



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.



Signature Treatments

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

Voya Mindful Dreams Sleeping Ritual

90 Min | €130

Foot bathing ritual – Heated Head & Scalp Massage –
Body Is Cocooned – Rose Quartz chakra healing
full body massage, encouraging sleep and deep relaxation

The Healing Hour

60 Min | €95

Combination of energy balancing reiki & pressure point foot reflexology

The Rose Experience

75 Min | €115

Starting with foot bathing ritual followed by
rose infused back massage and heated head and scalp treatment finished
with pressure point foot massage





Just relax, I got your back

Mindful Moments Hot Oil Massage

55 Min | €100

Light to Medium, A Deeply Relaxing Massage

Deeper Than Deep

55 Min | €105

Deep Tissue Massage

Voyager Massage Journey

80 Min | €125

Stimulating Body Brushing Massage

Indian Head Massage

45 Min | €80

An Alternative Medicine Massage

Working on the upper back, scalp and face

Muslin Bag Massage

80 Min | €135

Warmed Steamed Muslin Bags Are Massaged into The Body, Releasing Seaweed Oils Orange, Ginger, and Seaweed infused bags gently exfoliate while nourishing the skin

Reflexology

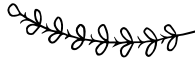
45 min | €75

Pressure point foot massage that correspond to glands, organs and systems of the body

Reiki

45 min | €75

Universal energy healing working on the chakras of the body



Scrubs

Love Me, Scrub Me

Voya Organic Stimulating Seaweed Body Buff

55 Min | €95

Full Body Exfoliation - Heated Head & Scalp Treatment
Organic Full Body Hydration Boost Application
Mineral rich seaweed is a powerful way to detoxify and heal the skin

Elemis Frangipani Body Scrub

40 Min | €75

Full Body Exfoliation – Elemis Full Body Hydration Boost Application
Deeply cleansing salt scrub, leaving skin hydrated and nourished

Wraps

Tangle me up

Voya Organic Seaweed Leaf Wrap

80 Min | €125

Organic Seaweed Scrub – Body Is Wrapped In Seaweed –
Heated Head & Scalp Massage Organic Full Body, Hydration Boost Application
This truly amazing detoxifying therapy, firming and softening the skin

Luxe Spa Detox Wrap

75 Min | €105

Body Brushing – Body Is Wrapped In a Stimulating Mud Wrap – Body Is Cocooned –
Heat Head & Scalp Massage – Full Body Hydration Boost Application
This treatment is a serious detoxifier, metabolism stimulator,
and provides a natural anti-aging boost



Mama Care

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

Pregnancy Massage

55 Min | €100

Using A Pregnancy Pillow To Nurture And Support The Bump, In A Time Of Constant Change

Organic Prenatal Voyager

80 Min | €120

Organic Full Body Exfoliation, Followed By A Tailored Nurturing Massage

Prenatal Reflexology

45 min | €75

Pressure point foot massage that correspond to glands, organs and systems of the body



Baths

Wash away your troubles with some bubbles

Our beautiful bathing suite features two Japanese style soaker baths which make this the perfect treat for two

Voya Lazy Days
45 Min | €50pp
Couples experience
45 Min | €100

Organic Voya seaweed bath lazy days utilises the natural power of organic hand harvested seaweed to deeply moisturize, detox and promote healing.

Voya Organic Spiced Mud Bath
45 Min | €50pp
Couples experience
45 Min | €100

Submerge your body into a bath of organic peat Infused with seaweed extracts.
Helps relieve stress and fatigue and energise mind and soul.

Elemis Aroma Bath
45 Min | €50
Couples experience
45 Min | €100

Choose one of five Elemis aromatherapy blends.





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 & Facial Treatments are to ease the burden of skin-related side effects for Clients prior to or post chemotherapy and radiation treatment.

Healing Touch Body Treatment

60 Min | €95

Signature Hand & Foot Ritual – Full Body Massage – Facial Massage – Head Massage

Healing Touch Reflexology

45 min | €75

Pressure point foot massage that correspond to glands, organs and systems of the body



How To Spa

Booking

Booking in advance is essential to guarantee your preferred time slot. Call our reservation team +353(0)429373530 to help make the best choice of treatment. Please inform us if you have any medical conditions that might be contraindicated to certain treatments.

Health History Form

Once booking has been completed we will email each guest our new updated health history form, this needs to be completed before your spa day.

Spa payments

Treatments must be prepaid when booking your spa experience.

Social Restrictions To ensure the safety of our guests you will be assigned your own private area in the spa that will be fully sterilized before and after your use.

We have removed all self-service stations in the spa instead we are implementing a new customized fruit and beverage platter for each guest.

Checking into the spa

Once you arrive to check in, you will be welcomed by our team that, We will do a health screening. We will present you with PPE. We have now made this step super easy with our one way systems, signage and floor markings.

Age Requirements

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

Arrival Time

To abide by the new social restriction rules please come at the allocated time provided when booking your treatment.

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 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 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.

SHHHHHHHH

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 be purchased online at [4seasonshotelcarlingford.ie](https://www.4seasonshotelcarlingford.ie)



Luxe Spa

Four Seasons Hotel, Carlingford, Co. Louth

Opening Hours

Monday-Sunday, 10am-6pm

T: +353 (0)42 937 3530 EXT: 324

E: spa@fshc.ie

W: www.4SeasonsHotelCarlingford.ie

GIFT VOUCHERS AVAILABLE