

THE C SPA

'A Unique Spa Experience'

Available at Carlton Hotels

The C Spa offers a total spa experience unique to the Carlton Hotel group and is open seven days a week. We would like to invite you to indulge yourself in the relaxing and tranquil ambience of one of our six C Spas, which are located throughout Ireland.

The C Spa offers a range of indulgent treatments for both men and women which are delivered by our friendly team of spa professionals, who are waiting to welcome you and take care of your every requirement.

Our products and treatments have been specially chosen to suit your every need providing you with the very best results. We are also happy to tailor make unique packages to suit your personnel needs, so please ask our staff to assist you.

We look forward to seeing you at The C Spa where 'A Unique Spa Experience'awaits you.

C Spa Locations

- Carlton Kinsale Hotel & C Spa Co. Cork.
- Carlton Millrace Hotel & C Spa Co. Wexford.
- Carlton Atlantic Coast Hotel & C Spa Co. Mayo.
- Carlton Shearwater Hotel & C Spa Co. Galway.
- Carlton Redcastle Hotel & C Spa Co. Donegal.
- Carlton Abbey Hotel & C Spa Co. Kildare.

C Spa Packages

Take time out and indulge yourself with a friend or partner to enjoy one of our C Spa Special Packages. Our friendly staff will also be happy to assist you with tailoring a package to suit your individual needs. You will receive a 10% discount when choosing two or more treatments.

Well-Being 1.50hrs

Choose from one of the following
A Chakra Colour, Hydra or a Enriching Milk Bath
Green Tea Detoxing or Grape Hydrating wrap
Plus
Swedish Full Body Massage

Total Rejuvenation 4.00hrs

Swedish Full Body Massage
A choice of the Elemis Pro-Collagen Marine
or Visible Brilliance Facial
Manicure & Pedicure

C Spa Cleansing Ritual 2.00hrs

Body Polish & Wrap
Choose from A De-toxifying or Re-Hydrating Polish
Elemis Herbal Lavender Repair Facial

Carlton Executive 2.00hrs

Deep Tissue Full Body Elemis Massage
A choice of the Elemis IQ or Urban Cleanse Facial

Golfers Revival 1.00hr

Muscle Ease Hydro Bath
Back, Neck & Shoulder Massage

Wedding Day Bliss 4.00hrs

(Ask our staff about our 6 weeks 'Pre-Wedding' Beauty Plan specially designed to make you look & feel even more beautiful on your special day)

Exotic Lime & Ginger Body Polish
Manicure & Pedicure
Elemis Visible Brilliance Facial
Make-Up
Glass of Champagne & Chocolates complementary

Facials

Tri-Enzyme Resurfacing 1.15min
Clinically proven: after just one treatment up to 75% resurfacing & up to 32% increased skin smoothness.

Elemis Visible Brilliance 1.15min
This Anti-Ageing face & eye treatment instantly firms, rejuvenates and plumps up the skin whilst helping to reduce circles.

Elemis Pro-Collagen Marine 1.15min
This exceptional face and eye treatment helps to slow down the signs of premature ageing, reducing the appearance of fine lines and wrinkles. Skin will have a more youthful appearance after just one treatment.

Elemis Exotic Moisture Dew 45min
Following a special facial massage the skin is fed with thirst - quenching actives that will bring back that healthy, dewy look to the skin.

Herbal Lavender Repair 45min
Deep cleansing to draw out skin impurities, this facial will help reduce unwanted shine, refine the pores & treat skin breakouts.

Taster Facial 30min
Restoration of skin balance for oily congested skin.

The Carlton Man

Elemis Skin IQ Facial 1.15 mins
An intelligent Anti-Ageing facial that adapts to super boost the skin.

Elemis Urban Cleansing Facial 1.15 mins
A high performance complexion cleanse for total skin care defence.

Elemis Deep Tissue Full Body Massage 50 or 70 mins
This deep customised rhythmic massage alleviates stress, eases aching muscles & revives the senses, using specially selected oil. Also ideal for those involved with sport.

Swedish Full Body Massage 50 or 70 mins
Relaxing full body massage using traditional Swedish massage techniques to eliminate stress from the body.

Back, Neck & Shoulders Massage 30 mins
This massage concentrates on these areas of the body where tension is most often stored resulting in stress build up. Using traditional Swedish techniques to ease and relax the muscles leaving the back, neck & shoulders relieved of tension and stress.

Massage

**Please note that these massages are only available at selected C Spas.*

Swedish 50 or 70 mins
Relaxing full body massage using traditional Swedish massage techniques to eliminate stress from the body.

Back Neck & Shoulders 30 mins
This massage concentrates on these areas of the body where tension is most often stored resulting in stress build up. Using traditional Swedish techniques to ease and relax the muscles leaving the back, neck & shoulders relieved of tension and stress.

Elemis Deep Tissue Full Body Massage 50 or 70 mins
This deep customised rhythmic massage alleviates stress, eases aching muscles & revives the senses, using specially selected oil. Also ideal for those involved with sport.

***Hot Aroma Stone Massage 50 mins**
Heat is slowly released from the hot stones into the centre of the muscles enabling them to relax resulting in a completely new body experience.

Reflexology 50 mins
Harmonise your body with this ancient technique. Expert hands work on your feet to balance your energy channels, bringing about a feeling of total equilibrium.

Baths

***Chakra Colour 20 mins**
Immerse your body in colour. Experience the healing powers of the rainbow inside a heated hydromassage bath. Chakra colour therapy has been used since the time of the ancient Egyptians and brings energy and oxygen to the body through colour.

Hydrotherapy 20 mins
Massage jets relax your muscles and ease your body into deep relaxation. The heated water opens the pores allowing the aromatic oils and seaweeds to nourish and rejuvenate the body.

Elemis Exotic Enriching Milk 20 mins
Rediscover the child within yourself as you are immersed in the sweetness of our exotic enriching milk bath. Just as Cleopatra loved to bath in Milk, now you can indulge to.

De-Toxifying 20 mins
Lie back and relax as the magic of this bath releases the toxins that build up in the body, leaving you feeling totally refreshed.

Muscle Ease 20 mins
Submerge yourself into the warm waters and let your whole body relax and feel your muscle tension melt away.

Water Rituals

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

*Rassul For One or Two 30 mins

An Arabian Cleansing Ritual using rich mud from the Maroccan Atlas Mountains & the Dead sea. The mud is applied all over the body before entering the steam chamber where your pores are opened releasing the body of toxins, allowing the absorption of the minerals.

*Vichy 30 mins

Multiple showers create a soft, warm tropical rain over the back of your body as your therapist's professional hands massage away the stress to promote total relaxation and well-being. An ideal treatment to improve circulation and help combat water retention and cellulite.

*Algotherapy 30 mins

This treatment begins with a cleansing Marine Body Polish to exfoliate and prepare the skin for the applications of the warm seaweed mud. You are then enveloped by steam allowing the pores to open and impurities to be realised.

*Dry Floatation 30 mins

This uplifting & relaxing treatment combines a floatation experience with a pressure point facial massage complemented by a de-stressing scalp treatment to stimulate the senses.

Body Wraps

Re-Hydrating 30 mins

This complements our Milk bath and provides the body with a deep hydration of the skin, leaving it feeling soft and silky.

De-Toxifying 30 mins

Rids the body of all the unwanted toxins and waste and to receive the best results we suggest to combine this with our De-Toxifying bath.

Elemis Exotic Frangipani Nourishing Wrap 50 mins

This nourishing body wrap drenches the skin with moisture using Aromatic Tahitian Coconut and Frangipani Flowers, which are soaked together to produce the Monoi used in this wrap, providing the ultimate radiance, vitality all over body glow.

Body Polish

Elemis Exotic Lime & Ginger Salt Glow 30 mins

An exotic exfoliation ritual to invigorate and revitalise the body as the Lime and Ginger salt glow deep cleanses and polishes the skin.

Honey & Coconut (for sensitive skins) 30 mins

Warm coconut milk is applied to prepare the skin for the Honey & Coconut polish to gently exfoliate the skin leaving it soft and silky to the touch.

Golden Tan

Don't risk the damage that the sun can do to your body, choose our 'Golden Tan' Course of 4-6 treatments to achieve a long lasting Golden Tan throughout the summer or winter months.

Single Treatment 1.00hr

Full Body Polish + Golden Tan

Course of 4 Spray Tans

Course of 6 Spray Tans

Enhancements

We can offer you the following treatments as an enhancement add-on, when booking any of our face or body treatments.

Manicure/Pedicure 1.00hr

All include your choice of colour or French Polish

Spa Manicure

Spa Pedicure

Finger Tip (File & Polish)

Make-up 1.00hr

Cleanse & Makeup

Bridal Makeup

Tints & Trims

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

Eye Brow Shape Eyebrow Trim

Eye Lash Tint Lash & Brow Tint

Eye Lash Tint, Eye Brow Shape & Tint

Waxing

Full leg & Bikini

Eye Brow Lip & Chin

Lip Under arm

Arm Bikini

Half Leg Full leg

Terms & Conditions

Spa Etiquette

Opening Hours: Shearwater 10am to 8pm Monday through to Saturday, 10am to 6pm Sunday. (Extended hours are available upon request, please see our Receptionist).

Reservations: Are recommended to guarantee your requested time.

Check-in: Please check in at the Spa Reception at least 15 minutes prior to your booking which will allow sufficient time to prepare you for your treatment.

Dress: It is required that men wear disposable under-pants (which are provided by the spa), or their underwear during all treatments. We also provide disposable briefs for ladies. You can be assured that our therapist will always use draping techniques to respect your privacy. Bathrobes and slippers are provided for you during your visit if required.

Mobile phones: For the comfort of all our guests we ask you to please switch off your mobile phones prior to entering the spa reception.

Valuables: During your visit we cannot be responsible for your valuables, in relation to damage, lost or stolen items.

Gift Certificates: Are available for Spa treatments & retail purchases from our Spa Reception. A great idea for any special occasion.

Pool/Leisure Area: Spa guests are welcome to use our Pool, Steam & Sauna facilities complementary and we recommend that these are used prior to your spa treatments. Please arrive at least 15 minutes prior to your spa booking enabling us to prepare you for your treatment. (Please note Leisure facilities may vary from property to property).
Red Castle features a Thalasso Pool.

Confirmation of Bookings: Credit card details are required to secure your booking.

Cancellations: Each treatment you select is reserved especially for you and less than 24 hours advanced notice will be subject to a 50% cancellation charge of the treatment booked.

No-Show: 100% charge of the treatment booked will be charged.

Arriving late for your appointment: Arriving late will limit & could also alter your treatment, (please note that the full cost of your treatment will apply). Your treatment is required to commence on time to ensure that the next guest is not delayed.

Medical Considerations: You will be asked to complete and sign our Consultation form prior to having any treatments.

(All prices and treatments are subject to change without notice.)

For reservations call C Spa on Extension 521/or 090 9630400

Group Reservations Local No: 1890288288

N.I. 08453990125

www.carlton.ie/spa

**The Carlton Shearwater Hotel & C Spa,
Marina Point, Ballinasloe, Co. Galway.**

THE  SPA

*Where a Unique Spa
Experience Awaits You'*