Worksheet 10 Personal Care Appliances

Task 1 Vocabulary matching

maintenance **trimmer** **pressure** **circulation** **relaxation**

clipper **plaque** **wrinkle** **epilator** **cleanliness**

Vocabulary	English meaning	Thai meaning
1.	The movement of blood in the body or the flow of something in a system	
2.	A sticky film of bacteria that forms on teeth, leading to cavities.	
3.	A small device used to trim hair, beards, or edges of something.	
4.	The state of being clean and free from dirt or germs.	
5.	The state of being free from stress or tension.	
6.	A small line or fold in the skin, often due to aging.	
7.	The process of keeping something in good condition.	
8.	A device used to remove hair from the root for smooth skin.	
9.	The force applied to a surface or the feeling of stress.	
10.	A device used for cutting hair or nails quickly.	

What are Personal Care Appliances ?

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Task 2 Put the correct Vocabulary in the blank.

maintenance	**trimmer**	**pressure**	**circulation**	**relaxation**
clipper	**plaque**	**wrinkle**	**epilator**	**cleanliness**

1. Listening to soft music can help with …… after a long day.
2. My brother uses a …… to shape his beard every week.
3. Regular ……of personal care appliances helps them last longer.
4. She bought an …… to remove unwanted hair from her legs.
5. Too much ……while brushing your teeth can harm your gums.
6. Exercise improves blood …… and keeps the body healthy.
7. A hair …… is useful for cutting hair at home.
8. Drinking enough water can help reduce …… on your skin.
9. Brushing twice a day helps prevent …… buildup on teeth.
10. …… is important for good health and hygiene.

Task 3 Listen and put the correct words in the blank.

epilator	**maintenance**	**trimmer**	**circulation**	**pressure**
clipper	**relaxation**	**cleanliness**	**plaque**	**wrinkle**

Personal Care Appliances

Personal care appliances refer to electronic devices designed to assist individuals in maintaining personal hygiene, grooming, and beauty care. These appliances help improve efficiency and convenience in daily self-care routines.

Types of Personal Care Appliances

1. Hair Care Appliances

These devices are used for hair styling, drying, and ……..

Hair Dryers – Used for drying and styling hair quickly.

Hair Straighteners (Flat Irons) – Help straighten hair using heat.

Curling Irons/Wands – Used to create curls or waves.

Electric Hair ……..**&** ……..

– Used for cutting or trimming hair, beards, or mustaches.

2. Oral Care Appliances

These devices help maintain oral hygiene.

Electric Toothbrushes – Provide better …….. removal than manual toothbrushes.

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Water Flossers (Oral Irrigators) – Use water …….. to clean between teeth and along the gum line.

UV Toothbrush Sanitizers – Kill bacteria on toothbrush bristles using ultraviolet light.

3. Skincare Appliances

Designed to enhance skin health and beauty.

Facial Cleansing Brushes – Help remove dirt and makeup more effectively than hand washing.

LED Light Therapy Devices – Treat acne, ……., and skin tone issues.

Facial Steamers – Open pores and hydrate the skin for deep cleansing.

Electric Face Massagers – Improve blood …….. and reduce wrinkles.

4. Grooming & Hair Removal Appliances

Devices for body hair maintenance and removal.

Electric Shavers (Men & Women) – Provide a quick and smooth shave.

…….. – Remove hair from the root for longer-lasting smoothness.

Laser Hair Removal Devices – Reduce hair growth over time using light-based technology.

5. Body Care & Wellness Appliances

Devices that promote relaxation and overall well-being.

Electric Massagers – Help relieve muscle tension and improve circulation.

Foot Spas & Massagers – Provide …….. and improve foot health.

Smart Weighing Scales – Track body weight, BMI, and other health metrics.

6. Nail Care Appliances

Tools for nail grooming and care.

Electric Nail Drills – Used for shaping and polishing nails.

UV/LED Nail Lamps – Cure gel nail polish for a professional finish.

Benefits of Personal Care Appliances

✓ **Convenience** – Save time and effort compared to manual methods.

✓ **Improved Hygiene** – Advanced technology ensures better ……..

✓ **Cost-Effective** – Reduces the need for frequent salon or professional visits.

✓ **Enhanced Results** – Provides professional-quality care at home.

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Task 4 Multiple-Choice & True/False Questions on Personal Care Appliances

Multiple-Choice Questions (Choose the correct answer)

1. Which of the following is NOT a hair care appliance?

a) Hair Straightener
b) Curling Iron
c) Electric Toothbrush
d) Hair Dryer

2. What is the primary function of an epilator?

a) Drying hair
b) Removing hair from the root
c) Polishing nails
d) Cleaning teeth

3. Which personal care appliance helps improve blood circulation and reduce wrinkles?

a) Electric Face Massager
b) UV Toothbrush Sanitizer
c) Water Flosser
d) Hair Clipper

4. What device is used to cure gel nail polish?

a) Electric Nail Drill
b) UV/LED Nail Lamp
c) Foot Spa
d) Facial Steamer

5. What is a key benefit of using personal care appliances?

a) They increase salon visits
b) They save time and effort
c) They are harder to use than manual tools
d) They make self-care less hygienic

True/False Questions

6. A water flosser uses air pressure to clean between teeth. T / F
7. Hair clippers and trimmers are used for cutting or rimming hair, beards, or mustaches. T / F
8. A foot spa helps clean teeth more effectively than a manual toothbrush. T / F
9. LED light therapy devices are used to treat acne, wrinkles, and skin tone issues. T / F
10. Personal care appliances make grooming less convenient. T / F

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