

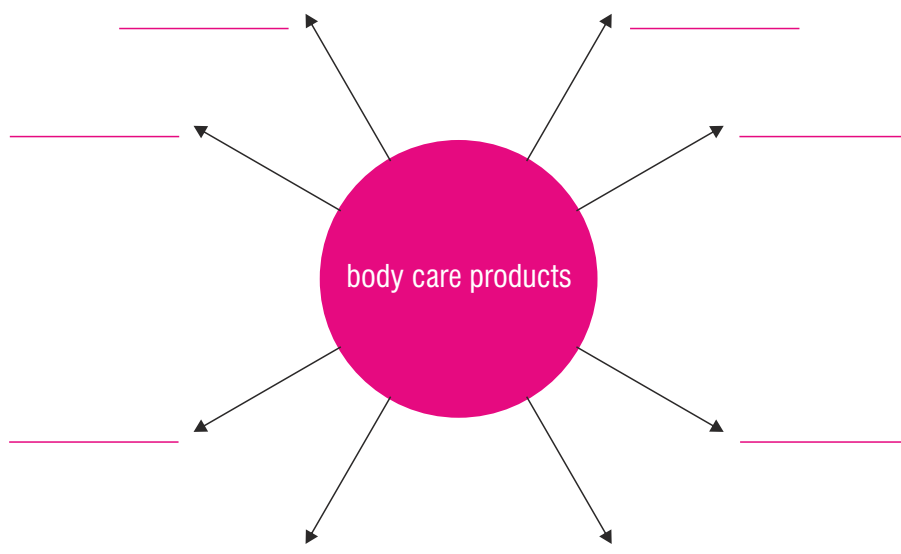
Body Care Products, Application, Massage



In this unit you are going to learn about

- body care products
- application
- massage

Warm-Up



Activity 1

Look at the words below then write their turkish equivalent.

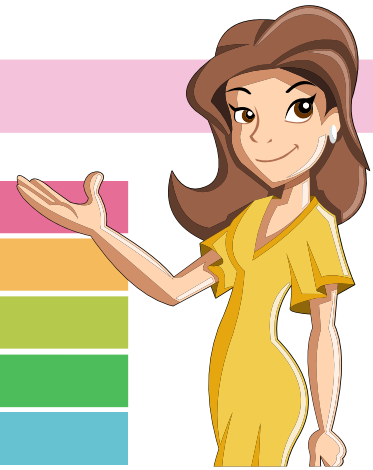
Words that I do not know	Their equivalent in my language
Treatment oil	_____
body moisturiser	_____
stretch mark control	_____
Nourisher	_____
cellulite cream	_____
Intensive toning concentrate	_____
shimmer body butter	_____
body toning mousse	_____
body scrub	_____
healing cream	_____



Activity 2

First write 5 products that you use a lot. Then tell your partner why you use them.

1
2
3
4
5



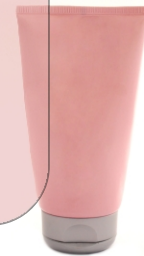
Activity 3

Match the products below with their uses. Write the number in the spaces on the right.



- 1- every-day cream
- 2- massage oil
- 3- cleansing milk
- 4- body scrub
- 5- roll on deodorant
- 6- pure talc
- 7- anti-aging cream
- 8- after-sun lotion
- 9- tonic
- 10- tanning cream.

- a- ___ usually after the age of 40
- b- ___ under arms
- c- ___ peeling
- d- ___ babies usually after-bath
- e- ___ moisturising face, body
- f- ___ changing skin colour
- g- ___ after the beach
- h- ___ removing make-up
- i- ___ body relaxation
- j- ___ making skin livelier



Activity 4

Look at this body product. Discuss with your partner the advice on the label. Which products consist this advice?



advice

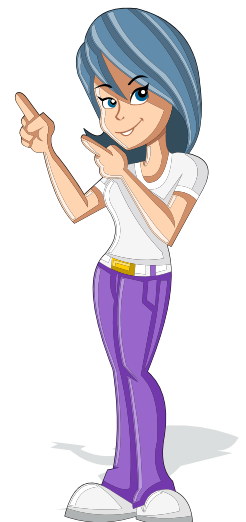
this product should only be used on specified areas as directed.

as a general rule, please keep out of reach of children.

if discomfort or sensitivity to product occurs, please discontinue use and consult a doctor.

-blender-

150g





Activity 5

Useful phrases for body products. Translate the instructions into Turkish.

	ENGLISH	TURKISH
1. Protect from sunlight.	_____	_____
2. Keep out of reach of children.	_____	_____
3. This is not a food.	_____	_____
4. This is only for external use.	_____	_____
5. Do not spray on a naked flame.	_____	_____
6. Shake bottle before use.	_____	_____
7. Avoid contact with eyes.	_____	_____
8. If contact occurs rinse immediately.	_____	_____
9. Use within 12 months of purchase.	_____	_____
10. Do not use on broken skin.	_____	_____
11. In the unlikely event of skin irritation, discontinue use.	_____	_____
12. Store in a cool place.	_____	_____
13. Individual results will vary.	_____	_____
14. Apply twice daily.	_____	_____
15. Do not use during pregnancy.	_____	_____



PRODUCT NAME: NIVEA PURE TALC

SLOGAN: Fine powder for soft smooth skin

SHORT INFORMATION: Lightly fragranced. Pure fine talk will absorb moisture leaving your skin, feeling sof and smooth.

DIRECTIONS: Smooth over the body after a bath or shower.

WARNING: Keep product away from children.



Activity 6

Look at the example above. Bring five products and write its application/directions, warning and its slogan.

application	directions	slogan
1	1	1
2	2	2
3	3	3
4	4	4
5	5	5



Activity 7

Listen to Zura talking about 3 products. What are they?

1-
2-
3-





Activity 8

Write a warning and application instruction for each product below.

1. Cleansing milk

2. After sun lotion

3. Anti-perspirant deodorant

4. Bio-oil

5. Face-cream



Activity 9

Think of a new product : make up an application, a slogan, warnings and directions.

BODY CARE APPLICATION



Activity 10

In pairs, discuss what you can do to take better care of your body. Then, make a list of your decisions.



Activity 11

Look at the vocabulary box below. Then label the pictures.

VOCABULARY BOX

anti-wrinkle hydration, anti-bacterial cleanser, exfoliation brush, scrub,
cleansing gel, age control cream, exfoliating gloves, sun block, refresher,
pregnancy care, nutritive oil



Activity 12

Zura's giving us information about body care steps. Read the information.

Step 1 : Cleansing

Simple is the key word here. You need to find a good cleanser that your skin responds well to. Just wash your face with cleanser and use warm water.

Step 2: Exfoliate

Exfoliating involves the removal of the oldest dead skin cells on the skin's outermost surface that clog your pores.

Step 3: Moisturize

Your skin must be hydrated. Moisturizers leave the skin feeling softer and smoother.

Step 4: UV Protection

You need to protect you skin from the sun because sunlight damages it. A moisturizer with sunblock is a smart choice.



Activity 13

Put the body care steps in order. Then write which products you can use for each step? Choose the products from Activity 1.

- a- moisturize step _____
- b- cleansing step _____
- c- UV protection step _____
- d- exfoliate step _____

moisturize

cleansing

UV protection

exfoliate

MASSAGE

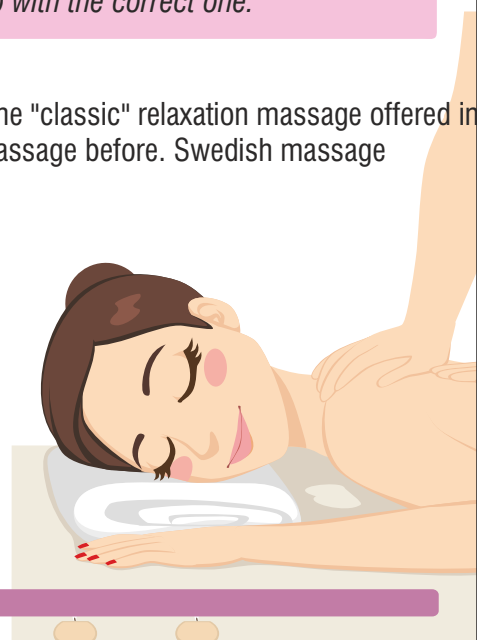
Activity 14a

Read the magazine article below about massage types. Then label the pictures in 11b with the correct one.

1 Swedish Massage is the most widely practsed and best-known massage therapy. It is the "classic" relaxation massage offered in spas. This form of massage is an ideal technique to experience, if you've never had a massage before. Swedish massage consists of 5 basic strokes:

- Effleurage: long, luxurious gliding stroke
- Petrissage: kneading stroke
- Tapotement: percussion or tapping
- Friction: rapid, repetitious, heat producing stroke
- Vibration: vibrating or jostling

2 Deep Tissue refers to a number of different massage techniques used to access deeper layers of muscle tissue and fascia. It is often used to reduce pain and inflammation and to help rehabilitate injuries.



3 Sports Massage is used before and in between events during an athletic competition to warm and loosen your muscles. After a competition, it is used to facilitate recovery and rehabilitate injuries.

4 Aromatherapy Massage is the perfect pairing of two ancient alternative healing modalities, Aromatherapy and Massage Therapy. In Aromatherapy Massage, essential oils are incorporated into the oil that is massaged into your skin. Alternately, essential oils may be diffused into the air.

5 In Hot Stone Massage Therapy, warmed basalt or other stones are massaged over the body with warm oil. Hot Stone is one of the most relaxing and sedating types of massage therapy. It is a great choice for people with insomnia. The heat from the stones melts away tension and reduces tight muscles to jelly.

6 Foot Reflexology is based on the theory that specific areas on the feet are reflexes to other parts on the body including the internal organs. The reflexes are stimulated using the thumbs or fingers. Reflexology can also be performed on the reflex points on your hands and ears. A complement to standard medical care, reflexology can improve blood flow which can help reduce pain for a number of ailments.



Activity 14b

Look at the pictures. What type of massage are they? Use the names from above.



Activity 15

Read the information below about clients. What type of massage do they need? You can recommend more than one massage type for each client.

Client 1: I'm a professional football player. I have a match tonight.
You should choose _____

Client 2: I just want to relax and this is my first massage.

Client 3: I'm a nervous person and I can't sleep at nights.

Client 4: I work in an office and I have backache and stiff neck.





INTERESTING FACTS:

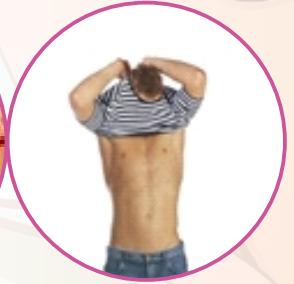
- Massage may be the oldest form of medical care.
- Egyptian tomb paintings show people being massaged.
- There are approximately 5 million touch receptors in our skin and 3,000 in a finger tips.
- Muscles in the human body (640 in total) make up about half the body weight.
- Touch is the first sense to develop in humans, and may be the last to fade.



Activity 16

Label the pictures with the given phrases.

relax - close your eyes - take off your clothes - lie on your back - lie face down



Activity 17

Read the instructions that you give to your client before and during massage therapy. Then fill in the gaps with phrases from above.

- 1 Can you _____, then lie on the massage bed, please.
- 2 I'll massage your back. Can you _____, please?
- 3 Close _____ and _____.
- 4 I'm going to give you a face massage. Can you _____, please?



Activity 18

What type of massage are you good at? Write it's instructions.