

How Beauty Standards Have Evolved Throughout History

Beauty standards have changed over time, from ancient civilisations to modern-day society. They depend on culture, society, and time. Humans have always tried to prescribe how the perfect body ought to look like. They have also been unable to stick to any specific beauty ideal for a prolonged period of time. What we consider a perfect female body in 21st century differs from what people considered beautiful in various other time periods or cultures.

In Ancient Egypt, both men and women used makeup. They painted their eyes with kohl and used natural products for their skin. Beauty was a symbol of wealth and status. In Ancient Greece, people preferred natural beauty and clean skin. In Rome, pale skin was fashionable, even if some beauty products were dangerous. During the Middle Ages, beauty was linked to religion and modesty. People used natural products and avoided strong makeup. In the Renaissance, beauty was influenced by art. People believed in symmetry and perfect proportions. Pale skin, high foreheads and oval faces were considered beautiful. In the Victorian Era, natural beauty was very important. Women avoided makeup and used simple skincare products like lemon or vinegar. In the 1920s, beauty changed a lot. Women started to wear short hair and strong makeup. It was a time of freedom and expression. After World War II, glamour became popular again. Influenced by Hollywood, women wore red lipstick and eyeliner.

Today, beauty is more diverse. Ideas like body positivity and self-love are important. However, social media still influences how people see beauty and can create pressure, especially for teenagers.

1. Comprehension

Answer these questions:

1. What did Egyptians use to paint their eyes?
2. What type of beauty was popular in Ancient Greece?
3. Why was pale skin important in the past?
4. What influenced beauty in the Renaissance?
5. How did beauty change in the 1920s?

6. What influence does social media have today?

2. Vocabulary

Match the words with their meanings:

1. Wealth

2. Pale

3. Freedom

4. Pressure

5. Natural

- a. Being free to do what you want
- b. Light colour skin
- c. Money and riches
- d. Something not artificial
- e. Feeling stress or obligation