**SPAS AND WELLNESS**

Can you use the following words in a sentence: **relax, relaxing, relaxed, relaxation**?

Have you ever been to a spa or wellness?

How often do you go there?

Do you have a favourite spa?

What kind of treatment can you get there?

What can you see in the picture?

**Vocabulary:**

**Spa Facilities:**

* Treatment Room
* Pool
* Steam Room
* Sauna
* Locker Area
* Fitness Center
* Beauty Salon
* Exercise Pavilion
* Saltwater Pool
* Whirlpool

**People:**

* Client
* Therapist
* Receptionist
* Masseuse
* Specialist
* Spa Manager

**Spa verbs:**

* Soak
* Relax
* Release
* Enjoy
* Stimulate
* Enhance
* Improve
* Rejuvenate
* Promote
* Regain
* Exfoliate
* Detox
* Pamper
* Activate
* Boost
* Reduce

**Spa Ingredients:**

* Mud
* Seaweed
* Salt
* Scrub
* Hot wax
* Beeswax
* Honey
* Herbs
* Minerals
* Essential Oils

**Treatments:**

* facial treatments
* wraps
* aromatherapy
* massage
* baths
* manicure
* pedicure
* waxing

Do you think that men and women like wellness procedures equally?

**Listening:** Spas – women love them. Can men enjoy them too?

The Sunday times decided to find out. They sent two journalists, Joann Duckworth and Stephen Bleach, to spend a day at a health spa, which offers thermal baths, saunas and steam rooms, an outdoor swimming pool, and of course a wide variety of massages and treatments.

These are some of the treatments they had:

**Banana, papaya, and strawberry body polish** – a treatment which will smooth and hydrate your skin, with a head massage – 40 minutes.

**Kanebo Kai Zen facial** – a deep intensive cleansing, with face and neck massage – 1h 40 min.

**Elemis foot treatment** – a foot bath, pedicure and foot massage – 55 min.

Listen to the two journalists talking after their treatment and write the information in the chart (35,36,37)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Stephen | | Joanna | |
| Marks out of 10 | reasons | Marks out of 10 | reasons |
| The body polish |  |  |  |  |
| The facial |  |  |  |  |
| The foot treatment |  |  |  |  |

Listen to five extracts (38). Try to write down the missing words.

1. It was hot and \_\_\_\_\_\_\_\_\_\_\_\_ and incredibly uncomfortable.
2. The head massage was \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
3. My face feels different – much \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
4. I just use \_\_\_\_\_\_\_\_\_\_\_and water.
5. I love the colour they painted my \_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Which treatment would you choose?

**Relaxation idioms:**

**Chill out** -to relax

*Wow, man! You have been so stressed lately. You need to chill out.*

**Let your hair down** - to relax and enjoy yourself

*Katie, finally let her hair down, and went to Hawaii with her husband.*

**Put your feet up** - to relax, and not do anything

*My boss just put his feet up today, and didn’t seem to care.*

**Take it easy** - to do things at a comfortable pace, to relax

*You need to take it easy at work; otherwise, you will feel very stressed.*

**Hang loose** - to relax

*He’s so cool! He always knows how to hang loose.*

**Loosen up** - to become more relaxed

*Thank you for recommending that spa; it really helped me to loosen up.*

**Wind down** - to do things slower, to relax

*My dad finally decided to wind down with repairing his car.*

**Pass the time** - to spend time (usually relaxing)

*I just wanted to pass the time, so I read a book.*

**Spa** is a [Belgian](https://en.wikipedia.org/wiki/Belgium) town which gave its name to every [spa](https://en.wikipedia.org/wiki/Spa) in the world. The town of Spa is situated in a valley in the [Ardennes](https://en.wikipedia.org/wiki/Ardennes) mountains. In 2006, Spa had a population of 10,543 and an area of 39.85 square kilometres, giving a [population density](https://en.wikipedia.org/wiki/Population_density) of 265 inhabitants per km².

Spa is one of Belgium's main tourist cities. The town of Spa is famous for its several natural mineral springs, and is also the location of mineral water producer [Spa](https://en.wikipedia.org/wiki/Spa_(mineral_water)), whose mineral water is exported worldwide.

**Conversation continues:**

How do you relax? Are there any other ways how you can pamper yourself?

How many hours do you sleep each night? Is this too much or too little? Why do you think so?

What is the busiest country in the world? What country is likely the most relaxed? How does your country compare? Please explain.

Do you agree or disagree? A six-day work week will be common in fifty years. Please explain.