

Glossary

afro [ADJ-U5, 7] When hair is **afro** (-textured), it has very tight curls all over the head. **afro**

apple of the cheek [N-COUNT-U13] The **apple of the cheek** is the fleshy area of the face. Blush is typically applied to these areas. „jabłuszko” (najbardziej wystające miejsce policzka)

aromatherapy [N-UNCOUNT-U14] **Aromatherapy** is a form of massage that involves the use of scented oils in combination with massage techniques. **aromaterapia**

assistant [N-COUNT-U1] An **assistant** is someone who helps another person in his or her duties. **asystent, pomocnik**

bangs [N-UNCOUNT-U6] **Bangs** are locks of hair that hang down over a person's forehead. **grzywka**

beautician [N-COUNT-U1] A **beautician** is someone who professionally styles hair and does makeup and nails. **kosmetyczka**

blemish [N-COUNT-U11] A **blemish** is an unwanted mark on a person's skin. **skaza**

blood circulation [N-UNCOUNT-U14] **Blood circulation** is the transfer and movement of blood throughout the body. **krążenie krwi**

blot [V-I/T-U13] To **blot** something is to remove the top layer of something with an absorbent material. **osuszać, usuwać nadmiar**

blow dryer [N-COUNT-U4] A **blow dryer** is a tool that dries hair by blowing hot air on it. **suszarka**

blowout [N-COUNT-U2] A **blowout** is a professional hair drying service. **suszenie**

blush [N-UNCOUNT-U13] **Blush** is a cosmetic product that is often red, pink or brown and is applied to the cheeks. **róż**

blush brush [N-COUNT-U12] A **blush brush** is a small brush with soft bristles used to apply foundation or blush. **pędzel do nakładania różu**

bob [N-UNCOUNT-U6] A **bob** is a short haircut that is chin-length with bangs hanging down over the forehead. **typ fryzury (bob) z włosów skróconych do wysokości brody, często z grzywką**

bowl [N-COUNT-U10] A **bowl** is a large container that holds water. It can be used for soaking a person's feet. **miska**

breakage [N-COUNT-U4] **Breakage** is a condition in which a part of a hair breaks off. **łamanie się**

bring up [PHRASAL V-U3] To **bring up** something is to begin to talk about a subject. **poruszać temat**

brittle [ADJ-U5] If something is **brittle**, it is hard but easily broken. **kruchy**

brow and eyelash brush [N-COUNT-U12] A **brow and eyelash brush** is a brush with hard bristles that is used to smooth or shape a person's eyebrows or eyelashes. **grzebyk do rozczesywania rzęs i brwi**

budding [ADJ-U1] A **budding** artist, actress or writer etc is someone who is just starting their career and will probably be successful. **obiecujący, dobrze się zapowiadający**

buffer [N-COUNT-U9] A **buffer** is a tool that makes nails look very shiny. **polerka, blok wygładzający**

buzz cut [N-COUNT-U7] A **buzz cut** is where the hair is almost uniformly short all over. **rodzaj krótkiej fryzury męskiej**

callus [N-COUNT-U10] A **callus** is a thick or hardened part of the skin. **stwardnienie, zgrubienie**

cape [N-COUNT-U4] A **cape** is a piece of clothing that covers clients in order to keep stray hairs off of them. **pelerynka, peleryna**

ceramic [ADJ-U4] If something is **ceramic**, it is made of clay or other materials similar to clay. **ceramiczny**

chat to [PHRASAL V-U3] To **chat to** someone is to start a conversation with them. **gawędzić, prowadzić luźną rozmowę**

chin-length [ADJ-U6] A hairstyle that is **chin-length** hangs down to a person's chin. **do brody**

classic [ADJ-U7] Something **classic** is timeless and not subject to fashion trends. **klasyczny**

cleanse [V-T-U13] If you **cleanse** your skin, you thoroughly clean it. **oczyszczać**

client [N-COUNT-U8] A **client** is someone using the professional services of someone else. **klient**

clippers [N-COUNT-U4, 7] **Clippers** are an electric tool used to cut hair. **maszynka do strzyżenia**

clump [V-I-U13] If something **clumps** together, like mascara, it forms lumps. **tworzyć grudki**

clutter [N-UNCOUNT-U15] **Clutter** is an untidy collection of objects. **rupiecie**

coarse [ADJ-U5] If something is **coarse**, it is rough. **szorstki, chropowaty**

color [V-T-U2] To **color** hair is to change the color of the hair. **farbować**

colorist [N-COUNT-U1] A **colorist** is someone who professionally colors people's hair. **osoba zajmująca się farbowaniem włosów**

comb [N-COUNT-U7] A **comb** is a device used on clippers to regulate hair length. **grzebień**

communication [N-UNCOUNT-U8] **Communication** is sharing information. **komunikacja, porozumiewanie się**

concealer [N-UNCOUNT-U11] A **concealer** is a type of makeup that is used to hide the flaws on a person's face. **korektor kosmetyczny**

conditioning [N-UNCOUNT-U2] **Conditioning** is a hair treatment in which a liquid or cream is applied to the hair in order to make the hair smoother and softer. **pielęgnowanie, nakładanie odżywki**

cosmetic wedge [N-COUNT-U12] A **cosmetic wedge** is a small, disposable sponge that can be used to apply or remove makeup. **gąbka do nakładania makijażu**

cotton Q-tips [N-COUNT-U12] A **cotton Q-tip** is a small stick with a ball of cotton wool at each end which can be used to apply makeup. **patyczki higieniczne**

crew cut [N-COUNT-U7] A **crew cut** is where the hair is short on the sides, but slightly longer on top. **fryzura na jeża, język**

curling iron [N-COUNT-U4] A **curling iron** is a piece of electrical equipment that creates heat and produces curls in hair. **lokówka**

curly [ADJ-U5] If hair is **curly**, it has a curved or spiral shape. **kręcone**

cut [N-COUNT-U2] A **cut** is a service in which hair is cut to a shorter length. **ścięcie włosów**

cuticle [N-COUNT-U9] A **cuticle** is the skin that grows around the base of the fingernail. **skórka**

cuticle oil [N-COUNT-U9] **Cuticle oil** is an oil applied after a manicure to keep cuticles soft. **olejek do skórek**

cuticle pusher [N-COUNT-U10] A **cuticle pusher** is a tool that is used to push back the cuticles on a person's nails. **kopytko do skórek**

cuticle trimmer [N-COUNT-U9] A **cuticle trimmer** cuts rough cuticles or hangnails. **wycinacz do skórek**

deep-tissue massage [N-UNCOUNT-U14] A **deep-tissue massage** is a form of massage that involves putting pressure on muscles in order to relieve muscle pain. **masaż tkanek głębokich**

dry [ADJ-U5] If hair is **dry**, it does not have a lot of oil and is damaged easily. **suche**

effleurage [N-UNCOUNT-U15] **Effleurage** is a massage technique that involves moving the palm of the hand in a circular stroking movement. **efluraż (masaż tkanek miękkich)**

emery board [N-COUNT-U9] An **emery board** is a piece of cardboard with coarse emery paper glued to it. It is used for shaping and smoothing the edges of nails. **pilnik do paznokci**

eye-liner [N-UNCOUNT-U11] An **eye-liner** is a special pencil that is used to emphasize the edges around a person's eyes. **konturówka do oczu**

eye shadow [N-UNCOUNT-U11] **Eye shadow** is a type of powder or cream that is used to add color to a person's upper eyelids. **cień do oczu**

eyelash curler [N-COUNT-U12] An **eyelash curler** is a tool that is used to curl a person's eyelashes. **zalotka**

face powder [N-UNCOUNT-U11] A **face powder** is a light, tinted powder used to cover any scars or blemishes or to give the face a less shiny look. **puder do twarzy**

feedback [N-UNCOUNT-U15] **Feedback** is an opinion or information about a service or product. **informacja zwrotna**

file [V-T-U9] To **file** nails is to shape and smooth the edges with a special tool. **piłować (paznokcie)**

finger bowl [N-COUNT-U9] A **finger bowl** is a bowl in which the hands can be soaked before a manicure. **miseczka do moczenia paznokci przed zabiegiem manicure**

finger-comb [V PHRASE-U7] To **finger-comb** is to comb hair using the fingers. **przeczesywać włosy palcami**

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- flat iron** [N-COUNT-U4] A **flat iron** is a tool made up of two flat metal pieces that produce heat. It is used to straighten hair. *prostownica*
- foot massage** [N-COUNT-U10] **Foot massage** is a massage technique in which one applies pressure to feet and toes for relaxation. *masaż stóp*
- formula** [N-COUNT-U13] A **formula** is a substance that is made by combining specific amounts of different ingredients. *formuła, mieszanka*
- foundation** [N-UNCOUNT-U11] **Foundation** is a liquid or cream substance that matches a person's skin tone and is used to enhance a person's complexion. *podkład*
- foundation brush** [N-COUNT-U12] A **foundation brush** is a brush that is used to apply makeup smoothly and evenly. *pędzel do podkładu*
- fringe** [N-COUNT-U7] A **fringe** is the hair that hangs over the front of the head. *grzywka*
- frizzy** [ADJ-U5] If hair is **frizzy**, it is very curly and looks messy. *kędzierzawy, mocno kręcony*
- full coverage** [N-COUNT-U13] A **full coverage** foundation is a cosmetic product that covers blemishes on skin. *podkład kryjący*
- full service beauty salon** [N-COUNT-U2] A **full service beauty salon** is a place where several beauty treatments are offered. *salon piękności/kosmetyczny z pełnym asortymentem usług*
- gossip** [N-UNCOUNT-U3] **Gossip** is a discussion about other people, sometimes about secret or unconfirmed details. *plotki*
- gown** [N-COUNT-U8] A **gown** is a loose garment that covers the outer clothing during a haircut. *fartuch*
- hair stylist** [N-COUNT-U1] A **hair stylist** is someone who styles a person's hair. *fryzjerka/fryzjer; stylista fryzur*
- hairdo** [N-UNCOUNT-U6] A **hairdo** is a hairstyle. *fryzura*
- hairdresser** [N-COUNT-U1] A **hairdresser** is someone who cuts and styles hair. *fryzjer/fryzjerka*
- hairline** [N-COUNT-U7] The **hairline** is the area at the top of the face where hair starts growing. *linia włosów*
- heel of the hand** [N-COUNT-U15] The **heel of the hand** is the hard, lower part of the hand that is right above the wrist. *kiść dłoni*
- hometown** [N-COUNT-U3] A **hometown** is the town where someone grew up or lives. *miasto rodzinne*
- kinky** [ADJ-U5] If hair is **kinky**, it has lots of small and tight coils. *kręcony*
- knot** [N-COUNT-U15] A **knot** is a muscle that is hard and tense. *nadmierne napięcie mięśniowe*
- layers** [N-UNCOUNT-U6] **Layers** are a type of haircut in which some parts of a person's hair are cut short and others are left long. *warstwy, włosy cieniowane*
- lean** [V-I-U8] To **lean** is to move the top part of the body towards a certain direction. *nachylać się*
- light coverage** [N-UNCOUNT-U13] A **light coverage** foundation is a cosmetic product that is used on skin that is clear. *(podkład) lekko kryjący*
- lip brush** [N-COUNT-U12] A **lip brush** is a brush that is used to apply lipstick. *pędzelek do ust*
- lip gloss** [N-UNCOUNT-U11] **Lip gloss** is a clear or slightly colored substance that is used to give a person's lips a shiny appearance. *błyszczyk do ust*
- lip-liner** [N-UNCOUNT-U11] A **lip-liner** is a makeup tool that is used to fill in areas along the outer edges of the lips with lipstick. *konturówka do ust*
- lipstick** [N-UNCOUNT-U11] A **lipstick** is a colored substance in the form of a stick that is used to add color to a person's lips. *szminka*
- lock** [N-COUNT-U4] A **lock** is a small number of hairs that grow and hang together. *lok*
- long hair** [N-PHR-UNCOUNT-U7] When **hair** is **long**, it is grown to a length longer than shoulder-length. *długie włosy*
- look** [N-UNCOUNT-U6] A **look** is a person's appearance or style. *wygląd*
- make a living** [V PHRASE-U3] To **make a living** is to work for money. *zarabiać na życie*

makeover [N-COUNT-U13] A **makeover** is a process of changing someone's appearance through the application of makeup. **zmiana wyglądu**

makeup artist [N-COUNT-U1] A **makeup artist** is someone who professionally applies makeup.
charakteryzatorka/charakteryzator, wizażystka/wizażysta

manicure [N-COUNT-U2] A **manicure** is a nail treatment in which a professional cleans, cuts, and sometimes paints a person's fingernails. **manicure**

marital status [N PHRASE-U3] Someone's **marital status** indicates whether or not he or she is married. **stan cywilny**

mascara [N-UNCOUNT-U11] **Mascara** is a substance used as makeup to darken or lengthen a person's eyelashes.
tusz do rzęs

mascara wand [N-COUNT-U12] A **mascara wand** is a tool that is used to apply mascara to a person's eyelashes.
szczoteczka do tuszu do rzęs

massage [N-COUNT-U2] A **massage** is a service in which a professional applies pressure to muscles for relaxation.
masaż

massage area [N-COUNT-U15] A **massage area** is the area in a room or a room where the massage table is placed and massage therapy takes place. **stanowisko do masażu**

massage table [N-COUNT-U15] A **massage table** is a table that is padded and has a special cradle for a person's head. It is designed to provide comfort and accessibility during a massage. **stół do masażu**

massage therapist [N-COUNT-U15] A **massage therapist** is a masseur or a masseuse. **masażystka/masażysta**

masseur [N-COUNT-U1] A **masseur** is a person who gives massages. **masażysta**

masseuse [N-COUNT-U1] A **masseuse** is a woman who gives massages. **masażystka**

medium coverage [N-UNCOUNT-U13] A **medium coverage** foundation is a liquid or cream that hides small blemishes on skin. **(podkład) średnio kryjący**

mist [V-T-U8] To **mist** is to spray a fine cloud of water over something. **rozpylać (np. wodę)**

muscle [N-COUNT-U14] A **muscle** is tissue in the body that can contract and assists in movement. **mięsień**

nail brush [N-COUNT-U9] A **nail brush** is a brush used with soap and water to clean the nails. **szczoteczka do paznokci**

nail clippers [N-COUNT-U9] A **nail clipper** is a tool used to cut nails shorter. **obcinarka do paznokci**

nail file [N-COUNT-U10] A **nail file** is a long tool made of wood or metal that is used to file a person's nails. **pilnik**

nail polish [N-COUNT-U10] A **nail polish** is a colored liquid that is applied on a person's nails. **lakier do paznokci**

nail technician [N-COUNT-U1] A **nail technician** is someone who gives manicures, pedicures and can apply nail extensions. **manicurzysta/manicurzystka**

normal [ADJ-U5] If hair is **normal**, it has an average amount of oil in it. **normalne (włosy)**

off-limits [ADJ-U3] If a topic is **off-limits**, it is not okay or polite to talk about it. **niestosowny**

oily [ADJ-U5] If hair is **oily**, it has a lot of oil and looks and feels greasy. **przetłuszczające się, tłuste (włosy)**

open-toed shoes [N-COUNT-U10] **Open-toed shoes** are shoes that do not cover a person's toes. **buty z odkrytymi palcami**

orange stick [N-COUNT-U9] An **orange stick** is a tool used to push back the cuticles on the nails. **patyczek do manicure**

owner [N-COUNT-U1] An **owner** is the person to whom something belongs. **właściciel**

page boy [N-UNCOUNT-U6] A **page boy** is a type of hairstyle in which a person's hair hangs below the ears and curls. Bangs hang down over the forehead. **paź (typ fryzury)**

paneling [N-UNCOUNT-U6] **Paneling** is a haircut that emphasizes different layers or colors of hair. **stopniowanie**

pedicure [N-COUNT-U2] A **pedicure** is a nail treatment in which a professional cleans, cuts and sometimes paints a person's toe nails. The treatment also includes massage and softening of the feet. **pedicure**

perm [V-T-U2] To **perm** hair is to treat hair in a way to set curls permanently. **nakładać trwałą**

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politics [N-UNCOUNT-U3] **Politics** are the activities or ideas concerning the government of a country. **polityka**

pressure [N-COUNT-U14] **Pressure** is physical force that is applied to a certain area. **ucisk**

prime [V-T-U13] To **prime** something is to prepare it before starting work on it. **przygotowywać**

problem skin [N-UNCOUNT-U13] **Problem skin** is skin that has many blemishes or marks. **cera/skóra z krostami, skazami oraz innymi problemami**

professional [ADJ-U15] A **professional** is someone who practices a skill or a job which requires training and earns money from this practice. **profesjonalny; profesjonalista**

pumice stone [N-COUNT-U10] A **pumice stone** is a small stone that is used to remove the calluses on a person's feet. **pumeks**

receptionist [N-COUNT-U1] A **receptionist** is someone who answers phones, greets visitors and initially deals with clients. **recepjonistka/recepcjonista**

reflexology [N-UNCOUNT-U14] **Reflexology** is a form of massage that focuses on pressure points in the feet. **refleksologia**

religion [N-UNCOUNT-U3] **Religion** is a belief in one or more gods. **religia**

revamp [V-T-U6] To **revamp** something is to change it in order to improve it and make it seem more modern. **przerabiać, ulepszać**

roller [N-COUNT-U4] A **roller** is a metal or plastic cylinder that is used to curl hair. **wałek**

salary [N-COUNT-U3] A **salary** is money received as payment from the company you work for, usually paid monthly. **pensja**

sanitize [V-T-U15] To **sanitize** something is to make something clean and hygienic. **odkażać**

sassy [ADJ-U6] If something is described as **sassy**, such as hair, it means it gives a confident image. **elegancki**

scar [N-COUNT-U11] A **scar** is a mark that stays on a person's skin after a wound has healed. **blizna**

scented oil [N-COUNT-U14] **Scented oil** is an oily liquid which has a smell. It is commonly used for certain types of massage, as well as in aromatherapy. **olejek zapachowy**

shader brush [N-COUNT-U12] A **shader brush** is a brush that is used to apply eye shadow to a person's upper eyelids. **pędzelek do cieni**

shampoo [N-COUNT-U2] A **shampoo** is a service in which a professional washes a person's hair. **mycie włosów**

sharpener [N-COUNT-U12] A **sharpener** is a tool with a small blade that is used to sharpen the points of makeup pencils. **zastrugaczka**

shears [N-UNCOUNT-U4] **Shears** are scissors that are used for cutting hair. **nożyczki do obcinania włosów**

shiatsu [N-UNCOUNT-U14] **Shiatsu** is a form of massage that involves using the hands, fingers or elbows to apply pressure throughout the body. **masaż shiatsu (rodzaj japońskiego masażu)**

shipping [N-UNCOUNT-U4] **Shipping** is the act of sending something, usually at a cost. **wysyłka**

shoulder-length [ADJ-U6] A hairstyle that is **shoulder-length** hangs down to a person's shoulders. **do ramion**

sideburns [N-UNCOUNT-U4] A **sideburn** is the hair grown down both the sides of a man's face. **baki, bokobrody**

side part [N-COUNT-U7] For a **side part**, the hair is divided and combed to one side of the head. **fryzura z przedziałkiem z boku**

skin buffer [N-COUNT-U10] A **skin buffer** is a tool used to remove excess or hard skin from ankles or the soles of the feet. **tarka do stóp**

small talk [N PHRASE-U3] **Small talk** is simple and non-serious conversation. **rozmowa towarzyska, rozmowa na błahe tematy**

sleek [ADJ-U5, 6] If something like hair is **sleek**, it is straight, shiny and healthy-looking. **gładkie**

soak [V-T-U9] To **soak** something is to put it completely into water and leave it for a while. **namoczyć**

sole [N-COUNT-U10] The **sole** is the bottom surface of the foot. **podeszwa (stopy)**

spa chair [N-COUNT-U10] A **spa chair** is a comfortable chair that someone sits in while getting a manicure or a pedicure. **krzesło do pedicure lub manicure**

spiked [ADJ-U7] When hair is **spiked**, it is styled (often with hair gel) to stick up in sharp points. **postawione (włosy)**

spine [N-COUNT-U15] The **spine** is the series of bones running from the skull to the lower back. **kręgosłup**

spray bottle [N-COUNT-U8] A **spray bottle** is a container that is used to spray water. **spryskiwacz**

stainless steel [N-UNCOUNT-U4] A **stainless steel** object is made from a type of steel that does not rust. **stal nierdzewna**

stimulate [V-T-U14] To **stimulate** something is to cause something to operate. **stymulować, pobudzać**

straight [ADJ-U5] If hair is **straight**, it has strands of hair that do not naturally bend or curl. **proste**

straighten [V-T-U2] To **straighten** hair is to make curly or wavy hair straight. **prostować**

stray [ADJ-U8] If something is **stray**, it is not in its right place. **zabłąkany**

sturdy [ADJ-U12] If something is **sturdy**, it is strong, well-made and not easily broken. **mocny, wytrzymały**

style [V-T-U2] To **style** hair is to arrange a person's hair in a particular way. **układać (włosy)**

style book [N-COUNT-U8] A **style book** is a book with examples of different hairstyles. **katalog fryzur**

styling [N-UNCOUNT-U2] **Styling** is a service in which a professional arranges a person's hair in a particular way. **stylizacja, układanie**

tangle [N-UNCOUNT-U4] A **tangle** is a knot made out of hair that is twisted together in an untidy way. **kołtun**

tangled [ADJ-U5] If hair is **tangled**, it is twisted together in an untidy way. **popiątane, skołtunione**

tender [ADJ-U15] If something is **tender**, it is sensitive to pain. **wrażliwy, delikatny**

tender spot [N-COUNT-U15] A **tender spot** in your body is a part of it that is sensitive to pain. **czułe miejsce**

tension [N-UNCOUNT-U14] **Tension** is the state of being pulled very tight and causing stiffness. **napięcie**

texture [N-UNCOUNT-U7] **Texture** is the way something feels. **tekstura**

tilt [V-I-U8] To **tilt** is to move part of your body, usually your head, slightly upwards and to one side. **przechylać**

tinted moisturizer [N-COUNT-U13] A **tinted moisturizer** is a cream that contains a little color and is used on people with clear skin. **lejko koloryzujący krem nawilżający**

toe separator [N-COUNT-U10] A **toe separator** is an item that is inserted between a person's toes to spread them apart. **separator do pedicure**

touchy topic [N PHRASE-U3] A **touchy topic** is a subject that people are not comfortable talking about with strangers. **drażliwy temat**

tousled [ADJ-U7] When hair is **tousled**, it looks untidy and uncombed but in an attractive way. **zmierzchniony, potargany**

trim [N-COUNT-U2] A **trim** is a service in which the ends of the hair get cut off. **podcięcie końcówek**

trimmer [N-COUNT-U4] A **trimmer** is an electric tool that cuts off the ends of hair. **maszynka do strzyżenia włosów**

unisex [ADJ-U4] If something is **unisex**, it is intended for both men and women. **uniseks**

updo [N-UNCOUNT-U6] An **updo** is a type of hairstyle in which a person's hair is placed high on top of their head. **włosy upięte do góry**

volume [N-UNCOUNT-U5] **Volume** is the quantity or amount of something. **objętość**

water resistant [ADJ-U4] **Water resistant** is something that cannot be damaged by water or water cannot pass through it. **wodoodporny**

wavy [ADJ-U5] If hair is **wavy**, it has strands of hair with curves that look like waves. **falisty**

wide tooth comb [N-COUNT-U4] A **wide tooth comb** is an object with teeth along one side that is commonly used to untangle hair. **rzadki grzebień**