



AYURVEDA

BY SPA



Ayurveda by C Spa

Restoration of health and prevention of illness.

Here In Westport, at the Carlton Atlantic Coast Hotel, through ancient treatments and prescriptive herbs we are proud to operate the premiere Irish Ayurvedic Centre & Spa. Treatments are carried out by experienced friendly practitioners from Kerala in India - the home of Ayurveda Medicine.

Experience the purity and softness of the Indian people as our qualified team of Ayurvedic practitioners led by Dr. Thomas T. Pampackel help you regain your lost health.

We stock an extensive range of authentic herbs, oils and recipes which are imported from the Chakrapani Ayurveda Clinic in Rajasthan, India.



Ailments Ayurveda can relieve:

- Blood Pressure
- Heart Disease
- Asthma
- Ear Aches
- Osteoporosis
- Menopause
- Cellulite
- Sleep Disorders
- Alzheimers
- Back Pain
- Allergies & Sinuses
- Headaches
- Bronchitis
- Stress & Anxiety
- Obesity
- Colds & flus
- Multiple Sclerosis
- Depression
- Anorexia
- Constipation
- Prostate Problems
- Pre Menstrual Tension
- Pre Surgery Convalescence
- Post Surgery Convalescence
- Gastrointestinal Disorders

Ayurveda revives the memory of our immune system which allows our body to rekindle our intrinsic ability to heal ourselves through treatment and or the prescription of Ayurvedic Herbs and Oils.

All our treatments are for suitable for both men and women.

Ayurvedic consultation with our doctor is strongly advised as the first step towards selecting the correct treatment and herbs to improve your health, lifestyle and boost your immune system. Most of our Ayurveda treatments can be carried out with sesame seed oil for deep relaxation as an alternative to medicated oils.

Your first consultation takes just 45 minutes where our doctor will put a health plan in place to suit you. Follow up consultations which are used to monitor and discuss your progress and any lifestyle changes which impact on your treatment or health take 30 minutes.

Our resident Doctor, Thomas T. Pampackel an experienced Ayurvedic Medical Doctor and Surgeon, graduated in 2003 from Mahatma Gandhi University in Kerala, India, the home of Ayurvedic medicine. Dr. Thomas lives here in Westport with his wife and daughter and heads up the Ayurvedic Team at The Carlton Atlantic Coast Hotel.

A 45 minute private Health Consultation with Dr. Thomas offers you the chance to experience Pulse Diagnosis to determine specific imbalances. Dr. Thomas has a wealth of practical experience in the prevention and treatment of many health disorders through the use of Ayurvedic herbs, detoxification and relaxation treatments.

Improve your health by action and learn more about the nature of your mind and body.

- How to prevent disease
- How to achieve results in lifestyle / weight reduction and cellulite treatment
- How to prevent continual health disorders
- How to make Ayurveda part of your family life and culture

Please note: 4-6 shampoos may be required after Pizhichil and Shirodhara over a 24 hour period to remove oils from hair leaving scalp and hair wonderfully nurtured and conditioned.

Ayurvedic treatments

Full Body Ayurvedic massage - treating several conditions depending on oil selection. May be deep tissue or medium/gentle pressure. Harmonising mind and body, it is believed that the effects of stability and warmth and general well-being are a feeling similar to being in love in ancient India in bygone days (one or two practitioners).

Sweda 25 minutes (sva - da)

Ideally should follow Abhyanga. By using a herbal steam bath and special herbs specific to your dosha and ailments, you can greatly improve joint stiffness, heaviness pain or paralysis (very beneficial in the treatment of cellulite or weight reduction as it effectively eliminates toxins).

Pizhichil 55 minutes (pee - j - eel)

Pizhichil is known as the 'Kings Treatment' due to its popularity with the Maharajas of ancient India. 5 litres of warmed medicated Ayurvedic oils are continuously poured over the body while two practitioners stimulate the skin using special cloths together with hands on movements. A delightful highly rejuvenating treatment that enhances muscle tone and retunes your entire nervous system. Especially effective in the treatment of cellulite or weight gain, arthritis / rheumatic problems, muscular aches and pains (course of 6 recommended). Boosts immune system after viral or bacterial infection and treats chronic fatigue syndrome (CFS), a recovery treatment even promotes the healing of fractures. Ideally given after Abhyanga.



Shirodhara 45 minutes (shiro - dara)

The word Shirodhara comes from Sanskrit, 'Shira' meaning head and 'Dhara', flow. This famous treatment is renowned for its mystical healing power and will send you into a trance like super conscious state unlike anything you will have ever experienced before. An easy enjoyable therapy for everyone to understand the power and depth of Ayurveda. Treating many conditions, warm oil is poured over the centre point of your forehead. Acting as a psychic enema, it cleanses the mind, relieving you of mental toxicity after just one treatment you will feel peaceful and calm for several days (two practitioners).

Padaghata 55 minutes (pad - ah - gata)

Imagine how it feels to have your back walked on? This treatment really is the ultimate. One of our Ayurvedic Practitioners will massage the back of your body with her feet, after a thorough consultation you will be very comfortable on a low lying specially designed bed where your therapist will transfer her body weight to problematic areas while using a rope for balance to ensure you receive a treatment to talk about for a long time to come while receiving great relief to many conditions. This is a rhythmic massage with medium to very firm pressure benefiting many medical ailments previously listed as well as aching joints and muscles particularly renowned for the removal of deep seated pain and inducing deep relaxation. Please note: treatment can only be booked after appointment with the doctor.

Udvartanam 55 minutes (ud - vart - nam)

Body slimming massage. An ancient recipe of specifically formulated powders and pastes are dry massaged into the body focusing on target problem areas. Fantastic immediate results in cellulite reduction, draining toxins and waste build up (course of 4 recommended).



Ayurvedic treatments

Basti Treatments 45 minutes (baast - ee)

These treatments involve heated medicated Ayurvedic oils or herbal decoction being placed on specific areas of the body where special therapeutic techniques are aimed at providing relief, bathing that particular area in the warm oils for 20 minutes.

Katee Basti: Particularly effective for chronic backaches, prolapsed disc and Lumber Spondylosis.

Hrid Basti: The Heart - Warm oils bathe the region for 20 minutes.

Janu Basti: The Knee - Promoting strength of the knee joint by improving the circulation.

Shiro: Bathing the head (special apparatus used), excellent for anxiety, facial paralysis, insomnia, migraine, neurological and psychological disorders (60 minutes).

Shiroabhyanga 25 minutes (shir - o - ah - bee - yanga)

Classical Indian head massage. Warm specialised oils are massaged into your scalp and face, a deeply relaxing treatment.

Talam 45 minutes (taa - lam)

A herbal paste is applied to the head (including hair). Traditional Indian head massage follows, relieving tight muscles around the neck and shoulder area also. Excellent for immediate relief from migraine and reduction of migraine attacks.

Karana Purana 45 minutes (ka - ra - na - pu - ra - na)

Ear treatment for blockages or infections, renowned treatment to ease migraine, sinus or throat problems. Gentle steam, marma massage around ear area plus medicated oil slowly release blockages causing relief to head, ears and nasal areas.

Nasya 45 minutes (naas - ya)

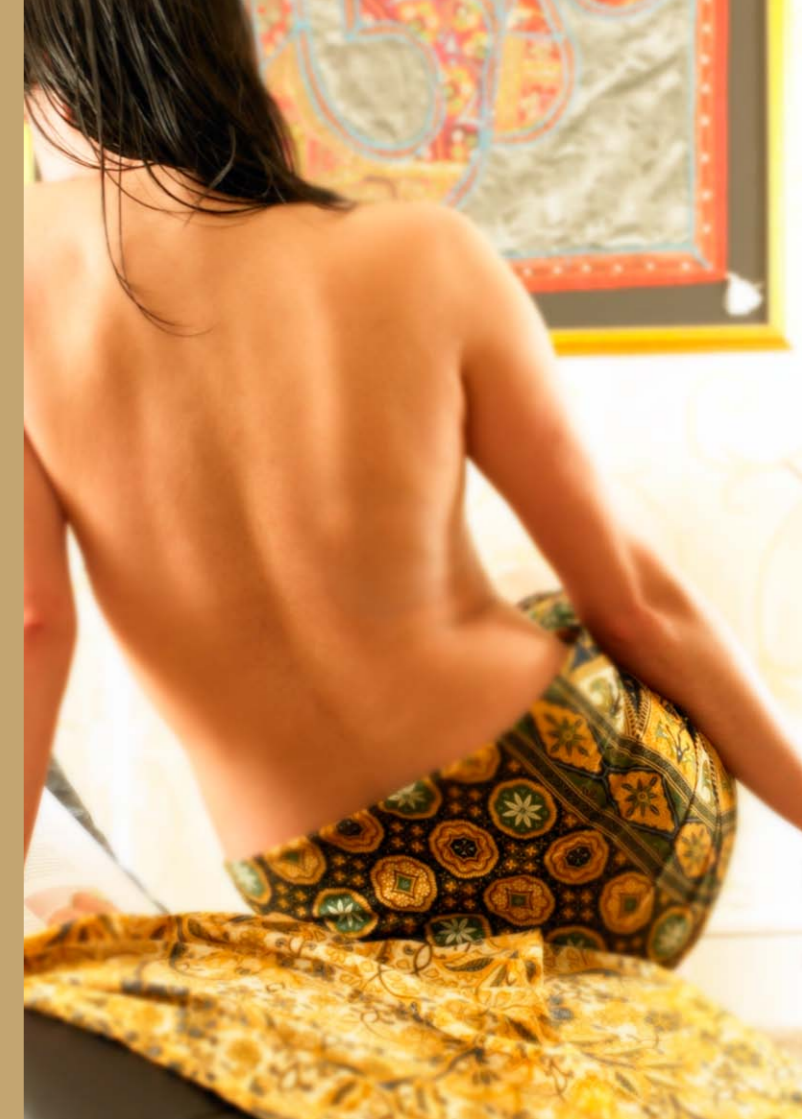
Nose & sinus treatment with instant relief. If you suffer continuous colds, flu's, throat or sinus infections, you will soon become a follower of this therapy. Involves specially medicated oils with Ayurvedic marma massage. This treatment instantly releases blockages and reduces pressurised pain in the head.

Kizchi massage treatment 55 minutes (kee - chee)

Warm medicated bundles of hot herbal powders are surrounded by cotton, then therapeutically placed on areas of tension during a 55 minute Ayurvedic massage performed by 1 or 2 practitioners.

Mukhalepam 55 minutes (muck - ala - pam)

This delightfully relaxing facial includes the application of a simple freshly prepared recipe used to exfoliate and nourish your skin. These ingredients are massaged away after 40 - 50 minutes depending on your skin type. Very therapeutic and healing, also very popular for problematic young skins.





Spa Therapy / Beauty Treatments

P - Pregnancy
S - Surgery (10 mths, keyhole 3 mths)
C - Cancer
BF - Breast Feeding
E - Epilepsy
T - Thyroid
B - Blood Pressure / Heart Conditions
D - Diabetes
F - Fungal Infection

Treatments displaying the above codes are not suitable for sufferers of the named conditions; please speak to our Spa Reservationist who will be happy to guide you in choosing suitable treatments.

Welcome to a world of health & harmony, luxury and well-being. As Ireland's premiere Ayurveda Spa, we invite you to experience the true meaning of a spa where, in addition to our amazing Ayurveda Treatments, you may also choose from our Elemis Spa Therapies. Each of our Elemis Spa Therapies begins with the Welcome Touch. A foot cleansing ritual, combining the use of warm compresses and the infusion of essential oils.

Our menu has been developed by a specialised team, with extensive clinical and scientific studies. Elemis Professional Spa therapies are world renowned for their powerful massage sequences combined with the most dynamic actives available in the world today.

Elemis body massage

Aromatherapy Bath or Milk Bath 25 mins

B S D

Enjoy a therapeutic pre-treatment bath, custom designed around your consultation. Benefits: deeply relax muscles, detoxify or remineralise, prepares your body for hands on therapy.

Elemis Body Sculpting Cellulite and Colon Therapy 55 mins

P S C BF B D

Targeting stubborn cellulite and sagging skin, this treatment will achieve rapid visible results. A peel off body mask and abdominal massage will detoxify the body from the inside out.

Scandinavian Body Massage 55 mins

P B D F C BF

A traditional full body massage therapy combining techniques from Sweden, Denmark and Finland. This treatment is proven to reduce tension and relieve stress while promoting relaxation.

Elemis Nurturing Massage for Mother-to-be 1 hr 15 mins

Combines tried and tested safe pregnancy massage techniques adapted to each stage of pregnancy. Specialised positioning on the unique Elemis Bearbag is used to ensure the ultimate in comfort and relaxation, relieving tension in the back and alleviating swelling in the hands and feet. Recommended: 1 treatment every 2 weeks in 1st/2nd trimester. 1 treatment every week in 3rd trimester.

Elemis Aroma Hot Stone Therapy 55 mins

P B D S C BF

Harnessing ancient healing powers for a completely new body experience. Hot Basalt stones are placed on key energy points, while signature massage techniques are combined with luxuriously warmed oils to deeply relax and rebalance the mind and body.

Scandinavian Back, Neck & Shoulder Massage 25 mins

P B D S C BF

Smooth rhythmic massage, relaxation inducing or tension relieving massage. Grape seed oil used.



Elemis skin therapy for the face

Elemis Advanced Anti-Ageing Facials

Elemis Visible Brilliance Facial 70 mins C BF

To combat ageing, stressed and slackened skin. Independently tested with revolutionary results, this anti-ageing facial instantly firms, rejuvenates and plumps the skin, while reducing dark circles from around the eye contour. Moisturisation levels of the skin are proven to increase by up to 38% and elasticity by 28% after just one treatment.

Elemis Modern Skin Facial 55 mins C BF

Designed especially for skin challenged by modern living. Bursting with anti-oxidant rich minerals and vitamins, this purifying treatment helps remove damaging toxins, regenerate skin cells and rebalance sebum. The results; a clearer, radiant and more balanced skin. Recommended: 1 treatment every 3 weeks.

Pro-Collagen Quartz Lift Facial 70 mins C BF D

See a younger, firmer future. Instantly! This advanced anti ageing facial is clinically proven to reduce the number of wrinkles by up to 94% and improve skin firmness by up to 57%, after just one treatment. The power of Padina Pavonica is accelerated by electrical energy of precious minerals Quartz; Tourmaline, Rhodochrosite and Malachite to re-energise cell communication, whilst Laminaria Disitata and red coral optimises cellular respiration and regeneration for a firmer, uplifted more youthful looking appearance.

Elemis Advance Performance Facials

Elemis Oxygen Skin Calm Facial 70 mins C

This face and eye treatment is pure soothing heaven for sensitive skins. Gentle massage techniques combined with calming actives and a restructuring Japanese silk mask help to rebalance delicate, fragile and sensitive skins. Reduces redness and offers immediate comfort to stressed skin.

Tri-Enzyme Facial 55 mins C D BF

Peel away the years for smoother, more radiant skin! This ground breaking anti aging facial instantly resurfaces and smoothes the skin. Clinically proven to visibly resurface by up to 75% and increase skin smoothness by up to 32% after just 1 treatment, this unique treatment targets blemishes, uneven skin tone, superficial scarring and fine lines, revealing a younger looking skin. Pioneering the precision layering of 3 targeted enzyme serums, this advanced resurfacing technique safely and effectively removes the thickening layer of the epidermis. Skin is left incredibly clean, smooth and radiant, bringing a renewed level of evenness and clarity to the complexion. Recommended: 1 treatment every 3 weeks - Course of 6.



Elemis body rituals

Elemis Aroma Spa Ocean Wrap 70 mins T B D S C E B F

Seaweed wrap treatments detoxify and deep cleanse the body inside and out. Let your thoughts drift away whilst you are cocooned in a comforting foil wrap and treated to a pressure point facial massage and de-stress scalp treatment.

Musclease Aroma Spa Ocean Wrap

A warming blend of pine and rosemary help ease the pains of rheumatism, arthritis and fatigue.

Cellutox Aroma Spa Ocean Wrap

A detoxifying blend of juniper and lemon decongest and stimulate the body's systems. Improve the dimpled appearance of cellulite and reduce fluid retention. Recommended: 2 treatments per week for 1 month.



Elemis body rituals

Exotic Coconut Rub and Milk Ritual Wrap 55 mins P B D S C B F

A traditional Balinese ceremony of pure sensuality to tantalise and delight! This opulent Elemis exotic wrap is excellent for skin smoothing and softening, all combined with a facial pressure point massage and de-stress scalp treatment to stimulate the senses.

Elemis Exotic Frangipani Body Nourish Wrap 55 mins P B D S C B F

This nourishing body wrap drenches the skin with moisture for immediate softness and suppleness. Exotic, aromatic Tahitian coconut and frangipani flowers are soaked together to produce Monoi Oil used and made famous by Elemis.

Elemis Exotic Lime and Ginger Salt Glow 30 mins P B D S C E B F

An exotic exfoliation ritual to invigorate and revitalise the body. Elemis Exotic Lime and Ginger Salt Glow deep cleanses and polishes, while Exotic Island flower body lotion softens and nourishes.



Elemis treatments for men

Elemis Skin IQ Facial 70 mins

An Intelligent Anti-Ageing Facial that adapts to super boost the skin. Prescribed to protect against the harsh, ageing effects of shaving and environmental damage, this is the ultimate skin overhaul for male skin.

Male Manicure 55 mins

Tanning

Total Glow Self Tanning Treatment 45 mins

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The healthy way to radiant, sun-kissed skin. We know the sun is good for the soul, but not necessarily for the skin, so fake it with this rich and sensual treatment.



With our compliments

During your time here at the Spa, please enjoy complimentary use of our hot thermal suite, Herbal steam room and deck level pool to be enjoyed either before or after treatment. Our steam suite is designed to enhance and greatly improve the effect of your hands on therapy. Enjoy our relaxation room with complimentary herbal teas and fresh fruit after your chosen treatments.

Aroma Steam Room

P S B F B D F

Bathe in moist temperatures of 45° - 48°. Pine and cypress are used to open the lungs and pores, improve breathing, increase blood circulation and relax the muscles.

Packages

Girlie Spa Get Together

The ideal way to celebrate your Birthday, Hen party or just a weekend away. Enjoy complimentary use of the Spa Relaxation suite and other facilities plus fresh fruit and refreshments within the Spa. Choose one of 6 Spa treatments: a full body massage, a skin specific facial, Seaweed Aroma Spa Wrap, Sole delight foot Treatment, Lime & Ginger salt glow body polish or an Aroma Milk bathing Ritual. A light Lunch in our Fishworks Restaurant is also included.

Overnight Sensation

With any of our Day Spa Packages, you can choose to stay over in one of our luxurious rooms and enjoy a sumptuous dinner in the Fishworks Restaurant. Rates are based on a per person sharing basis. Single supplement will apply, subject to availability.

Ayurveda Spa Pool

Exclusive Spa & Swim memberships available from 3 to 12 months.

Email us at ayurvedacspa@carlton.ie for package rates.



Beauty at the spa

Hand & Foot Treatments

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Introducing Jessana the luxury spa manicure from Jessica, manicurist to the stars:
Jessana 1 hour luxury spa zen manicure
Jessana 1 hour luxury spa zen pedicure
Luxury male manicure
Nail, file and polish

Waxing

Lip wax
Chin wax
Lip and chin wax
Full leg and bikini line wax
Top half leg and bikini line wax
Half leg and bikini line wax
Full leg wax
Half leg wax
Under arm wax
Bikini line wax
Arm wax
Abdomen wax

CDB

Eye Treatments

Eyebrow shape
Eyebrow tint
Eyelash tint
Eyelash and brow tint
Eyelash tint, brow tint and trim

Make-Up

Day or evening, make-up application



Etiquette at the spa

General Information

- Please arrive 40 minutes early for your appointment
- Please book as far in advance as possible
- All guests of the Spa can avail of our complimentary thermal suite collection, please provide your own swim wear
- Please note Spa facilities available to clients over 17 years of age
- 'My first facial' clients (under 17 yrs) to be supervised by parent/guardian
- Arriving late will cheat you of precious minutes of your treatments
- Wear comfortable, loose and easy to change clothes
- Please leave your valuables at home or in a safe as we are not responsible for lost items
- Mobile phones are strictly prohibited
- Upon completion of your therapy your therapist will advise you on homecare
- We stock an impressive range of Ayurveda herbs, lifestyle products as well as Elemis Products & gifts
- Relaxation quiet room, please respect the silence

Skincare consultations are free of charge / there is a charge for Ayurveda consultations with our Doctor. Credit card details are required to secure appointments. Cancellation policies: Groups of 3 or more: 100% cancellation fee applies for cancellations made within 7 days. These bookings must be secured with a credit card. Individual cancellations made within 48 hours incur a 50% fee. No calls and no shows will be charged the full amount on your credit card or billed to your room or charged at your next visit. At time of going to print, terms and conditions may apply to all treatments/ packages and are subject to change.



Open 7 days: Saturday - Wednesday 9:00 am - 7:00 pm, Thursday - Friday 9:00 am - 9:00 pm
Elemis assorted gift packs available. Personal and corporate gift vouchers available.

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