



1. steam [sti:m]
2. hourglass ['aʊəglɑ:s]
3. thermometer [θə'mɒmɪtə]
4. lockers ['lɒkəz]
5. plunge pool ['plʌndʒ pu:l]
6. stove [stəʊv]
7. bathrobe ['bɑ:θrəʊb]
8. hose [həʊz]
9. towel ['taʊəl]
10. bucket and dipper [ˌbʌkɪt ənd 'dɪpə]
11. hot stones [hɒt 'stəʊnz]
12. birch twigs ['bɜ:tʃ twɪgz]
13. bench [bentʃ]
14. sweat [swet]

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VOCABULARY

In the sauna

In winter, when it's cold and wet outside, a visit to the sauna can do wonders for your well-being. Join ANNA HOCHSIEDER in the sweat room.

MEDIUM PLUS

“The sauna is the poor man’s pharmacy,” a Finnish proverb says. Regular use of a sauna will **boost your immune system, rid your body of toxins, improve your circulation and cleanse your skin.** Further health benefits include relaxation and **relieving stress.**

Tips for first-time sauna users

- Remove all clothes and footwear.
- Remove any jewellery, contact lenses or glasses.
- Always **shower** before entering the sauna.
- Sit or lie on a **towel** while using the sauna.
- Do not use the sauna on a full stomach.
- Do not use the sauna if you are ill. If in doubt, consult a doctor.
- If you feel faint or unwell, leave the sauna room immediately.
- Keep conversation to a minimum.
- Stay in the sauna for no more than 15 minutes.
- **Recover** for 20 minutes between sauna sessions.
- After each session, **cool off** in the fresh air.
- Wash off **perspiration** with cold water before using the plunge pool.
- Enter the **plunge pool** gradually. Do not use it if you have high blood pressure.
- Rest and drink plenty of water before beginning the next sauna cycle.
- Enjoy yourself!

PRACTICE

Now try the following exercises to practise talking about the sauna.



Exercise 1	E
Choose one word or phrase from the lists to answer each question below.	
A. What should you take with you when you enter the sauna room? a bathrobe contact lenses a towel	
B. What should you not do before entering the sauna room? drink eat shower	
C. What should you do while in the sauna room? chat to other visitors sit or lie on a towel clean your glasses	
D. What should you do immediately after leaving the sauna room? cool off gradually jump into the plunge pool put on your clothes	

Exercise 3	A
Match the phrases on the left to those on the right that have the same meaning.	
A. To “boost your immune system” means...	1. to “reduce mental pressure or worry”.
B. To “rid your body of toxins” means...	2. to “help your blood flow through your body”.
C. To “improve your circulation” means...	3. to “strengthen the ability of your body to fight against infections”.
D. To “cleanse your skin” means...	4. to “remove poisonous substances from your body”.
E. To “relieve stress” means...	5. to “wash your body thoroughly”.

Exercise 2	M
Complete the definitions with words from page 50.	
A. _____ is drops of liquid that appear on your skin when you are hot.	
B. _____ consists of the small drops that water produces when it is heated.	
C. A _____ is an instrument used for measuring temperature.	
D. A _____ is a shop where medicines are prepared and sold.	
E. A _____ is a piece of equipment used for heating rooms.	

In the nude

In Scandinavia, German-speaking countries, the Netherlands and some other European countries, saunas — whether single- or mixed-sex — are used **in the nude**; in other words, **unclothed** or **naked**. In the US, however, **nudity** is **banned** in all public places, including saunas. In the UK, Canada and Australia, removing all your clothes is permitted only in single-sex saunas.

Here are some more words that mean “naked”:
If you are **in a state of undress** (formal) or **in your birthday suit** (humorous), you are not wearing any clothes. If someone is described as **stark naked**, this emphasizes that he or she is wearing no clothes at all. You can also say that a person **does not have a stitch on** or is **not wearing a stitch**. If a part of your body is not covered by clothes, you can say that it is **bare**.



- | | | |
|---|---|---|
| banned [bænd]
• verboten | in the nude
[ɪn ðə 'nju:ð]
• nackt | nudity ['nju:ðəti]
• Nacktheit |
| bare [beə]
• bloß, nackt | naked ['neɪkɪd]
• nackt | stark naked
[stɑ:k 'neɪkɪd]
• splitterfasernackt |
| birthday suit
['bɜ:ðdeɪ su:t] hum.
• Adamskostüm | not have a stitch on
[nɒt 'hæv ə 'stɪtʃ ɒn] ifml.
• nichts am Leib haben | unclothed [ʌn'kləʊðd]
• unbekleidet |
| | | undress [ʌn'dres]
• Entkleidung |

Answers

- A. a towel
 - B. eat
 - C. sit or lie on a towel
 - D. cool off
 - E. gradually
- A. Sweat
 - B. Steam
 - C. thermometer
 - D. pharmacy
 - E. stove
- A-3; B-4; C-2; D-5; E-1