

8A VOCABULARY Looking after yourself

a facial

a massage

a cross-trainer

a rowing
machine

yoga

Pilates

a treadmill

an exercise
bike

lift weights

do cardio
exercises

do sit-ups

do press-ups

stretch your
muscles

tone your
muscles

do aerobics

do spinning

a manicure

a pedicure

a ponytail

pigtails / plaits

a fringe

a parting

have your
hair curled

have your hair
straightened

have your
hair dyed

have
highlights

have your
hair cut

have
a trim

have a
shave

have a
buzz cut

have a
blow dry

have your
hair put up