

# RELAX, REVIVE



## What are your expectations in contemplating a spa visit or stay?

Typically, visitors to the spa come in search of relaxation. Medically, relaxation is recognised as a distinct physical or physiological state. It is the combination of conditions when the body is most at ease, least distracted and its resources are consequently most available to effect inner repair.

“Relax and Revive” is an apt summary of the spa process. A period of relaxation facilitates physiological renewal. With energy renewed and harmony restored, body and spirit are revived, and their owner is ready to meet the challenges of the world again.

Temple Country Retreat & Spa under the direction of husband and wife team, Declan & Bernadette Fagan, is one of Ireland’s longest established spa retreats. Temple has been welcoming guests on a relaxation programme since 1992, and has built a loyal following over the years. The elements of the programme have been consistent over that time – a personal welcome, comfortable surroundings, excellent cuisine, some gentle activity and genuinely administered spa therapies.

These elements are recognised internationally as being the pillars of the spa experience, and if any one is absent the experience will be incomplete. It is this comprehensive approach to eliciting the deep relaxation that facilitates wellbeing and renewal that sets the Destination Spa apart from less specialised venues that focus mainly on spa treatments.

Temple is a dedicated Destination Spa. All of the elements of your experience will blend to elicit a response of deep relaxation. However, there is one challenge.

### DEALING WITH STRESS

The spa experience should be approached with an open mind. Our experience of “stress” in our lives – and our perceived need for relaxation in the first place - would indicate to us that there is something out of sorts.

The first step of the spa journey is in acknowledging how we are, and accepting our present state as the point of departure for the spa journey. The reality of how we are is more revealing of the dissonance at the root of our stress than any idealised concept we may have of how we should be. Approaching the spa visit with openness, solutions will reveal themselves.

This is the challenge in undertaking a spa visit. As a Destination Spa, the programme at Temple is a resource to help you.

### THE TEMPLE EXPERIENCE

Firstly, the calm and comfortable surroundings are conducive to rest.

Next in importance is the spa cuisine. Under talented French head chef, David Godin, the cuisine at Temple is sustaining and wholesome. An ex-

tensive menu for breakfast, lunch and dinner rivals that of any top restaurant or five star hotel. The finest ingredients, embracing meat, fish and vegetarian options, are freshly prepared, impeccably presented and faultlessly served at each sitting. In the words of Virginia Woolfe, “One cannot think well, love well or sleep well, if one has not dined well”. This is the philosophy underlying Temple’s culinary ethos.

Third, Temple offers a daily programme of physical activity. A gentle introduction to yoga has always been the core of the activity programme. The yoga is complemented with walking, pilates or fitness classes and guided relaxation or meditation. The spa has a gym, and a personal trainer is available to devise a fitness programme to match individual fitness needs, lifestyle and preferences. Whilst encouraged, participation in activities is entirely optional and at the discretion of the guest.

The final pillar of the programme are the spa therapies. The spa offers a range of massage, facial and body treatments. Temple therapists combine professionalism with friendliness to put guests at ease and provide a therapeutic and reviving experience. Popular treatments are LaS-tone (massage with heated stones), Naturalmoor (massage with peat), Cranio Sacral Therapy and Reflexology.

Products are chosen based on natural ingredients. The French Yon-Ka and Italian ISHI ranges deliver outstanding results for facials and body wraps, and Mama Mio is tailor made for expecting mums. Temple therapists have also undergone training in providing spa therapies, and customising yoga classes, for cancer patients.

The latest range of treatments added to the Temple menu is Green Energy Organics, an Italian range of Certified Organic natural skin and body care products created by Italian business woman, Wilma Scarton. While recovering from a serious illness Wilma decided to create an organic skin-care brand that would be totally safe to use, and respect man and his environment.

### SPECIAL OFFERS

#### Two night Summer Special

from €195.00 per person sharing, €235.00 single to include two nights accommodation with full spa breakfast, access to all spa facilities and classes, and three course gourmet dinner in the Garden Room restaurant on one evening.

For a more rejuvenating experience a longer stay is recommended. Eg., three nights half board, with access to all spa facilities and classes, and two 50 minute spa treatments, from €525.00 per person sharing, €595.00 single.

**Full details and more offers  
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