The idea of a spa holiday is always a very attractive one. When we hear the word 'spa', we think of treatments, mineral springs and saunas. But some spas are much more than that- they're places where both the body and mind are given a chance to relax. Today, a wide variety of spa types offer lots 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 to treat problems with joints, bones and muscles. The highlights are the mud baths and baths in mineral springs which help visitors relax and get their blood circulating properly.

Most visitors prefer a one-day visit to such a spa resort. It's more affordable and equally relaxing. The day could start with a swim in an 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 have a mud bath.

Others might prefer to spend a few 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 other 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 many people. They are basically hotels that offer all the services a spa would, plus exercises classes, sessions with personal trainers and nutritionists. Some 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 who helps them to organise their stay. There are also doctors, nurses and physiotherapists on site.

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

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

1 You can find medical staff here. _____
2 You can have a bath in natural springs. _____
3 Visitors can learn practical things related to health. _____
4 Visitors don't often stay overnight here. _____
5 You can explore the surrounding area. _____

LIVEWORKSHEETS