

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

Aveda Massage

Elemental NatureSM Massage

A personalised massage experience based upon the Aveda Elemental NatureSM 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

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

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 45 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. Add to any face, body or massage treatment.
- 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 or Essential Back Treatment for maximum benefit.

15 minutes

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.

1 hour

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

Aveda Luxury Packages

Available Monday - Thursday

Blissful Day at Carton Spa

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

3 hours and 45 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

2 hours

Ultimate Couple's Package

- Elemental Nature Facial
- Elemental Nature Full Body Massage

2 hours and 30 minutes

Girls' Escape

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

2 hours and 15 minutes