

Name _____

Squeaky Clean: Exploring Soaps and Shampoos for Skin and Hair

Short Answer Key

1. Exfoliating soaps contain particles or chemicals that help remove dead skin cells, leaving the skin smoother and brighter. People with dull or rough skin might benefit from using them.
2. When choosing a shampoo, consider your hair type (oily, dry, damaged), scalp condition (normal, flaky, sensitive), and any specific concerns (dandruff, color-treated hair).
3. Using the wrong products can lead to issues like dryness, irritation, or excessive oiliness, causing discomfort and potentially worsening existing skin or hair problems.
4. Fragrance-free and hypoallergenic soaps are less likely to trigger allergic reactions or irritate sensitive skin.
5. Tips for maintaining healthy skin and hair include selecting products suitable for your skin and hair type, avoiding harsh ingredients, and following a regular cleansing routine.

