Projekt Nové kompetence žáků v odborném vzdělávání Č. projektu: CZ.1.07/1.1.36/02.0008

Coursebook for the study branch:

 Beauticians

Made by: Mgr. Mirka Tauschová
ENGLISH FOR BEAUTICIANS

Teacher’s book

Mirka Tauschová
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1 What do you do?
Match the words with the same or similar meaning.

- job      beautician
- student  profession
- cosmetician  beauty salon
- beauty parlour  pupil

2 Who are you?
Introduce yourself to the other people. Use the words from the exercise 1.

Hello. My name is __________. I am a s_________ / p__________.

I go to the Secondary School of Business and Services in Jihlava.

I am a c___________ / ____________.

I work at a b________ s________ / b________ p__________.
3 A bit of grammar
How is it different? Match the Czech and English version correctly.

I am a cosmetician.       Ráda bych byla kosmetičkou.
I will be a cosmetician.       Jsem kosmetička.
I am going to be a cosmetician.       Studuji, abych se stala kosmetičkou.
I would like to be a cosmetician.       Hodlám se stát kosmetičkou.
I study to become a cosmetician.       Budu kosmetičkou.
I work as a cosmetician.       Pracuji jako kosmetička.

4 Beautician or cosmetician?
Replace the word “cosmetician” with another equivalent (synonym).
Then cover the English part of the translation and try to translate the sentences on your own.
Practise it in pairs.
BODY A
FACE B

EYE B
MEMORY GAME

A

Is your memory brilliant, very good, good or not very good? Let's try the test. You may study some new words.
How many words do you remember? There were 24 of them. Here are the pictures to label. Good luck.
1 Ask and answer (pair work)
Ask your partner. Let him/her answer as fast as possible. Think of a few more questions. Then swap.

How many eyes / teeth / brains / toes / bones / wrists / thumbs / hearts have you got?

2 Synonyms
Match the words on the left with their synonyms on the right.

third finger  spinal cord
buttocks     chest
navel        belly button
spine        ring finger
thorax       bum

3 Crossword

middle part of your leg
arteries and …
hair on your eyelids
black part of your eye
system of bones
you keep fit to have them strong
you wear a watch around it
they are red
it is blue, brown or green
between your cheeks
upper part of your leg

4 Ask and answer (pair work)
Ask your partner as fast as possible. Then swap. Ask the questions in different order.

What do you smell with? What do you wear your hat on?
What do you see with? What do you wear your watch around?
What do you bite with? What do you wear make up on?
What do you speak with? What do you wear your shoes on?
What do you touch things with? What do you wear your gloves on?
What do you think with? What do you wear your belt around?
What do you taste food with? What do you wear your scarf around?
What do you wear your ring on?
Name a part of your body that is long.
Name a part of your body that is short
Name a part of your body that is white.
Name a part of your body that is black.
Name a part of your body that is red.
Name a part of your body that is hard.
Name a part of your body that is soft.
Name a part of your body that is right and left.
Name a part of your body that is upper and lower.
Name all the parts of the body you can see in the picture.
Name a few parts of the body you cannot see in the picture.
Name a part of your body that is beautiful.

QUIZ FOR YOUR BODY

Find out the words. Use a dictionary to identify unknown words.

1) This word starts with an "E." It is above an eye. At a beauty salon you shape it and dye it. What is it? _______________

2) This word starts with an "E too." It is the part of an eye. It is usually used in plural. Your eyes look beautifully if they are long and thick. What word is it?
_____________

3) This word starts with a "B." You use this part of the body to think and create various images. What is it? _______________

4) This word also starts with a "B." It is the name of one of the hardest parts of the human body. There are 206 of them in our body. What is it? _______________

5) This word starts with an "H." It grows on the top of our head and also on our eyebrows, eyelashes, and other parts of the skin. Sometimes you remove it. What is it? _______________

6) This part of the body also starts with an "H." It pumps blood through the body. They say it is the organ of love. Is it? What is it? _______________

7) This part of the body also starts with an "H." It is the name of the back part of the foot. This word is used not only for the part of the body but also for the part of the shoe. What is it? _______________

8) This part of the body starts with an "I." It is the coloured part of the eyes. Its colour is important to decide what colour type the person is. What is it? _______________

9) This word starts with an "N." We can smell with this part of the body. Some people have it pierced. What is it? _______________
10) This word starts with a "T." It is one of the ten digits on the foot. You have to take care for them and sometimes you apply nail varnish on them. What is it?

____________________

11) This part of the body also starts with a "T." It can also be pierced. It helps us eat, talk and taste our food. It is located in the mouth. What is it?

____________________

12) This part of the body starts with an "L." You have got two of them – upper and lower. You often apply some cosmetics to make them attractive and sexy. What is it?

____________________

13) This word starts with a “P”. It is the part of an eye. It is always round and black. The word is also used in a different meaning for you or better for your role at school. What is it?

____________________

14) This word is also joined with eyes. It starts with an “E”. You have got two of them – upper and lower. You apply eye shadow on them. What is it?

____________________

15) This word has also got another equivalent – belly button. The word starts with an “N”. Some ladies have it pierced. What is it?

____________________

16) This word starts with a “C”. You can find it on your face. You've got two of them – left and right. If they are pink, you look fresh and healthy. What is it?

____________________

17) The very last word starts with an “N” and it is at the back of your body. If you are very tired, let somebody give a massage on it. It is really refreshing! What is it?

____________________

How many words have you found out? Let's check them!
MANICURE

Structure of nail – describing
root of nail
lunula
cuticle over nail
nail ball
nail plate
nail bed
cuticle under nail
free edge of the nail

Tools for manicure

Nail file - we choose a suitable nail file according to the quality of nails. We use paper nail files or nail files with numbers from 80 (the hardest) to 240 (the softest). We mustn’t use metal files.

For brittle nails we use soft files – paper soft files or glass files. For quality strong nails we use sapphire or glass files.

Manicure wooden stick or orange stick – for cleaning around the nail.

Nail clippers or scissors – to remove excess cuticle over nails.

Manicure

We can treat nails in two ways - using dry or hot oil manicure. A hot oil manicure is a type of manicure that cleans the cuticles and softens them with herbal solution with some liquid soap or shampoo, a few drops of hydrogen peroxide and vegetable oil.

Before treatment we disinfect hands. We file nails, soak fingertips in the warm solution and then we make up the cuticle around the nail.

When we use dry manicure, we don’t soak nails, we only put some softening gel around the nail, we wait for a few minutes and then it’s the same way as in hot oil manicure.
**Hand massage**

Blood circulation is improved by well done massage. For the massage we use products like massage oil, emulsion, gel, etc.

**Paraffin bath**

It is for good blood circulation, warming up, softening skin and for mild exfoliation. We know a few types of paraffin treatment – for example with azulene, chlorophyll or with peach extract. We heat up paraffin in a special bath and we deep in hands. The hands are covered with wax and wrapped in a plastic foil and then covered with terry gloves. The hands are left like this for a few minutes before the paraffin is cooled and dried.

**Polishing nails**

It´s so called Japanese manicure or **P. SHINE.**

This treatment is suitable for natural nails mainly for frayed, brittle nails which grow up slowly and also for thin nails.

The treatment supports blood circulation and nail growth.

On the clean and treated nail we put some special paste and we polish it with a polisher with the green surface. After that we put some powder on the nail and we use a polisher with the pink surface to polish is so that it gets natural and bright look.

This nail treatment takes about 30 minutes and we recommend the other same treatment after 2 or 3 weeks.

This method is suitable for women and also for men.

**Nail varnishing**

Varnishing is very important for nails and it finishes design with clothes and make up.

On the nails for decorative effect we put 2 or 3 layers of polish.

The colour of nail polish on fingers should be adequate to nail polish on feet.

We make 3 strokes (in the middle and then on sides). The layer of nail polish should be the same.

Finally we apply top coat which keeps varnishing and prolongs it.
French varnish

This varnishing is still very attractive and fashionable. This way of varnishing: We varnish free edges of nails with white polish and after they get dried we use light pinkish or apricot coloured or transparent polish.

Nail art

It depends on beautician’s fantasy or customer’s wish. We use different combination of nail polish, we may use some nail jewels like adhesive stripes, stars and other decorations.

Narrowed varnishing

We use this method if the customer has wide nails or small hands. We use the same way of varnishing but on sides we let an edge of about 2-3 mms which makes the optical illusion of a longer and narrower nail.
Study:

NAIL CARE A

- cuticle pusher
- cuticle trimmer
- nail shaper
- nail file
- nail scissors
- cuticle scissors
- cuticle nippers
- strap
- zipper

- nail buffer
- nail polish
- nail whitener pencil
- emery boards
INVESTICE DO ROZVOJE VZDĚLÁVÁNÍ
NAIL CARE B

Label:
WORDLIST 2

<table>
<thead>
<tr>
<th>MANICURE</th>
<th>MANIKÚRA</th>
</tr>
</thead>
<tbody>
<tr>
<td>acrylic nails</td>
<td>akrylové nehty</td>
</tr>
<tr>
<td>artificial nails</td>
<td>umělé nehty</td>
</tr>
<tr>
<td>base coat</td>
<td>podkladový lak</td>
</tr>
<tr>
<td>case</td>
<td>pouzdro</td>
</tr>
<tr>
<td>clear gel</td>
<td>bezbarvý gel</td>
</tr>
<tr>
<td>cuticle</td>
<td>kůžička</td>
</tr>
<tr>
<td>cuticle nippers</td>
<td>štípky na kůžičku</td>
</tr>
<tr>
<td>cuticle scissors</td>
<td>nůžky na kůžičku</td>
</tr>
<tr>
<td>emery board</td>
<td>smirkový pilník</td>
</tr>
<tr>
<td>French manicure</td>
<td>francouzská m.</td>
</tr>
<tr>
<td>gel nails, gels</td>
<td>gelové nehty</td>
</tr>
<tr>
<td>manicure set</td>
<td>souprava na m.</td>
</tr>
<tr>
<td>manicurist</td>
<td>manikérka</td>
</tr>
<tr>
<td>nail art</td>
<td>zdobení nehtů</td>
</tr>
<tr>
<td>nail buffer</td>
<td>leštíčka na nehty</td>
</tr>
<tr>
<td>nail clippers</td>
<td>kleštičky na nehty</td>
</tr>
<tr>
<td>nail designer</td>
<td>manikér/ka</td>
</tr>
<tr>
<td>nail file</td>
<td>pilník na nehty</td>
</tr>
<tr>
<td>nail hardener</td>
<td>lak na zpevnění</td>
</tr>
<tr>
<td>nail jewels</td>
<td>ozdoby na nehty</td>
</tr>
<tr>
<td>nail polish remover</td>
<td>odlakovač</td>
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<tr>
<td>nail polish, varnish</td>
<td>lak na nehty</td>
</tr>
<tr>
<td>colour, clear</td>
<td>barevný, bezbarvý</td>
</tr>
<tr>
<td>nail scissors</td>
<td>nůžky na nehty</td>
</tr>
<tr>
<td>nail tips</td>
<td>nehtové typy</td>
</tr>
<tr>
<td>nail whitener pencil</td>
<td>b. podkreslovací tužka</td>
</tr>
<tr>
<td>safety scissors</td>
<td>nůžky na chloupky</td>
</tr>
<tr>
<td>spatula</td>
<td>špachtle</td>
</tr>
<tr>
<td>to buff</td>
<td>leštit / tvarovat nehty</td>
</tr>
<tr>
<td>to clean</td>
<td>čistit</td>
</tr>
<tr>
<td>to do nails</td>
<td>dělat manikúru</td>
</tr>
<tr>
<td>to file</td>
<td>pilovat</td>
</tr>
<tr>
<td>to strengthen</td>
<td>zpevnit</td>
</tr>
<tr>
<td>to varnish</td>
<td>lakovat</td>
</tr>
<tr>
<td>top coat</td>
<td>vrchní lak</td>
</tr>
<tr>
<td>tweezers</td>
<td>pinzeta</td>
</tr>
<tr>
<td>two-sided</td>
<td>oboustranný</td>
</tr>
</tbody>
</table>

Do you remember these words?
1 Defining words
Here you can see how the beauty treatments such as manicure and pedicure are defined in Wikipedia.
Which definition refers to which treatment?

a) It refers to a treatment for the hands, incorporating the fingernails and cuticles and often involving the application of nail polish.
b) It refers to a treatment for the feet, incorporating the toenails and the softening or removal of calluses.

2 Hands
Try to describe the parts of your hands in detail.

3 Word formation
Combine the words from the bubble to create some correct expressions such as “nail designer”.

4 Correct words
Circle the correct words in the sentences.

a) Your nails aren’t strong enough. Nail hardener / varnish will help you to make them stronger.
b) If you want your nails to look naturally, use clean / clear nail polish then.
c) It can be dangerous to use a cuticle trimmer, it is better to use a cuticle pusher / buffer.
d) Do you have any nail varnish remover / polish?
e) I want to save the nail art, so I will apply some base / top coat.
f) She filed / grated her nails as she watched television.
g) For French manicure I use baby pink nail / cuticle varnish.
h) How long / tall do you want your nails to be?

5 Conversation
Give some professional advice to a customer.
What to do if:

- the customer would like to have beautiful nails
- the nails need to strengthen
- the customer bites her nails
- the varnish doesn’t last long enough
- the hands are very dry
- the feet are very dry
- the customer is getting married on Saturday
HAIR REMOVAL

1 Before reading the text
a) Answer following questions:
What is your hair like? Light or dark? Long or short? Straight or wavy? Natural or dyed?
What other meaning does the word "hair" have?
Well, there’s some hair on our body else that we want to remove.
Name some parts of your body where you can find the unwanted hair.
How many ways how to remove it do you know?
How can you get rid of it as a professional cosmetician?
What does the picture below show?

b) Can you do waxing?
What can you say about it?
What areas can it be used on?

Arms
Back
Beard
Chest
Chin
Ears
Feet
Face
Legs
Lip
Neck
Shoulder
Toes

2 Reading the text

WAXING

Waxing is used to get rid of unwanted hair. The procedure is safe and effective, and can be
used on all skin and hair types. It is an excellent way to deal with most hair removal. Waxing
leaves the area smoother than shaving does because it pulls the hair out from below the top
layer of skin. This is the easiest and most convenient way to go about removing hair from
large areas.

With hot waxing, a thin layer of heated wax is applied to the skin in the direction of the hair
growth. The hair becomes embedded in the wax as it cools. The wax is then pulled off
quickly in the opposite direction of the hair growth, taking the hair with it. Cold waxes work
similarly. Strips are pre-coated with wax or a sugar-based substance and pressed onto the
skin in the direction of the hair growth and pulled off in the opposite direction.
Epilation
- the removal of the entire hair, including the part below the skin, but the hair can grow up again.

Hair removal methods:
1. Epilation device – on legs
2. Plucking with tweezers – on chin or eyebrows
3. With thread, so called Arabic epilation
4. Waxing - everywhere

We know some permanent hair removal methods:
1. Electrocoagulation needle – bulb and root is burned by electrical needle
2. Laser hair removal - ray damages hair and its bulb
3. Photoepilation - heat is damaged the hair bulb
4. Ultrasonography hair removal – temperature has to be higher than 65°C and it causes irreversible damage and prevents re-growing.

Depilation (Hair removal)
This method is only hair removal of the skin surface.
1. Shaving or trimming – we must not shave woman’s face, neck and chin.
2. Depilatory cream – we must not use on face, on groin and underarm because it may irritate the skin
3. Bleaching hair– we use chemicals

<table>
<thead>
<tr>
<th>wordlist 3</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>hair removal</td>
<td>depilace, epilace</td>
</tr>
<tr>
<td>depilation – am.</td>
<td>depilace</td>
</tr>
<tr>
<td>epilation – am.</td>
<td>epilace</td>
</tr>
<tr>
<td>hair remover</td>
<td>depilační prostředek</td>
</tr>
<tr>
<td>waxing</td>
<td>odstranění voskem</td>
</tr>
<tr>
<td>sugaring</td>
<td>odstranění sp. pásou</td>
</tr>
<tr>
<td>plucking</td>
<td>vytrhávání</td>
</tr>
<tr>
<td>get rid off</td>
<td>zbavit se</td>
</tr>
<tr>
<td>smooth</td>
<td>hladký</td>
</tr>
<tr>
<td>shaving</td>
<td>holení</td>
</tr>
<tr>
<td>pull off</td>
<td>vytáhnout, stáhnout</td>
</tr>
<tr>
<td>in the direction</td>
<td>ve směru</td>
</tr>
<tr>
<td>growth</td>
<td>růst</td>
</tr>
<tr>
<td>strip</td>
<td>proužek, pásek</td>
</tr>
</tbody>
</table>
1 Circle the correct expression.
   a) For waxing we use **hot / cold** wax.
   b) If you want to get rid **off / out** your unwanted hair, come to our beauty salon.
   c) Pass me the hair **remover / removal**, please.
   d) We pull off the wax **in the direction / in the opposite direction** of the hair growth.
   e) Plucking is **more / less** painful than sugaring.

2 Synonyms
   Match the words with the same or similar meanings.

   - hair removal   epilation
   - hot            depilation
   - pluck          pull off
   - hurt           heated
   - cold           be painful
   -               cool

3 Opposites
   Match the words with the opposite meanings.

   - dangerous   cold
   - hot          thick
   - thin         safe
   - easy         difficult

4 Reading comprehension
   Answer the questions. The text about waxing can help you. What procedures does it speak about?

   a) Is the procedure of waxing dangerous?
   b) Why is it better than shaving?
   c) What parts of body would you recommend this procedure for?
   d) Is it difficult to do it?
   e) What does a cosmetician do just before the procedure?
   f) How does a cosmetician apply the wax?
   g) How does she remove it?
   h) Where does the text speak about waxing?
   i) Where does it speak about sugaring?
5 Conversation (pair work)
Do you personally remove your unwanted hair?
Do you shave off your armpit hair? How often?
What technique do you use?
Does it hurt?
Have you had any experience with hair removal as a cosmetician?
What techniques have you tried?
Have you ever seen any other techniques, such as laser hair removal or electrolysis?
How do you shape eyebrows? Do you use tweezers?

6 Describing the procedure
Try to describe the procedures of waxing and sugaring. The text above will again help you.

- First read it again. Then make a few notes – write down the key words and expressions to help you. Use your notes to retell it using your own words and you can add something from your personal experience.
- Now try to describe the procedure of plucking eyebrows with tweezers to shape them.
**STUDY THE EVERYDAY PHRASES:**

**GREETINGS**
- Good morning. Good afternoon.
- How can I help you?

**APOLOGIZING**
- I'm sorry for it. I'm really sorry.

**GIVING OPINIONS**
- It seems to me that ...
- That's right. You're right.

**AGREEING**
- Yes, I agree. Absolutely.

**DISAGREEING**
- Yes / True, but ...
- I'm not sure about that.

**MAKING REQUESTS**
- Could you ...?
- Do you think you could ...?

**MAKING SUGGESTIONS**
- Would you like ...?
- I'll do it for you.

**ASKING FOR PERMISSION**
- Could I ...?
- Do you mind if I ...

**ANSWERING POSITIVELY**
- Yes, sure.
- Yes, that's fine.

**ANSWERING NEGATIVELY**
- Sorry, but ... I'm afraid that's not possible.

**GIVING ADVICE**
- I think you should ...
- What about doing sth? / How about doing sth?

**THANKING**
- Thanks a lot.
- Thank you very much.

**REPLYING FOR THANKS**
- You're welcome.

**ASKING FOR REPETITION**
- Pardon? Sorry?
- Can you say it again, please?

**POZDRAVY**
- Dobré ráno, dopoledne. Dobré odpoledne.
- Jak vám mohu pomoci?

**OMLLUVA**
- Je mi to líto. Je mi to opravdu líto.

**SDĚLOVÁNÍ NÁZORŮ**
- Zdá se mi, že .../ Vypadá to, že ...

**VYJÁDŘENÍ SOUHLASU**
- Ano, souhlasím. Určitě.
- Tak to je správně. Máte pravdu.

**VYJÁDŘENÍ NESOUHLASU**
- Ano / Pravda, ale ...
- Tím si nejsem jist.

**VYJÁDŘENÍ ŽÁDOSTI**
- Mohla byste ...?
- Myslíte, že byste mohla ...?

**VYJÁDŘENÍ NÁVRHU**
- Líbilo by se vám ....?
- Já to pro vás udělám.

**ŽÁDOST O DOVOLENI**
- Mohla bych ...?
- Vadilo by vám, kdybych ...

**KLDNÁ ODPOVĚĎ**
- Ano, jistě.
- Ano, to je fajn.

**ZÁPORNÁ ODPOVĚĎ**
- Bohužel, ale ... Obávám se, že to není možné.

**UDÍLENÍ RADY**
- Myslíš si, že byste měla ...
- Co takhle udělat ...?

**DĚKOVÁNÍ**
- Díky moc.
- Dějú. velmi pěkně.

**REAKCE NA DĚKOVÁNÍ**
- Není zač.

**ŽÁDOST O ZOPAKOVANÍ**
- Promiňte?
- Můžete to říci ještě jednou, prosím?
1 Speaking (pair work)

Use the correct phrase in the situation

a) How will you greet your customer at 10 a.m.?

b) How will you greet your customer at about 3 o’clock in the afternoon?

c) How can you ask a customer to sit down in a very polite way?

d) What will you usually ask after greeting?

e) How can you apologize for any problems?

f) How can you express that you agree with a customer?

g) What will you say if you do not agree with a customer?

h) What will you say if you do not understand well?

i) How can you express your very polite thanks to a customer?

j) What will you say after customer’s thanking?

k) What will you say if you would like to open a window?

l) How will you recommend a face massage?

m) How can you express two opposite opinions?

n) How will you say “no” being very polite?

o) How can you express your opinion?

p) What will you say to a customer leaving the salon?

2 Conversation

Try to reply to a customer

Example:

Customer: Good morning. You: Good morning. How can I help you?
Customer: Good afternoon. You: …
Customer: Oh, you have dyed my collar, there’s a stain! You: …
Customer: It’s so hot in here, isn’t it? You: …
Customer: Can you reshape my eyebrows, please? You: …
Customer: Where shall I have a seat? You: …
Customer: This colour goes well with my eyes, doesn’t it? You: …
Customer: Will you give me advice, please? How often shall I have a mask? You: …
Customer: I wonder if it is a problem if I pay next week? You: …
Customer: Thank you very much indeed. You: …
Customer: See you next month again. You: …

3 Real language

a) Here are a few statements you can hear at a beauty salon. Decide who is saying them – a customer, a beautician or it is possible for both? Write down C for a customer, B for a beautician and 2 for both.
I'm so sorry. I'll wash it down.
You're welcome.
Do you mind if I open the door?
How about trying this coconut oil?
I'm afraid it isn't the right colour for me.
Is it burning?
How about nail art?
I would like to try something different.
In my experience you should try some peeling.
It seems to me that the eyelashes are too dark for you.
Could you lie down here, please?
What about hair removal above your upper lip?
Yes, but this cream is better for your type of skin.

b) Compare your opinions in groups.
c) Can you add a few other examples of real language you could hear at your training?

PHRASES IN USE 2

BEING POLITE

1 Please
This is, perhaps the most important word in English! If you don't use it when you ask for something you can easily upset people.
Use please:
- At the beginning of invitations  Please come in.
- Please take your coat off.
- At the end of requests  Could you lie down here, please?
- Your right hand here, please.

Please is sometimes used on its own to mean Yes, that's right or Yes, thank you.
Examples:
Did you say the same peel-off mask like last time?
Please.

Would you like a glass of water?
Please.
Ask for the following. Add please at the beginning or at the end of each one. Make sure you sound polite.

1) Sit down here.
2) Take off your jacket.
3) Pass me your right hand.
4) Your thumb here.
5) Close your eyes.
6) Could you lie down on the coach?
7) Could you give me your name?
8) Wait a minute.

2 Excuse me – Sorry
Use Excuse me:
• before you disturb somebody or to attract somebody's attention when you do not know their name:
  Excuse me, could you tell me your name, please?
  Excuse me, are you here for the massage?
• after you have sneezed, coughed, etc
  Excuse me.

Use Sorry
• with you voice going up at the end to ask somebody to repeat what they said. Here you can also use Pardon? or I beg your pardon?
  Sorry?
• after you did something and you want to apologize for it. Sorry is enough if you for example bump into somebody. When you answer an apology for something more serious, sorry is not enough.
  I AM sorry. (stress AM) I didn’t realise. I am really sorry. I am so sorry. I am extremely sorry.

3 Role play
Imagine different situations, which happen at the salon that need an apology.
The first visit in a beauty salon

B: Good afternoon. What can I do for you?
C: Good afternoon, I would like to get some skin care.
B: Yes, that’s right. And do you have our salon customer card? Can you tell me your name, please?
C: No, I haven’t been here yet.
B: That’s right, come here with me to the cosmetic bed. Take off your shoes, blouse and lay on this bed, please.
I’ll cover you with a sheet. Would you like to cover with a blanket too?
C: Yes, thank you.
B: I would like to prepare your customer cosmetic card before the skin care. I need to write down some information about your skin, made operations and used cosmetics. I’ll ask you for your name and telephone number, please.
C: Jolana Nová, my mobile is 777 888 333.
B: Thank you, and I would like to get some information about your health. I mean if you don’t have allergy for example on some cosmetics, herbs and if you don’t you have any problems with your blood pressure, asthma, and if you have a pacemaker or other respiratory problems. Aren’t you pregnant?
C: Why do you need all this information? I think that I want to get a skin care and not a medical treatment.
B: I’ll prepare a suitable cosmetic care and cosmetics for your type of skin and the state of health. Unless I know your state of health I might hurt you, for example lavender decreases blood pressure.
C: Oh, I don’t know it.
B: That’s all right. This information will be useful for the other treatments. I will know, which cosmetics to use for you and I won’t ask you the same questions.
1 Meeting the customer
A customer who comes to a beauty salon first meets a receptionist. What does a receptionist do? Tick the correct options.

A receptionist
- meets the customer.
- greets him/her.
- asks her/him what he/she wants.
- diagnoses skin type.
- cleanses the face.
- checks his/her appointment.
- tells him/her to sit down.
- does the pedicure.
- does the manicure.
- offers cold and hot drinks.
- brings some magazines.
- does some body treatments.
- makes appointments.
- answers telephones.
- makes-up customers.

2 Communication with the customer (use cut-out cards to match, pair work)
What does the receptionist say if she -

<table>
<thead>
<tr>
<th>Situation</th>
<th>Response</th>
</tr>
</thead>
<tbody>
<tr>
<td>doesn’t know the customers name</td>
<td>Shall I help you with your coat?</td>
</tr>
<tr>
<td>asks the customer what he/she wants</td>
<td>Would you follow me, please?</td>
</tr>
<tr>
<td>wants to help with the customer’s coat</td>
<td>Can you repeat it, please?</td>
</tr>
<tr>
<td>doesn’t understand something</td>
<td>Here are some magazines for you.</td>
</tr>
<tr>
<td>offers drinks</td>
<td>How can I help you?</td>
</tr>
<tr>
<td>offers a magazine or a newspaper</td>
<td>Could you sit down for a while?</td>
</tr>
<tr>
<td>suggests the customer to sit and wait</td>
<td>Could I have your name, please?</td>
</tr>
<tr>
<td>agrees the time of the appointment</td>
<td>Could you come at half past three?</td>
</tr>
<tr>
<td>asks the customer to follow her</td>
<td>Can I get you something to drink?</td>
</tr>
</tbody>
</table>

a) Do the matching activity.
b) Check the correctness.
c) Student A using the left cards describes a situation, while student B with the help of the right cards suggests the correct respond.
d) Students swap.
1. I’d like to make an appointment

Complete the dialogue between the receptionist and the customer. Use the expressions such as: afraid sure help have would

Then listen to check the correctness.

R: Kosmetický salón. Dobrý den.
C: Excuse me, do you speak English?
R: Yes, madam. How can I help you?
C: I’d like to make an appointment.
R: What would that be for? A skin care?
C: Yes, that’s right. And I’d like to dye and reshape eyebrows else.
R: OK. No problem. Would Wednesday 4.30 be all right?
C: I’m afraid I’m too busy on Wednesday.
R: What about Thursday?
C: That’s 20th May. Yes, that’s fine.
R: Would 2.30 suit you?
C: Yes, ________.
R: Could I have your name, please?
C: Yes, of course. My first name is Mandy and surname is Smith.
R: Thank you. See you on Thursday then.

2. Arranging appointments

You are having a part-time job in Birmingham this month.
Make appointments in person and on the telephone as well. Change such details as: date, day, time, service required. Use the advertisement below.

Useful phrases:
When would you …?
Would …l be all right?
Would … suit you?
What about …?

3. What are the receptionist’s questions?

… My name is Anisha Mc Fly.
… I’d like to make an appointment.
… I need to apply a mask and some skin care.
… Oh, no. Friday doesn’t suit me at all.
… OK. Monday is fine.
… Yes, I’ll come at three.
<table>
<thead>
<tr>
<th>English</th>
<th>Czech</th>
</tr>
</thead>
<tbody>
<tr>
<td>absolutely</td>
<td>jistě, dokonale</td>
</tr>
<tr>
<td>advertisement</td>
<td>inzerát</td>
</tr>
<tr>
<td>advice</td>
<td>rada</td>
</tr>
<tr>
<td>agree</td>
<td>souhlasit</td>
</tr>
<tr>
<td>answer a phone</td>
<td>zvednout telefon</td>
</tr>
<tr>
<td>apologize</td>
<td>omluvit se</td>
</tr>
<tr>
<td>apology</td>
<td>omluva</td>
</tr>
<tr>
<td>appointment</td>
<td>schůzka, návštěva</td>
</tr>
<tr>
<td>arrange</td>
<td>zařídit</td>
</tr>
<tr>
<td>beg</td>
<td>prosit, žebrat</td>
</tr>
<tr>
<td>busy</td>
<td>být zaneprázdněn</td>
</tr>
<tr>
<td>cleanse</td>
<td>čistit (pleť)</td>
</tr>
<tr>
<td>coach</td>
<td>lehátko</td>
</tr>
<tr>
<td>collar</td>
<td>límec</td>
</tr>
<tr>
<td>come in</td>
<td>vstoupit</td>
</tr>
<tr>
<td>cough</td>
<td>kašel, kašlat</td>
</tr>
<tr>
<td>customer</td>
<td>zákazník</td>
</tr>
<tr>
<td>diagnose</td>
<td>určit diagnózu</td>
</tr>
<tr>
<td>disagree</td>
<td>nesouhlasit</td>
</tr>
<tr>
<td>dye</td>
<td>obarvit</td>
</tr>
<tr>
<td>everyday</td>
<td>běžný</td>
</tr>
<tr>
<td>express</td>
<td>vyjádřit</td>
</tr>
<tr>
<td>extremely</td>
<td>velmi, nesmírně</td>
</tr>
<tr>
<td>eyebrows</td>
<td>obočí</td>
</tr>
<tr>
<td>follow</td>
<td>následovat</td>
</tr>
<tr>
<td>go with</td>
<td>hodit se k něčemu</td>
</tr>
<tr>
<td>greet</td>
<td>zdravit</td>
</tr>
<tr>
<td>greeting</td>
<td>pozdrav</td>
</tr>
<tr>
<td>impolite</td>
<td>nezdvořilý</td>
</tr>
<tr>
<td>indeed</td>
<td>bez pochyby</td>
</tr>
<tr>
<td>mask</td>
<td>maska</td>
</tr>
<tr>
<td>massage</td>
<td>masáž</td>
</tr>
<tr>
<td>mind</td>
<td>vadit</td>
</tr>
<tr>
<td>of course</td>
<td>samozřejmě</td>
</tr>
<tr>
<td>opinion</td>
<td>názor</td>
</tr>
<tr>
<td>pay</td>
<td>platit</td>
</tr>
<tr>
<td>peel-off mask</td>
<td>slupovací maska</td>
</tr>
<tr>
<td>pedicure</td>
<td>pedikúra</td>
</tr>
<tr>
<td>perhaps</td>
<td>asi</td>
</tr>
<tr>
<td>permission</td>
<td>povolení, dovolení</td>
</tr>
<tr>
<td>polite</td>
<td>zdvořilý</td>
</tr>
<tr>
<td>possible</td>
<td>možný</td>
</tr>
<tr>
<td>realise</td>
<td>uvědomit si</td>
</tr>
<tr>
<td>receptionist</td>
<td>recepční</td>
</tr>
<tr>
<td>recommend</td>
<td>doporučit</td>
</tr>
<tr>
<td>request</td>
<td>žádost</td>
</tr>
<tr>
<td>reshape</td>
<td>upravit tvar</td>
</tr>
<tr>
<td>seat</td>
<td>sedadlo</td>
</tr>
<tr>
<td>seem</td>
<td>zdát se, že</td>
</tr>
<tr>
<td>service</td>
<td>služba</td>
</tr>
<tr>
<td>skin care</td>
<td>péče o pleť</td>
</tr>
<tr>
<td>skin type</td>
<td>typ pleti</td>
</tr>
<tr>
<td>sneeze</td>
<td>kýchat</td>
</tr>
<tr>
<td>stain</td>
<td>skvrna</td>
</tr>
<tr>
<td>suggestion</td>
<td>návrh</td>
</tr>
<tr>
<td>suit</td>
<td>vyhovovat, slušet</td>
</tr>
<tr>
<td>sure</td>
<td>jistý</td>
</tr>
<tr>
<td>thank</td>
<td>děkovat</td>
</tr>
<tr>
<td>thumb</td>
<td>palec</td>
</tr>
<tr>
<td>treatment</td>
<td>léčení</td>
</tr>
<tr>
<td>WORDS THAT WE USE TO DESCRIBE HOW PEOPLE LOOK</td>
<td></td>
</tr>
<tr>
<td>-----------------------------------------------</td>
<td></td>
</tr>
<tr>
<td><strong>AGE</strong></td>
<td></td>
</tr>
<tr>
<td>young, teenager, middle-aged, elderly, not very young, older 17, 18 years old, around 20, in his 30s, 40s, over 40</td>
<td></td>
</tr>
<tr>
<td><strong>HEIGHT</strong></td>
<td></td>
</tr>
<tr>
<td>average/medium height, short tall, tallish, very tall, not very tall, rather tall – quite tall, fairly tall</td>
<td></td>
</tr>
<tr>
<td><strong>BUILD / FIGURE</strong></td>
<td></td>
</tr>
<tr>
<td>average build, muscular, well built, stocky skinny, thin, slim, slender overweight, fat, obese, plump</td>
<td></td>
</tr>
<tr>
<td><strong>HAIR</strong></td>
<td></td>
</tr>
<tr>
<td>short, long, shoulder length straight, wavy, curly, a ponytail blond, light/dark brown, red, ginger, black, fair, light fair, dark fair redhead white, grey no hair – bald</td>
<td></td>
</tr>
<tr>
<td><strong>FACE</strong></td>
<td></td>
</tr>
<tr>
<td>square, round, oval plain, interesting wide</td>
<td></td>
</tr>
<tr>
<td><strong>COMPLEXION / SKIN</strong></td>
<td></td>
</tr>
<tr>
<td>light, dark, pale, white, sun-tanned, light skinned, dark skinned, olive-skinned</td>
<td></td>
</tr>
<tr>
<td><strong>EYES</strong></td>
<td></td>
</tr>
<tr>
<td>green, blue, brown, green and blue, brown and green, bright blue beautiful, big/large, small, round, narrow</td>
<td></td>
</tr>
<tr>
<td><strong>GENERAL</strong></td>
<td></td>
</tr>
<tr>
<td>beautiful, pretty, lovely – about ladies handsome – about gentlemen sexy, good looking, cute attractive, gorgeous, unattractive well dressed, smart, elegant, tidy looking, untidy looking, messy looking</td>
<td></td>
</tr>
<tr>
<td><strong>OTHERS</strong></td>
<td></td>
</tr>
<tr>
<td>freckles, wrinkles wears glasses/doesn’t wear glasses, contact lenses wears jewellery – silver, gold – ring, earrings, necklace, chain, pendant tattooed, pierced moustache, beard, clean shaven</td>
<td></td>
</tr>
</tbody>
</table>
1 Use the vocabulary
Use the words below to describe the pictures

slim / overweight / unattractive / freckles / skinny

________                 _________              ___ _____              _________              _________ _

2 A bit of grammar
Read these descriptions. What are the missing words? Write is or has.

A She ..........around 20. She ..........tall, slim and beautiful. She ....... long straight black hair.
B He .......... average height and average build. He .......... a ponytail. he .......... handsome.
C She .......... really cute. She .......... medium length wavy hair, and big beautiful eyes.
D She .......... around 60. She .......... short curly hair, and wears glasses.
E He .......... a wide face and a dark complexion. He .......... very muscular.

* Now match the descriptions with the pictures.

3) Speaking – pair work
Use the pictures from exercise 2 and describe the people. Let your partner guess who you are speaking about. Cover the text in the exercise first.
Here is a list of English adjectives that are frequently used for describing people's height and body shape. Match the adjectives with their definitions.

- attractive: very attractive (used to describe men and women)
- bald: a man who is extremely good looking
- beautiful: someone who has well defined muscles
- blonde: somebody who is very ordinary-looking
- gorgeous: a person with orange hair
- handsome: used to describe someone who isn't very tall
- muscular: used to describe someone who is very thin (impolite)
- plain: used to describe a thin person who looks healthy
- redhead: a woman who is extremely good looking
- short: someone whose size is much smaller than the average person
- skinny: a person who is good looking. (male or female)
- slender: a person who has yellow hair
- smart: used to describe someone who takes a lot of care over their look
- thin: a person who has no hair
- well-built: a gentleman who has got a good figure

2 Similar or different?
Write S or D.

a) slim / slender ____  f) well built / stocky ____
b) skinny / dark skinned ____  g) go bald / be bald ____
c) pale / light ____  h) blonde / fair ____
d) scruffy / smart ____  i) gentleman / male ____
e) lady / woman ____  j) attractive / gorgeous ____

3 One letter is missing from each word.
Write the words correctly.

a) skiny _______ e) wrinles _______  i) mustache _______
b) beatiful _______ f) pump _______  j) jewelery _______
c) giner _______ g) contact lenes _______  k) tattooed ______
d) earings _______ h) overweit _______  l) mesy looking _______

4 Odd one out
One word doesn’t belong to the others. Which one? Why?

a) attractive, handsome, gorgeous, messy looking, cute
b) short, curly, straight, ginger, slender
c) beautiful, big, brown and green, tall, blue
d) shoulder length, slim, overweight, slender, thin
e) ring, earring, glasses, pendant, chain, necklace
5 Conversation
First write down the answers about your family. Then ask the other students.
Who in your family ...
- ... is muscular?
- ... wears a pendant?
- ... is the tallest?
- ... is elegant?
- ... wears a pendant?
- ... has got a sun tanned skin?
- ... wears rings?
- ... has got straight hair?
- ... is pierced?
- ... has got wrinkles?
- ... wears glasses?
- ... has got an oval face?
- ... wears a ponytail?
- ... has got the longest hair?
- ... is never untidy looking?

QUIZ
ADJECTIVE QUIZ

Before doing the quiz name
- as many adjectives describing people’s appearance as possible
- as many celebrities as possible

WHAT DO YOU KNOW ABOUT FAMOUS PEOPLE’S APPEARANCE?

1) This adjective starts with an “A”. You can use to speak about some beautiful actresses such as Demi Moore. You can say that Demi Moore is a very a____________ woman.

2) The next adjective starts with a “B” as the initial Bruce. The male actor Bruce Willis is b________. He has a shaved head.

3) The third adjective starts with a “B” too. The American singer Beyonce is very b____________.

4) The next adjective is used to describe hair. It also starts with a “B”. The American celebrity Paris Hilton has b_________ hair.

5) This word starts with a “G”. We use it to speak about a general appearance. So you can say:

I think Johnny Depp is g____________!
6) This adjective starts with an “H”. It is used just about gentlemen. Do you know an actor called Brad Pitt? They say that Brad Pitt is very h______________.

7) This word you can use both about gentlemen and ladies but it is usually used for gentlemen. It starts with an “M” like Madonna, so use it to speak about this celebrity. Madonna is quite m________________ for a woman.

8) This word is not an adjective but it describes hair and its colour, which is not typical. It starts with an “R”. Nicole Kidman is a r______________.

9) This adjective starts with an “S”. It can be used for either hair or height. American actor Tom Cruise is fairly s_________.

10) Among celebrities aren’t just actors, actresses and singers but also some models, for example. Their appearance is very important for their job. This word describing their height or figure starts with an “S” too. It is not very polite to use it. Many fashion models are way too s__________.

11) On the other hand this adjective is very polite and positive. It starts with an “S” as well as its synonym, which is slim. Actress Julia Roberts is very s______________.

12) The next word also describes a figure. It means nearly the same as the word 10 but it is not so impolite. It starts with a “T”. Victoria Beckham is very t__________.

13) The very last adjective of the quiz starts with a “W”. It describes a height and is usually used for gentlemen. Arnold Schwarzenegger is w__________.

After doing the quiz
• compare your answers and discuss
• check your answers
• match your examples of adjectives with celebrities who you know
• discuss it with your classmates
<table>
<thead>
<tr>
<th>appearance</th>
<th>vzhled</th>
</tr>
</thead>
<tbody>
<tr>
<td>attractive x un-</td>
<td>atraktivní, ne-</td>
</tr>
<tr>
<td>average</td>
<td>průměrný</td>
</tr>
<tr>
<td>bald</td>
<td>plešatý</td>
</tr>
<tr>
<td>beard</td>
<td>vousy</td>
</tr>
<tr>
<td>build</td>
<td>postava</td>
</tr>
<tr>
<td>clean shaven</td>
<td>hladce oholen</td>
</tr>
<tr>
<td>complexion</td>
<td>pleť</td>
</tr>
<tr>
<td>contact lenses</td>
<td>kontaktní čočky</td>
</tr>
<tr>
<td>curly</td>
<td>kudrnatý</td>
</tr>
<tr>
<td>cute, lovely</td>
<td>roztomilý</td>
</tr>
<tr>
<td>describe</td>
<td>popsat</td>
</tr>
<tr>
<td>earrings</td>
<td>náušnice</td>
</tr>
<tr>
<td>elderly</td>
<td>postarší</td>
</tr>
<tr>
<td>fair</td>
<td>plavý</td>
</tr>
<tr>
<td>fairly</td>
<td>dost, docela</td>
</tr>
<tr>
<td>figure</td>
<td>postava</td>
</tr>
<tr>
<td>ponytail</td>
<td>cop, culík</td>
</tr>
<tr>
<td>rather</td>
<td>poněkud</td>
</tr>
<tr>
<td>round</td>
<td>kulatý</td>
</tr>
<tr>
<td>skin</td>
<td>plet'</td>
</tr>
<tr>
<td>skinny</td>
<td>vyzáblý</td>
</tr>
<tr>
<td>slender, slim</td>
<td>štíhlý</td>
</tr>
<tr>
<td>smart</td>
<td>vkusný</td>
</tr>
<tr>
<td>square</td>
<td>čtvercový</td>
</tr>
<tr>
<td>stocky</td>
<td>podsaditý</td>
</tr>
<tr>
<td>straight</td>
<td>rovný</td>
</tr>
<tr>
<td>sun-tanned</td>
<td>opálený</td>
</tr>
<tr>
<td>tallish</td>
<td>vyšší</td>
</tr>
<tr>
<td>tattooed</td>
<td>tetovaný</td>
</tr>
<tr>
<td>thin</td>
<td>hubený</td>
</tr>
<tr>
<td>tidy</td>
<td>upravený</td>
</tr>
<tr>
<td>wide</td>
<td>široký</td>
</tr>
<tr>
<td>wrinkles</td>
<td>vrásky</td>
</tr>
</tbody>
</table>
1 Skin (complexion) description
At a beauty salon you can hear something like this:

Cosmetician:  
So, you are here for a facial treatment, right?
Customer:  
Yes, that’s right.
Cosmetician:  
Your skin looks fine. You’ve got pretty healthy, soft and smooth complexion, which is just a little bit oily around the nose. Your skin is combination. So I will first …

What adjectives are used to describe the skin?
What other adjectives can you use to describe it?

2 Skin (complexion) types
How many skin types do you know?
Can you diagnose them?

| 1) The skin is healthy, without any problems. | a) normal |
| 2) The skin is oily only at the T-zone. | b) oily (greasy) |
| 3) The skin looks often shiny and it’s often also spotty. | c) dry |
| 4) The skin is problematic, usually with acne. | d) combination |
| 5) The skin is easily irritated. | e) sensitive |
| 6) The skin looks fine but it needs some treatment. | f) spotty |

3 Cosmetic care
a) Put the following cosmetic procedures into the correct order.

☐ Do an evening make-up.
☐ Apply a moisturising face mask.
☐ Apply some facial cleanser.
☐ Do the deep cleansing.
☐ Apply some moisturising day cream.
☐ Do a relaxing face massage.
☐ Shape the eyebrows.
☐ Dye the eyebrows.
☐ Apply some foundation.

b) Tell the customer how you will do the facial treatment.
Use: First I will … Then I will … Finally I will …
4 True or false?
Discuss with your mates

- Some lipsticks contain jojoba oil. True / False
- Foundation is the base for your make-up. True / False
- Eye shadows are available in various shades. True / False
- Before applying make-up first we should wash the brushes. True / False
- Being beautiful also means to have a healthy lifestyle. True / False
- Before we choose the make-up we should study the face. True / False
- We use a lip liner to moisturize the lips. True / False
- Waterproof mascara is easily washable. True / False
- Applying powder blusher we use the applicators. True / False
- The basics of healthy skin care are good cosmetics. True / False
- Before applying make-up we should wash our hands. True / False

VOCABULARY IN USE 2

1 Asking questions
Put the words in the correct order to ask questions correctly

a) I / have / Can / have a look?
b) in / What's / bottle / the?
c) you / have a look / Would / like / to?
d) much / it / does / How / cost?
e) colours / you / like / What / wearing /do?

2 Picture description
Describe the pictures. Where are they taken? What do they show? What are the beauticians doing?
What do they have in common? What is different? Use: In the picture on the left …
3 Play a game: Find someone who
Find someone in class who

- can name at least twelve cosmetics in a minute
- can name at least ten cosmetics for facial make-up
- can name at least seven cosmetics for eye make-up
- can name at least three cosmetics for lip make-up
- hasn’t used any cosmetics today
- has got some cosmetics in her bag
- thinks that cosmetics is not very expensive
- trains making-up on her family
- has never applied a cosmetic that she can name in English
- has used an eyelash curler recently
- thinks is really good at making-up
The skin surface cleaning

It’s the most important step, which we do before each cosmetic care. We eliminate impurity like dust, the rest of dirt or make up and oily secretion, and sweat. After this care it is better to apply effective agents into the skin, which is clean and smooth then.

We clean skin in two steps:
First we use milk–based cosmetics like cleansing lotion or clarifying lotion, cream or hydrophilic oil because they dissolve and eliminate all impurities. After that we use toner–based cosmetics like skin toner or herbal toner because they eliminate grease film, to disinfect, to smooth and contract skin pores.

Steps of make up removal:
We can do this:

a) **with two pads** - we put some cosmetics on them. First we remove eye make up - we put a damp pad and let it have some effect for a while that dissolves and then removes make up, after that we remove lip make up and last we remove make up on low-neck line, neck and face. We always make the moves upward. We sometimes change pads to keep them clean.

b) **with fingers and hydrophilic oil** – First we remove make up with pads and suitable cosmetics, we wet the skin with lukewarm water, then we apply hydrophilic oil and we circle with fingers from the neck to the forehead. We mustn’t put it into eyes. So impurities on the skin surface are released and eliminated. We use this method for the dry and sensitive skin.

Peeling

Eliminate calloused skin of body surface:
- we can do it all over the body
- we do it before cosmetic care, make up, sunbathing
- we allways do it on clean and make up removal skin
- we mustn’t do it when we have inflamed acne, after deep cleaning or immediately after sunbathing
- we do it about once a month. When we do it more often, we will have so thin skin and it isn’t suitable for it

Types of exfolation:

a) **Mechanical exfolation**
   - we use small abrasive beads in cream – based for smoothing skin, we eliminate calloused skin. We do it about 3 minutes, we circle gently on skin, we avoid neck and parts around eyes. Finally we wash the rest of this cosmetic lukewarm water.
   - this mechanical exfolation isn’t suitable for dry skin.
   - we can prepare exfolation at home. We add in cream or body lotion finely grind oat flakes or salt, instant coffee. We gently do massage of skin all body. After that we will have soft skin.
It isn’t suitable for dry skin again and for skin on neck.

b) Chemical surface exfoliation

*Egyptians used acid for soft skin more than 5000 ago.*

- one “component of chemical exfoliation are fruit acids (AHAs – alpha hydroxy acids)
- beautician uses 5 – 7% concentration AHAs. They should get into upper layer of skin, it loosens necrotic cells faster and it supports their eliminate faster.

**Fruit acids - AHAs – alpha hydroxy acids:**
- citric acid – citrus fruits
- glycolic acid – gooseberry, grapes, apples
- lactic acid – comes of fermentation milk sugar

We apply this cosmetic in small quantities to dampen skin, we gently do massage by circle on face and neck may be on decolletage and let make it for 3-5 minutes. Client may feel gently sting. When client has unpleasant feeling, we must wash this cosmetic.

c) Biological exfoliation - enzymatic

- basic of this exfoliation is enzymes, which loosen necrotic cells and they can eliminate easier.

We apply this cosmetic in small quantities to dampen skin, we gently do massage by circle on face and neck may be on decolletage for 1-2 minutes and let make it for 2-3 minutes. We can moisten during influence.

d) Ultrasonic exfoliation

e) Instrumental = brush exfoliation

- it’s suitable only for body
- rotary brushes abrade upper layer of skin and this exfoliation is prevention of cellulite.

f) Laser exfoliation

- this method remove small wrinkles but also colour and another inequality of your skin.
- We can do it only in specialized laser centers or in clinic esthetical medicine.
1 Before reading the text
Answer following questions:
• Have you ever given a massage?
• How often do you give it?
• When did you do it last?
• Why do you think people need massages?

2 Reading the text
a) First read the text briefly. It isn’t necessary to understand all the words. Find the key words that can help you to know what the text is about. Then try to label the paragraphs with following headlines:
   a) Better Blood Circulation
   b) Better Mobility
   c) Relaxation
   d) General benefits of massage

Massage

1____
There is nothing like a massage to refresh your body and spirit. It softens muscles and soothes the nerves. It is good for overcoming everyday stress. Regular massage treatments are an excellent investment in your health. Some of the benefits of regular massage include:

2____
Massage encourages blood and therefore oxygen and nutrient circulation around the body. This assists the work of the heart and lungs, and stimulates the body’s defence mechanisms. It also stimulates the release of toxins and other waste products from the body.

3____
Massage therapy can prevent and relieve pain experienced through the lack of use or overuse of muscle groups such as repetitive injury and back pain. Massage relieves muscular tension, stiffness and spasm. It can also help to improve posture and joint flexibility.

4____
Massage calms and slows the heartbeat, lowers the blood pressure and brings a sense of balance to the body. Massage also improves psychological health. Studies show massage reduces feelings of stress and anxiety, and encourages positive feelings and emotions.

b) Read the text again and use a dictionary for better comprehension.
3 After reading the text

Decide if the statements below are true or false according to the text:

- Massage therapy helps you to be in a good mood.
- It is recommended to take massages regularly.
- It is recommended to massage the heart and lungs regularly.
- It helps to reduce toxins in your body.
- Regular massage prevents some illnesses.
- If some of your muscles are painful, it is good to take a massage.
- If your knees or ankles are painful, you should try massage.
- Anxious people shouldn’t take massages.
- Massage is useful for your both physical and psychological health.

Chocolate massage
Chocolate is a source of energy and good mood but it also refreshes the skin. When proportion of chocolate is higher (80% and more), it’s better. The client lies on the cosmetic bed. We keep hair safe from chocolate massage with a headband or a cap. We cover places, which we won’t massage.

We do skin peeling with coconut peeler, which is good to do before chocolate massage. We do skin peeling very softly. After that the skin is soft a prepared for the massage. For the massage we use special dry cosmetic raw material or emulsion. Dry powder is mixed with almond, coconut or macadam oil to make thick substance. The first massage strokes are very soft and slow, then the intensity and rate of strokes are higher. Finally the massage is given slowly again. After the treatment we can offer the client a chocolate sweet or a cup of hot chocolate.

Chocolate massage affects all body senses. It’s good for relaxing, getting rid off toxics and slowing down aging. This massage smoothes the skin and suitable for cellulite. It isn’t recommended to pregnant women, people with acne, eczema, allergy and inflammation.
## WORDLIST 6

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<td>masážní salon</td>
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<td>tření, mnutí</td>
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<td>mačkání, tlačení</td>
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<td>uvolnění</td>
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<td>m. olej</td>
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<td>terapie</td>
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## PHRASE LIST

- What massage do you give? Jaké děláte masáže?
- Do you give a Thai massage? Děláte thajskou masáž?
- Do you give relaxing massage? Děláte uklidňující masáž?
- What massage techniques do you use? Jaké masážní techniky používáte?
- I have a massage given. Nechávám se masárovat.
- I had a massage given yesterday. Včera jsem se nechal namasírovat.
- Are you going to have a massage given? Hodláte se nechat namasírovat? *
1 Defining words
Match the words with their definitions.

- masseur: a lady who gives a massage
- masseuse: a place where massage is given
- massage parlour: another word for treatment
- therapy: a problem with a muscle that is not easy to move
- relaxation: something you do to have a rest
- stiffness: a male person who gives a massage
- couch: a piece of furniture where a customer can lie down

2 Guessing words
One letter is missing from each word. Write the words correctly.

- cra__ps
- refre___h
- ca_m
- reli__ve
- red__ce
- pa__n
- stiff__ess
- so__e
- whirpo__l bath
- sport__ng
- take of__
- cou__h
- re__ondition
- nap__
- qualif__ed
3 Techniques
How can you call the techniques described below?
(Thai massage, reflexive massage, rubbing, kneading, pressing)

- using fingers closed in a fist (pěst) against the body
- using not only fingers but also whole palms
- doing exercising with a therapist
- using fingers usually against a thumb
- pressing a particular part on a foot

4 Conversation (pair work)
Ask and answer. Discuss.

- How does such a massage parlour look?
- What are the working hours at such a parlour?
- What do masseurs and masseuses wear?
- Do you enjoy having a massage given?
- What do you enjoy about a massage best?
- Would you recommend it to your friends?
- Would you recommend a massage to your parents?
- When did you give a massage last? What did you do?
- What cosmetics do you use?
- What techniques can you use?
- Who would you recommend your massage to?
- What would you say to recommend it?
- What are the most important phrases for you to use?
- What other important phrases do you remember?
- Would you like to train any other techniques?
- Do you enjoy giving a massage?
- Would you like to work as a masseuse?
- What should a good massagist be like?
- How would you describe the picture on the left?
Extend your vocabulary.

sky blue = light blue = pale blue = bluish
VOCABULARY IN USE

1 Shades
Use the words from both columns to mix different shades.

- dark yellow
- light blue
- pale red
- green
- olive
- purple
- pink

2 Other shades
Mixing colours we get some other colours or shades. Here is a list of some colours and shades.
If you don’t know the word, try to guess.

- crimson, olive, khaki
- orange, brown, yellowish
- salmon, lime green, violet
- ochre, turquoise, greenish

Example: Mixing black and white we get grey.
Mix the colours below and speak about it.

- red and yellow
- yellow and white
- brown and green
- green and white
- green and blue
- yellow and brown
- green and yellow
- light pink and orange
- green and red
- pale pink and pale blue
- brown and red

3 Describing colours
If you don’t know the word, try to guess. Describe it.

Examples:
- grey – black and white
- pinkish – very pale pink or very light pink
- royal blue – bright blue or a bright shade of blue
- navy blue – dark blue or a shade of blue
- purple, scarlet, lime green, turquoise, violet, salmon, vanilla, indigo
- beige, chocolate, yellowish, orange, ochre, dark green, fuchsia, snow white
4 Describing things – group work
Describe the objects around you. Use preferably your extended (new) vocabulary.

5 Conversation – pair work
Ask and answer following questions. Try to answer as fast as possible.

- What is your favourite colour and its shade?
- What colours are you wearing?
- What colours do you like wearing?
- Do you prefer dark colours to light ones?
- What colour are your eyes?
- What colour is your hair?
- What are the colours of the sky?
- What is the colour of your favourite fruit?
- Do you have a colour that you never wear?

**WORDLIST 7**

<table>
<thead>
<tr>
<th>colour, shade</th>
<th>barva, odstín</th>
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<tbody>
<tr>
<td>beige</td>
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<td>bright</td>
<td>jasná, zářivá</td>
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</table>
Pedicure is the simple treatment for feet. Calloused skin is eliminated during this simple treatment and toenails are done. We use dry or wet method. When we use wet method, the first we must disinfect feet. The feet are soaked in a warm bath with softening salt and let there for a few minutes. Then we gently scrape calloused skin of feet.

We cut nails with scissors straight. Finally skin and toenails are filed.

When we decide to use dry pedicure, we need only high-speed milling machine, which abrades skin and toenails. Then we can offer the client another treatment such as feet massage, paraffin pack or varnishing toenails.
FACIAL TREATMENT
FACIAL COSMETICS A

Study:

- Powder blusher
- Pressed powder
- Powder puff
- Blusher brush
- Liquid foundation
- Synthetic sponge
- Loose powder brush
- Loose powder
- Fan brush
Study:

brow brush and lash comb

liquid eyeliner

eyelash curler

eyebrow pencil

liquid mascara

eyeshadow
cake mascara

sponge-tipped applicator

mascara brush
LIP COSMETICS A

Study:

1 What do you remember?

- Name a few examples of facial cosmetics.
- What can you use to apply powder?
- What can powder be like?
- Name a few examples of eye cosmetics.
- Which eye cosmetics can you buy in lots of various shades?
- What colour is it in the picture above?
- What can be mascara like?
- Which one do you prefer?
- How can you call the cosmetic that is made of metal?
- How can you call the eye cosmetic that is two in one?
- Name a few examples of lip cosmetics.
- What lip cosmetic is used more often than the others?
- What is its typical colour?
- Can you name any shades of the colour?

1 Which cosmetics is it (facial, eye or lip)?

- sponge tipped applicator
- loose powder brush
- cake mascara
- lipstick
- powder blusher
- fan brush
- lipliner
FACIAL COSMETICS B

Label:
EYE COSMETICS B
**LIP COSMETICS B**

Label:

![Lip cosmetics image]

**COSMETICS – SUMMARY**

Complete the chart:

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<th>LIP</th>
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**EYE CARE**

<table>
<thead>
<tr>
<th><strong>PĚČE O OČI</strong></th>
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<tr>
<td>eye shadows</td>
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<td>eyebrow pencil</td>
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<tr>
<td>lash comb</td>
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<td>eyelash curler</td>
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**LIP CARE**

<table>
<thead>
<tr>
<th><strong>PĚČE O RTY</strong></th>
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<tr>
<td>lipstick</td>
</tr>
<tr>
<td>lip gloss</td>
</tr>
<tr>
<td>balm lip</td>
</tr>
<tr>
<td>lip pencil, lipliner</td>
</tr>
<tr>
<td>lip brush</td>
</tr>
</tbody>
</table>

*to make-up* | ličit, nalíčit |
*to put on* | nanášet |
*to remove* | odlícit, odstranit |
*to reduce* | omezit |
*to use* | použít |
*to apply* | aplikovat, použít |
*to reshape* | upravit tvar |
*to dye* | obarvit |
We use make up to change the look. We have to know the type of the skin, the shape of the nose, lips and eyes, the colour shades of hair and skin. We choose suitable colour shades for the event, which we do make up for (clothes, skin colour, eyes, hair).

We apply suitable foundation cream on the face. With a sponge or fingers on the skin we put on some make up suitable for the type of skin and skin colour. We put it on softly and all over the face and also partly to hair around the face.

With a round brush we put some powder on the face and ears, and the neck as well. When we use more shades of powder, the line mustn’t be noticeable.

Eye makeup

We choose suitable eye shadows and we apply them with an eyeshadow brush or a smudge brush. We shade upper eye lids. We can use a few colour shadows. Finally we use a mascara to paint eyelashes. We use it to darken, thicken and lengthen the eyelashes. We should change the mascara once of year to prevent pink eyes.

False eyelashes – we use them, when go on a social event and for which we need a special makeup. They aren’t suitable for daily use because they are very conspicuous. We use the false eyelashes after makeup, but we put eyelines on the lids after the application.

Face makeup

We start to put on a small amount of powder blusher and we add more step by step. We also put a little powder blusher on the chin. It’s good to brighten up all makeup.

Lips makeup

The upper lip has got 3 parts.
With a lipliner we draw a proper line around the lips before makeup. The lipliner should have the same colour like the lipstick. We apply the lipstick with a flat lip brush and we do it from the corner to the middle.
When we use a lip brush, the lipstick resists on lips longer.
Then we can use some lip gloss to highlight the lips. We never put on any lipstick, when lips are cracked or they are peeled. In this case we use some balm lip.
Face correction

1. **Oval** is an ideal face shape.

   We dress:
   - shading with powder (dark and light)
   - putting on powder blusher
   - putting on eye shadows and an eyeliner
   - highlighting upper or lower lips
   - matching with hairstyle and glasses

2. **Long = Oblong**
   - narrow chin
   - high forehead
   - eyes close to each other
   - long nose

   Correction
   - we put on lighter powder blusher
   - we put darker make up on the upper part of forehead
     - the chin
     - the tip of nose
   - we visualize eyes applying light eye shadows to inner corners and dark to external corners
   - when we have narrow lips, we highlight the upper lip.
3 Square
- high forehead
- wide lower jaw
- straight line around hair
- eyes can be wider to each other

Correction:
- we apply lighter powder blusher from the cheekbone to the nose
- darker makeup on the forehead sides and the lower jaw
- under eyes lighter makeup
- we highlight the upper lip

4 Pear

- the upper part is narrower
  - small forehead
  - the middle and lower parts are wider
  - full cheek and round chin
  - eyes close to each other

Correction:
- we put on powder blusher very gently (only natural colour)
- we put lighter colour on the chin and forehead.
- darker on the both sides
5. Round
- this face looks very young and pleasant
- eyes close to each other
- wide nose
- full cheeks
- wide and round forehead

Correction:
- we put darker make up on the forehead sides
- and lighter in the middle of forehead and on the chin
- we put powder blusher closer to the middle of cheeks
- we highlight the upper lip

6 Heart
- long wide forehead
- narrower chin
- eyes can be wider to each other
- protruding cheekbones

Correction:
- we put darker make up on the forehead sides and on the tip of chin
- we put on powder blusher under the cheekbones
- we highlight lips
1 Before reading the text
Try to guess what the text is about. Give your tips what to do to be beautiful.

2 Complete the text with suitable words
blood  sleep  stress  skin  cleanse  body  feed  make-up  diet
neck  Apply  pores  cleanser  Exercise

A Few Steps to Your Beauty

• Keep make-up to a minimum and be sure to 1________ the skin properly.
• 2________ a sun cream to your skin and a lip balm with SPF.
• Wash your face with a gentle 3________ in the morning when you wake up.
• Wash your face before you go to bed at night. Your face has been exposed to polluted air, oils from your hands, and other environmental factors all day. Remember to never go to bed with 4________ on.
• Wash your face with warm or hot water to open your 5________. Then use your cleanser and rinse off with warm/hot water. Finish by rinsing with cold water or rubbing ice on your face to close your pores and help keep them clean.
• Exercise. Cardio is what will give your skin that glow, because it stimulates 6________.
• Use a weekly moisturizing or anti-aging mask on face and 7________.
• Drink 6-8 glasses of water a day. This will help clear your skin and give it a glow, because it will help rid toxins from your 8________.
• Remember it is very important to have a healthy 9________:
• Always follow up cleansing lotion with a moisturizer made for your 10________ type.
• Try to keep 11________ to a minimum. Do something you enjoy.
• 12________ regularly, and drink lots of water.
• Use a nutritive skin care products to 13________ the skin during the night.
• Get plenty of 14___________.
3 Check the correctness.

4 What do you do to be beautiful?
Use the text to talk about your own everyday life. Mention the things you do and things you do not do regularly or at all.

5 What did you do for your beauty yesterday? Have you already done anything today?
Name at least a few things you did for your beauty yesterday and today.

6 What would you recommend to your customer?
Use “should” to give some advice to your customer.

HEALTHY DIET FOR YOUR BEAUTY

1 Before reading the text
Work with a partner. How many healthy foods can you name?

2 Reading
Read and tick the foods mentioned in the text.

- vegetables
- tomatoes
- carrots
- oranges
- fish
- peanuts
- chicken meat
- chocolate
- coffee
Healthy diet for your beauty

Remember it is very important to have a healthy diet: You are what you eat, and incorporating healthy food like vegetables, fruits, grains, and protein will help. Omega 3 Fatty Acids found in fish and walnuts is especially beneficial to your skin. Vitamin C will help existing pimples heal faster, so eating a few servings of things like citrus fruits will help. If you’re worried you aren’t getting enough of necessary vitamins and minerals, try taking a multivitamin.

Steer clear of foods and drinks high in sugar and caffeine. Which means you should cut down on, or completely remove soda, coffee, and sugary juices from our diet. Try to consume less than 45 gs of sugar on a daily basis. Cut down on salty foods. Eating too much salt can make your face look bloated.

3 Read again

Read again and write + next to the things that your healthy diet should contain and – for the things that you should cut down or remove.

Use a dictionary to help you with comprehension.

vegetables   fruits   grains   protein
Omega 3 Fatty Acids   walnuts   vitamin A   vitamin C
citrus fruits   vitamins   minerals   multivitamin
soda   coffee   sugary juices   salty foods

4 After reading

Use the words from the exercise 3 to help you answering questions below.

1) What do fish and walnuts contain to be so helpful for your skin?
2) What vitamin helps existing pimples heal faster?
3) What should you take if you don’t get enough of necessary vitamins and minerals?
4) What maximum of sugar should you eat within one day?
5) What food can make your face look bloated?

5 Discussion

What do you like eating? Is your diet healthy? Do you think that you should eat healthier? Is healthy food good for your beauty tasty? What is good or tasty and what is even delicious for you?

What diet would you recommend to your customers? Try also to explain why. You are the expert!
MY CAREER

What is such a good beautician like? Tick the words and phrases that refer to your profession. There’s one word or expression that doesn’t belong to the others. Which one is it?

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<td>□ using her hands</td>
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<td>□ speaking a foreign language</td>
<td>□ generous</td>
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And what about you? Complete the questionnaire. Tick.

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<td>working at a massage salon</td>
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<table>
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<td>communication</td>
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<th>reliable</th>
<th>tolerant</th>
<th>independent</th>
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<td>communicative</td>
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</tbody>
</table>
ANSWER KEY

Page 5-6 - My job
1 job - profession, student – pupil, cosmetician – beautician, beauty salon – beauty parlour
3 I am a cosmetician. - Jsem kosmetička. I will be a cosmetician. - Budu kosmetičkou. I am going to be a cosmetician. - Hodlám se stát kosmetičkou. I would like to be a cosmetician. - Ráda bych byla kosmetičkou. I work as a cosmetician. - Pracuji jako kosmetička. I study to become a cosmetician. - Studuji, abych se stala kosmetičkou.

Page 11 - Body - Vocabulary in use
2 third finger - ring finger, buttocks – bum, navel - belly button, spine - spinal cord, thorax – chest
3 Crossword

Page 15_16 - Quiz for your body
1 eyebrow/s, 2 eyelash/es, 3 brain, 4 bone/s, 5 hair, 6 heart, 7 heel, 8 iris, 9 nose, 10 toe, 11 tongue, 12 lip/s, 13 pupil, 14 eyelid/s, 15 navel, 16 cheek/s, 17 nape

Page 38 – 40 - Appearance. Vocabulary in use 1
1 skinny, overweight, slim, unattractive, freckles
2 A is, is, has got B is, has got, is C is, has got D is, has got E has got, is
3 C – D / E A B

Page 40-41 - Vocabulary in use 2
1 attractive - very attractive (used to describe men and women), handsome - a man who is extremely good looking, muscular - someone who has well defined muscles, plain - somebody who is very ordinary-looking, a redhead - a person with orange hair, short - used to describe someone who isn't very tall, skinny - used to describe someone who is very thin (impolite), slender - used to describe a thin person who looks healthy, beautiful - a woman who is extremely good looking, thin - someone whose size is much smaller than the average person, gorgeous - a person who is good looking, (male or female), blonde - a person who has yellow hair, smart - used to describe someone who takes a lot of care over their look, bald - a person who has no hair, well built - a gentleman who has a good figure
INVESTICE DO ROZVOJE VZDĚLÁVÁNÍ


3 skinny, beautiful, ginger, earrings, wrinkles, plump, contact lenses, overweight, moustache, jewellery, tattooed, messy looking

4
f) attractive, handsome, gorgeous, messy looking, cute – negative, the other words are positive
g) short, curly, straight, ginger, slender – the other words describe hair
h) beautiful, big, brown and green, tall, blue – the other words describe eyes
i) shoulder length, slim, overweight, slender, thin – the other words describe figure (weight)
j) ring, earring, glasses, pendant, chain, necklace – don’t belong to jewellery

Page 43-44 - Quiz
1 attractive, 2 bald, 3 beautiful, 4 blonde, 5 gorgeous, 6 handsome, 7 muscular, 8 redhead, 9 short, 10 skinny, 11 slender, 12 thin, 13 well built

Page 34 - Making an appointment 1
1 A receptionist meets the customer, greets him/her, asks her/him what he/she wants, checks his/her appointment, offers cold and hot drinks, brings some magazines, makes appointments, answers telephones

2
- doesn’t know the customers name
- asks the customer what he/she wants
- wants to help with the customer’s coat
- doesn’t understand something
- offers drinks
- offers a magazine or a newspaper
- suggests the customer to sit and wait
- agrees the time of the appointment
- asks the customer to follow her

<table>
<thead>
<tr>
<th>doesn’t know the customers name</th>
<th>Could I have your name, please?</th>
</tr>
</thead>
<tbody>
<tr>
<td>asks the customer what he/she wants</td>
<td>How can I help you?</td>
</tr>
<tr>
<td>wants to help with the customer’s coat</td>
<td>Shall I help you with your coat?</td>
</tr>
<tr>
<td>doesn’t understand something</td>
<td>Can you repeat it, please?</td>
</tr>
<tr>
<td>offers drinks</td>
<td>Can I get you something to drink?</td>
</tr>
<tr>
<td>offers a magazine or a newspaper</td>
<td>Here are some magazines for you.</td>
</tr>
<tr>
<td>suggests the customer to sit and wait</td>
<td>Could you sit down for a while?</td>
</tr>
<tr>
<td>agrees the time of the appointment</td>
<td>Could you come at half past three?</td>
</tr>
<tr>
<td>asks the customer to follow her</td>
<td>Would you follow me, please?</td>
</tr>
</tbody>
</table>

Page 35 - Making an appointment 2
1 help, would, afraid, sure, have
3 Could I have your name, please? My name is Anisha Mc Fly.
...How can I help you? I’d like to make an appointment.
...What would that be for? I need to apply a mask and some skin care.
...Would Friday suit you? Oh, no. Friday doesn’t suit me at all.
...What about Monday? OK. Monday is fine.
...Could you come at 3 o’clock? Yes, I’ll come at three.
### Cosmetics Summary

<table>
<thead>
<tr>
<th>FACIAL</th>
<th>EYE</th>
<th>LIP</th>
</tr>
</thead>
<tbody>
<tr>
<td>powder blusher</td>
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<tr>
<td>blusher brush</td>
<td>liquid mascara</td>
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<td>synthetic sponge</td>
<td>brow brush</td>
<td>X</td>
</tr>
<tr>
<td>loose powder</td>
<td>lash comb</td>
<td>X</td>
</tr>
<tr>
<td>loose powder brush</td>
<td>liquid eyeliner</td>
<td>X</td>
</tr>
<tr>
<td>fan brush</td>
<td>applicator</td>
<td>X</td>
</tr>
</tbody>
</table>

### Hair Removal - Vocabulary in Use

1a) hot, b) off, c) remover, d) in the opposite direction, e) less
2 hair removal – epilation, depilation, hot – heated, pluck – pull off, hurt – be painful, cold – cool
3 dangerous – safe, hot – cold, thin – thick, easy – difficult

4.
   j) The procedure is safe.
   k) Waxing leaves the area smoother than shaving does because it pulls the hair out from below the top layer of skin.
   l) From large areas.
   m) No, it isn’t.
   n) She heats the wax.
   o) A thin layer of heated wax is applied to the skin in the direction of the hair growth.
   p) The wax is then pulled off quickly in the opposite direction of the hair growth, taking the hair with it.
   q) Almost in the whole text.
   r) At the end of the text.

### Massage

2 a) General benefits of massage, b) Better Blood Circulation, c) Better Mobility, d) Relaxation
3 All statements are true, except these two:
   It is recommended to massage the heart and lungs regularly. F
   Anxious people shouldn’t take massages. F

### Vocabulary in Use

1 masseur - a male person who gives a massage, masseuse - a lady who gives a massage, massage parlour - a place where massage is given, therapy - another word for treatment, relaxation - something you do to have a rest, stiffness - a problem with a muscle that is not easy to move, coach - a piece of furniture where a customer can lie down
2 cramps refresh calm relieve reduce pain stiffness sore whirlpool bath sporting take off coach recondition nape qualified
3 pressing, rubbing, Thai massage, kneading, reflexive massage
Manicure and Pedicure – Vocabulary in use

1) a) manicure, b) pedicure

2) hand – palm, back, wrist, fingers- index, middle, third/ring, little/pinkie + thumb, nail, cuticle

3) nail varnish, nail varnish remover, nail scissors, nail cuticle, nail tips, nail buffer, nail hardener, nail designer, nail polish, nail jewels, cuticle pusher, cuticle scissors, cuticle trimmer, safety scissors, artificial nails, acrylic nails, nail art, clear varnish, clear polish

4) a) Your nails aren’t strong enough. Nail hardener / varnish will help you to make them stronger.
   b) If you want your nails to look naturally, use clean / clear nail polish then.
   c) It can be dangerous to use a cuticle trimmer, it is better to use a cuticle pusher / buffer.
   d) Do you have any nail varnish remover / polish?
   e) I want to save the nail art, so I will apply some base / top coat.
   f) She filed / grated her nails as she watched television.
   g) For French manicure I use baby pink nail / cuticle varnish.
   h) How long / tall do you want your nails to be?

5) Use: I think, In my opinion, … you should use / apply / try …

A few steps to your beauty

2/1 cleanse, 2 Apply, 3 cleanser, 4 make-up, 5 pores, 6 blood, 7 neck, 8 body, 9 diet, 10 skin, 11 stress, 12 Exercise, 13 feed, 14 sleep

Healthy diet for your beauty

1) vegetables, fish

3) vegetables + fruits + grains + protein +
   Omega 3 Fatty Acids + walnuts + vitamin A + vitamin C -
   citrus fruits + vitamins + minerals + multivitamin +
   soda - coffee - sugary juices - salty

4) 1) Omega 3 Fatty Acids
   2) Vitamin C
   3) Multivitamin
   4) 45 grams
   5) Salted food
WORDLIST

abdomen
absolutely
acne treatment
acrylic nails
adjective
advertisement
advice
ankle
anti-bacterial
antiwrinkle
anxiety
apology
appearance
applicator
appointment
area
arm
armpit
arteries
artificial nails
attractive x un-
available
average
baby pink
back
bald
balm lip
base coat
beard
beautician
beauty
beauty parlour
beauty salon
beige
belly button
below
beneficial
benefit
bloated
blood
blood pressure
blusher brush
body art

břicho
určitě
ošetření akné
akrylové nehty
přidavné jméno
inerát
rada
kotník
antibakteriální
úzkost
omluva
vzhled
aplikátor
schůzka
plocha
ruka, paže
podpaží
tepny
umělé nehty
atraktivní
dostupný
průměrný
narůžovělý
záda, hřbet
plešatý
balzám na rty
podkladový lak
vousy
kosmetička
krásá
kosmetický salon
kosmetický salon
béžový
pupík
pod
prospěšný
výhoda
napuchlý
krev
krevní tlak
štětec na tvářenku
malování na tělo

body lotion
bones
both
brain
breast
briefly
bright
brow brush
build
burn
busy
buttock(s)
cake
calf
calm
case
circulation
clarifying lotion
clean shaven
cleansing
cleansing lotion
clear
clear gel
couch
caffeine
collar
colour
colour typologist
column
compact
completely
complexion
contact lenses
convenient
cool
cosmetician
cosmetics
cotton wool
cotton wool pad
cramps
cream
 crimson
curly

tělové mléko
kosti
oba
mozek
prso, prsa
strukně, zběžně
jasný, zářivý
kartáč na obočí
postava
zadek
zaneprázdněný
zadek
tuhý (o řasence)
lýtko
klidný, zklidnit
pouzdro
oběh
čistící mléko
hladce oholen
čistící
čistící mléko
čistý, bezbarvý
bezbarvý gel
lehátko
kofein
límeč
barva, barevný
barvový typolog
sloupec
kompakti
úplně
pleť
kontaktní čočky
vyhovující
chladný, chladit
kosmetička
kosmetický přípravek
vata
kosmetický tampon
svalové křeče
krém
karmínový
kudrnatý
customer  zákazník
cut out  vystřihnout
cute  roztomilý
cuticle  nehtová kůžička
cuticle nippers  štipky na kůžičku
cuticle pusher  nůžky na kůžičku
cuticle trimmer  ořezávač kůžičky
daily basis  denní základ
day  den, denní
deal with  týkat se
defence  obrana
depilation – am. description  depilace
diet  strava, dieta
different  jiný, odlišný
dry  suchý
during  během
dye  barvit, obarvit
ear  ucho
earrings  náušnice
effective  efektivní
elbow  loket
elderly  starší
embryology  embrional
embedded  zakořeněný
emery board  smírkový pilník
encourage  podporavat
ever enough  dost
epilation – am. description  epilace
especially  zvláště
essential  nezbytný
everyday  každodenní
exercise  cvičení
experience  zkušenost
extremely  extrémně
eye  oko
eye care  péče o oči
eye shadow  oční stíny
eyebrow  obočí
eyebrow pencil  tužka na obočí
eyebrows  obočí
eyelash  řasa
eyelash curler  kleštíčky na řasy
eyeliner  tužka na oční linky
face  obličej
face (facial) mask  obličejová maska
facial cleanser  čistící pletový krém
facial soap  mydlo na obličej
fair  světlý, plavý
daily basis  denní základ
day  den, denní
defence  obrana
depilation – am. description  depilace
diet  strava, dieta
different  jiný, odlišný
dry  suchý
during  během
dye  barvit, obarvit
ear  ucho
earrings  náušnice
effective  efektivní
elbow  loket
elderly  starší
electrolysis  elektrolýza
embedded  zakořeněný
emery board  smírkový pilník
encourage  podporavat
ever enough  dost
epilation – am. description  epilace
especially  zvláště
essential  nezbytný
everyday  každodenní
exercise  cvičení
experience  zkušenost
extremely  extrémně
eye  oko
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facial soap  mydlo na obličej
fair  světlý, plavý
INVESTICE DO ROZVOJE VZDĚLÁVÁNÍ

highlighter pen  korektor
hips  boky
hurt  zranit, bolet
chain  řetízek
cheek  tvář
chest  hrudník
chin  brada
impolite  nezdvořilý
in the direction  ve směru
incorporating  spolu s
indeed  vskutku
index finger  ukazováček
initial  iniciální
invitation  pozvání
iris  duhovka
jaw  čelist
jewellery  šperky
key words  klíčová slova
khaki  khaki
knuckle  kloub na ruce
lack  nedostatek
laser  lazer
lash comb  hřebínkek na řasy
leg  noha
lie down  lehnout si
lifestyle  životní styl
light  světly, lehký
lima  limetkový
lip care  péče o rty
lip gloss  lesk na rty
lip pencil  konturovací tužka
lip brush  štětec na rty
lips  rty
lipstick  růž
liquid  tekutý
list  seznam
little finger  malíček
loin  stydská krajina
loose powder  práškový pudr
loose powder brush  štětec na pudr
lovely  roztomilý
lower eyelid  dolní víčko
lungs  plíce
m. emulsion  masážní emulze
m. oil  masážní olejíček
make-up  ličení, ličit
make-up consultant  vizážista
make-up remover  odlícovač
manicure  manikúra
manicure set  sada ba manikúru
manicurist  manikérka
mask  maska
massage  masáž
massage parlour  masážní salon
massagist  masér/ka
masseur  masér
masseuse  masérka
match  spojit
medium  střední
messy  neupravený
middle finger  prostředníček
middle-aged  ve středních letech
mind  mysl, vadit
miss  postrádat
mix  smíchat
mobility  pohyblivost
moisturizer  hydratační krém
moisturizing  hydratační, hydratující
mood  nálada
moustache  knír
mouth  ústa
muscle  sval
muscular  svalnatý
nail art  zdobení nehtů
nail buffer  leštící blok
nail clippers  kleštíčky na nehty
nail designer  manikérka
nail file  pilník na nehty
nail hardener  lak na zpevnění
nail jewels  ozdoby na nehty
nail polish  lak na nehty
nail polish remover  odlakovač
nail scissors  nůžky na nehty
nail tips  nehtové typy
nail varnish  lak na nehty
nail whitener pencil  podkreslovací tužka
nape  šíje, týl
narrow  ůzky
navel  pupík
navy blue  námořnická modř
neck  krk
necklace náhrdelník
night noc, noční
nose nos
nutrient živina
nutritive výživný
obese kolem
odd out vyjmout
of course samozřejmě
ochre okrový
oily mastná (o pleti)
olive olivový
opinion názor
oval oválný
overweight plnoštíhlý
oxygen kyslík
pain bolest
painful bolestivý
pale bledý
palma dlaň
pedicure pedikúra
peeling peeling
peel-off mask slupovací maska
pendant přívěšek
perhaps asi
permanent permanentní, stálý
permission povolení, dovolení
pierced propichnutý
pimples malíček
pinkie pupínek, uher
plain prázdný
pluck vytáhnout
plump baculatý
polite zdvořilý
ponytail culík, cop
porá pór
possible možný
posture figura, postoj
powder blusher tvářenka
dayuměnka
pre-coated potažený
pressed powder pudřenka
pressing mačkání, tlačení
procedure procedura
product výrobek
properly řádně
protein protein
pubis podbříšek
pull off vytáhnout
pupil panenka
purifying čisticí
qualified massagist kvalifikovaný masér
rather poněkud
receptionist recepční
recondition rekondiční
refresh osvěžit
regularly pravidelně
relaxation relaxace, uvolnění
relaxing uvolňující
relieve pain ulevit od bolesti
request žádost
respond reakce
ring finger prsteníček
round kulatý
rubbing tření, muñití
rubbing ice led ke tření
safe bezpečný
safety scissors zakulacené nůžky
salmon lososový
salty slaný
scarlet šarlatový
seat sedadlo
sensitive citlivý
service služba
serving porce
shade odstín
shaving holení
shoulder rameno
shoulder blade lopatka
sideburns kotlety
silver stříbro, stříbrný
similar podobný
similarly podobně
simple jednoduchý
skeloton kostra
skill dovednost
skin kůže, plet’
skin care péče o plet’
skin toner pleťová voda
skin type typ pleti
skinny vyhublý
slender štíhlý
slim štíhlý
smart chytrý, elegantní
smooth hladký
soft techniques měkké techniky
sore back bolavá záda
spatula špachtle
SPF ochranný faktor
spinal cord mícha
spine mícha
spirit duševno
sporting sportovní
spotty s vyrážkou (o pleti)
square čtvercový
stain skvrna
stiffness zatuhlost
stocky podsaditý
stomach žaludek, brčko
straight rovný
strap pásek
stretching protahování
strip proužek
sugaring depilace cukrem
suggestion návrh
suit vyhovovat
sun cream opalovací krém
sun-tanned opálený
sure jistý
swap předejít
synthetic sponge houbička
take off svléknout
tallish vyšší
tattooed tetovaný
teeth zuby
technique technika
tension tenze, napětí
Thai massage thajská masáž
therapist terapeut
therapy terapie, léčení
therefore a proto
thick hustý
thigh stechno
thin hubený
third finger prostředníček
thorax hrudník
throat hrdlo
thumb palec u ruky
tidy upravený
to agree souhlasit
to answer a phone zvedat telefon
to apologize omluvit se
to apply použít
to arrange zařídit
to beg prosit, žebрат
to buff leštit
to clean čistit

to cleanse čistit

to come in vstoupit

to consume konzumovat

to contain obsahovat

to cost stát (o ceně)

to cough kašlat

to cut down snížit

to describe vyjádřit

to diagnose rozšířit

to disagree nesouhlasit

to do nails vystavovat

to expose vyjádřit

to express rozšířit

to extend délat nehty

to feed vyživovat

to file pilovat

to get rid off zbavit se

to greet zdavat

to guess odhadnout

to heal léčit, hojit

to include zahrnovat

to keep uchovávat

to make-up ličit

to massage sb masírovat

to moisturize hydratovat

to overuse nadměrně užívat

to pay platit

to prevent předejít

to put on nanášet

to realise uvědomit si

to recommend doporučit

to reduce omezit

to release uvolnit

to remove odstranit

to reshape vytvarovat

to rid zbavit se

to rinse opláchnout

to rinse off spláchnout

to seem zdát se

to sneeze kýchat

to soothe utišit

to stimulate stimulovat
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<th>English</th>
<th>Czech</th>
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<th>Czech</th>
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<tr>
<td>to strengthen</td>
<td>zpevnit</td>
<td>upper eyelid</td>
<td>horní víčko</td>
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<td>to thank</td>
<td>dékovat</td>
<td>UV lamp</td>
<td>UV lampa</td>
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<tr>
<td>to turn over</td>
<td>převrátit se</td>
<td>vanilla</td>
<td>vanilkový</td>
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<tr>
<td>to upset</td>
<td>rozčilit</td>
<td>veins</td>
<td>žíly</td>
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<td>to varnish</td>
<td>obávat se</td>
<td>violet</td>
<td>fialkový</td>
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<td>to worry</td>
<td>nalakovat</td>
<td>waist</td>
<td>pas</td>
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<tr>
<td>toe</td>
<td>prst u nohy</td>
<td>walnuts</td>
<td>vlašské ořechy</td>
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<td>toenail scissors</td>
<td>nůžky na pedik.</td>
<td>washable</td>
<td>omyvatelný</td>
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<td>tooth</td>
<td>zub</td>
<td>waste</td>
<td>nadbytečný (odpad)</td>
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<td>top coat</td>
<td>vrchní lak, nadlak</td>
<td>waterproof</td>
<td>voděodolný</td>
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<td>top layer</td>
<td>vrchní vrstva</td>
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<td>way</td>
<td>cesta, způsob</td>
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<td>while</td>
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<td>trunk</td>
<td>tělo, trup</td>
<td>whirlpool bath</td>
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<td>tyrkysový</td>
<td>wide</td>
<td>široký</td>
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<td>pinzeta</td>
<td>wipes</td>
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<td>two-sided</td>
<td>oboustranný</td>
<td>wrinkles</td>
<td>vrásky</td>
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<td>neupravený</td>
<td>wrist</td>
<td>zápěstí</td>
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<td>unwanted</td>
<td>nechtěný</td>
<td>zipper</td>
<td>zip</td>
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INVESTICE DO ROZVOJE VZDĚLÁVÁNÍ
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INVESTICE DO ROZVOJE VZDĚLÁVÁNÍ
STEP BY STEP BOARDING GAME
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<td>powder blusher</td>
<td>compact powder</td>
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<td>applicators</td>
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<td>mascara</td>
<td>eye shadows</td>
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<td>lip gloss</td>
<td>nail varnishes</td>
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