



SKINCARE + MAKEUP



Try to understand **red bolded** words from context. Quiz at end.

You wake up Saturday morning dying of thirst and stumble to the kitchen to grab a glass of water. As you pass your reflection in a hallway mirror, you're **thrown aback**; fake eyelashes are hanging from your eyelids, you've got multicolored glitter from ear to ear and bright red lipstick **smear**ed across your chin.

What a mess. You rarely **wear makeup**, but last night you made an **exception for** a costume party at a friend's house. It was a normal house party, but you decided **to go all out**. You dressed up as a samba dancer, with a vibrant sequined dress and a large decorative headpiece. You also **went to town** on your skin, hair and makeup.

Given your lack of experience in the beauty department, you ask your friend Katie for help, and the hours that ensued became an informative lesson on how **to look like a million bucks**.

Vocabulary

thrown aback - surprised; startled.

to smear - to spread / mess up a cream or liquid (often unintentionally).

to wear makeup - to have makeup on.

to make an exception FOR - to allow a rule not to be followed.

to go all out / to go to town - to do something in an extreme / extravagant way.

to look / feel like a million bucks - to look / feel amazing.



You're in Katie's bathroom surrounded by products when she hands you a round cotton pad with **makeup remover** and instructs you to **wipe off** the mascara you have on. When you're done, she washes your face with a **cleanser** to help clean your **pores** and remove dirt, grease and any **residual** makeup from the day before.

Then, she gently spreads toner on your forehead, cheeks and chin to refresh the surface of your skin. It's now ready to absorb moisture from eye cream, serums and moisturizers.

Around our eyes, she explains, we often get **creases** from years of smiling or **squinting** from the sun in our eyes, and a moisturizing eye cream can help smooth those fine lines. She **dabs** some under your lower lashes and then massages a vitamin C serum into your face and neck.

Vitamin C, she explains, promotes **collagen** production and removes obvious **wrinkles**. You're a bit of a skeptic, but keep quiet.

According to Katie, serums are magic; they're extra concentrated, nutrient-dense liquids that can fix a number of skin issues, from puffiness under the eyes, dry and **flaky** skin, **blemishes**, or even uneven skin tone.

Vocabulary

makeup remover - a liquid / cream that helps eliminate beauty products from a surface.

cleanse - to clean deeply and thoroughly.

to wipe off - to remove something by cleaning with a towel, hand, etc.

pores - tiny openings in the skin's surface.

residual - remaining; leftover.

creases - thin linear indentations (usually on paper / skin).

to dab - to apply in small quantities.

collagen - a protein that creates elasticity in skin and joints.

wrinkles - indentations in skin or fabric (usually).

flaky - easily separated into thin layers (pastries, skin, etc.)

blemishes - mark, spot or discoloration.



For people with **acne-prone** skin and regular **breakouts**, she says their best bet at prevention is to buy **over-the-counter** products with acid, **exfoliating** face washes, which can help wash away dead skin or rejuvenating face masks to help **unclog** pores. Although they're not something you use often, they can certainly help with pimples; whiteheads and blackheads.

As a last step, Katie squirts a **tinted** moisturizer in her hands and spreads it all over your face to hydrate the skin. For extra protection against ultraviolet rays, she always uses one with a high SPF, such as 50.

The skin is **prepped**, it's time **to put on makeup**.

First, she spreads a primer on your face to ensure that foundation goes on smoothly. She uses a light liquid one - not a powder, not a cream, and not one with high coverage. Once the foundation is rubbed in, Katie **covers up** blemishes and **freckles** with concealer, making sure to blend it in so that it doesn't look **splotchy**. And then pats the face with translucent powder to avoid shine. Nobody wants to look **greasy**.

Vocabulary

acne-prone - likely to get pimples.

a breakout - a sudden outburst of acne / pimples.

to exfoliate - to wash with an abrasive product / brush in order to thoroughly clean.

to unclog - to remove a blockage.

tinted - lightly colored.

prepped - prepared.

to PUT ON makeup - the process of applying or doing one's makeup.

to cover up - to hide; conceal.

freckles - tan-colored spots that are hereditary or appear from sun exposure.

greasy - oily; most common way to describe oily skin.



Then to appear sun kissed, she spreads a **bronzer** on your cheekbones and the tip of your nose.

By nature, you have thick and bushy eyebrows. In school, you were **made fun of**, and so now you **pluck** daily and pencil in bald spots to give your brows a good arch. **Eyebrow threading** at a salon is not really in your budget, but you think a pencil works just fine. Katie decides to give you heavier brows for today's look.

To complement your brown eyes, she takes an eyeshadow brush and spreads bright blue eyeshadow along your lids and then adds a bit of **glitter** to make your eyes **pop**.

With a thin brush and black liquid eyeliner, she draws on **cat eyes** and then glues fake eyelashes along your eyelids. Afterwards, she applies waterproof mascara to the top, knowing that it might get hot and sweaty at the party and waterproof is the only way to go to prevent **running**.

As a finishing touch, she puts a bright, cherry apple red lipstick on your lips. Matte lipstick, not glossy. No lip gloss, no lip liner, just the red lipstick. You do not want it to **smudge**, so you do not move.

Vocabulary

bronzer - golden powder, cream or liquid that makes someone glow / appear tan.

to make fun OF - to verbally make jokes about someone.

to pluck - the act of removing fast and forcefully. (hair, feathers, etc.).

eyebrow threading - a procedure that uses threads to remove stray brow hairs.

glitter - sparkly pieces of material that reflect light.

cat eyes - dramatic, heavy eyeliner that points upwards at the tips.

matte vs. glossy - flat vs. shiny.

to smudge - to make a product (usually paint, ink or makeup) look messy by rubbing it.



When Katie is finished, you both stand back to admire the work of art. The end result is phenomenal. Even though you didn't get to dance in the streets of Rio during Carnival, you did dance the night away, and your makeup lasted.

In English, we often describe perfect skin and makeup as flawless or impeccable. **On the flip side**, there are many terms used to describe bad skin and makeup.

When someone puts on too much makeup, we say they **look like a clown**, or we could say that they go overboard. When you **go overboard on** mascara and your lashes stick together, they are **clumpy**. If you go overboard on foundation or concealer, we say it looks cakey. If you cake on foundation as a verb, it means that you put on a ton, you put on too much.

Let's face it, not all of us have flawless skin like the movie stars. We also might not visit **cosmetologists** or **dermatologists** on a regular basis. We might not get chemical peels, botox or treatments done, so **give yourself a break**. The most important thing is to feel good in your skin, and however you do that is up to you.

Vocabulary

on the flip side - casual and cool way to say, on the other hand or whereas.

to look like a clown - to appear ridiculous because of too much makeup.

to go overboard ON something - to go too far; to do too much.

clumpy - not smooth, heavy, clustered.

cosmetologist - someone specialized in making skin, nails and hair beautiful.

dermatologist - a medical practitioner who is specialized in skincare.

give (someone) a break - don't have high demands OR set unreasonable expectations for someone.