Women's Day Special:

Salon Nightmares

B1

✂ Click HERE to listen to 3 women talking about their bad experiences with hairdressers. Fill the gaps with the missing words.

Or copy the link: https://tinyurl.com/5a3j92zx

Gina,31

title: _____

I had been growing my hair out for two years. I finally decided to treat myself and get it professionally colored. I showed the stylist a photo of a soft, cool-toned brown with a hint of warmth — nothing dramatic, just polished and natural. She nodded confidently and said, "Oh yes, that will suit you perfectly." Halfway through the _____, I started getting nervous. The color looked… very bright. But I told myself it was just the lighting, or that it would look different once it was washed and styled. When she finally turned the chair around, my stomach dropped. My hair was _____. Not soft brown. Not subtle warmth. It was bright, shiny orange-copper. I didn't even recognize myself. I just stared at the mirror, trying to process it. She was smiling, clearly proud of her work. I said, very quietly, "It's a bit more orange than I expected." She replied, "It'll fade." I paid, tipped, went home, and cried in my bathroom. It didn't fade into brown. It faded into a lighter orange.

Caroline,29

title: _____

I walked in with long hair, almost to my waist. I loved the length. I just wanted to clean it up — get rid of the _____. I was very specific. I even showed her with my fingers: "Only this much, please. I'm growing it out." She said, "Of course." I was relaxed at first. Then I saw the first long section fall to the floor. It looked… longer than what I had shown. My heart started racing, but I told myself maybe it just looked longer from that _____. By the time she was done, my hair was just below my shoulders.

I felt numb. She said, "This length is much healthier and more modern." I didn't ask for modern. I didn't ask for shorter. I asked for a trim. I went home and kept touching my hair because it felt wrong. I avoided mirrors for days. I know it's "just hair," but it took me years to grow it that long.

Beverly,19

title: _____

I have a sensitive _____. I always mention it before anyone starts brushing or washing my hair. This stylist seemed nice at first. But when she started detangling, she was so rough. She pulled hard, repeatedly. I _____ and said, "Sorry, that really hurts." She laughed and said, "Beauty is pain!" It wasn't funny. During the wash, she scrubbed aggressively, like she was cleaning a stain out of fabric. I felt my scalp burning. When she blow-dried my hair, she kept tugging at the roots with the round brush, pulling so tightly that my eyes watered.

I left with a headache and a sore scalp that lasted two days. But the worst part wasn't the physical pain. It was the feeling that I had spoken up — and it didn't matter.I felt small. Like I was overreacting. Like I should just tolerate it.

✂ Choose the best title for each story:

Just a Trim

The Painful Appointment

The Color That Wasn't Supposed to Be That Color

✂ Write the missing words from the text next to their definitions.

_____ – a planned meeting (e.g. with a hairdresser or doctor).

_____ – a red-orange color.

_____ – when the ends of your hair are damaged and split in two.

_____ – the direction or shape of a cut (not straight).

_____ – the skin on your head under your hair.

_____ – to move suddenly because of pain or fear.

✂ Answer the questions.

- How often do you go to the hairdresser?
- Do you prefer expensive salons or cheaper ones? Why?
- Have you ever been disappointed after a haircut?
- Would you ever dye your hair a crazy color? What colour would it be?
- What's worse: wrong color or cutting your hair too short?
- Do you always tell the stylist if you don't like something?
- Do you think expensive salons are always better?
- Would you ever ask for your money back?