

## Hagal Holistic Health | Fred and Janny Wieler

Relaxing breaks at Hagal Farm, situated in the beautiful natural landscape of West Cork Ireland. Health and pampering retreats, with alternative therapies and delicious vegetarian food. Also provides quality training in holistic therapies.

Our lifestyle and philosophy reflects respect for nature and our natural resources. The buildings and gardens have preserved natural features as much as possible. Our large vegetable garden is fully organic. The five acres surrounding our farm are 'cultivated' in a eco friendly way, allowing native wild plants to flourish and introducing some new species. Were first there was no foliage and no birds, now our gardens are lush and green and bird song wakes us in the morning. For more information about our treatments, packages and courses, please visit our web site.

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web site: [www.hagalholistichealth.com](http://www.hagalholistichealth.com)

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