



HEATHER
& EARTH

BY  CSA



HEATHER & EARTH

BY C SPA

Visit our Spa Gift
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Gift cards & ideas

Relax at our
Spa Café by C Spa

Heather & Earth by C Spa

Welcome to our Spa and enjoy reading our exciting selection of Spa & Beauty treatments.

Experience the essence of Heather & Earth where we invite you to explore our wonderful Therapies from Ireland, together with Ógra Irish Peat celebrating thousands of years of anti aging and healing benefits felt by generations. With our exciting Hot Lava shell treatments plus sensational USpa and Lu'lur Spa Therapies we really are bringing you quite Earthly, cutting edge choice of Spa & Beauty treatments available in Ireland today.

From Nature comes Beauty... Surrender to the Elements here at Heather & Earth by C Spa, Shearwater, Co. Galway.

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.





Hot Lava Shell therapies are now available here in The Carlton Shearwater Hotel, Co. Galway in the beautiful setting of 'Heather & Earth' by C Spa.

Lu'lur – for stressed tired and over worked bodies This amazing range of Indonesian body rituals was designed and developed by George Jilly. Inspired by 15 years of Travel and Spa experiences around south East Asia. The Aromatic organic ingredients which were used during body treatments were the focus behind Lu'lur.

USpa Rituals face & body - Harmonise the inner & outer self with USpa where Balinese body palming amongst many other global massage techniques will return your mind, body & spirit to unity, with sensational results guaranteed.

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. We invite you to experience the true meaning of a spa where, in addition to our amazing selection of Heather & Earth by C Spa signature treatments Lava Shells and Lu'lur therapies, you may also choose from our USpa Face and Body Rituals.

Lava Shell & Glacial Shell Treats

Hot Lava Shell Body Massage 60 or 90 mins P S F C D B F

The original Lava Shell massages which acts as a natural colonic on the digestive system and provides deep relaxation. Experience the warmth and soothing relief of the Tropics as the therapist glides the smooth Lava Shells around the body tummy area, stimulating circulation to remove blockages and provide relief from bloating, discomfort and IBS. The heat from the lava shells also stimulates blood supply resulting in healthier looking skin whilst the deep tissue pressure point massage eases away muscle tension, releases energy flow and restores a sense of balance to the entire body and mind.

Hot Lava Shell Relax Body Massage 1 hr P S F C D B F

For the ultimate, calming massage, the Lava Shells Relax treatment is the soothing solution. As the therapist glides the marine polished sea shells smoothly over the body, you will instantly drift into a blanket of warmth, falling into a state of utter relaxation and calm. During the massage, the shells are worked over the palms, arms, neck and shoulder area, with the focus of the massage surrounding pressure points. Deep tissue work on these tension areas such as the feet, back and shoulders, ease away all muscle tension, knots and stress points, unblocking an energy flow and releasing a sense of balance to the entire body and mind.

Hot Lava Shell Relax Face & Body 90 mins P S F C D B F

This is the ultimate Lava Shells experience for both the face and body. The warm lava shells deep tissue massage works over pressure points in the palms, arms, neck and shoulder area, as well as the feet, back and shoulders to induce total relaxation. This is combined with a gentle facial massage to stimulate the circulation, ease tension lines and boost natural radiance.

Hot Lava Shell Core Strength-Back & Tummy Massage 45 mins P S F C D B F

A complete treatment of the back and tummy areas to improve core stability and strength. Ideal for anyone suffering with minor back ache this treatment uses the hot lava shells to massage the tummy and mid to lower back areas working as a natural colonic and relaxant to achieve total body alignment.

Hot Lava Shell Back Massage 30 mins P S F C D B F

For an intensive back, neck and shoulder treatment this deep tissue massage uses heated lava shells to achieve a firm deep pressure and treat deep rooted muscle problems. The radiating heat from the shells releases tension and leaves you feeling instantly stress free and rejuvenated.



Hot Lava Shell Tummy Treatment 15 mins P S F C D B F

This is a natural colonic treatment and ideal for anyone suffering from IBS and bloating. The treatment uses the heated lava shells to massage the abdominal area and improve the functioning of the digestive system. The combination of soothing heat and gentle massage stimulates the body's natural systems to effectively eliminate toxins and reduce bloating. This treatment will leave you feeling comfortable, rejuvenated and with the added benefit of a flatter tummy which lasts for days.

Hot Lava Shell Back & Legs Massage 45 mins P S F C D B F

A treatment ideal for both men & women, this is a deep tissue massage using the heated shells focussed on the back and the legs. Strained muscles, knots and stress points are worked upon with deep tissue massage to provide immediate relief.

Hot Reflexology Lava Shell Treatment 30 -45 mins P S F C D B F

An intensive reflexology treatment using heated lava shells to ease stress and rebalance the body's energy system. The very nature of the shell allows the therapist to easily detect any crystals and blockages within the body and deliver a truly powerful, deeply relaxing and healing therapy.

Lava Shell Therma Facial 60 mins P S F C D B F

This deeply hydrating and anti-ageing facial uses Spa Find natural Dead Sea mineral therapy products and is perfect for delicate and dehydrated skins. The treatment renews and revives the complexion leaving skin radiant and glowing. The face, neck and décolleté are deeply cleansed and polished to prepare the skin for a specialised massage using the warm Lava Shell. The natural mineral heat from the Lava Shell helps penetrate the skincare products deeper into the skin and instantly relax you, allowing you to drift into a tranquil state of mind.

Glacial Shell Detox Massage 60 mins P S F C D B F

This is the ultimate development in ice therapy (cryotherapy) that targets two problem areas: the stomach and the legs, tackling congestion areas (such as the small and large intestine), and stimulating the lymphatic system to encourage the body's own natural purification. This invigorating treatment eliminates toxins, whilst the therapeutic contrast of hot Lava Shells and cold Glacial Shells creates the ultimate contrast, promoting wellness and balance.

LU'LUR

Treatment Rituals

This capsule range of Indonesian body rituals designed and developed by George and Vanessa Jilly, Lu'lur was inspired by 15 years of travel and Spa experiences in South East Asia. The aromatic organic ingredients used during body treatments was the focus for the inspiration behind Lu'lur.

Traditional Lu'lur full body ceremony (bath option) 2hrs 15mins P S F C D B F

Lu'lur is the luxurious pre-wedding ritual originating from the royal palaces of central Java. The term loosely translates to the Javanese 'coating of the skin.'

Our Lu'lur experience begins with a traditional Balinese massage to relax and soften prior to the coating of the skin. This is followed by a Turmeric and Rice powder scrub enriched with Sandalwood and Jasmine, which exfoliates and infuses your senses with the sweet smelling aromas of south East Asia. The Lu'lur body ceremony continues with a Mandi Susu luxuriously aromatic creamy bath of rose petals and yoghurt. After the softening powers of the Mandi Susu, the ritual is completed with a richly fragrant Lu'lur body moisturising and facial anointing of Lu'lur Tamanu and Jasmine oil. Give yourself time to experience this wonderfully nurturing treatment that is steeped in tradition.

Traditional Lu'lur full body ceremony (without bath) 2 hrs P S F C D B F

A shower replaces the bath in the initial ceremony. Mandi Susu can be used as a splash or sponged onto the skin during the shower.

Alternatively, Mandi Susu can be experienced as a relaxing foot soak to begin the ceremony.



LU'LUR Hibiscus & Jasmine Body Scrub 45 mins

60 mins (option with Mandi Susu foot soak)

PSFCDBF

To smooth and hydrate

This traditional Lu'lur scrub is a delicate blend of rice powder, tumeric, and essential oils of Jasmine and Sandalwood. The exotic mixture is sprinkled onto the skin, blended with Lu'lur dry oil and massaged in gently before being showered off. Your newly smoothed skin is then treated to an application of Lu'lur body moisturiser, which is rich in the moisturising properties of Orchid and Kukui nut oils.

RESULT: Silky smooth, glowing skin.

LU'LUR body smooth and Coco Cream

Moisturising Wrap 1hr 30 mins

PSFCDBF

This luxury Lu'lur treatment begins with a Yoghurt and Rose Petal foot soak, followed by a full body exfoliation using Lu'lur dry oil and Hibiscus Jasmine & Tumeric body scrub. After showering off, a blissful warm rich Coconut and Vanilla cream is liberally applied and you are cosily cocooned in a soft cotton wrap. Relax while this nourishing cream works its magic on even the driest skins (any surplus cream is massaged in as wrap is removed).

RESULT: Perfectly smooth well nourished skin.

LU'LUR Coco Cream Nourishing Massage & Body Wrap 60 min

PSFCDBF

For: stressed dry skin

This ultimate cure for your skin. A soothing Mandi Susu Rose Petal foot soak begins the treatment, to soften the skin, while the essence of Rose Absolute calms the senses. Relax while the warmed Coconut and Vanilla cream is used for a full body massage to ease tense and tired muscles. You are then cocooned in a soft cotton wrap which helps intensify the nourishing effects of the Coconut cream. Excess cream is massaged in as wrap is removed.

RESULT: Softer well nourished skin and tension dispersed.

LU'LUR Luxury Foot Spa (option of addition to pedicure) 1hr

PSFCDBF

For: dry chapped feet

A pampering treat for tired under nourished feet. A warm fragrant Rose Petal foot bath is prepared and your feet are placed on heated stones as your therapist carries out a relaxing scalp or upper back and neck massage (through clothes). A delicate Hibiscus and Tumeric scrub is then applied and your feet are buffed smooth. Heated Lu'lur dry oil with Camellia and Marigold is worked into cuticles while feet and legs are massaged up to the knee. A fragrant heated Coconut and Vanilla cream is applied and you relax in warm booties whilst the nourishing cocktail works its magic.

RESULT: Light, smooth, well nourished feet.

LU'LUR Luxury Hand Ritual

(option of addition to manicure) 45 mins

PSFCDBF

For: extra dry or chapped hands

A treat for dry chapped hands. Feel the tensions of the day disappear as your hands are immersed in a luxurious warm Rose Petal and Yoghurt Mandi Susu soak. The rose petals add to this sumptuous experience and have a softening effect on skin. A delicate Hibiscus and Turmeric scrub is then applied and your hands are buffed smooth. The Lu'lur traditional dry oil renowned in Hawaii for its healing properties is massaged into cuticles. A fragrant heated Coconut and Vanilla cream is applied to your hands and you relax in warm mitts while the nourishing cocktail works its magic.

RESULT: Brighter nourished skin and nails.

LU'LUR Balinese Massage 1 hr 10mins

PSFCDBF

For: stressed, tired and over worked bodies

This deep massage gently softens and smoothes muscular tension, using slow, rhythmically traditional Balinese massage techniques.

RESULT: Relaxed, and re-energised.

LU'LUR Mandi Susu Bath Soak 20mins

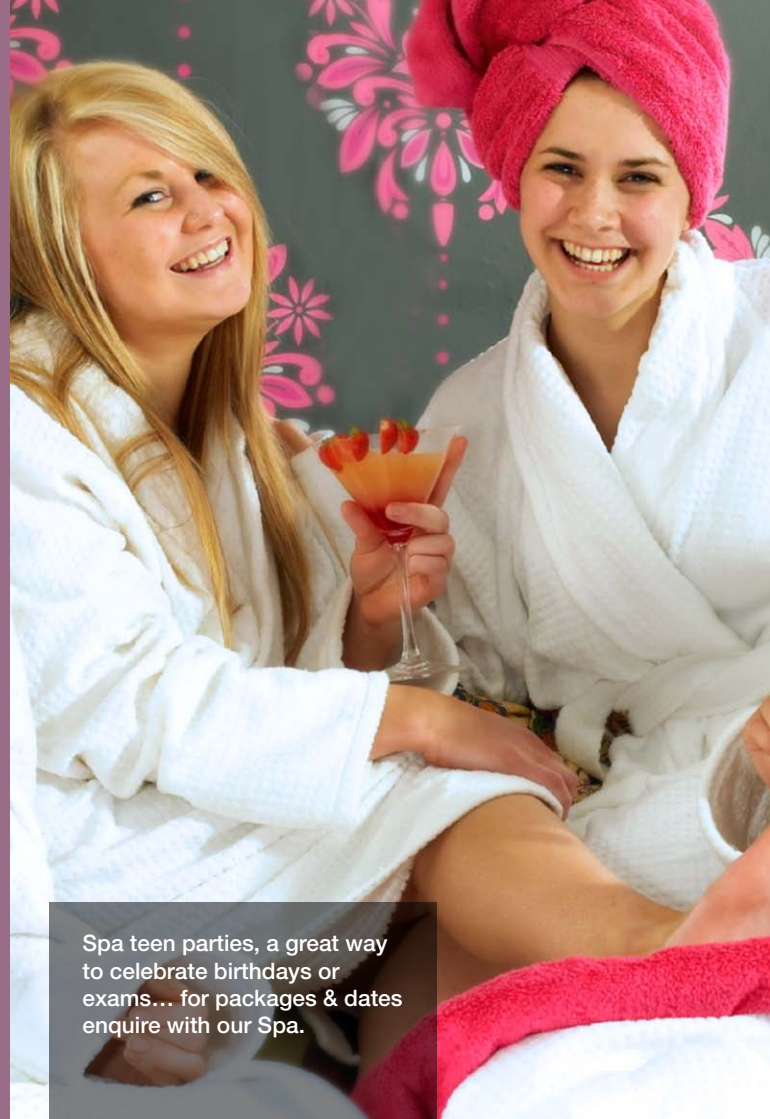
PSFCDBF

To soothe and relax

Lie back and luxuriate in fragrant Rose and Jasmine scented water, whilst the milky texture coats and softens your skin.

RESULT: Soft, silky, sensuous skin.

* A nourishing conditioning hair mask of China Rose Hair Reconstructor is also an optional addition to each LU'LUR treatment.



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



Face Rituals

Each facial begins with the ritual of an exotic footbath. Your feet will be bathed and exfoliated with organic wild thyme foot pumice and massaged with tangerine and rose cream. To begin the facial relaxation your trained therapist will focus on breath, bringing oxygen deep into the underlying tissues whilst relaxing the face with a back massage. Uspa combines powerful highly energetic plant extracts to provide deep cleansing, exfoliation, masques, cell therapy and deep hydration.

Your senses will be awakened with aromatic elixirs, your face exercised with fortifying massage. Balinese body palming helps to relax and unblock the energy pathways, then finally your facial treatment is completed with a foot and scalp massage.

Hydramax Facial 1 hr PSFCDBF

For dry, devitalised skin lacking in moisture. The skin is harmonised with aloe, rose absolute, evening primrose and calendula.

Regenerative Facial 1 hr PSFCDBF

This facial is ideal to rebuild and repair damaged or aging skin, using products potent in Vitamin C, camellia oil, neroli and fennel



Refining Fruit Acid 1 hr PSFCDBF

The ultimate in a botanical fruit acid treatment. Designed to refine and rejuvenate toughened and marked skin. Using serums infused with botanical alpha hydroxyl acids, sandalwood, lavender and apricot kernel oil.

Purifying Facial 1 hr PSFCDBF

Refresh and detoxify oily or congested skin. The purification begins with almond oil, vetiver, peppermint and lime

De-Sensitising Facial 1 hr PSFCDBF

Calm and balance sensitive irritated skin. Using elixirs and serums rich in chamomile, jojoba, borage and calendula.

Clarity Essential Facial 1 hr PSFCDBF

Designed to provide the perfect facial balance for those who have little time. Begin with our footbath, a choice of any Uspa petite facial, and Brazilian foot massage. Leave refreshed with your skin full of vitality.

Eye Contour Wrap 1 hr PSFCDBF

The ultimate eye treatment focusing on Marma point massage techniques diminishing puffiness, fatigue and dark circles.



Body Rituals

All our treatments have been designed by the Uspa Founder, Vanessa Jilly and are dedicated to harmonising the inner and outer self. Each body treatment although unique in its own way includes the following head to toe rituals to truly pamper the individual. Balinese body palming designed to bring mind, body and spirit into unity.

Relax with aromatic hot towel wraps to the scalp and finally an awakening head massage will complete these treatments. Depending on your spa location, different water modalities may be used in conjunction with your treatments. Water brings life and cleansing to the body and may come in the form of shower, still bath, spa or vichy shower.

Rejuvenating Mud Wrap 1 hr

PSFCDBF

Clay brings the truly unique detoxifying benefits from the earth. This exquisite clay is a powerful combination of clay, nut and essential oils. Your body will be smothered in warm aromatic clay, gently cocooned in natural cloth to intensify the benefits of this truly wonderful experience.



Coffee and Sea Kelp Contour Wrap 1 hr

PSFCDBF

Rich in vitamins and anti-oxidants the Coffee and Sea Kelp Wrap assists to increase cellular metabolism and detoxification. Stimulating nanah menthe leaves, vanilla and grapefruit will awaken the senses, ground pumice will exfoliate and enliven the skin. Macadamia nut oil will leave the skin soft and supple. Complete this treatment with a specifically designed contour massage.

Herbal Hydration Body Masque 1 hr

PSFCDBF

The organic hydro-powder is an intensive hydrating and relaxing body masque. A nourishing blend of 9 organic herbs which include softening oatmeal, ground sesame seeds and wild calendula flowers. Once applied this masque this masque will gently exfoliate, detoxify and hydrate even the most sensitive of skins.

Body Ritual Treatment 1 hr

PSFCDBF

Embark on a journey for your entire well-being. Settle in for a Bamboo and Ginseng Polish, follow with a Rejuvenating Mud Wrap. Cocoon your body with natural cloth whilst ritualistic body palming connects your body and mind. Travel onwards to a full body massage and complete the harmony with a rejuvenating facial. Awaken your senses on every level to the pure aromas of Uspa botanical ingredients.

Aloe Linen Wrap 1 hr

PSFCDBF

Discover the healing powers of aloe vera with this calming, anti-oxidant body wrap. Ideal for over exposure to the sun or for those wanting extra plumpness and suppleness to underlying skin tissue. This masque, infused with green tea rich in anti-oxidants, will soothe and harmonise.

Bamboo and Ginseng Polish 1 hr

PSFCDBF

Renew your body with Uspa's exotic Lavender and Ginseng Bamboo Grounds. This invigorating exfoliant will be polished over your body to remove impurities and reveal soft smooth skin. Complete this with an intense moisturisation of the sublime Tangerine and Rose Moisturiser and Dry Oil.

Hot Oil Elixir Infusion 1 hr

PSFCDBF

Pure relaxation. A holistic body oiling for body and mind. Begin with a sensory journey of 5 aromatic elixirs, follow with a dry brush, before a gentle, rhythmic oiling takes your senses towards harmony.



Packages

We specialise in and particularly love taking care of our large groups and therefore can create packages around your needs and wishes.

'My First Facial' By Heather & Earth 60 mins P S F C D B F

A Novel way to introduce a little lady to the habits and benefits of good skincare. This adorable facial is specially designed for a very young skin (13 years +) and also makes an excellent present for any young lady! Teaching the importance of facial skincare and introducing your fledgling to important information, helping her form good habit for life. An easy to follow homecare advice leaflet fully explained by her therapist will be given at the end of her treatment. (this treatment must be supervised by an adult if child is under the age of 17)

'Heather and the Girls' 2 hrs P S F C D B F

Ladies let the Earth Move for you with this relaxing Hydrating age erase facial following the most Luxurious C Spa Signature manicure & Pedicure complete with Finger & Toe nail paint

'Heather in a Hurry' 55 mins P S F C D B F

Where time might be short we have put together an express way for you to visit 'Heather & Earth' in order to find some time to relax and experience a muscle melting scalp neck & shoulder massage together with a deeply tempting 'hot oil' foot & ankle massage.

'Hydra for Heather' 2 hrs 30 mins P S F C D B F

Enjoy a thoroughly relaxing Bubble bath prior to your bamboo & ginger polish preparing your body for sleep as your therapist will commence your Hydramax facial sending you off to another world. The Ultimate Treat!

'The Shearwater Face & body Ritual' For Ladies & Gents 2 hours P S F C D B F

This Top To Toe treatment will commence with a Skin Specific 1 hour USpa Facial treatment, relaxing the face scalp and eyes your Therapist will then turn her attention to your Body Selecting warm oils which will soothe and work out those aching muscles pressure of your choice.

Email us at heatherandearth@carlton.ie for package rates.

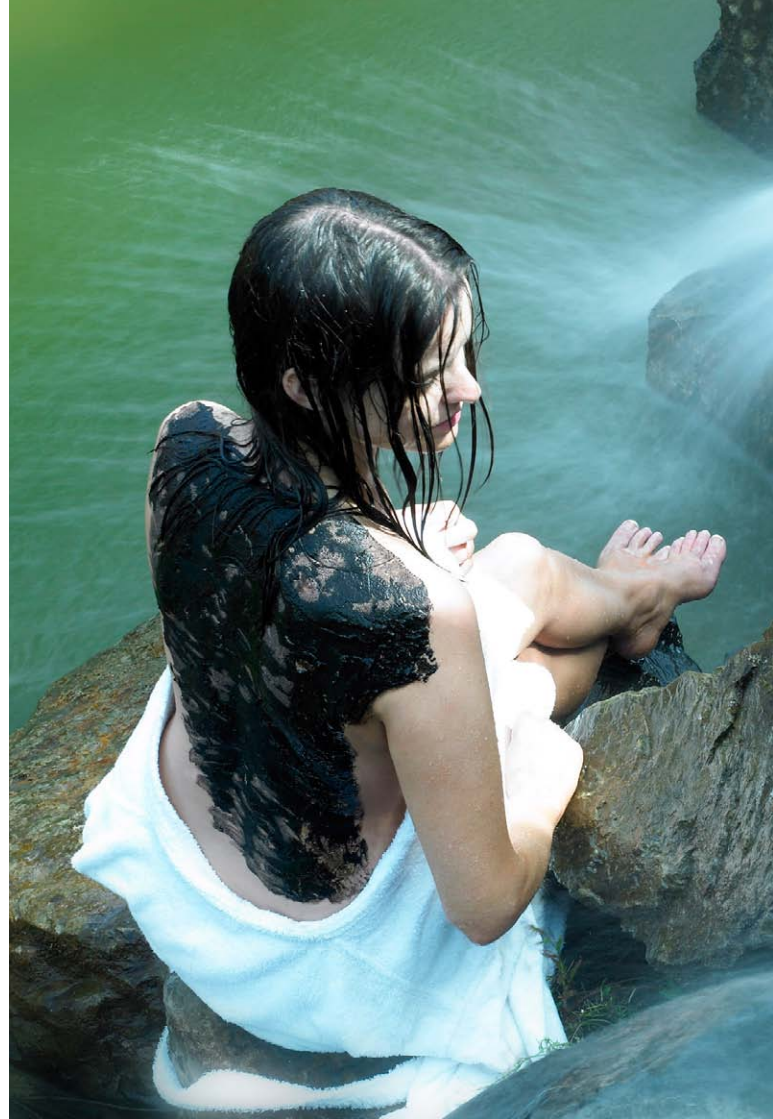


Irish Peat Treatments

Peat Exfoliates, softens, moisturises and preserves the skin. The Healing benefits of Peat are well recognised globally for Centuries.

Irish Peat benefits:

- Locomotive diseases
- Respiratory Diseases
- Skin Disorders
- Digestive Problems
- Eases Tired and aching muscles
- Osteoporosis
- Rheumatoid arthritis
- Recognised for unbelievable skin softening results



Peat Body Treats

Ógra Peat Lemon and lime Body Wrap with Hot oil massage 90 mins

PSFCDBF

This Treatment commences with a complete face and body Polish, preparing the skin for Lemon & lime Peat. Whilst wrapped in the detoxifying Peat you will relax very comfortably in our dry flotation suite, featuring light sound and heat therapy which further enhances the natural process of toxin removal from your body. To complete the treatment your body is indulged in a warm oil full body massage.

Ógra Body Wrap & Float 75 mins

PSFCDBF

This Divine full body exfoliation and Healing warm Peat wrap is intensified by our Dry Flotation experience leaving you totally refreshed and detoxified – the ultimate pick me up!

Dry Flotation Experience 30 min

PSFCDBF

Where half hour of sleep in this Private suite is compared as a similar effect to 6 hours elsewhere. Thoroughly boosting your immune system using Light Sound and Heat therapy, this luxurious bed feels like you are floating on water!

Hydro therapy Bathing 30 min

PSFCDBF

Your therapist will select the appropriate ingredients from your Consultation to ensure your bath is meeting your bodies needs whether its Muscular tension, Skin Nourishing or detoxification.

Both of these treatments may be booked as a standalone treatment and highly recommended to further enhance any hands on therapy you may receive during your time at 'Heather & Earth'

Mother Earth's mum to be Treats

USpa Full Body Pregnancy Massage 1hr 15mins

SFCD

A gentle massage designed to ease tension and improve skin elasticity during pregnancy. Pre-blended oils containing tangerine and rose help prevent stretch marks and hydrate the skin.

Mums to Be Specialised Package 2 hrs

SFCD

The ultimate treatment for any mum to be. This treatment starts with a lower leg and foot exfoliation followed by a soothing foot soak. A specialised full body pregnancy massage and a personalised USpa hydrating facial.

Mum to Be Coco Wrap 1hr 15mins

SFCD

Treatment starts with foot soak followed by a full body anointing in Coco Cream. Banishes dull dry skin, a great treat for stretch mark prevention.

Mum To be Pick me up 1 hr 15mins

SFCD

Back & Neck Relaxation Massage with Facial. A pick me up for a tired lady try our USpa facial designed to hydrate and smooth the skin followed by a back, neck & shoulder massage.

With our compliments

During your time here at the Spa, please enjoy complimentary use of our Finnish Sauna and herbal steam room 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

P S B F B D F

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



Nail Studio at Heather & Earth

Say HELLO to Shellac! Introducing The First Hybrid Nail Colour

High Fashion Nail Colour! This game-changing product applies like polish, wears flawlessly for 14 days of high gloss shine, and is removed in minutes.

Shellac paints on like polish – base coat, colour, top coat – and is cured in a UV light so there is zero dry time. The colours are hypo-allergenic, and “3-Free” – no formaldehyde, toluene or DBP. Shellac launches in 12 varieties of shades, from pretty French pinks and whites, to siren red and rich darks.

The formula is thin and flexible like polish, so it not only looks natural, it provides strong natural nail protection with a resilient mirror finish that resists dullness and chipping, even during the most rigorous activities.

[C Spa 'Heaven on Earth' Signature Pedicure 55 mins](#) [SFOC](#)

Enjoy real results with this thoroughly Skin Softening Pedicure to include Foot soak with exfoliation followed by deep foot & ankle massage and a warm Peat Mask with Cuticle work and file and paint colour of your choice!

Meet the colours:

Cream Puff



Romantique



Rose Bud



Tropix



Wildfire



Fedora



Neglige



Strawberry Smoothie



Tutti Frutti



Hot Chilix



Red Baroness



Iced Cappuccino





Lycon waxing – Gently & effectively removing stubborn hair from as short as 1mm !!!
(gentle on even the most sensitive skins)

Beauty at the spa

When popping in to see your usual therapist and receiving your regular maintenance appointment you may wish to combine your visit with some of our Spa treatments. In which case please just ask which treatments are suitable together on the same day, we are delighted to guide you towards the most suitable treatments for you.

Waxing

C D B

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
Brazilian & Hollywood waxing

Eye Treatments

Eyebrow shape
Eyebrow tint
Eyelash tint
Eyelash and brow tint
Eyelash tint, brow tint and trim

Make-Up

Day, evening or Bridal party make up application
Nail file and polish



Tanning

At Heather & Earth, our goal is to provide our clients with the safest, most state-of-the-art spa experiences possible. That's why we only use products from the original sunless tanning company, Karora. Karora tan products provide a safe and natural looking, streak-free tan, and allow us to provide treatments tailored to our clients' individual needs.

Karora

No.1 tanning product for numerous red carpet events and celebrities!

BF P F

- Glowing sun kissed colour
- Longer lasting
- Quick drying and easy application
- Colour satisfaction and even toned
- Wears off evenly and naturally
- More moisture locked into your skin



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 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 Lava Shells, Lu'lur and Uspa products.
- 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 - Tuesday 9am until 7 pm, late nights Wednesday - Friday, Open 9am until 9pm

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Carlton C Spas

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