

...mind,  
body and soul



C Spa is a holistic spa experience unique to Carlton Kinsale and Carlton Hotels nationwide. Indulge yourself in this oasis of tranquility, a haven for relaxation and rejuvenation of the mind, body and soul. Choose from an extensive range of treatments unique to Carlton Kinsale and provided by a team of trained spa professionals: try our C Breeze for example, consisting of 2 hours' Chakra Light Colour Therapy, including a Luxury Intensive Facial, Scalp Massage, Back, Neck and Shoulder Massage. Carlton Kinsale's C Spa is also complemented by purpose built thalasso pool including a gym, cardiovascular life fitness equipment, jacuzzi, steam room, and sauna.



Carlton Kinsale Hotel & C Spa,  
Over Oysterhaven Bay,  
Kinsale,  
Co. Cork,  
Ireland.

**Tel:** +353 (0) 21 470 6000 **Web:** [www.carlton.ie](http://www.carlton.ie) **Email:** [reservations@carlton.ie](mailto:reservations@carlton.ie)  
**Room Reservations:** LoCall 1890 288 288 (ROI); 0845 399 0125 (NI); +353 1 866 7555 (Int'l)

Carlton Hotel Group, Parkway House,  
Old Airport Road, Cloghran, Co. Dublin.

CARLTON  
HOTEL GROUP  
SMILE, YOU'RE AT THE CARLTON

CARLTON  
★★★★★



CARLTON  
KINSALE HOTEL  
AND SPA



...set on 90 acres  
overlooking Oysterhaven Bay ...

...a short distance from Kinsale town  
and the world renowned Old Head golf course.



Carlton Hotel Kinsale is the newest and brightest jewel in Carlton's Crown. Set on 90 acres of mature wooded parkland with panoramic views overlooking Oysterhaven Bay, such an idyllic and tranquil setting is rare. Kinsale, renowned for its rugged coastline, beautiful harbour location, maze of narrow streets, wide range of maritime activities, a myriad of gourmet restaurants and superb golf courses, is a fitting location for Carlton Hotel Kinsale.



Located a short distance from the heart of Kinsale Town, the Old Head and just 20km from Cork International Airport and 30km from the bustling Cork City. With the first dedicated C Spa in Kinsale. Featuring the artwork of local renowned artists throughout the hotel, a visit to Carlton Hotel Kinsale is more than just a hotel, it is a long-standing relationship just waiting to be nurtured...

