

THE C SPA

A Unique Spa Experience'

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

C Spa Rituals

	Time	Cost
The C Spa signature Ritual	2hrs	€149
Total Rejuvenation	4hrs	€247
*C Spa Cleansing Ritual	2hrs	€166
Golfers Revival	1hr	€85
*Mum to be	2hrs	€120

Massage

Swedish	50/70 mins	€75/100
Deep Tissue		
Full Body Massage	50/70 mins	€75/100
*Hot Stone	50 mins	€85
Reflexology	50 mins	€75
Back, Neck & Shoulders	30 mins	€50

Baths

	20 mins	€45
Hydrotherapy		
Elemis Exotic Enriching Milk		
De-Toxifying Marine Sea Crystals		
Rebalancing Bliss		

Water Rituals

*Rassual for One or Two	30mins	€55/90
*Vichy	30mins	€50
*Algotherapy	30mins	€50
*Dry Floatation	40mins	€45

Body Treatments

Body Wraps

Re-Mineralising Mud Body Wrap	30 mins	€55
De-Toxifying Marine Body Wrap	30 mins	€55
Elemis Exotic Fragapani	30 mins	€80

Body Polishes

	30 mins	€55
Elemis Exotic Lime & Ginger Salt Glow		
Honey & Coconut (for sensitive skins)		

The Carlton Man

Elemis Skin IQ Facial	75mins	€95
Elemis Urban Cleansing Facial	75mins	€95
Deep Tissue		
Full Body Massage	50/70mins	€75/100
Swedish Full Body Massage	50/70mins	€75/100
Back, Neck & Shoulder Massage	30mins	€50
Muscle Ease Hydrotherapy	20mins	€45

Facials

Tri-Enzyme Resurfacing	70mins	€95
Visible Brilliance	70mins	€95
Pro-Collagen Quartz lift	70mins	€95
Skin Solutions SOS purifying	70mins	€95
Skin Solutions oxygen skin calm	70mins	€95
Elemis Skin Specific	50mins	€75

Finishing Touches

"Fake Bake" Golden Tan

Half Body	€25
Full Body	€45

Hands & Feet

All include your choice of colour or French Polish

C Spa Manicure	€45
C Spa Pedicure	€50
*Acrylic Nails	€65
Finger Tip (File & Polish)	€20

Make Up

Cleanse & Makeup	€30
Bridal Makeup (include trials)	€40

Tints & Trims

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

Eye Brow Shape	€12
Eye Lash Tint	€12
Lash & Brow Tint	€20
Eye Lash Tint, Eye Brow Shape & Tint	€30

Waxing

Full Leg & Bikini	€40	Full Leg	€35
Half Leg	€25	Arm	€20
Under Arm	€18	Bikini	€20
Lip & Chin	€20	Lip	€12
Back	€35		