

SPA TREATMENT MENU



CARTON HOUSE
SPA & WELLNESS



WELCOME TO CARTON HOUSE SPA & WELLNESS

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 this 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 Georgian building, now home to Carton House Spa & Wellness, has been mindfully restored with the finest contemporary facilities 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 in the serene surroundings of one of seven treatment rooms.

Stocking Pevonia products, a powerfully natural botanical brand used only in the most prestigious of spas, Carton House Spa & Wellness promises a mindful experience with meaningful results. Enhance the benefits of your Pevonia treatment of choice with a rejuvenating sauna and steam before reawakening wellness in the relaxation room.

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



PEVONIA AT CARTON HOUSE SPA & WELLNESS

The most powerful ingredients in skincare come from the safest source... nature. For nearly three decades, Pevonia has been the leader in delivering natural skincare solutions to some of the finest spas and professional aestheticians worldwide. Pevonia's award-winning products and in-spa treatments are coveted by many beauty experts, influencers, and consumers around the globe for their aesthetician-proven ability to deliver outstanding solutions that restore, rejuvenate, and revitalise all skin types.

Pevonia natural formulations with organic extracts, offer an extensive array of natural, professional, face and body spa treatments to address any skin concerns that clients may be experiencing.

Enjoy whole body relaxation and outstanding results with an exclusive WellnessFusion™ journey experience by Pevonia. Every facial includes a signature WellnessFusion™ ritual which combines various techniques from around the world to relax the body, mind, and spirit. Incorporating Amma, Shiatsu, and Swedish massage, the ritual welcome will relax tension and emotional stress from the décolletage, shoulders, arms and hands. Next, an anti-ageing pressure point facial massage is performed using the purest essential oils. The treatment then concludes with a tension relief leg and foot massage to ease all stress.

Pevonia is an active product. If undertaking a treatment at Carton House Spa & Wellness, please inform your therapist prior to the treatment if you have a history of skin sensitivity, so that your experience can be tailored accordingly.

Natural Ingredients. Professional Results.



FACIALS



ESSENTIAL FACIALS

ESSENTIAL EXPRESS FACIAL

30 minutes | €65

This express facial is ideal for those on the go. Your skin is cleansed, lightly exfoliated and gently massaged. A pore-refining mask is then applied, followed by a veil of light moisturiser.

LUMINOUS “C” & “SEA” MASK TREATMENT

55 minutes | €105

A radical facial treatment for dull and dehydrated skin. This facial combines the high potency of Vitamin C with a stimulating freeze-dried seaweed, resulting in firmer, brighter, velvety soft and rejuvenated skin. An excellent treatment for smokers, sunbathers and sun-damaged skin. Soft lift-off mask.

SKINFIT MYOXY

- CAVIAR MASK FOR HIM

55 minutes | €105

Counteract the men’s ageing process with a clinically effective, advanced skin treatment. Rejuvenating caviar, vitamins, enzymes, and freeze-dried Escutox® replenish skin while combating ageing aggressors. Visibly resurfacing, this masculine treatment promotes healthy youthful skin vitality. Soft lift-off mask.

ANTI-AGEING FACIAL

LUMAFIRM LIFT & GLOW TREATMENT

55 minutes | €105

Seeking a treatment with amazing instant results? Redefining radiance and facial contouring, this exclusively formulated treatment features the latest in freeze-dried technology to deliver instant results and cumulative skincare benefits. Ideal for any skin type showing signs of aging, or as the perfect instant repair boost when you want to look your absolute best. Proven to perform, this facial renders your skin ultra-luminous with a firmer, tighter, and more youthfully defined appearance.

CALMING, SOOTHING & SPECIALITY FACIALS

PLANTOMER® MASK TREATMENT

55 minutes | €105

This highly effective, soothing treatment calms redness and alleviates irritated or sensitive skin. A healing propolis ampoule (natural ingredient collected by bees) is applied to desensitise the skin's surface and strengthen capillaries. A cooling lift-off mask is then applied to seal in the benefits of the vitamin-enriched ampoule. Soft lift-off mask.

OXY-VITAL FACIAL

55 minutes | €105

Highly concentrated, this treatment combines healing Aloe Vera, calming azulene and wrinkle-smoothing collagen fibre to activate oxygen utilisation within the cells, soothe redness, and relieve sensitivity. Ideal for couperose, sensitive and hypersensitive skin types. The Oxy-Vital mask is also recommended post-operatively following laser light-based therapies, microdermabrasion, acid peels, or any treatment that may have traumatised the skin. It is also recommended as a post-sun exposure treatment.

ROSACEA MASK TREATMENT

55 minutes | €105

Treat your fragile skin to the relief and repair that green tea, liquorice, and French rose have to offer. This facial soothes the skin, eases blotchiness and reduces redness. An ideal treatment for all microcirculation problems and hypersensitive skin conditions, specifically: couperose, erythrosine, erythrocuprein and rosacea. Hard lift-off mask.

SPECIALITY EYE TREATMENT

LUMAFIRM® LIFT & GLOW

EYE CONTOUR TREATMENT

30 minutes | €65

Lift, glow, and go! Formulated with an amazing lift-action complex, this phenomenal treatment instantly repairs your delicate eye zone as it reduces puffiness and dark circles. Additionally, an anti-ageing powerful trio of actives take your eyes back in time with an immediate reduction in lines and wrinkles and a visibly brighter, smoother eye contour. Choose this as a standalone treatment or add as an enhancement to any Pevonia facial. This is definitely not for your eyes only as everyone around you is sure to notice the youthful difference.

FACIALS





BODY

EXFOLIATION TREATMENTS

FULL BODY POLISH TREATMENT

55 minutes | €105

Aromatic and gentle, this creamy body polish exfoliates dry skin and polishes away toxins. Gently resurfacing, this treatment reveals silky-soft and wonderfully hydrated skin. Avail of this as a standalone treatment or prior to any other spa treatments you may wish to have, in order to fully enhance relaxation and results.

SALTMousse-GLOW FULL BODY EXFOLIATING TREATMENT

55 minutes | €105

Increase negative ions released into the skin for a healthier and softer body. French sea salt and organic fruit extracts enriched with pro-vitamin A and carrot seed oil are applied to your body recreating the seawater ambiance experience. This revolutionary anti-ageing salt mousse refines your skin unlike any other exfoliation treatment. Uses natural extract aromas of papaya and pineapple.

BODY WRAPS

AROMATIC MOOR MUD FULL BODY TENSION RELIEF TREATMENT

55 minutes | €110

This scientifically-proven holistic, healing black magma dates back to ancient civilisations. A warm aromatic Moor Mud rich in natural vitamins, minerals, and enzymes, is generously applied to your entire body. Sore muscles, aches and pains are alleviated as your body's circulation is stimulated and muscle-skeletal stress vanishes. Ideal for athletes and those prone to chronic pain, rheumatism/arthritis, muscular fatigue and post sports injuries.

AROMATIC MOOR MUD BACK TENSION RELIEF TREATMENT

55 minutes | €105

A luxurious back treatment incorporating the wonderful, results-driven aromatic Moor Mud. As this thermal mud aids muscular tension, aches and pains, escape into a state of deep relaxation as we perform the highly relaxing cocoon massage techniques. This treatment is ideal prior to a massage for longer lasting ease of tension, acne on the body or simply as a sole therapy.

PAPAYA & PINEAPPLE CRÈME FRAÎCHE TROPICAL ESCAPE WRAP

55 minutes | €110

This papaya and pineapple body wrap is enriched with crème fraiche natural butter, calcium, a high content of vitamin A, pomegranate extract, and other anti-ageing ingredients such as wrinkle smoothing collagen polypeptides and firming elastin polypeptides. The luscious crème fraiche formula is applied all over your body for a glorious sensory escape. As you are enveloped by the scent of vanilla and enticing tropical fruits, your skin is deeply nourished and rejuvenated revealing an astonishing youthful look.

LUMAFIRM® BODY FIRM & GLOW WRAP TREATMENT

55 minutes | €110

Firm, glow, and go! Feel confident looking your very best. Enriched with an exclusive combination of anti-ageing extracts, the latest in peptides, and an amazing liposomic technology, you will be looking youthfully radiant from head to toe. Deeply repairing, smoothing, and de-ageing, this wrap leaves every inch of skin velvety soft while rendering your body visibly rejuvenated, instantly firmer, and more toned. Experience the visible difference for yourself!

MASSAGE

STRESS ELIMINATION MASSAGE

30 minutes | €65

55 minutes | €110

Relax and rejuvenate aching muscles with signature massage movements for maximum relaxation. The application of a micro-emulsified massage oil, enriched with geranium and orange essential oils, inspires a superlative massage experience and transports you to a state of sublime tranquillity.

AROMATHERAPY ULTIMATE DE-STRESSER MASSAGE

55 minutes | €110

Close your eyes, relax, and bid stress farewell. Your therapist applies proven-effective Swedish signature massage techniques combined with aromatherapy 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.

MASSAGE OIL SELECTION

Serenity

Alleviates stress and promotes relaxation.

Recovery

Warming and anti-inflammatory, delivers stimulating and healing benefits.

Vitality

Energising and revitalising, uplifts the spirit, stimulates alertness.

Clarity

A relaxing massage, delivers an unscented experience.

MASSAGE



SIGNATURE TREATMENTS



MASSAGE FOR EXPECTANT MOTHERS 55 minutes | €110

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.

REFLEXOLOGY 45 minutes | €80

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.

INDIAN HEAD MASSAGE 45 minutes | €80

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.

DELUXE SPA MANICURE 55 minutes | €60

An exclusive spa manicure with nail analysis, hand exfoliation, heated mittens, hand mask and hand massage. To finish, a nail shape and polish application of your choice.

DELUXE SPA PEDICURE 55 minutes | €70

A luxurious treatment to include a foot soak and exfoliation, hard skin removal, heated booties and foot mask, relaxing foot and ankle massage. To finish, toenail shape and polish of your choice.

CARTON SPA MINI RETREAT

55 minutes | €80 midweek and €95 weekends and Bank Holidays

A 30-minute customised Pevonia facial and a 25-minute customised tension relieving back massage.

The following packages are available Monday - Friday only (excluding Bank Holidays)

AFTERNOON DELIGHT

55 minutes | €105

Choose any 55-minute Pevonia treatment from our facial or massage menu selection and enjoy afternoon tea in the original Carton House either before or after your treatment.

GIRLS' ESCAPE

110 minutes | €135

A 55-minute customised Pevonia facial OR a 55-minute customised tension relieving back massage with a deluxe spa manicure OR deluxe spa pedicure.

MAMA TO BE

110 minutes | €135

A 55-minute pregnancy pamper massage followed by a 55-minute deluxe spa pedicure.

CARTON SPA REJUVENATION

85 minutes | €135

A 30-minute tension relieving back massage and a 55-minute customised Pevonia facial.

ULTIMATE CARTON SPA INDULGENCE

110 minutes | €180

A customised 55-minute Pevonia facial and a 55-minute full body signature massage.

DAY PACKAGES





SPA ETIQUETTE

SPA BOOKINGS

T: +353 (0)1 651 7744

E: thespa@cartonhouse.com

Carton House Spa & Wellness experiences high demand for treatments. 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. To purchase your gift voucher please call or visit cartonhouse.com.

SPA FACILITIES

All guests of Carton House Spa & Wellness enjoy complimentary access to the 18-metre swimming pool, sauna, steam room and jacuzzi 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.

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 clients 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.

WHAT TO BRING

Residential, day spa clients and members will be provided with a bathrobe, towel and slippers. Please bring your own swimwear – this is mandatory in the communal leisure club facilities area.



CARTON HOUSE

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