

A close-up photograph of a woman lying on her back, eyes closed, with a white cloth around her forehead. A stream of golden oil is being poured from a wooden pot held above her head. The background is softly blurred, showing a person's hands holding the pot.

WELLNESS HOLIDAYS, HOLISTIC JOURNEYS

Looking for a holiday to restore both mind and body? **Joe Walsh Tours** are delighted to introduce a selection of wellness holidays that will deliver on physical, emotional and even spiritual levels. Have you ever come home from a vacation thinking, "I enjoyed that but I'm not feeling rested and energized." Our wellness holidays could be the solution as we focus on your health and treat you from the inside out. On arrival home, you'll feel **rejuvenated, rebalanced** and **de-stressed**.

Research shows that it is not just the physical side of our beings that needs regeneration and rest on holiday - so to does our **mind** and **spirit**. So, apart from lying on the beach all day and dancing the night away, why not immerse yourself in **meditation, yoga, Reiki**, or attend talks delivered by experienced **spiritual teachers & natural healers** who can guide you to live a better life?

We are launching our **wellness programme** with three very different but equally exciting holidays guided by experienced tour leaders. We have handpicked some exceptional resorts and programmes to suit your needs & each location encompasses themes such as natural healing, the power of Ayurveda & instruction in meditation, Reiki & yoga (beginner, advanced and chair yoga).

Taking responsibility for your health is one of the best long-term investments you'll ever make. Let us help you on your journey to reenergize your body and soul...**Spaces are limited** so make sure to book early to avoid disappointment!



www.joewalshstours.ie | info@joewalshstours.ie | 01 241 0800 | 143 Lower Baggot Street, Dublin 2

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PIESTANY, SLOVAKIA

5 STAR WELLNESS & SPA BREAK



13 NOVEMBER 2017 | 5 DAYS

On this fabulous tour you will stay in the luxury of the first five star hotel in Slovakia, the Thermia Palace Spa Hotel. Nestled within this stunning Hotel you will find the Irma Health Spa where you can indulge in treatments with unique healing thermal mineral water and curative sulphuric mud. You'll also find the Emporium Wellness & Beauty centre, a fitness centre and sauna, pools with thermal mineral water and to top it all off, six spa treatments are included in your package!

PIESTANY:

The world famous spa town of Piestany is situated in the northern part of the region of Dolné Považie at the foothills of the Považský Inovec Mountains in Slovakia. Its fame is associated with the medicinal geothermal water and medicinal sulphuric mud found in the region. The mud and thermal mineral water in Piestany have remarkable therapeutic effects on locomotion apparatus disorders and are unique not only in Europe, but worldwide too.

THERMIA PALACE SPA HOTEL:



The 5 star Thermia Palace Spa Hotel is nestled within the wonderful ambience of the Spa Island of Piestany, offering a historic atmosphere and up-to-date facilities like the Irma Health Spa. The Palace offers 111 luxurious, air-conditioned rooms - including 15 suites - equipped with many modern amenities. Wired internet is available in the hotel rooms free of charge. There are several catering facilities on site - The Grand Restaurant, Café Alexander and the American Bar Joker. After their grand opening in 1912, the Art Nouveau Hotel Thermia Palace and Irma Health Spa became world-famous and some of the most sought-after spa facilities not only in Europe but the whole world. After a complete reconstruction in 2006 the hotel became the first five-star hotel in Slovakia.





€779
per person
+ €75 tax

SPA | WELLNESS | FITNESS:

- **Irma Health Spa |**
Providing treatments with unique healing thermal mineral water and curative sulphuric mud, regeneration & relaxation treatments
- **Pools |**
Outdoor swimming pool with thermal mineral water, mud pool, mirror pool, whirlpool & mud packs



- **Emporium Wellness & Beauty |**
Cosmetic treatments, massages, manicures, pedicures & hairdresser
- **Healing treatments |**
Relaxation program including treatments stated below
- **Doctor's Consultation |**
To screen possible contraindications of treatments
- **Fitness centre & sauna**
- Over the course of the four nights you'll enjoy the following **six treatments:**
 - » 1x Local mud pack
 - » 1x Partial medical massage
 - » 1x Hydrotherapy / Thermal bubble bath
 - » 1x Salt cave / Oxygen inhalation
 - » 1x Nordic walking / Group therapeutic exercise
 - » 1x Thermal bath (Mirror pool)



PACKAGE INCLUDES:

- Return flights from Dublin to Bratislava
- Includes 15kg checked-in luggage
- Accommodation for four nights on half board basis in the 5 star Thermia Palace
- Return transfers from the airport to the hotel
- Welcome drink on arrival
- Daily bottle of water in your room
- Daily five o'clock tea
- Free Wi-Fi in the bedroom and in public areas
- Access to Danubius Premier Fitness
- Assistance of Joe Walsh Tours representative for duration of the holiday
- A **deposit of €250** will secure you place on this wonderful holiday and healing experience
- Single room supplements apply

GLORIOUS SOUTHERN INDIA

IN THE COMPANY OF BIBI BASKIN



5 MARCH 2018 | 11 DAYS

Day 1 - March 5th | Depart Dublin:

We check in at Dublin airport at approx. 10:55am for our departure on EK 162 from Dublin to Dubai at 12:55pm arriving in Dubai at 00:25am. We depart from Dubai on EK 530 at 02:45am arriving into Cochin at 08:05am on the morning of 6th March.

Day 2 - March 6th | Cochin:

On arrival into Cochin we will be picked up by private coach and taken to your hotel, *Trident Hotel Cochin*. After check-in we will go sightseeing in Cochin taking in the 16th Century Jewish Synagogue, Dutch Palace at Mattancherry, St. Francis Church, Chinese Fishing Nets and the Marine Drive.

Arriving back at the hotel you will enjoy a beautiful Ayurveda massage. Then you are free to relax for the evening in your hotel.

Day 3 - March 7th | Munnar:

After breakfast we depart for Munnar stopping en-route to visit the waterfalls of Valara and Cheeyappara. Arriving in the afternoon we check-in to your hotel, *Fragrant Nature* and we have the afternoon and evening free to relax.

Day 4 - March 8th | Mattupetty:

After breakfast we depart for a wonderful day of sightseeing. We will visit the Mattupetty Dam and the tea plantation. We will visit Rajamalai to see the Nigiri Tahrs. We will have time in Mattupetty where boating facilities are available in Shikara type of boats. Our day also includes the Top Station at the border. Overnight in *Fragrant Nature*.

Day 5 - March 9th | Thekkady:

This morning we depart from Munnar to Thekkady, a three and a bit hour journey south, where we check-in to the *Cardamom County Hotel*. Then in the afternoon we will go boating on Lake Periyar to watch the wildlife and from there do a spice plantation tour.



Day 6 - March 10th | Alleppey:

Time for an easier day today as we make the three and a half hour journey from Thekkady to Alleppey. After a leisurely journey we check-in at the *Lake Palace Resort*. Having settled into our resort we will have time for a wonderful Ayurveda massage. The evening is free to relax in our resort.

Day 7 - March 11th | Kerala:

If you are in the mood you can join the group for some yoga this morning before checking-in to the *Lakes and Lagoons Houseboat* for an overnight cruise through the unique backwaters of Kerala. The Houseboat will be your transportation for the day and your accommodation for the night. We will relax and enjoy the gentle and soothing greenery of paddy fields and the village folk at work.



Bibi Baskin went to India for a three week holiday and stayed for thirteen years! She simply fell in love with the place, the people and the way of life.



On this tour, Bibi has agreed to act as tour guide and take you to all the wonderful places that she herself has come to know so well. Bibi will fly out with the group from Dublin and accompany you on a journey of discovery, wellness and joy.

€2,249
per person
+ €145 tax

Day 8 - March 12th | Kerala:

Check out of our Houseboat and have a day of rest and relaxation. After lunch proceed to Kovalam via Amma Ashram by bus. We check into the *Uday Samudra Leisure Beach Hotel & Spa* for three nights.

Kovalam is a small coastal town in the southern Indian state of Kerala, south of Thiruvananthapuram. At the southern end of Lighthouse Beach is a striped lighthouse with a viewing platform. Palm-backed beaches also include Hawa Beach and Samudra Beach.



Day 9 & 10 - March 13th & 14th | Kerala:

This morning we have time for yoga and a massage. We have time to relax on one of the many beaches in the area.



Day 11 - March 15th | Depart India:

All great things must come to an end and today we check out of our hotel after breakfast. We transfer to Trivandrum Airport for our flight home. We depart on flight EK 521 at 10:05am arriving in Dubai at 12:55pm. We depart Dubai on flight EK 163 at 14:35pm and arrive into Dublin at 18:55pm, home in time for a rest before we celebrate St. Patrick's Day.



PACKAGE INCLUDES:

- Return flights from Dublin to India including all airport taxes and checked-in luggage
 - Hotel accommodation with daily buffet breakfast
 - Entrance fees at all monuments as per itinerary
 - Overnight in a Houseboat (including breakfast, lunch & dinner)
 - Yoga (4 sessions)
 - Ayurveda massages (4 massages per person)
 - Transportation throughout the tour including all airport transfers in air-conditioned, luxury coaches
 - The company of Bibi Baskin who will share her experiences and guide you throughout your trip
 - A **deposit of €350** will secure you place on this wonderful holiday and healing experience
 - Single room supplements apply
- Visitor visa & comprehensive travel insurance are not included.*

AUSTRIA

A WEEK OF WELLNESS & HEALING INCLUDING THE CURATIVE TUNNEL



2 JUNE 2018 | 7 DAYS

On this fabulous tour you will stay in the luxury of the Elisabethpark Hotel right in the heart of Bad Gastein and be introduced to the wonder of the healing tunnel that is known as the *Gasteiner Heilstollen*. The healing tunnel is so effective in the relief of certain ailments that the major insurance companies in both Austria and Germany cover their patients to visit the tunnel.

BAD GASTEIN:

The name “Bad” means “spa”, reflecting the town’s history as a spa resort. In the midst of the Hohe Tauern National Park, Bad Gastein basks in fresh mountain air and a fog-free setting at 1,000 meters above sea level. This is a world-renowned spa town with a very special flair: relaxation and recreation in pure mountain air, combined with an ideal high-altitude climate and Gastein’s thermal waters. All will guarantee you a vacation that is certain to exceed your highest expectations!

ELISABETHPARK HOTEL:



The stunning four star, Elisabethpark Hotel, is a traditional, innovative hotel with a dignified ambiance located in the centre of Bad Gastein. In 2008 the hotel was completely renovated. All rooms are modern in décor and furnishings and feature a bath or shower, toilet, hairdryer, bathrobe and slippers, mini-bar, radio, telephone, satellite TV, Internet connection, a safe and a balcony. Guests can enjoy the indoor swimming pool, fitness facilities, sauna, steam bath and sunning lawn and large relaxation area in the Fitness and Wellness Centre. There is also a lobby with an open fireplace and day room to relax in. Guests can make use of the Internet corner, Caféhaus Sissy and dine in the panoramic restaurant, the à la Carte restaurant and enjoy drinks in the cliff bar. There is also a whisky and cigar lounge at the Elisabethpark.





€1,069
per person
+ €75 tax



THE CURATIVE TUNNEL:

The atmosphere within the Heilstollen in Gastein is **unique** and exists nowhere else in the world. A special train takes you 2.5km into the mountain, where the warmth and humidity elevate the body's temperature to **38°C**, which increases the uptake of radon. Radon is one of the noble gases, which accelerates cell metabolism through its short-wave rays. The varying temperatures and humidity levels present at different levels, or "stations", of the Heilstollen, allow treatments to be **tailor-made** according to the condition and the ability of the patient to cope with the heat. This **natural therapy** is under constant medical observation and can be used in the treatment of the following conditions:

- » *Ankylosing Spondylitis*
- » *Fibro-myalgia*
- » *Respiratory disorders (chronic obstructive pulmonary disorder, bronchial asthma, sinusitis)*
- » *Problems with the regeneration, circulation & immunological, balance of the skin (psoriasis vulgaris, neuro-dermatitis, sklerodermie)*
- » *Rheumatoid arthritis*
- » *Degenerative spinal conditions*
- » *Allergies*

PACKAGE INCLUDES:

- Return flights from Dublin to Salzburg or Munich
- Includes 15kg checked-in luggage
- Private, return transfers from the Airport to Hotel
- Seven nights in the Elisabethpark hotel on half board basis
- Extensive breakfast buffet with vital corner
- Four course buffet with two weekly themed buffets
- Fleecy bathrobe and bath slippers
- Free use of the wellness area and hotels own thermal swimming pool
- Salt-steam bath, Finnish sauna and massage shower
- Three sessions at the Gasteiner Heilstollen
- Optional day trip to the beautiful city of Salzburg
- Assistance of Joe Walsh tours staff for duration of tour
- A **deposit of €250** will secure you place on this wonderful holiday and healing experience
- Single room supplements apply

REGISTER YOUR INTEREST

WELLNESS HOLIDAYS



First Name and Surname: _____

Home Phone: _____

Mobile Phone: _____

Home Address: _____

Which wellness trip are you interested in? (please tick box)

India

Austria

Slovakia

Room Type: (please tick box required)

Twin

Single

Double

Deposit: To secure your place a deposit of **€250** is required for Austria or Slovakia, **€350** for India. Payments can be made by cash, debit or credit card. Should you wish to pay by debit /credit card, please complete the following:

Visa

Visa Debit

Mastercard

Laser

Card Holder Name: _____

Card Number: _____

Expiry Date: _____ CCV: _____

Deposit € x people = €

A 2% fee is charged on credit card payments. There is no charge for debit card payments.

After completion, please tear off this "register your interest" page and return it to:
Joe Walsh Tours, 143 Lower Baggot Street, Dublin 2, along with your deposit of €250/ €350 to secure your place.

Please note that this is not a booking form. Upon receipt of this 'register your interest' page we will send you our official booking form along with receipt of your deposit payment. Visit our website, www.joewalshstours.ie for more information.