

1 AT THE HAIRDRESSER'S OR BARBER'S

a Match the words and photos.



- ☐ bunches /'bʌntɪʃɪz/
- ☐ a buzz cut /bʌz kʌt/
- ☐ a fringe /frɪndʒ/
- ☐ 1 a parting /'pɑːtɪŋ/
- ☐ a ponytail /'pɒnɪteɪl/
- ☐ plaits /plæts/

have your hair...

- ☐ bleached /bliːtʃd/
- ☐ curled /kɜːld/
- ☐ dyed /daɪd/
- ☐ put up /pʊt ʌp/
- ☐ straightened /'streɪtnd/

have...

- ☐ a blow-dry /'bləʊ draɪ/
- ☐ a perm /pɜːm/
- ☐ a shave /ʃeɪv/
- ☐ a treatment /'triːtmənt/
- ☐ a trim /trɪm/ (or have your hair trimmed)
- ☐ highlights /'haɪlaɪts/ (or lowlights)

b 8.3 Listen and check.

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.

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 /ˈmænɪkjʊə/
- pedicure /ˈpedɪkjʊə/
- facial /ˈfeɪʃl/
- massage /ˈmɑːsɑːʒ/
- waxing /ˈwɑːksɪŋ/
- fake tan /ˈfeɪk tən/

b 🔊 8.7 Listen and check.

ACTIVATION Which of these treatments would you enjoy?

➡ p.78

