

## C Spa Rituals

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

### The C Spa Signature Ritual: 2.00hrs

A Detoxifying Hydrotherapy Bath,  
A Honey & Coconut Body Polish,  
A Hot Stone Full Body massage or Full Body Aromatherapy massage.

### Total Rejuvenation: 4.00hrs

A Swedish Full Body Massage ,  
A choice of the Elemis Pro- Collagen Quartz Lift Facial or Visible Brilliance Facial,  
C Spa Manicure and Pedicure.

### C Spa Cleansing Ritual: 2.00hrs

C Spa Body Polish and Body Wrap, (Choose from our Detoxifying or Remineralising range),  
An Elemis Herbal Lavender Repair Facial.

### Golfers Revival: 1.00hr

Muscle Ease Hydro Bath,  
Elemis Deep Tissue Back ,Neck & Shoulder Massage.

### Mother to be Ritual: 2.00hrs

An Elemis Skin Specific Facial-  
including a Hot Oil Scalp Massage  
Luxury C Spa Pedicure

## Baths

### Hydrotherapy 20mins

Massage jets relax your muscles and ease your body into deep relaxation. The heated water opens the pores allowing the aromatic oils and seaweeds to nourish and rejuvenate the body.

### Elemis Exotic Enriching Milk 20mins

Rediscover the child within yourself as you are immersed in the sweetness of our exotic enriching milk bath. Just as Cleopatra loved to bath in milk, now you can indulge too.

### Detoxifying Marine Sea Crystals 20mins

Made up of 100% Natural Sea Crystals with Sea Kelp. Therefore recreates the authentic benefits of the Sea Water. Excellent for toning and nourishing the Skin.

### Rebalancing Bliss 20mins

This delicious combination of natural aromatic essences helps re-establish the natural equilibrium of body, mind and spirit, creating an intense feeling of deep well being throughout the day. Moisturises, softens and smooths the skin.

## Massage

*\*Please note that these massages are only available at selected C Spas.*

### Swedish 50-70mins

Relaxing full body massage using traditional Swedish massage techniques to eliminate stress from the body.

### Back ,Neck & Shoulder Massage 30mins

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.

### Elemis Deep Tissue Full Body Massage 50-70mins

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

### \*C Spa 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.

### Reflexology 50mins

Harmonise your body with this ancient technique. Expert hands work on your feet to balance your energy channels bringing about a feeling of total equilibrium.

## Water Rituals

*\*Please note that these treatments are only available at selected C Spas, so please ask our staff to advise you.*

### \*Rassul for One or Two 30mins

An Arabian Cleansing Ritual using rich mud from the Marcoan Atlas Mountains and the Dead Sea. The mud is applied all over the body before entering the steam chamber where your pores are opened releasing the body of toxins, allowing the absorption of the minerals.

### \*Vicky 30mins

Multiple Showers create a soft, warm tropical rain over the back of your body as your therapist's professional hands massage away the stress to promote total relaxation and well-being. An ideal treatment to improve circulation and help combat water retention and cellulite.

### \*Algotherapy 30mins

This treatment begins with a cleansing marine Body Polish to exfoliate and prepare the skin for the application of warm seaweed mud. You are then enveloped by steam allowing the pores to open and impurities to be released.

## \*Dry Floatation

40mins

This is a deeply relaxing yet uplifting treatment. A Single treatment provides you with the rejuvenating qualities of six hours sleep. Ideally for anyone in need of an instant pick me up.

## Body Treatments

### Body Wraps

#### Re Mineralising Mud Body Wrap 30mins

This envelopment combines Marine muds and brown algae, 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.

#### Elemis Exotic Frangipani Nourishing Wrap 50mins

This nourishing body wrap drenches the skin with moisture using aromatic Tahitian Coconut and Frangipani Flowers, which are soaked together to produce the Monoi used in this wrap, providing the ultimate radiance, vitality all over body glow.

## Body Polishes

#### Elemis Exotic Lime & Ginger Salt Glow 30mins

An exotic exfoliation ritual to invigorate and revitalise the body as the Lime and Ginger Salt 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

#### Elemis IQ Facial 70mins

An intelligent Anti-Aging facial that adapts to dramatically boost the skin.

#### Elemis Urban Cleansing Facial 70mins

A High performance complexion cleanse for total skin defence.

#### Elemis 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

Relaxing full body massage using traditional Swedish massage techniques to eliminate stress from the body.

#### Back, Neck & Shoulder Massage 30mins

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.

#### Muscle Ease Hydrotherapy Bath 20mins

This deeply warming and stimulating soak helps ease muscle spasm and stressed joints caused by sport, physical work and wear and tear.

## Facials

#### Elemis Tri-Enzyme Resurfacing Facial 70mins

Clinically proven; after just one treatment up to 75% resurfacing & up to 32% increased skin smoothness.

#### Elemis Visible Brilliance Facial 70mins

This Anti-aging face and eye treatment instantly firms, rejuvenates and plumps up the skin whilst helping to reduce circles.

#### Elemis Pro-Collagen Quartz Facial 70mins

This exceptional face and eye treatment helps to slow down the signs of premature ageing, reducing the appearance of fine lines and wrinkles. Skin will have a more youthful appearance after just one treatment.

#### Elemis Skin solutions SOS purifying Facial 70mins

This Results driven facial combines the powerful synergy of Sulphur and plant extracts to deliver immediate results beyond question. Ideal for Imbalanced, Combination or Acne skin types.

#### Elemis Skin Solutions Oxygen Skin Calm Facial 70mins

This Anti-aging booster Facial promises to take tired, fragile and ultra sensitive skin on a journey of total renewal.

#### Elemis Skin Specific Facial 50mins

This Deep Cleansing facial utilises the power of medical grade aromatherapy oils and marine extracts. Each Facial is tailored to suit your skins needs, leaving the skin with radiance and glow.

## Finishing Touches

### "Fake Bake" Golden Tan.

Don't risk the damage that the sun can do to your body, choose our golden tan.

Half Body	30mins
Full Body	30mins

## Hands & Feet

### C Spa Manicure

Includes your choice of colour of French polish

50mins

### C Spa Pedicure

Includes your choice of colour or French polish

60mins

### Finger tip ( File & Polish)

20mins

### \* Acrylic nails

60-90mins

## Make-up

30mins

### Cleanse & Make up

Bridal Make up (including Trial)

## Tints & Trims

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

Eyebrow Shape	15mins
Eyelash tint	15mins
Eyelash and Brow tint	20mins
Eyelash tint, Eye Brow Shape & tint	20mins

## Waxing

Full leg & Bikini	45mins
Full leg	35mins
Half leg	20mins
Arm	20mins
Under arm	15mins
Bikini	20mins
Lip & Chin	15mins
Lip	15mins
Back	20-30mins

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

## Opening Hours of the Different Carlton Hotels

### Carlton Abbey C Spa T: (059) 8630100

Monday-Wednesday	10am-6pm
Thursday-Friday	11am-8pm
Saturday	9.30am-7pm
Sunday	9.30am-5pm

### Carlton Atlantic Coast C Spa T: (098) 29000

Monday-Sunday 10.30am-6pm

### Carlton Kinsale C Spa T: (021) 4706625

Monday-Thursday	10am-6pm
Friday	10am-8pm
Saturday & Sunday	10am-6pm

### Carlton Millrace C Spa T: (053) 9375100

Monday-Thursday	10am-6pm
Friday	11am-9pm
Saturday	10am-7pm
Sunday	10am-2pm

### Carlton Redcastle C Spa T: (074) 9385555, (074) 9385426

Monday-Wednesday	9am-6pm
Thursday-Friday	9am-8pm
Saturday	9am-6pm
Sunday	10am-6pm

### Carlton Shearwater C Spa T: (090) 9630500

Monday-Saturday	10am-8pm
Sunday	10am-6pm

Extended hours are available upon request,  
please see our receptionist.

## Terms & Conditions

### Spa Etiquette

**Opening Hours:** Shearwater 10am to 8 pm Monday through to Saturday, 10am to 6pm Sunday. (Extended hours are available upon request, please see our receptionist).  
(This will vary from property to property -Please see attached sheet with opening hours).

**Reservations:** Are recommended to guarantee your requested time.

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

**Dress:** It is required that men wear disposable under-pants which are provided at the spa, or their underwear during all treatments. We also provide disposable briefs for ladies. You can be assured that our therapist will always use draping techniques to respect your privacy. Bathrobes and slippers are provided for you during your visit if required.

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

**Valuables:** During your visit we cannot be responsible for your valuables, in relation to damage, lost or stolen items.

**Gift Certificates:** Are available for Spa Treatments & retail purchases from our main Reception. A great idea for any special occasion.

**Pool/Leisure Area:** Spa 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 30 minutes prior to your spa booking to enable us to prepare you for your treatment and allow you experience the full Spa journey. (Please note Leisure facilities may vary from property to property).  
Redcastle features Thalasso Pool.

**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.)

For reservations call C Spa on Extension (This will vary from property to property)

Group Reservations Local No: 1890 288288  
N.I. 084 53990125  
[www.carlton.ie/spa](http://www.carlton.ie/spa)



*A Unique Spa Experience'*

The C Spa offers a total spa experience unique to the Carlton Hotel group and is open seven days a week. We would like to invite you to indulge yourself in the relaxing and tranquil ambience of one of our six C Spas, which are located throughout Ireland.

The C Spa offers a range of indulgent treatments for both men and women which are delivered by our friendly team of spa professionals, who are waiting to welcome you and take care of your every requirement.

Our product and treatments have been specially chosen to suit your every need providing you with the very best results. We are happy to tailor make unique packages to suit your personal needs.

*We look forward to seeing you at The C Spa where  
'A Unique Spa Experience' .....awaits you.*

## C Spa Locations

- Carlton Kinsale Hotel & C Spa, Co.Cork.
- Carlton Millrace Hotel & C Spa, Co. Wexford.
- Carlton Atlantic Coast Hotel & C Spa, Westport.
- Carlton Shearwater Hotel & C Spa, Co. Galway.
- Carlton Redcastle Hotel & C Spa, Co. Donegal.
- Carlton Abbey Hotel & C Spa, Co. Kildare.