



HERBS & ROSES

BY  CSRA



HERBS & ROSES

BY  CSA

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Herbs & Roses by C Spa

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

Experience the Essence of Asia right here in Tralee where our experienced, friendly and highly trained team await your visit. Using rare and exquisite Thai formulations to treat your body which will greatly impact on your health - releasing deep muscular tension and helping to boost your immune system, leaving you re-energised and feeling healthy like never before.

Our ancient Thai treatments are an Art in muscular stretching and compression on key pressure points deep within, receiving a physical workout while you simply do nothing leaving you feeling more grounded and ready to tackle the world!

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.





Native Asian Healing practice is our speciality; the majority of our treatments have remained unchanged for thousands of years and are now available here in The Carlton Hotel Tralee, Co. Kerry. Readily available in the Beautiful Asian setting of 'Herbs & Roses by C Spa'.

We are delighted to celebrate the announcement of our strong association with *Darphin* bringing you the cutting edge in skin treatments for your face & body where you'll experience immediate skin results with our global skincare brand owned by *Estée Lauder*, trusted by generations and a proven track record in the customised approach to skincare. A tempting selection of treatments to choose from, instant results await you!

Whether you seek relaxation or immediate improvement to your complexion, or simply would like to focus on Anti-aging solutions, you will see an instantly visible improvement. Darphin have the answer for you.

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 Herbs & Roses by C Spa signature treatments and Ytsara, you may also choose from our Darphin Spa Therapies.

Our menu has been developed by a specialised team, with extensive clinical and scientific studies. Darphin Professional Spa therapies are world renowned for their Customised Facials.

Customised Facials

Darphin Sensorial Reviver Facial 30 mins S D

Pick-me up Treatment

A detoxifying and relaxing facial that clarifies and removes every trace of city grit and grime. Recharge the skin from environmental elements and lift the spirit for those clients who are in a hurry and short of time.

Darphin Kiwi & Pomegranate Hydrating Facial 1 hr S C D

Intensive Hydrating Treatment

A deep drench and soothing quench for moisture-depleted skin. This intensive hydrating facial provides a delectable dewy-fresh, radiant complexion.

Darphin Chamomile & Honey Soothing Facial 1 hr S C D

Facial Soothing Treatment

A calming cocoon for aggravated complexions. A pillowy-soft flower blend to reduce redness and reveal a smooth, even-toned complexion while promoting inner and outer peace.

Darphin Lemon & Lavender Purifying Facial 1 hr S C D

Deep Cleansing Treatment

A deep purifying and detoxifying treatment for all skin types that refines pores and leaves complexion refreshed, sparkling clean, clear and bright.



Darphin Vitamin & Tangerine Revitalising Facial 1 hr S C D

First Signs of Ageing Treatment

Delivers a high-powered boost to rev up skin's natural vitality and anti-ageing resources for a smooth, toned, energised and radiant complexion

Darphin Stimulskin Lifting Facial 1 hr S C D

Total Anti-Ageing Treatment

This deeply nourishing anti-ageing treatment will lift, firm and tone your skin as well as help to reduce redness, age spots and the appearance of wrinkles for a rejuvenated complexion.

Darphin High Power Revitalising Facial 1 hr S C D

Made for Men

A revitalising treatment personalised to suit every individual needs and concerns: from deep cleansing, age prevention, hydration and ultimate relaxation.

C Spa Signature Rose Age Reversal Facial 1 hr S C D

Youthful Firming Treatment *(designed in consultation with and for our Roses of Tralee)*

Rediscover the days of smoother skin. Darphin's unique line erasing massage works wonders to relax lines and firm muscle for a beautifully smooth, younger-looking skin.



Ytsara



In partnership with Ytsara we bring therapeutic remedies from Asia for you to try, offering an original and global approach to age old ailments.

Our herbs, roots, flowers and fruits are cultivated on organic farms in Thailand, or hand picked in Thai forests in order to harvest the purest most potent ingredients for our Tralee clients.

Our Herbarium contains healing herbs and exciting blends appealing to all five senses such as Bamboo shoots, Lotus flowers, ivy, cinnamon, lemongrass and Camphor to name but a few. Depending on your ailments our therapists will select and use accordingly, bringing you all the health benefits possible.

Reflexology 50 min

PSFCDBF

Working on both your feet this age old treatment will focus on key pressure points which are well known and believed to represent various organs and systems within your body. A deeply healing and natural way to relieve tension from all areas of your body through the feet. Deeply relaxing and effective.

Taolay - Face Lifting Bliss 1 hour

PSFCDBF

Using the intelligence of 100% natural ingredients to help firm the skin. Pure regenerative plant extracts activate cell renewal while skin is deeply cleansed and purified. Then slowly drift into a luxurious relaxation with warm sesame poultices dipped in warm rosewood oil, which is gently glided onto your face to tone passive facial muscles and activate microcirculation. After a final quenching touch of Neroli, enjoy the blissful sensation of renewal and the precious feeling of eternal youth.



Body massage

Nuat Namman - Body Oil Ceremony 1 hr 30 min P S F C D B F

Experience the healing effects of Asian aromatherapy in a relaxing and restorative massage that combines the sense of tropical smells with the soothing value of acupressure massage. Individually chosen to suit your personal requirements, the essential oils will rebalance your vital energies restoring harmony and calm to your body and mind.

Choose one from our four signature aromatherapy blends:

- **Ponklai:** Relaxing body oil massage with a synergy of lemongrass and orange essential oils that will embark your body and mind on a journey of ultimate relaxation and wellness.
- **Lodkwam Aun:** Contouring body oil massage with a synergy of Black pepper and Kaffir Lime essential oils that will help your body to drain toxic wastes and re-sculpt your figure.
- **Borisut:** Detoxifying body oil massage with a synergy of Chinese Mandarin and Rosemary essential oils that will leave your body deeply detoxified with a replenished mind.
- **Phem Palang:** Energizing body oil massage with a synergy of Blue Ginger and Sweet Orange essential oils that will ease away tensions and aching muscles to bring your senses with a renewed vitality.

Samunprai - Thai Herbal Heat Energizer 1 hr 30 min P S F C D B F

Drift away tensions while enjoying this unforgettable traditional hot Thai massage, unchanged since the Thailand Ayutthaya period (14th – 18th Century), when a hot pack was administered to soldiers returning home with muscular aches and bruises. The balancing poultice opens the pores and brings a deep medicinal heat to the muscles to release tensions and revitalize your mind. Then an invigorating massage with a synergy of Blue Ginger and Sweet Orange essential oils will take your body on a journey of total renewal.

Anamai - Body Reviver 1 hr 30 min P S F C D B F

Strengthen your body and feel empowered with this unique healing art of massage thought to have travelled from India to Thailand 2,500 years ago. A combination of acupressure, gentle stretching, and oil massage is applied to your body to release blockages and tune your energy flow. Meanwhile, warm herbal cushions filled with therapeutic botanical ingredients placed onto your back and neck, infuse their healing powers into your system. This treatment helps to reinforce your immune system, reduce stress, improve posture and enhance your vitality.

Mohom - Indigo Art of Healing 1hr 30 min

PSFCDBF

Experience the ancient healing art of Hmong Shamans, used to treat muscular aches and pains. A steamed indigo herbal poultice, filled with pure remedial ingredients, is thoroughly pounded over your body. Then surrender to a deep tissue massage using palms, thumbs and elbows to loosen muscles and stimulate blood circulation. Indigo, the symbol of the Buddha of Medicine, is said to improve muscular tone and drain away toxins, while Chinese Mandarin and Rosemary essential oils dissolve muscular tension, embracing you in an aura of calm and harmony.

Qi - Absolute Desktop Recovery 1 hr

PSFCDBF

Experience an exquisite body massage that relieves the stress and pressure of long office hours and endless days spent crunched up in front of your computer. Relax on warm herbal cushions to comfort your spine and allow age-old Asian restorative muscle kneading unleash tension and erase fatigue that has infiltrated your upper body. A tuning reflexology massage reconditions your back, shoulders, neck and hands, whilst your vital energy awakens your body again, ready for whatever the day or boss can throw at you.



Maphrao - Warm Coconut Soother 1 hr

PSFCDBF

Following the Zen philosophy of returning to nature, amazing tropical wonders infuse this treatment with life, energy and beauty. Drift into southern Thailand delights when warm extra virgin coconut oil is drizzled onto your body and a warm sesame and coconut poultice is gently glided to massage, nourish, soothe and condition your skin. Exhilarating sweet scents permeate your mind and nurture your soul.

Rasayana - Eternity Body Booster 1hr

PSFCDBF

Forget all your worries and savour the moment as a warm, silky fusion of green tea, white clay and aromatic oils is massaged into your body. The wrap gently bathes your skin in active ingredients of China Mandarin and Sweet Orange, rekindling your inner youth and fighting the build up of free radicals. Meanwhile, enjoy a soothing head massage that brings you to your own piece of heaven.

Samsara - Detoxing/Contouring/Relaxing/Energising 45 mins

PSFCDBF

This exceptional skin softening body exfoliation combines sea salts from Himalayas and a choice of detoxifying body oil of China Mandarin, Contouring body oil of black pepper, Relaxing body oil of Lemongrass or Energising body oil of blue ginger to leave the skin feeling fresh, smooth and revitalized.

Tanning

At Herbs & Roses 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, Fantasy Tan. Fantasy Tan products provide a safe and natural looking, streak-free tan, and allow us to provide treatments tailored to our clients' individual needs.

Fantasy Tan

the Creators of Spray tanning & 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





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.

Packages

We specialise in and particularly love taking care of our large groups and therefore can create packages around your needs and wishes. Tralee is a popular location for couples as well as Male entourage parties and a lovely hen destination for ladies preparing for their big day.

The Blossoming Rose 2 hrs 30 min

This delightful package combines our Signature 'C Spa Herbs & Roses facial', a deeply therapeutic and healing back treatment plus a full body Scandinavian massage, preparing even the most groomed Rose for her hectic photographic and TV schedule !

Herbs & Roses Body Polish and Booster Facial 1hr 15 mins

This exceptionally skin softening body exfoliation 'the Samsara' is combined with a skin prescriptive 'Darphin sensorial Reviver facial' leaving your face & body completely refreshed and ready to go !

My First Facial by Darphin 45 mins

A novel way to introduce your little lady to the habits and benefits of 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 habits for life. An easy to follow homecare advice leaflet will be given at the end of the facial. (this treatment must be supervised by an adult if child is under the age of 17).

Herb & Rosie's Top to Toe 2 hrs 30 mins

Your therapist will select the ideal Nuat Nammam for you - healing Asian massage depending on your needs and consultation on the day. Sheer bliss! This will be combined with our Taolay facial allowing you totally drift away with more massage than you've ever experienced before!

Herbs & Roses Girlie fix 2 hrs 30 mins

A luxurious Signature manicure & pedicure complete with finger and toe nail paint plus a hydrating Age Erase facial.

Budding Rose Express 55 mins

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

The Blooming Rose in Waiting 2 hr 30 min *(ideal for pregnancy)* F D C S

Specially designed for 'Mum to be', where she will comfortably enjoy a 1 hour Darphin facial suited to her skin during this time. A luxurious Darphin facial will be just the thing while she's supported with pillows to avoid any discomfort depending on the trimester when visiting us. We will thoroughly massage the feet and ankles with hot nourishing oils after 'Mum To be' decides whether she would like a manicure or a pedicure to pick her energies back up giving a real pep to her step !

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

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

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

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

Nail Studio at Herbs & Roses

O.P.I. have got professional hand care down to a science. We use nature's finest actives to formulate a facial-quality skin rejuvenating system worthy of the name Manicure by O.P.I. A system so luxurious and clinically-proven, it transforms ordinary services into an extraordinary spa experience. The results are nothing short of sensational - softer, smoother, younger-looking hands and the results improve with consistent and continued use.

Deluxe O.P.I. Manicure 45 min

In this luxurious treatment hands are soaked and exfoliated with a blend of natural sugar crystals and botanical and citrus extract which leaves the hands silky smooth and soft. Nails and cuticles are cleaned and shaped followed by an application of a hydrating mask with shea butter, hand massage and polish. Leave with fresh and cool nails which last longer and are more attractive.

Deluxe O.P.I. Pedicure 55 min

Feet are soaked in a purifying foot bath and exfoliated with a blend of sugar crystals and botanical and citrus extract which reduce calluses and banish dry, rough skin. This results in ultra-hydrated skin and restoring feet to silky smoothness. Nails and cuticles are cleaned and shaped followed by an application of a hydrating mask with shea butter, foot massage and polish.

Indestructible Nails

2 WEEK O.P.I. Nail File & Paint. We guarantee results for 2 full weeks.



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 Ytsara and Darphin products & gifts in addition to Bog Standard Irish Scented candles
- 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,
Darphin and Ytsara face and body products, candles and Spa gift cards are available for purchase
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