1 AT THE HAIRDRESSER'S OR BARBER'S

a Match the words and photos.



- bunches /ˈbʌntʃɪz/
- a buzz cut /bʌz kʌt/
- a fringe /frɪndʒ/
- 1 a parting /ˈpɑːtɪŋ/
- a ponytail /ˈpəʊnɪteɪl/
- plaits /plæts/

have your hair...

- bleached /bliːtʃd/
- curled /kɜːld/
- dyed /daɪd/
- put up /pʊt ʌp/
- straightened /ˈstreɪtnd/

have...

- a blow-dry /ˈbləʊ draɪ/
- a perm /pɜːm/
- a shave /ʃeɪv/
- a treatment /ˈtriːtmənt/
- a trim /trɪm/ (or have your hair trimmed)
- highlights /ˈhaɪlaɪts/ (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.

LIVEWORKSHEETS

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 /ˈmanɪkjʊə/
- pedicure /ˈpedɪkjʊə/
- facial /ˈfeɪʃl/
- massage /ˈmasɑːʒ/
- waxing /ˈwaksɪŋ/
- fake tan /feɪk tan/



b 8.7 Listen and check.

ACTIVATION Which of these treatments would you enjoy?

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