

SPA BLAH



Temple Spa

at Temple Country Retreat & Spa, Co. Westmeath

The overall philosophy at Temple Spa is simple: eat healthily, sleep well and let the therapists attend to the stresses and tensions of your body. There was a fourth rule, which had something to do with drinking wisely, but I chose to skip that one.

This purpose-built destination spa in Moate is just 60 miles west of Dublin and, although the infamous road to Moate is usually associated with bumper-to-bumper traffic, my drive was trouble free.

One of Ireland's best-known luxury spa destinations, Temple was recently categorised as being one of only two destination spas in the entire country. It is beautifully set in 100 acres on the site of an ancient monastery. From the 23 beautiful rooms on offer, I found myself in a luxurious suite, equipped with a Jacuzzi and boasting panoramic views over the surrounding countryside. I settled in very quickly and within minutes was escorted to the spa, where I discussed the treatments with my therapist. As there are over 80 treatments available here I found it quite difficult to decide on what to sample first. After a brief consultation, I opted for the Citrus Cellutox Body Blitz (1hr – €120), followed by Le Grand Classique Facial (1hr – €80) – using Yonka.

The Body Blitz was one of the most luxurious

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body treatments I've ever experienced. Powerful antioxidants help banish toxins associated with cellulite and cellulite is broken down with powerful ancient massage techniques and drained with the purest form of active citrus energising fruit enzymes. The entire experience is alive with the fresh scent of citrus which evokes uplifting, cheering and refreshing thoughts.

The Classique Facial, meanwhile, proved an

excellent choice; it really is the most complete and personalised deep cleansing facial in the Yonka range. Rich in plant extracts and aromatic essences, the unique purifying process left my skin feeling rebalanced and dewy and, though I'd had this treatment before, the relaxing surroundings of Temple and my extremely professional therapist, Jennifer, made the experience even more unique.


Later, I decided to completely spoil myself and went for the Naturalmoor Massage and Hydralessence Visage Facial (1hr – €115). It certainly is an alternative to the norm as therapists use pure black peat from the high moors of central Europe. The heated peat pack penetrates and relaxes the entire back and shoulder muscles and was combined with a therapeutic massage.

The Yonka Hydralessence Visage Facial (1hr – €90) is also fabulously relaxing – not to mention deeply hydrating.

Following the treatments, I decided to take full advantage of the facilities and made my way to the Vitality Suite, where I found a combination of water treatments; ranging from the hydro-jets in the pool and experience showers to sauna and steam room. Then, after yet another hour spent relaxing, I felt it was time to get dressed and make my way to the Garden Room restaurant, where I joined a colleague for dinner. The healthy food options on offer here are simply mouthwatering.

The next morning, I took time to consider the daily programme of activities on offer here, having not had an opportunity to sample any the previous day due to pampering commitments.

An assortment of options available included; morning walks in the countryside, yoga classes, a walking workout and posture classes. After much deliberation, I opted for a yoga class and a cycle in the countryside. Feeling thoroughly refreshed and invigorated after my cycle, I began my yoga class, a practice aimed at gently stretching the muscles, stimulating the metabolism and restoring a sense of connection with the body. Patricia, the Yoga teacher, is an absolutely fascinating woman and hugely passionate about her work. The class felt hugely therapeutic and Patricia was superb at recognising each individual's capabilities and advising us accordingly. Having enjoyed my activities so much I was only sorry I didn't have the time to try everything.

Visiting Temple really is about a lot more than just the treatments; it's about relaxing in peaceful, idyllic surroundings and recovering from the pressures of life and work. This is what makes Temple such a unique experience. They say the longer you stay the more your mind and body unwind. After 24 hours I felt close to a mild coma. I'm checking in here for a week next time. 

FACT FILE

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