



# Luxe Spa

Four Seasons Hotel, Carlingford, Co. Louth ★ ★ ★ ★



## 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**  
ORGANIC 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 Signature Facial*

50 Mins | €110

A custom Voya Facial to suit your skincare needs.  
*Includes a head, hand, arm, shoulder and face massage  
so you never lose a moment of your treatment.*

## *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*

# *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 | €110

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*

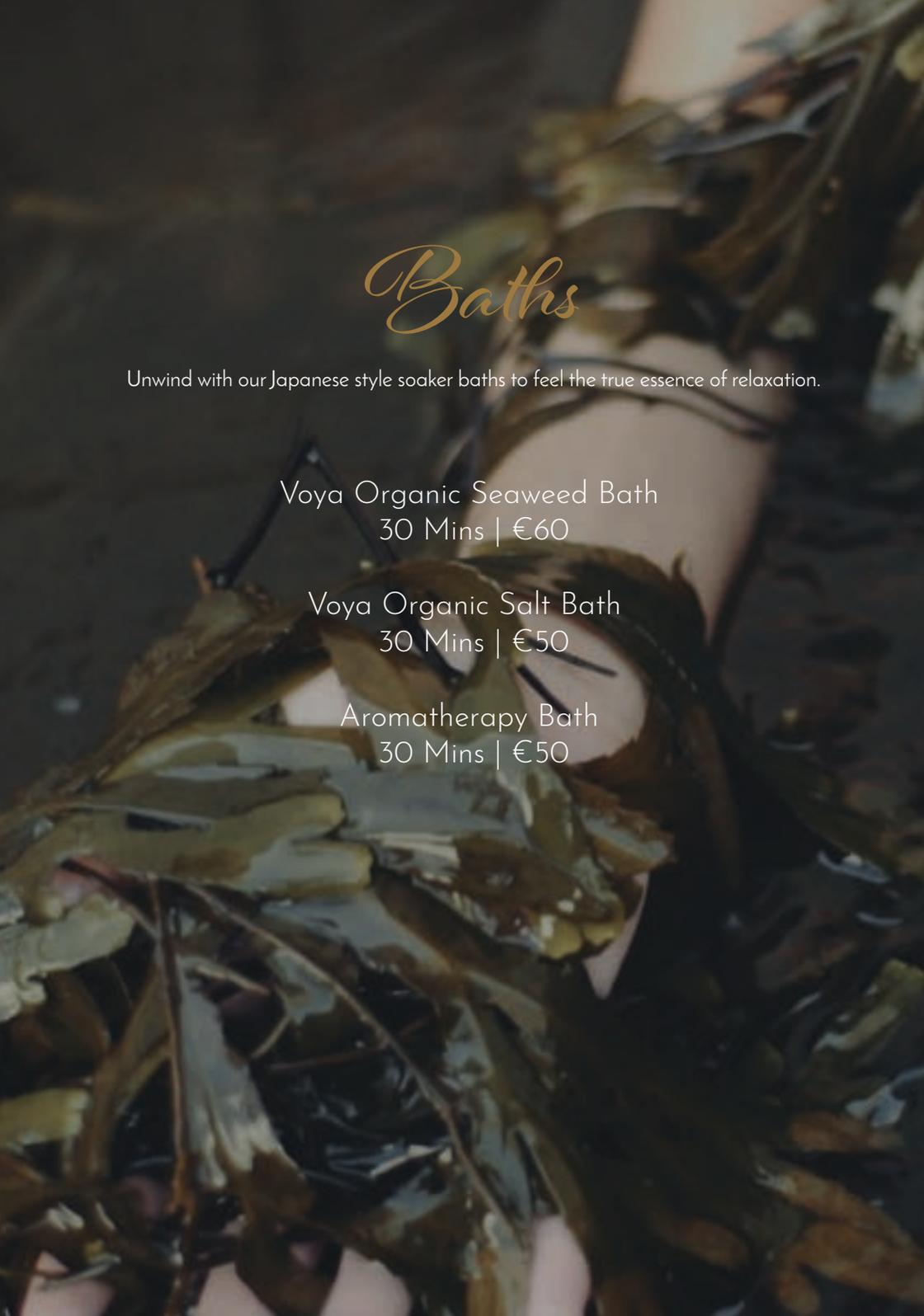
40 Mins | €80

Organic full body exfoliation and highly nourishing body moisturisation.

## *Pregnancy Facial*

50 Mins | €110

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



# 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 | €110

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 20 Mins | €20pp**

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 20 Mins | €20pp**

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: 40 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.



# • 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](http://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](http://www.4seasonshotelcarlingford.ie).



# *Luxe Spa*

Opening Hours

Monday-Sunday, 10am-6pm

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W: [www.4SeasonsHotelCarlingford.ie](http://www.4SeasonsHotelCarlingford.ie)