

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 ¹ spa and I was quite nervous. I didn't know what to expect. It was a ² _____ visit and when my mum and I arrived at the reception, we had to complete a ³ _____ questionnaire. You know, things like whether I had ⁴ _____ or bone problems, if I had recently had an ⁵ _____, that type of thing. After that, we went into the changing rooms where we were given a robe. A member of ⁶ _____ then showed us around the spa ⁷ _____. The first thing I did was go into the ⁸ _____. 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 ⁹ _____ 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.