

CSPA

A Unique Spa Experience

cspa@carlton.ie • www.carlton.ie

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

FACIALS

Tri-Enzyme Resurfacing	60mins	€89
Visible Brilliance	70mins	€89
Pro-Collagen Quartz lift	70mins	€89
Elemis Skin Specific	50mins	€69

FINISHING TOUCHES

"Fake Bake" Golden Tan

Half Body	€25
Full Body	€38

HANDS & FEET

All include your choice of colour or French Polish

C Spa Manicure	€38
C Spa Pedicure	€42
Finger Tip (File & Polish)	€20

MAKE UP

Cleanse & Make up	€25
Bridal Makeup (includes Trial)	€35

TINTS & TRIMS

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

Eye Brow Shape/Tint	€9
Eye Lash Tint	€12
Lash & Brow Tint	€16
Eye Lash Tint, Eyebrow Shape & Tint	€25

WAXING

Full leg & Bikini	€38	Full Leg	€30
Half Leg	€20	Arm	€18
Under Arm	€15	Bikini	€15
Lip & Chin	€12	Lip	€8
Back	€30 plus		





CARLTON ABBEY HOTEL & C SPA
Co. KILDARE
T: (059) 8630100

CARLTON ATLANTIC COAST HOTEL & C SPA
Co. MAYO
T: (098) 29000

CARLTON KINSALE HOTEL & C SPA
Co. CORK
T: (021) 4706625

CARLTON MILLRACE HOTEL & C SPA
Co. WEXFORD
T: (053) 9375100

CARLTON REDCASTLE HOTEL & C SPA
Co. DONEGAL
T: (074) 9385555, (074) 9385426

CARLTON SHEARWATER HOTEL & C SPA
Co. GALWAY
T: (09096) 30521/30500

C SPA RITUALS

	Time	Cost
The C Spa signature Ritual	2hrs	€139
Total Rejuvenation	4 hrs	€235
C Spa Cleansing Ritual	2 hrs	€150
Golfers Revival	1 hr	€79
Mum to be	2hrs	€99

MASSAGE

Swedish	50/70min	€69/89
Deep Tissue Full Body Massage	50/70min	€69/89
*Hot Stone	50mins	€85
Reflexology	50mins	€69
Back, Neck & Shoulders	30mins	€45

BATHS

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

WATER RITUALS

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

BODY POLISHES

Tropical Coconut Sugar Glow	30mins	€45
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BODY WRAPS

Re Mineralising Mud Body wrap	30mins	€55
De Toxifying Marine Body Wrap	30mins	€55
Tropical Coconut and Sugar		
Nourishing Wrap	30mins	€70

THE CARLTON MAN

Elemis Skin IQ Facial	70mins	€89
Elemis Urban Cleansing Facial	70mins	€89
Deep Tissue Full Body Massage	50/70mins	€69/89
Swedish Full Body Massage	50/70mins	€69/89
Back, Neck & Shoulder Massage	25mins	€45
Muscle Ease Hydrotherapy	20mins	€45