

Breathing Beauty Spa Retreat



Breeeeathe.... you're in a fantastic location by the Lakes of Killarney, immersed in pure natural beauty and a sky full of refreshing air that will lift, calm and relax your mind and body. This is the perfect setting for a truly unique **'Breathing Beauty'** experience.

Exclusively at The Europe Hotel & Resort, the **'Breathing Beauty'** experience is a 3 day, 2 night rejuvenating package combining deeply soothing treatments to relax, with outdoor pursuits and specialised classes to aid healthy living and general wellbeing.

Enjoy delicious suppers, tailored massages and spa treatments, guided walks and hikes, as well as learning the art of relaxation with yoga breathing and stretching lessons.

This exclusive package costs €600 Euro per person, based on two people sharing, and is inclusive of all meals, accommodation, activities and 3 'Breathing Beauty' treatments

BREATHE, SOOTHE & UNWIND

Day One:

- Lunch
- In depth Spa Consultation
- Sleepy Supper
- ESPA Wind-down massage
- ESPA In-Room Sleep Enhancing Ritual

On arrival you'll be welcomed with beneficial herbal teas, followed by a warming lunch in the Spa Café. Following a guided tour of ESPA at The Europe, you'll be given time to enjoy your own space – so take a book and sit by the fire, walk around the grounds and absorb the breathtaking scenery or just relax and make use of the soothing Spa facilities.

Supper is served in The Brasserie, a menu devised to encourage a good night's sleep. After you've had some time to digest and rest, you will enjoy an **ESPA Wind-down Massage** at the Spa – created specifically to slow the mind and body, incorporating calming deep breathing and soothing body oils.

Retreat to your bedroom, and discover an **In-room Sleep Enhancing Ritual**. This ESPA Soothing Bath Oil will be accompanied by a guide on how to draw the perfect bath, ending with an application of ESPA Soothing Body Oil – for a final touch add a drop to your pillow and then select the 'The Guided Visualisation for Sleep' on your in-room I-Pod to help you drift into a deep slumber ready for an early start...

BREATHE, RELAX & LEARN

Day Two:

- Sunrise Pranayama – The Art of Yoga Breathing – by the Lake, Breakfast
- Guided Walk in the National Park with guidance on stretching techniques,
- Breathing Beauty Spa Treatment: The Breathing Beauty Facial
- Breathing and Relaxation Workshop
- Sleepy Supper
- In-Room Sleep Enhancing Ritual

Day two begins with an early 6am rise and short walk to Killarney's largest lake to take-in and enjoy a **Sunrise Pranayama – The Art of Yoga Breathing**. Breathe in the morning mist next to the waters of Lake Lough Lein and absorb the goodness surrounding you. Learn the principals of Pranayama breathing and allow your mind to open.

After a leisurely breakfast in the Spa Café, you'll be taken on a **Guided walk in the National Park** which includes invigorating stretches. Clear your mind and reconnect with nature as you roam through the luscious countryside. Killarney National Park contains the most extensive areas of natural woodland remaining in Ireland.

Following this, enjoy the following spa facilities at your leisure; Indoor and outdoor pools, fitness studios, thermal suites and relaxation areas. Followed by a light lunch in the Spa Café.

It's time to enjoy a **Breathing Beauty Spa Treatment; The Breathing Beauty Facial**, a specialised experience that blends advanced deep cleansing with assisted breathing techniques to provide an environment for the organs of the body to find their natural balance.

After your facial and a little down-time, you're invited to join a **Breathing & Relaxation Workshop**. This one hour workshop - including teas and tisanes - will teach breathing and relaxation techniques that are essential for health and well being.

Supper follows in the Brasserie, again the menu is devised to promote a good night's sleep and your In-Room Sleep Enhancing Ritual awaits you once again...

BREATHE, AWAKEN & GET MOVING

Day Three:

- Guided Hike with Breathing and Picnic Breakfast at the Summit
- Breathing Beauty Spa Treatment
- Lunch
- Use of the Spa and leisure facilities

Day three starts with a Guided Hike which includes Breathing and Breakfast at the Summit. As you venture up through Ireland's highest mountain range – the MacGillycuddy's Reeks – feel the sense of adventure as you hike through the most extensive areas of natural beauty remaining in Ireland. Salute the morning at the summit with deep breathing, followed by a delicious breakfast picnic.

Once you arrive back from the hike escape to the spa and take advantage of the spa facilities and enjoy the **Breathing Beauty Body Ritual** a complete body experience that uniquely blends advanced breathing techniques to rebalance the systems of the body and clear the major energy centres, with skin brushing, exfoliation and therapeutic hot stone massage. Tension is released and deeper breathing is encouraged resulting in increased natural vitality and calm.

After lunch, you will be ready to depart feeling nourished, rejuvenated, totally relaxed and ready to face the world again.

Additional activities are available (booking required in advance). These include Personal Training, Yoga, Hiking, Fishing, Horse Riding, Vibrogym and A La Carte Spa Treatments.

Breathing Beauty Retreats can be made available on additional dates subject to a group minimum of 6 persons. For further details please call our spa team:

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