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A Spa Treat 美体水疗

Andrea: Imagine being able to put on a warm, fluffy towel...

Jean: 全身裹在一条温暖又松软的大浴巾里...

Andrea: White slippers...

Jean: 脚踏白色拖鞋...

Andrea: And be pampered and treated to your heart's content.

Jean: 尽情地享受各种放松疗法和美容护理。

Andrea: Well, today on BBC Learning English, we take a trip to a spa in London – to have a little luxury! Hello I'm Andrea Rose.

Jean: 大家好，我是董征。在英国，去 spa 彻底放松是很多人爱做的事情 – 去放松 wind down 休养 relax 还有去把自己好好的宠一下 to spoil yourself.

Andrea: Well, I was lucky enough to get the chance to do just that and go to a very well-known spa for women only right here in the heart of London. It's called The Sanctuary and I asked Olivia Head who works there, why people go to spas in Britain.

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I think a lot of people choose to come here with friends, as a group, as kind of a girls' day out - or girls' night in, in a way. Lots of people come in the evenings and a lot of people come to get away totally from work.

Jean: Olivia 说尤其女性喜欢和好友一起结伴到 spa 呆一天。

Andrea: They also like to go there for a girls' night out. A girls' night out is when friends get together to have a special night out just with their girl friends.

Jean: 到了 spa 就可以把自己完全从忙碌的工作中解脱出来 to get away totally.

Andrea: This is a chance for escapism.

Jean: Escapism – 逃避现实。

Andrea: What do you like to do for escapism, Jean?

Jean: Oooh, spa would be good!

Andrea: Well, at this spa, as well as the swimming pools and the jacuzzis...

Jean: Swimming pools and jacuzzis – 游泳池和水力按摩池。

Andrea: There are also lots of treatments you can have to help you relax.

Jean: Treatments – 疗法、护理。下面就是 Olivia 给我们介绍在他们这家 spa 都有哪些国际和异域的护理和疗法。

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We have a massive range of treatments. We do treatments from all different sort of places as well – we've got Lomilomi, which is a type of Hawaiian massage; we've got treatments such as Sento, which comes from Japanese bathing treatments originally, so started there; we have treatments such as Kiffi, it's more from an Egyptian thing.

Andrea: Olivia says that they do a massive range of treatments. That means there are lots of different ones to try. A massive range.

Jean: 有来自夏威夷的 Lomilomi 疗法。

Andrea: Sento which comes from Japan.

Jean: 还有源自埃及的 Kiffi 疗法。 It all sounds very unusual!

Andrea: But if you don't want to have strange treatments like these, you can always try one of their lovely swimming pools. Olivia took me to see one of the famous areas in the spa.

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Olivia: So this is the famous swing area, so this is the area where ladies can kind of lounge around. It's not like an exercise pool, it's more of a lounging area where they come, lounge by the pool, lay on the little beds that are around the edges and relax, and just splash around really – so it's just for relaxation.

Andrea: Tell me about the swing – it's a very famous landmark at the Sanctuary.

Olivia: I know, it is basically just a swing there that sits in the middle – it's been there for years and years and it's famous because it was in a film a long long time ago.

Andrea: So it's a swing hanging in the middle of the swimming pool?

Olivia: Yes.

Andrea: And do guests swing on it and throw themselves into the pool?

Olivia: Yes, absolutely!

Jean: Olivia 带着 Andrea 参观了他们著名的秋千池。在这里有一个大泳池，泳池的水面正中悬挂着一只秋千。

Andrea: This pool is not for exercising but it's a place to relax. There are beds around the edge of it so that women can lounge around.

Jean: To lounge around – 随便的靠着躺着。而这支秋千就是他们一个著名的标志。
A landmark.

Andrea: The swing was in a film many years ago.

Jean: 而现在来 spa 的女士们可以坐在上面荡漾在水面或者悠起来玩跳水。 **What fun!**

Andrea: Jean, you said you like spas, but have you ever been to a spa?

Jean: Yes I have Andrea, to this one very one in fact.

Andrea: Interestingly, spas in Britain used to be places where only women would go. But these days, more and more men also visit spas to relax.

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Men are becoming a lot more aware. I was actually speaking to somebody yesterday evening from a spa that is actually around the corner from us and they actually have men – and 46% of their guests are men. So that's massive – that's totally different to what it was like, say 10 years ago.

Jean: 听 Olivia 说，其实现在在英国不止是女士们喜欢泡 spa，很多男士也开始重视 spa 为身心带来的不少好处。在他们伦敦的另一家 spa 里， **46%** 的顾客都是男性。

Andrea: That's very different to 10 years ago when you would never get a man into a spa!

Jean: 时代确实不一样了，而我们今天节目的时间也刚好到了。 **So it's goodbye from both of us at BBC Learning English.**

Andrea: Relax and goodbye!

Jean: Bye!