



CARITA

PARIS

HAUTE BEAUTÉ TREATMENTS

THE SPA AT THE CARRICK ON LOCH LOMOND



The Spa

AT THE CARRICK
ON LOCH LOMOND



THE SPA AT THE CARRICK ON LOCH LOMOND



Because I love... a quiet moment or ten to myself, chilling out in the infinity pool with breathtaking views of Ben Lomond, a luxurious facial and massage to relax body and mind, a tasty lunch and some bubbly with friends in the Spa Dining, the wonderfully warm and energised feeling I get from a spell in the Rooftop Infinity Pool, the fantastic service from the therapists who treat me like royalty, treating myself just because it's Monday - or better still, a treat from a loved one... because I love to escape to the Carrick Spa on Loch Lomond...





11 FAUBOURG ST-HONORÉ PARIS

CARITA "Haute Beauté" was created in the Maison de Beauté at 11 Faubourg St-Honoré in Paris, under the creative inspiration of the CARITA sisters. A prestigious address and an exclusive setting, where the expertise and know-how of "artisan of beauty" is enriched year after year, and where the combined effects of high performance products and treatments for the body, face and hair, reveal the unique Beauty of each woman. CARITA products encapsulate this entire art in a concentrated form, prolonging the benefits of this magical setting at home.





CARITA DAY JOURNEYS

The drama and spectacle of the Loch setting is only half the magic of the Carrick Spa. In a land unspoilt for thousands of years, make a day of it because you truly deserve this...

A CARITA Day Journey at the Carrick Spa is a true escape into a world of pampering and tranquillity. Drift thought our 'Thermal Experiences' where water, heat and aromas are infused to purify and relax the mind and body. Next, our Rooftop 'Infinity Pool' overlooking Ben Lomond sets a majestic scene before retreating to Spa Dining in your robe and slippers to enjoy a Bento Box Asian or Mediterranean experience.

Only then do your CARITA treatments begin...

The Carrick Indulgence

(3hrs treatment, lunch, 2hrs thermal experience)

Begin your Indulgence with the premium Hot Rainshower Massage treatment unique to Carrick Spa. The body is polished using the exceptional CARITA Rénovateur before being enveloped in a warm soft veil of SILK BALM. Invigorating jets of pure Scottish hot water are showered all over the body during an authentically relaxing massage with CARITA's Iconic FLUIDE DE BEAUTÉ 14 to leave skin super soft and naturally fragrant. Next experience a truly precious CARITA DIAMOND OF BEAUTY Precious Ritual. This rare ritual features an exquisite hands-on massage with the incredible DIAMOND OF BEAUTY CONCENTRATE – an extraordinary cream whose multiple facets infuse the skin with a new lease of life and youth. The complexion is left firmer and glowing with sparkling vitality.

The Carrick Journey

(2hrs treatment, lunch, 2hrs thermal experience)

A blissful blend of body treatments to leave you rested and relaxed. Beginning with the legendary Rénovateur to buff and smooth your skin to satin softness, light massage with FLUIDE DE BEAUTÉ 14 follows to uplift your spirits and leave a gorgeous sheen on the body. Body Massage with Hot Stones completes the treatment relieving tension and with your vitality restored.

The Carrick Caress

(1hr treatment, lunch, 2hrs thermal experience)

Following warming massage gestures to the feet, shoulders and neck with exquisite Lemon Verbena Essence, your personalised CARITA facial begins. Skin will be polished and infused with luxurious CARITA products selected to perfect your skin and leave it glowing with vitality. Rhythmical, slow massage of the face and neck induce deep relaxation and leaves a sense of extraordinary well-being.

The Carrick Combination – Couples treatment

(1.5hrs of treatment each, lunch, 2hrs thermal experience)

Beginning with a Swedish Back Massage using long, slow, deep massage movements to relieve muscular tension, this treatment uses the unique SILK BALM which glides effortlessly over the skin delivering a flowing, calming massage to the back, shoulders and neck. A CARITA Radiance Facial follows delivering a deeply relaxing blend of massage techniques combined with CARITA products to ensure intensive rejuvenating results.



The CARITA Experience:
Luxurious treatments to infuse your skin
with radiance and youthfulness



AN ICONIC BEAUTY RITUAL

CARITA offers you a universe of made-to-measure treatments dedicated to the beauty of face, body and hair. Based on the professional expertise of the Maison de Beauté, CARITA treatments result from the combination of the beauty therapist's expert hands, exclusive massage techniques and highly effective products. Each treatment revolves around the brand's three iconic emblems: FLUIDE DE BEAUTÉ 14, Rénovateur and Idéal PRO-LIFT, for visible results and complete well-being. CARITA treatments shows remarkable "before and after" results.

Personalised cares

CARITA facial treatments are available in two versions:

THE ICONS

Exclusive hands-on treatments, combining relaxation with FLUIDE DE BEAUTÉ 14 and an exfoliating massage with Rénovateur for intense relaxation and incredibly radiant skin [1 hour].

THE ULTIMATES

Treatments combining relaxation with FLUIDE DE BEAUTÉ 14, an exfoliating massage with Rénovateur and massages with Idéal PRO-LIFT for ultimate beauty [1 hour 15 mins to 1 hour 45].



FLUIDE DE BEAUTÉ 14

Relaxation with FLUIDE DE BEAUTÉ 14, a legendary ultra-nourishing dry oil, releases everyday tension, allowing a sensation of relaxation and optimising the benefits of the treatment.



Le Rénovateur

A mythic product created by the CARITA sisters in 1956, Rénovateur provokes a surprising and unique sensation: it is applied wet, then gently massaged into the skin until it turns from pulp to a dry dust, leaving the skin incredibly soft. Its secret: a unique texture, based on a subtle blend of Sunflower seeds and essential oils to refine the skin's texture, stimulate cell regeneration and reveal an incredibly radiant complexion.



Idéal PRO-LIFT

The CARITA sisters very quickly understood the benefits of vibrating waves to decongest and eliminate toxins from tissues. Today, CARITA uses an extremely effective device, the ultimate result of years of research: Idéal PRO-LIFT. This machine optimises the effect of the products and enhances manual techniques. It offers a range of benefits: deeply cleansing the skin, boosting oxygen absorption, promoting the penetration of active ingredients, stimulating cells and muscle fibres.



FACE

HAUTE BEAUTÉ FACE CARES

DIAMOND OF BEAUTY

Precious ritual – Source of youthfulness

This exceptional treatment is a true ceremony, a chance to immerse yourself in a regenerating bubble and enjoy a rare experience....

Savour a whole series of sensory discoveries, starting with a long relaxation and stress-relieving phase to release tension and place the skin in a state of total receptiveness! This is followed by a precious massage of the face and neckline with Idéal PRO-LIFT, then a second manual massage using an ultra-targeted technique with DIAMOND OF BEAUTY – regenerating midnight concentrate. The final step is the application of the intensely resculpting PRECIOUS RITUAL - PROFESSIONAL MASK, during which a long massage is performed to the hands and arms for a perfect feeling of release. Intensely transformed, the skin is deeply regenerated from within, the face appears rejuvenated and radiant.

1h45

Extend the benefits of this treatment with the products from the BEAUTY DIAMOND line.



SCULPTING GOLD PERFECTION

Expert ultra-firming care

An unforgettable experience combining effectiveness, performance and pleasure of the senses to rejuvenate the skin from the very first session. After a long massage with the famous Rénovateur to eliminate all impurities from the skin, the beauty therapist's expert hands deeply and actively massage to stimulate the skin's natural functions. Then a specific massage with the Idéal PRO-LIFT device, targets facial contours to complement the remarkable effectiveness of this treatment. The contours are visibly toned. The skin recaptures youthfulness, vitality and radiance.

1h45

Extend the benefits of this treatment with products from the PERFECT line.



'PRO-LIFT' FACIAL

Instant 'non-surgical' face lift

The legendary CARITA Star treatment - results are instant and remarkable. After skin softening exfoliation with Rénovateur, the face and décolleté are massaged with the Idéal PRO-LIFT to tone and lift the facial contours. While intensive patches infused with Sweet Clover Water and Concentrated Rosewater are applied to smooth out lines around eyes and lips, your feet and hands are gently massaged creating a moment of sheer pleasure. (this treatment can be purchased as a course)

1h30

'PRO-LIFT' BOOSTER

Toning revitalising care

After a draining exfoliation with Rénovateur, the face and décolleté are deeply massaged to fully relax the facial contours. While patches are applied to smooth out fine lines around the eyes, your feet and hands are gently massaged creating a moment of sheer pleasure!

The beauty result is immediate: the skin appears "lifted" and firmer, the complexion is fresher and brighter.

1h00

Extend the benefits of this treatment with products from the PEARL OF YOUTH line.



For an optimal result, it is recommended to follow up a SCULPTING GOLD PERFECTION or LIFT FIRMING care by four Idéal PRO-LIFT sessions.

LAGOON HYDRATION

1h15

Refreshing replenishing care – Dehydrated skin

Dive into Polynesian water and give your skin a burst of moisture! Specially designed for dehydrated and tired skin, this treatment immerses the skin in a bath of freshness. To gently energise and prepare the skin, Rénovateur is applied to remove impurities and dead cells from the epidermis. The beauty therapist's expert hands then massage LAGOON SERUM and LAGOON BATH to intensify the amazing benefits of those products. Rich in essential minerals, this extremely hydrating treatment relaxes the facial contours and revitalises your skin, revealing a radiant and luminous complexion. The skin is more plumper and fine dehydration lines appear reduced.

Extend the benefits of this treatment with products from the IDEAL HYDRATATION line.



COTTON SOFTNESS

1h15

Tender soothing care – Sensitive skin

Give into the temptation with this extremely soothing "cocoon" treatment. Rénovateur gently removes all impurities and dead cells leaving the skin soft and refined. COTTON SERUM and COTTON MASK are then applied to the face and neck with a long soothing massage. Your skin is perfectly toned, soothed and supple. Comfort is restored, leaving it more resistant to irritations.

Extend the benefits of this treatment with products from the IDEAL DOUCEUR line.



PAPAYA PURITY

1h15

Balancing matifying care – Combination to oily skin

Rediscover the freshness of a matte and luminous complexion. After a relaxing massage of the neck and décolleté area, Rénovateur is applied for a long exfoliation to eliminate impurities from the skin and refine its texture. The treatment finishes with the application of POWDER EMULSION, a matte and velvety caress on your skin. Your skin is left fresh, cleansed and radiant.

Extend the benefits of this treatment with products from the IDEAL CONTROLE line.



GENTLE RADIANCE FACIAL

1h00

A deeply relaxing blend of massage techniques combined with CARITA'S famous anti-ageing products ensuring intensive rejuvenating results. Your skin will be shimmering with extracts of Mother of Pearl and your senses soothed with scents of Blackcurrant, Pineapple, Peach, Jasmine, Rose and Sandalwood. This treatment is without the idéal 'PRO-LIFT'.

EXPRESS SCULPTING EYE LIFT

30mins

Instant ultra firming eye care

Dramatically smooth the appearance of lines and wrinkles and lift the eyebrows to leave the eye area revitalised and youthful.

MOTHER-TO-BE

1h30

Soothing Face and Body Treatment

Designed to envelop you in cosiness at this special time! A gentle radiance facial using the hypoallergenic COTTON SOFT range to balance and cocoon your skin in comfort combined with soothing massage to the neck and shoulders, hands and feet which completes this nurturing luxury treatment. This treatment is without the Idéal 'PRO-LIFT'.



BODY

HAUTE BEAUTÉ BODY CARES

INTENSE REFINING CONTOUR

1h00 or 1h30

Refining and draining care

This refining treatment precisely targets “concerned” areas, for a refined and toned body. The legendary Rénovateur refines the skin’s texture, then a unique and innovative product REFINING MASSAGE MASK is massaged into the skin with draining and stimulating techniques. This remarkably effective treatment is then completed with the application of Idéal PRO-LIFT and the REFINING CONCENTRATE with an invigorating massage to areas with an orange-peel appearance.

For an optimal result, 10 sessions of this treatment are recommended.

Extend the benefits of this treatment with the REFINING VEIL.



HOT STONES CARESS

1h00

Relaxing, sensorial massage with hot stones

This massage with hot stones promotes relaxation and the circulation of energy within the body. Soft, round and warm stones are placed on the different energy points before performing a long relaxing massage, with gliding movements and pressures over the entire body with FLUIDE DE BEAUTÉ 14. The stones and the beauty therapist’s hands work in perfect harmony. Each area of the body is thoroughly massaged. Tensions evaporate and energy points are stimulated. Your body is revitalised and refreshed. Your skin’s vitality is restored.

Extend the benefits of this treatment with the CASHMERE CREAM.



HOT RAINSHOWER MASSAGE

80mins

Luxuriate in this premium treatment for the face and body unique to Carrick Spa.

The body is polished using the exceptional CARITA Rénovateur before being enveloped in a warm soft veil of SILK BALM.

Take pleasure in a professional deep cleanse and tranquil head massage before invigorating jets of pure Scottish hot water are showered all over the body during an authentically relaxing massage with CARITA’s Iconic FLUIDE DE BEAUTÉ 14 to leave the skin super soft and naturally fragrant.

SILK REVELATION

1h00

Relaxing, revitalising and harmonising massage

Relax your mind and unleash your body’s energy with this indulgent massage combining a delightful mix of varying rhythms and pressures. Thanks to the highly original texture of SILK BALM, specifically developed for this treatment, the beauty therapist’s expert hands glide over your body, leaving it incredibly soft and silky. A treatment just for you, with subtle nuances... a truly magical experience for your body!

SOFT SATIN SKIN

45mins

Exfoliating and energising massage

This gentle treatment begins with a long exfoliation of the entire body using Rénovateur. Focusing on each individual area of the skin, expert hands smooth away rough patches and refine the skin’s texture. Dead cells are eliminated revealing an incredibly radiant complexion. As gentle as a caress, a second massage with FLUIDE DE BEAUTÉ 14 nourishes and smoothes the skin to reveal its original beauty, leaving your skin exquisitely soft.

Extend the benefits of this treatment with the SATIN-SKIN SCRUB.



BACK, NECK AND SHOULDER MASSAGE

30mins

Long, slow, deep massage movements relieve muscular tension while the SILK BALM glides effortlessly over the skin delivering a flowing, calming massage to the back, shoulders and neck.

VELVET HANDS

1h00

Softening, nourishing and protective care

After carefully filing your nails, the beauty therapist refines the skin’s texture using Rénovateur in combination with gentle massaging movements from your hand to your elbow. The beauty therapist then performs a long massage to your hands and lower arms using a comforting mask with revitalising properties, and removes the cuticles to reveal perfect nails. The finishing touch to this treatment is the application of the VELVET GLOVE, for intensively nourished hands that feel exquisite to touch.

Extend the benefits of this treatment with the VELVET GLOVE.



LIGHT FEET

1h00

Relaxing and energising care

To begin with the feet are carefully wrapped in warm or cold towels. The therapist then files the toenails and thoroughly exfoliates the feet to remove any hard skin or dead cells and prepare the epidermis for the treatment. The feet are then massaged using FLUIDE DE BEAUTÉ 14, before applying hot stones for a sensation of absolute relaxation. The nails are then polished, leaving the feet feeling light and looking beautiful!



MENS

HAUTE BEAUTÉ MEN CARES

L'HOMME IDÉAL

1h30

Relaxing "smooth and lift" care

This facial treatment is exclusively designed for men who are concerned with visible lines, wrinkles and ageing. Using the Idéal PRO-LIFT to optimise the effectiveness of the products, the results are immediate. The skin appears lifted, firmer, rested and can once again radiate good health.



Extend the benefits of this treatment with products from the PEARL OF YOUTH line.

L'HOMME IDÉAL

1h00

Relaxing "fresh and pure" care

This facial treatment is exclusively designed for men, to deliver high performance products to help balance the skin. A specific treatment and preventative care, for skin that appears oily/combination, dehydrated, dry or fragile. The skin appears matt, fresh and can once again radiate good health.



Extend the benefits of this treatment with products from the PEARL OF YOUTH line.

L'HOMME MASSAGE

30mins/1h00

Long, slow, deep massage movements relieve muscular tension while the SILK BALM glides effortlessly over the skin delivering a flowing, calming massage to the back, shoulders and neck.



SPA ETIQUETTE

Essential reading to get the most from your spa day.

Treatment Time

Your treatment time as advertised in the brochure includes before and after care as a complimentary service.

Arrival Time

We recommend that you arrive at The Spa reception at least 30 minutes prior to your scheduled appointment. Please understand that a late arrival may mean that the scheduled time is reduced or unable to be honoured. The cancellation policy will still apply.

Cancellation Policy

Cancellations within 24 hours will incur a 50% charge. Cancellations within 12 hours or no shows will incur a 100% charge. A credit card number will be required at the time of booking.

Pricing

Each treatment is priced for both peak and off-peak. Please note off-peak days are Monday to Thursday and peak days are Friday to Sunday.

Medical Conditions

Some of the treatments that are offered are not suitable for guests with certain medical ailments and conditions. We request that you draw to our attention any of the following conditions at the time of booking:

- Epilepsy
- Allergies
- Heart Condition
- High/Low blood pressure
- Scar tissue
- Varicose veins
- Skin conditions
- Diabetes
- Cancer
- Thyroid
- Pregnancy
- Recent operations

Attire

Swimwear is obligatory within the 'Thermal Experience'. Upon arrival we will provide you with a luxury robe, towel and slippers.

Etiquette

To preserve the tranquillity of The Spa at The Carrick we request that all guests switch off their mobile phones and leave them within their locker. We request that guests keep noise to minimum. Please be advised all valuables are left at their owners risk and The Spa will not be held responsible for any losses or damage.

Retail Products

All the products used during your visit are available to continue your treatment at home. Please ask your Therapist about recommending products.

Gift Vouchers

Treat someone special to the perfect gift from The Spa at The Carrick. Purchase the gift vouchers online at www.cameronhouse.co.uk or in person at The Spa reception. Vouchers can be redeemed against any Spa Treatment, Spa Package or to purchase products. The Spa at The Carrick reserves the right to alter prices and change or discontinue services without prior notice. Spa treatments can not be given to individuals under the age of 16 years.

Reservations

For reservations or further information regarding The Spa at The Carrick please call **01389 713 659** or email: spa.reservations@cameronhouse.co.uk www.cameronhouse.co.uk

All treatments are subject to availability therefore we would recommend that bookings are made well in advance.

Spa Location

The Spa is located at the Carrick Golf and Spa Resort, approximately 3km north from the entrance to the Cameron House resort. Our concierge service operates every half hour between the hotel and the spa. The Beauty Bar is located within The Cameron Club at the Cameron House hotel.



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