Spas

1. Warm-up

1. Have you ever been to a spa? How was it?
2. Write a list of five words that come to mind when you think of a spa.
3. Think of one question you have about spas. Write it down.
4. Imagine you are at a spa. What are three things you might do or experience there?

2. Match the following words with their definitions:

1. Massage	A. A beauty treatment for the face, typically including cleansing, exfoliating, and moisturizing the skin.
2. Jacuzzi	B. A large tub or pool that is filled with heated water and jets, used for relaxation and hydrotherapy.
3. Manicure	C. A small room or enclosure that is heated to a high temperature, used for relaxation and therapeutic purposes.
4. Pedicure	D. A therapeutic treatment in which the therapist manipulates the soft tissues of the body to improve circulation, relax the muscles, and promote overall relaxation.
5. Sauna	E. A beauty treatment for the hands and nails, typically including the shaping and polishing of the nails and the moisturizing and massaging of the hands.
6. Steam room	F. A small room or enclosure that is filled with steam, used for relaxation and therapeutic purposes.
7. Facial	G. A beauty treatment for the feet and toes, typically including the shaping and polishing of the nails and the moisturizing and massaging of the feet.
8. Body wrap	H. A treatment in which the body is coated with a substance, such as mud or seaweed, and then wrapped in a sheet or foil, used for therapeutic or cosmetic purposes.
9. Hydrotherapy	I. The use of water for the treatment of various ailments or for relaxation and rejuvenation.
10. Aromatherapy	J. The use of essential oils and other fragrant plant extracts for therapeutic or cosmetic purposes.

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3. Gap-fill

1. Massages are a common _____ offered at spas.
2. Jacuzzis are filled with _____ water.
3. Manicures and pedicures are typically included in a _____ package.
4. Saunas are used to promote relaxation and improve _____.
5. Steam rooms are a type of _____.
6. Facials are a treatment for the _____ that involves exfoliating and moisturizing the skin.
7. Body wraps are used to help people lose _____.
8. Hydrotherapy involves the use of _____ for therapeutic purposes.
9. Aromatherapy uses fragrant plant _____ to improve physical and emotional well-being.
10. Spas are only visited by _____.

4. Reading

It was a hot summer day, and Sarah had been feeling particularly stressed out and in need of some relaxation. She decided to treat herself to a day at the spa. She arrived at the spa early in the morning and was greeted by the friendly receptionist, who checked her in and gave her a tour of the facilities.

Sarah started off with a soothing massage, which left her feeling rejuvenated and refreshed. Next, she enjoyed a luxurious bubble bath in the Jacuzzi, letting all of her worries and cares melt away. After that, she treated herself to a manicure and pedicure, which left her feeling pampered and spoiled.

Finally, Sarah capped off her day at the spa with a healthy lunch in the spa's café. As she ate, she couldn't help but feel grateful for the opportunity to take some time for herself and to relax. She left the spa feeling rejuvenated, refreshed, and ready to take on the rest of her week with a renewed sense of energy and calm.

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5. True or false?

1. Sarah decided to go to the spa on a hot summer day because she was feeling stressed out and in need of relaxation.
2. The receptionist at the spa gave Sarah a tour of the facilities when she arrived.
3. Sarah started off her day at the spa with a bubble bath in the Jacuzzi.
4. Sarah received a manicure and pedicure at the spa.
5. Sarah had a healthy lunch at the spa's café after her massage.
6. Sarah left the spa feeling rejuvenated, refreshed, and ready to take on the rest of her week with renewed energy and calm.
7. The massage Sarah received at the spa was invigorating and left her feeling energized.
8. The Jacuzzi at the spa was filled with cold water.
9. Sarah's manicure and pedicure included shaping and polishing the nails and moisturizing and massaging the hands and feet.
10. Sarah had a luxury spa package that included all of the treatments she received at the spa.
11. The spa's café only served unhealthy food options.
12. The receptionist at the spa was unfriendly and unhelpful.
13. Sarah left the spa feeling worse than when she arrived.
14. The massage Sarah received at the spa was performed by a trained and licensed therapist.
15. The Jacuzzi at the spa was used for relaxation and hydrotherapy.

6. Comprehension questions:

1. Why did Sarah decide to go to the spa on a hot summer day?
2. How did Sarah feel when she arrived at the spa?
3. When did Sarah arrive at the spa and how was she greeted by the receptionist?
4. What were the three treatments Sarah received at the spa and in what order?
5. How did Sarah feel after each treatment and what impact did each treatment have on her overall relaxation and well-being?
6. What did Sarah have for lunch at the spa's café and how did it contribute to her overall experience at the spa?
7. How did Sarah feel when she left the spa and how did her mood and energy compare to when she arrived?
8. Why was the massage Sarah received at the spa particularly beneficial for her stress levels and overall relaxation?

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7. Discussion questions:

1. What do you think are the main benefits of visiting a spa?
2. Have you ever visited a spa before? If so, what treatments did you receive and how did you feel afterwards?
3. What are some common treatments offered at spas?
4. In what ways do spas promote relaxation and well-being?
5. Have you ever received a gift certificate or voucher for a spa treatment? If so, did you use it and how was your experience?
6. How do spas compare in terms of the types of treatments they offer, the facilities they have, and the prices they charge?
7. Do you think it is important to take time for self-care and relaxation, and if so, why?
8. Have you ever gone to a spa with friends or as a couples' activity? How was the experience different from going alone?
9. Do you think spas are more popular with certain age groups or genders? Why or why not?
10. What are some considerations you would take into account when choosing a spa for a treatment or a day of relaxation?
11. Are there any differences between luxury spas and budget spas?
12. What are some trends or new treatments that you have noticed in the spa industry?
13. Do you think spas can be an effective way to reduce stress and improve overall health and well-being? Why or why not?
14. How do you think spas could be improved or made more accessible to a wider range of people?
15. Have you ever visited a spa while traveling to a different country or region? How did the spa experience compare to those in your own country?
16. What are some common misconceptions about spas that you think people may have?
17. Have you ever received a spa treatment as a gift or as part of a special occasion, such as a birthday or anniversary? How did you feel about the gesture and the experience?
18. How do you think the experience of going to a spa compares to other forms of relaxation, such as taking a vacation or practicing mindfulness or meditation?
19. Have you ever had any unique or memorable experiences at a spa, such as trying a new treatment or having a particularly relaxing or rejuvenating experience?

LIVEWORKSHEETS