



CARA

ORGANIC BEAUTY



Welcome

Let us pamper and relax you within the peace and tranquillity of the Spa on the shores of Lough Foyle.....

Working with Voya, all our products contain organic certified wild hand harvested seaweed which is 100% Irish. Voya are the world's first range of certified organic seaweed and are harvested in sustainable ways, not tested on animals and contain natural healing properties.

At the Cara Spa, we demonstrate our commitment to the environment by using products that are eco-friendly and do not contain harmful chemicals.
All our packaging is recyclable/bio-degradable.

We hope you enjoy your Spa experience



Opening times

Monday – Sunday 10am-6pm

To make an appointment, contact:

The Spa direct on + 353 (0) 74 938 5426

Or main hotel reception + 353 (0) 74 938 5555

Alternatively email spa@redcastlehotel.com

www.redcastlehotel.com

You can also find us on facebook



Spa pamper packages



Spa Pamper Packages

Start your day with a relaxing swim, sauna, steam room and full use of our Gymnasium before or after your treatments.

Outdoor Hot Tub Experience

(1 hour 45 minute experience)

Midweek from €25pp, Weekend from €30pp

Unwind with our Outdoor Hot Tub Experience, enjoy 45 minutes use of the hot tub with a complimentary glass of bubbly followed by up to 1 hour's use of our leisure facilities.

Half day Spa

(1hr 40mins) €130.00

Voya Self Discovery Radiance Facial

Voya Hand Ritual OR Foot Ritual

Day Spa

(3hrs) €250.00

Lazy Days Seaweed Salt bath

Voya Stimulating Seaweed Body Buff

Voya Deluxe Facial Experience

(incl 10min back massage)

Cara Holiday Special

(90 mins) €115.00

A Cara Hydrotherapy bath followed by a full body exfoliation, facial scrub and finally a luxurious body balm is applied to the body. *The perfect treatment to prepare your skin for the sun!*

Top to Toe

(50mins) €99.00

Cara Express Facial and a relaxing scalp massage followed by a relaxing foot and leg massage.

A little bit of luxury

(60mins) €110.00

Choose two from the below

30 min spa treatments;

Cara Express Facial, Deep Tissue Back Massage, Indian Head Massage, Hydrotherapy bath or Cara back facial.

Golfers Revival

(60 mins) €99.00

Cara Hydrotherapy Bath followed by a Scalp, shoulder, hand and arm massage to relieve tired muscles.

Compliment your spa day with Afternoon tea, spa lunch or fruit platters, contact the Spa Reception for further information



A couple is relaxing in a hot tub. The woman is on the left, wearing a white towel, and the man is on the right, smiling. They are both looking towards the right. The hot tub is set outdoors, with a view of a river and a forest in the background. The text is overlaid on the left side of the image.

Riverside Wellness Experience

Begin your experience in the sunken Canadian style outdoor hot tubs. The gentle sounds of the river and the motion of the water create a cocoon of calm that feels a world away from everyday life. Then step into the Swedish barrelled outdoor sauna, allowing the dry heat to relax body and mind while the landscape beyond the glass provides a soft, ever changing backdrop.

Move between heat and cool, indoors and out, while enjoying a complimentary glass of bubbly, and finishing your ritual in the relaxation areas to prolong that light, post spa feeling use of the leisure facilities.

Why not add one of Cara Organic Spa's signature VOYA treatments, the Riverside Wellness Experience is designed to restore balance, deepen relaxation and reconnect you with nature by the water. It is your invitation to take time out, slow the pace and savour wellness with a view.

Available daily from 9.00am – 9.00pm

Monday – Friday €25 per person

Saturday – Sunday €30 per person



Cara Signature Treatments



Cara Signature Treatments

The Cara Express Facial (30 mins) €60.00

A mini facial including a cleanse, tone, exfoliation, moisturise and scalp massage

The Cara Deep Tissue Back Massage (30 mins) €65.00

Targeting the neck and shoulders, this rejuvenating massage will alleviate stress and deep muscle tension.

The Cara Back Facial (30 mins) €60.00

This facial targets the hard to reach area and includes a customized mask treating any congestion. Massage of the backs of legs and feet while mask is working will aid any tension.

The Cara Signature Wrap&Scrub (60 mins) €95.00

This treatment begins with a full body exfoliation removing all dead skin cells, a wrap is applied to the body to release toxins, whilst enjoying a pressure point head massage.

Water Rituals

Cara Hydrotherapy Bath

(30 Mins) €45.00

A choice of essential oils, this bath specifically combats muscle tension. The jets are positioned from the neck to the toes, massaging the body as you relax.

Holistic Therapies

Indian Head Massage

(30 Mins) €75.00

Indian head massage focuses on the upper back, shoulders, upper arms, neck, scalp, ears and face. The areas are massaged using firm yet gentle, rhythmic movements that involve acupressure points.

Reflexology

(50 Mins) €85.00

A session or course of reflexology will help reduce stress and assist with the reduction of many unwanted conditions. Working on the reflex points on the feet, this therapy eliminates toxins to enable the body to function fully. *Mothers to be may avail of this treatment after the 1st trimester*

Rasul (40 mins)

€55.00 for One / €90.00 for Two

The Rasul allows you to immerse your senses and prepare mind and body for an indulgent and relaxing experience. Mineral muds are gently applied to the body and face, before relaxing in the steam chamber allowing the enriched muds to condition your entire body. A gentle shower completes the treatment.

Traditional Swedish Massage

(50 Mins) €110.00

This form of massage involves gentle manipulations of the soft tissues. It is performed with essential oils: 100% pure extracts from plants, trees or flowers. Pressure can be adapted according to your personal taste.

Japanese Head Spa

(60 Mins) €70.00

Unwind, relax and revitalize your mind and body with our authentic Japanese Head Spa experience, that blends ancient Japanese techniques with modern relaxation methods. Improves circulation and scalp health, Calms your mind and reduces anxiety, Boosts hair growth and strength, Reduces headaches and tensions, Enhances hair texture and shine.





Voya Facials & Massages

Our extensive range of facials includes our own Redcastle Express facial for the busy schedule or relax and enjoy our longer facials with organic seaweed/products

Voya Facials

All Voya facials will be complimented by personal and professional home care advice and product recommendations suited to you for long term results.

Self Discovery Radiance Facial

(55 Mins) €89.00

Allow us to tailor your facial specifically to your skin's unique needs. This facial is deeply detoxifying and revitalising. It will improve and clarify skin tone and it also incorporates a relaxing facial and scalp massage.

Anti- Aging Restorative Facial

(70 Mins) €105.00

Ideal for sensitive skin, though particularly benefits mature, dry or dehydrated skin types. A mix of seaweed botanic ingredients help stimulate collagen production and reduce the appearance of fine lines and wrinkles. This treatment is complemented with a relaxing face, scalp and hand and arm massage.

Voya AHA Peel - Resurfacing Radiance Facial

(40 Mins) €99.00

Ideal prior to any special occasions, this highly effective resurfacing facial targets congested and dull skin using a combination of seaweed extracts, glycolic & lactic acid along with fruit enzymes. This advanced exfoliation treatment assists in diminishing fine lines, reducing pore size and brightening the skins appearance.

Deluxe Facial Experience

(90 Mins) €135.00

This revolutionary seaweed facial begins with a back massage, followed by an organic facial to gently renew your skin complemented by an intense VOYA signature facial massage. Then freshly harvested seaweed leaves are placed on the face over a warm poultice seaweed mask. A light scalp and hand/arm massage completes this experience and will renew, revive and soften dry and dehydrated skin, alleviating fine lines and wrinkles.

Voya Intense Defense for Men

(50 Mins) €89.00

Exclusively created for mens specific skincare needs. Begins with a powerful effective exfoliator and deep cleanse followed by a facial massage and face mask. A foot massage is carried out during the face mask and once removed reveals a more soothed, hydrated fresh and mattified skin tone. Very good for those with sensitive skin or effected by shaving razor burns or ingrown hairs.

Marine Eye Treatment / Facial Massage

(40 Mins) €70.00

Refreshing and rejuvenating tired eyes, deep cleansing of the face followed by a lymphatic drainage facial massage and seaweed leaf eye compress. Releases toxins and reduces puffiness. This treatment ends with a scalp massage to relax you completely.

Voya Massages

Total Massage Journey (inc dry brushing)

(90 mins) €135.00

With the addition of dry brushing this will help to remove dead skin cells and stimulate the lymphatic system.

Couples Voya

Total Massage Journey

(55mins) €250.00

Both massages are performed simultaneously to create a wonderful relaxing and personal

experience within our couples room.

(Exc dry brushing)

Hot Stone Massage

(40 mins) €70.00 | (60 mins) €105.00

Soothing treatment using heated stones bathed in Voya oil to melt away any tension and stress, leaving you feeling rejuvenated and refreshed. Benefits, enhances circulation, promote deep relaxation, skin hydration.

Our 40 minute treatment, includes a back massage and back of the legs

Our 60 minute treatment, includes a full body massage

Voya Rituals

Foot ritual – Stimulating and Draining

(50 Mins) €69.00

A relaxing treatment using sea salt exfoliation and massage from knee to foot. A double action seaweed foot mask and fresh seaweed wrap is applied around the legs to reduce swelling and soften the feet. Ideal treatment during pregnancy or to improve foot ailments.

Hand ritual – Nourishing and Hydrating

(50 Mins) €69.00

A nourishing and reconditioning treatment, exfoliating and massage from elbow to hand. Your hands are then wrapped in warmed Atlantic seaweed to hydrate, increase circulation and nourish dry skin.

Voya Bathing Rituals

Voya Lazy Days Seaweed Bath

(40 Mins) €55.00

Hand harvested seaweed is applied to a warm bath. This promotes self-healing, circulation, relaxing and detoxifying the muscles. Good for Psoriasis, Eczema and very dry skin. Ask to take away your seaweed for further use.

Organic Seaweed Aroma Bath Salts Therapy

(30 Mins) €55.00

Allow your muscles to be gently massaged in our hydro bath. The jets are positioned from the neck to the toes, massaging the body as you relax. The Voya salts assist with skin conditions such as psoriasis, arthritis or eczema.

Warm Spiced Mud Bath

(30 Mins) €55.00

Relax in a warm peat bath whilst the fresh ocean seaweed softens your skin. This treatment is bursting with anti oxidants and minerals helps to soothe aches and pains, whilst speeding up circulation and lymphatic drainage. The jets are positioned from the neck to the toes, massaging the body as you relax.



Voya Exfoliation & Wraps

A range of detoxifying treatments to revitalise the skin and awaken the senses.





Organic Luscious Salt Glow

(50 Mins) €79.00

Coarse Texture

A detoxifying salt-exfoliating treatment to remove dead skin and refine the skin texture, leaving skin velvety and soft. Voya Luscious Salt is infused with Dead Sea Salts and Fucus Serratus seaweed oil, hydrating skin, stimulating blood and lymph flow, while firming skin tone.



Stimulating Seaweed Body Buff

(50 Mins) €79.00

Medium Texture

The ultimate treat for tired and dull skin. Anti-oxidants combined with pure seaweed oils provide a powerful organic way to better the skin. An all over body scrub is followed by a light cleansing shower, luxury moisturiser applied during gentle massage movements. This treatment is strong exfoliator that stimulates and leaves skin tingling.

Voya Lavender and Seaweed Sugar Glow

(50 Mins) €79.00

Medium Texture

This calming and relaxing body scrub improves circulation and removes dead skin cells, with a wonderful fragrant mix of lavender oil, seaweed & sugar. This treatment offers dual action benefits; sugar to gently remove dead skin cells while seaweed & lavender induce healing and promotes relaxation.



Tangle me up Body Wrap

(60 Mins) €99.00

Revitalising

With a full body brushing and hot towel cleanse that relaxes tired and lethargic muscles relieving stress and fatigue. Antioxidant compounds fight cellulite and signs of ageing. Improves suppleness and elasticity of your skin. Enjoy a relaxing scalp massage whilst the seaweed is absorbed into your skin.

Organic Seaweed Leaf Wrap

(90 Mins) €119.00

Detoxifying

This ultimate body wrap is inspired by the sea. Atlantic seaweed cocoons the body to deeply detoxify, moisturise, soften and revive the skin. The treatment begins with exfoliation using finely ground seaweed, followed by a wrap of seaweed for the body. The minerals, vitamins and amino acids work their magic whilst you are being treated to a relaxing scalp massage.

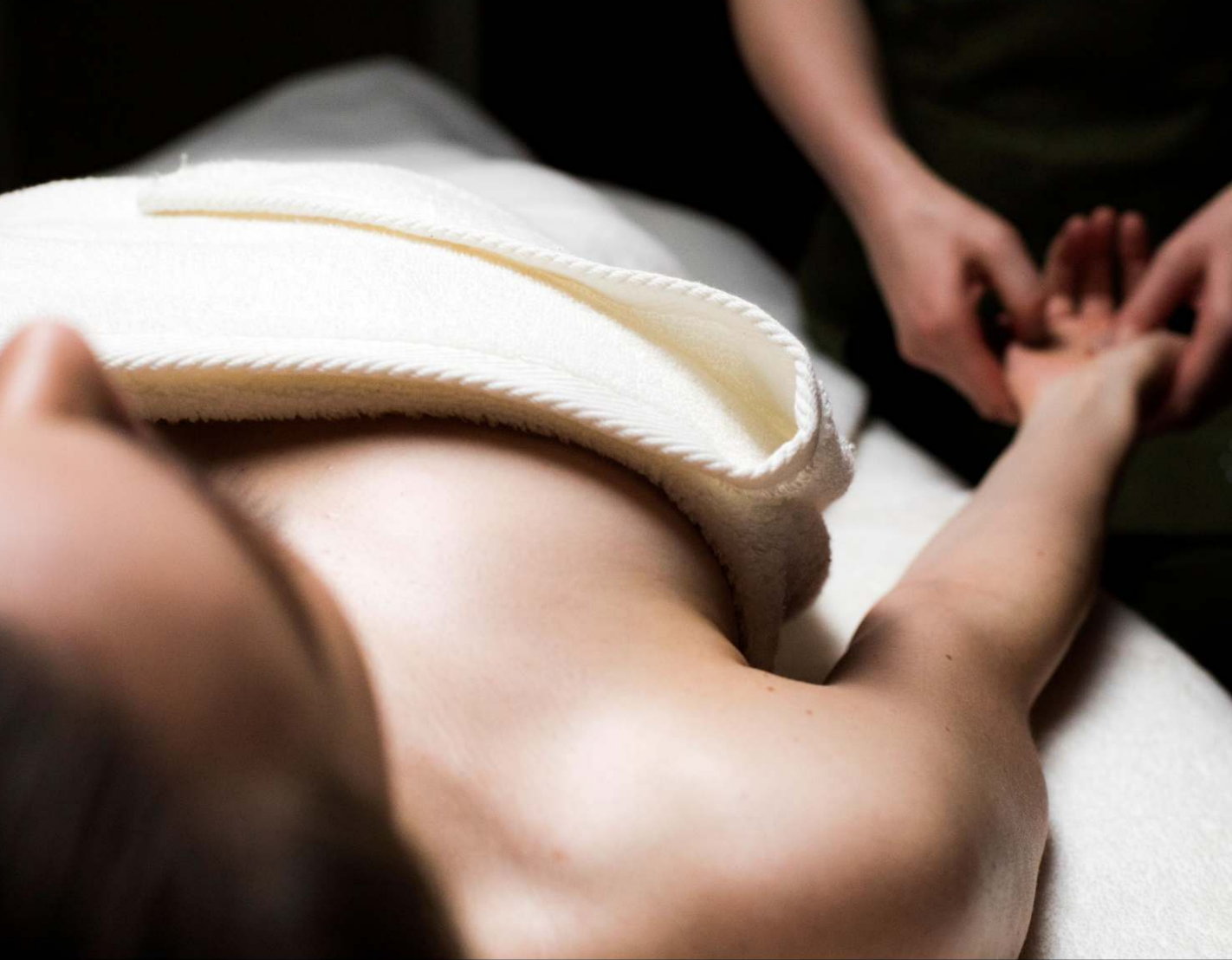
Warm Spiced Mud Wrap

(60 Mins) €110.00

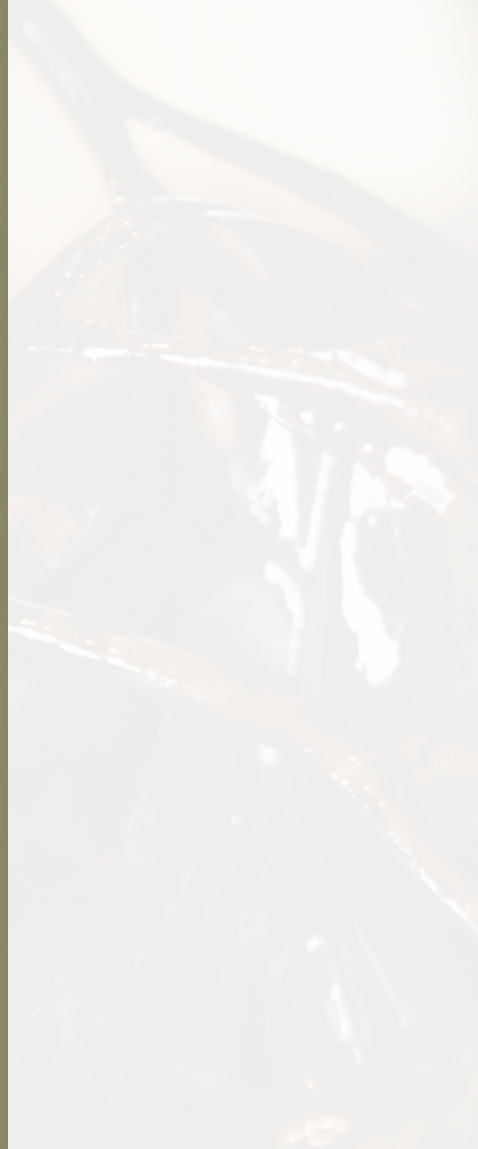
Purifying – perfect choice for men

A rich seaweed and peat mud wrap rich in potent anti-oxidants, minerals and enhanced with organic ginger and cinnamon. The wrap has immediate and noticeable effects on the skin, including firming and toning. A detoxifying, metabolism stimulator and natural anti-ageing boost.





*Mother-to-be
Treatments*



All treatments are suitable from the second trimester onwards.

Pregnancy Back Massage

(30 mins) €65.00

A gentle, relaxing massage designed specifically for pregnant clients to ease tension and promote comfort during these precious moments.

Full Body Pregnancy Massage

(50 mins) €99.00

A relaxing light pressure massage followed by a facial and scalp massage.

Voya Precious Moments

(50 mins) €105.00

This treatment is tailored to mum and her growing bump. Your bump is cocooned in a specialised mask supporting the skin tissue and preventing stretch marks. Seaweed leaves are applied to the feet boosting circulation, improving lymphatic drainage and reducing fluid retention. The masks work their magic while mum enjoys a relaxing face, hand, arm and scalp massage.

Voya Organic Prenatal Voyager

(90 mins) €149.00

This organic well being ritual promotes relaxation and tranquillity. Begins with a full body exfoliation, leaving your skin radiant and renewed. Nourishing mama oil is used during the massage to ease stress. This treatment is complimented with a face and scalp massage melting away those aches and pains associated with pregnancy.

Parent Pampering

(After 1st trimester)

Choose 1 option below;

Option 1

Voya Self Discovery Radiance Facial

and a relaxing Foot and Leg Massage

(90 mins) €115.00

Option 2

Voya Lazy Days Fresh Seaweed Bath

followed by Voya Self Discovery Facial

(90 mins) €110.00



Terms and Conditions

Treatments and facilities within the spa are only available to persons aged 18 and over.

We accept email or telephone bookings. A treatment is only reserved once the Credit Card details have been provided. An email confirmation will be sent to our guest to confirm the booking.

Payment is required on arrival at the spa reception. Guests of the hotel may room charge if the facility has been made available at check in.

Group bookings (over 5) will require a non-refundable 10% deposit in addition to credit card details to secure the booking.

Packaged treatments are to be taken consecutively and are not able to be split between clients. Further discounts are not available on special offers or packaged treatments.

We request you arrive at the spa 30 minutes prior to your appointment time. This allows time for you to complete our consultation form, change in to your robe and slippers and relax before your therapist calls you for your treatment.

All Spa robes must be returned to the Spa reception after your treatment and may not be taken to guest bedrooms. A charge of €30.00 is applicable for any unreturned robes. If you require a robe for your guest room, please contact the hotel reception.

We provide disposable underwear for ladies, gentlemen will be required to wear shorts during all treatments. Swimwear is obligatory when using the Spa or Leisure public areas.

Late arrivals will result in your treatment time being reduced to minimise impact on other guests and the full treatment cost will still apply.

Cancellation policy

We would politely request that if you are unable to keep your appointment, you contact the spa 72 hours prior to your treatment. If you cancel your appointment in less than 72 hours, we reserve the right to charge 50% of the cost of the treatments booked and for non arrivals, the full cost of the treatments. Group bookings require 2 weeks' notice.

Medical Conditions

To avoid disappointment, please advise the spa in advance if you are pregnant, nursing or suffering from any medical condition.

Over Active Thyroid Conditions - guests with this condition are unable to avail of a small number of our Voya treatments, please ask for further advice before arriving at the Spa.

Spa Etiquette

As a courtesy to other clients and to preserve the ambience we request that you kindly switch off your electronic devices when entering the spa. During treatments, all therapists will use modesty towelling techniques to ensure that guests are comfortable at all times.

Light refreshments are provided in the Spa. Other food and drink items are not permitted in the Spa for the comfort of other guests.

All valuables must be secured in a locker, handbags and holdalls will not be permitted in the spa and we are unable to take responsibility for any personal items.



W: www.redcastlehotel.com

T: +353 (0) 74 938 5555

E: spa@redcastlehotel.com

   /redcastlehotel.com