

WELCOME  
TO YOUR SPA  
EXPERIENCE

*Luxe Spa*

“For everybody,  
well-being is a journey!!!  
The secret is committing  
to the journey and taking  
those first steps”

*Deepak Chopra*



## Your Time

### - THE LUXE SPA SYMBOLS -

To ensure you get the most out of your experience, the symbols help define the best treatments for your needs.

Treatments marked with this symbol  are extremely stimulating and are high potency.

Treatments marked with this symbol  are suitable for pregnancy.

Treatments marked with this symbol  are suitable for cancer care.

## Spapas

### - LUXE SPA TAPAS MENU -

Make your spa experience with our deluxe mini treatments

15 Mins €20

Neck and Shoulder Massage

Heated Head and Scalp Massage

Express Eye Treatment

Foot Massage

Arm and hand Massage

Pure luxury to be added to any treatment.



## Signature Treatments

*"Sometimes you never know the value of a moment,  
until it becomes a memory" - Dr. Seuss*

### Luxe Signature Facial

30/60 Mins | €55/ €75

A tailored made facial for your skin care needs

### Mirror Mirror

60 Mins | € 135

Two therapists working together in a synchronized full body massage  
The more hands, the better.

### Mag & Jade

90 Mins | €120

Treatment combines the benefits of infra-red  
and jade stones and the power  
of magnesium to promote detoxification  
and deficient mineral levels.



# Facials

## - LOVE YOUR SKIN -

*All our facials include a full skin analysis with clinically proven professional products. Relaxation is important to us. We incorporate a head, hand and arm, shoulder and face massage to every 60 minute facial. So you never lose a moment of your treatment.*

## - ELEMIS FACIALS -

### Elemis Superfood Facial

60 Mins | €90

Hydration boost with over 20 powerful superfoods  
Rehydrating and nourishing • Specialized amino acid mask

### Elemis Pro-Collagen Facial

60 Mins | €90

With anti-aging active professional products, proven to smooth lines and wrinkles  
Firms and plumps • Collagen quartz mask

### Elemis Dynamic Resurfacing Facial

60 Mins | €90

Stimulating and deep cleansing facial, not for the faint hearted  
Renew • Resurfacing mask

### Elemis Sensitive Skin Soother

60 Mins | €90

Skin is left de-stressed and reduces the appearance of redness  
Calms and protects • Soothing gel active mask



- VOYA FACIALS -

**Voya Self Discovery Radiance Facial** 

60 Mins | €80

Skin specific organic facial

*Detoxing • Relaxing*

**Voya Anti-Aging Restorative Facial**

60 Mins | €85

This mix of seaweed and botanicals help to stimulate collagen production

*Antioxidant algae complexes • Active seaweed leaf mask*

**Voya Deluxe Facial**

90 Mins | €110

Dual action seaweed mask which helps promote collagen production

*Back massage • Active seaweed leaf mask*



# Massage

- JUST RELAX, I GOT YOUR BACK! -

## Mindful Moments Hot Oil Massage

30/60 Mins | €55/€85

Full body massage using light to medium pressure  
Using gentle, flowing techniques to relax body and mind.

## Deeper Than Deep

30/60 Mins | €60/€90

*Deep tissue massage*

The strong pressure enhances muscle recovery and targets areas of tension.

## Hot Stone Massage

30/70 Mins | €60/€100

*Deep heat massage to melt away tension*

This combination of placement stones and specific techniques help  
to ease tense muscles.

## Voya Voyager Massage Journey

90 Mins | €110

*Stimulating body brushing massage*

This massage is the ultimate luxury treatment to relieve aches and pains.

## Indian Head Massage

50 Mins | €65

*An alternative medicine massage*

Working on the upper back, scalp and face.

## Voya Organic Poultrice Massage

90 Mins | €120

*Heated poultrice is gently massaged into the body*

Orange, ginger and seaweed infused bags gently exfoliate  
while releasing seaweed oils and nourish the skin.



## Scrubs

- LOVE ME, SCRUB ME -

### Voya Organic Stimulating Seaweed Body Buff

60 Mins | €80

Mineral rich seaweed is a powerful way to detoxify and heal the skin

*Full body exfoliation • Body is cocooned • Heated head and scalp massage • Organic full body hydration application*

### Elemis Frangipani Body Scrub

40 Mins | €60

Deeply cleansing salt scrub leaving skin hydrated and nourished

*Full body exfoliation • Elemis full body hydration application*

## Wraps

- TANGLE ME UP -

### Voya Organic Seaweed Leaf Wrap

90 Mins | €110

Firming and softening the skin

*Organic seaweed scrub • Body is wrapped in seaweed • Heated head and scalp massage • Organic full body hydration application*

### Voya Organic Warm Spiced Mud Wrap

75 Mins | €90

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

*Body brushing • Body is cocooned in organic spiced mud wrap • Head and scalp massage • Organic full body hydration application*



## Mama Care

*“The best and most beautiful things in the world cannot be seen or even touched they are felt by the heart” - Helen Keller*

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

60 Mins | €85

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

### Organic Prenatal Voyager

90 Mins | €110

Organic full body exfoliation followed by a tailored nurturing massage

### Elemis Face and Body Treatment

130 Mins | €140

Specially formulated massage and reviving facial



## Couples Experience

- JUST THE TREAT FOR TWO -

With two Japanese style soaker baths to feel the true essence of relaxation, our beautiful couples experience room is the ultimate way to spend time with a loved one.

### Time For Two

130 Mins | €440

Voya Stimulating Bladderwrack Scrub  
Couples Seaweed Bath  
Hot Oil Full Body Massage  
Afternoon Tea

### Two's Company

90 Mins | €250

Choose One of 5 Elemis Aromatherapy Blends  
Couples Aromatherapy Bath  
Hot Oil Body Massage with your Chosen Blend

### Time Together Massage

60 Mins | €170

Side by Side Couples Full Body Massage

### Lazy Days

40 Mins | €100

Side by Side Couples Seaweed Bath



## Cancer Care

*“The real purpose of giving a massage, is to foster more depth of feeling for one another in order to bring the love that is often buried beneath the pain of everyday suffering”*

*- Robert Calvert*

The primary objective of our Touch Therapy Massage and Facial Treatments is to ease the burden of skin-related side effects for guests pre or post chemotherapy and radiation treatment.

### Healing Touch Facial Treatment

80 Mins | €75

Signature hand and foot ritual • Facial • Neck and shoulder massage • Head massage

### Healing Touch Body Treatment

80 Mins | €75

Signature hand and foot ritual • Full body massage  
• Facial massage • Head massage

### Healing Touch Deluxe Facial & Body Treatment

110 Mins | €95

Customised touch therapy treatment using a combination of massage and facial techniques to suit your individual requirements



## Packages

*“It’s not selfish to love yourself, take care of yourself,  
and make your happiness a priority” - Mandy Hale*

### Total Rejuvenation

150 Mins | €200

Voya Organic Stimulating Seaweed Body Buff  
Voya Organic Poultice Massage

### Me Time

220 Mins | €230

Voya Organic Seaweed Leaf Wrap  
Hot Stone Massage  
Luxe Signature Facial

### Mini Delight

110 Mins | €175

Hot Oil Back Massage  
Luxe Spa Mini Facial  
Foot Ritual  
Indian Head Massage

### Beau-Tea-Full Afternoon

30 Mins | €69

Afternoon Tea  
Hot Oil Back Massage  
or  
Luxe Mini Facial



# How To Spa

## Booking

Advanced booking is essential to guarantee your preferred time slot. Call our reservation team on +353 (0)42 937 3530 to help make the best choice of treatment. Please inform us if you have any medical conditions that might be contraindicated to certain treatments. A credit/debit card is required to secure your booking.

## Age Requirements

The minimum age requirement for spa treatments is 18 years old.

## Arrival Time

Please allow 20 minutes before your treatment to complete a consultation form. We recommend you arrive up to 1 hour in advance of your treatment, so you can change, relax, and enjoy the spa facilities. Please be advised that late arrivals will result in a reduction of treatment time.

## What to Bring

The spa will provide luxurious towels, robes, slippers, and amenities required during your spa visit. All you need to bring is yourself.

## Personal Belongings

Lockers are provided for the 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 will not accept responsibility for any lost or damaged items.

## Pregnancy

No treatments are safe to be carried out during the first trimester.

## Can't Make It

We have a 24hr cancellation policy, all appointments cancelled within 24hr will be charged 100% of the treatment cost.

## SHHHHHHHH

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

*The End of this story...*







## And So Your Journey Begins!

Luxe Spa is a unique and indulgent environment, featuring innovative spa treatments and magnificent facilities with the most gracious expert service.

Expertly trained therapists provide tailored treatments that focus on your individual needs. This custom approach, along with a caring, friendly environment creates the ideal place to leave the world behind.

## Products We Love!

- VOYA -

Voya is a family owned Irish skincare company, they handpick seaweed from the Atlantic Ocean and formulate products using the finest organic ingredients..

- ELEMIS -

Encompassing the most powerful active ingredients available from above and below the earth surface, blending superior botanicals with laboratory made products that visibly renew and enhance the appearance of the skin.



# *Luxe Spa*

Four Seasons Hotel & Leisure Club Carlingford

Luxe Spa at The Four Season Hotel & Spa, Carlingford, Ireland

Opening Hours

Monday-Sunday, 10am-6pm

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