



CARA

- ORGANIC SPA -
AT CARLISLE BAY



OLYMPIA

- ORGANIC SPA -
AT CARLSLE BAY

Cara Organic Spa

Restore balance and nurture your whole being at CARA Organic Spa, Carlisle Bay. Our philosophy is rooted in wellness - guiding you on a journey that reconnects body, mind, and soul. Through restorative massage therapies, rejuvenating facials, and holistic practices such as yoga, meditation, and immersive health retreats, we create space for deep healing and renewal.

At CARA Organic Spa, we are proud to partner with ESPA and GROUND Wellbeing - two brands united by their dedication to whole-body health combined with mindful living. ESPA blends the wisdom of traditional holistic therapies with the innovation of natural science to create treatments and skincare that deliver both instant results and lasting benefits. GROUND Wellbeing offers a collection of 100% natural, handmade products and treatments rooted in Ireland's healing traditions, these restorative rituals promote emotional balance, inner calm and resilience through advanced massage.

Together, these partnerships allow CARA Organic Spa to offer therapies that go beyond the surface - nurturing skin health, restoring inner harmony, and supporting your overall wellbeing. With every treatment with our holistic therapists, you'll experience a sanctuary of care, where nature, science, and mindfulness unite to leave you feeling radiant, grounded, and renewed."

Please call **4126** to make your appointment. Our therapists will be delighted to guide you in selecting the most suitable treatments according to your needs.

All prices listed are in US dollars and are subject to 10% service charge and 17% ABST.



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Massage

Our experienced therapists are trained in a wide variety of massages to promote relaxation, ease aching muscles and give you a great sense of wellbeing. A consultation prior to your appointment will reveal which treatment is best suited to your needs.

WEST INDIAN MASSAGE	(60 mins) \$170
DEEP TISSUE MASSAGE	(60 mins) \$170
BACK MASSAGE	(60 mins) \$170
ARAWAK MASSAGE	(60 mins) \$170
HOT STONE MASSAGE	(50 mins) \$160
INDIAN HEAD MASSAGE	(50 mins) \$160
REFLEXOLOGY	(50 mins) \$160
PRENATAL MASSAGE	(50 mins) \$160
REIKI	(50 mins) \$160

COUPLES MASSAGE

(60mins) \$320 (90mins) \$480

Enjoy a peaceful journey with someone special while you indulge your mind, body and soul in our Scents of the Caribbean Couples Massage. It stimulates tired muscles and leaves you refreshed and renewed.

PEPPERPOT OF MESSAGES

(120mins) \$300

Experience the ultimate in relaxation when you indulge in four of our delightful massages in one treatment. Hot Lava Stone, Foot Reflexology, West Indian and Indian Head. You will be re-energized revitalized and restored to wellness after our massage sampler.



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GROUND

GROUND Wellbeing

Discover GROUND, a Cork-based wellness brand founded by expert Peigin Crowley, who brings decades of experience in designing luxurious spa experiences. Born from a desire to support well-being during challenging times, GROUND offers 100% natural, vegan products crafted in small batches in Ireland. Each hand-blended therapeutic oil is designed to address sleep, stress, hormone health and skin wellness. With a therapist-centric approach, GROUND invites you to embrace intuitive self-care rituals that promote rest, reconnection, and renewal, honoring the unique needs of every individual. Elevate your wellness journey with GROUND's sincere and soothing offerings of advanced massage rituals.



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OUR SIGNATURE RITUALS

THE GROUNDING RITUAL

Soothing Mental Anxiety & Stress

This specialist massage treatment will provide you with the space and time to tap into your body's ability to self-repair and re-align and will leave you feeling replenished and grounded in your body.

60 MINS | \$170

90 MINS | \$250

(+Face Gua Sha & scalp massage).

THE BIOME REPAIR FACIAL

Soothing & Supporting Skin Barrier

Designed to restore the skin's delicate microbiome when compromised and sensitive to outside aggressors. The Biome facial works to soothe & repair the skin's natural barrier, helping to reduce inflammation and increase natural skin function.

60 MINS | \$167

90 MINS | \$222

(+Abdominal massage).

DEEPLY GROUNDED FACE & BODY

The Absolute in Skin & Body Wellness

Surrender in full to our signature Grounding Ritual to relieve stress and anxiety, followed by chosen GROUND Face Ritual to restore skin wellness and repair the delicate skin barrier.

120 MINS | \$265

(Includes grounding ritual & Biome bespoke facial).

THE SLEEP RITUAL

Ideal for insomnia & physical fatigue

This ritual was especially developed to guide the mind and body into deep slumber. Soothing, flowing massage techniques and pressure points combined with mindful breathwork help to introduce deeper breathing and invite rest in.

90 MINS | \$170

120 MINS | \$248

(+Restore body wrap).



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OUR MASSAGE RITUALS

THE BALANCING RITUAL

Menopause accredited training

Empowering through the Menopause journey.

Designed with women in mind, this hands-on approach to wellbeing is truly holistic. Each ritual commences with an aromatherapy foot bath and breath work and uses Cold Stone Massage, Gua Sha, Reflexology and Lymphatic Drainage helping to soothe the body during hormone fluctuations.

90 MINS | \$217

120 MINS | \$255

(+Balancing body polish).

SECRET RIVER OF HEALTH

Lymph for Longevity Accredited Training

Soothing Lymphatic Support Ritual.

Designed to have a deeply relaxing, sedating impact on the system, this rhythmic full body ritual works to encourage and support lymphatic flow while inducing a deep state of rest and renewal.

60 MINS | \$170

90 MINS | \$211

(+Face Lymphatics & Gua Sha).

THE WANDERING RITUAL

Vagus Nerve Support - Ideal for Burnout

Reconnect deeply with the wanderer within, the Vagus Nerve, our inner source of sincere wellbeing. This holistic approach to hands on massage creates a safe space to attune to our innate gut intuition and create a renewed connection to our inner self. Includes Abdomen, Face, Neck & Ears with Marble Stone & Gua Sha Massage Techniques.

120 MINS | \$193

THE RESTORATIVE RITUAL

Ease Tension in the Face, Neck, Head & Scalp

Combining nurturing facial massage with soothing Gua Sha techniques this slow, flowing massage treatment works to reconnect mind and body. The focus within the treatment is on releasing the tension in the face, neck, décolleté and scalp.

60 MINS | \$146

90 MINS | \$195

(Back Massagex).



ESPA

Elevate your self-care routine with ESPA's bespoke treatment collection, meticulously crafted by world-renowned spa experts to restore and nourish your body, mind, and spirit. Each treatment is uniquely tailored to your individual needs, seamlessly blending advanced skincare, therapeutic massage, and nature-inspired rituals. Experience rejuvenating facials that utilize high-performance ingredients, transformative body treatments that detoxify and revitalize, and luxurious massages that dissolve tension, all designed to create a holistic journey that leaves your skin radiant and your soul soothed.



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ESPA Massages

Rediscover inner calm and physical wellbeing. Here. Genuine care is taken to address your individual needs. with natural formulas and holistic techniques specially applied to provide a profoundly effective experience for both mind and body. Muscular tensions are released. your soul feels soothed and you emerge energized with renewed focus and lasting positivity.

ESPA INNER CALM MASSAGE

90 Minutes \$190

Quieten your mind. Release tension and nourish your skin with this holistic, ultimately restorative experience. Personalized to your physical and emotional needs. Carefully chosen aromatherapy blends relax. Cleanse or energize, while advanced massage alleviates muscular pressure. Soothes anxiety and invokes profound relaxation. Mind and body feel balanced. Energy renewed and inner calm beautifully restored.

Includes: Breathwork - full body aromatherapy massage - scalp massage with Rose Quartz Crystals.

ESPA MINDFUL MASSAGE

90 Minutes \$180

Soothe away stress and return body and mind to the present moment with this holistic and blissfully re-balancing experience. Unique in every way. Guided breathing and visualization combine with deeply therapeutic massage to release physical and emotional anxieties. Relax the mind and restore a positive spirit.

Includes: Breathwork and visualization - massage to metamorphic zones of the feet - full body massage - scalp massage with warm Rose Quartz Crystals.

ESPA STRENGTH & RESILIENCE MASSAGE

90 Minutes \$195

Transform mind & body. Release muscular tension and rediscover a sense of wellbeing with this resilience boosting massage. Inspired by the arduous migration of the painted lady butterfly. This revitalizing massage uses aroma-therapeutic oils. Yogic stretches and deep muscle massage to boost your energy levels and support your immune system. You emerge stronger and more resilient. Ready to face Life's unexpected journeys.

Includes: Yogic stretching - reflex zone foot massage - back massage - sinus release - scalp massage.





ESPA Body Treatments

Guided entirely by your personal needs, expect instant and long-lasting results from these profoundly renewing rituals. Unique in every sense, they make use of nature's most powerful and effective actives and oils, coupled with innovative techniques from our expert therapists. Your body feels rebalanced and skin's natural beauty is restored.

ESPA SALT & OIL SCRUB

30 Minutes \$100

Revive skin's natural softness and glow with this intensely exfoliating treatment. An ideal way to prepare skin for other treatments, a natural blend of a sea salt and the purest oils polishes away dull, dry cells and infuses skin with rich nourishment. Skin feels smooth, supple and looks radiantly healthy.

Includes: Skin brush - salt & oil full body exfoliation.

ESPA TARGETED HIP & THIGH TREATMENT

60 Minutes \$175

Transform the appearance of your hips, thighs and legs with this revitalizing, results-focused treatment. Working swiftly and effectively. Powerfully detoxifying actives combine with targeted massage to instantly diminish cellulite and fluid retention, dispel toxins and boost circulation. Skin looks smooth, supple and beautifully toned.

Includes: Skin brushing hip, thigh and abdominal areas - salt & oil scrub with iced mitt removal - detoxifying and lymphatic drainage massage techniques - deep cleansing abdomen massage - body moisturizer application.

ESPA BODY WRAP

60 Minutes \$120

Purify your body or deeply replenish your skin with this personalized body wrap. Reveal instant results from naturally detoxifying Algae or nourishing Marine Mud. Skin looks refined, toned and beautifully radiant, while a soothing scalp massage restores inner calm.

Includes: Skin brush - body exfoliation - algae or mud wrap - scalp massage.

ESPA Facials

Reveal skin that glows each day with natural health and beauty by assessing your skin, lifestyle and wellbeing needs, our ESPA Experts create a truly personalized, results-focused facial using the latest innovative techniques with our powerful Tri-Active™ blends results are both instant and long-lasting - skin looks clear, radiant and inner calm is blissfully restored

ESPA DEEP CLEANSING FACIAL

90 Minutes \$190

Deeply cleanse, hydrate and renew with this instant results facial. Tailored to your skin's precise needs, Tri-Active™ formulas work immediately to transform your complexion while pure aroma-therapeutic oils encompass your mind. Skin looks clear, quenched, naturally beautiful and inner calm is blissfully restored.

Includes: Skin analysis with SkinVision™ lamp - triple cleanse - exfoliation - steam and extraction (if required) - facial massage - personalized mask - scalp massage.

ESPA INTENSE REGENERATING FACIAL

60 Minutes \$174

Visibly diminish wrinkles and fine lines with this powerfully age- defying facial instantly effective, naturally renewing formulas combine with restorative massage to noticeably tone, plump and your skin is left feeling beautifully refined, soft and supple.

Includes: Skin analysis with SkinVision™ lamp - triple cleanse - exfoliation - steam and extraction (if required) - age defying facial massage - mask - scalp massage.

ESPA ULTIMATE LIFT & FIRM FACIALS

90 Minutes \$224

Restore youthful vitality and improve skin tonicity and firmness with this advanced facial. Using Tri-Active™ ingredients combined with specialized facial massage lifting techniques, this facial helps combat the signs of aging, stimulate collagen production and deliver intensive results; the benefits of which can be seen immediately.

Includes: Skin analysis with SkinVision™ lamp-triple cleanse - steam and extraction (if required) - specialized age defying, contouring and lifting facial massage - Lift & Firm Mask - Scalp massage.

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ESPA Express Treatments

ESPA EXPRESS FACIAL

30 Minutes \$80

Reveal a clear, refreshed, naturally beautiful complexion with this express facial. Personalized to your needs, natural active formulas cleanse, re-balance and hydrate while aromatic essential oils capture your mind, leaving you looking and feeling relaxed and radiant.

Includes: Skin analysis with SkinVision™ lamp - double cleanse - exfoliation - personalized mask - scalp massage.

ESPA EYE LIFT

30 Minutes \$55

Smooth, firm and hydrate with this instantly revitalizing eye treatment. Targeted massage with proven Tri-Active™ formulas relaxes the mind while smoothing fine lines, quenching delicate skin and diminishing puffiness and dark shadows.

Includes: Skin analysis with SkinVision™ lamp - cleanse - exfoliation to face and eye contour - eye contour massage - firming eye mask.



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ESPA Treatments for Men

Our ESPA face and body treatments for men are specifically tailored to your skin type, each one designed specifically to ensure you experience the best physical and therapeutic benefits depending on your needs.

ESPA MUSCLE REVIVER

50 Minutes \$150

Relax and revive body and mind with this multi-targeted massage. Instantly alleviate tension with this powerful yet soothing treatment focusing on the back, face and scalp. Using personally selected essential oils, persistent tension in the back is eased, skin looks re-energized and a positive mindset is restored.

Includes: Back massage - facial massage - scalp massage.

ESPA DEEP MUSCLE MASSAGE

90 Minutes \$210

Restore comfort, suppleness and movement with this intensely effective massage. Active stretching and specialized message with expertly blended aromatherapy oils alleviate deep-seated tension in the neck, shoulders and back with instant and lasting effect. Muscular pain is diminished, leaving you feeling stronger and more energized.

Includes: Targeted massage, with or without hot stones, focusing on areas of concern - scalp massage.

ESPA DEEP CLEANSING FACIAL

60 Minutes \$190

Deeply cleanse, hydrate and renew with this instant results facial. Tailored to your exact needs, Tri-Active™ formulas work immediately to purify and reawaken your skin while aroma-therapeutic oils relax your mind. Skin looks clear, smooth, energized, while inner calm is restored.

Includes: Skin analysis with SkinVision™ lamp-triple cleanse - steam and extraction (if required) - facial massage - personalized mask - scalp massage.



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Frequently Asked Questions

Consultation

If you would like further information on any of our treatments or would like to discuss your specific needs and have a treatment recommended, please do not hesitate to contact us - we will be happy to assist.

Arrival

Please ensure you arrive at least fifteen minutes prior to your appointment to allow time to change, relax and complete any necessary consultation forms. This will ensure you enjoy the full duration of your treatment.

What to bring

Towels and robes are provided. We encourage you to wear your own slippers to support our green initiatives, although we do provide slippers if requested. Sauna and Experience Showers are available along with complimentary bath products. Please leave all valuables and jewelry in your suite as the spa will not be held responsible for misplaced valuables.

Non-residents

24 hours' notice is required for spa bookings for guests not staying at Carlisle Bay.

What to wear

For the majority of treatments you will be provided with a robe and asked to undress, leaving your underwear garments on. Should you wish, you may change in your suite and arrive at the spa in your robe.

Refreshments

Relax after your treatments in our chill out area with a herbal tea of your choice.

Cancellation policy

Should you wish to cancel your appointment, please contact us at least eight hours in advance to re-schedule or cancel with no charge. If you cancel within eight hours, a cancellation fee of 50% will apply. Any non-arrivals will be charged at the full amount.

Opening hours

Open daily from 8am to 6:30pm, until 9pm in selected weeks.

Gifts

A CARA Organic Spa treatment makes the perfect gift. Please ask at the Spa Reception for assistance with a gift certificate.

tinyurl.com/carlislegiftcards

WWW.CARLISLE-BAY.COM



The background is a vibrant teal color with a pattern of overlapping palm fronds, creating a sense of depth and texture. The fronds are oriented vertically and slightly angled, with some appearing more prominent than others.

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