

# THE HERITAGE SPA



## WELCOME TO THE HERITAGE SPA EXPERIENCE



### Treatment Room



### Treatment Room



### Resting Zone

Lie back and relax whilst taking in the beautiful Laois countryside. Enjoy a cold beverage from our water station to re-hydrate after heating experiences.



### Rustic Sauna Cabin

🌡️ 90°C ⌚ 10-15min

**What is it?**  
A Finnish tradition offering intense dry heat in a rustic cabin style setting.  
**How to use:**  
Relax on your towel or lay down and use one of the head rests for support.  
**Benefits:**  
The heat from the sauna relaxes the body's muscles, improves circulation and stimulates the release of endorphins.

### How it works:

The Heritage Spa Experience is based on the ancient ritual of bathing, where the body is heated and then cooled by a series of hot and cold experiences. Our extensive thermal suite area guides your body through a sensory journey with the ultimate aim of inducing deep relaxation.

Cool off in between each heat experience by using the ice fountains and gently apply crushed ice to the skin to counteract the warming effects of the heat. You can also use the cold experience showers to cool your body in between heat experiences.

Remember to drink lots of water to re-hydrate your body throughout the experience.



### Steam Bath

**What is it?**  
A humid, heated tiled room using steam in combination with essential oils.

**Benefits:**  
Particularly beneficial for the respiratory system.

**How to use:**  
Inhale slowly through the nose and exhale through the mouth to enhance the effect. Use the hoses provided to cool off your body during the experience.



### Water Station



### Sanarium

🌡️ 65°C ⌚ 10min Humidity 15%

**What is it?**  
Slightly cooler than a traditional sauna, the Sanarium used humidity instead of dry heat but will still feel as hot as a sauna.  
**How to use:**  
Relax on your towel or lay down and use one of the head rests for support.  
**Benefits:**  
The warm and gentle environment can lower blood pressure and relieve circulatory disorders.



### Tepidarium

🌡️ 38°C ⌚ 20min

**What is it?**  
Moderately heated benches in a room filled with aromatic scents.

**How to use:**  
Sit back and relax in your robe or towel.

**Benefits:**  
Revitalizes, comforts and strengthens your immune system.

📍 YOU ARE HERE

### Foot Baths

🌊 as you like it ⌚ 15min

**What is it?**  
A relaxing area to sit back and rest tired feet

**How to use:**  
Set the water to your desired temperature and pour in bath salts to create a relaxing foot bath.

**Benefits:**  
Foot baths increase your overall body temperature, which can relieve muscle tension and alleviate stress.

### What do I need?

#### You should have:

- Swimming Costume
- Towel
- Robe
- Slippers or Flip Flops



### Hydrotherapy Pool

🌡️ 38°C ⌚ 15min

**What is it?**  
A heated, hydrotherapy pool with a variety of water jets, designed to relax and soothe aching muscles.

**How to use:**  
Immerse yourself in the warm water allowing your body and muscles to relax.

**Benefits:**  
Invigorates, soothes and relaxes aching muscles.



### Ice Fountain

**What is it?**  
Crushed ice for you to use to cool down in between heat experiences.

**How to use:**  
Gently apply crushed ice to the skin to cool down in between heat experiences.

**Benefits:**  
By using a combination of heating and then cooling it helps circulation around the body as well as making you feel refreshed and stress free.



### Experience Showers

**What are they?**  
A variety of hot and cold experience showers including a waterfall shower, body jets, tropical rain shower and ice rain shower.

**How to use:**  
Start your spa experience journey with a shower and use in between experiences to help cool the body.

**Benefits:**  
Energize, cleanse and soothe your body in between experiences.



### Caldarium

🌡️ 45°C ⌚ 20min

**What is it?**  
A Roman tradition where the floor, benches and walls are heated offering a dry, warm environment for perspiring and cleansing pores.

**How to use:**  
Relax on your towel or in your robe and lay down using a head rest for support.

**Benefits:**  
Tense muscles relax, your skin becomes smoother, stress seems to melt away, and sore joints and limbs are soothed.

ENTRANCE



Changing Rooms & Restrooms

