

Looking after yourself

VOCABULARY BANK

1 AT THE HAIRDRESSER'S OR BARBER'S

a Match the words and photos.



- bunches /'bʌntʃɪz/
- a buzz cut /baʊz kʌt/
- a fringe /frɪndʒ/
- 1 a parting /'pɑ:tiŋ/
- a ponytail /'pɔ:niteɪl/
- plaits /plaɪts/

have your hair...

- bleached /blɪ:tʃd/
- curled /kɜ:ld/
- dyed /daɪd/
- put up /pʊt ʌp/
- straightened /streɪtnd/

have...

- a blow-dry /'bləʊ draɪ/
- a perm /pɜ:m/
- a shave /ʃeɪv/
- a treatment /'tri:tment/
- a trim /trim/ (or have your hair trimmed)
- highlights /haɪlaɪts/ (or lowlights)

b 8.3 Listen and check.

ACTIVATION How often do you go to the hairdresser's or barber's? What do you usually have done?

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2 KEEPING FIT

a Match the words and photos for equipment and exercises.



Equipment

- (use) an exercise bike
- (use) a running machine
- (do / lift) weights
- (use) a rowing machine
- (use) a cross-trainer
- (use) a yoga mat

Exercises

- do sit-ups
- do press-ups
- do stretches
- do aerobics
- do spinning
- 1 do Pilates (or yoga)

b 8.6 Listen and check.

ACTIVATION What equipment or exercises are good if you...?

- want to lose weight
- want to tone your muscles
- want to do cardio exercises

- have a bad back
- want to improve your flexibility

3 BEAUTY TREATMENTS

a Match the words and photos.

- manicure /mænɪkjʊə/
- pedicure /pedɪkjʊə/
- facial /fəsi:l/
- massage /masɪ:ʒ/
- waxing /'waksɪŋ/
- fake tan /feɪk tan/



b 8.7 Listen and check.

ACTIVATION Which of these treatments would you enjoy?

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