



WELCOME TO YOUR SPA EXPERIENCE

Four Seasons Hotel, Carlingford, Co. Louth







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.





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.



**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

25/55 Mins | €55/ €90

A tailor-made facial for your skin care needs

Mirror Mirror

60 Mins | € 160

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

The Rose Experience

90 Mins | €145

Immersed bed of heated Jade using Elemis Rose balm
for a full body massage and rose infused mini facial





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 55 minute facial. So you never lose a moment of your treatment.

- ELEMIS FACIALS -

Elemis Superfood Facial

55 Mins | €95

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

Elemis Pro-Collagen Facial

55 Mins | €95

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

Elemis Dynamic Resurfacing Facial 🔥

55 Mins | €95

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

Elemis Sensitive Skin Soother

55 Mins | €95

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





Massage

- JUST RELAX, I GOT YOUR BACK! -

Mindful Moments Hot Oil Massage

25/55 Mins | €55/€95

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

Deeper Than Deep

25/55 Mins | €60/€100

Deep tissue massage

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

Hot Stone Massage

25/70 Mins | €60/€115

Deep heat massage to melt away tension

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

Voya Voyager Massage Journey

80 Mins | €120

Stimulating body brushing massage

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

Indian Head Massage

45 Mins | €75

An alternative medicine massage

Working on the upper back, scalp and face.

Muslin Bag Massage

80 Min | €130

Warmed steamed muslin bags are massaged into the body
releasing aromatherapy oils



Scrubs

- LOVE ME, SCRUB ME -

Voya Organic Stimulating Seaweed Body Buff

55 Mins | €90

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 | €70

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

80 Mins | €120

Firming and softening the skin

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

Luxe Spa Detox Wrap

75 Mins | €100

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

Body brushing • Body is wrapped in a stimulating mud wrap • Body is cocooned
Heated Head and scalp massage • Full body hydration boost 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

55 Mins | €95

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

Organic Prenatal Voyager

80 Mins | €120

Organic full body exfoliation followed by a tailored nurturing massage

Elemis Face and Body Treatment

120 Mins | €150

Specially formulated massage and reviving facial



Cancer Care

- AS SEEN ON XPOSÉ -

“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

60 Mins | €90

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

Healing Touch Body Treatment

60 Mins | €90

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

Healing Touch Deluxe Facial & Body Treatment

90 Mins | €145

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





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

120 Mins | €440

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

Two's Company

90 Mins | €270

Choose one of five Elemis Aromatherapy Blends
Couples Aromatherapy Bath
Hot Oil Body Massage with your Chosen Blend

Time Together Massage

50 Mins | €180

Side by Side Couples Full Body Massage

Lazy Days

30 Mins | €100

Side by Side Couples Seaweed Bath





Packages

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

Total Rejuvenation

140 Mins | €200

Voya Organic Stimulating Seaweed Body Buff
Voya Organic Poultice Massage

Mini Delight

100 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...



Luxe Spa

Four Seasons Hotel, Carlingford, Co. Louth

Opening Hours

Monday-Sunday, 10am-6pm

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GIFT VOUCHERS AVAILABLE