# TB2 3a la routine

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| **LES VERBES**mettre to put/put ons'endormir to fall asleeps'habiller to get dressedse baigner to bathese brosser les cheveux to brush one's hairse brosser les dents to brush one's teethse calmer to calm downse coucher to go to bedse déshabiller to get undressedse doucher to take a showerse laver to washse laver la figure to wash one's facese laver les cheveux to wash one's hairse lever to get upse maquiller to put on make-upse peigner to combse préparer to get (oneself) readyse raser to shavese regarder to look at oneselfse reposer to relaxse réveiller to wake upse sécher to dry (oneself)**LA SANTÉ**l' aérobic (m.) aerobicsune cure spa treatmentle fitness health club, gymun malade a male sick personune malade a female sick personle step the step aerobicsle thème the topic, themele yoga the yoga**LES VERBES DE LA SANTÉ**avoir **bonne** mine to have healthy lookavoir **mauvaise** mine to have unhealthy lookavoir des frissons to have chills (m.)avoir la fièvre to have a feveravoir la grippe to have the fluavoir le nez qui coule to have a runny noseavoir un rhume to have a coldconseiller to adviseéternuer to sneezeêtre **en bonne** forme to be in good shapeêtre **en mauvaise** forme to be in bad shapeêtre malade to be sickêtre raplapla to be wiped outlaisser to leave (s.th. behind), let (permit)tousser to cough | **LES NOMS**l'après-rasage aftershavela brosse à cheveux (hair)brushla brosse à dents toothbrushla crème à raser shaving creamla glace mirrorla serviette towelle dentifrice toothpastele déodorant deodorantle gant de toilette washclothle maquillage make-uple mascara mascarale peigne comble rasoir razorle rouge à lèvres lipstickle savon soaple sèche-cheveux hairdryerle shampooing shampoole vernis à ongles nail polishles affaires (f) de toilette toiletries**LES EXPRESSIONS**presque almostprêt(e) readytu m'agaces you're getting on my nerves**LA NÉCESSITÉ**il faut (infinitif) it’s necessary; you must…il ne faut pas (infinitif) you mustn’t… |