

ILETS QUANG BINH. A DAILY ROUTINE THAT YOU ENJOY. TRANSCRIPT

Describe a daily routine that you enjoy?

My daily routine would definitely be my everyday makeup routine. I would do it just after the skincare routine in the mornings. Basically it starts by applying a powderless primer. Usually I would use the one called Elf because it's rather cheap and then I would apply a very light foundation on my face because I always think that my skin needs to breathe, the heavy ones are just not suitable for me, and I remember one of my friends told me that the secret of having this perfect makeup was to use the beauty blender to blend it fully on your face, and then it comes the bronzer and the concealer. Usually I would use the bronzer first because it's very hard for me to use it well and it's the least favourite part of my makeup routine every day and for the concealer, I would usually do it on the inner corner of my eye and then the outer corner so that it can look more lifted and nice I guess. Apart from that I also do my lips and my eyes but usually I wouldn't apply eyeshadow I would just put this eyeliner to curl my eyelash and that's it and then grab a lipstick. The reason why I would say this makeup routine was my favourite was mainly because it can like give me confidence. Gradually it made me feel like that I could achieve everything and it's like a perfect start for my day to be very positive and energetic and very confident during the whole day, besides this there's an interesting thing that I want to mention is maybe it's just me, but I would usually get inspired by the whole process of wearing my makeup and I would have those creative and innovative ideas maybe because I let my mind wander during the whole process. This is like my favourite daily routine.

Describe a daily routine that you enjoy?

We will talk about what it is
where and when you do it
who you do it with
and explain why you enjoy it.

The daily routine that I absolutely love would be my night-time skincare routine. It's usually a very simple one. I would start it off by washing my face with a gentle cleanser to take off all the grease and dust and stress that's for building up my face for the entire day. Afterwards I would put all my favourite Retinol Serum which theoretically would help with skin aging, so whatever I put it on I feel like I'm turning back time, if that makes sense, and finally last but not least I would either lather on a thick layer of body lotion on my face because I have really dry skin or I would use a few drops of skin oil, I really love the glow that it gives my face, it feels good. I would usually do it in front of my bathroom mirror and I would do it right before bed. It's quite simple it usually only takes like a few minutes less than five minutes I would say and while I'm doing it usually my partner would be standing next to me brushing his teeth and he would always make fun of how many chemicals that I put on my face. He doesn't buy into all these skincare things he thinks that it's a placebo effect, placebo or not I enjoy it, regardless, it's such a simple thing it's not time consuming at all and it's potentially helping my skin to feel and look its best, so why not? But I guess a bigger reason why I enjoy the night-time ritual is because it's more of a self-care routine. No matter how hectic my day was I would always take these five minute to take care of my skin and it's become such an ingrained habit of mine, my day doesn't feel complete without it. I'm so used to it and after I after I've done it I feel at peace, I'm ready to bed. I would strongly recommend, it's a good time.

VOCABULARY

blend (verb) - to mix two or more substances together

breathe (verb) - to take air into your lungs and send it out again through your nose or mouth

bronzer (noun) - a cosmetic applied to the face to give the appearance of a suntan

chemicals (noun) - a substance obtained by or used in a chemical process

cleanser (noun) - a liquid or cream for cleaning your face, especially for removing make-up

concealer (noun) - a skin-coloured cream or powder used to cover spots or marks on the skin or dark circles under the eyes

creative (adjective) - involving the use of skill and the imagination to produce something new or a work of art

curl (verb) - to form or make something form into a curved shape

eyelash (noun) - one of the hairs growing on the edge of the eyelids

eyeliner (noun) - a type of make-up, usually black, that is put around the edge of the eyes to make them more attractive and likely to attract attention

eyeshadow (noun) - a type of coloured make-up that is put on the eyelids (the skin above the eyes) to make them look more attractive

foundation (noun) - a principle, an idea or a fact that something is based on and that it grows from

grease (noun) - any thick oily substance, especially one that is used to make machines run smoothly

hectic (adjective) - very busy; full of activity

inner (adjective) - inside; towards or close to the centre of a place

innovative (adjective) - introducing or using new ideas, ways of doing something, etc.

lift (verb) - to raise somebody/something or be raised to a higher position or level

outer (adjective) - on the outside of something

placebo (noun) - a substance that has no physical effects, given to patients who do not need medicine but think that they do, or used when testing new drugs

powder (noun) - a dry mass of very small fine pieces or grains

primer (noun) - a type of paint that is put onto wood in order to prepare it for the main layer of paint.

wander (verb) - to walk slowly around or to a place, often without any particular sense of purpose or direction