

## Skin: The Body's Largest Organ

01

02

### Vocabulary

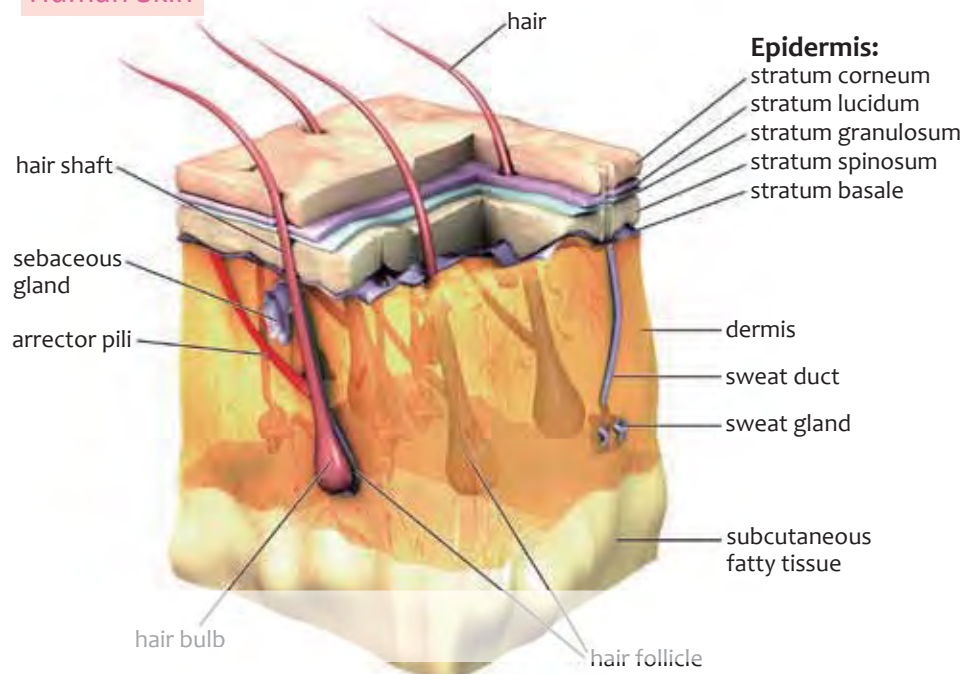
- 1 **complex** (adj.)  
having many different parts; complicated
- 2 **fascinating** (adj.)  
very interesting; attracting great interest
- 3 **organ** (n.)  
a part of the body of a person, animal, or plant with a specific function
- 4 **constantly** (adv.)  
always present or happening
- 5 **transform** (v.)  
change from one thing to another
- 6 **replace** (v.)  
to fill or take the place of another thing
- 7 **surface** (n.)  
the outermost boundary of an object
- 8 **shed** (v.)  
to lose something naturally
- 9 **generation** (n.)  
creation
- 10 **estimate** (v.)  
to calculate roughly
- 11 **essentially** (adv.)  
basically; mostly true, but not completely true

The skin is a lot more **complex**<sup>1</sup> and **fascinating**<sup>2</sup> than most people realize. It's the body's largest **organ**<sup>3</sup>, making up roughly 16 percent of a person's total weight, and it is **constantly**<sup>4</sup> **transforming**<sup>5</sup>. New cells **replace**<sup>6</sup> dead ones at a phenomenal rate. In fact, the **surface**<sup>7</sup> of your skin is covered by a thin layer of dead skin. You often see this dead skin flaking off<sup>8</sup> your body. An enormous amount of **shedding**<sup>8</sup> of this dead skin and **generation**<sup>9</sup> of new cells takes place<sup>9</sup>. It's been **estimated**<sup>10</sup> that the skin **essentially**<sup>11</sup> renews itself every 28 days.

### The Layers of the Skin

There are three main layers of the skin. The first is the **epidermis**<sup>12</sup>, or surface of the skin. The second layer is the dermis, which is under the epidermis. Finally, the third layer is known as the **subcutaneous**<sup>13</sup> layer.

#### Human Skin



## Phrases & Sample Sentences 03

1. **flake off** After getting a sunburn, Janet's dead skin started to **flake off**.
2. **take place** The operation **took place** at the city's largest hospital.
3. **be made up of** The body **is made up of** trillions of cells.
4. **be covered in** His arms **are covered in** tattoos.
5. **push up** The wind **pushed up** the balloon into the sky.
6. **in contrast to** **In contrast to** Taiwan, Canada is a huge country.
7. **take away** The men **took away** the old furniture from the house.
8. **in addition** James is a good worker. **In addition**, he is likeable.
9. **protect . . . from . . .** Certain foods can help **protect** you **from** diseases.



1



2



3

- 1 dermatologist
- 2 appearance
- 3 freckles



↑ skincare products



↑ flaking skin



# Reading Comprehension Questions

Choose the correct answer based on the reading.

- \_\_\_\_\_ 1. Which layers contain dead skin cells?
- ☐ a The epidermis and the subcutaneous layer.
  - ☐ b The dermis and the sebum.
  - ☐ c The epidermis and the dermis.
  - ☐ d Only the epidermis has dead cells.
- \_\_\_\_\_ 2. In which layer of the epidermis does cell reproduction take place?
- ☐ a The stratum basale.
  - ☐ b The stratum lucidum.
  - ☐ c The stratum corneum.
  - ☐ d The stratum granulosum.
- \_\_\_\_\_ 3. What is the body's natural oil called?
- ☐ a Pores.
  - ☐ b Sebum.
  - ☐ c Stratum.
  - ☐ d Pathogens.
- \_\_\_\_\_ 4. How did the stratum lucidum get its name?
- ☐ a Its fat cells act as shock absorbers to protect the body.
  - ☐ b It is the bottom layer of the epidermis.
  - ☐ c It is hard to see even under a microscope.
  - ☐ d It helps with the body's hydration system.
- \_\_\_\_\_ 5. Which of the following is true about sweat glands?
- ☐ a There are about 100,000 sweat glands in your body.
  - ☐ b They produce a substance released through pores.
  - ☐ c The subcutaneous layer mainly consists of sweat glands.
  - ☐ d They produce a material called sebum.

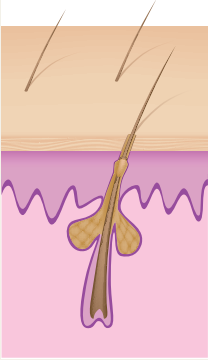
## A Formation of Pimples and Acne

Match the pictures with the correct descriptions and then put them in the correct order.

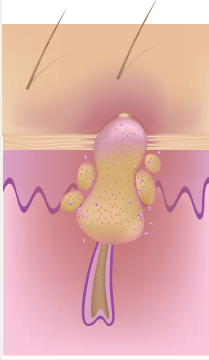
Picture	Order
_____	1. healthy follicle
_____	2. bacterial infection; inflammation triggered (pimple)
_____	3. duct clogged by dead cells, sebum starts to accumulate
_____	4. follicle ruptures, pustule with fluid formed (acne)

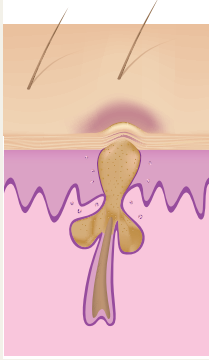
a



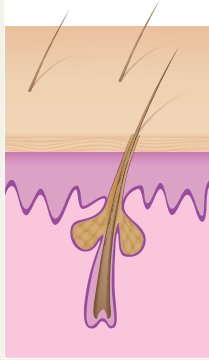
b



c



d



## B Effects of a Blackhead

Match each skin term to the correct part of the pictures.

\_\_\_\_\_ 1. trapped sebum

\_\_\_\_\_ 2. rupture into dermis

\_\_\_\_\_ 3. blackhead

\_\_\_\_\_ 4. sebaceous gland

\_\_\_\_\_ 5. subcutaneous layer

\_\_\_\_\_ 6. inflamed tissue


\_\_\_\_\_ 7. hair follicle

\_\_\_\_\_ 8. dermis

\_\_\_\_\_ 9. pus

\_\_\_\_\_ 10. epidermis





## Identify Your Skin Type

Make up dialogues with your partner using the following sentences and pictures.

### Dialogue 1



What is your skin type?



My skin type is \_\_\_\_\_.

### Dialogue 2



What type of skin do you have?



I have \_\_\_\_\_ skin.



## Skin Types

**Dry**



dry all over

**Combination**



dry cheeks  
oil in T-zone

**Normal**



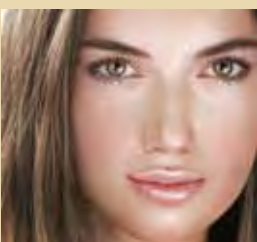
neither oily nor dry



**Oily**



oily all over



## 五大句型 | Sentence Patterns

英文中的句子可依動詞屬性，分成五大基本句型。

種類	句型	實例
句型 1	S + Vi 主詞 + 不及物動詞	Butterflies fly.
句型 2	S + Vi + SC 主詞 + 不及物動詞 + 主詞補語	Mary is beautiful.
句型 3	S + Vt + O 主詞 + 及物動詞 + 受詞	I love you.
句型 4	S + Vt + IO + DO 主詞 + 及物動詞 + 間接受詞 + 直接受詞	Father gave me a bike.
句型 5	S + Vt + O + OC 主詞 + 及物動詞 + 受詞 + 受詞補語	Thomas made me happy.

\* 詞性代號及顏色註解

<b>S</b> 主詞	<b>Vi</b> 不及物動詞	<b>O</b> 受詞	<b>IO</b> 間接受詞
<b>SC</b> 主詞補語	<b>Vt</b> 及物動詞	<b>OC</b> 受詞補語	<b>DO</b> 直接受詞

### 句型 1 S + Vi (主詞 + 不及物動詞)

主詞之後加上一個不及物動詞，即可完整表達句意。不及物動詞之後，不可以接受詞或補語，但可以加上副詞修飾語，或介係詞帶領受詞。

- Humans **sweat**. 人類流汗。  
S   Vi
- Humans **sweat** all the time. 人類隨時都在流汗。  
S   Vi   修飾語
- Humans **interact** with each other. 人類彼此互動。  
S   Vi   介系詞 + O

### 句型 2 S + Vi + SC (主詞 + 不及物動詞 + 主詞補語)

本句型中，不及物動詞後必須加上主詞補語，補充主詞特性，句意才會完整。此類動詞又稱為「連綴動詞」，如 be、become、get、turn、grow、feel、look、taste、smell 等。

- Your skin **is constantly transforming**. 你的皮膚一直在改變。  
S   Vi   SC

# Grammar Practice

## A Match

In the sentences below, write **vt** in the blanks if the verb is transitive, or **vi** if the verb is intransitive.

- \_\_\_\_\_ 1. The epidermis **contains** several layers.
- \_\_\_\_\_ 2. During exercise, the body **excretes** sweat through pores.
- \_\_\_\_\_ 3. Cell reproduction **occurs** in the bottom layer of the epidermis.
- \_\_\_\_\_ 4. Oil glands regularly **produce** sebum.
- \_\_\_\_\_ 5. The subcutaneous layer **lies** underneath the dermis.

## B Multiple Choice

Choose the correct answer.

- \_\_\_\_\_ 6. The skin is \_\_\_\_\_ of three main layers.  
☐ a made with    ☐ b make out  
☐ c to be made    ☐ d made up
- \_\_\_\_\_ 7. The skin is indeed an \_\_\_\_\_ organ.  
☐ a amazed    ☐ b amazing  
☐ c amaze    ☐ d amazement
- \_\_\_\_\_ 8. The skin \_\_\_\_\_ in dead cells.  
☐ a covers    ☐ b covering  
☐ c has cover    ☐ d is covered
- \_\_\_\_\_ 9. Another name for sweat is \_\_\_\_\_.  
☐ a perspiration    ☐ b respiration  
☐ c expiration    ☐ d desperation
- \_\_\_\_\_ 10. Sebum is a natural \_\_\_\_\_ for your body.  
☐ a lubricate    ☐ b lubricating  
☐ c lubricant    ☐ d lubricative



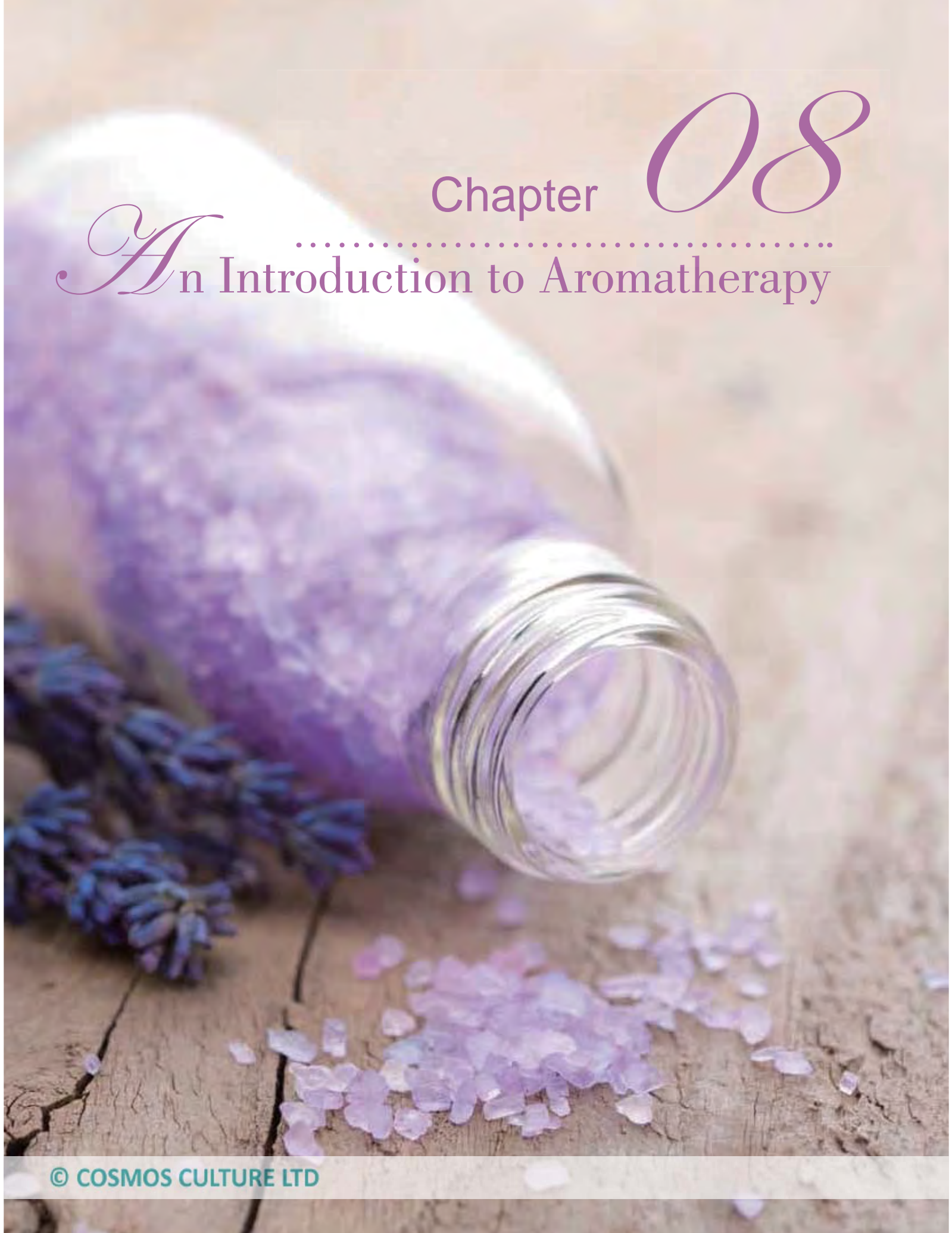
↑ oil control film



# 08

## Chapter

# An Introduction to Aromatherapy



## Introduction to Aromatherapy<sup>1</sup>

50

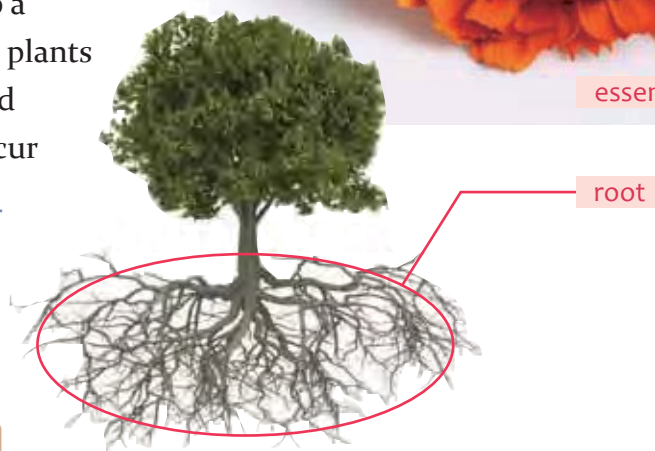
To say that scents play an important role in<sup>1</sup> the cosmetics industry would be somewhat of an **understatement**<sup>2</sup>. Many beauty products contain ingredients that give off<sup>3</sup> an attractive fragrance to provide consumers with a pleasant experience. However, in aromatherapy it is the therapeutic effect of the aroma that is the key element. Examining the **fundamentals**<sup>3</sup> of this ancient practice, which is also considered **alternative**<sup>4</sup> medicine, is this chapter's purpose.

### The Basics of Aromatherapy

Aromatherapy **involves**<sup>5</sup> using oils from plant material, such as flowers and roots, to help a person's well-being. The extracted oil from plants is known as<sup>3</sup> essential oil, which is believed to have healthful effects. The **benefits**<sup>6</sup> occur when the oil is both inhaled and absorbed into<sup>4</sup> the skin (often in **diluted**<sup>7</sup> form).



essential oil



root

inhale



51

### Vocabulary

- |   |   |
|---|---|
| 1 <b>aromatherapy</b> (n.)<br>the use of oils from plants to improve a person's well-being  | 3 <b>fundamental</b> (n.)<br>the most basic and important part of something |
| 2 <b>understatement</b> (n.)<br>a statement that expresses something as less than it actually is; the opposite of an exaggeration | 4 <b>alternative</b> (adj.)<br>something different from something else      |
|   | 5 <b>involve</b> (v.)<br>to contain or include                              |



## Phrases & Sample Sentences 52

1. **play a role in** Advertising **plays a big role in** the success of the cosmetics industry.
2. **give off** Roses **give off** a wonderful fragrance.
3. **be known as** Paris **is known as** a place for incredible fashion.
4. **be absorbed into** The medicine **was absorbed into** the wound.
5. **... relief from** The pill gave Jane fast **relief from** her headache.
6. **apply to** You should **apply** this lotion **to** your dry feet.
7. **be derived from** Chocolate **is derived from** the cocoa bean.
8. **separate into** The teacher **separated** the class **into** four groups.
9. **rather than** Vegetarians eat vegetables **rather than** meat.
10. **due to** He has been absent from work **due to** illness.
11. **be handled with** The situation must **be handled with** caution.
12. **deal with** Use this cream to **deal with** your skin problem.



cocoa beans

chocolate



pills



vegetarian



headache



wound



## Pair Work

### Essential Oils & Their Healing Properties

Make up dialogues with your partner using the following sentences and aromatic information.

#### Dialogue 1



Which essential oil do you recommend?



I like \_\_\_\_\_ most because it helps with my \_\_\_\_\_ and \_\_\_\_\_.

#### Dialogue 2



I'm not feeling well. I've got \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.



You can use \_\_\_\_\_ essential oil for help. I think it really works.

#### Lavender Essential Oil



acne, allergies, anxiety, asthma, athlete's foot, bruises, burns, chicken pox, cystitis, depression, dermatitis, flatulence, headache, hypertension, insect bites, insect repellent, itching, labor pains, migraine, oily skin, scars, sores, stress, stretch marks

#### Eucalyptus Essential Oil



arthritis, bronchitis, cold sores, colds, coughing, fever, flu, poor circulation

#### Ylang-Ylang Essential Oil



hypertension, menopause and PMS symptoms, palpitations

## 動名詞 | Gerunds | 不定詞 | Infinitives

動名詞 (V-ing) 與不定詞 (to + V) 的形式像**動詞**，但功能卻是**名詞**，在句子中當主詞、受詞或補語使用。它們有下列相同與相異之處：

相同點	差異點	
當主詞、受詞或補語使用	動名詞 (V-ing)	① 介係詞的受詞只能用 V-ing。 ② 某些動詞只能接 V-ing 為受詞，如 admit, avoid, deny, enjoy, finish, imagine, involve, mind, practice, suggest, recommend 等。
	不定詞 (to + V)	① 間接受詞後的直接受詞只能用 to + V。 ② 某些動詞只能接 to + V 為受詞，如 ask, decide, expect, happen, hope, plan, prepare, promise, seem, tend, want, wish 等。 ③ 有「形容詞」及「副詞」的用法。

### 動名詞 (V-ing)

#### A 當主詞、受詞、補語使用

1. Knowing the benefits of different essential oils is a must for aromatherapists.

S + V + SC

通曉不同精油的益處對芳療師而言是必須的。→當主詞

2. Aromatherapy involves using oils from plant material to help a person's well-being.

S + V + O + 說明目的之 Adv 片語

芳香療法包含使用從植物萃取的精油來促進個人身心健康。→當受詞

3. The main process of distillation is applying steam to the plant material.

S + V + SC

蒸餾的主要過程是將蒸氣運用於植物原料上。→當主詞補語

#### B 當介係詞的受詞

1. Lavender is also said to be helpful for healing burns.

據說薰衣草也可以幫助治療燒燙傷。→當 for 的受詞

2. Many substances derived from a citrus fruit are effective in battling depression.

從柑橘類水果中取得的物質對對抗憂鬱症很有效。→當 in 的受詞

3. Peppermint is considered good for providing relief from headaches.

一般認為薄荷有助於減緩頭疼。→當 for 的受詞

# Grammar Practice

## A Multiple Choice

Choose the correct relative pronoun to fill in the blanks.

- \_\_\_\_\_ 1. With essential oils, it is necessary \_\_\_\_\_ them before \_\_\_\_\_ them on your skin.
- ☐ a to dilute; to put                      ☐ b diluting; putting  
☐ c to dilute; putting                      ☐ d diluting; to put
- \_\_\_\_\_ 2. I enjoy \_\_\_\_\_ lavender, which helps \_\_\_\_\_ me.
- ☐ a to use; relaxing                      ☐ b using; to relax  
☐ c using; relaxing                      ☐ d to use; to relax
- \_\_\_\_\_ 3. \_\_\_\_\_ in essential oils is good for \_\_\_\_\_ people feel comfortable.
- ☐ a Breathing; helping                      ☐ b To breathe; to help  
☐ c Breathing; to help                      ☐ d To breathe; helping
- \_\_\_\_\_ 4. Aromatherapy is believed \_\_\_\_\_ beneficial in \_\_\_\_\_ good health.
- ☐ a being; to promote                      ☐ b being; promoting  
☐ c to be; promoting                      ☐ d to be; to promote
- \_\_\_\_\_ 5. In order \_\_\_\_\_ essential oils, steam is used \_\_\_\_\_ plant material.
- ☐ a making; extracting                      ☐ b to make; to extract  
☐ c to make; extracting                      ☐ d making; to extract

## B Multiple Choice

Choose the correct answer.

- \_\_\_\_\_ 6. Rosemary gives \_\_\_\_\_ a stimulating aroma.
- ☐ a off                      ☐ b out                      ☐ c over                      ☐ d to



# Dialogue



bottle



facial mask treatment

*Rena is talking to a beautician at a beauty salon. (53)*

**Tammy:** Hello, Rena. It's nice to see you. It's been a long time. What would you like to have done today?

**Rena:** I'd like a facial mask treatment, something that will help moisturize my face. Say, what's that nice smell?

**Tammy:** That's an essential oil—sandalwood, to be exact. It's known for helping to create a better mood in people. If you ever feel depressed, sandalwood is good for lifting your spirits.

**Rena:** I think it works. Before I got to the beauty salon, I was feeling a bit blue because my boss yelled at me. However, now that I'm here I don't feel depressed at all.

**Tammy:** It sounds like the sandalwood is working for you. We have some of that essential oil for sale. It's a very popular oil, but it's rather expensive for a small bottle—more than some other aromatherapy products.

**Rena:** Why is it so expensive?

**Tammy:** Well, the extraction process is a bit more difficult. Plus, the trees take a long time to grow.



beauty salon



beautician



depressed

## Aromatherapy Products

Match the word with the correct picture.

- |                               |                                      |
|-------------------------------|--------------------------------------|
| _____ 1. aroma stick diffuser | _____ 7. essential oil handmade soap |
| _____ 2. solid perfume        | _____ 8. aroma lotion                |
| _____ 3. aroma air diffuser   | _____ 9. fragrance                   |
| _____ 4. aroma sea salt       | _____ 10. aroma candle               |
| _____ 5. aroma massage oil    | _____ 11. aroma facial mask          |
| _____ 6. aroma lamp           | _____ 12. essential oil              |

