



Task 1. Match the items with their names.

- Temple Eyebrow Jaw Wrinkle Freckles Mole Pimples Scar
 Nostril Iris Pupil Sclera Cleft chin Dimple Adam's apple



Task 2. Body language. Read and fill in the gaps.

<https://www.scienceofpeople.com/microexpressions/> f

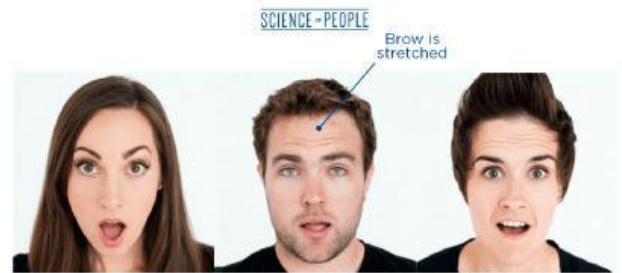
The Definitive Guide to Reading Microexpressions (Facial Expressions)

A microexpression is a very brief, involuntary facial expression humans make when experiencing an emotion. They usually last 0.5–4.0 seconds and cannot be faked.

Surprise Microexpression *eyebrows eyelids jaw wrinkles*

The _____ are raised and curved.

- Skin below the brow is stretched.
- Horizontal _____ show across the forehead.
- _____ are opened, white of the eye showing above and below.
- _____ drops open and teeth are parted but there is no tension or stretching of the mouth.



When we raise our eyebrows, we open our eyes wider. This lets other observers see where we are looking much easier...so they can see exactly *what* we are surprised about.

And if you've ever been accused of lying when you were telling the truth, you might have raised your eyebrows and widened your eyes. According to a [2014 study by New York University](#), this also helps make us look trustworthy.

Anger Microexpression *jaw nostrils lowered lines lip*

- The eyebrows are _____ and drawn together.
- Vertical _____ appear between the eyebrows.
- Lower _____ is tensed.
- Eyes are in hard stare or bulging.
- Lips can be pressed firmly together, with corners down, or in a square shape as if shouting.
- _____ may be dilated.
- The lower _____ juts out.

**Happiness Microexpression**

wrinkles cheeks corners

- _____ of the lips are drawn back and up.
- Mouth may or may not be parted, teeth exposed.
- A wrinkle runs from outer nose to outer lip.
- _____ are raised.
- Lower eyelid may show _____ or be tense.
- Crow's feet near the outside of the eyes.



Sadness Microexpression *lips eyebrows jaw*

- Inner corners of the _____ are drawn in and then up.
- Skin below the eyebrows is triangulated, with inner corner up.
- Corner of the _____ are drawn down.
- _____ comes up.
- Lower lip pouts out.



This is the hardest microexpression to fake! It's also one of the hardest microexpressions to correctly identify. The reason? Sad microexpressions are not very large or noticeable. There's no large tell like a smile when a person is sad. Sadness, unlike surprise, is also one of the longer-lasting microexpressions.

Contempt / Hate Microexpression

- One side of the mouth is raised.

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What is contempt? Contempt, similar to hate, is a negative feeling of dislike, disrespect, or offensiveness towards someone. It's the only one of the 7 universal microexpressions that is asymmetrical.

Unlike the disgust microexpression, contempt is characterized by a feeling of superiority over another. When a person feels contempt, he or she may feel like they are right, and the other person is wrong. If you see the contempt microexpression, that's a bad sign.

Why? According to marriage expert Dr. Gottman, contempt is the most destructive emotion and the number one predictor of divorce. It's not all bad, though. If you correctly identify contempt, you can turn it around.



Task 3. Write the correct titles to the items. Use plural where necessary.



c _____ f _____ b _____ l _____ p _____



l _____ l _____ m _____ n _____ m _____



m _____ b _____ l _____ e _____ i _____



b _____ f _____ b _____ n _____ d _____



With the _____ in hand, she quickly dried her hair before heading out.



With a _____, she effortlessly smoothed out any kinks in her hair.



As I walked down the _____, I marveled at the array of beauty and makeup products on display.



BAKER ST.

English course



Delicate _____ adorned her hair, adding a touch of elegance to her hairstyle.



Using _____, she carefully plucked stray hairs to achieve a clean shape.



After a long day, she cleansed her face with a gentle _____ to remove dirt and makeup.



She secured her hair in a ponytail with a colorful _____ before hitting the gym.



Before applying mascara, she used _____ to give her lashes a lift.



The _____ transformed her straight locks into bouncy curls.



After her _____ appointment the skin felt smooth and hair-free.



Using a _____, she neatly trimmed her fingernails.



She reached for the _____ to quickly shave her legs before heading to the beach.



Task 4. Watch the video. Answer the questions below.

<https://www.youtube.com/watch?v=JRwfUKsoH1Y>

1. What percentage of plastic surgeons saw a spike in clients under 30 in 2022?
 - A. 50%
 - B. 75%
 - C. 90%
 - D. 100%
2. What term is used to describe the movement of people getting tweaks on their faces due to online life during the pandemic?
 - A. Zoom zoom
 - B. Face fix
 - C. Camera correction
 - D. Zoom boom
3. What social media platform is mentioned as a force pushing body trends for Gen Zers?
 - A. Facebook
 - B. Instagram
 - C. TikTok
 - D. Twitter
4. What type of content does the app's algorithm feed to teenagers' For You pages, causing unrealistic expectations?
 - A. Makeup tutorials
 - B. Body check content
 - C. Cooking recipes
 - D. Travel vlogs



5. Which surgery was the most headlined in Hollywood and beyond in 2022?

- A. Liposuction
- B. Rhinoplasty
- C. Buccal fat removal
- D. Breast augmentation

6. Who warned that Ozempic can accelerate the effects of aging on your face?

- A. Lindsay Kite
- B. Theda Kontis
- C. Bella Hadid
- D. Cardi B

7. What did Cardi B warn fans about regarding butt injections?

- A. They are painless
- B. They have no side effects
- C. They can cause serious complications
- D. They are reversible

Task 5. Fill in the gaps in the transcript, then watch the video to check your ideas.

spike in, reversible, thinness, reconstructive, injections, alarming, rapid weight loss, debunking unattainable, complications, insecurities, enhancements, curvier, vast majority, impressionable, under the knife, keep up, cleanse, perpetuated, toxic, ozempic, unrealistic, and go, aesthetic, nurtured, influencer, pushing

Gen Z'ers are feeling the pressure to _____ (1) with body trends _____ (2) by celebs and social media. I'm Dante Ramos and this is MTV News Need to Know.

Earlier this year, the American Academy of Facial Plastic and _____ (3) Surgery found out that in 2022, 75% of plastic surgeons saw a _____ (4) clients under 30. Doctors say that as life moved largely online during the pandemic, people became unhappy with the way their faces appeared on their computer cameras and decided to get some tweaks. They refer to this movement as the Zoom Boom.

For Gen Z'ers, social media is another force in _____ (5) body trends, particularly on TikTok, where young women make up the _____ (6) of users. And now body checks have taken off on the app, where users zero in on the _____ (7) of a particular body part. A student-led high school publication called The Bird Feed did a deep dive into body checks and found out that, as of 2022, the hashtag jawline check on TikTok has 264.9 million views. But what's even more _____ (8) is that hashtag small waist has received 532.6 million views and hashtag side profile has received 818.9 million views.

The app's algorithm feeds body check content to teenagers' 4U pages, causing users to put _____ (9) expectations on themselves. It's not just TikTok, though. Last year, internal Instagram data showed that the app was harmful to teen



girls' mental and physical health, directly making them feel worse about their bodies. And secretiveness around beauty standards has _____(10) effects. Just last year, after a slew of starlets became unaccountably thinner, reports came in that many folks in Hollywood were taking the diabetes drug _____(11), which causes _____(12). Very few celebrities have admitted to using it and instead nod to new diets and workout routines, which are also damaging.

The extreme weight loss trend plus the 90s _____(13) coming back into style have made way for the countless thinnest back headlines. Buckle fat removal was the most headline surgery of 2022, in Hollywood and beyond. This shift also ushered in the end of the BBL era. The surgery popularized when _____(14) figures were in style.

_____ (15) Problematic Fame spreads awareness of how social media impacts beauty standards. They told MTV News, the idea that different types of bodies can fall in and out of style throughout the course of a few years is horrifying. Bodies are meant to be taken care of, loved and _____(16), not molded to fit whatever standard happens to be trending that day.

Experts warn that Ozempic and buckle removal come with serious consequences. Top facial surgeon Theda Kontis warns that Ozempic can accelerate the effects of aging on your face, and she warned that buckle fat surgery isn't _____(17) and could have opposite effects of what you want when you get older. Some influencers say that being open about their beauty journeys is the key to _____(18) standards, and have decided to share their cosmetic _____(19) with their followers.

Lindsay Kite, a leading expert in the study of body image, told MTV News that honesty is key. It's not through the beauty brand that you're partnering with, it's not through the vitamins, the gummies, the flat tummy tea, the _____(20). It is often through cosmetic procedures that these idealized looks are achieved and maintained. That's where it's a social responsibility issue, where celebrities and influencers need to be aware of who they're influencing, who is watching, and oftentimes a good chunk of that audience is young, _____(21) girls and women who are looking to see what it takes in order to be able to in order to be valued, to be respected, to be confident, and to be worthy of love.

Recently, some celebrity women have expressed regrets and or warnings about cosmetic procedures. Bella Hadid told Vogue that she had a nose job at age 14, which she regrets. Last year, Cardi B got her butt _____(22) removed and warned fans not to get them because of their serious _____(23) they can cause. And last week, Black China documented getting her butt shots removed, along with some other surgical removals. But there are also plenty of celebs, like Chrissy Teigen, Dolly Parton, and Kayleigh Cuoco, who love their work.



Listen, I'm like anyone else. I want to look good, I want to be fashionable, I have _____ (24), and I think that people have the right to make choices about their bodies. But the problem here is that the body trends are moving at the speed of light. If our decision-making tries to keep up with social media and our self-worth is dictated by an app that favors toxic content, we could really hurt ourselves. We are not the body police, but know that just like any kind of jeans you wear, body trends come _____ (25). But if you do go _____ (26), do your research and make sure you are doing it for yourself.

Task 6. Read and fill in the gaps

Summer Makeup Tips to Sweat-Proof Your Look, According to Makeup Artists

eyeshadows hydrating concealer cheekbones moisturizer wrinkles
lotion lip balm eyeliner luminous apply foundation
Bronzer setting spray mascara palette lipsticks

1) Start with the right 1. _____

The way you care for your skin is just as important as the makeup you 2. _____ on it. "Use an oil-free moisturizer in the morning," recommends Fiona Stiles, a celebrity makeup artist in Los Angeles, and opt for an oil-free 3. _____ formula to match. These will be less likely to leave your face greasy throughout the day.

2) Layer on sun protection

Besides 4. _____ your skin, you also want to make sure it's properly protected from the sun — and that means wearing broad spectrum SPF 30 or higher sunscreen every single day, even under your makeup. You should be re-applying sunscreen every two hours, but that can be hard when you're out and about — especially when you don't want to use your hands

- Use dish soap to clean an old liquid foundation compact and cushion. Let dry.
- Soak the cushion with your favorite face sunscreen 5. _____ inside the compact.
- To re-apply, dip a sponge applicator into the cushion and dab on your face.

Alternatively, try using a sunscreen powder for reapplication.

3) Invest in a powerhouse makeup primer

You won't regret the few seconds it takes to apply a makeup primer, which goes on after moisturizer but before face makeup. "Primers are definitely the way to go in summer. **They really help hold makeup in place** without feeling like a heavy additional layer." Try **No7 Airbrush Away Primer**, which uses hyaluronic acid to help soften 6. _____ and blur imperfections — all while keeping your makeup on your face!

4) Wear less makeup

If you want to prevent your makeup from creasing and caking, say it with us: Less is more. "If you can, just use a tinted moisturizer and a 7. _____ to hide the spots where you need it," says Stiles.

5) Glow up with some bronzer

"8. _____ makes your eyes look brighter, your teeth whiter — everyone looks better with a little warmth added to their skin," says Troy Surratt. To keep the results



looking fresh and natural, he recommends applying bronzer just to the high points of your face, where the sun naturally hits you: your forehead, 9. _____, chin and nose.

6) Skip the illuminator

Everyone loves a nice dewy glow, but there's a big difference between a healthy radiance and an over-the-top shine. "Avoid cream foundations or anything too 10. _____, as the humidity will make you extra shiny and sweaty-looking if you have too much sparkle on your skin," Stiles advises.

7) Go for sheer shades

"Rich, deep colors have their place, but they can look heavy in summer," Surratt says. To lighten up your look, switch to sheer versions of your go-to lip and 11. _____. Use a lipliner pre-application if you need extra definition, but go for a nude shade to keep that carefree feeling, or try "invisible" lipliner, which deposits a clear, waxy film to stop color from bleeding. Bonus: Because sheer colors are subtler, you almost can't go overboard.

8) Give your shadow staying power

For longer-lasting eyeshadow, avoid using eye cream on your lids (it can break down makeup), and smooth on an eye primer instead. "It will minimize creasing and create a base for the shadow to cling to so it lasts longer," says Sharona Schweitzer, a makeup artist in Seattle, Washington. For the ultimate in all-day wearability, layer a powder eye shadow over a cream. Doubling up works for 12. _____, too. "Apply your regular pencil or cream liner, then use a small angled brush to press dark shadow over the liner to set it for longer wear," she suggests.

9) Ditch the powder blush

Blush adds balance and healthiness to any look, but if you're still using the same powdery formula, your flush might be getting cake-y faster than it takes to get to work in the morning. "Stains are great for longevity in hot weather," Stiles says. "Use a gel or blush stain, then blend a touch of a cream blush on top of it."

10) Play with fun, vibrant colors

Just as you're probably more likely to wear a vivid top or carry a bright bag this season, now's the perfect time to amp up the colors in your makeup 13. _____. Besides looking summery, "livelier colors brighten the face and bring a youthful glow to skin," Experiment with just one area of your face, like a punchy blush on the apples of the cheeks, a colored eyeliner, or a poppy sheer lip color.

12) Swap heavy lipsticks for lip stains

Toss your heavy matte 14. _____ for the summer and try the season's simplest trend: lip stains. These long-lasting formulas offer sheer coverage that can be built up, making them super versatile. "Stains are lovely because you can always add a 15. _____ for moisture without worrying about the color traveling. Try sweet pink or peach shades for a traditional summery look, or go bold with tangerine and grape colors for something more daring.



13) Try waterproof versions of favorite products

Love to swim? Don't worry about getting raccoon eyes — there are lots of amazing long-wear makeup products out there these days. "Invest in a good waterproof 16. _____, or if you're blonde, get your eyelashes tinted," Stiles advises.

14) Always finish with a setting spray

The final step in getting your makeup to last all day and night is to spritz on a makeup 17. _____ to seal in your look. The GH Beauty Lab recommends Urban Decay said, "I definitely noticed my makeup lasting longer throughout the day, and I didn't get as slick or shiny as usual."

Task 7. Listen to the song, fill in the gaps.

<https://www.youtube.com/watch?v=xQtWY-ZxFTw>

up complexion imperfections eyeliner lips eyes resembled skin tone eyebrows

*I love the way you put it on your _____
The roses on your face light up the sky
Those _____ are colorful all of the time
And girl, that's fine, but I wanna know do you mind
No make-up today, no make-up today
No make-up today, no make-up to...
And girl, that's fine, but I wanna know do you mind
I know she 'bout to ask me how she look
I tell her beautiful, and how long it took
For you to put it on, it was early in the morn'
She _____ a model out of a Mac book
Concentrating on the way the _____ thickens
I stand behind her and try to figure her vision*



