

What sort of a relaxer are you?

For some, a visit to Temple destination spa means pampering, luxury and self-indulgence. Others have a real need to restore their energy, revive their spirits and recover from the pressures of life and work. This is what makes Temple unique. Amid the calm, comfort and friendliness of a country retreat, a comprehensive range of activities is waiting to relax minds, care for bodies and raise spirits.

Established in 1992 by Declan and Bernadette Fagan, we are proud to be one of Ireland's longest established destination spas. It is the intangible and immeasurable elements, the personal touches, which set Temple apart. At Temple, we believe wellbeing is a natural state of health and wholeness. To help you find your way back to wellbeing, we provide some of the good things in life: fresh air, good food, gentle exercise, space and time. Time to yourself and space of your own to rediscover 'you'.



A place apart...

From sleeping to dining, from treatment to therapy, everything at Temple revolves around one, simple philosophy: eat healthily, drink wisely and sleep well, while the stresses and tensions of your body are attended to. Temple's superb menus are freshly prepared by our chef and nutritionist, who use the finest ingredients to give you the best food available in the best balance possible.

Temple is a Destination Spa with 23 rooms – including two luxurious suites – in the beautiful cloistered spa building, with its internal garden and panoramic country views. While only 60 miles from Dublin via the new M6, it remains a place apart. With over eighty individual treatments and an array of activities on offer, there are many different ways to enjoy your stay. Let us know how you aim to relax and we will help you select the combination that suits you best.

An unforgettable stay, and all the rest...

A visit to Temple is an unforgettable experience, whatever you do during your stay – and there's plenty to do.

In addition to an extensive range of spa therapies – including Yon-Ka, ISHI and the organic Green Energy line, guests enjoy access to a range of facilities including: vitality pool, sauna, steam, gym and relaxation rooms, as well as the daily guided walks, fitness, yoga and relaxation classes. Rates are flexible, depending on whether you choose a full board or half board option. For details and seasonal offers, visit our website at www.templespa.ie.

Overnight packages	from €215 pps midweek
	from €295 pps weekends

Two night breaks	from €245 pps midweek
	from €275 pps weekends

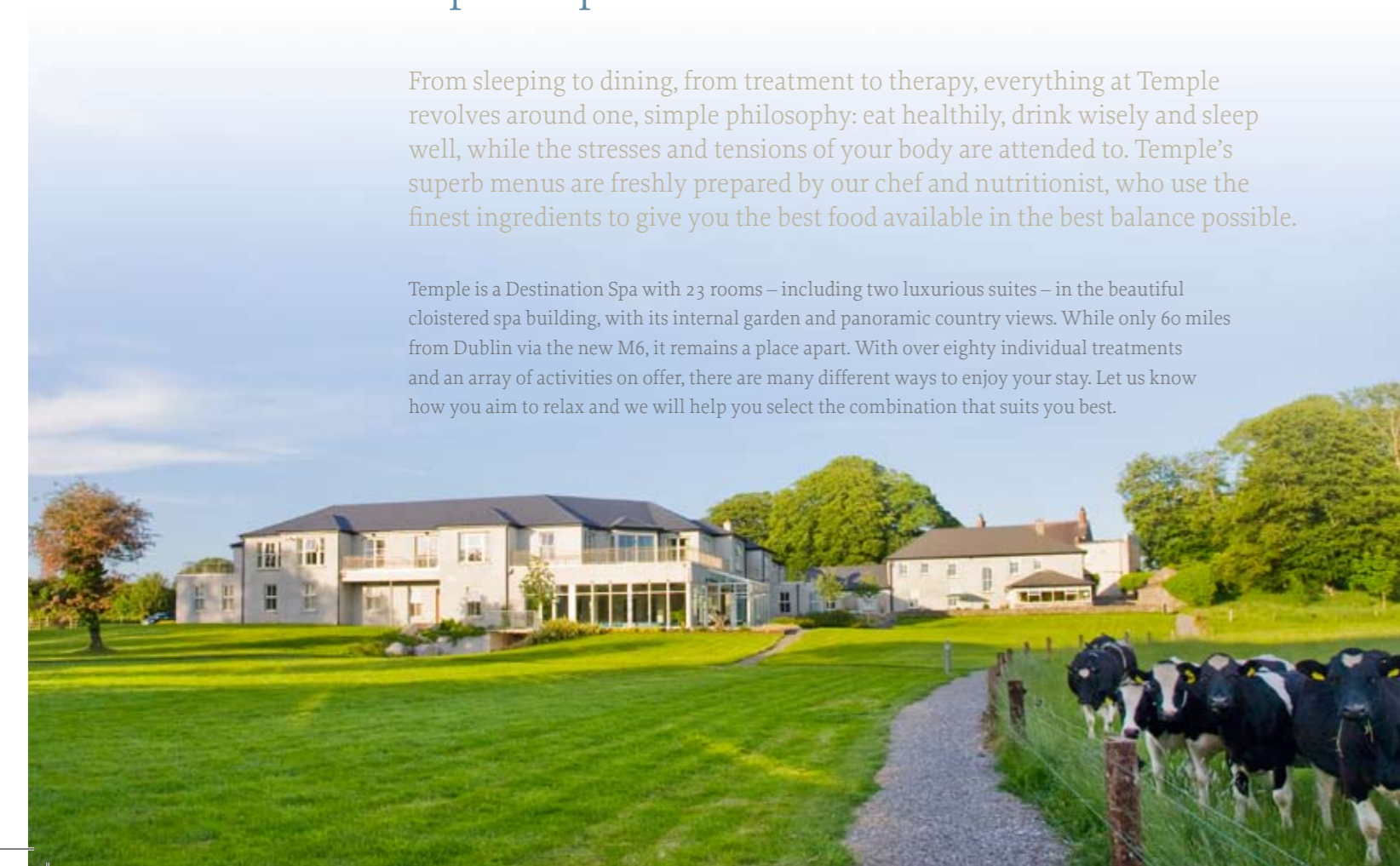
Relax for the day...

No matter how busy your life is, you deserve a day for yourself. Temple has a range of options depending on the number and type of treatments selected.

Full day programmes include a delicious three course lunch, a programme of optional activities and use of the spa facilities. The day programmes include one or more spa treatments, depending on the option chosen. For details check online on www.templespa.ie or call 05793 35118. Pay us a visit and find out what a difference a day makes.

Full Spa Day	from €140 midweek
	from €160 weekends

Half Day Spa Visit	from €95 midweek
	from €110 weekends



Holistic Therapies

The Holistic Therapies, dedicated to your wellbeing, are at the core of the Temple experience. The treatments are hands-on, conducted in a sensitive manner by qualified and caring therapists. All of the therapies stimulate the body's own innate self-healing mechanisms.

Massage

Combining the soothing powers of touch and the skilful manipulation of muscles, tendons and ligaments, massage eases muscular tension, soothes the nervous system and improves circulation and lymph drainage.

Indian Head Massage

This massage works on the head, neck and shoulders, relieving tension and rebalancing energy. Brings an easing of tension and a sense of relaxation and wellbeing. Headaches are relieved, muscles are relaxed and other parts of the body also respond to this treatment.

Reflexology

By sensitively applying pressure to various points of the feet, the whole body is soothed and comforted and begins to relax quite deeply. The deep relaxation facilitates the body's own healing mechanisms, including circulation, lymph drainage and release of toxins.

Naturalmoor (Peat Treatment)

Naturalmoor is a tried and trusted therapeutic treatment from Germany. Using pure black peat found in the high moors of central Europe, it contains the most beneficial ingredients, is completely natural, simple to apply and very relaxing. The heated peat pack penetrates and relaxes the entire back and shoulder muscles and can be combined with a therapeutic massage.

Balneo – hydrotherapy bath with seaweed, aromatic oils or epsom salts

Powerful water jets massage the soles of your feet, your ankles, calves, thighs, hips, back and abdomen, while thousands of air bubbles stimulate and soothe the nerve endings under the skin. Seaweed has stimulating, detoxifying, hydrating and remineralising properties. The aromatic oils are a relaxing blend of 5 essential oils – lavender, geranium, rosemary, thyme and cypress. Epsom salts are detoxifying, anti-cellulite and counter fluid retention.

Floatation Therapy

Floatation is the ultimate in relaxation and stress release. The calm inducing, dolphin-shaped chamber allows you total control while spending an hour lying suspended in a solution of Epsom salts so dense you float effortlessly. Listen to relaxing music or choose silence. Use the chamber as a bath or cocoon yourself. Without gravity to pull at your body, a state of inner calm equivalent to deep meditation is induced. One hour float allows the body to repair to the equivalent of 5 hours deep sleep.

Bio Energy Healing

A noninvasive healing therapy. During the treatment the therapist performs a series of movements to manipulate the energy flow in and around the client's body. There is no physical manipulation, and minimal contact. The client remains clothed.

Acupuncture & Traditional Chinese Medicine

Traditional Chinese Medicine (TCM) has been practiced for thousands of years in China and the Far East. It is the principal form of medical care used by a large proportion of the world's population. TCM, through the use of acupuncture and other classical medical therapies, aims to establish energetic harmony in the whole person and thereby not only treat illness but also promote active health and vitality.

Other holistic therapies — Kinesiology, Craniosacral therapy, Reiki — are offered subject to availability of therapists. Please enquire at time of booking.



Green Energy Organics

The gentlest natural products to nourish, soothe & revitalise your skin, free from any harmful additives. Based on organically grown flowers, fruit and herbs of the Mediterranean that are rich in nutrients, vitamins, trace elements and natural anti-free radical and anti-inflammatory molecules. As the creams we apply to our skin are ingested in to the body in the same as our food, the ingredients in the Green Energy line are all good enough to eat! Green Energy products are suitable for all skin types and all stages of life.

Organic Facial Treatments

Soothing Recovery Facial

A combination of the purest cooling and soothing ingredients of fresh mint and echinacea calm and nurture the most sensitive of faces.

Age Defying Facial

A powerful surge of Pomegranate and Vitamin C antioxidants instantly boosts vitality in the skin while preventing premature aging.

Moisture Dew Facial

Achieve softness and suppleness to the most dehydrated skin, nourishing and regenerating it with nature's Mediterranean fruits.

Detoxifying Facial

Active fruit acids draw out impurities and rebalance blemishes to reveal a bright and energised clear complexion.

Collagen Facial

A truly magical lift and wrinkle repair system with this natural form of collagen from a Chocolate, Macadamia and Almond infusion. Instantly feel the firming and toning of the skin.



Organic Body Treatments

De-Stress Leg Ritual

A cooling mixture of peppermint and menthol help to combat fluid retention, stimulate circulation, detoxify tone and relieve tired and heavy legs.

Olive Body Cocoon

Relax as nature's finest kernels exfoliate your body to reveal new radiant skin, followed by nourishing and regenerating essential olive oils.

Citrus Body Blitz

Powerful antioxidants help banish toxins associated with cellulite. Tough cellulite is broken down with powerful massage techniques and drained with the purest form of active citrus fruit enzymes.

Glamorous Body Preparation

A pure combination of wild forest fruits brightens and energises the skin. This technique visibly reduces highly pigmented cells and restores radiance from head to toe, restoring confidence in appearance.

Body Sculpting Soufflé

Cinnamon and cocoa stimulate the blood circulation and distressed your skin. This natural form of collagen improves elasticity of the skin and creates a firmer, more toned silhouette.

Yon-Ka Aromatic Treatments

Yon-Ka skincare products are based on pure essential oils – lavender, cypress, rosemary, thyme and geranium. Their distinctive aromas are evident as soon as you enter the Spa and you will begin to feel their uplifting effect before ever having a treatment.

Facial Treatments – (Your Spa Therapist will advise on the best choice of facial)

Le Grand Classique

Deep pore cleansing, restoring and relaxing facial. A truly personalised beauty treatment, this is probably one of the most complete facial care treatments available in a salon. It includes 5 steps of progressive cleansing without irritation, thanks to an exclusive Yon-Ka process. With a relaxing massage and invigorating, balancing natural aromas, your skin is left clean and your complexion radiant.

Vital Intense – Deep regeneration facial

Recommended for all ages, this treatment is a precious ally to re-infuse your skin with essential oils and beech buds, energised by anti-free-radical vitamins and trace elements and invigorated by a beneficial, fresh cell infused massage. Your skin will rediscover all of its balance, elasticity and vitality.

Escale Beauté – The beauty escape (35 mins)

The ideal treat when your time is limited. Citrus scent combined with the true lavender fragrance of French Provence to re-energise and stimulate, while a shrewd selection of botanical extracts replenish the skin revealing a soft, delicate soothed complexion. 35 magical minutes of wellbeing and relaxation that will leave you wanting more!

Optimiser – Lift effect facial

Every part of this miracle treatment encourages flawless skin and perfect tone. In just a little over an hour your face is 'lifted' with a redefined contour and replenished radiance. Thanks to the regenerating action of extracts of horsetail, rosehip and collagen, you are left looking beautiful and relaxed with a renewed sense of harmony.



Hydralescence Visage – Long lasting, deep hydrating facial.

This high performance deep hydrating facial will revive the most dehydrated complexions, eliminating signs of stress and helping your skin to re-balance itself with a moisture surge of oils, creams and elixirs.



Gentle Plus – Redness and sensitivity treatment

Gentle cleansing programme. Application of special gels, creams, oils and masks designed to calm and reduce redness and sensitivity.

Plasir d'Arômes – Relaxing and wellbeing facial

The cocooning treatment unites all of the beneficial elements of Yon-Ka skincare and turns the moment into a pure pleasure. The aromatic compress with its subtle fragrance, the incomparable power of plants, the enveloping and relaxing massage, and finally the short moment of revitalisation to refresh and re-energise.

Soin Pureté – Acne solution treatment

Correction and healing are the cornerstones of this distinctive, highly efficient treatment. Cleansed by extracts of burdock and essential oils of thyme, lavender and sage your skin finds its natural balance. Sebum production is regulated and inflammations are controlled allowing your skin to gradually regenerate itself and become clean and clear once again.

Eclat Contour – Eye contour treatment

Choose either an anti-wrinkle, an anti-puffiness, or an anti-dark circles treatment to provide the ultimate tool to preserve the fragile beauty of your eyes. Thanks to the combined action of plant active ingredients and the special techniques of your spa therapist, wrinkles and fine lines are smoothed away during this eye stress relief session. Your eye contours are left looking and feeling fresh, vibrant and luminous.

Yon-Ka Body Treatments

Aromaluxe Massage

A massage treatment tailored to your individual needs with a fabulous blend of the most exquisite essential oils designed to melt into the skin and leave the body feeling alive and refreshed. The massage techniques used work in partnership with the oils to energise or relax, depending on your personal choice.

Soins Velour – Body silk

This treatment is a must for dehydrated skins. The whole body is exfoliated with gentle fruit peels followed by an application of hydrating body milk containing vitamin E and essential oils. Exfoliates, hydrates and destresses the skin.

Body Detox – Deep detoxifying herbal wrap

This highly beneficial herbal wrap is a total detoxifying treatment to destress and promote satin smooth skin. Herbal creams and oils are lightly massaged into the body, followed by a warm, aromatic wrap to maximise the elimination of toxins.

Hydralessence Corps – Long lasting, deep hydrating seaweed body contour

You'll love this effective moisturising and comforting treatment. First a plant-based soft gel peel exfoliates and moisturises, with a delicious citrus fragrance. Then you'll luxuriate in a full body mask of micronised seaweed rich in detoxifying anti-fatigue properties. Finally your body is moisturised with a divine combination of oils and creams. Bliss.

Phyto Marine – Slimming body treatment

The phyto-marine treatment offers two slimming options: a full body mask of either marine clay rich in kawa kawa extracts or micronised seaweed rich in detoxifying antifatigue properties. Both choices are completed with precisely targeted healing and stimulating essential oils.

Jambes Tonique – Anti-fatigue leg treatment

Heavy, tired legs? We've all experienced this, especially in hot weather or after a long day. 'Jambes toniques' is the ultimate remedy. Rich in climbing ivy and essential oil, this treatment stimulates surface blood circulation and leaves your legs feeling wonderfully light and fresh in just 35 minutes.

Body Firming Treatment

This is a very effective treatment, especially if you have recently lost weight, or have had a baby and need to firm the skin. The treatment begins with relaxing massage using specific firming creams and oils. You are then wrapped (cool wrap) while your body absorbs the oils and eliminates fluid. Finally a firming rosemary cream is applied to complete the treatment.

Secret de Beauté – Head to toe reviver

A real star treatment combining marine mineral salts and essential oils for a full body exfoliation with a nourishing foot mask and the exceptional Hydralessence facial. This complete treatment envelopes you from head to toe in a total spa experience. Tiredness drifts away, leaving you feeling pampered and refreshed with renewed balance and confidence.

Yon-Ka For Men

A range of Yon-Ka Spa treatments were developed exclusively for men, to purify, restore and rejuvenate their faces and bodies, which have very distinct needs from women. Facial treatments alternated with body treatments, balance the skin and help to preserve youthful features and toned figures.

Skin Fitness

Recommended for all ages and skin types, this deep pore cleansing treatment restores and conditions the skin with the added benefits of being a highly relaxing treatment for long lasting radiance and deeply purified skin.

Power Moist

A high performance long lasting, deep hydrating and conditioning face treatment which smoothes and softens the skin producing a radiant complexion and regained comfort. Recommended for dehydrated skin, and before and after sun exposure.

Age-Defence

An anti-wrinkle, firming and energizing treatment with a deep cleansing and a micro-exfoliation to smooth lines and wrinkles giving a real burst of energy to tired skin.



ISHI Chocotherapy and Vinotherapy

ISHI ChocoTherapy and VinoTherapy are two of the most luxurious and delicious gourmet face and body treatments available today. They are experiences for the face and body that work on a multi-sensory level. Based on the products of grapes and chocolate, they are an amazing combination of ancient methods and traditions combined with the very best of modern and innovative scientific research.

Chocotherapy Facial

This is a stimulating, energising and protective facial treatment with anti-aging and anti-stress properties.

Chocotherapy Body Wrap

An invigorating anti-cellulite and natural slimming treatment with plain and white chocolate. This treatment provides visible results and includes a mini facial and full body massage.

Vinotherapy Facial

A rejuvenating anti-aging treatment with a combination of Chardonnay grapes, Chianti grape must and exotic spices.

Vinotherapy Body Wrap

An invigorating body toning and natural slimming treatment with sun ripened Chianti grapes grown in Tuscany and grape must thermal mud. This treatment provides visible results and includes a mini facial and full body massage.

ISHI Truffle Facial

Building on its reputation as the world's leading skinfood specialist, ISHI has created the world's first Truffle Therapy spa treatment. Using only the finest, premium, quality black and white truffles from Italy, combined with the finest caviar and a host of natural essential oils, the ISHI Truffle Therapy facial is a luxury facial for the skincare connoisseur.



Mama Mio Deluxe Pampering for Supermamas

There is no other time in a woman's life when she more deserves to be luxuriously pampered than when she is pregnant. Mama Mio maternity skincare is primarily designed for one thing: increasing skin elasticity. You're gonna grow, you're gonna shrink; and no-one tells you your skin doesn't have to suffer – but it's a battle and you have to fight!

Your secret weapon is the continual and plentiful use of Essential Fatty Acid-rich oils (specifically Omega 3, 6 and 9) to nourish the lipid layer of your skin, helping maintain the suppleness and elasticity. Research has clinically proven that EFAs help skin elasticity and improve the very integrity of skin cells – helping your skin stretch and recover. All of our Mama Mio maternity skincare products are rich in essential fatty Acids to help you win back your pre-stretched skin.

Lighten Up

A warm, fragrant mineral-salt-rich foot soak to energise, reduce swelling and stimulate circulation. Includes a gentle hand, lower leg and foot massage.

Free Your Mind

A treatment designed to ease you of the stresses associated with pregnancy. A cooling eye compress combined with pulse-point Gravida therapy initiates the relaxation. A gentle face and head massage will release cranial and jaw tension followed by a deep neck and shoulder massage.

Free-Loader

A wonderful back and upper body massage specifically designed to release tensions and muscle fatigue. This treatment focuses on the muscles that are responsible for supporting the pregnant tummy.

The Yummy Tummy

This treatment begins with an application of Gravida Pulse Point Oil and gentle skin brushing to increase circulation, gently exfoliate and improve the tonicity of the skin. A concentrated serum and deep treatment mask will be applied to soothe and moisturize the abdomen. Enjoy a relaxing lower leg and foot massage as the Intensive Tummy Stretch-ease Serum and mask take effect.

Maternity Massage

A complete body massage, using specific pre-natal techniques to help relax, increase circulation, alleviate tired muscles and reduce water retention. A wonderful treatment that gives mama a chance to truly relax and a few moments to dream of baby.

Jessana Hand & Foot Care

Jessana Manicure

Breathe new life into your hands with a luxury customised hand and nail treatment using superior Jessana products chosen to suit the condition of your nails.

Jessana Pedicure

Feet that are treated with kindness, care and technical skill can be beautiful and sensuous. The road to foot health and beauty begins with a professional pedicure, the ultimate favour you can do for your feet.

Finishing Touches

A wash & blow dry for your hair, file & paint for your nails, a professional makeup — the perfect finish to your day or stay.



Specialised Treatments

Endermologie

The proven Cellulite Treatment. Non-surgical and non-invasive, this medically approved treatment will have a noticeable effect on circulation, lymphatic drainage and elimination. A series of treatments will visibly reduce the appearance of cellulite. The result: a slimmer, more contoured body and smoother, firmer skin.



Personal Training Services

Our lifestyle consultation is a comprehensive session covering: health and medical history, health behaviours, exercise history and attitude, personal needs and goals analysis. The fitness assessment examines different components of fitness: cardiovascular, muscular endurance, flexibility and body composition. A personalised programme will then be developed by our personal trainer for your individual needs and goals, which you can take home and use.

Consultation, Fitness Assessment €80

Consultation, Fitness Assessment & One to One Session with Take Home Programme €140

Consultation with Nutritionist €130

Consultation with Life Coach €130

Exercise, Nutrition Tips and Advice (60 mins) €80

Body Composition Analysis €25

Please let us know if you would like to add any of the above treatments to your package.



<i>Holistic Therapies</i>	
<i>Massage</i>	
Full Body	€80
Back & Shoulder (25 mins)	€60
Sports Massage	€90
Indian Head Massage (25 mins)	€55
Reflexology	€80
<i>Naturalmoor</i>	
With full body massage	€115
With back & shoulder massage	€90
La Stone Therapy	€115
Balneo hydrotherapy bath with seaweed, aromatic oils or epsom salts (20 mins)	€55
Floatation Therapy	€80
<i>Other holistic therapies:</i>	
Kinesiology	€95
Craniosacral Therapy	€95
Reiki	€95
Bio Energy Healing	€90
<i>Acupuncture & Traditional Chinese Medicine</i>	
Initial consultation	€80
Follow up consultation (25 mins)	€50

<i>Green Energy Organics</i>	
Soothing Recovery Facial	€80
Age Defying Facial	€90
Moisture Dew Facial	€110
Detoxifying Facial	€90
Collagen Facial	€120
De-Stress Leg Ritual	€80
Olive Body Cocoon (80 mins)	€160
Citrus Body Blitz	€120
Glamorous Body Prep.	€110
Body Sculpting Soufflé (70 mins)	€150

<i>Yon-Ka Facial Treatments</i>	
Le Grand Classique	€80
Escale Beauté (35 mins)	€45
Vital Intense	€100
Optimiser	€110
Hydralescence Visage	€90
Gentle Plus	€90
Plasir d'Arômes	€90
Soin Pureté	€80
Eclat Contour (30 mins)	€50

<i>Yon-Ka Body Treatments</i>	
Aromalux Massage	€95
Soins Velour	€70
Body Detox	€95
Hydralescence Corps (70 mins)	€115
Phyto Marine (70 mins)	€115
Jambes Tonique	€75
Body Firming Treatment	€95
Secret de Beauté (80 mins)	€155

<i>Yon-Ka for Men</i>	
Skin Fitness	€80
Power Moist	€90
Age-Defence	€95

<i>Ishi Chocotherapy and Vinotherapy</i>	
Chocotherapy Facial	€130
Chocotherapy Body Wrap (2 hours)	€195
Vinotherapy Facial	€130
Vinotherapy Body Wrap (2 hours)	€195
ISHI Truffle Facial	€145

<i>Mama Mio</i>	
Lighten Up (30 mins) with File & Paint	€60
Free Your Mind (45 mins)	€70
Free-Loader (45 mins)	€70
Yummy Tummy (45 mins)	€70
Maternity Massage	€90

<i>Jessana Hand & Foot Care</i>	
Jessana Manicure	€65
Jessana Pedicure	€70

<i>Specialised Treatments</i>	
Endermologie Course of Six Treatments	€100
	€500

<i>Finishing Touches</i>	
Wash & Blow Dry	€25
File & Paint	€30
French Manicure	€40
Cleanse & Make-up	€35
Make-up Lesson	€45

All treatments are approx. 50 minutes duration unless marked otherwise. Treatments are priced as part of or additional to a spa package. The time spent relaxing before and after adds to the benefit. The spa does not take appointments for treatments only.



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