



Health Treatments from Kerala in India like never before now available here in Ireland. Relieve and prevent illnesses with Ayurveda, the exciting alternative to western medicine.

Our treatments are also deeply relaxing and unique...
try something new or treat someone you know.

Treatments relieve:

Deep seated back Pain	Continual Colds & Flu's
Earaches	Cellulite / Weight issues
Throat infections	Depression
Migraine Headaches	Multiple Sclerosis
Asthma	Sleep disorders
Osteoporosis	and many more...

Authentic Ayurvedic herbs and remedies available by prescription.

Simply quote **'India'** when booking and receive

€20 off

your first Ayurveda treatment.

Book now on 098 29 000 or email reservations.atlanticcoast@carlton.ie
Offer subject to availability. T&C's apply.

Extensive **Elemis** Spa treatment menu to choose from.
Elemis products & gifts available.

Spa & Swim membership

3 Months €105

Spa & Swim membership

- lunch in our Fishworks Café
- 3 Free Guest Passes

6 Months €210

Spa & Swim membership

- Choice of Full Body Massage or Skin Specific facial with full use of relaxation suite with fresh fruit & complimentary herbal teas on your Spa visit (same day)
- 6 Free Guest Passes

12 Months €400

Spa & Swim membership

- Ayurvedic consultation with Doctor
- Complimentary €50 voucher to spend on treatments in Spa
- Dry Floatation Experience
- 12 Free Guest Passes

Terms & conditions apply. Memberships: 17 years plus



Carlton Atlantic Coast Hotel Westport, The Quay, Westport, Co. Mayo, Ireland
tel. +353 98 29 000 :: reservations.atlanticcoast@carlton.ie
www.atlanticcoasthotel.com/ayurveda