas to get pampered.*

False. Garrett Mersberger, head of the ISPA, said: "Men are more aware that it's not just a thing I go to to get pampered. It's an actual lifestyle choice with benefits to my body, my wellness."

2. 选择意思恰当的单词或词组来完成下列句子。

1. My back was aching a lot, but the therapist **massaged** the pain away.

2. I've asked for new **cosmetics** for my birthday. I want to wear more make-up.

3. I'm going to the shop to buy some **toiletries**. Do you need anything?

4. The **hairdresser** I see is so lovely. I can talk to her about anything.

5. My **gym membership** is expensive, but I go there every day, so it's worth it.