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Spa Day

Practice these conversations with a friend.

Arriving at the Spa

- A: Good morning Ma'am, welcome to Body Relax.
- B: Good morning. We have **booked** several **treatments** for today at your spa. My name is Nancy Baker and my friend, Jessica Anderson.
- A: Wonderful. Let me show you around. This is the **locker room** where you can leave your **belongings** and you will find your **robe** and **slippers** inside your **locker** which you will wear for the rest of the day.
- B: Thank you very much. We are looking forward to a day of **pampering**.

A manicure and a pedicure treatment

- A: What **color** would you like to have on your nails?
- B: I would like the light pink color on my **hands** and the green color on my **toenails**, please.
- A: Alright. I am also going to give you a **foot massage** before I do your **pedicure**. Please lie down, relax, close your eyes and listen to the music.
- B: Thank you very much.

Swimming Pool

Nancy: Jessica, let's put on our **bathing suits** then we go to the swimming pool. There are **massage chairs** inside the water.

Jessica: This is absolutely fantastic. The water is slightly warm and look at the view. We can see some **wild animals** outside.

Nancy: The **chef** is bringing us some **snacks** and a glass of **champagne**. Wow, this is **five-star treatment!**

Jessica: Absolutely. Enjoy friend, enjoy!

Body Massage

A: Please **relax**, but don't fall asleep! I am going to give you a **full body massage** and I am using some **essential oils**. The oils help the body to relax and are also good for the skin.

B: Oh my goodness. I feel like I'm in **heaven**. You are really **spoiling** me!

A: After the **massage**, you are welcome to go to the **steam room** or the **sauna**. The massage and the heat of the steam room or sauna help the body to get rid of all **toxins**. Your skin will **glow** after the treatment.

B: Thank you so much.

Sauna

Nancy: Jessica, how long do you think we should spend in the **sauna?** It's quite hot inside.

Jessica: About 5-10 minutes, I think. Take your **towel** inside then you can sit on it.