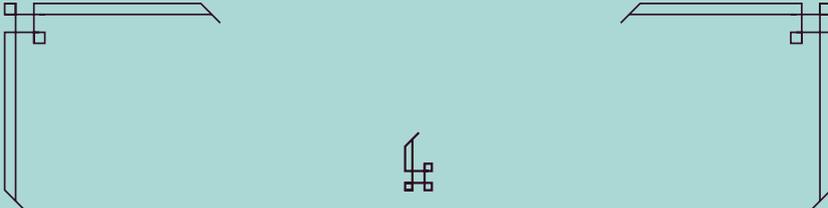


# CARTON SPA





ELEGANCE IS THE ONLY  
BEAUTY THAT NEVER FADES


AUDREY HEPBURN

### *BRING BACK THE BYGONE*

Step back into the glamorous past of Carton House, one of Ireland's most historic houses, leaving the stresses and strains of modern life behind you.

Relax in the most luxurious surroundings of the spa and unwind with one of our invigorating treatments. With seven luxurious therapy rooms and a decadent array of the latest Darphin products, the sanctuary of our spa will help you indulge in the deepest relaxation.

Let us meticulously tailor your experience and help you revitalize and regain your glamorous spirit with our attentive and experienced therapists catering to your every whim.





BEAUTY AND FEMININITY  
ARE AGELESS



MARILYN MONROE

### *THE GLITZ & GLAM REVIVAL*

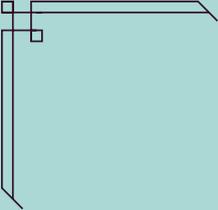
A favourite location of Queen Victoria, Grace Kelly and Prince Rainier, Carton House retains all the charm and luxury of its elegant past.

Built in 1739 for the 1st Earl of Leinster, and nestled on some 1,100 acres of stunning mature parkland, our striking Palladian mansion is yours to adore, explore and enjoy.

The 18th Century Georgian building has been lovingly restored with the finest contemporary facilities entirely dedicated to your leisure and relaxation; with seven luxurious therapy rooms, a sophisticated leisure suite and sumptuous relaxation spaces, Carton House is an ideal setting for the perfect retreat in the most indulgent and glamorous surroundings.







# FACIAL TREATMENTS

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## ESSENTIAL

*Treatments for essential needs*

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### Intense Hydration Facial

*Intensive hydrating treatment*

– 55 minutes

– 30 minutes

Quenches dehydrated skin.

This intensive hydrating facial provides a dewy-fresh, radiant complexion for dry and uncomfortable skin.

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### Instant Illuminating Facial

*An energizing treatment for tired skin*

– 55 minutes

– 30 minutes

Delivers a high powered boost of energy to increase the skins natural vitality, targeting dull and tired skin. Nourishing vitamins and essential oils protect and energize to reveal a radiant glow.

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### Deep Soothing Facial

*Calming soothing treatment*

– 55 minutes

– 30 minutes

A calming cocoon for sensitive complexions. Redness is reduced to reveal a smooth, even-toned complexion.

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### Pure Balancing Facial

*Deep cleansing treatment*

– 55 minutes

– 30 minutes

A deep purifying and detoxifying treatment for oily/combination skin that refines pores and leaves the complexion refreshed, sparkling clean, clear and bright.

Carton Spa offers a fabulous selection of relaxing and invigorating treatments tailored especially for you. From express treatments and every day essentials to expert anti-aging rituals you can select the perfect treatment for you...

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## AGE EXPERT

*Treatments for anti-ageing results*

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### Ideal Renewing Facial

*A perfecting treatment that corrects ageing and imperfections*

– 55 minutes

– 30 minutes

This renewing treatment will smooth lines and plump the skin. Rediscover the days of polished and brightened skin to reveal a smooth texture and brighter complexion.

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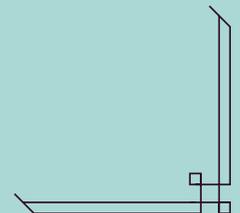
### Divine 8 Flower Lifting Facial

*A lifting treatment that firms and tones mature skin*

– 55 minutes

– 30 minutes

This deeply nourishing anti-ageing treatment will lift, firm and tone your skin as well as help reduce redness, age spots and the appearance of wrinkles for a rejuvenated complexion.



# BODY TREATMENTS

Choose from a terrific selection of body treatments to help you feel like 'a million dollars'. From a relaxing massage to energising polishes we have every thing you need to feel fabulously pampered.



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## ESSENTIAL

*Treatments for essential needs*

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### Pure Delight Exfoliation

*Exfoliating body treatment*

– 55 minutes

This treatment will energise or relax you depending on how you are feeling or the results you want to achieve. This exfoliating treatment will polish away dead skin cells to smooth and soften even the most delicate skin, while boosting the body's natural energy resources to revitalise, comfort and hydrate.

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## EXPERT

### Signature massages

#### Deep Rebalancing Back Massage

– 30 minutes

#### Deep Rebalancing Full Body Massage

– 55 minutes

Using rhythmical techniques to relax the deepest tension in the gentlest way, our signature massages use a blend of essential oils to improve circulation, help oxygenate the skin and reveal a healthy glow. The mind and body are left energized, in a state of harmony.

#### Deep Rebalancing Face and Body Massage

– 1 hour 25 minutes

This unique treatment includes a scalp massage and a gentle facial cleanse. It's completed with a deep tissue facial massage to nourish and relax the skin from daily stresses.

#### Massage for Expectant Mothers – 1 hour

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.

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### Reflexology

– 45 minutes

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.

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### Indian Head Massage

– 45 minutes

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.

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### Jessana Manicure

– 55 minutes

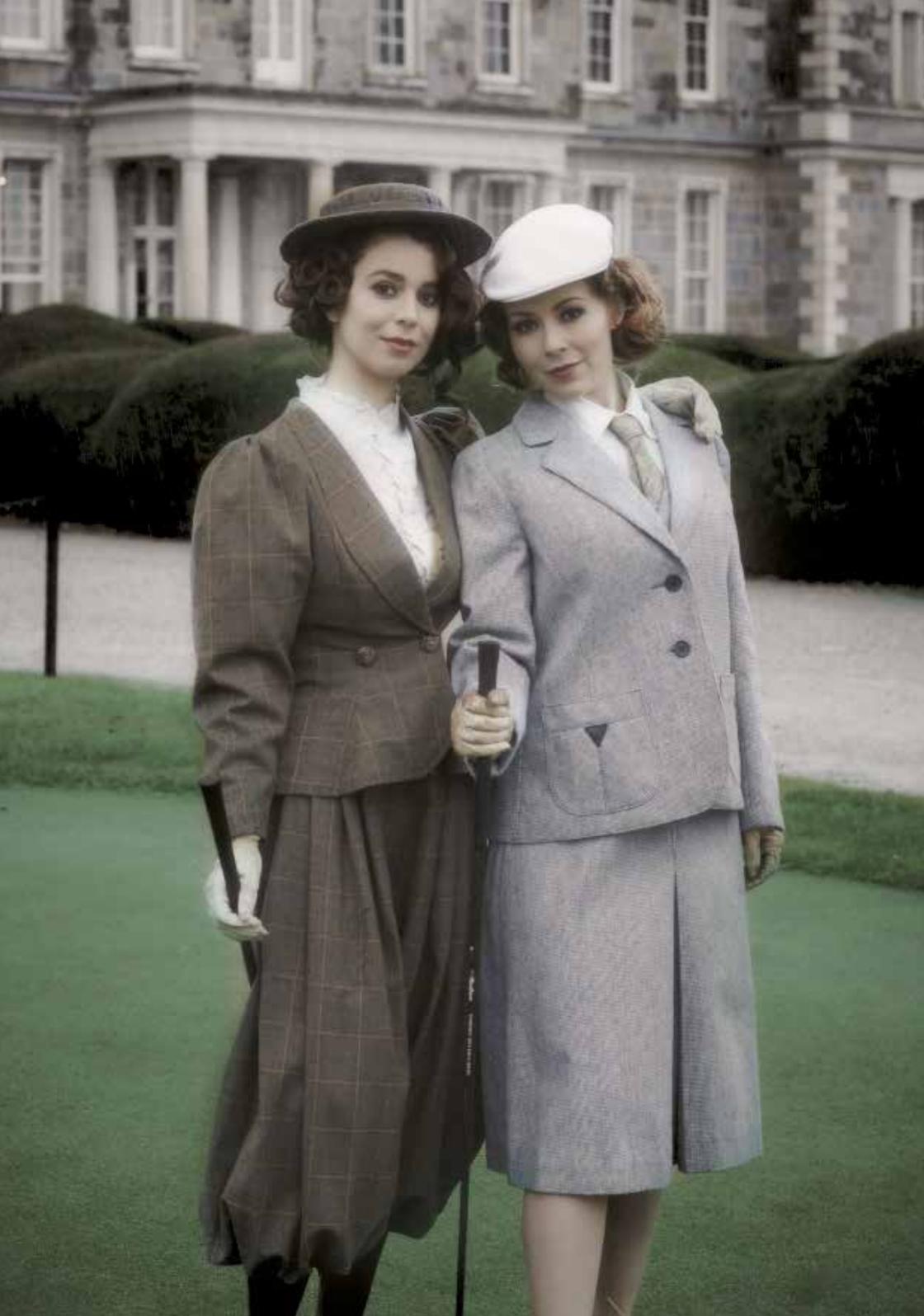
An exclusive spa manicure with nail analysis, heated mittens, nail shape and the application of a nail polish of your choice.

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### Zen Spa Pedicure

– 55 minutes

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



# JOLLY GOOD, OLD SPORT!

With a reputation as Ireland's number one golf resort and past Irish Open Venue, we can offer you two of Ireland's finest championship golf courses and the renowned services of the Carton House Golf Club.

Enjoy a round of golf on one of our courses, expertly designed by Colin Montgomerie and Mark O'Meara. Meander through acres of glorious pastures and ancient woodland before retiring to the lavish surroundings of Carton House to select a revitalising spa session to end the perfect round.

## **GENTLEMANS RETREAT**

*Midweek only*

Deep Rebalancing Back Massage – 30 minutes

Darphin Facial – 30 minutes

Indian Head Massage – 45 minutes

## **GOLFERS REJUVENATION**

*Midweek only*

Deep Rebalancing Back Massage – 30 minutes

& Customised Darphin Facial – 55 minutes





# SHAPE UP

## ***LEISURE SUITE***

Enjoy an energising and invigorating fitness session with our expert personal trainer, take a dive into our pool, perfect your swing with our golf fitness training or tone up on our high-spec fitness equipment.

### **Our fitness suite includes:**

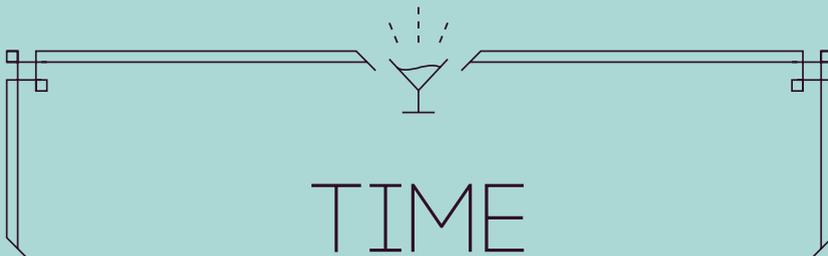
- 18 metre pool
- Jacuzzi
- Sauna
- Steam room
- Luxurious changing facilities
- Children's pool
- Precor cardiovascular equipment with individual entertainment system
- Precor strength equipment
- 'Core zone' to tone your waistline
- Outdoor pursuits including walking / running trails and road cycling
- 2 outdoor tennis courts

### **Available Services:**

- Personal training
- Group exercise classes
- Golf fitness training
- Weight loss programme
- Fitness assessments
- Swimming lessons for adults and children

### **Membership:**

Membership is available for individuals, couples and families and can be paid for in full or by direct debit. Membership includes use of all the facilities listed above with high levels of support from our leisure team fully included.



TIME  
FOR  
YOU

**DAY PACKAGES**

*(midweek only)*

**Mini Retreat**

Darphin Facial and Back Massage

**Girls' Escape Package**

Darphin Facial OR Body Massage and Jessana Manicure  
OR Zen Spa Pedicure

**Mother to Be Package**

Pregnancy Pamper Massage and Zen Spa Pedicure

**Ultimate Indulgent Package**

Darphin Facial and Full Body Massage



A GIRL SHOULD BE TWO THINGS:  
CLASSY AND FABULOUS.



COCO CHANEL



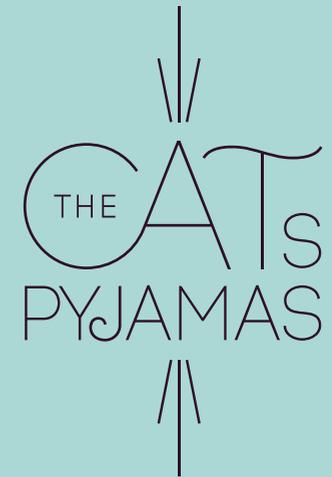
# DOLLED UP

## ESCAPE THE HUSTLE & BUSTLE WITH YOUR GIRLFRIENDS.

Get your gal pals together and enjoy a day of luxurious pampering with a selection of revitalising and rejuvenating treatments, full spa access to sauna, steam room, Jacuzzi and sophisticated relaxation areas.

With a collection of glamorous spa experiences to choose from, tailored especially for hen parties, bridal parties, birthdays and special occasions, this is the perfect way to spend a day in the company of your closest friends.

After your treatments why not get 'all dolled up' and enjoy a cocktail in the elegant Carton House?



## STAY AT CARTON HOUSE

Get your 'forty winks' within the finery of Carton House – rest your head on a cotton pillowcase in one of our exceptionally well-appointed deluxe suites, as our staff cater to your every desire making your stay a memorable one. Wake up with a smile, feeling relaxed and refreshed.



A SMILE IS THE  
BEST MAKE-UP  
A GIRL CAN WEAR



AUTHOR UNKNOWN



# GET IN TOUCH

## ***MAKE A RESERVATION AT THE CARTON SPA TODAY***

Call us on: +353 (0)1 651 7744

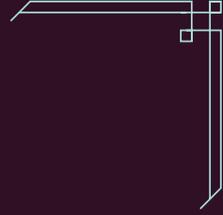
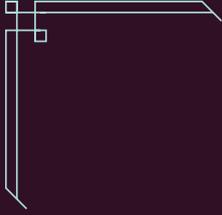
Email us on: [thespa@cartonhouse.com](mailto:thespa@cartonhouse.com)

Connect with us:

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**t**@cartonhouse

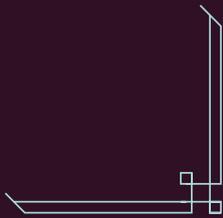
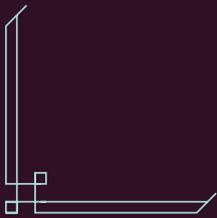
Carton House, Maynooth, Co Kildare, Ireland



HAPPY GIRLS  
ARE THE PRETTIEST



AUDREY HEPBURN



CARTON SPA