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## Spa Day

*Be kind to your body; you only have one!*

*Essential words to know which your teacher will explain to you.*

massage  
pedicure

sauna  
detox

steam room  
cleanses

manicure  
aromatherapy

1. My friend and I are going to spend my birthday at the spa. I can't wait to have a full body **massage**, especially around my neck as it hurts very much.
2. You can also enjoy an **aromatherapy** treatment during which they rub some essential oils on your body which smells nice.
3. I am going to have a **manicure** and a **pedicure** - then my hands and feet will look beautiful.
4. It is good to visit the spa for a total **detox** of the body. We live a stressful life and sometimes eat junk food. The detox is good to **cleanse** the body.
5. They have **massage beds** in the swimming pool which I like.
6. There is also a gym at the spa - after you have done some exercises, you can go to the **sauna** to relax your muscles.
7. I enjoy the **steam room** - my skin feels clean after a session.