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Welcome to Carton House Spa & Wellness

Indulge mind, body and spirit with a Carton House Spa & Wellness experience.

Carton House Spa is an epicentre of wellness, showcasing healing rituals, a knowledge of restorative body work and the latest bio-innovation to amplify emotional, physical and spiritual wellbeing.

Feel your soul lighten as you step inside, your senses heighten at the sound of nature, a visual play of light and shadow, and energy-cleansing music.

Breathe in the heady aromas from our bespoke fragrance, with grounding notes of cinnamon, cedarwood and clary sage. Intricate arrangements, inspired by the rhythm of the seasons, provide a backdrop to this otherworldly space. Sip our seasonal tea blend or herbal-infused water and let your journey begin.

The space, designed to enhance the whole experience of the senses, is inspired by the surroundings, with a use of natural elements such as limestone, wood and water.

Susanne Kaufmann

Susanne Kaufmann has spent 20 years developing her award-winning, sustainable skincare line, which combines cutting edge science with the effective, natural ingredients.

The products use only the finest natural and organic plants and herbs, carefully sourced for their ethos of skin affinity and effectiveness.

Susanne Kaufmann believes in working in harmony with nature, not against it, and we strive to ensure all our manufacturing processes remain local, sustainable and clean.

**SUSANNE
KAUFMANN**





Facial Treatments | Susanne Kaufmann

Alkaline Deep Cleansing Facial Treatment | 60 min

The Alkaline Deep Cleansing Facial Treatment gently but effectively cleanses and exfoliates the skin, for a refreshed and purified complexion that radiates health. Created to restore balance to the skin, this cleansing facial starts with a de-stressing foot bath to help melt-away tension, followed by Susanne Kaufmann's signature opening ritual. The skin is then treated with an effective double cleansing routine to eliminate impurities, and a Purifying Cleansing Mask to help decongest pores and absorb excess sebum, to deliver healthy, fresh-looking skin.

Transformative Facial Treatment | 60/90 min

The ultimate bespoke restorative anti-ageing facial, Transformative Facial Treatment is designed to reduce the effects of harmful environmental influences, feeding the skin with powerful antioxidants with our award-winning serums to help the skin repair, calm inflammation and sensitivity and give a much need lift to the complexion. A range of massage techniques are combined to release tension within the muscles of the face, neck and shoulders, relax through the fascia and encourage the lymphatic flow. The treatment works effectively to rejuvenate and repair with personalised product selection to restore skin health, while boosting collagen production for a fresh, youthful & renewed complexion.

Boosting Hydration Facial Treatment | 60 min

The Boosting Hydration Facial Treatment revitalises and helps build skin's resilience, for a visibly plumper, smoother and more radiant complexion. Designed to infuse the skin with immediate and long-lasting hydration, this moisture-boosting facial starts with Susanne Kaufmann's signature opening ritual, followed by a double cleanse and exfoliation using Enzyme Exfoliator. The award-winning Boosting Liquid Mask is applied to help promote skin elasticity, improve skin tone and firmness. During the mask treatment, a calming scalp massage will be performed to unwind the mind.

Glow Facial Treatment | 60 min

Unveil your natural radiance with the Glow Facial. Pollution, lifestyle and everyday stressors can cause different skin concerns from congestion to dullness and dehydration. This instant transformative glow treatment uses Glow Mask to deeply cleanse, regenerate and brighten the skin followed by Moisturising Mask to promote skin elasticity, lift and firm, for a visibly smoother, renewed and glowing complexion.

Body Treatments | Susanne Kaufmann

Susanne Kaufmann Signature Body Treatment | 90 min

The ultimate renewing wellness journey, the Susanne Kaufmann Signature Body Treatment encompasses an invigorating body scrub to leave the skin fresh, silky smooth and perfectly prepared for an indulgent full body and scalp massage, tailored to relieve stress and tension for both body and mind. Using an array of holistic massage techniques, this treatment delivers a complete sensorial experience that will leave you feeling reset and renewed.

Susanne Kaufmann Body Massage | 60 min

Experience the ultimate relaxing wellness treatment with the Susanne Kaufmann Body Massage. Inspired by Susanne Kaufmann's Alpine holistic philosophy, this full body treatment uses an array of massage techniques to ensure the deepest sense of relaxation from top-to-toe, tailored to your wellbeing needs. Using a blend of precious natural plant oils known to protect and hydrate the skin, this treatment will leave you rested and restored.

Scrub | 30 min

The oil-rich Refining Scalp And Body Scrub has been developed to gently buff away dead skin and impurities and promote healthy, supple skin. Formulated with a blend of natural oils, to nourish dry skin and apricot kernel powder and blackcurrant seed particles, to cleanse and renew, it leaves skin feeling supple and velvety soft. After the scrub, your choice of body oil or cream is applied. Gentle enough for all skin types, even the most sensitive.

Toning Body Treatment | 75 min

The Toning Body Treatment is designed to help improve the skin's elasticity, leaving it visibly firmer, toned and more youthful. Starting with an invigorating body scrub to eliminate dead skin cells and stimulate microcirculation, followed by a toning body massage. At the end of the treatment, Toning Body Cream is applied, powered by an energising complex of caffeine, tiger grass and boldo extracts, to leave skin looking smoother, as well as jiaogulan plant and rockrose extracts to strengthen the skin's natural moisture barrier and protect against dryness.





Wellbeing Rituals | Susanne Kaufmann

Taking inspiration from the Alps, Susanne Kaufmann has created a series of Wellbeing Rituals tailored to meet your wellness needs. Whether it is to de-stress, prepare for a restorative night's sleep or reenergise the body and mind; these uplifting full-body experiences help to promote a deep sense of wellbeing.

Forest De-Stress Ritual | 90 min

The Forest De-Stress Ritual melts away stress, leaving you feeling deeply comforted and cared for. Designed to ease stress within the skin caused by environmental influences in day-to-day life, this ritual takes the body and mind on a nurturing journey, complete with a full body massage and facial routine. Included in this ritual: you will be gifted a full-size bottle of Hayflower Bath Oil to continue de-stressing at home.

Hibernation Sleep Ritual | 90 min

At the home of Susanne Kaufmann in Bezau, Austria, a restorative night's sleep always comes easily. Let us prepare you for a peaceful slumber with the Hibernation Sleep Ritual. During the ritual, you are encouraged to relax and switch off your mind with a full body massage and facial that is performed to help encourage the skin to repair while you sleep. Included in this ritual: you will be gifted a full-size bottle of Bath For The Senses to continue a relaxing journey at home.

Mountain Pine Mood Boosting Ritual | 90 min

Transport yourself to the pristine mountain forests of the Bregenzerwald, Austria, with the Mountain Pine MoodBoosting Ritual. Created to uplift the body and mind, this invigorating ritual features a full body scrub and massage, enriched with a blend of mountain pine and spruce needles, and Alpine flora within the oils to recharge energy levels, awaken the senses and restore the body's natural balance. Included in this ritual: you will be gifted a full-size bottle of Mountain Pine Bath to continue the energising experience at home.

Bathing Rituals | Susanne Kaufmann

Bathing Rituals are for residents only and are also available to guests who would like to treat themselves at home.

The beneficial effects of bathing have been known since ancient times. Bathing relaxes the muscles, promotes healing processes and cares for the skin. Featuring precious plant extracts, the Susanne Kaufmann bath products are developed to meet every skin's need.

Bath for the Senses | 35 min

The soothing scent of lavender, ylang ylang and patchouli promotes relaxation and lifts the mood. Skin is left nourished, soft, and comforted.

Mountain Pine Bath | 35 min

Transport yourself to the Austrian Alps with our aromatic bath soak developed to soothe and relieve muscle tension, while leaving skin soft and supple.

Alkaline Bath | 35 min

A reviving bath soak developed to replenish the skin's natural pH levels and protect against dryness. The salts can be used as a balancing treatment for the whole body.

Mallow Blossom Bath | 35 min

Featuring rosemary, sage and cedarwood oil as well as calming lavender extract to envelop the senses and bring back a sense of wellbeing. The perfect way to melt away stress.

Hay Flower Bath | 35 min

Immerse yourself in skincare benefits from nature with this rich bath oil containing Hay flower extract, locally sourced directly from the mountains in Bregenzerwald, Austria, where the flowers grow in alpine meadows.





Carton House Spa & Wellness Bespoke

We have created a bespoke range of treatments using natural ingredients, sourced on the grounds of Carton Demesne.

Each treatment is specifically tailored to our guest requirements. Our talented team create a bespoke experience which ensures that your treatment benefits you in both mind and body.

Our mission is to inspire our guests to make a conscious commitment to healthier lifestyle choices.



CARTON HOUSE
SPA & WELLNESS

Carton House Bespoke

Indian Head Massage | 45 min

This stress relieving massage is based on the ayurvedic system of healing and has been practiced in India for over a thousand years. The perfect treatment for relieving stress, tension, fatigue, insomnia, headaches, and migraine.

Reflexology | 45 min

A treat for your feet with whole-body benefits. A specially trained therapist works on reflex points in the feet that correlate to individual organs and parts of the body. Activating these reflexes helps improve circulation and promotes relaxation.

Ultimate Pregnancy Massage | 55 min

our classic Carton House Massage is adapted to provide complete comfort and safety for both of you during this relaxing wellness experience. your spa therapist will use a refreshing blend of oils formulated especially for pregnant women.

Carton House Face & Body Ritual | 55 min

Refresh and renew both, your face & body. Combination of our classic back, neck & shoulder massage to relieve tension, and our mini facial to refresh & hydrate your face.

Hot Stone Massage | 55 min

This style of massage combines the use of heated black basalt stones together with massage, to literally melt away tension. Up to six times deeper than a traditional massage, this is the ultimate treatment for those seeking an intensive massage. Highly recommended cure to stress, strained muscles, poor circulation and pain.

Deep Tissue Massage | 55 min

This treatments is for those who regularly receive massage and enjoy intense body work. Specialized techniques with our home-made cooling body oil reach deep muscle layers and attachment points.





Hands & Feet

Manicures and Pedicures performed to the highest standards are offered at Carton House Spa & Wellness.

Nail technicians professionally trained offering the optimum in results driven treatments.

Margaret Dabbs Manicure | 55 min

Our unique, anti-ageing expert manicure treatment, gives long-lasting results and deep hydration, with the indulgence of the full range of Margaret Dabbs

Margaret Dabbs Pedicure | 55 min

Our luxury pedicure is an outstanding treatment which transforms the feet to give you feet that look and feel brand new.

Susanne Kaufmann Age Defying Manicure | 55 min

Indulge in our luxurious Age-Defying Manicure treatment, featuring the exquisite Susanne Kaufmann Age-Defying Hand Cream. Our expert technicians will pamper your hands with a rejuvenating hand scrub to gently exfoliate and renew your skin, followed by a relaxing hand massage to promote circulation and relaxation. Finish off with the nourishing Susanne Kaufmann Age-Defying Hand Cream, specially formulated to combat signs of aging and leave your hands feeling silky smooth and youthful. Treat yourself to this rejuvenating experience and let your hands defy the passage of time!

Susanne Kaufmann Age Defying Pedicure | 55 min

Step into luxury with our Age-Defying Pedicure, featuring the opulent Susanne Kaufmann Age-Defying Foot Cream. Our skilled technicians will treat your feet to a revitalizing foot scrub to slough away dead skin cells and reveal softer, smoother skin. Enjoy a soothing sole massage to relieve tension and improve circulation, promoting overall foot health. Finally, indulge in the nourishing Susanne Kaufmann Age-Defying Foot Cream, designed to combat signs of aging and leave your feet feeling pampered and youthful. Treat yourself to this indulgent experience and put your best foot forward with our age-defying pedicure!

**SUSANNE
KAUFMANN**

Margaret Dabbs
LONDON

Fitness & Movement

Our state-of-the-art fitness studio has been designed to flex with your individual needs.

The connected-fitness gym, featuring top-of-the-range equipment, allows you to personalise your workout, while our personal trainers are available to train you at the gym. Whether you're looking to re-energise for the day ahead or stretch and unwind after a long journey, we can tailor your fitness programme to you.

Wellness Concierge

Our personalised approach to wellness and thoughtful curation of both holistic and high-tech experts allows us to adapt to the different moments in your life and create custom experiences. Our spa concierge can craft treatments for a special occasion or devise a longer-term health plan.

Expert Collaborations

As part of our commitment to your longevity and restoring your energy, we have collaborated with some of the most celebrated names in wellness to offer a range of services from manicures and holistic treatments to vitamin infusions.

Personal Trainer

You can avail of your own personal trainer, according to your fitness requirements and specific training plans.

Moons Wellbeing Retreat

You can rejuvenate and book a bespoke retreat for you and your group, please contact our events sales team for more information.



Your Wellbeing Journey

New Spa Arrival

It is advisable to arrive at the spa reception at least 15 minutes prior to your treatment reservation. As a resident we kindly ask that you come from your Room prepared in your robe and slippers. Please be aware that late arrivals will not receive an extension to their treatment, but a full charge may be Incurred.

Spa Reservations

To make a spa appointment for the perfect treatment, please contact the spa where we will be delighted to assist you

T: +353 (0)1 651 7744

E: cartonhouse.thespa@fairmont.com

Spa Consultation

Please be advised all spa reservations will be re-confirmed 48 hours prior to your Spa Experience .You will receive a consultation form on the confirmation of your Spa & Wellness reservation.

Spa Relaxation Room

Please be advised that the Relaxation room is reserved privately for guests having spa treatments only.

Age Requirements

The minimum age requirement for access into the spa and to experience spa treatments is 16 years.

Health Conditions

Kindly advise us of any health conditions, allergies or injuries, which could affect your choice of treatment when making your spa reservation.

Spa Attire

Day Spa guests have full access to our Spa changing rooms, and will be provided with Robe/Towel, and slippers.

Disposable underwear is available in the changing room.

Spa Facilities

We would like to advise you, to bring a bathing suit if you wish to use the Wellness Facilities.

You can enjoy heated pool, Jacuzzi, traditional Finnish sauna, and steam room.

Towels will be supplied at the Spa.



Spa Etiquette

The spa environment is one of tranquillity and relaxation. Please respect other guests' rights to privacy and serenity and do not use mobile phones, camera's or electronic devices within the spa.

Spa Tours

For the discretion and privacy of the guests using the Spa Facilities, we may not always be able to give a show around of the Spa.

Pregnancy

We have specially designed treatments for expectant and nursing mothers. Please allow the spa team to guide you in selecting which treatments are most suitable for you during this special time.

Unfortunately, we do not offer all spa treatments during the first 12 weeks of pregnancy but have a selected recommendation.

Smoking is prohibited throughout Spa & Wellness

Cancellation Policy for the Spa

A minimum of 48 hours' notice is required to change or cancel treatments without charge. Please note that there is a cancellation fee of 100% if the cancellation is made less than 48 hours prior to booking.

Continue your Wellbeing Experience at Home

To continue your spa experience at home, all products used within your spa treatments are available at spa reception, where one of our team would be delighted to advise you on the most suitable products for your needs.

Gift Vouchers

Gift vouchers are available for Day Spa Rituals and are an ideal present for someone special. Gift vouchers are non-refundable and must be presented at time of treatment or purchase.

The Spa pricing is subject to change without prior notice

Gift vouchers are available online

T: +353 (0)1 651 7744

E: cartonhouse.thespa@fairmont.com







CARTON HOUSE
SPA & WELLNESS

Susanne Kaufmann

TREATMENTS

**SUSANNE
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Facial Treatments

Alkaline Deep Cleansing Facial Treatment 60 min.....	€140
Transformative Facial Treatment 60/90 min.....	€145/€185
Boosting Hydration Facial Treatment 60 min.....	€140
Glow Facial Treatment 60 min.....	€140

Body Treatments

Susanne Kaufmann Signature Body Treatment 90 min.....	€200
Susanne Kaufmann Body Massage 60 min.....	€160
Scrub 30 min.....	€90
Toning Body Treatment 75 min.....	€190

Wellbeing Rituals

Forest De-Stress Ritual 90 min.....	€210
Hibernation Sleep Ritual 90 min.....	€210
Mountain Pine Mood Boosting Ritual 90 min.....	€210

All above treatments with home care kit' additional €40

Bathing Rituals

Bath for the Senses 35 min.....	€70
Mountain Pine Bath 35 min.....	€70
Alkaline Bath 35 min.....	€70
Mallow Blossom Bath 35 min.....	€70
Hay Flower Bath 35 min.....	€70

All bathing rituals includes Home Care kit



CARTON HOUSE
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Carton House Spa & Wellness Bespoke

TREATMENTS

**SUSANNE
KAUFMANN**

| Margaret Dabbs
LONDON

Carton House Bespoke

Indian Head Massage 45 min	€115
Reflexology 45 min	€140
Ultimate Pregnancy Massage 55 min	€145
Carton House Face & Body Ritual 55 min	€155
Hot Stone Massage 55 min	€150
Deep Tissue Massage 55 min	€150

Hands & Feet

Margaret Dabbs Manicure 55 min	€75
Margaret Dabbs Pedicure 55 min.....	€90
Susanne Kaufmann Age Defying Manicure 55 min.....	€85
Susanne Kaufmann Age Defying Pedicure 55 min	€100



CARTON HOUSE
SPA & WELLNESS

Yoga Wellbeing Experience

IMMERSE YOURSELF IN NATURE

In a stunning location here at Carton Demesne, get away from it all and immerse yourself in nature, with an all-inclusive luxury wellbeing retreat.

Within one of the most iconic landscapes in Ireland, reconnect with your inner self, inspired by the raw beauty of the natural surroundings of County Kildare, feel at complete ease as you choose from a selection of bespoke experiences led by the amazing Sinéad Mooney of MOONS yoga.

From €110 per person | Adults Only

For further details please email: cartonhouse.reservation@fairmont.com