

Objective: to activate students' background knowledge

Health Resorts



Take care of your body. It's the only place you have to live.

Jim Rohn

Warming-up

1. *Work individually. Compare the photographs and say what topic both photos are connected to? Which health resort would you choose? Why?*



Useful expressions:

*I wouldn't mind ... but on the other hand ...
If I had to choose
I think I would say ...
To be honest I haven't thought much about it ...*

Essential vocabulary

<u>Nouns</u>	<u>Verbs</u>	<u>Adjectives</u>	<u>Phrasal verbs</u>
lodging (n)	to include (v)	luxurious (adj)	to check in / out
excursions (n)	to book (v)	exciting (adj)	to give up
expenses (n)	to entertain (v)	relaxed (adj)	to get back
<u>Phrases related to health resorts</u>			
Provides various facilities and treatments intended to improve			
Treatments such as massage, facials, body wraps, or hydrobaths			
Treatments intended to cleanse the body of poisons or toxins			

2. Make up sentences of your own with words and word-combinations from essential vocabulary.

<http://www.highlevellistening.com/travel-vocabulary-part-3/>

Reading

3. Read the text and answer the question. What is the writer's main purpose?

- a. to explain the medical benefits of massage
- b. to describe a personal experience
- c. to discuss the positive and negative features of a spa

A Unique Resort and Spa in the Eastern Province

by Eric Marchand

The benefits of massage have been well pointed out by doctors around the world. A massage helps relieve pain and stiffness in the muscles and joints, lowers blood pressure and increases blood circulation as well. Some people also believe that massages promote a healthy mind in a healthy body by helping you to relax and reduce your anxiety. I decided to put the theory to the test when the editors of several magazines were invited to Al Khobar to spend a complimentary weekend there.

When I got to Al Khobar, a magnificent hotel stood out like an oasis under the scorching sun. The hotel buildings were surrounded by many palm trees and plants, a sight with which the bare mountains of the Saudi landscape made a striking contrast. I found it hard to believe that such a place existed there in the middle of the desert.

The moment I stepped into the spa, I was surrounded by a welcoming staff who were willing to cater for my every need. Before I even got a chance to introduce myself, I was led to my luxury suite. When I opened the door of my suite, I saw the marvellous view of the three swimming pools and the blue sky in the background. It was hard not to rest on the king-size bed right away, but I decided to go straight to the massage area.

The hotel offers a variety of massages, including hot stone massage and hydrotherapy. I decided on the hot stone treatment. When I was on the massage table, I watched the hot steam coming off the stones that were about to be put onto my body and had second thoughts. However, the moment the masseur placed the first hot stone on my skin, I felt a calm, warm energy spread throughout my entire body. The masseur told me to relax as he placed more stones on my back and I found myself drifting off to sleep.

When I woke up, I was completely relaxed. I realised there was another man in the room, and he was massaging my face. He put a warm mask on my face, and told me it would help clean my skin. When he washed off the mask, he told me it was time to sit in the Jacuzzi for a while. At first, I found it hard to get off the massage table because I wanted to stay there and sleep; however, switching to the Jacuzzi turned out to be a wonderful idea. I relaxed in the warm water for about an hour.

Meanwhile, dinner had been prepared for me in my room. I had an impressive meal of fresh fish, steamed vegetables and a selection of exotic fruit for dessert. I ate my dinner and lay down on my bed. It was so quiet and peaceful that I fell asleep right away.

The next day, I woke up earlier than usual and full of energy. I had a light but delicious breakfast of freshly squeezed orange juice and yoghurt with fresh fruit, then went to the gym. After an hour of exercising, I decided to go for a dip in the pool. I felt refreshed and relaxed and decided to explore the desert on a camel. This might seem unbelievable, but it is something I had never done before.

My instructor and I rode our camels into the desert. As a light breeze was blowing, I felt like a nomad crossing the dry land. My instructor said that I was doing great, even though I was afraid of falling off the camel. We rode back to the resort and, although I was quite hungry after all the morning's activities, I had

a light lunch consisting of only iced tea, salad and fruit. I spent the afternoon in the gardens of the resort, feeling completely relaxed.

I woke up the next morning with the sun shining on me, and I realised my weekend there was at an end. I left the resort feeling healthy and at peace, knowing that I would definitely return some day.

4. Read the text again. Are these sentences true (T) or false (F) or is the information not mentioned (NM) in the text?

1) A massage helps relieve pain and stiffness in the muscles and joints, lowers blood pressure and increases blood circulation as well.

2) The author decided to put the theory to the test when the editors of several magazines were invited to Al Khobar to spend a complimentary weekend there.

3) Al Khobar is a magnificent hotel stood out like an oasis under the scorching sun.

4) The author had a light lunch consisting of only iced coffee, salad and fruit.

5) The author left the resort feeling healthy and at peace, knowing that he wouldn't definitely return some day.

5. Answer the questions after the text.

- 1) What does the writer say about the hotel?
- 2) How did the author feel about going to the Jacuzzi?
- 3) What did the author think about the breakfast?
- 4) How did the author describe his camel riding experience?

6. Complete the chart as shown.

Noun	Verb	Adjective
	to decide	
treatment		
	to invite	
	to increase	
		magnificent

Writing

7. Write an essay discussing why people visit health resorts. You should explain, giving reasons in support of your answer. Write 220-260 words in appropriate style.

Speaking

8. Think about your answers to these questions.

- 1) What are famous health resorts in Ukraine?
- 2) Why do you think people enjoy going to spas?
- 3) Would you like to spend a weekend at a spa? Why? Why not?
- 4) What are some things that cause stress? How can you reduce stress in your life?
- 5) If you were President of Ukraine, what would you do to improve Ukrainians' health?

9. Describe something you do to keep healthy. You should say:

what this activity is;

when you do it;

and how often you do it;

and explain why you think it's a good way to look after your health.

Home project

10. Make ppt presentation about health resort.

Seagaia Ocean Dome	Rio Tinto, Spain
	