



WELCOME TO YOUR SPA EXPERIENCE

Luxe Spa features innovative spa treatments and top of the line facilities.

Our professionally trained therapists provide tailored treatments that focus on your individual needs.

This custom approach, along with a caring and friendly environment creates the ideal place to leave the world behind.

Products We Love

VOYA
ESSENCE OF LUXURY FROM THE SEA

Voya is a family owned Irish skincare company based in Sligo. They hand harvest seaweed from the Atlantic Ocean to formulate products using the finest organic ingredients.



And So Your Journey Begins...

Signature Treatments



Luxe Hot Stone Back Massage & Mini Facial

50 Mins | €120

A muscle melting hot stone back massage to ease away tension, followed by a signature facial leaving your skin feeling fresh and rejuvenated.

Luxe Warm Spiced Mud Wrap

70 Mins | €150

This treatment is an amazing detoxifier, metabolism stimulator, and provides a natural anti-aging boost.

- *Body brushing* (a gift from us to you - Body brush worth €22)
- *Stimulating mud wrap - Body is cocooned*
- *Heated head and scalp massage - Full body hydration*

Voya Facials



Voya Self Discovery Facial

50 Mins | €100

This incredible skin specific organic facial is deeply detoxifying, thoroughly revitalising and helps to even skin tone and increase clarity. This facial incorporates a relaxing facial massage that releases any build up of toxins, to improve radiance and restore a glowing complexion.

Allow Voya to tailor your facial specifically to your skins unique needs

Voya Skin Renewal Facial

60 Mins | €120

This new Voya facial is the complete approach to results-driven organic skin health. This treatment features Voya's newly launched Advanced Serum Range, which has been formulated with certified organic antioxidants and clinically proven biotech actives, that are now combined with the sonic pulse technology of a smart silicone cleansing device.

Voya's bespoke deep cleansing ritual is used to commence the facial to ensure the skin is prepared for the Resurfacing AHA peel that comes next to diminish congestion and help improve lacklustre skin.

This is followed by a powerful age defying facial massage, a deeply restorative mask, and a soothing scalp massage. It is completed with Voya's advanced serums and moisturisers tailored to the client's skin specific needs.

Voya Anti-aging Facial

70 Mins | €130

This anti-ageing restorative facial is designed using Voya's finest organic ingredients combined with anti oxidant algae complexes and a restorative blend of aromatherapy oils. Its this mix of seaweed and botanical ingredients that help stimulates collagen production and reduce the appearance of fine lines and wrinkles. The result is instantly firmed and tightened skin with a natural and more radiant glow

Voya Deluxe Facial

90 Mins | €150

The ultimate Voya facial experience, this treatment allows guests to experience the best of both worlds. The treatment starts with a back massage to induce relaxation and gently melt away muscular pain.

This facial contains a 20-minute massage to deeply hydrate the skin followed by a dual action facial mask utilizing the exclusive re-mineralizing Mermaid's Purse face mask and laminaria leaves.

This facial leaves the skin rejuvenated and hydrated, the appearance of deep-set wrinkles is reduced and the skins texture is left hydrated and plumped. This is the crème de la crème of all facial treatments.

Marine Eye Treatment

Treatment enhancer | €15

Using organic laminaria digitata eye compresses hand harvested from the Atlantic, this is a unique treatment for refreshing and rejuvenating tired eyes. This is a firming, hydrating and results-orientated treatment that uses specific products rich in seaweed extract, green tea and vitamin C to help reduce the appearance of fine lines and decongest the eye area..

Cocoon Sleep Wrap

Using organic laminaria digThe Voya peaceful sleep wrap combines a choice of Voya organic body exfoliation with a intensifying body butter which melts onto the skin after your full body polish. This wrap hydrates and relaxes your tired lethargic muscles, relieves stress and fatigue.

Your body is cocooned on a heated bed to allow the mix of organic seaweed and essential oils to infuse into your skin while you receive a heated head and scalp massagei.



Lavender Sleep Wrap

60 Mins | €100

Exfoliation: Lavender and seaweed sugar scrub

- Exfoliates, resurfaces and polishes
 - Deeply detoxifying
- Improves circulation and lymphatic system
 - Removes dead skin cells
 - Calms and relaxes

Peppermint Sleep Wrap

60 Mins | €100

Exfoliation: Peppermint and seaweed sugar glow

- Resurfaces, smooth's and polishes
 - Deeply detoxifies
- Increases circulation and lymphatic system
 - Removes dead skin cells
 - Uplifts and refreshes

Bladderwrack body buff Sleep Wrap

60 Mins | €100

Exfoliation: Lavender and seaweed sugar scrub

- Exfoliates, resurfaces and polishes
 - Deeply detoxifying
- Improves circulation and lymphatic system
 - Removes dead skin cells
 - Calms and relaxes

Fucus Luscious Sleep Wrap

60 Mins | €100

Exfoliation: Organic luscious salt glow

- Improves skin texture
 - Removes toxins
- Removes dead skin cells and encourages skin renewal
 - Relieves muscle pains and fatigue

Massage



Swedish Relaxation

50 Mins | €100

Using gentle, flowing techniques to relax your body and mind.

Full body massage using light to firm pressure.

Deep Relaxation

50 Mins | €110

Relax even further as your muscle fatigue drifts away.

Full body massage using deeper, stronger pressure.

Tension Target Massage

50/80 Mins | €120/€160

Sports Massage

Focused massage that incorporates pain relief techniques to target areas affected by chronic muscle fatigue.

Indian Head Massage

40 Mins | €80

An alternative medicine massage

Working the pressure points to gently relieve tension on the upper back, neck, shoulders, scalp and face.

Scrubs

Nourishing Scrub

40 Mins | €80

Deep cleansing Voya scrub will leave your skin feeling hydrated and nourished with a full body exfoliation & full body hydration.

Choose one of the following:

- Fucus Luscious Organic Salt Glow
- Bladderwrack Body Buff
- Peppermint Sugar Scrub
- Lavender Sugar Scrub

Oncology Treatments

The primary objective of our gentle touch massage and facial treatments is to ease the burden of side effects for guests pre or post chemotherapy and radiation treatment.

Gentle Touch Massage

50 Mins | €100

A full body massage using featherlight strokes to encourage relaxation with a therapeutic touch.

Gentle Touch Facial

50 Mins | €100

A Voya sensitive skin facial with a gentle hand & arm massage, scalp or foot massage, finished with a deeply nourishing and hydrating seaweed facial oil massage.



Mama Care

Nurturing treatments that connect mother and baby through the power of touch. Our highly qualified team of therapists are fully certified in prenatal care.

Pregnancy Massage

50 Mins | €100

Using a pregnancy pillow to nurture and support the bump in a time of constant change.

Pregnancy Scrub

40 Mins | €80

Organic full body exfoliation and highly nourishing body moisturisation.

Pregnancy Facial

50 Mins | €100

Pregnancy safe Voya facial products used to balance and calm delicate skin.

A person is wrapped in a thick layer of seaweed, likely for a traditional Japanese soaker bath. The seaweed is dark green and brown, and the person's skin is visible through the openings. The background is dark and out of focus.

Baths

Unwind with our Japanese style soaker baths to feel the true essence of relaxation.

Voya Organic Seaweed Bath
30 Mins | €60

Voya Organic Salt Bath
30 Mins | €50

Aromatherapy Bath
30 Mins | €50

Couples Experience

Our beautiful couples experience room is the ultimate way to spend time with a loved one.

Time for Two

125 Mins | €395

- Full body scrub of your choice
- Couples aromatherapy bath
 - Full body massage
 - Mini facial

Couples Experience

80 Mins | €300

- Couples Voya organic salt bath
- Couples full body massage

Time Together Massage

50 Mins | €200

Side by side couples hot oil full body massage

Packages & Enhancements



Mini Delights

50 Mins | €120

Choose two of the following

- Back massage
- Mini facial
- Foot massage
- Mini Indian head massage
- Hand & arm massage
- Mini scrub

Enhancements

€15 per one

Enhance your treatment with one of the following:

- Foot scrub
- Hand scrub
- Back facial
- Muscle warming oil
- Aromatherapy experience

*Available with any full body treatment
Not bookable as stand alone treatment*

**Group packages of 8 or more guests available on request*



Thermal & Wellness Suite

A secret paradise complete with the Hydrotherapy suite which includes two hot tubs, experience showers, Himalayan salt sauna, and infrared sauna.

Thermal Suite

Himalayan Salt Sauna – By gently heating the Himalayan crystal bricks, the hygroscopic properties of the salt are activated, allowing the natural humidity in the air to condense on the surface of the salt blocks, triggering the natural ionization process. During this process, the salt releases the negative ions which serve to purify the air as well as our bodies to reap the health benefits including stress reduction, energy increases and mood boosts at a biochemical level.

Infrared Sauna – As soon as you lean back, the Infrared experience will activate with four sensors in the Infrared heater, it will carry out a contact free skin temperature reading and during this experience it adjusts the intensity of the infrared light on the body.

Near infrared has the shortest wavelength and is absorbed just below the surface of the skin. This spectrum helps raise your core body temperature and provides anti-aging benefits, aiding skin purification and rejuvenation.

Far infrared is the longest wavelength and penetrates deep into your body. Far infrared wavelengths result in the greatest levels of detoxing and increase your metabolism aiding in cardiovascular health, improves circulation through relaxing the muscles, reducing joint pain and much more.

Ireland's First Sun Meadows

Vitamin D Light Therapy

Enjoy the health benefits of warmth and sunlight! This stimulates the body's production of vitamin D. In Autumn, Winter, and Spring; the days are shorter and there are fewer hours of sunlight. Our Vitamin D light helps to beat the winter blues. Vitamin D has several important functions. Perhaps the most vital are regulating the absorption of calcium and phosphorous and facilitating normal immune system function.

Collagen Light Therapy

The Collagen light radiates soothing warmth to help regenerate the skin to look firmer and smooth. It stimulates your body's production of collagen which in return helps cell turn over naturally. Renewing old or damaged skin structure.. your skin is left looking fresher and firmer.

Use of both Ireland's First Sun Meadows: 30 Mins | €30

Hydro Suite

- Side by Side Hot Tubs
- Cold plunge bucket
- Water Pressure massage experience
- Rain Forest experience.

Hotel Residents 60 Mins | €25pp

Non Hotel Residents 60 Mins | €35pp

Enjoy complimentary access when you book any treatment.





Luxe Spa

Opening Hours

Monday-Sunday, 10am-6pm

T: +353 (0)42 937 3530 EXT: 3

E: spa@fshc.ie

W: www.4SeasonsHotelCarlingford.ie

• How to Spa •

Booking Advance booking is essential to guarantee your preferred time slot. Call our reservation team +353(0)429373530 to help make the best choice of treatment or book your treatment online at www.4seasonshotelcarlingford.ie Please inform us if you have any medical conditions that might be contraindicated to certain treatments.

Age Requirements The minimum age requirement for spa treatments and access to the thermal facilities is 18 years old.

Arrival Time Please arrive before your allocated time of treatment, we recommend arriving at least 1 hour and 15 minutes prior to your treatment time to change, relax and avail of spa and thermal facilities, please note that lateness will result in treatment/thermal time being cut. Please note, if you have booked a 10am treatment you will be able to avail of Thermal & Wellness facilities from 11am, so please arrive at 9.45am earliest.

Opening Times Our spa is open 10am - 6pm, Monday to Sunday. Hours may vary so please contact the spa directly for any changes to our opening times.

Thermal & Wellness Suite Luxe Spa has a beautiful Thermal & Wellness Suite, which includes a Himalayan Salt Sauna, Infrared Sauna, Experience Showers & Sister Hot Tubs. All spa guests can avail of 1-hour thermal access prior to or after their treatment time. Please note: We also have Two of Ireland's first Sun Meadows: Collagen Light Therapy and Vitamin D Light Therapy, they are an extra charge of €20 for 20 minutes for one sun meadow or €30 for 40 minutes for both sun meadows. The Thermal & Wellness Suite is contra-indicated to certain underlying health issues, such as cancer treatments, high blood pressure and pregnancy.

What to Bring Here in the spa, we will provide a personal locker & a key for yourself, including luxurious towels, robes & slippers for your convenience. Amenities will also be provided for your spa visit. All you need to bring is yourself and swim wear for the use of our Thermal Area, and maybe a book for your own leisure.

Personal Belongings Lockers are provided for safety of your belongings. Please remove all jewellery before your visit to the spa. Please do not leave personal belongings in your robe pocket. The Hotel and Spa will not accept responsibility for any lost items.

Can't Make It We have a 24hr cancellation policy, all appointments cancelled within this time will be charged 100% of the treatment cost. Arriving late will reduce your treatment time.

Silence Calms the Soul Luxe Spa is one of relaxation and true indulgence. For respect for all spa guests our spa is a silent and mobile free zone.

Gift Vouchers are available for all treatments and products and make for great presents for someone special. Please contact our spa team for details. Gift vouchers can also be purchased online www.4seasonshotelcarlingford.ie.