



CARTON HOUSE

SPA & WELLNESS

SPA TREATMENT MENU
SUMMER 2021

WELCOME

Check out from the chaos of everyday life with a Carton House Spa & Wellness experience. Nestled in the historic heart of a fully walled estate, break free from reality with a premium spa retreat at our unrivalled resort location. Once a favourite of Queen Victoria, Grace Kelly and Prince Rainier, Carton House, retains all the charm and elegance of its past.

The 18th century mill building, now home to Carton House Spa & Wellness, has been mindfully restored to ensure your complete relaxation and rejuvenation. Surrender your stress and choose from a carefully curated menu of treatments delivered by our highly skilled therapists.

Our product offering includes the beautifully aromatic skin and body care brand Aromatherapy Associates and the luxurious hand and foot care brand, Margaret Dabbs. Carton House Spa & Wellness promises a mindful experience with meaningful results.

Once you have completed your spa journey, reality will appear renewed and refreshed as you emerge having experienced total mind, body and spirit indulgence.



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For more than 30 years Aromatherapy Associates has been specialising in harnessing the natural healing powers of the finest natural ingredients, purest extracts, and essential oils to include in their products and treatments.

Combined with their many years of experience as therapists, they have seen first-hand how essential oils have effectively enhanced the state of people's physical, mental and emotional wellbeing. Their renowned and award-winning products and treatments have transformed the aromatherapy experience into something highly effective yet luxurious and exceptional.

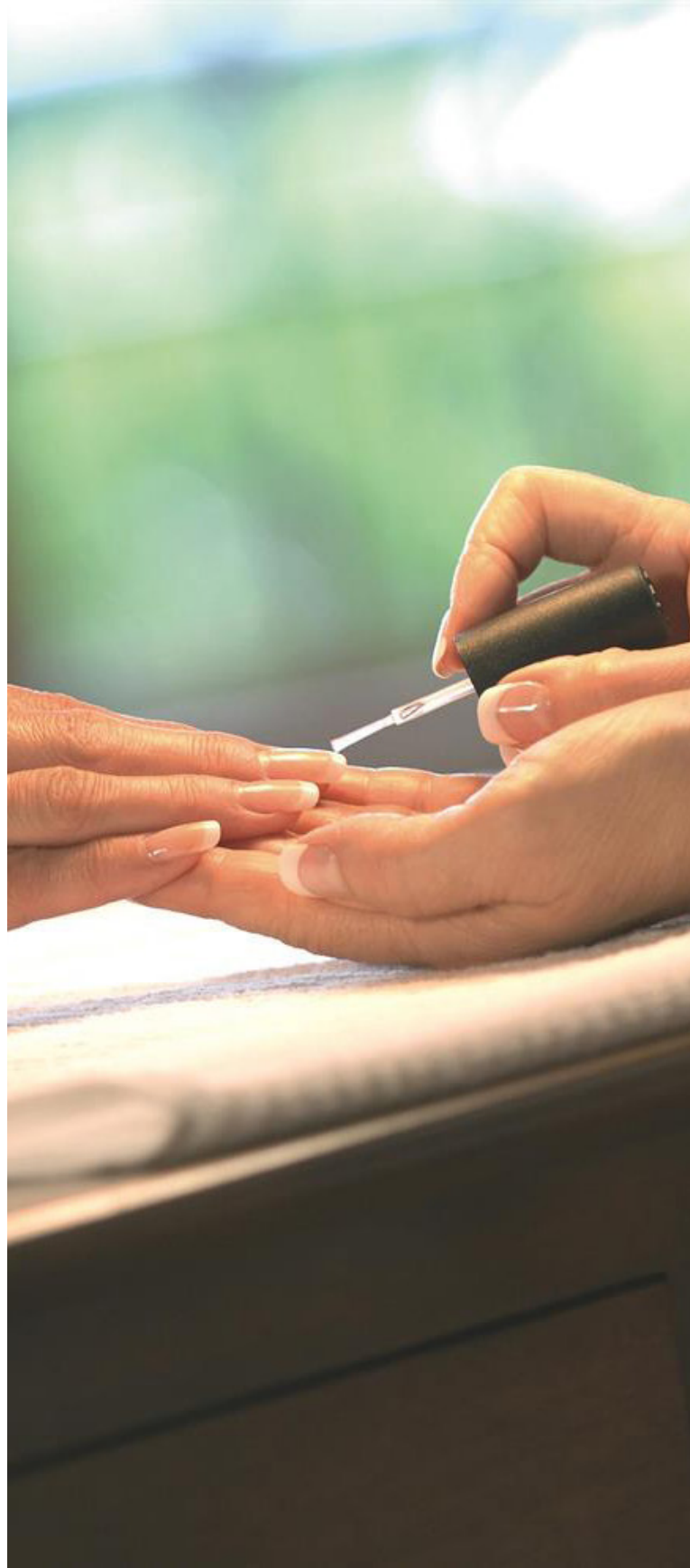


Margaret Dabbs is passionate about hands and feet. She is the celebrated podiatrist and foot expert who founded her first foot clinic in 1998. She went on to create the Margaret Dabbs brand to include foot clinics with nails spas across the UK and internationally, introducing teams of both qualified podiatrists and professional beauticians to perform her unique treatments.

It was here she pioneered the now world renowned Medical Pedicure and went on personally to craft her own line of award-winning products and treatments for use in her clinics. These were designed to bridge the gap that she saw in the market and to provide expert, credible, results driven foot and hand treatments.

Our team of therapists have been extensively trained in the techniques of the supreme manicure and supreme pedicure and Margaret Dabbs home care products.

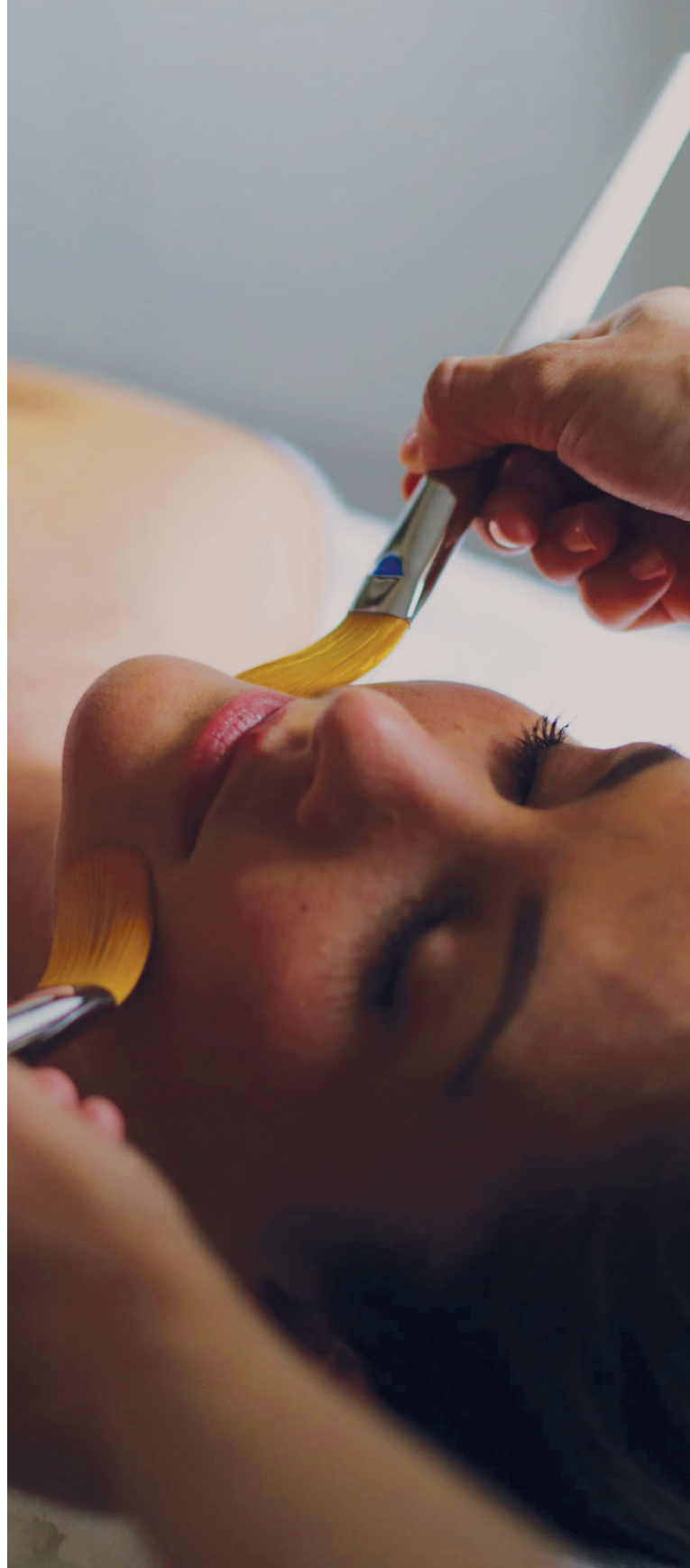
Margaret Dabbs
LONDON



FACIAL

Ultimate aromatherapy facial
55 minutes | €110

A bespoke facial, designed to suit your individual skin needs. A combination of the finest pure essential oils and plant extracts are applied with specifically designed massage techniques to restore and recondition the skin, leaving the complexion smooth and luminous.



MASSAGES

Carton House Spa & Wellness signature massage 55 minutes | €115

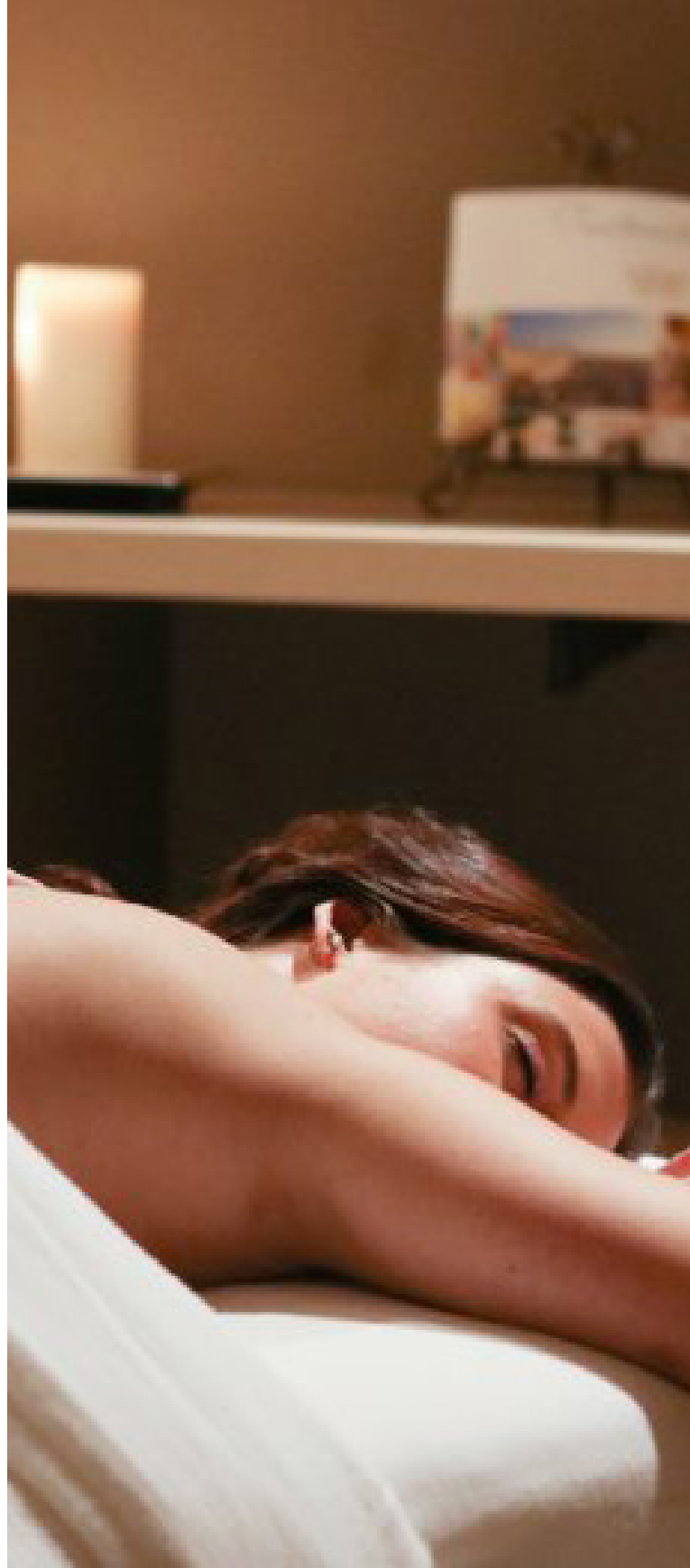
Close your eyes, relax, and bid stress farewell. Your therapist rhythmically performs Swedish massage techniques proven-effective to help you de-stress, unwind, and achieve a deep sense of wellness. Your circulation is boosted as sore joints and muscles are quickly alleviated.

Indian head massage 45 minutes | €90

This stress relieving massage is based on the ayurvedic system of healing and has been practiced in India for over a thousand years. It will release stress in the muscles and joints of the head, face, neck and shoulders. The perfect treatment for relieving stress, tension, fatigue, insomnia, headaches, and migraine.

Ultimate aromatherapy pregnancy massage 55 minutes | €120

Feel nurtured and supported in a time of constant change. Blended oils, safely formulated to be used during pregnancy to nourish and care for your expanding skin, are chosen with your therapist. Using the traditional aromatherapy pressure point massage for the upper back and paying particular attention to tight shoulders, this massage helps to relieve stress and tension. The legs are massaged to ease the heavy feeling that can come with pregnancy and a full scalp and facial massage, with treatment oil chosen specifically for your skin type, completes this top to toe treatment. Give yourself a moment to appreciate the joy of pregnancy and leave the stresses of life behind you.



SIGNATURE TREATMENTS

Ultimate aromatherapy experience 55 minutes | €120

This hero treatment begins with a consultation to discover what your emotional and physical needs are. From there we carry out an aroma test to allow you to choose the oil most suitable for you.

With your chosen oil, your therapist will use carefully applied pressures to stimulate the nervous system, Swedish and neuromuscular techniques to relieve muscular tension and lymphatic drainage to encourage healthy circulation. This treatment works from your head to your toes, dissolving all of your stress and tension.

Ultimate aromatherapy face & body ritual 55 minutes | €125

A combination of our stress elimination back massage and revitalising aromatherapy facial to balance both body and mind.

Reflexology 45 minutes | €90 (subject to availability)

An ancient art of healing the body and mind. Begin with an invigorating foot scrub and an application of hot towels to the feet. Gentle pressure is then applied to specific points on the feet to establish a healthy flow of energy within the body and to encourage your body's own natural healing system. Beautifully relaxing, calming, and beneficial to your entire system.



HANDS & FEET

Margaret Dabbs supreme pedicure 55 minutes | €70

Our outstanding signature pedicure treatment, providing long lasting results with the indulgence of the full range of Margaret Dabbs Fabulous Feet products. We begin with cuticle work and exfoliation followed by a foot bath and a wonderful revitalising and hydrating foot massage, finishing with a Vinylux polish of your choice. Pure transformation with effective results.

Margaret Dabbs supreme manicure 55 minutes | €60

Our outstanding anti-aging expert manicure treatment. Experience exceptional results, with the indulgence of the full range of Margaret Dabbs Fabulous Hand products. We begin with cuticle work followed by a wonderful creamy scrub, anti-aging hand serum and a hand and lower arm massage, concluding with a Vinylux polish of your choice. Simply the best manicure you can find.



SPA ETIQUETTE

SPA BOOKINGS

T: +353 (0)1 651 7744

E: thespa@cartonhouse.com

To ensure you get the availability that you desire, we strongly recommend that you book your treatments well in advance.

SPA VOUCHERS

Treat yourself or that someone special to a gift card for Carton House Spa & Wellness. Gift cards can be used for all services offered at Carton House, A Fairmont Managed Hotel. Gift cards are available from Spa or Hotel Reception or at cartonhouse.com and are valid for 5 years.

SPA FACILITIES

All guests of Carton House Spa & Wellness enjoy complimentary access to the 18-metre swimming pool as well as use of the relaxation room before or after your treatments. For the more energetic guests, why not take a walk on one of the many walking or running trails throughout the estate. Guests can also hire bicycles from Hotel Reception should you wish. Please note, the sauna, steam room and Jacuzzi are temporarily out of use in line with Covid-19 regulations.

MEDICAL CONDITIONS

Some treatments or products may be unsuitable for guests with certain medical conditions. When booking, please disclose any relevant medical information to us.

CANCELLATION POLICY

As a courtesy to other guests of Carton House Spa & Wellness, we ask that you give us at least 48 hours' notice if you need to cancel your spa booking. Please note that there is a cancellation fee of 50% if the cancellation is made less than 48 hours prior to booking. Failure to present or same day cancellations will be charged at 100% of the treatment price.

