

**3** Complete the text using the words in the box.

injury   sauna   spa   muscle   one-day   staff   health   spring   facilities

Last week was my first time visiting a <sup>1</sup> spa and I was quite nervous. I didn't know what to expect. It was a <sup>2</sup> \_\_\_\_\_ visit and when my mum and I arrived at the reception, we had to complete a <sup>3</sup> \_\_\_\_\_ questionnaire. You know, things like whether I had <sup>4</sup> \_\_\_\_\_ or bone problems, if I had recently had an <sup>5</sup> \_\_\_\_\_, that type of thing. After that, we went into the changing rooms where we were given a robe. A member of <sup>6</sup> \_\_\_\_\_ then showed us around the spa <sup>7</sup> \_\_\_\_\_.

The first thing I did was go into the <sup>8</sup> \_\_\_\_\_. I only stayed a few minutes because it was just too hot for me. After that, I spent some time in the pool. The water came from a natural <sup>9</sup> \_\_\_\_\_ and it was lovely and warm. Before we left, we had some tea in the sitting area. I was so relaxed when I got home and didn't feel like doing anything! Hope I can go again soon.