



## **Early Bird Spa Menu**

Available from 10am – 4Pm

### *Appetizer*

Elemis Lime & Ginger Exfoliation  
Nourishing Milk Hydrotherapy Bath  
De-toxing Ocean Spa Wrap

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### *Entree*

Warm Oil Back, Neck & Shoulder Massage  
Mini Age Eraser Facial  
Shiroabyghanga (Authentic Indian Head Massage)

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### *Dessert*

Authentic Indian Threading (eyebrows)  
File & Paint (toes or fingers)  
Cold Beer & Newspaper  
Baileys Hot Chocolate or a glass of red/white Wine with a  
Magazine.

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### *Petite Fours*

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Choose 2 or 3 courses

#### **Monday-Thursday**

3 course - € 79

2 course - € 69

#### **Friday – Saturday**

3 course - € 89

2 course - € 79

Subject to availability; Advanced booking is advised.

Call Ayurveda Cspa Carlton Atlantic Coast Hotel (098 29000) ext 491