



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.



**Make your spa experience with
our deluxe mini treatments**

15 Mins | €20

Neck and Shoulder Massage
Heated Head and Scalp Massage
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

Lavender Bliss or Peppermint Kiss

120 Min | €180

Full Body Organic Voya Sugar Scrub - Choose Between Lavender or Peppermint –
Back facial Cleansing Ritual - Heated Head and Scalp Treatment – Body is Cocooned –
Cleansing Foot Ritual – Cleansing Hand Ritual - Full Body Massage that Encourages
Deep Relaxation with Infusions of Evening Primrose and Lavender.

The Healing Hour

55 Min | €100

Combination of energy balancing reiki & pressure point foot reflexology

The Deep Deep Cleansing Reviver

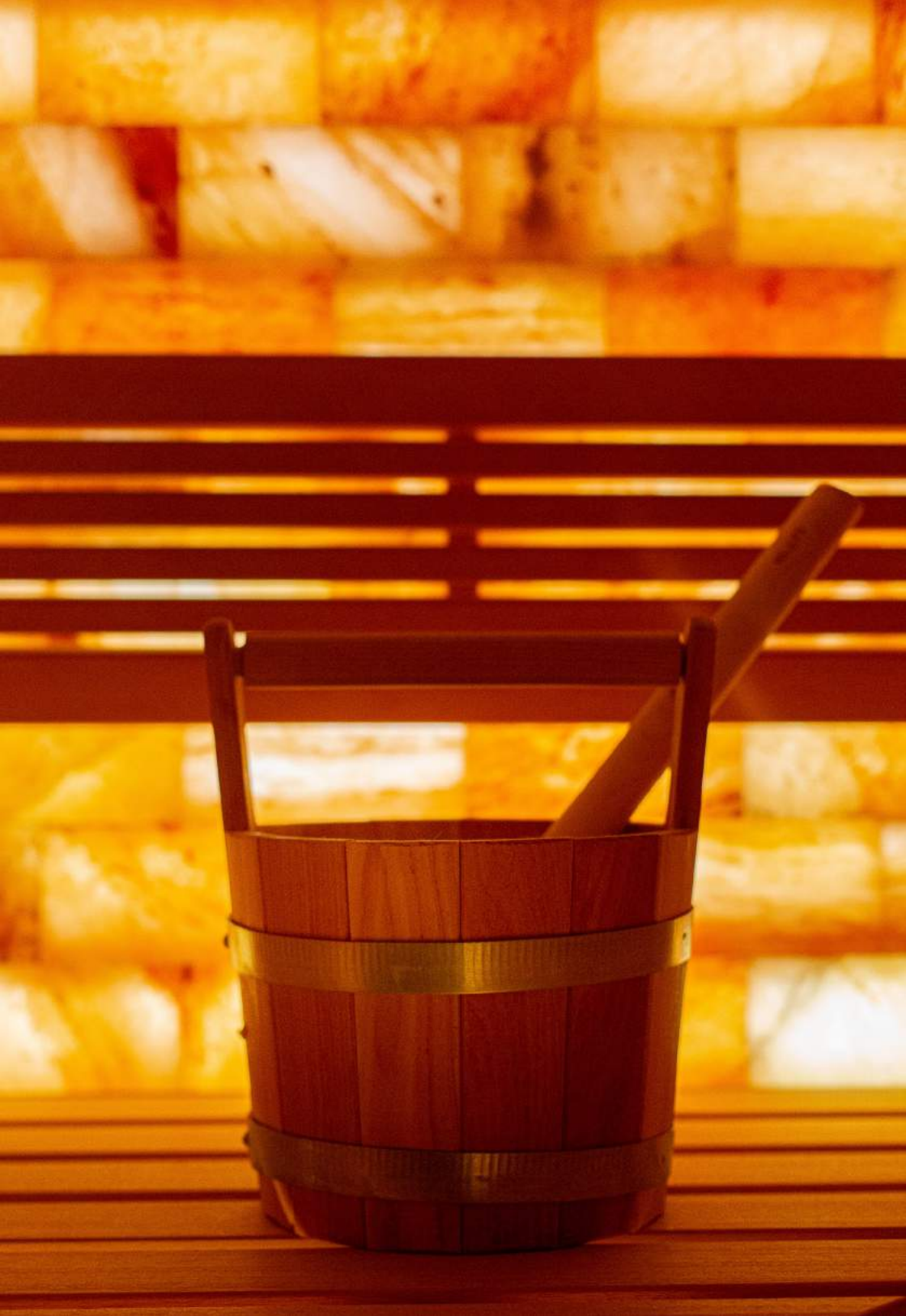
90 Min | €140

Starting With A Deep cleaning Ritual To The Body – Heated head &
Scalp Treatment – Finishing with A Nourishing Deep Flow Massage.

Ray of Light

90 Min | €140

Light up the darkest days with our sun light Vitamin D Therapy.
Begin with our Vitamin D Sun Meadow – Energising Full Body Massage –
Heated Head & Scalp Treatment - Pressure Point Foot Massage.





Just relax, I got your back

The Ultimate Back Reviver

55 Min | €105

Starting With A Back Cleansing Facial To Deep Cleanse, Energize & Nourish This Hard To Reach Area. Deep Cleanse – Exfoliate – Invigorating & Detoxifying Mask – Head & Scalp Massage – Back Massage – Moisturisation.

Mindful Moments Hot Oil Massage

55 Min | €100

Light to Medium, A Deeply Relaxing Massage

Deeper Than Deep

55 Min | €105

Deep Tissue Massage

Tension Target Massage

55 Min | €105

Focus on your specific areas of tension.
Choose 2 areas for your therapist to target on and feel the deep relief

Reflexology

45 min | €80

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

Reiki

45 min | €80

Universal energy healing working on the chakras of the body



Scrubs

Love Me, Scrub Me

Voya Organic Stimulating Seaweed Body Buff

55 Min | €105

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 | €85

Full Body Exfoliation – Elemis Full Body Hydration Boost Application

Deeply cleansing salt scrub, leaving skin hydrated and nourished

Wraps

Tangle me up

Voya Organic Spice Mud Wrap

90 Min | €140

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

90 Min | €140

Organic Full Body Exfoliation, Followed By A Tailored Nurturing Massage

Prenatal Reflexology

45 min | €80

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.



Packages

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

Beau-Tea-Full Mini Treats
55 Min | €120

Relaxation to a Tea

The perfect afternoon indulgence our Beau-Tea-Full Mini Treats package which includes an **Afternoon Tea & our Mini Treats**

Choose 2 of the following treatments

Hot Oil Back Massage

Reiki

Foot Massage

Indian Head massage





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

55 Min | €100

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

Healing Touch Reflexology

45 min | €80

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



Luxe Spa

Four Seasons Hotel, Carlingford, Co. Louth

Opening Hours

Monday-Sunday, 10am-6pm

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E: spa@fshc.ie

W: www.4SeasonsHotelCarlingford.ie

GIFT VOUCHERS AVAILABLE