



CARTON HOUSE

SPA & WELLNESS

SPA TREATMENT MENU

# WELCOME

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 our unrivalled resort location. Once a favourite of Queen Victoria, Grace Kelly and Prince Rainier, Carton House, A Fairmont Managed retains all the charm and elegance of its past.

The 18th century mill building, now home to Carton House Spa & Wellness, has been mindfully restored 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.

Our product offering includes the beautifully aromatic skin and body care brand Aromatherapy Associates and the luxurious hand and foot care brand, Margaret Dabbs. Carton House Spa & Wellness promises a mindful experience with meaningful results.

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



For more than 30 years Aromatherapy Associates has been specialising in harnessing the natural healing powers of the finest natural ingredients, purest extracts, and essential oils to include in their products and treatments.

Combined with their many years of experience as therapists, they have seen first-hand how essential oils have effectively enhanced the state of people's physical, mental and emotional wellbeing. Their renowned and award-winning products and treatments have transformed the aromatherapy experience into something highly effective yet luxurious and exceptional.



Margaret Dabbs is passionate about hands and feet. She is the celebrated podiatrist and foot expert who founded her first foot clinic in 1998. She went on to create the Margaret Dabbs brand to include foot clinics with nails spas across the UK and internationally, introducing teams of both qualified podiatrists and professional beauticians to perform her unique treatments.

It was here she pioneered the now world renowned Medical Pedicure and went on personally to craft her own line of award-winning products and treatments for use in her clinics. These were designed to bridge the gap that she saw in the market and to provide expert, credible, results driven foot and hand treatments.

Our team of therapists have been extensively trained in the techniques of the supreme manicure and supreme pedicure and Margaret Dabbs home care products.

Margaret Dabbs  
LONDON



# FACIALS

## The Ultimate Wellbeing Facial

80 minutes | €160

More than just a facial, this is a pioneering treatment that focuses on lowering stress levels in the body and encouraging full reset and repair for skin and mind. Release areas of tension, improve blood flow and activate pressure points to encourage lymphatic drainage. This treatment is supported by mood-boosting essential oils for results you can see and feel.

## The Ultimate Pro Glow Facial

55 minutes | €120

A revitalising facial designed to support the skin's natural defences and combat the pressures of a busy lifestyle. Built to combat tired and dull skin, this uplifting, energising facial helps skin, mind, and body recovery.

## The Ultimate Rebalancing Facial

55 minutes | €120

A soothing facial crafted for skin under stress. From the intuitive aromatherapy inhalation to our breathing rituals, powered by aromatherapy, the treatment is designed to calm the skin and mind. Help your body to help your skin; stress response is lowered, mind and body are in equilibrium, and skin radiance is restored.





# MASSAGES

## Carton House Spa Face and Body Ritual

55 minutes | €145

A combination of our stress eliminating back massage using nourishing rose oil with a revitalising Aromatherapy rose facial to balance both mind and body.

## Ultimate Aromatherapy Experience

55 minutes | €135

This hero treatment starts with a consultation to find out what your emotional and physical needs are. From that we carry out an aroma test to allow you to choose the oil most suitable for you. With your chosen oil, your therapist will use carefully applied pressures to stimulate the nervous system, Swedish and neuromuscular techniques to relieve muscular tension, and lymphatic drainage to encourage healthy circulation. This treatment works from your head to your toes, it will dissolve away all of your stress and tension.

## Carton House Spa & Wellness Signature Massage

55 minutes | €125

Close your eyes, relax, and bid stress farewell. Your therapist rhythmically performs proven effective Swedish massage techniques proven-effective 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.



# MASSAGES

## Indian Head Massage

45 minutes | €105

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. The perfect treatment for relieving stress, tension, fatigue, insomnia, headaches, and migraine.

## Ultimate aromatherapy Pregnancy Massage

55 minutes | €135

Feel nurtured and supported in a time of constant change. Blended oils, safely formulated to be used during pregnancy to nourish and care for your expanding skin, are chosen with your therapist. Using the traditional aromatherapy pressure point massage for the upper back and paying particular attention to tight shoulders, this massage helps to relieve stress and tension. The legs are massaged to ease the heavy feeling that can come with pregnancy and a full scalp and facial massage, with treatment oil chosen specifically for your skin type, completes this top to toe treatment. Give yourself a moment to appreciate the joy of pregnancy and leave the stresses of life behind you.

## Lava Shell Massage

55 minutes | €145

This indulgent and truly pampering massage offers an idyllic treatment combining the warmth of the shells with deeply relaxing massage techniques, creating a sense of balance to the entire body. During the massage, the shells are worked over the palms, arms, feet and legs in slow deep moves to warm and de-stress. This is followed by a wonderfully tranquil massage on the back, neck and shoulder area to ease away all tension, knots and stress.



# HANDS & FEET

## Margaret Dabbs supreme pedicure 55 minutes | €85

Our outstanding signature pedicure treatment, providing long lasting results with the indulgence of the full range of Margaret Dabbs Fabulous Feet products. We begin with cuticle work and exfoliation followed by a foot bath and a wonderful revitalising and hydrating foot massage, finishing with a Vinylux polish of your choice. Pure transformation with effective results.

## Margaret Dabbs supreme manicure 55 minutes | €70

Our outstanding anti-aging expert manicure treatment. Experience exceptional results, with the indulgence of the full range of Margaret Dabbs Fabulous Hand products. We begin with cuticle work followed by a wonderful creamy scrub, anti-aging hand serum and a hand and lower arm massage, concluding with a Vinylux polish of your choice. Simply the best manicure you can find.





# BODY TREATMENTS

## Revive & Tone

80 minutes | €165

Features full body exfoliation, mud wrap, and leg massage, choose from accompanying scalp or foot reflex massage. The complete, full body detox. Begin with dry body brushing followed by a stimulating exfoliation using a fusion of sea salt and green coffee oil. A freshwater mud mask brightens and refines skin while tension is diffused with a scalp or foot reflex massage. Following this a deeply invigorating massage works to brighten and tone legs. This advanced treatment is completed by coating the skin with high powered essential oils to revive your body, nourish your skin and reset your mind

## Rose Indulgence

80 minutes | €165

The ultimate nourishing exfoliation and wrap treatment to uplift the spirit and enrich the skin. Skin is exfoliated smooth then nourished with a full rose ritual from hair to toe. The treatment begins with guided breathing to aid relaxation followed by a full body exfoliation, softening the skin, and allowing the specific layering of rose products to fully absorb.

## Aroma Polish

45 minutes | €105

This treatment leaves your skin radiant, soft, and smooth and your spirits bright and uplifted. A relaxing all over exfoliation and layering of richly nourishing products to leave the skin looking radiant and feeling wonderfully smooth. Choose from energising Revive or nourishing Rose.



## ALTERNATIVE THERAPIES

### Reflexology

45 minutes | €105 (subject to availability)

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.



## MID - WEEK SPA EXPERIENCES

Valid Monday - Thursday  
excluding bank holidays

### Carton Rejuvenation

85 minutes | €175

This experience begins with a stress eliminating back massage followed by a customised Essential Aromatherapy Facial, both tailored to your specific needs.

### Aromatherapy Escape

110 minutes | €235

A Combination of our 55-minute Ultimate Aromatherapy Massage and 55-minute Essential Aromatherapy Facial.

Both treatments are customised for your specific needs using only the purest essential oils for total relaxation.

### Complete Wellness

165 minutes | €295

Start your Journey with our Signature full body Massage to ease away tension and stress, you will then be treated to a complexion boosting Aromatherapy Facial. Complete your day with a Margaret Dabbs Supreme Pedicure.





# SPA ETIQUETTE

## SPA BOOKINGS

T: +353 (0)1 651 7744

E: [thespa@cartonhouse.com](mailto:thespa@cartonhouse.com)

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, A Fairmont Managed Hotel. Gift cards are available from Spa or Hotel Reception or at [cartonhouse.com](http://cartonhouse.com) and are valid for 5 years.

## WELLNESS FACILITIES

All guests of Carton House Spa & Wellness enjoy complimentary access to the 18-metre swimming pool as well as use of the relaxation room before or after your treatments. For the more energetic guests, visit our gymnasium suite featuring all new, state of the art equipment or 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 guests 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.

