

# ENGLISH

A close-up portrait of a woman with long, straight, black hair. She is looking down and to the right, with her face partially visible. The background is a light, neutral color.

77/2019

**MATTERS**

# HAIR!

**DODATEK**

# ENGLISH MATTERS

## Hair!

Dear Readers, our theme today is hair. Read on for a hair raising experience, where you'll find out about the different styles, colours and types of hair. There'll be some idioms, some jokes, plus information on dos (and don'ts) for hair! We'll look at the equipment used for styling hair, the products we put in our hair, plus the word for a lack of hair. Enjoy!

hair heə(r) | włosy

theme θi:m | temat przewodni

dos and don'ts | to, co wypada i  
czego nie wypada; zasady; nakazy  
i zakazy

lack of sth | brak czegoś

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## You Can Count on It

Hair is very important to a lot of people. What's odd about that sentence? Well, for a lot of people learning English, it's strange that "hair is" - all the hairs on our heads are singular! Hair in general is an 'it' in English, because the general noun hair is uncountable. As such, in English we could say, "My hair is getting too long, I need to get it cut." or, "I'm having a bad hair day, it just won't do what I want it to." We would not say, "My hair are too long, I need to get them cut." or, "they are not doing what I want them to." Now it gets confusing, though, because, as with lots of things in English, the categorisation of countable or uncountable is relative! So the noun hair is actually both countable and uncountable. As such, the individual strands of hair can be considered countable and called 'hairs', if they're small enough in quantity to actually be counted easily. For example, if you saw an individual hair on your friend's jumper, it would be normal to say, "you have a hair on your jumper". Similarly, if you accidentally pulled a few hairs from your head, it would be just as acceptable to say, "I just pulled out three hairs".

to count on sth | liczyć na coś

uncountable ʌnˈkaʊntəbl | niepoliczalny

to get confusing | stawać się mylącym

relative | względny

actually | w rzeczywistości

strand | kosmyk

quantity | ilość

jumper | sweter

a few | kilka

acceptable əkˈseptəbl | akceptowalny

to pull out sth | wyjąć, tu: wyrwać coś

## Hair Colours

Hair colour is determined by the type and level of pigment within the hair. The two main types are a dark pigment called eumelanin and a pale pigment called pheomelanin. The pigment (and therefore colour) is also connected to the number of hair strands and the thickness of the hair. People with red hair have the thickest hair, followed by black, then brown, then blond. Here are some descriptions of common hair colours:

- **Black** | very dark, such as the hair of Jackie Kennedy. This is the most common hair colour in the world.
- **Brown** | also called 'brunette', a person with this colour hair can be called 'a brunette.'

There are many different shades of brown/brunette hair, often simply described as light or dark brown, but also with a few other terms:

- **Mouse/mousy brown** | a form of light brown or dull caramel colour.
- **Chestnut brown** | a rich but not very dark brown colour.
- **Caramel brown** | a light shade of brown.
- **Golden brown** | a shiny, light shade of brown hair.
- **Ginger** | ginger hair is orange. It is the rarest type of hair because it is caused by a recessive gene. It is a type of red hair.
- **Strawberry blond** | for some people this term means the same as ginger, for others, it is a duller version, more akin to blond.
- **Red hair** | people with red hair are often called 'red heads.' There are many shades, from dark auburn to bright ginger.
- **Blond (or blonde?!)** | one of the most popular colours, but probably the most complicated word in this category! The word 'blond' used as an adjective describes hair colour of a man or woman, it can also be used as a noun for a man who has hair of that colour. The word 'blonde' can be an adjective to describe the colour of hair but can also be used as a noun for a woman with blond hair! Although these differences exist (from the original French words, which have masculine and feminine form) they are often misused and overlooked in English because of the language's lack of gender forms.

eumelanin jumelənɪn | eumelanina (forma melaniny)

pale | blady

thickness | grubość

common | powszechnie występujący

dull dʌl | *tu*: monotonny

akin to sth | zbliżony do czegoś

auburn 'ɔ:bən / 'ɔ:bəm | kasztanowaty

misused | źle używany

overlooked | przeoczony, pominięty

## Hair Types

The style you choose for your hair is often determined by the type of hair you have. There are four main types:

- **straight** | without any waves or curls
- **wavy** | swaying back and forth, but not forming complete curls
- **curly** | forming large loops
- **coiled** | tightly curled, small loops of hair.

straight | prosty

wavy | falujący

curly | kręcony  
 loop | pętla, pętelka  
 coiled | kręcony

## Hairstyles – Common Terms

- **Taper/Fade** | A gradual reduction in length of hair, often to the point of no hair at all. Common on the sides and back of short hair styles.
- **Undercut** | short hair cut close to the skin, with longer hair from above hanging on top.
- **Grades** | when hair is cut short with a machine, the length is determined by grades, where zero is the shortest.
- **Neckline** | the height of hair above the neck. Particularly important for short hair styles as neckline determines where the hair cut stops!
- **Layers** | different lengths of hair on top of one another.
- **Thinning** | removing some hair so that overall it is less thick. This is done with special scissors unsurprisingly called ‘thinning scissors.’

gradual | stopniowy  
 at all | w ogóle  
 length | długość  
 height | wysokość  
 layer | warstwa  
 thinning | cieniowanie  
 unsurprisingly | *ˌʌnsəˈpraɪzɪŋli* | jak można się spodziewać, nic dziwnego

## Hairstyles – Popular For Men:

- **Buzzcut** | all hair cut to one length using a machine. For example ‘grade four buzzcut’ means an even length of hair around one centimetre long, all over.
- **Skinhead** | an extreme version of a buzzcut, where the grade is one or zero, resulting in almost no visible hair at all. It is popular with men who have receding hairlines, or who want to portray an image of toughness.
- **Crew Cut** | a true classic with a fade on the sides and back, and short hair on top.
- **French Crop** | similar to a crew cut, but with a defined, short and straight fringe.
- **Pompadour** | another classic, this style involves medium length hair slicked back away from the forehead. The sides and back are cut shorter, currently often with a fade.
- **Side Parting** | short to medium length hair, parted at either side of the forehead. Exhibited by every James Bond except Daniel Craig’s version.
- **Centre Parting** | same as a side parting except...you guessed it...the parting is in the centre! A classic of the ‘90s.
- **Curtains** | an extension of the centre parting, equally as popular in the ‘90s, but with

greater length.

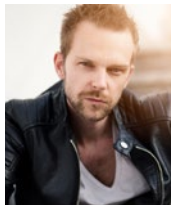
- **Spikey/spiky/spiked hair** | almost always short, with hair raised to form ‘spikes.’
- **Mohawk/Mohican** | Shaved hair on the sides, with a strip of longer hair left down the centre of the head.



Buzzcut



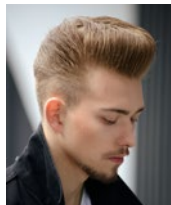
Skinhead



Crew Cut



French Crop



Pompadour



Side Parting



Centre Parting



Curtains



Spikey/spiky/  
spiked hair



Mohawk/  
Mohican

buzzcut | język

receding hairlines | zakola

toughness | twardość, bezwzględność

crew cut | język

fade | *tu*: język, mocno wygolone włosy

defined | wyraźnie zarysowany

fringe | grzywka

pompadour *'pampəˌdɔːr* | fryzura w stylu lat 50 (z włosami zaczesanymi do góry)

to involve sth | zakładać coś, polegać na czymś

medium length | średniej długości

slicked back | zaczesany do tyłu

currently | obecnie

parted | oddzielony

either | *tu*: obydwie

except | z wyjątkiem

spikey/spiky *'spaɪki* | sterczący

shaved | ogolony, wygolony

strip | pasek, pas





## Hairstyles – Popular For Women:

- **Pixie** | short to mid length hair, styled around the head.
- **Short with long bangs** | similar to a pixie cut, but with longer bangs (groups of long hair) on the forehead.
- **Centre parting** | a parting down the centre, with long hair balanced on either side. Optionally tucked behind the ears.
- **Bob** | a fringe to around eyebrow level, with longer hair of equal length around the head. Often layered to give volume, this is a truly timeless, classic style.
- **Layered Crop** | a longer crop than the French variety, this hairstyle uses layers and hairspray to give a lot of volume. Jane Fonda gives an excellent example of how to pull this style off.
- **Wild Curls** | long, curly hair, styled to give a natural look where the hair is swept off the face and has loads of volume.
- **Lob** | this new term means ‘long bob.’ It’s often without a fringe and around shoulder length.
- **Feathered hair** | this usually forms part of a hairstyle, rather than being one in its own right. Different lengths of hair are angled back at the tips to create the appearance of bird-like feathers.
- **Shag** | this comes in many lengths, but is characterised by many layers, often feathered at the sides.
- **Ponytail** | tied back hair, kept in one long group at the back and centre of the head.
- **Pigtails** | parted in the centre and grouped into two ‘tails’ on either side of the head. Think Britney Spears in her debut video *Hit Me Baby One More Time*.
- **Plait** | when hair is divided into three strands, then interwoven in a repeated pattern.
- **French Plait** | similar to the plait, but started within the hair so that the plait initially stays close to the head, then forms a normal plait hanging from it.



Pixie



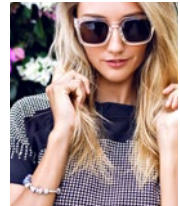
Short with long bangs



Centre parting



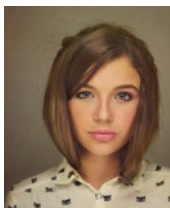
Bob



Layered Crop



Wild Curls



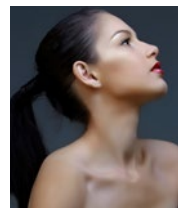
Lob



Feathered hair



Shag

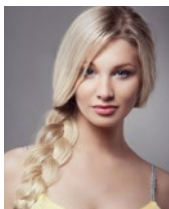


Ponytail





Pigtails



Plait



French Plait

**bangs** | grzywka

**tucked behind sth** | zatknięty, włożony/schowany za coś

**eyebrow level** | poziom brwi

**volume** | objętość

**layered** <sup>ˈleɪə(r)d</sup> | warstwowy

**to pull sth off** | *tu*: dobrze w czymś wyglądać, dobrze się w czymś prezentować

**swept off** | odgarnięty

**loads of sth** | mnóstwo czegoś

**feathered** | pierzasty

**angled back** | odgięty, zawinięty

**shag** | fryzura z wystrzępionymi włosami

**ponytail** | kucyk, koński ogon

**pigtails** | kitki

**plait** <sup>plæt</sup> | warkocz

**interwoven** | pleciony

**initially** | początkowo

## How to Make a Hairstyle

To get the perfect hairstyle, first, people get a haircut. This is typically done by a barber for men, or a hairdresser for women, although these terms are losing their difference slightly, with hairdresser becoming the preferred term for a person who cuts the hair of men and women. These people work in a barber's (shop), a hairdresser's, or a hair salon. They offer cuts, washes, blow dries, perms and colouring. A perm is a way of creating curls through the hair which isn't really popular anymore. Colouring involves adding colour to hair: it encompasses bleaching (where hair is made a lot brighter through the removal of pigment) and dying (where the hair is changed to a different tone of natural hair).

Once the hair is cut, it is up to the individual to look after it. This involves washing with shampoo, treating with conditioner, drying with a towel or hairdryer and using products or equipment to create the shape that is desired. Here is a list of equipment used for styling hair:

- Brush
- Comb
- (Hair) Clips
- (Hair) Band or Alice Band
- Elasticated (Hair) Band
- Scrunchie
- Hair Pin
- Hairdryer
- Straighteners
- Curling tongs
- Crimpers
- Kanzashi
- Hair Slide
- Rollers



Brush



Comb



(Hair) Clips



(Hair) Band or  
Alice Band



Elasticated  
(Hair) Band



Scrunchie



Hair Pin



Hairdryer



Straighteners



Curling tongs



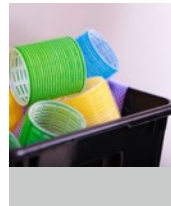
Crimpers



Kanzashi



Hair Slide



Rollers

## Here are the most common products used for hair:

- Shampoo | for washing
- Conditioner | for making hair silky and smooth (not knotted)
- Gel | wet look or hard drying, gel is the classic styling product for holding short hair in place
- Wax | A type of wax for hair, used like gel, but leaving a matt look and allowing for reshaping
- Oil | used to make the hair sleek and healthy, not to hold it in place
- Cream | similar in effect to wax, but without the waxy feel!
- Putty | a softer version of cream. The hold on the hair is less firm and the look is more natural
- Hairspray | an aerosol based additive for fixing hair in place. It's used for giving firm holds.

**to get a haircut** | strzyc się, iść się ostrzyć

**perm** | trwała ondulacja

**to encompass sth** | obejmować coś

**bleaching** | dekoloryzacja

**removal of sth** | usunięcie czegoś

**dying** | farbowanie

**to look after sth** | dbać o coś

**scrunchie** 'skrʌntʃi | gumka/frotka do włosów

**straightener** | prostownica

**hair crimper** | karbownica

**kanzashi** | szpilka do włosów

**hair slide** | (ozdobna) spinka do włosów

**roller** | wałek

## Parts of the Head and Hair

- scalp | skalp, skóra głowy
- hair follicle | mieszek włosowy
- hair strand | pasmo włosów
- fringe BrE | grzywka
- bangs AmE | grzywka
- forehead | czoło
- parting | przedziałek
- sideburns | bokobrody
- hairline | linia włosów
- receding hairline | zakola
- bald | łysy
- dandruff | łupież/łojotok

It is not common knowledge, but a single strand of hair is made up of three parts; the medulla on the inside, the coloured cortex in the middle, and the outer cuticle.

**medulla** | rdzeń (włosa)

**cortex** | kora

**cuticle** <sup>'kju:tɪkl</sup> | powłoczka (włosa)

## Idioms with Hair and other Expressions

It's not just a cover for our head; hair also provides us with several idiomatic expressions:

- Hair raising | scary/thrilling. Probably originating in the fact that the hair on our bodies rises up and tingles when something scary happens. The expression is used as an adjective phrase, as in "It was a hair raising event. I never want to do it again!" It's also possible to use a longer phrase such as, "It will make your hair stand on end" especially when talking about scary things. For example, "The new horror film will make your hair stand on end."
- By a whisker/by a hair's breadth | by a very narrow amount (referring to the thinness of a strand of hair). For example, "It was a very close race, but in the end we won by a hair's breadth."
- Hairline fracture | a break (usually in a bone) that is very narrow and therefore not as serious as a full fracture. "The doctor said it's only a hairline fracture, so it shouldn't take too long to heal."
- Harebrained | Note, this uses the word 'hare' not 'hair' but as they are homonyms most people don't realise! The word means silly or poorly thought-out. For example, "Your harebrained scheme will never work! We need to think of a proper solution."
- Bad hair day | literally a day when your hair will not take the shape that you want it to!
- The hair of the dog (that bit you) | this is the name for an alcoholic drink drunk while experiencing a hangover. It's supposedly the best way to cure the ill effects. The expression stems from an old belief that a person bitten by a rabid dog can be cured of rabies by drinking a potion containing the dog's hair!
- Get in someone's hair | to annoy someone so much that they cannot concentrate on what they are doing, for example, "please stop speaking, you're getting in my hair."
- Let your hair down | to relax. "It's Friday everyone, time to go home and let your hair down."
- Tear your hair out | to be very stressed or agitated, for example, "When I told Carlo the bad news, he was tearing his hair out! I hope he's calmed down by now."
- Split hairs | to be very picky in trying to find a difference between things, often used with a negative connotation, as in "They're virtually the same thing, so please stop picking hairs it's not helping anyone".

## Hair Today, Gone Tomorrow

That's it - all there is to know about hair. Hopefully you didn't find this guide hair raising, or something that was getting in your hair. Some of the inclusions may have been harebrained ideas, but you've made it to the end so now it's time to let your hair down.

**scary/thrilling** | przerażający

**to tingle** | mrowić

**by a whisker/by a hair's breadth** | o włos

**hairline fracture** | pęknięcie włoskowate, drobne pęknięcie

**harebrained** | postrzelony, niedorzeczny

**to realise** | zdawać sobie sprawę

**scheme** *ski:m* | plan

**literally** | dosłownie

**hangover** | kac

**to stem from** | pochodzić od

**rabid** | *tu:* wściekły

**to annoy sb** | zdenerwować kogoś

**agitated** | poruszony

**picky** | wybredny, grymaśny

**virtually** | praktycznie



WYDANIE SPECJALNE



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