

# 1 AT THE HAIRDRESSER'S OR BARBER'S

a Match the words and photos.



- bunches** /'bʌntʃɪz/
- a **buzz cut** /bʌz kʌt/
- a **fringe** /frɪndʒ/
- 1 a **parting** /'pɑ:tiŋ/
- a **ponytail** /'pəʊnɪteɪl/
- plaits** /plaɪts/

**have your hair...**

- bleached /bli:tʃd/
- curled /kɜ:ld/
- dyed /daɪd/
- put up /put ʌp/
- straightened /'streɪtnd/

**have...**

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

b 8.3 Listen and check.

 **LIVEWORKSHEETS**

## 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.

LIVWORKSHEETS

**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** /'mænikjʊə/
- pedicure** /'pedɪkjʊə/
- facial** /'feɪʃl/
- massage** /'masa: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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**LIVWORKSHEETS**