

Four Seasons Hotel & Leisure Club Carlingford

Find us on:



Tel: (+353) 42 9373530

Email: info@fshc.ie





Luxe Spa

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Discover the true meaning of a Spa Break in the peace and tranquillity of Luxe Spa at Four Seasons Hotel Carlingford. Nestled between the mountains and the sea where we are committed to providing the ultimate in extravagance and relaxation. Our Spa treatments and array of packages have been designed to encourage total comfort and well-being.

Our team of experienced and highly qualified therapists are on hand to guide you through your Spa journey using modern and ancient therapies. Relax, unwind and experience complete mindfulness here with us at Luxe Spa.





ELEMIS

SPA THERAPY



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ELEMIS

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ELEMIS

ELEMIS was born out of the vision to bring together the power of nature, science and aromatics. To harness the dynamism of the highest-grade actives and create a skincare line that would transform the frontline of the beauty industry. ELEMIS is designed to respect the body's complex physiology, their spa-therapies work in natural synergy with the skin, body and mind.



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ELEMIS Facials



ELEMIS Advanced Anti-Ageing Facials

The hands of a highly trained ELEMIS therapist are profoundly effective anti-ageing tools. Using a combination of massage techniques from around the world, this is where intuition meets expertise with clinically proven results.

ELEMIS Pro-Collagen Age Defy

This anti-wrinkle facial tackles fine lines and wrinkles with age-defying benefits of marine charged Padina Pavonica and Red Coral. Using targeted massage techniques this encourages optimum cellular respiration and regeneration for firmer, uplifted and younger looking skin.

ELEMIS Pro-Definition Lift and Contour

Powered by breakthrough technology, this facial helps restore the architecture of the face using the potent nutrients in plant actives found to help support the extra-cellular matrix. This facial helps create a profoundly sculpted, youthful effect on the skin.

ELEMIS Dynamic Resurfacing Precision Peel

This resurfacing peel aims to target the signs of ageing and uneven skin tone. This pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger-looking skin.



ELEMIS Skin Solutions Facials

These targeted treatments will gently but firmly take on the challenges of sensitivity, oiliness and dullness for healthier, radiant complexions.

ELEMIS Superfood Pro-Radiance

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. This facial will leave you flaunting plumper skin and a more radiant glow.

ELEMIS Sensitive Skin Soother

Fragile skin needs special attention. A soothing massage technique helps reduce the appearance of redness and protect against daily stresses. Texture and moisture levels are dramatically restored. Skin is left supremely soothed, comfortable and calm.

ELEMIS Anti-Blemish Mattify and Calm

A revelation for oily, congested or hormonal skin. This mattifying facial helps combat oil and shine, while intuitive massage helps restore micro-circulation. A deeply detoxifying treatment for clear, bright, healthy looking skin.

ELEMIS for Men

Men's skin behaves differently to women's. Shaving, sports and lifestyle all make their own demands. ELEMIS responds with high performance facial therapies designed to restore energy, vitality and lustre to male skin.

ELEMIS Signature Luxe Facial

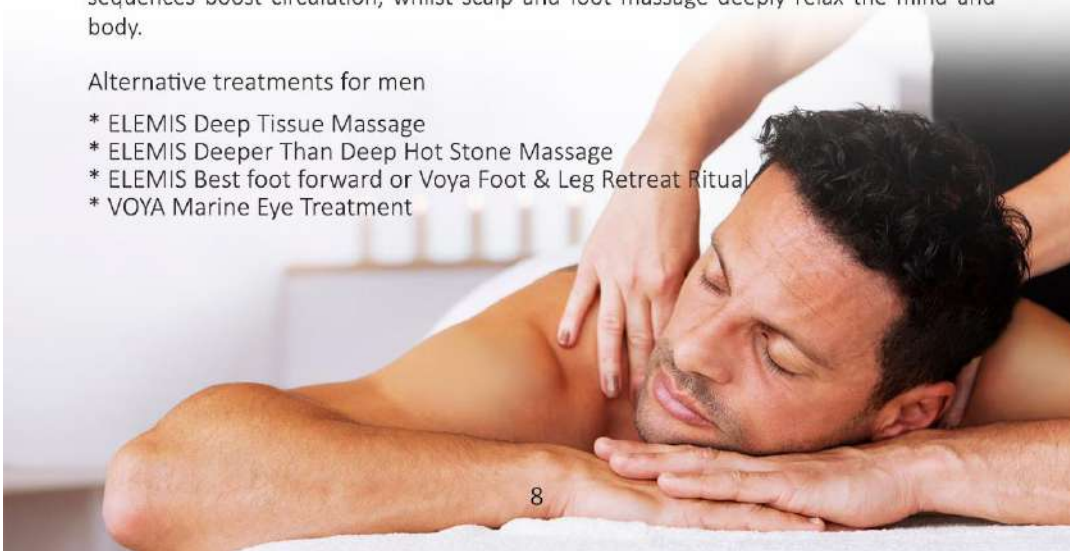
This luxury facial is customised to each individual skin type, using a prescribed mask and unique Eastern facial massage techniques. Your face is deeply cleansed to help nourish and balance the skin, leaving you feeling refreshed and revitalised.

ELEMIS High Performance Skin Energiser

The hard-working facial for ageing, dehydrated skin and tired eyes. It maximises cell regeneration, as steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massage deeply relax the mind and body.

Alternative treatments for men

- * ELEMIS Deep Tissue Massage
- * ELEMIS Deeper Than Deep Hot Stone Massage
- * ELEMIS Best foot forward or Voya Foot & Leg Retreat Ritual
- * VOYA Marine Eye Treatment



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ELEMIS Body Treatments

Cleansing mineral salts, oil blends rich in actives and aromatics are combined with an unparalleled level of expertise in massage and conditioning. For healthy, revitalised skin and deeply eased muscles.

ELEMIS Freestyle Deep Tissue Massage

Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance. The flowing massage works deeper into the tension, encouraging optimum circulation.

ELEMIS Garden of England Rose Restore

Take a walk in an English rose garden with this lavishly hydrating massage and micro wrap. The unique trio of Rose, Camelina and Poppy seed oils leaves skin exquisitely moisturised, intensely supple and delicately scented.

ELEMIS Body Nectar Nourishing Wrap - Sweet Orchid or Frangipani

The velvety texture of the Monoi Oil offers super-hydration, quenching a thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.

ELEMIS Intensely Cleansing Salt Scrub

Lime and Ginger or Frangipani
Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.



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Elemis Hot Mineral Body Boost

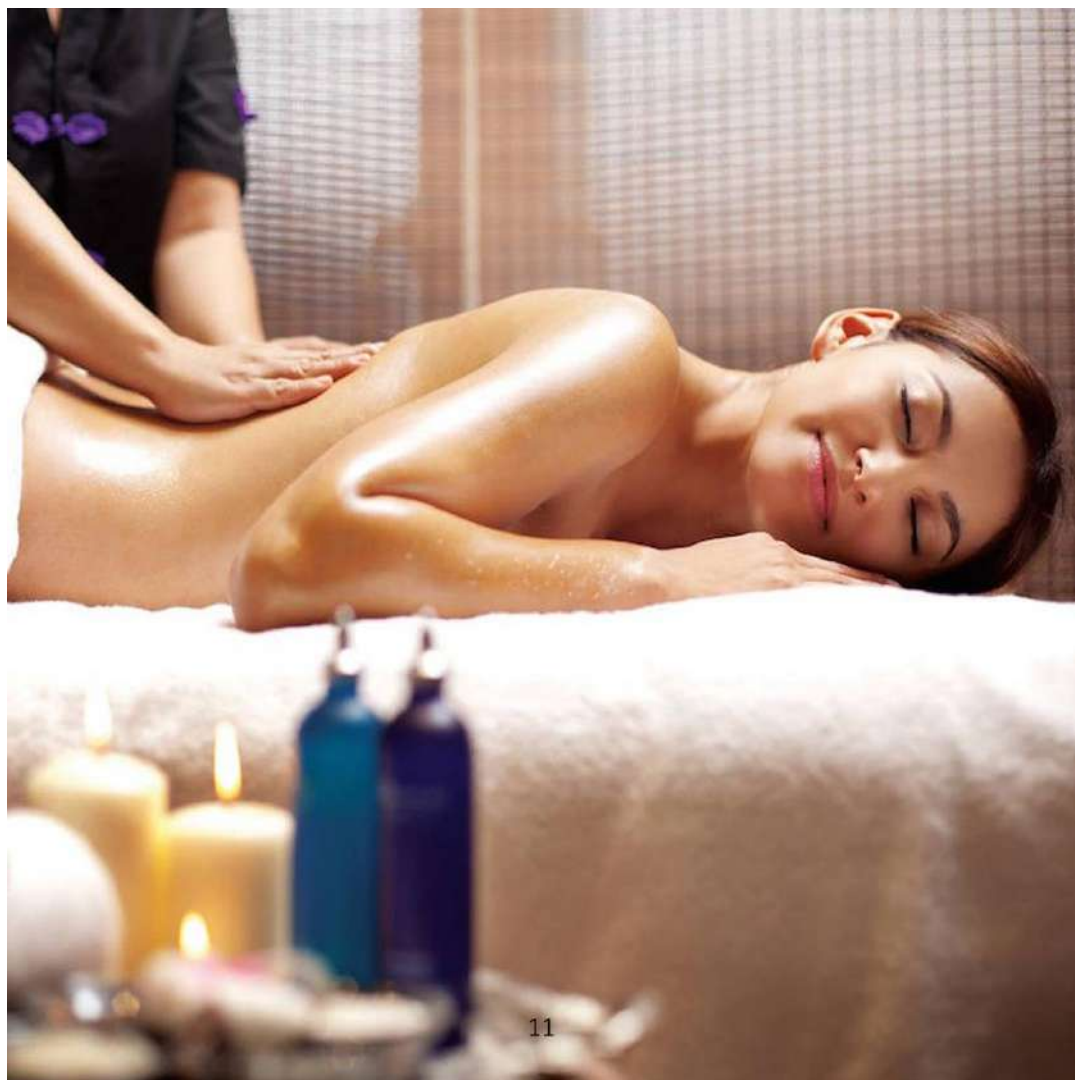
This is a powerful treatment to stimulate every cell in the body. It helps alleviate muscular pain and remove toxins. This is a revolutionary, mineral-charged experience of skin conditioning, metabolic balancing and energising wellness.

Elemis Deeper Than Deep Hot Stone Body Massage

Balinese stones bathed in the Frangipani Monoi Body Oil are worked deep into the muscles, getting into areas of tension. The result is sparkling vitality with the added bonus of intensely hydrated skin.

Elemis Thousand Flower Detox Wrap

The Thousand Flower Detox Wrap is enriched by Somerset soil packed with tree, flower and grass rich nutrients. This detox wrap uses the deeply nourishing Green Tea Balm to encourage super skin health and powerful detoxification. It helps stimulate the elimination process and restore equilibrium to leave you feeling completely reinvigorated.



ELEMIS Hands & Feet

ELEMIS Garden of Roses Restore Hand Treatment

This is the last word in conditioning and restorative, anti-ageing hand treatments. It targets age spots, dryness, conditions the nails and encourages deep relaxation.

ELEMIS Best Foot Forward

Take a load off with this foot-focused tension releaser. Lower legs and feet are thoroughly exfoliated, bathed and massaged. Your feet are left nourished, soft and smooth. You will walk away with feet as supple and fragrant as a rose.

Treatment Packages

Choose one of our existing treatment packages or create your own dream spa experience with the assistance of our spa therapists. Together we can find the perfect treatment to work with your skin, your mood and your needs.

The Luxe Gold Experience

ELEMIS Intensely Cleansing Salt Scrub
ELEMIS Garden of England Rose Restore Massage
ELEMIS Facial personalised to your skin type

The Luxe Silver Experience

ELEMIS Hot Mineral Body Boost
ELEMIS Facial personalised to your skin type

The Luxe Bronze Experience

ELEMIS Intensely Cleansing Salt Scrub
ELEMIS Nectar Nourishing Wrap

ELEMIS Mum To Be

These thoroughly researched and carefully formulated treatments have been designed to gently nurture and support a woman through the rich experience of each trimester. (Performed after the first trimester)

ELEMIS Peaceful Pregnancy Massage

Performed on a pear-shaped beanbag that moulds around your growing bump, mothers-to-be are restored to optimum wellness. An intuitive and relaxing massage hydrates skin that is expanding to accommodate a growing baby.

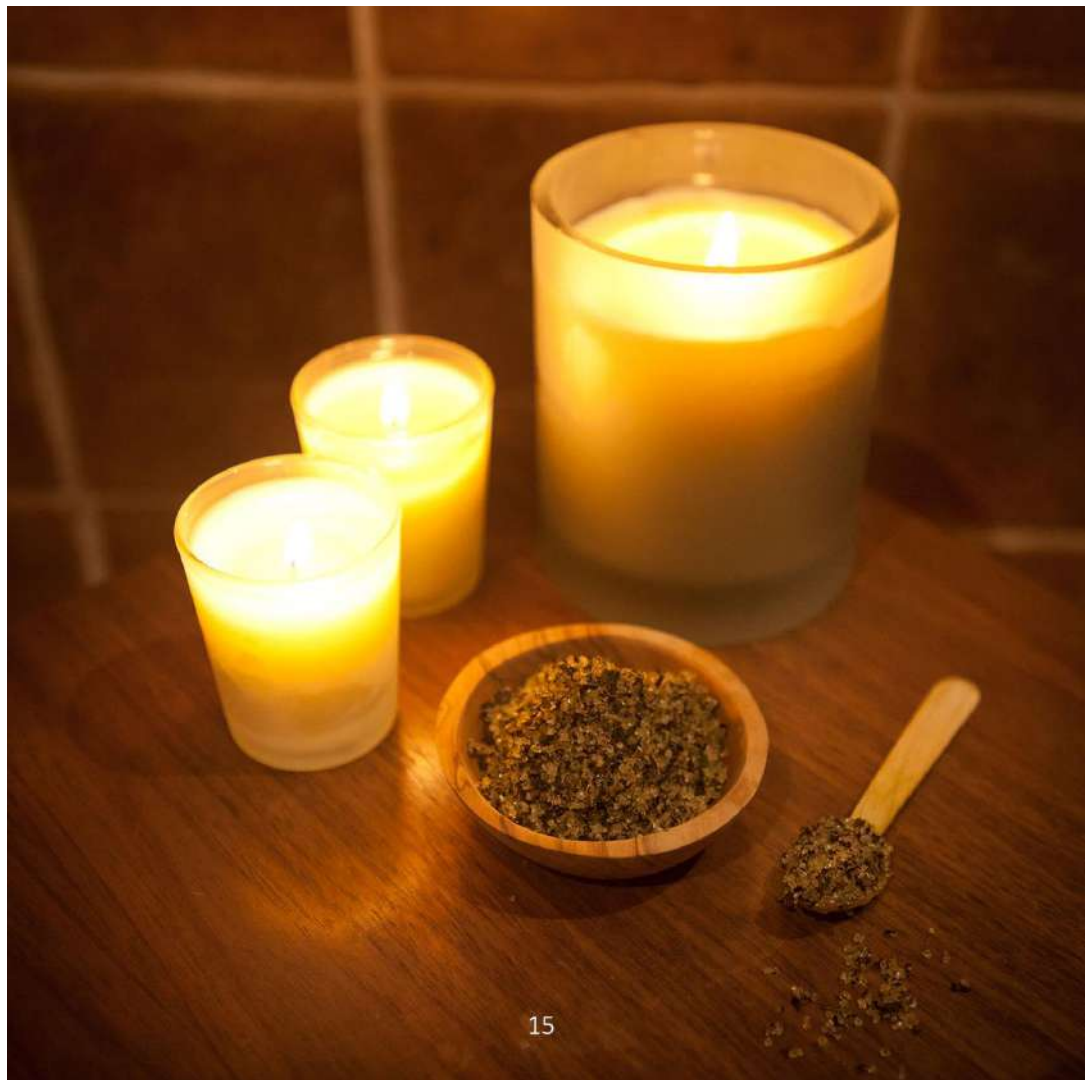
ELEMIS Peaceful Pregnancy Face and Body Experience

Settle into the unique pear-shaped beanbag for this treatment combination that gently addresses any visible effects of hormonal changes on the skin and supports it as it accommodates your baby.

*Total relaxation...
...the ultimate Spa Therapy*



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