



APHRODITE
HILLS

BY SPA



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Aphrodite Hills by C Spa

Welcome to Aphrodite Hills, where our unusually varied treatment selection combine elements from the land, water and nature to heal, cleanse and refresh, in a setting worthy of Aphrodite herself. Visit our truly amazing location where the land sweeps down to the sea, Oysterhaven, in beautiful Kinsale, County Cork.

We have an amazing selection of treatments to suit both male and female, including the best of Irish peat therapies and pleasant encounters with our toothless fish the 'Garra Rufa'. Our delightful team of Spa Therapists and dedicated fish await your visit!

Our 'Carlton Mini Explorers Children's Club' is available to non residents visiting our Spa. We will keep your little ones busy while you enjoy some precious time out please enquire when booking your appointment.





Speciality treatments

'Doctor Fish' as they are now known around the world or Garra Rufa are unique fresh water fish that live to serve you, these fun fish will eradicate dead skin naturally, gently revealing the silkiest soles ever. Originally found in the pools of Hot Springs near Kangal a small town in Turkey - they have made quite a name for themselves over the last 300 years with the modern addition of ultra violet rays we provide you with the most hygienic method of fish therapy. Our fish are well taken care of and particularly enjoy residing in Kinsale.

Harmonising between nature and human, this natural spa pedicure can boast an array of benefits:

- Removing rough dead skin from the feet
- Removing long term calluses from the feet
- Boosting circulation
- Stimulating acupuncture points
- Improving greatly the appearance of the feet
- Ideal for psoriasis or eczema sufferers (once skin is unbroken)

Up to two people can receive fish therapy at the same time. We recommend no nail polish, fake tanning or highly perfumed products to be used on your feet prior to this treatment. (Consultation required for suitability)

Silky Soles Pedicure with Dr Fish (Garra Rufa) 55 mins S F C D BF

Feels like a foot spa with gentle bubbles as the little fish nibble away your dry dead skin. The most amazing pedicure ever! This Dr. Fish pedicure includes a healing Peat mask followed by a deeply relaxing foot, ankle and lower leg massage, complete with file and toenail polish.

Express appointment with Dr Fish 10 - 15 mins S F C D BF

10 -15 minutes of nibbling (depends on dry skin available to our fish) removing hard skin and greatly improving the appearance and feel of your feet.

Silky Fishy Manicure 55 mins S F C D BF

Also available with Dr Fish, removing dead skin to reveal the most youthful of hands to include a tension releasing arm and hand massage. This 'facial for your hands' also includes cuticle and nail work topped off with your chosen nail polish.

Peat body treats

Irish Peat Treatments

Peat exfoliates, softens, moisturises and preserves the skin. The healing benefits of peat are well recognised globally for centuries.

Ailments peat can relieve:

- Locomotive diseases
- Respiratory diseases
- Skin disorders
- Digestive problems
- Ease tired and aching muscles
- Osteoporosis
- Rheumatoid arthritis
- Unbelievable skin softening results

Ógra Peat, Lemon and Lime Sublime 90 mins

P B F C D B F

This treatment incorporates a body brush and scrub, preparing the skin for lemon & lime peat. Whilst wrapped in the detoxing lemon & lime peat you will relax comfortably in our dry floatation suite, featuring light sound and heat therapy which further enhances the natural process of toxin removal. To complete the treatment your skin is polished with a warm stone & hot oil massage.

Ógra Lemon Polish Peat Wrap & Float 120 mins

P B F C D B F

Body polish, hot stones, wrap & float all in one. This treatment leaves you feeling uplifted and detoxified. Experience an exhilarating body scrub, then be wrapped in lemon & lime peat, whilst lying on warm and cool stones. Finishing with a warm stone & hot oil body polish. Includes an 'Age erase' Peat Booster facial treatment. What a journey... the ideal Girlie Package!



Ógra Rose Blossom Peat Wrap 60 mins

P B F C D B F

The ultimate pampering treatment. While relaxing on cosy warm and cool stones, your body is wrapped in a peat and rose oil body mask to soothe your skin, leaving you feeling calmed and nourished. The benefits of rose essential oil are widely known to greatly appeal to and help to rebalance the female hormonal system.

Ógra Warm Heather & Peat Scrub 45 mins

P B F C D B F

While lying on warm and cool stones a blend of peat and lemon helps detox the body, this scrub removes dead skin and will leave you feeling refreshed. An ideal pick me up or preparation for the sun. Having this treatment before fake tan is applied enhances an even natural looking, longer lasting moisturised tan.

Ógra Peat on the Run 45 mins

P B F C D B F

This back neck and shoulder massage incorporates a warm peat mask to further relax tense muscles and draw out impurities, greatly improving the appearance of the back. Noticeable in helping to heal congestion and clear the back area. Visible results with one treatment a week for 4 weeks. A favourite for bridesmaids!



Peat feet treats

Ógra Minty Peat Foot Treat 30 mins

S F C D BF

After having your feet exfoliated have them wrapped in heavenly peat, whilst at the same time have your lower legs treated with volcanic warm and cool stones removing toxins from your lower legs. Legs will feel lighter and re-energised!

Ógra Food for the Hands and Sole 50 mins

S F C D BF

Have your feet cleansed and exfoliated with heavenly peat, then have all the tension massaged away with warm and cool stones. Then wrapped in peat your feet are left to relax whilst your hands receive the same treatment. Finish with peat peppermint moisturiser and rose willow hand cream.

Ógra Ultimate Foot Treatment 75 mins

S F C D BF

Treat your feet to a facial! Have your feet soaked and exfoliated in the foot spa, then a deep nourishing mask is applied to the feet and lower legs. A deep warm and cool leg and foot massage follows and the treatment is finished with a refreshing peat and peppermint extract foot moisturiser. This pedicure includes cuticle work with file and paint with your chosen colour, leaving you with gorgeous looking and feeling feet, already looking forward to your next visit.

Body massage therapy with a twist

Ógra Relaxing Back Massage with Stones 45 mins S F C D BF

This geo-thermotherapy treatment combines the use of warm and cool stones and massage oils specifically chosen on the day from the Ógra range. Working at a deeper level to remove knots and deep tension with hot and cold stones, really assisting inflamed muscles.

Ógra Muscle Release Body Massage with Stones 60 mins S F C D BF

This treatment combines all we know about geo-thermotherapy and muscle tension. Have those aches, pains and strains relaxed with Ógra oils and warm and cool stones. You decide how firm or gentle you would like your massage to be.

Ógra Peat & Lavender Head & Back Massage 50 mins S F C D BF

After the peat is applied to your back you are gently lowered onto warm and cool stones. Receive a gentle native American head massage incorporating neck and shoulders, allowing nature to clear your mind and heal your back, to ease the stresses and strains of modern day living.



Ógra Simply Stones 60 mins S F C D BF

Receive a gentle yet effective warm and cool body massage with Ógra Oils chosen on the day. This treatment leaves your entire body refreshed and energized whilst all the aches and pains are gently massaged away.

Full Body Massage Scandinavian Style 55 mins S F C D BF

Smooth rhythmic massage, relaxation inducing or tension relieving massage. Grape seed Oil used. Pressure is individualised to ensure you enjoy the pressure your body is able for: gentle, firm or very firm.

Peat Pool 25 mins S F C D BF

Bathe in centuries old Peat and receive the most 'anti-ageing benefits' for your body, mind and soul. Indulge in our wonderfully warm 'Peat Pool' healing your spirit as you unwind in our private bathing suite, allowing you to absorb all the nutrients breathing heavenly aromas, taking you to a place of deep relaxation. Ideal before or after any of our unique 'Peat Treats'.



Spa Therapy / Beauty Treatments

- P - Pregnancy
- S - Surgery (10 months, keyhole 3 months)
- 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 Fish & Peat Spa, we invite you to experience the true meaning of a spa where, in addition to our amazing selection of signature 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 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 Beanbag 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.



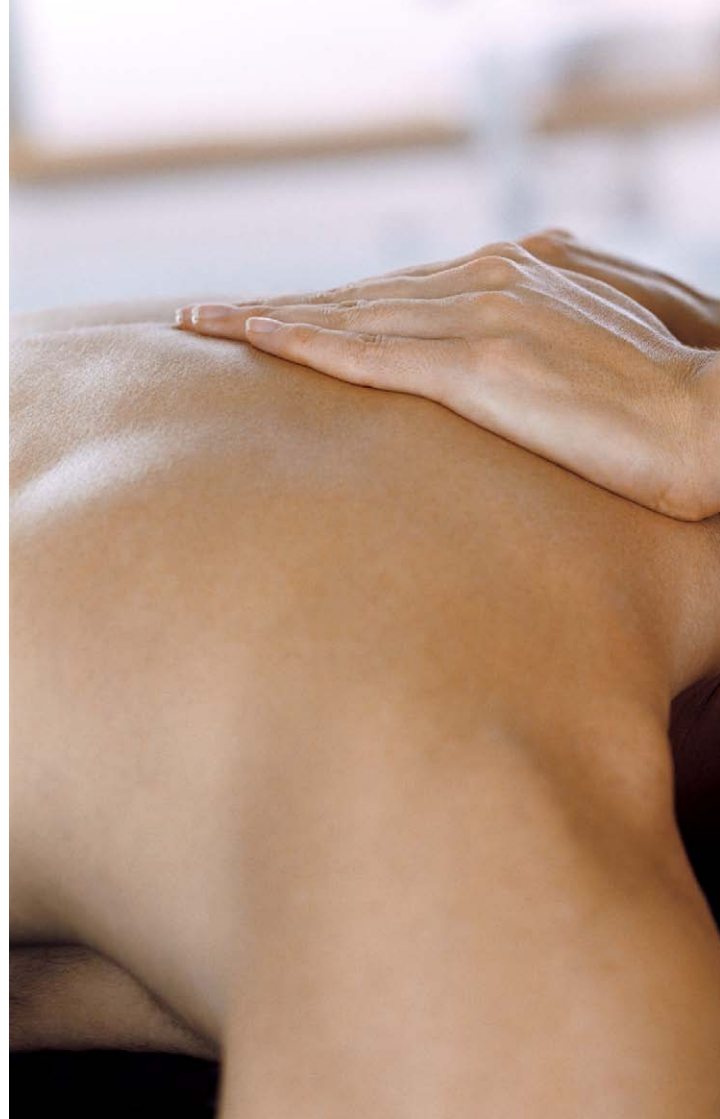
Elemis body rituals

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.





Treats for men

97% of our treatments have been carefully selected to treat both men and women, here we have listed our most popular.

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.

Elemis Musclease Aroma Spa Ocean Wrap

T S C B D F

Healing sports injuries and reducing inflammation of the muscles, this treatment is ideal for increasing metabolic rate and general health.

Male Fishy Manicure 30 mins

Our fish will remove dead skin cells whilst our therapists will work on your cuticles, file nails and massage tension in your lower arms and hands, improving the general appearance of your hands. Grooms love this one!

Full Body Massage with Male Float Experience 90 mins

B D C

The ultimate stress buster, your full body massage followed by a dry floatation sleep experience.



Elemis skin therapy for the face

Elemis Advanced Anti-Ageing Facials

Whilst receiving your facial for an additional €10 Euro you may have an eyelash or brow tint or an eyebrow shape' please ask when booking.

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 B F

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.

Elemis Musclease Aroma Spa Ocean Wrap

T B D S C B F B D F

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

Elemis Cellutox Aroma Spa Ocean Wrap

T B D S C B F B D F

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.

Tanning

Total Glow Self Tanning Treatment 45 mins

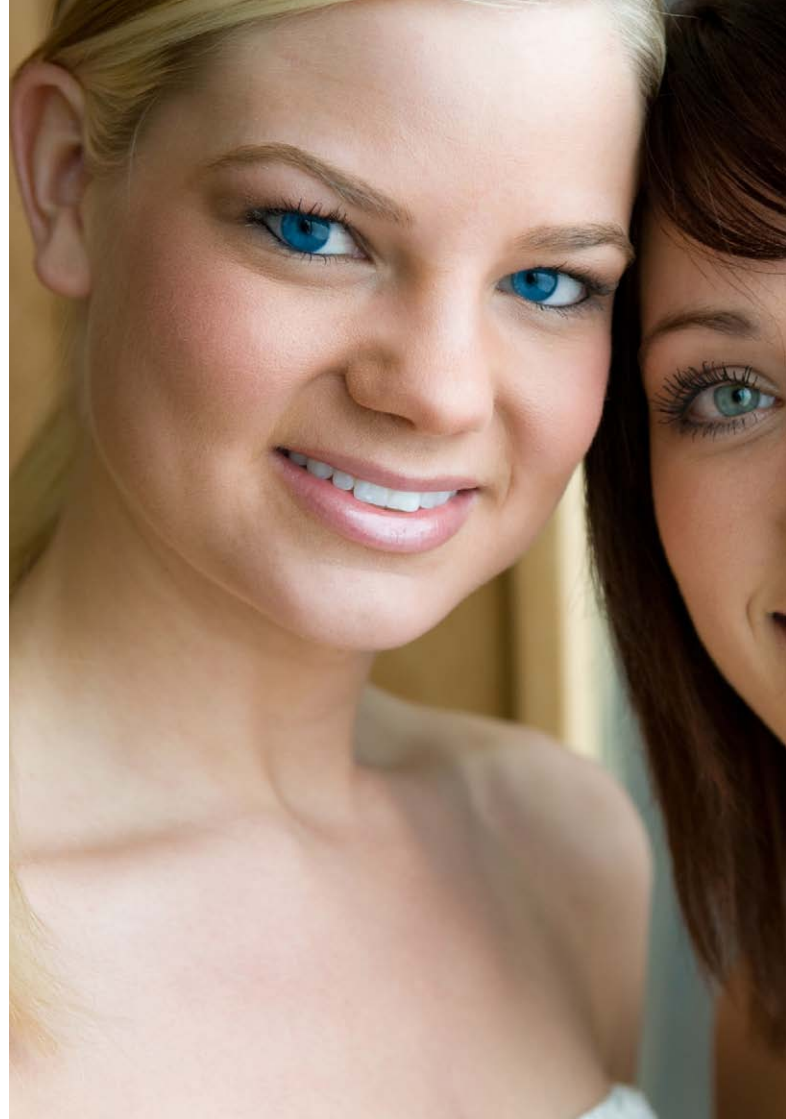
BF P F

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.

Fake Bake Spray Tanning

BF P F

We offer spray tanning by Fake Bake for those looking for a deeper darker tan or alternatively you may book an Elemis tan for a lighter more radiant natural tan making you feel and look healthier but without the "tell tale" of a spray tan.





With our compliments

During your time here at the Spa, please enjoy complimentary use of our Finnish Sauna, 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.

Finnish Sauna

Enjoy a dry heat 75-90° heat before or after your treatment, improving blood circulation and boosting immunity allowing your body to detoxify.

Jacuzzi

Leisure bath, a wonderfully sociable place to sit and soak in escapism from everyday life.

Packages

We cater successfully for large groups and therefore can create packages around your needs and wishes. Kinsale is a popular location for couples as well as Male entourage parties and a lovely hen destination for ladies preparing for their big day.

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 Rockpool Restaurant. Rates are based on a per person sharing basis. Single supplement will apply, subject to availability.

Aphrodite Hills Spa Pool

Aphrodite Hills Spa Pool memberships are available in addition to our leisure memberships. Yoga and aqua classes available.

Teen Spa Parties

From €25 per person, minimum group of 10. A wonderful fun way to celebrate birthdays or exams. Package includes finger food fruit juices and chill out time. Enquire about content and dates available with our Spa.

Email us at reservations.kinsale@carlton.ie for package rates.

We have packaged our most popular treatments for you ideal for hen parties or ladies just wanting to escape from it all!

'Fish and Float' 90 minutes

C BF D BP

Silky soles Pedicure with Dr. Fish followed by a boost to your immune system in our state of the art Dry floatation suite. Light, sound, heat and aromatherapy as you drift away to another world.

'Peat and Rose pool' 90 mins

C BF D BP

This package includes our Ógra Rose blossom Peat wrap which follows your 'anti-ageing' Peat bath. Both treatments greatly improve your body's ability to absorb the healing benefits of the peat – leaving you feeling chilled and oh so healthy.

'Heal and scrub' 60 mins

C BF D BP

This package includes Ógra peat on the Run back treatment following our most desired heather and peat body exfoliation, removing dryness and leaving your skin glowing.

'Fish and sleep'

C BF D BP

Including an express appointment with Dr. Fish coupled with some sleep time in our state of the art dry floatation private suite... yum!



Spa teen parties, a great way to celebrate birthdays or exams... for packages & dates enquire with our Spa.



More beauty at the spa

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

C D B

Eye Treatments

Eyebrow shape
Eyebrow tint
Eyelash tint
Eyelash and brow tint
Eyelash tint, brow tint and trim
Threading (An ancient method of removing hair from the eyebrow area using thread. A closer longer lasting method of hair removal.)

Make-Up

Day or evening, make-up application
Nail file and polish



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 years) 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 lifestyle products as well as Elemis Products & gifts
- Relaxation quiet room, please respect the silence

Skincare consultations are free of charge. 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,
Ógra Ireland Peat products and candles available for purchase.

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Carlton C Spas

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