

At The Spa

Intermediate (B1-B2)



WARM-UP DISCUSSION

Choose the activities that sound most relaxing for you.

1. Sitting in a hot sauna 🧴
2. Taking a nap in the sun ☀️
3. Watching Netflix in pyjamas 🎬
4. Reading quietly with tea 🍵
5. Doing absolutely nothing 🛌
6. A long walk in nature 🌿

Discuss:

- What helps you relax most after a busy week?
- Have you ever visited a spa or wellness centre? What was it like?



VOCABULARY & SPEAKING

Part 1. Match the following spa-related words with their pictures.

Massage

Facial

Jacuzzi

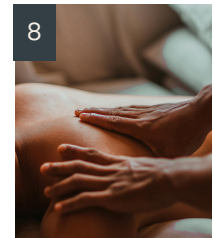
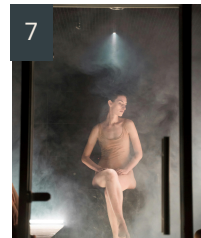
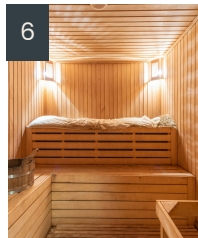
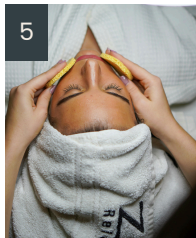
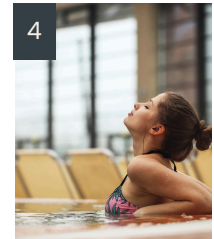
Sauna

Steam room

Body scrub

Aromatherapy

Hot stone therapy



Part 2. Discuss the following questions.

1. Which of these have you tried, or would like to try?
2. Which ones seem most effective for stress relief?

READING ACTIVITY

Part 1. Read about Mia's spa experience.

It had been a long, stressful week, so Mia decided to treat herself to a spa day. As soon as she arrived, the soft music and warm lighting made her feel calm. She started with a sauna to soothe away the tension in her muscles, then moved to a Jacuzzi to soak up the peaceful atmosphere.

After a refreshing body scrub, she took time to lie back and wind down completely. A lavender aromatherapy massage helped her freshen up both mind and body.

By the end of the day, she felt relaxed, refreshed, and ready to get back to normal life again.

Part 2. Answer the following questions based on the text.

1. What does Mia do first when she arrives?
2. How does aromatherapy help her?
3. Which phrasal verbs show relaxation?
4. How does she feel at the end of the day?
5. What part of the experience would you enjoy most?

VOCABULARY & SPEAKING

Part 1. Match each phrasal verb to its correct definition.

Wind down

Freshen up

Lie back

Soak up

Soothe away

1. _____ Recline and let yourself rest
2. _____ Absorb or enjoy the atmosphere
3. _____ Ease or remove physical tension
4. _____ Become completely relaxed after stress
5. _____ Wash or refresh yourself to feel cleaner

Part 2. Discuss the following questions.

1. Which of these can you do anywhere, not just in a spa?
2. How could you wind down at the end of your week?

Part 3. Fill in the blanks with the correct phrasal verb.

1. A hot bath helps me _____ after a stressful day.
2. I like to _____ and listen to music before bed.
3. The gentle massage _____ my tension.
4. After exercising, I always _____ before meeting friends.
5. On holiday, I love to _____ the peaceful atmosphere.

Part 4. Discuss the following questions. Try to use the phrasal verbs in your answers.

Wind down

Freshen up

Lie back

Soak up

Soothe away

1. Describe your perfect day to relax.
2. Would you prefer to go alone or with someone? Why?
3. Do you think relaxation is a luxury or a basic need?
4. What can we learn from spa culture about taking care of ourselves?

REFLECTION

Discuss the following questions.

1. Has this lesson made you want to book a spa day? Why or why not?
2. Which treatments would you most like to try – and why?
3. How do you think a spa visit could help your physical or mental wellbeing?

WRAP-UP TASK (OPTIONAL HOMEWORK)

Write a short paragraph (100–120 words) describing your perfect spa day using the vocabulary and phrasal verbs from today's lesson.

