



In this unit you will learn about

- skin types
- skin colours
- skin conditions
- face shapes

Skin Types



Activity 1.a

What should you do and not do to keep your skin fresh?



Do

- 1- _____
- 2- _____
- 3- _____

Don't

- 1- *drink alcohol* _____
- 2- _____
- 3- _____
- 4- _____



Activity 1.b

Listen to each person and note down what they do to keep their skin beautiful.

- 1- _____
- 2- _____
- 3- _____
- 4- _____
- 5- _____



Activity 1.c

What do **YOU** do to keep your skin beautiful? Tell your partner in English.



Activity 2.a

What's your skin type? Look at the different skin types below.

OILY SKIN TYPES

- prone to blemishes, blackheads and whiteheads
- shiny mostly on T-zone
- large visible pores
- after washing, skin gets oily after only a couple of hours

DRY TYPES OF SKIN

- skin feels tight (especially after washing)
- no greasy areas
- fine lines and wrinkles
- skin generally has fine pores

COMBINATION SKIN TYPES

prone to: *meyilli olmak*
 wrinkles: *kırışık*
 visible: *görülebilir*
 pores: *gözenekler*

- the forehead, chin, and nose are oily (the T-zone area)
- cheeks and skin around the eyes can range from normal to dry
- skin pores are medium in size

greasy: *yağlı*
 blemish: *leke*
 radiant: *parlak*
 vessel: *damar*

NORMAL SKIN TYPES

- pores of the skin are small to medium in size
- blemishes are uncommon
- in general the skin feels neither too oily nor too dry
- a radiant complexion

SENSITIVE TYPES OF SKIN

- sensitivity to cosmetics (especially those that are heavily scented)
- broken blood vessels
- skin has fine pores



Activity 2.b

Examine your partner's face and find out what his/her skin type is. It may be a combination of more than one.



Activity 2.c

Tell your group what your partner's skin type is and why?

e.g. My partner's skin type is a combination because she has oily T-zone and dry cheeks.



Activity 2.d

Alex has dry skin. Give her some advice using phrases from Activity 1. Use *should/shouldn't*.

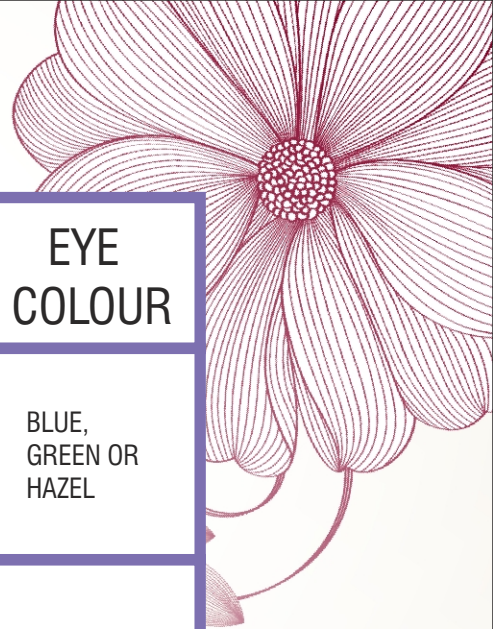
She should drink plenty of water.

She _____

She _____

Activity 3

Discuss with your teacher.



Skin Type

	SKIN COLOUR	HAIR COLOUR	EYE COLOUR
TYPE 1	PALE OR MILKY WHITE FRECKLES	RED OR BLONDE	BLUE, GREEN OR HAZEL
TYPE 2	VERY LIGHT BROWN SOME FRECKLES	BLONDE OR LIGHT BROWN	BLUE, GREEN OR HAZEL
TYPE 3	LIGHT BROWN OR OLIVE	LIGHT TO DARK BROWN	HAZEL OR BROWN
TYPE 4	BROWN OR DARK BROWN	DARK BROWN OR BLACK	BROWN

Activity 4

Look at the table in Activity 3 and write five people's skin types, skin colour, hair colour and eye colour.

	Name	Skin Type	Skin Colour	Hair Colour	Eye Colour
1)					
2)					
3)					
4)					
5)					

Activity 5

Look at each picture and describe their hair, skin and eye colour.





Activity 6

Look at the skin colour chart on the previous page. Then match one type (1-4) to each picture below.



a)

b)

c)

d)

SKIN CONDITION



Activity 1

Read the five skin conditions below. What skin problem do the five women in the pictures have? Give them advice.

Dehydration:

Dehydration is lack of water, not oil, in the skin. So acne skin can be dehydrated. A good moisturizer can change this quickly.

Sun Damage:

This shows up as wrinkles and sun spots. Exfoliation and staying out of the sun is the best thing you can do.

Hyper-Pigmentation:

This is when you see darker spots or patches on the skin. Pregnancy and exposure to the sun can cause it. Laser treatment can reduce it to a certain extent.

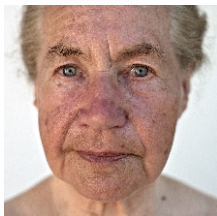
Sensitivity:

Something has happened to make the skin temporarily sensitive or reactive. Redness and irritation may occur. Use a soothing cream or mask until the skin re-balances.

Wrinkles:

These come from loss of elastin and collagen. "Wrinkles" are deep lines. Use anti-aging creams that promote collagen production.

reactive: *duyarlı*
 exfoliation: *derinin pul pul dökülmesi*
 exposure: *maruz kalma*
 irritation: *tahriş*
 soothing: *rahatlatıcı*



1 she has wrinkles. she should use anti-aging creams.



Activity 2

Complete the sentences below with the five given words.

sun-damaged

sensitive

hyper-pigmented

dehydrated

wrinkled

1. If you have dehydrated skin, it is _____
2. If you have sensitive skin, it is _____
3. If you have wrinkles, your skin is _____
4. If you have sun damage, your skin is _____
5. If you have hyper-pigmentation, your skin is _____



Activity 3

Examine your partner's face. If s/he has a skin problem, give her/him advice.



skin scope



skin analyser (visia complexion analysis)

FACE SHAPES



HEART



LONG



OVAL



TRIANGLE



SQUARE



ROUND



Activity 1

Decide what your partner's face shape is and tell the rest of the group.

e.g. My partner's face is round. My partner's got a round face.