

Finishing Touches

"Fake Bake" - Golden Tan.

Don't risk the damage that the sun can do to your body. Choose from:

Golden Tan Half Body	30mins
Golden Tan Full Body	30mins

Hands & Feet

C Salon Medicated Manicure	50mins
Includes your choice of colour or French polish	

C Salon Medicated Pedicure	1hr
Includes your choice of colour or French polish	

Finger tip (File & Polish)	20mins
----------------------------	--------

Make-up

Cleanse & Make up	30mins
Bridal Make up (including Trial)	30mins

Tints & Trims

(A patch test is essential 24 hours prior to a tinting treatment)

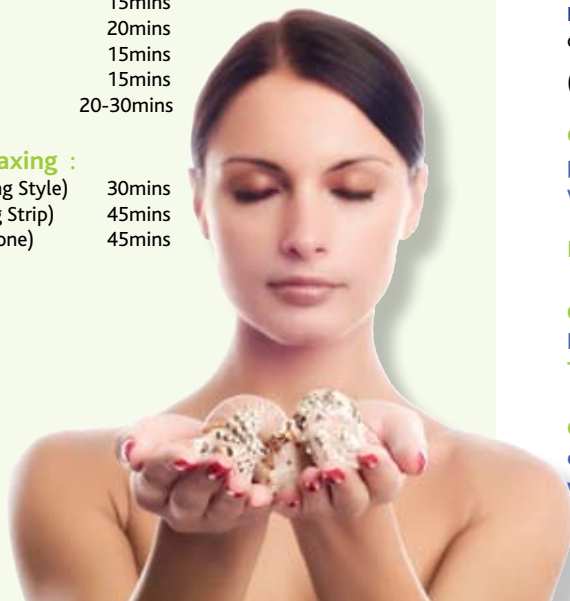
Eye Brow Shape	15mins
Eye lash tint	15mins
Eye lash and Brow tint	20mins
Eye lash tint, Eye Brow Shape & tint	20mins

Waxing

Full leg & Bikini	45mins
Full leg	5mins
Half leg	20mins
Arm	20mins
Under arm	15mins
Bikini	20mins
Lip & Chin	15mins
Lip	15mins
Back	20-30mins

Specialised waxing :

Californian (Thong Style)	30mins
Brazilian (Landing Strip)	45mins
Hollywood (All gone)	45mins



Terms & Conditions

Reservations: Are recommended to guarantee your requested time.

Check in: Please check in at the Salon Reception at least 15 minutes prior to your treatment which will allow sufficient time to prepare you for your treatment.

C Salon Etiquette

Dress: It is required that men wear disposable underpants which are provided at the salon, or their underwear during all treatments. We also provide disposable briefs for ladies. You can be assured that our therapists will always use draping techniques to respect your privacy.

Mobile Phones: For the comfort of all guests we ask you to please switch off your mobile phone prior to entering the Salon Reception.

Valuables: During your visit the C Salon cannot be responsible for damaged, lost or stolen valuables.

Pool/Leisure Area: Guests are welcome to use our Pool, Steam & Sauna facilities complimentary and we recommend that these are used prior to your spa treatment. Please arrive at least 15 mins prior to treatment to enable us to prepare you for your treatment. (Please note Leisure facilities may vary from property to property)

Confirmation of bookings: Credit card details are required to secure your booking

Cancellations: Each treatment you select is reserved especially for you and less than 24 hours advance notice will be subject to a 50% cancellation charge of the treatment booked.

No Shows: 100% charge of the treatment booked will be charged.

Arriving late for your appointment: Arriving late will limit & could also alter your treatment, (please note that the full cost of your treatment will apply). Your treatment is required to commence on time to ensure that the next guest is not delayed.

Medical Considerations: You will be asked to complete and sign our consultation form prior to having any treatments.

(All prices and treatments are subject to change without notice.)

Gift Certificates are available for treatments and retail purchases from our main Reception or www.carlton/giftvouchers

For Reservations, Call C Salon on Extension 3191

Carlton Castletroy Park Hotel

Dublin Road, Limerick.

Tel (061) 335566

C Salon Extension 3191

csalon@carlton.ie

www.carlton.ie/spa



CARLTON
CASTLETROY PARK
HOTEL
★★★★

The C Salon a unique experience awaits...

C Salon Rituals

Take time out and indulge yourself with a friend or partner to enjoy one of our C Salon special packages. Our friendly staff will also be happy to assist you with tailoring a package to suit your individual needs.

The C Salon Signature Ritual 1.5hrs

A Honey & Coconut Body Polish,
Full Body Aromatherapy Massage.

Total Rejuvenation 4hrs

A Swedish Full Body Massage,
A choice of any Dr. Murad Facial,
C Salon Medicated Manicure and Pedicure.

C Salon Cleansing Ritual 2hrs

C Salon Body Polish and Body Wrap,
A Choice of any Dr Murad Facial

Golfers Revival 1hr

Muscle Deep Tissue Back, Neck & Shoulder Massage.
Dr Murad Express Facial Cleanse.

Mum to be Ritual 2hrs

A choice of any Dr. Murad facial , including a Hot oil Scalp Massage
C Salon Medicated Pedicure

Beautiful Belle 2hrs

Full Leg wax (including regular Bikini)
Eyelash tint
Eyebrow trim
Pedicure

Bridal Packages Tailored to suit your needs. All Bridal parties receive a 20% Discount

Massage

Swedish Full Body Massage 50-70 mins
This relaxing full body massage uses traditional Swedish massage techniques to eliminate stress from the body.

Back, Neck & Shoulder Massage 25 mins

This massage concentrates on these areas of the body where tension is most often stored resulting in stress build up. Using traditional Swedish techniques to ease and release the muscles leaving the back, neck and shoulders relieved from tension and stress.

Deep Tissue Full Body Massage 50-70 mins

This deep customised rhythmic massage alleviates stress eases aching muscles and revives the senses, using specially selected oil. Ideal for those involved in sports.

Carlton Hot Stone Massage 50mins
Heat is slowly released from the hot stones into the centre of the muscles enabling them to relax resulting in a complete new body experience

Body Treatments

Body Wraps

Re-Mineralising Mud Body Wrap 30mins
This envelopment combines marine mud's and brown algae, which helps to stimulate and normalise the skin, remove toxins and improve circulation. Ideal for all skin types for toning, hydrating and re-mineralising the skin

Detoxifying Marine Body Wrap 30mins
This Wrap consists of micronised algae rich in iodine that helps the body eliminate fat, re- balance the skins composition in vital trace minerals and vitamins, re shapes, and helps cellular renewal. Ideal for all skin types excellent for clients who wish to detoxify or want a slimming effect.

Tropical Coconut and Sugar Nourishing Wrap 50mins
A sweet sugar paste is applied to gently polish the skin. This is followed by a nourishing body wrap which drenches the skin with moisture using aromatic Coconut and lime and a soothing hot oil scalp massage, providing the ultimate radiance, vitality all over body glow.

Body Polishes

Tropical Coconut Sugar Glow 30mins
An exotic exfoliation ritual to invigorate and revitalise the body as the Coconut Sugar glow deep cleanses and polishes the skin.

Honey and Coconut (for sensitive skin) 30mins
Warm coconut milk is applied to prepare the skin for the Honey & Coconut polish to gently exfoliate the skin leaving it soft and silky to the touch.

The Carlton Man

Murad Man Facial Treatment 60mins
This facial is designed particularly for men. Using 'results driven' products to achieve both a deep cleansing and anti aging effect which will brighten and clarify the complexion. Excellent for treating shave rashes and bumps.

Muscle-Ease Deep Tissue Full Body Massage 50 or 70mins
This deep customised rhythmic massage alleviates stress, eases aching muscles revives the senses, using specially selected oil. Also ideal for those involved with sport.

Swedish Full Body Massage 50-70mins
This relaxing full body massage uses traditional Swedish massage techniques to eliminate stress from the body.

Back, Neck & Shoulder Massage 25mins
This massage concentrates on these areas of the body where tension is most often stored resulting in stress build up. Using traditional Swedish massage techniques to ease and relax the muscles leaving the back, neck & shoulders relieved of tension and stress.

Dr Murad Facial Treatments

Resurgence Renewal Facial 60mins
This Luxurious, medically advanced dual-mask facial is perfect for anyone experiencing the effects of hormonal aging, such as loss of elasticity, breakouts and dryness caused by menopause, perimenopause and pregnancy or your monthly cycle. You will see and feel an instant transformation in your skin. Guaranteed to bring a youthful bloom back to your skin.

Redness Therapy Facial 60mins
If your skin is prone to redness, broken capillaries and sensitivity, then this breakthrough treatment will help to soothe and cool your skin. Dr Murad's patented formulas features unparalleled anti oxidant and anti inflammatory benefits to cool skin on contact. Great for post holidays, skin prone to cold weather damage and hot, flushed skins.

Clarifying Enzyme Acne Facial 60mins
Dr Murad's professional strength acne treatment is scientifically formulated to improve skin clarity and reduce acne blemishes, while soothing redness and inflammation. This result orientated facial combines exfoliating natural fruit enzymes, anti oxidants and hydrating agents to open clogged pores for deep cleansing and extraction without irritation.

Anti-aging AHA Rapid Exfoliating Facial 60mins
If you want to reduce the appearance of lines and wrinkles and deeply exfoliate your skin, this facial is for you. Concentrated glycolic acid exfoliates away dead skin cells, while a uniquely patented blend of antioxidants, anti-inflammatories and hydrators soothe and revitalise to reveal a smoother and softer complexion. When performed in a series your therapists will safely and gradually increase the percentage of glycolic acid with each treatment. This will accelerate cell turnover and encourage healthy skin, with each treatment unveiling even greater improvement in your skin texture, tone and youthfulness. Also fabulous for skin with old scarring or all ages that needs exfoliation.

Dr. Murad Essential Vitamin C Eye treatment 30mins
Soothes the appearance of fine lines, increases elasticity and protects the delicate eye area.