

Read and choose the correct topic sentences (main idea) of the following paragraphs:-

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.

- A. Visitors will experience the power of healthy living
- B. A personal assistant to guide visitors
- C. There are nurses , doctors and physiotherapist.

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.

- A. Mud bath and baths in mineral water are relaxing
- B. Natural healing power of Mineral water spring.
- C. Mud baths and baths in mineral water get your body circulate 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

- A. Turn your visit into a holiday.
- B. Use facilities and do sports.
- C. . One day or few days visit to a spa resort.

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.

- A. Combine spa treatment with activities
- B. Spa resorts are visited for their locations.
- C. Enjoy cycling and horse riding