



Carrickdale Hotel and Spa

Carrickcarnon, Ravensdale  
Dundalk, Co. Louth

Tel: 00353 (0)42 938 0995

[www.carrickdale.com](http://www.carrickdale.com)

**SERENITY SPA OPENING TIMES:**

Monday - Thursday .....10am - 7pm

Friday & Saturday .....10am - 8pm

Sunday.....10am - 5:30pm



The Carrickdale Hotel

TREATMENT TARIFF

## SERENITY SPA SIGNATURE TREATMENTS

SERENITY SPA SIGNATURE FACIAL .....	1 hr 15 mins .....	€80
SERENITY SPA SIGNATURE EXPERIENCE .....	2 hrs 10 mins .....	€155
HIGH FLYER SPA EXPERIENCE.....	2 hrs.....	€110
THE CELEBRITY SPA EXPERIENCE.....	1 hr 30 mins.....	€105

## ADVANCED FACE TREATMENTS

TIMEXPERT.....	1 hr 15 mins.....	€85
TIMEXPERT LIFT.....	1 hr 10 mins.....	€80
COSMETIC MICRODERMABRASION .....	55 mins .....	€70
SYNERGYAGE ®.....	55 mins .....	€150
AGERA® SKIN PEELS.....	45 mins .....	€55

## SPA FACIAL CARE

SERENITY SPA SIGNATURE FACIAL .....	1 hr 15 mins.....	€80
RADIANCE GLOW .....	60 mins .....	€60
DELICATE AND SENSITIVE .....	1 hr 10 mins.....	€60
PURIFYING AND BALANCING.....	60 mins .....	€65

## PRESCRIPTION FACIALS

HYDRATING AND NOURISHING .....	60 mins.....	€58
EXOTIC FRUIT FACIAL.....	60 mins.....	€58
DEEP CLEANSING .....	60 mins.....	€58

## EYE TREATMENTS

CRYSTAL EYE TREATMENT .....	30 mins.....	€30
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(Crystal eye treatment can be added to any facial for €20 extra)

TIMEXPERT EYE TREATMENT .....	30 mins.....	€35
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## EXCLUSIVELY FOR MEN

TIME FOR MEN .....	55 mins.....	€55
JUST FOR MEN.....	1 hr 30 mins .....	€90
DEEP HEAT SPINE & NECK D-STRESS .....	30 mins.....	€45
EXECUTIVE MANICURE OR PEDICURE .....	35 mins.....	€38

### SPA PRIVILEGE BODY THERAPIES

GOLD SUN THERAPY .....	1 hr 15 mins .....	€95
PRIVILEGE PEARL SENSATION .....	1 hr 30 mins .....	€105
CHOCOLATE THERAPY .....	60 mins.....	€70
CAPUCCINO.....	60 mins.....	€70
EXOTIC ORIENTAL SPICE THERAPY .....	1 hr 30 mins .....	€105

### SPA MARINE BODY WRAP SENSATIONS

BODY MOISTURISING.....	60 mins.....	€60
OCEAN.....	60 mins.....	€70
RED WINE .....	60 mins.....	€70
ANTI-CELLULITE.....	60 mins.....	€70
INCH LOSS AND SLIMMING .....	60 mins.....	€70
HEAVY LEGS WRAP.....	45 mins.....	€48

### SIGNATURE MASSAGE RITUALS

OBSIDIANA AND ONYX RITUAL .....	1 hr 15 mins .....	€100
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Each Serenity signature massage ritual can be

FULL BODY.....	1 hr.....	€70
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or

BACK AND SHOULDERS .....	30 mins.....	€40
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ORIENTAL SPICE MASSAGE

CINNAMON DELIGHT MASSAGE

SAFFRON DELIGHT MASSAGE

VITALITY MASSAGE (TONING)

RELAX

ACTIVE (CIRCULATION)

SVELTE (SLIMMING)

AQUA (MOISTURISING)

## ORIENTAL AND EXCLUSIVE EXFOLIATION

AROMATIC .....	30 mins.....	€40
CHOCOLATE EXFOLIATION .....	30 mins.....	€40
SPICE EXFOLIATION .....	30 mins.....	€40

## HALF DAY SPA EXPERIENCE

GERMAINE DE CAPUCCINI HALF DAY SPA EXPERIENCE .....	2 hrs 30 mins.....	€150
SERENITY SPA SIGNATURE EXPERIENCE .....	2 hrs 15 mins.....	€150
SERENITY SPA INDULGENCE.....	2 hrs 30 mins.....	€160
EXCLUSIVELY FOR MEN .....	2 hrs 30 mins.....	€160

Your dream half day spa experience can be created according to your requirements with the assistance of our spa therapists on booking.

## FULL DAY SPA RITUALS

SERENITY SIGNATURE RITUAL .....	3 hrs 30 mins.....	€210
EXOTIC ORIENTAL SPICE JOURNEY .....	3 hrs 30 mins.....	€220

## SPECIFIC SPA PACKAGES

All our specific spa packages includes use of spa thermal suite and relaxation room. Bath robe, slippers and towels supplied. Scones, tea, coffee and fruit available.

NEW MUM TO BE .....	2 hrs.....	€110
NEW MUM DAY .....	2 hrs 30 mins.....	€170
BRIDE TO BE.....	2 hrs.....	€140
MOTHER OF THE BRIDE.....	2 hrs 15 mins.....	€150
HEN PARTY PACKAGE .....	2 hrs.....	€130
GROOM OR FATHER OF THE GROOM / GROOMSMEN .....	2 hrs.....	€130
NEWLY WEDS SPA PACKAGE WITH CHAMPAGNE LUNCH .....	2 hrs 30 mins.....	€190pp



### PERMANENT HAIR REDUCTION

Consultation and patch test required for all ipulse treatments. Course of 6 to 10 treatments required.

- UPPER LIP ..... from €70
- UNDER ARMS ..... from €95
- BIKINI LINE ..... from €120

For more information on the ipulse treatments or prices on other areas please speak to one of our certified therapists

### IPULSE SKIN REJUVENATION

Consultation and patch test required for all ipulse treatments. Individual prices will be given according to the desired treated area.

### HAND AND FEET

- SERENITY LUXURY SPA MANICURE.....60 mins.....€35
- SERENITY LUXURY SPA PEDICURE.....60 mins.....€55

### FINISHING TOUCHES

#### WAXING

- FULL LEG & BIKINI WAX .....€42
- HALF LEG & BIKINI WAX .....€30
- FULL LEG WAX.....€33
- HALF LEG WAX.....€18
- BIKINI LINE WAX .....from €12
- UNDER ARM WAX.....€12
- LIP AND CHIN WAX .....€12
- EYEBROW SHAPE .....€10
- BACK AND CHEST WAX .....€35
- BRAZILIAN WAX - LANDING STRIP .....€30
- HOLLYWOOD WAX - ALL OFF.....€45

Other areas available on request. Hot Wax - Extra cost

## EYES

Patch test required at least 24 hrs prior to treatment

EYE LASH TINT .....	€11
EYEBROW TINT .....	€9
EYEBROW WAX, TINT AND EYELASH TINT .....	€25

## MAKE UP

CLEANSE AND MAKE UP .....	€22
BRIDAL MAKE UP & TRIAL .....	€36

## ST TROPEZ TAN

FULL BODY .....	€40
HALF BODY .....	€25
FULL BODY PLUS EXFOLIATION .....	€60

## NAILS

FILE & PAINT .....	€12
GEL OVERLAYS .....	€30
GEL EXTENSIONS .....	€60
NAIL TIPS .....	€25
NAIL ART .....	€3 EXTRA

## SERENITY SPA THERMAL SUITE

STEAM ROOM

SANARIUM

ICE FOUNTAIN

TROPICAL SHOWER

DRENCH SHOWER

HEATED BENCH WITH FOOT SPAS

HEATED LOUNGERS

OUTDOOR HOT TUB

Use of the thermal suite is complimentary with all treatments in excess of €40.