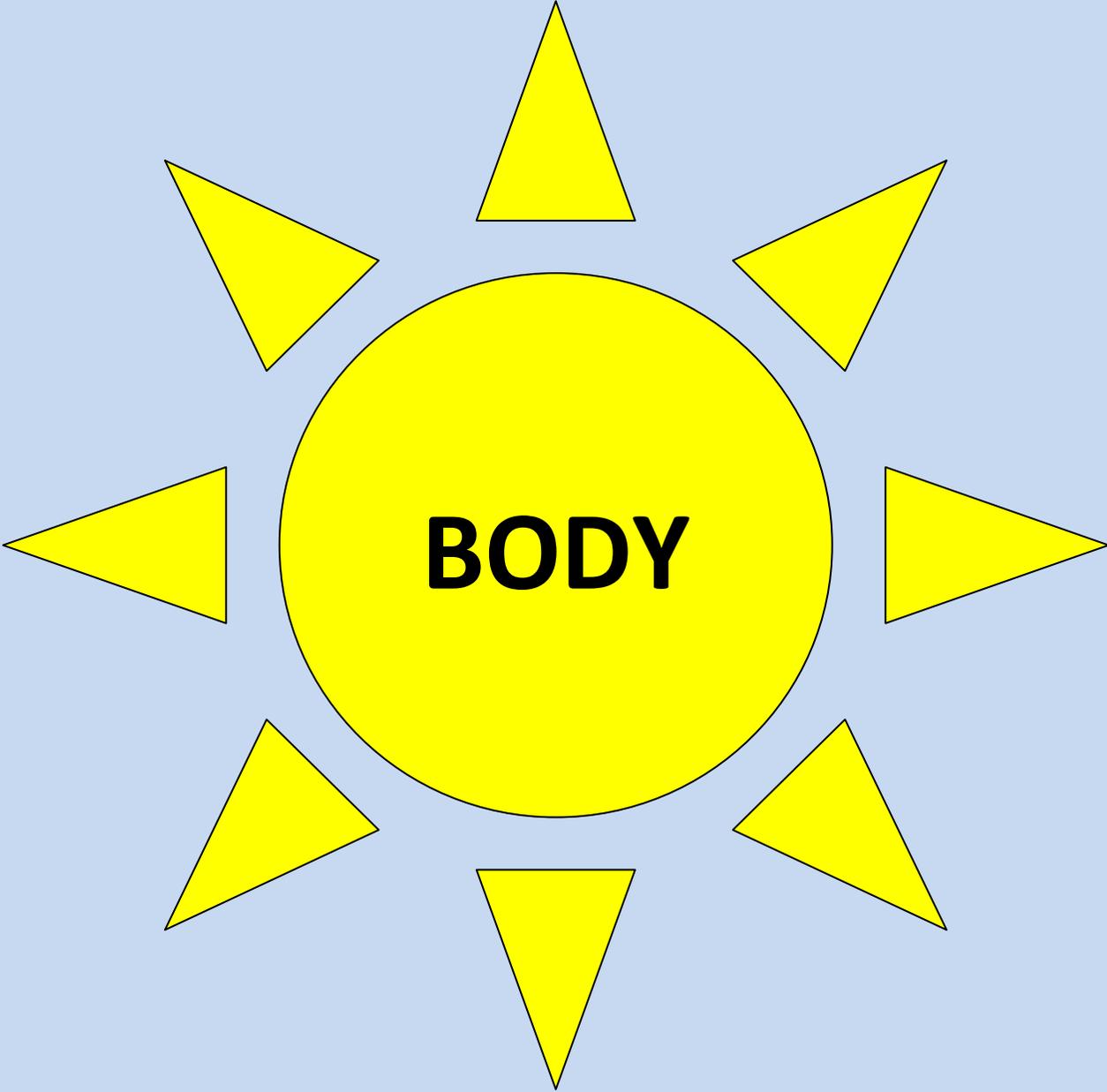


Topic: Health Resorts

1. Checking of the homework.
2. Complete a chart: What is your body for you?
3. Discussion of the quote: Take care of your body. It's the only place you have to live.
4. Presentation of new vocabulary:
 - Match words with definitions.
 - Find the synonyms.
 - Complete the text with the missing words.
 - Make up your own 3 sentences. Read them to the group and be ready to guess the missing word.
5. Look at the photos of health resorts. Which health resort would you choose and why? ex 1 p. 91
6. Reading comprehension: Ex 3,4,5 p. 92-94
7. Listening Comprehension "Health Centers"
8. Group work: Choose one photo of health resort and try to advertise it to your groupmates.

Homework: Ex. 9 p. 95 / learn new words

Resources: Syvak, Kovalchuk English for 2nd year students, <https://www.ieltsg.com/>



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

1. lodging	a) to return or regain something that was lost or taken.
2. excursions	b) to reserve or arrange for something, such as a hotel room, flight, or event.
3. expenses	c) causing great enthusiasm and eagerness; thrilling.
4. to include	d) a short trip or outing taken for pleasure, typically lasting a day or less.
5. to book	e) providing great comfort, elegance, and indulgence, often associated with expensive and high-quality amenities.
6. to entertain	f) to register one's arrival, typically at a hotel or airport.
7. luxurious	g) a place to stay overnight or for a short period of time, such as a hotel room, guest house, or hostel.
8. exciting	h) to complete the necessary formalities and pay any outstanding bills before leaving a hotel or similar establishment.
9. relaxed	i) to contain or embrace as a part of something.
10. to check in	j) to stop trying to do or achieve something.
11. to check out	k) the costs associated with a particular activity or event, such as travel, accommodation, food, and entertainment.
12. to get back	l) free from tension and anxiety; calm and at ease.
13. to give up	m) to provide someone with enjoyment, amusement, or hospitality.

Refreshed

Magnificent

Healing

Masseur

To stimulate

To rest

Variety

To drift off

To explore

Treatment

To consist

To investigate

To promote

To relax

To travel on

To fall asleep

To be made up

**Massage
Therapist**

To ride

vacations breathtaking book treatments balance magnificent ride refreshing

After weeks of feeling stressed and exhausted from work, Maria decided to take a much-needed break and 1. _____ a stay at a luxury health resort. She knew she needed some time to rest and recharge, and the resort's stunning location and 2. _____ amenities seemed like the perfect place to do so.

Upon arrival, Maria checked in and was greeted by a friendly masseuse who offered her a 3. _____ glass of water and a warm towel to wash off the stresses of her journey. She was then shown to her room, which consisted of a comfortable bed, a relaxing seating area, and a balcony with a 4. _____ view of the surrounding mountains. During her stay, Maria took advantage of the resort's variety of health 5. _____, including massages, aromatherapy, and baths. She also explored the nearby hiking trails, taking a leisurely 6. _____ on a rented bike and stopping to admire the wildlife and natural scenery.

By the end of her stay, Maria felt refreshed and rejuvenated, with her stress and worries left behind. She made a promise to herself to promote a healthier work-life 7. _____ and to return to the health resort for future 8. _____.

promote massage traditional refreshed resorts acupuncture drift off variety

When Sarah found out that her mother was diagnosed with a serious illness, she decided to research health 1. _____ that offered alternative treatments to 2. _____ medicine. She came across a health resort that specialized in promoting holistic healing through a variety of therapies, including massage, 3. _____, and herbal remedies. Upon arriving at the resort, Sarah and her mother were greeted by the friendly staff who showed them to their room, which consisted of a comfortable bed, a seating area, and a balcony overlooking the resort's gardens. They were then introduced to their masseur, who helped Sarah's mother 4. _____ into a peaceful sleep while providing her with a relaxing 5. _____.

During their stay, Sarah and her mother took part in a 6. _____ of treatments, including meditation, yoga, and reflexology. They also attended educational classes that consisted of learning about the importance of healthy eating and how to 7. _____ wellness through daily exercise.

By the end of their stay, Sarah's mother felt 8. _____ and reinvigorated, with her symptoms greatly improved. Sarah was impressed with the resort's holistic approach to healthcare and promised to explore more alternative therapies for herself and her family in the future.

Listen to the recording and complete the table below. Write ONE WORD ONLY for each answer.

Health Centers		
Name of centre	Doctor`s name	Advantage
The Harvey Clinic	Example Dr. Green	Especially good with 1
The 2health practice	Dr. Fuller	Offers 3appointments
The Shore Lane Health Centre	Dr 4	

Choose TWO letters, A-E. (5.6)

Which TWO of the following are offered free of charge at Shore Lane Health Centre?

- A acupuncture
- B employment medicals
- C sports injury therapy
- D travel advice
- E vaccinations

Listen to the next part of the recording and complete the table below.

*Write **NO MORE THAN TWO WORDS AND/OR A NUMBER** for each answer*

Talks for patients at Shore Lane Health Centre			
Subject of talk	Date/Time	Location	Notes
Giving up smoking	25 th Februar at 7pm	Room 4	Useful for people with asthma or 7problems
Healthy eating	1 st March at 5 pm	The 8 (shore lane)	anyone welcome
Avoiding injuries during exercise	9 th March at 9	Room 6	For all 10



