



ROUND 45

Gwyneth Paltrow Dishes On The Best Ski Spots, Wellness Treatments, Beauty Tips, And More

Source: Bustle

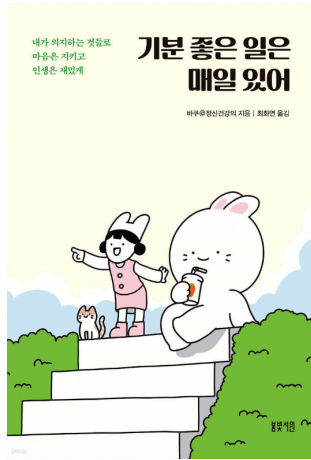
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- 📌 24Season Batch 1 (Jan-FEB) [Go](#)
- 📌 신간 소개 - 기분 좋은 일은 매일 있어
내가 의지하는 것들로 마음은 지키고 인생은 재밌게



우울증과 ADHD, 발달장애로 집단 괴롭힘을 겪은 정신건강의학과 전문가가 유쾌하게 사는 비결

마음의 안식처를 찾으면 마음의 병은 예방되고 사라진다!

[더 알아보기](#)

1. Vocabulary *Check the meaning of these words/expressions in the dictionary.*

💡 Today's Expression(오른쪽 링크 클릭) - [To Buy Time](#)

- Definition
- Example

QR코드를 통해 **To BuyTime**의 설명 영상을 보실 수 있습니다.



1. **Go off**(phrasal verb) To experience a sudden and noticeable change in behavior or state, often in a negative way.

ex) The alarm clock **went off**, and I jumped out of bed.

"For some reason, if I lie down and somebody plays those bowls, I kind of **go off** into another planet and I feel like I come back so rested and deeply refreshed."

2. **Teetotal** (adjective) - Abstaining completely from alcoholic drinks.

ex) She has been **teetotal** for five years.

"Now I've become largely a **teetotal**, which is kind of lame but better for my health."

3. **Lame** (adjective) - (informal) Uninteresting, unimpressive, or uninspiring; not cool or exciting.

ex) The party turned out to be pretty **lame**.

"So I've become largely a teetotal, which is kind of **lame** but better for my health."

4. **Fabulous** (adjective) - Extremely pleasing or successful; marvelous.

ex) She had a **fabulous** time on her vacation.

"The best way to feel **fabulous** in general is to really be true to yourself."

2. Listening Drill

Hi, Bustle. I'm Gwyneth Paltrow. And these are the things that I think are 'Simply The Best'.

Q. The best piece of advice you've received.

First of all, I'm old, so I've received a lot of advice. Second of all, I'm so old that people have stopped giving me advice. So I'm the one giving advice at this point.

Q. The best hack for staying fresh a long flight

I try to find a sauna right away so I can really sweat. And I also like to take a bath with baking powder and salt, because a natural path once told me that helps, like *pull the radiation out* that you get up in the sky. Lots of vitamin C in case there were any germs on the plane and then melatonin to adjust to the time.

Q. The best beauty or wellness treatment

I would say the best wellness treatment I've ever had. I really love sound bowls like sound baths. I don't know what it is. For some reason, if I lie down and somebody plays those bowls, I kind of *go off into another planet* and I feel like I come back so rested and deeply refreshed.

Q. The best way to make headlines.

I mean, there are a lot of ways you can, you know, go naked somewhere. You can say something really outrageous or you can say something not outrageous that somebody decides to turn into an outrageous comment. That's always a good way to do your *love life can make headlines*. There's lots of ways.

Q. The best place to ski

Wow, that's tough because there's so many great places to ski. *I guess I would say* Aspen only because I grew up going there with my family. And I have so many memories of being there as a kid and being in the ski school. And this is a way before it was a fancy town, but it's still kept so much of its character that I really love to go back. And there's also a lot of terrain, a lot of lot of variety, lots of mountains there. I'm going to ask.

Q. The best thing to do to wind down after a long day.

I mean, I used to be a nice glass of wine or whiskey, but now I've become largely a teetotal, which is kind of lame but better for my health. So I would say now a good hot bath with like great salts and essential oils.

Q. The best compliment you've ever received

I guess I would say the best compliment I've ever received has to be around somebody thanking me for really *speaking straight* in a difficult conversation because I used to have a really, really hard time doing that and was so scared of hurting people's feelings that I couldn't fully say everything *that needed to be said*. And now I've really made it a practice to do that. And so and I got a compliment recently for being super straight. And so I'm going to go with that.

2. Listening Drill

Q.The best way to swap in clean beauty products on a budget

To really *get familiar with* ingredients and understand what are kind of the biggest offenders, because there's a whole spectrum of clean, there's there's super, super clean products like ours, 'good.clean.goop', I would say do research to really understand *what's in your products* and what you feel comfortable with.

Q.The best product from the Goo.Clean.Goop line

I'm going to go with the daily juice cleanser. It's like a green juice cleanser with Chlorophyll. It smells amazing. Leaves the skin so clean. That's been my favorite lately.

Q.The best way to feel fabulous

The best way to feel fabulous in general is to really *be true to yourself*. Okay. Thank you for watching. Now you know what I think is best? Not that it matters, but hope you enjoyed.

3. Summary

Summarize what you have seen/heard in two or three sentences

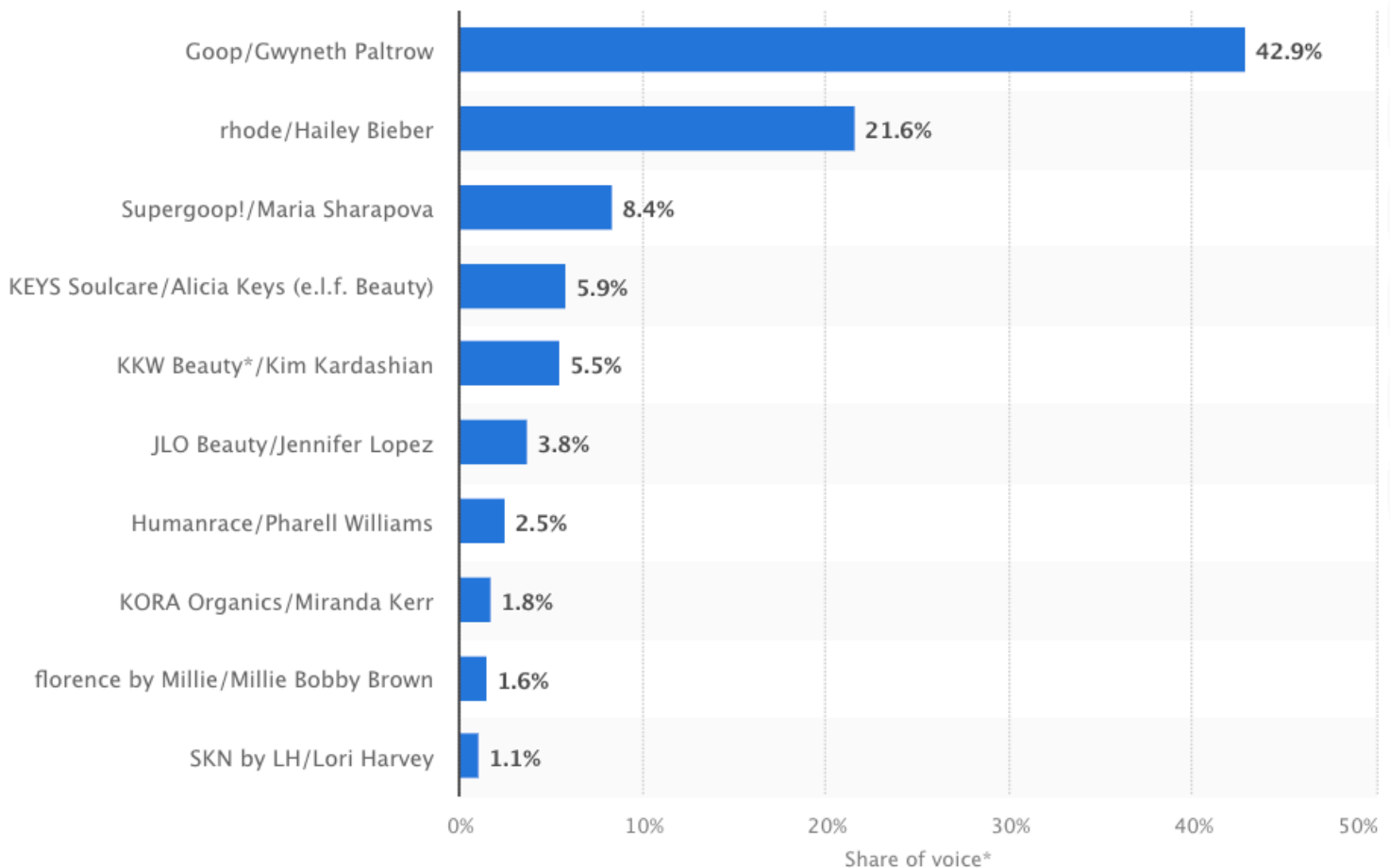
Tip.

Answer the questions using vocabularies that you learned in the vocabulary section.

4. Describing The Chart

Describe what is the general idea being expressed by the graph. Discuss it to your class. Try to interpret what you see in the chart.

Leading celebrity skincare brands in selected countries in 2022, by share of voice



Leading celebrity skincare brands in selected countries 2022, by share of voice

Published by Dominique Petruzzi , Nov 13, 2023

The brand Goop by Gwyneth Paltrow was the leading celebrity skincare brand in 2022, with a share of voice of nearly 43 percent when analyzing the brand mentions in the United States, the United Kingdom, and France. Hailey Bieber's brand rhode ranked second, followed by the brand Supergoop!.

Questions

1. What 's the take away of the graph?
2. What extra information can help you understand the graph even better?
3. Do you have any interesting findings? What's your guess about it?

5. Discussion Questions

Let's begin at the easy category. You are expected to have prepared your answers already before the class begins.

Easy

1. Gwyneth talks about the relaxation she experiences with sound bowls. What activities or sounds help you relax, especially during stressful work periods?

Average

1. Gwyneth mentions memories of skiing with her family. What are some of your favorite family traditions or memories, and how do they contribute to your well-being?

5. Discussion Questions

Let's begin at the easy category. You are expected to have prepared your answers already before the class begins

Average

2. Can you share an experience where straightforward communication was challenging or beneficial in a professional context?

Difficult

1. Gwyneth mentions receiving a compliment for being super straight in a difficult conversation. What's the best compliment you've ever received, and how did it make you feel?

These expressions and idioms can **be used when describing various trends, changes, or patterns** in charts, graphs, or data presentations.

1. **Shoot up** (phrasal verb) - to increase rapidly and sharply
ex) The sales figures for the new product **shot up** after the marketing campaign.
2. **Plummet** (verb) - to fall or decline steeply
ex) The stock prices **plummeted** after the negative news was released.
3. **Level off** (phrasal verb) - to stabilize or reach a steady state
ex) After a period of growth, the demand for the product **leveled off**.
4. **Skyrocket** (verb) - to increase dramatically and quickly.
ex) The company's profits **skyrocketed** after the successful launch of their new product.
5. **Plateau** (noun) - a period of stability or little change
ex) The revenue growth **reached a plateau** and remained steady for several months.
6. **Fluctuate** (verb) - to rise and fall irregularly or unpredictably
ex) The stock prices **fluctuated** throughout the day, responding to market conditions.
7. **Bottom out** (phrasal verb) - to reach the lowest point and then stabilize
ex) The housing prices finally **bottomed out** and showed signs of recovery.
8. **Surge** (verb) - to experience a sudden and significant increase
ex) The website experienced a **surge** in traffic after being featured in a popular blog.
9. **Slump** (noun) - a sudden and significant decline or decrease
ex) The company's profits **suffered a slump** due to the economic downturn.
10. **Rebound** (verb) - to recover or bounce back after a decline
ex) After a period of recession, the economy **rebounded with** strong growth.
11. **Peak** (noun) - the highest point or level
ex) The chart shows that sales **reached their peak** during the holiday season.
12. **Downturn** (noun) - a period of decline or decrease in economic activity
ex) The industry **experienced a downturn** due to changes in consumer preferences.
13. **Accelerate** (verb) - to increase in speed or rate
ex) The company's expansion plans **accelerated** after securing additional funding.
14. **Slow down** (phrasal verb) - to decrease in speed or rate
ex) The production rate **slowed down** due to a shortage of raw materials.
15. **Flattening curve** (idiom) - a gradual reduction or stabilization of a trend
ex) The chart indicates a **flattening curve** in COVID-19 cases, suggesting a decrease in infection rates.
16. **Break-even point** (noun) - the point at which total costs equal total revenue
The business needs to **reach the break-even point** to start making a profit.
17. **Double-digit growth** (idiom) - a growth rate of more than 10%
ex) The company **achieved double-digit growth** in sales for the third consecutive quarter.
18. **Taper off** (phrasal verb) - to gradually decrease or diminish
ex) The demand for the product **tapered off** after the initial launch hype.
19. **Upswing** (noun) - an upward or positive trend
ex) The market **experienced an upswing** as consumer confidence improved.
20. **Hit a plateau** (idiom) - to reach a point of stability or little change
The number of subscribers **hit a plateau** and remained steady for several months.