



Luxe Spa

Four Seasons Hotel & Leisure Club Carlingford



Named **'Luxury Spa of the Year 2022'** by the Irish Hair and Beauty Industry Awards and nestled between the mountains and the sea in the medieval village of Carlingford. It is the ideal location to renew, refresh and rejuvenate. No body or skin are the same, so let our experienced therapists tailor an unforgettable experience just for you.

Only a stone's throw away from the rambling streets of Carlingford, Luxe Spa at Four Seasons Hotel Carlingford is ideally situated for those who want to explore the area. The hotel has a variety of dining options, a gym, swimming pool and a mesmerising outdoor deck with views of the private gardens, the Cooley Mountains and Carlingford Lough.



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The Spa is a secret paradise complete with a hydrotherapy suite which includes two hot tubs, experience showers, a Himalayan salt sauna and an infrared sauna.

A destination for well-being

Products we love

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.

VOYA
ORGANIC BEAUTY



SPA OVERNIGHT EXPERIENCES

Luxe Spa is set within a short walking distance of the medieval village of Carlingford, with picturesque views of the Cooley Mountains within our beautiful, landscaped gardens. A perfect facility for meeting with friends and enjoying some serious relaxation and pampering.

During your stay you will enjoy luxurious overnight accommodation as well as access to the hotel leisure club.



SPA DAY EXPERIENCES

Whether you're visiting us with friends or loved ones, every aspect of the Spa Day Experience is designed to be distinctive, catering to extravagant celebrations as well as relaxing retreats.

Choose from full or half day experiences with all packages including Sparkling Afternoon Tea .



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LOUGH LOUNGE BAR & RESTAURANT

Offering Magnificent views of the Cooley Mountains, with fresh locally sourced ingredients to Sparkling Afternoon Teas with impeccably presented sweet treats, expect gourmet cuisine that will add the perfect finishing touch to your spa experience.

As you admire the view from the restaurant, you can also enjoy Four Seasons Hotel Carlingford's own house gin '**Fiadh**' unique to Carlingford, where the mountains meet the sea.





**LUXE SPA EXPERIENCE
TREATMENT MENU**

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LUXE 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 customised VOYA mini facial to leave your skin feeling fresh and rejuvenated.

Luxe Radiant Back Detox

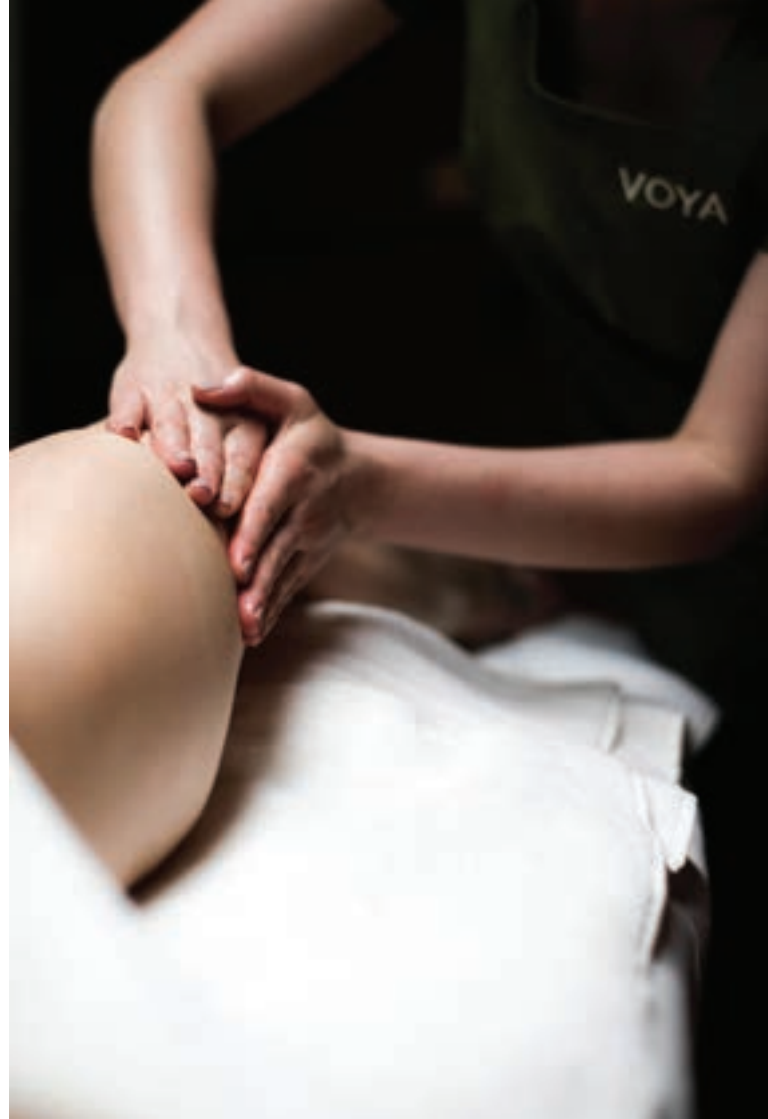
50 mins | €90

Experience an awakening back cleanse with an infusion of zesty lime and rejuvenating mandarin, followed by a cactus bristle body brush exfoliation. The brush works to remove dry skin cells and stimulate the skin to leave it looking renewed, radiant, and velvety soft. VOYA's spiced mud infused with aromatic spices of ginger and orange is applied in sweeping motions to detoxify and cleanse. While the mud works its way into the skin, a scalp massage is performed to aid further relaxation. We continue with cooling cryo globes to close the pores and finish with a back massage to intensely soothe and hydrate the skin.

Luxe Foot & Leg Rejuvenator

50 mins | €90

Invigorate your senses and treat your sore and tired feet & legs with this luxurious treatment that focuses entirely on the lower body. Beginning with a foot & leg cleanse, followed by a dry exfoliation to prepare the skin for our intensely hydrating and refreshing Peppermint & Blueberry foot mask. We'll finish off with nourishing fucus serratus VOYA body oil to massage away aches and pains.



BODY MESSAGES

Luxe Full Body Massage

50 mins | €100 or 80 mins | €145

The Luxe customised full body massage incorporates various massage techniques to ensure each guest receives the maximum potential of health & wellness benefits. Customising your massage session also allows you to discover your preferred massage style.

Indian Head Massage

40 mins | €80

Working the pressure points to gently relieve tension on the upper back, neck, shoulders, scalp and face. Suitable for guests who suffer from migraines, tension headaches, neck & shoulder pain, or seeking ultimate relaxation.

Back, Neck, & Shoulder Massage

40 mins | €80

This treatment uses classic massage techniques to relax the body and mind, reduce tension in muscles of the back, neck, and shoulders, soothe away aches, pains, and stiffness, as well as promoting a deep sense of relaxation.

Foot & Leg Massage

40 mins | €80

This massage is designed to help release muscle tension and relax and re-energise tired and aching feet & legs.



ADD ONS | €10 each

Hot Stones: One Area (Back or Legs)

These stones warm and relax your muscles allowing deeper pressure to be applied during the massage.

Aromatherapy Oil

Aromatherapy massage combines the power of essential oils with massage therapy benefiting both the mind and the body.

Feel the Heat (One Area)

VOYA's "Feel the Heat" is a moisturising and warming body gel enhanced with Arnica and Comfrey. When used in conjunction with massage it can help to ease tension and fatigue.

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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 built-up toxins to improve radiance and restore a glowing complexion. Allow VOYA to tailor your facial specifically to your skin's 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. This skin renewing treatment will target various skin concerns for optimal skin health.

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.

**Pre-booking skin consultation is required for this facial*

VOYA Anti-Ageing Facial

60 mins | €120

This anti-ageing restorative facial is designed using VOYA's finest organic ingredients combined with antioxidant algae complexes and a restorative blend of aromatherapy oils. It's this mix of seaweed and botanical ingredients that helps stimulate 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

80 mins | €140

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 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.

ADD ON | €15 each

Marine Eye Treatment

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.

BODY EXFOLIATIONS

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

40 mins | €80



Choose one of the following:

Lavender and Seaweed Sugar Scrub

- Exfoliates, resurfaces, and polishes
- Improves lymphatic system & circulation
- Calms and relaxes

Peppermint and Seaweed Sugar Glow

- Resurfaces, smooths, and polishes
- Deeply detoxifying
- Uplifting and refreshing

Bladderwrack Body Buff

- Impacts the appearance of cellulite
- Anti-ageing with strong antioxidants
- Effectively removes dead skin cells

Organic Luscious Salt Glow

- Improves skin texture
- Encourages skin renewal
- Relieves muscle pains and fatigue

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BODY WRAPS

Cocoon Sleep Wrap

60 mins | €100

The peaceful VOYA Cocoon Sleep Wrap combines a choice of one VOYA organic body exfoliation which is used to polish the skin and the body is hydrated with a luxurious body butter that melts onto the skin. This wrap relaxes your tired lethargic muscles, relieves stress, and fatigue, and leaves your skin feeling renewed. 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 blissful heated head and scalp massage.

Choose one of the following:

-Lavender Sleep Wrap

-Peppermint Sleep Wrap

-Bladderwrack Body Buff Sleep Wrap

-Fucus Luscious Sleep Wrap

Seaweed Leaf Wrap

70 mins | €120

Beginning with a bladderwrack body buff, this treatment detoxifies, firms, and softens the skin. The whole body is then wrapped in fresh from the sea Laminaria Seaweed Leaves and cocooned to allow the nutrient-rich seaweed gel to encapsulate the skin. Completed with a relaxing heated head and scalp massage and application of deeply hydrating "Softly Does It" VOYA body moisturiser.

Warm Spiced Mud Wrap

70 mins | €120

Starting off with a dry cactus bristle body brush exfoliation to prepare the skin for warmed ocean seaweed mud with purifying elements that are encapsulated in the wrap. This extract is rich in potent antioxidants and minerals. The treatment is also a serious detoxifier, metabolism stimulator, and a natural anti-ageing boost. Infused with aromatic spices of ginger and orange to revive the senses. This treatment finishes off with a heated head and scalp massage and application of "Softly Does It" VOYA body moisturiser.



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 Full Body Massage

50 mins | €100 or 80 min | €145

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

Gentle Touch VOYA Facial

50 mins | €100

A VOYA sensitive skin facial with a gentle hand & arm massage, scalp, or foot massage, & 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 Full Body Massage

50 mins | €100 or 80 mins | €145

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

Pregnancy VOYA Facial

50 mins | €100

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

Pregnancy Body Exfoliation

40 mins | €80

Using gentle organic walnut shell cream exfoliator, "Time to Shine" and finishing with an application of highly moisturising anti-stretch mark shea body butter.

Pregnancy Cocoon Sleep Wrap

60 mins | €100

A combined exfoliation with an intensifying body butter which melts onto the skin after your full body polish. The wrap re-energises tired, lethargic muscles, relieves stress, and promotes relaxation. Your body is cocooned on a heated bed to allow the mix of organic seaweed and oils to infuse into your skin while you receive a heated head and scalp massage.



BATHS

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

VOYA Organic Seaweed Bath

30 mins | Single €60 or Couples €110

This detoxifying seaweed bath utilises the natural power of organic hand harvested seaweed to deeply moisturise your skin, increase circulation, and promote healing.

VOYA Organic Salt Bath

30 mins | Single €50 or Couples €90

Revitalise the body with VOYA's natural and powerful mineral bath salts. A purifying blend of wild Fucus Serratus Seaweed, Epsom Salts, and is naturally fragranced with lime and mandarin essential oils.

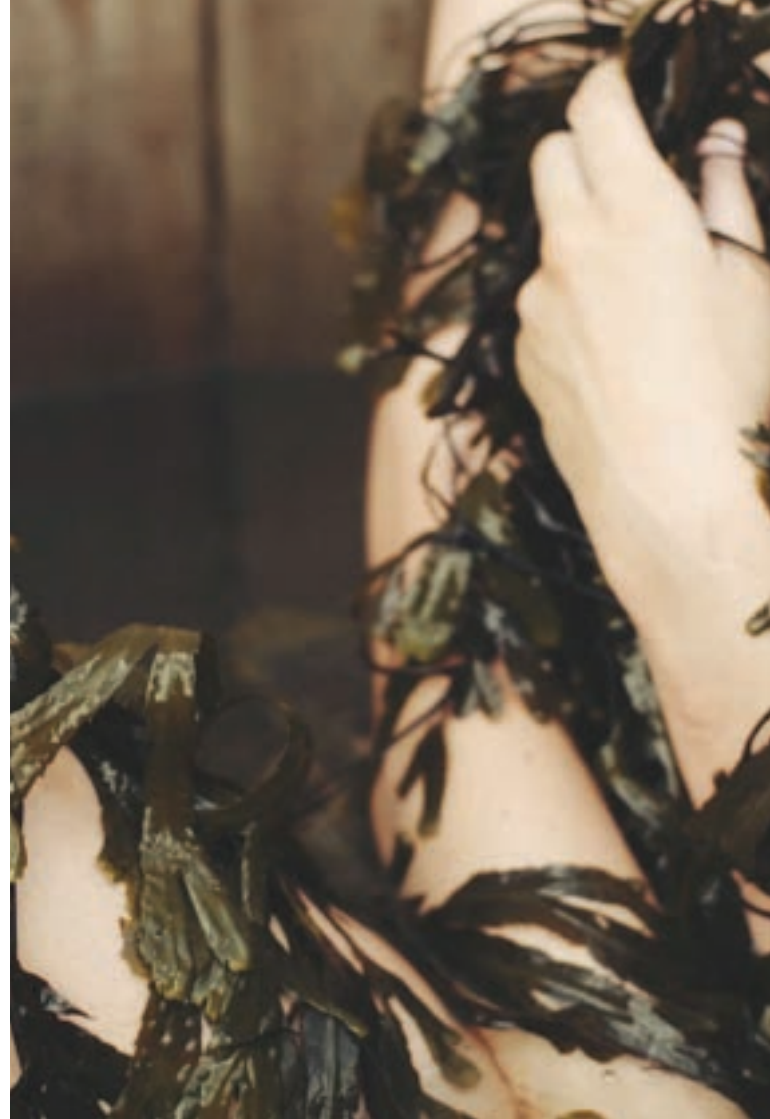
Aromatherapy Bath

30 mins | Single €50 or Couples €90

Take a deep breath in and focus your senses on the carefully selected essential oil blend of your choice to help calm your mind & let go of the stresses of your day.



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COUPLES EXPERIENCE

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

Time Together

50 mins | €190

Side by side couples full body massage or VOYA Self Discovery Facial

Time Off

80 mins | €275

Couples VOYA Organic Salt Bath

Full body massage

Time For Us

80 mins | €310

Couples aromatherapy full body massage

Mini facial



PACKAGES (Includes Sparkling Afternoon Tea)

Half Day Pregnancy Package*

160 mins | €325

- Pregnancy Cocoon Sleep Wrap
- Pregnancy full body massage
- Pregnancy VOYA facial

*** Booking times at 10am or 2pm**

Half Day Package*

115 mins | Single €270 | Couples €500

- Full body exfoliation
- VOYA Organic Salt Bath
- Full body massage
- Mini facial

*** Booking times at 11am or 3pm**

**Thermal & Wellness Suite access at
10am for 11am bookings and 2pm for
3pm bookings**

Full Day Package*

190 mins | Single €395 | Couples €770

- Aromatherapy bath
- Full body massage
- Cocoon Sleep Wrap
- VOYA Anti-ageing facial
- Afternoon Tea served in Spa from
1pm to 2pm

*** Booking time 11am only**

**Thermal & Wellness Suite access at
10am for 11am booking**

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GROUP PACKAGES

Whether it's a birthday celebration, Hen party, or corporate event, let Luxe Spa host your special day out

30 mins | €70 per person*

8-16 people



-Choose one of the following:

- Back massage
- Mini facial
- Indian head massage
- Hand and arm massage
- Foot and leg massage

***Afternoon Tea can be added for an extra €30 per person**

***A non-refundable, non-transferable 50% deposit is required at the time of booking**

THERMAL & WELLNESS SUITE

Thermal area

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. Recommended usage time: 5-10 minutes.

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. Recommended usage time: 15 - 20 mins.

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-ageing 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.

Irelands First Sun Meadows

Vitamin D Light Therapy

Add-on to treatment | 20 mins | €20

Vitamin D Light Therapy and Thermal & Wellness Suite access: 1hour 20 mins | €50

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

Add-on to treatment | 20 mins | €20

Collagen Light Therapy and Thermal & Wellness Suite access: 1hour 20 mins | €50

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.

Add-on to Treatment: Use both Ireland's First Sun Meadows: €35 | 40 mins

Use both Ireland's First Sun Meadows and Thermal & Wellness Suite Access: €60 | 1 hour 40 mins

Hydro Suite

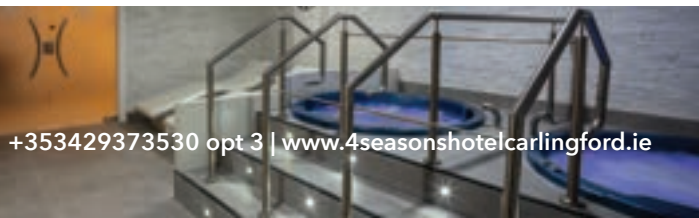
- Side by Side Hot Tubs
- Cold plunge bucket
- Water Pressure massage experience

Hotel Residents
60 Mins | €25 pp

Non-Hotel Residents
60 Mins | €35 pp

- Side by Side Heated loungers
- Rain Forest experience.

Enjoy complimentary access when you book any treatment.



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HOW TO SPA

Booking | Advance booking is essential to guarantee your preferred time slot. Call our reservations team at +353(0)4293 73530 option 3 to advise on the best choice of treatment. Please inform us if you have any medical conditions that might be contraindicated to certain treatments.

Age Requirements | The minimum age requirement for our Spa treatments and access to the Thermal & Wellness Suite is 18 years old.

Opening Times | Our Spa is open from 10am-6pm & the Thermal & Wellness Suite is open from 10am-5pm, Monday to Sunday. Please make your way to the changing facilities by 5.30pm. Hours may vary so please contact the Spa directly for any changes to our opening times.

Arrival Time | We recommend arriving at least 1 hour and 15 minutes prior to your treatment time to fill out your health history forms, change, relax, and to avail use of the Thermal & Wellness Suite. Please note that lateness will result in treatment/facilities time being cut. ***If you have booked a 10am treatment you will be able to avail of the Thermal & Wellness Suite after your treatment, so please arrive at 9.45am earliest. All other appointment times will have access to the Thermal & Wellness Suite 1 hour prior to your treatment time.***

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 guests receiving a Spa treatment have complimentary 1 hour thermal access. Hotel Residents can book 1 hour access to the facilities for €25 per person & Non-Residents for €35 per person. You also have the option of booking two of Ireland's first Sun Meadows; Collagen Light Therapy and Vitamin D Light Therapy. There is

an extra charge of €20 for 20 minutes for one Sun Meadow or €35 for 40 minutes for both Sun Meadows when booked with any treatment. The Thermal & Wellness Suite is contraindicated to certain underlying health conditions such as cancer treatments, high blood pressure, and pregnancy.

What To Bring | We will provide a personal locker & key, a robe & slippers, as well as luxurious towels for your convenience. Additional Spa Amenities may be available upon request. Please be sure to bring your own swimwear which is required in our Thermal Area. We recommend you bring a hairbrush and maybe a book for your own leisure. No personal food, drinks, or alcohol is permitted.

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

Can't Make It | We have a 48 hour 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 the respect of all guests our Spa is a quiet and mobile free zone.

Gift Vouchers | Spa vouchers are available for all treatments and products which make for great presents for someone special. Please contact our Spa team for more details. Gift vouchers can also be purchased online.

'It is nice finding that place where you can just go and relax'

Opening Hours
Monday to Sunday, 10am to 6pm

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E: spa@fshc.ie

W: www.4seasonshotelcarlingford.ie

Instagram: [@luxespafourseasonscarlingford](https://www.instagram.com/luxespafourseasonscarlingford)

Facebook: [luxespafourseasonscarlingford](https://www.facebook.com/luxespafourseasonscarlingford)

Special Offers



Luxe Spa

Four Seasons Hotel & Leisure Club Carlingford