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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.

SEABODY

SEABODY unlocks the regenerative power of ocean algae from the Irish Atlantic coastline to create bestselling high efficacy products powered by sustainable cellular biotech, with integrity and impact at the core.

Our innovative rituals, powered by clinically validated marine bioactives and expert therapist-led protocols, transcend traditional relaxation, offering targeted treatments with immediate benefits and long-term results.

SEABODY™



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 | 55 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.

Susanne Kaufmann Transformative Facial Treatment | 55/90 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.

Susanne Kaufmann Boosting Hydration Facial Treatment | 55 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.

Susanne Kaufmann Glow Facial Treatment | 55 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.

Seabody Touch Facial | 55 min

An indulgent facial that celebrates touch and precision. Using Helena's clinically proven marine BIOactives, this ritual uses sculpting massage, fascia release and lymphatic techniques to deliver visibly lifted, brighter, and rebalanced skin.

Body TREATMENTS

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 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.

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.





Wellbeing RITUALS

Seabody & Carton House Recovery Ritual | 90 min

Crafted exclusively for Carton House, this intelligent treatment blends SEABODY's innovative marine wellness with bespoke therapeutic techniques designed for post-golf recovery or active lifestyles. Beginning with a focused back massage targeting the shoulders and lower back, we then apply a dynamic lower leg release, followed by a soothing mineral-rich leg mask to reduce inflammation and boost circulation. The experience concludes with a hydrating facial, designed to counteract dryness and environmental exposure from the outdoor elements.

Seabody Sleep Ritual | 90 min

As soothing as an afternoon upon your favorite sun-warmed shore, this unique ritual blends slow, rhythmic massage with our signature lavender poultices. The journey begins with calming breathwork and the distinctive sounds of the ocean drum, gently guiding the nervous system into the parasympathetic state. From there, intentional, unhurried strokes and expertly applied warm poultices work in harmony to release stagnant energy, melt built up tension, and quiet the mind. This full body experience not only nurtures the body from top to toe but also supports the natural reduction of cortisol-the body's primary stress hormone setting the perfect foundation for a restful night's sleep.

Susanne Kaufmann 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.

Susanne Kaufmann 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.

Massages

Susanne Kaufmann BodyMassage | 55 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.

Seabody Movement Massage | 90 min

A targeted therapy designed to dissolve pain and restore ease of movement by focusing on the fascia, tight tendons, and aching muscles. Your treatment begins with a Full-Body Scan using GuaSha, gently warming the muscle tissue and identifying areas of tension. This is followed by a deeply regenerative massage that blends Thai and Shiatsu - inspired techniques with a muscle-melting application of Seabody's signature hot and cold, body oil and balm.

Seabody Connect Full Body Massage | 55 min

Inspired by the natural rhythms of the Irish coast, this restorative full body massage uses flowing, purposeful techniques to ease tension, calm the nervous system, and encourage deep relaxation. Designed to help you disconnect from the everyday and reconnect with yourself, this treatment leaves you feeling grounded, rebalanced, and completely renewed.

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.





Hands & FEET

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

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 Age-Defying Foot Cream, designed to combat signs of aging and leave your feet feeling pampered and youthful.

**SUSANNE
KAUFMANN**

Margaret Dabbs
LONDON



Treatment ENHANCEMENTS

GOLDREPAIR COLLECTION

REPAIR • FIRM • LIFT

GEMCLINICAL® TECHNOLOGY

BALANCES THIRD EYE CHAKRA

“I HONOR MY INTUITION”

The Gold Repair Collection, infused with gold and science-forward ingredients, is your luxurious skin reset button. Powered by the Advanced Age-Defying Complex, it repairs, lifts, and firms, restoring elasticity for a youthful, radiant complexion. Indulge in gold opulence that delivers visible results.

KNESKO Collagen Face Mask

Brighten and lift skin with a richly-hydrating collagen treatment.

KNESKO Collagen Eye Mask

Refresh and de-puff under eyes with an age-defying treatment.

KNESKO Collagen Neck Mask

Firm and repair the delicate skin of the neck for a more youthful appearance.

KNESKO
SKIN

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.



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



