

## 108 學年度穀保家商語文競賽-英語文-高三朗讀題目

### Hot Spring Fever (高三)

Although winter is nearly over, you can still enjoy hot springs. Soaking in a hot spring is just the answer for people who are looking to warm up, relieve tension, or soothe skin. There are more than 100 hot springs across the island for people to experience and enjoy. As a result, hot spring spas have become some of Taiwan's greatest tourist attractions. Beitou, Yangmingshan, Gruanziling in Tainan, and Sichongxi in Pingtung County are known as the four main hot spring areas in Taiwan.

It is not uncommon to see people going for a dip in roadside pools of hot water. For those more serious about soaking, Green Island is home to one of the world's three seabed hot springs. There, milk-colored water flows out of the ocean floor and blends with the salt seas of the Pacific Ocean.

Taiwan's hot springs offer many health benefits. Soaking in the hot mineral water is believed to increase energy levels as well as help treat exhaustion, skin problems, and sore muscles. It goes without saying it is the ultimate way to relieve stress.

Hot springs have become a big part of Taiwanese culture thanks to the Japanese. It was during Japanese rule that hot spring baths began to boom in Taiwan. While people in Taiwan enjoy an occasional mud bath, our neighbors to the north have more creative options. One Japanese resort feels that red wine isn't just for drinking. They believe that it restores the body, so they offer people a chance to soak in it. If you are tempted to taste some of the red water, don't because the spa has a 12-foot bottle of wine for drinking.

The resort also offers a green tea bath that is good for your skin and helps your body combat sickness. It even has a sake bath that targets age spots and freckles. Just in case you need to wake yourself up after all that relaxing, a coffee bath will stimulate even the sleepest of souls. On Valentine's Day, dessert is served to you in a chocolate bath, which attracts a lot of visitors.

Whatever type you fancy, nothing beats warming up with a dip in a hot spring. Moreover, many hot springs are just a stone's throw from Taipei.

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