



Carton House  
SPA & LEISURE



pure indulgence



## Welcome to the Spa at Carton House

Leave the world behind and enter a warm, calm, heavenly retreat at the Spa at Carton House.

Built in 1739 for the 1st Earl of Leinster, the striking Palladian mansion and 1,100 acres of stunning parkland at Carton House remained as the FitzGerald family seat until the mid 20th century. Now Carton House and the estate are all yours to explore and to enjoy.

From stately home stables to a state-of-the-art Spa, the 18th century cut-stone Georgian building has been completely and beautifully renovated. With seven luxurious therapy rooms and the ultimate selection of Aveda treatments, you will be completely pampered by our attentive therapists – in a world of your own, or together with your partner in our couple's treatment room.

Sophisticated leisure facilities and a dedicated relaxation area are at your disposal, making this the perfect place to pamper your mind, body and soul.





## Aveda Spa Journey

The Spa at Carton House is the perfect way to experience nature's best-kept beauty secrets in luxurious surroundings. Our Aveda Spa Journey is a truly special experience, designed to restore well-being and to reinstate the rhythm and harmony between mind, body and soul.

Aveda's Elemental Nature<sup>SM</sup> spa and skincare philosophy believes that what you put on your body should be as healthy as what you put in it. So only the purest flower and plant essences are used.

Whether you want to experience deep relaxation through a divine bathing ritual, or the invigorating effect of a body scrub, there's just the right treatment waiting here for you.







## The Aveda Philosophy

The name *Aveda* comes from the word “ayurveda”, an ancient Indian tradition that is over 5,000 years old. This healing system teaches that if we get sick, we should take responsibility for our own health and happiness. Through a holistic approach, ayurveda teaches us to become more aware of what is happening inside us, as this may cause our skin or body to react in a certain way. Once aware, we can bring the body back into balance.

Inspired by plant-based healing traditions, *Aveda’s* Elemental Nature<sup>SM</sup> spa and skincare philosophy is grounded in the belief that everything in the universe - including the skin and body - is composed of five elements: infinity (or space), air, fire, water and earth. Many factors such as stress or toxicity can cause these elements to shift out of balance, naturally affecting our skin, body and emotions. *Aveda’s* holistic approach restores balance to the five elements, engaging all our five senses through its pure aromas, plant-based products and nurturing treatments.











# AVEDA

the art and science of pure flower and plant essences

## Journey Through Nature with Aveda

This sensory journey starts with an aromatic footbath and fragrant herbal tea. Our therapists will then consult with you to discover your Elemental Nature, choosing the precise aromas to restore your mind and body to balance. A personal treatment plan and self-care rituals will then be created using your own unique combination of aromas.

### **Aveda Facials**

Forget about the outside world and get back to nature with Aveda's targeted facials. We carefully analyse your skin type, then combine pure flower and plant essences and gentle massage to leave your skin glowing.

### **Aveda Massage**

Restore inner peace and harmony through the power of massage. Expectant mothers can drift away with a gentle massage using carefully selected aromas.

### **Aveda Body Treatments**

Rejuvenating, nurturing, healing. Aveda's holistic philosophy helps you to bring balance back into your life through pure aromas, deep tissue massage and soothing bodywraps.

### **Aveda Bathing Rituals**

Our Bathing Rituals are pure bliss. Sink into our hydrotherapy bath and drift away with the heady aroma of pure flower and plant essences. Tension just melts away.

### **Aveda Treatment Enhancements**

Add the finishing touches – a manicure or pedicure – then just lie back and relax. Simple.

## Spa Facilities

- 7 Treatment Rooms including a Couple's Treatment Room
- Steam Room
- Relaxation Area
- Relaxation Bath
- Manicure/Pedicure Room
- Full Range of Aveda Products



# Aveda Facials

## Elemental Nature Customised Facial

A personalised treatment designed just for you to restore balance through the use of essential oil aromas and chosen products containing pure flower and plant essences.  
*30 minutes, 1 hour and 1 hour 30 minutes bookings available*

## Aveda targeted treatment facials

### Outer Peace Blemish Relief Facial

A total solution for blemished skin - with consultation, personalised treatment and diet/lifestyle tips – that treats not only the symptoms of blemishes and break-outs, but their causes, so that skin stays clear. A course of 3 is recommended.  
*30 minutes, 1 hour and 1 hour 30 minutes bookings available*

### Botanical Skin Resurfacing Facial

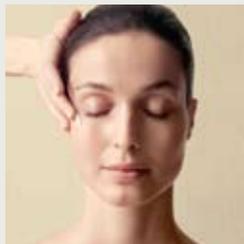
A natural alternative to microdermabrasion. This treatment uses the power of Aveda's Tourmaline charged products combined with a high-touch approach, proven to leave the skin with a smoother texture and increased radiance.  
*30 minutes, 1 hour and 1 hour 30 minutes bookings available*

### Green Science Skin Renewing Facial

A combination of the powerful plant technology of the Green Science products and high-touch skin therapy to renew, repair and regenerate the skin. Featuring Aveda's signature 5-phase massage, this unique treatment is clinically proven to lift and firm the skin and to reduce fine lines and wrinkles. A course of 3 is recommended.  
*30 minutes, 1 hour and 1 hour 30 minutes bookings available*

### Perfecting Plant Peel™

Our Perfecting Plant Peel thermal facial masque actively smoothes and re-textures the skin by exfoliating dulling skin cells, smoothing lines and wrinkles, evening skin tone and refining pores to restore youthful radiance to the skin. This treatment offers the benefits of a 30% glycolic peel but without the associated redness and irritation. A course of 3 is recommended.  
*30 minutes*



## Green Science Skin Renewing Facial with Perfecting Plant Peel™

Combine a Green Science Skin Renewing Facial with the Perfecting Plant Peel for the ultimate in anti ageing skin care. This powerful treatment will provide deep exfoliation and targeted treatment of fine lines and wrinkles to leave the skin renewed and revitalised.

*1 hour 15 minutes*

## Revitalising Eye Treatment

The combination of a soothing pressure point massage and a cooling eye mask help to diminish eye strain, dark circles, puffiness and fine lines, whilst a scalp massage helps to ease tension in the head and neck region.

*30 minutes*

## Enbrightenment™ Brightening Treatment

A combination of the powerful plant technology of the Enbrightenment™ products and high-touch skin therapy to help to reduce the appearance of hyperpigmentation and improve visible skin clarity. Featuring Asian-inspired massage techniques for deep relaxation and healthy skin functioning, this treatment helps to achieve an evening of the skin tone as well as overall skin luminosity. A course of 3 is recommended.

*30 minutes, 1 hour and 1 hour 30 minutes bookings available*

## Enbrightenment™ Brightening Treatment with Perfecting Plant Peel™

Combine an Enbrightenment™ Brightening Treatment with the Perfecting Plant Peel™ for the ultimate in brightening skin care. This powerful treatment will provide deep exfoliation and targeted treatment of hyperpigmentation to leave the skin with a luminous glow and a more even tone. A course of 3 is recommended.

*1 hour 30 minutes*

## Aveda Massage

### Elemental Nature<sup>SM</sup> Massage

A personalised massage experience based upon the Aveda Elemental Nature<sup>SM</sup> Philosophy and your favourite Aveda aromas. Depending upon your needs, a variety of massage techniques will be used.

*30 minutes, 1 hour and 1 hour 30 minutes bookings available*

## Chakra™ Balancing Massage

An innovative massage experience that focuses on the seven chakra centres using a variety of massage techniques. Combining the Aveda Chakra™ Balancing Blends with deep tissue massage, reflexology work and chakra energy work will lead to stress relief, decreased muscular tension and increased energy. The treatment will be enhanced by a guided meditation to bring about balance to the entire chakra system.

*1 hour*

## Massage for Expectant Mothers

A deeply nurturing massage specifically designed for this special time. Feel protected and cherished whilst your specific aches and tensions are soothed away by the therapist's hands. Supporting cushions will encase you to ensure comfort throughout. Our oil blends will condition and rejuvenate body tone while nourishing areas where the skin is most stretched. Emerge feeling indulgently pampered and floating on air.

*1 hour 15 minutes*

## Reflexology

An ancient art of healing the body and mind. Begin with an invigorating foot scrub and an application of hot towels to the feet and legs. 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.

*45 minutes*

## Indian Head Massage

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. Perfect for relieving stress, tension, fatigue, insomnia, headaches and migraine.

*45 minutes*

# Aveda Body Treatments

## Caribbean Therapy Body Treatment

A rejuvenating and nurturing body treatment that uses the healing touch and plant ingredients of the Caribbean to create inner calm and renew the body and senses. The treatment begins with a dry exfoliation followed by a smoothing, detoxifying seaweed mask, a comforting body wrap and a scalp and face massage. After a refreshing shower, a restorative body massage completes this island-inspired experience.

*1 hour 30 minutes*

## Caribbean Therapy Body Scrub

A stimulating exfoliation treatment that uses the healing touch and plant ingredients from the Caribbean to rejuvenate the skin and the senses. This island-inspired experience includes a foot massage, body scrub and body massage to leave you feeling refreshed and renewed.

*1 hour 15 minutes*

## Essential Back Treatment

Designed to bring purity and balance to the skin on the back, this treatment will focus on cleansing, skin exfoliation, back massage and mask therapy. Perfect if you are having skin challenges on your back, seasonal skin changes or prior to a special occasion.

*1 hour*

## Rosemary Mint Awakening Body Wrap

Renew body and mind with this stimulating and nurturing dry wrap. Your body is exfoliated, smoothed, softened and wrapped. Essences of Rosemary and Peppermint will awaken your senses while a scalp and foot treatment balance and invigorate the whole body.

*1 hour*

## Aqua Polish

A full body exfoliation and refinement of your skin using the therapeutic benefits of marine elements such as Dead Sea salts along with skin conditioning oils. The result is conditioned, soft, polished skin.

*1 hour*

# Aveda Bathing Rituals

Relax in the comfort of your very own hydrotherapy bath as the combination of Aveda aromas and warm jets of bubbling water soothe your mind and soften your skin. Choose from the following bathing rituals that combine an Aveda treatment with a relaxing hydrotherapy experience.

## Caribbean Therapy Bathing Ritual

Immerse yourself in the milky oasis of warm, bubbling water infused with Caribbean Therapy Bath Soak to soften your skin and transport your senses to the tropics. Continue with the Aveda Caribbean Therapy Body Treatment, including a dry exfoliation, followed by a smoothing, detoxifying seaweed mask, a comforting body wrap and a scalp and face massage. After a refreshing shower, a restorative body massage completes this unique, island-inspired experience.

*1 hr 45 minutes*

## Chakra™ Balancing Bathing Ritual

Immerse yourself in the comforting jets of warm, bubbling water, infused with your chosen Aveda Chakra™ Balancing aroma blend to bring about mental focus and clarity. Continue with an Aveda Chakra™ Balancing Massage, where deep tissue massage, reflexology work and chakra energy work will lead to stress relief, decreased muscular tension and increased energy. The treatment will be enhanced by a guided meditation to bring about balance to the entire chakra system.

*1 hour 15 minutes*

## Rosemary Mint Bathing Ritual

Immerse yourself in the invigorating jets of warm, bubbling water, infused with essences of rosemary and peppermint to ease away aches, pains and tension. Continue with the Aveda Rosemary Mint Awakening Body Wrap, where your body will be exfoliated, smoothed, softened and wrapped. Essences of rosemary and peppermint will awaken your senses while a scalp and foot treatment balance and invigorate the whole body.

*1 hour 15 minutes*

## Aveda Treatment Enhancements

Ask your therapist how you can personalise your facial by adding on a mini treatment with distinct benefits:

- Revitalising Eye Treatment – focus on diminishing fine lines, puffiness and dark circles in the delicate eye area.
- Perfecting Plant Peel™ – achieve the benefits of a 30% glycolic peel without the associated redness and irritation. Add to an Elemental Nature Customised Facial, Green Science Skin Renewing Facial for maximum benefit.

*15 minutes*

## Jessica GELeration Nails

The long lasting Manicure/ Pedicure by 'Jessica'. The gel formula delivers a long lasting, flawless finish that's dry in seconds and protects the natural nail. Your GELeration treatment begins with cuticle work, tidying of the nails, application of gel finished with cuticle oil and hand massage.

*1 hour*

## Jessana Manicure

An exclusive spa manicure which begins with nail analysis, includes heated mittens and a cuticle machine and finishes up with a nail shape and the application of a nail polish of your choice.

*45 minutes*

## Jessana Fingertip Treatment

Sit back and enjoy a nail shape and then an application of a nail polish of your choice.

*30 minutes*

## Zen Spa Pedicure

A luxurious treatment to include heated booties and invigorating products to leave you feeling that you are walking on air!

*1 hour*

## Luxury Manicure and Pedicure Experience

This pampering treatment will start off with a head neck and shoulder massage to deeply relax you into your Aveda journey.

Lie back and relax while you have your luxury spa manicure and pedicure. You will leave feeling relaxed and balanced.

*2 hours*

## Aveda Luxury Packages

Available Monday - Friday

### Blissful Day at Carton Spa

- Caribbean Therapy Body Treatment
- Zen Spa Pedicure
- Elemental Nature Facial

*3 hours and 30 minutes*

### Mother to Be

- Pregnancy Pamper Massage
- Zen Spa Pedicure

*2 hours and 15 minutes*

### Golfer's Rejuvenation

- Green Science Skin Renewal Facial
- Elemental Nature Back Massage

*1 hour and 30 minutes*

### Ultimate Couple's Package

- Elemental Nature Facial
- Elemental Nature Full Body Massage

*2 hours*

### Girls' Escape

- Elemental Nature Facial OR Elemental Full Body Massage
- Jessana Manicure OR Zen Spa Pedicure

*2 hours*

### Mini Retreat

30 minute Customised Facial and 30 minute Massage

*1 hour*



Day Spa Guests get complimentary use of Swimming Pool, Steam Room, Sauna, Jacuzzi and Gym along with the use of our Relaxation Room. *Complimentary fruit, juice and sorbet.*





## Leisure and luxury

If you've something more energetic in mind, you'll enjoy a workout in our fully-equipped, split-level gym. Set in the original outbuildings of the Carton House estate farm, you'll be carrying on the long tradition of physical activity that reaps rewards.

Alternatively, you could simply feel the heat by spending time in our sauna or steam room.



## Take to the water

You'll find our 18m pool in the old courtyard. With its beautiful high-vaulted ceiling and glass sky lights, it's the perfect way to swim under the sun's rays, at exactly the right temperature, whatever the season.

Watch the clouds float past as you soak in our hot tubs and let the warm, soothing water massage all your cares away.

Recline on a pool-side lounge and read, sleep or just daydream. For as long as you want. Just enjoy the moment.

# Spa etiquette

To reap the full benefit of your experience, please arrive 15 minutes prior to your scheduled treatment. To make sure all appointments run smoothly, a late arrival will result in a shortened treatment time.

As a courtesy to other guests and a way to leave your cares behind, please switch off all mobile phones when visiting the Spa.

Some therapies are not suitable for clients with medical conditions so please let us know if you have any of the following when you make your booking: heart conditions, cancer, high or low blood pressure, scar tissue, varicose veins, skin conditions, diabetes. Please tell us about any recent surgery or pregnancy. If you have any other medical concerns, please mention it – it's best to be on the safe side and everything is kept confidential.

## Can't make it?

If for any reason you need to change a booking or make a cancellation, please make sure you give us 24 hours' notice. For groups of three or more, we require at least 48 hours' notice. Unfortunately, changes or cancellations made outside the requested notice period will attract a fee of 50% of the treatment booked. If you do not call to cancel, or do not show for your appointment, you will be charged the full amount on your credit card or room bill.

### Leisure Opening Hours

Monday to Friday	6.30am - 10.00pm
Saturday, Sunday and Bank Holidays	8.00am - 8.00pm

### Family Swim Times

Monday to Friday	9.00am - 7.30pm
Saturday to Sunday	9.00am - 7.00pm

### Spa Opening Hours

Monday	9.00am - 6.00pm
Tuesday	9.00am - 6.00pm
Wednesday	9.00am - 8.00pm
Thursday	9.00am - 8.00pm
Friday	9.00am - 7.00pm
Saturday	9.00am - 6.00pm
Sunday	10.00am - 5.00pm



Gives you more reasons to indulge yourself.

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