

SPA

where the body and mind are given a chance to relax. Today, a wide variety of spa types offer of different treatments.

Mineral Springs Spas

This type of spa is usually close to nature. Here, the natural healing power of the water is used problems with joints, bones and muscles. The highlights are the mud baths and baths in mineral springs help visitors relax and get their blood circulating properly.

Most visitors prefer a one-day visit to a spa resort. It's more affordable and equally relaxing. The day could start with a swim in indoor or outdoor pool. Then they could spend time in a Jacuzzi with mineral water, in a hot sauna or in a pool with water from hot springs. For a higher price, they could a mud bath.

might prefer to spend a days at the spa and turn their visit into a holiday. Apart from spending time using the facilities, visitors can choose to do sport

or types of activities. Some spa resorts are known for their location in the countryside, near lakes or mountains. Therefore, visitors can combine their spa treatment with hiking, sailing, horse-riding or cycling.

Spa Resorts

Spa resorts may vary in size and style, but they're a dream destination for people. They are basically hotels that offer all the services a spa would, plus exercises classes, sessions with personal trainers and nutritionists. spa resorts are advertised as perfect for families while others are promoted for couples or business travellers.

Visitors are encouraged to experience the power of healthy living. Because there are so many services and activities on offer, often visitors are guided by a personal assistant helps them to organise their stay. There are doctors, nurses and physiotherapists on site.

Apart from spending time in the spa or in the gym, visitors can part in group discussions and workshops on how to improve one's quality of life. Talks are given on a variety of topics, such keeping fit and motivated, getting better sleep or building better relationships. Visitors can also take up new activities such as yoga, meditation or swimming.



Match each statement with the correct type of spa and write *MSP* (mineral springs spa) or *SR* (spa resort).

You can find medical staff here. _____

You can have a bath in natural springs. _____

Visitors can learn practical things related to health. _____

Visitors don't often stay overnight here. _____

You can explore the surrounding area. _____

