



ESPA

AT THE RITZ-CARLTON ABU DHABI, GRAND CANAL



ESPA in Abu Dhabi provides a calm, contemplative, meditative space in which to relax, reflect and socialise. Subtle patterns cast by natural light passing through intricately carved screens, vaulted ceilings, rich deep colours and tactile fabrics and finishes contrast the natural with the majestic and radiate a mystic aura. Traditional Bedouin culture has inspired the spa journey and thoughtful touches of colour, material and furniture bring that inspiration to life.

Amidst the opulent surroundings the spa provides inspired facilities; sauna and steam rooms, outside plunge pools and beach access, social and sleep relaxation areas, a stunning hammam and beautifully appointed treatment rooms. The ESPA journey brings all these elements together, all focused on delivering the ultimate in relaxation, wellbeing and lifestyle enhancement.

Thoughtfully created treatment collection reflects ESPA's commitment to natural, effective, results-driven treatments and products. Bringing together the most effective elements and techniques from around the world the ESPA treatments combine the purest levels of the most potent natural ingredients with the latest results driven technology.

Located directly on the beach, ESPA offers a diverse range of solution-led face treatments, body treatments and massages, each one designed and tailored specifically to ensure that you experience the most beneficial physical and emotional therapeutic benefits depending on your needs and requirements.

Signature Rituals

OASIS RITUAL 120 minutes

A revitalising and cleansing treatment to awaken the senses, uplift the spirit and soothe tired muscles. A stimulating Hammam scrub gives heat to muscles and joints at the same time increasing circulation and is followed by a rebalancing massage with warm oil to calm achy muscles. The result is silky smooth skin, a healthy glow and an overall feeling of well-being.

Includes: Foot ritual, hammam body scrub and wash, body massage with warm oil-scalp massage

RADIANCE RESTORER 150 minutes

This top to toe treatment combination revives skin and energy levels restoring vitality and radiance. A salt and oil body scrub smoothes skin and prepares for the graceful, sweeping movements of the Balinese inspired massage with warm essential oils before the Radiance facial and relaxing scalp massage complete the experience.

Includes: Foot ritual, body scrub, body massage with warm oil, radiance facial, scalp massage

FOUR HANDED SYNCHRONISED MASSAGE WITH ESPA PERSONALISED FACIAL 180 minutes

Two therapists connect to commence the four handed tension releasing body massage. Using long sweeping movements, this treatment features the pouring of warm oil and use of hot volcanic stones finishing with a balancing and soothing therapeutic head massage to achieve relaxation and total bliss. To complete the ritual, a unique facial is specifically tailored to you including deep cleansing, exfoliation, steam with gentle extraction and a treatment specific massage and mask.

Includes: Foot ritual, body exfoliation, facial cleanse, four handed massage

Hammam Rituals

TRADITIONAL HAMMAM RITUAL 60 minutes

A nurturing full body treatment combining a traditional Hammam exfoliation using the Moroccan eucalyptus scented black soap and further with a deep purifying back exfoliation. Followed by a refreshing hair cleanse with stretching ritual bath, it completes with the rich Argan oil that will be gently applied into your skin.

Includes: Body cleanse, back exfoliation, hair cleanse, stretching bath, oil application

SIGNATURE HAMMAM RITUAL 90 minutes

A total body experience that caresses your skin, revitalises your body and calms your mind. This ritual begins with a vigorous cleanse with a traditional kessa glove and Moroccan eucalyptus scented black soap. Further deeply purifying and hydrating your body & face with exfoliating body balm and exfoliating facial cream, before your personal therapist soothes away the stress with refreshing hair cleanse and stretching ritual bath. Your renewed skin is then nourished with a body balm and facial cream that are rich in Argan. The treatment finishes with a scalp massage for a complete relaxation.

Includes: Body cleanse, body & face exfoliation, hair cleanse, stretching bath, body & face nourishing, scalp massage

INDULGENCE HAMMAM RITUAL 120 minutes

This luxurious head to toe cleansing ceremony welcomes you with a foot ritual to awaken the senses. After the traditional Hammam exfoliation with a kessa glove and a foot scrub with your personal pumice stone, a full body scrub with a face exfoliation and mask will be performed to further draw out the impurities rejuvenating the skin. Complete this unique ritual with a refreshing hair cleanse and a gentle drainage techniques body massage with a balm that incorporates the exotic and powerful property of the Argan oil.

Includes: Foot ritual, body cleanse, body & foot exfoliation, face exfoliation & mask, hair cleanse, 45 minutes gentle drainage techniques body massage

FACIALS

A woman in a white and gold patterned dress stands in a hallway with arches, holding a tray. The hallway is illuminated by warm, golden light, creating a serene and luxurious atmosphere. The arches are made of a light-colored material, possibly stone or plaster, and are decorated with intricate patterns. The woman is looking to her right, and the overall scene is one of elegance and tranquility.

ESPA facials begin with a detailed consultation and in-depth skin analysis using SkinVision™ technology to identify skin conditions not visible to the naked eye. Your facial is specifically tailored to you, to include cleansing, exfoliation, steam and extraction where necessary, and a treatment specific massage, mask and intensive serum. Finally, skincare products are chosen for your individual needs to achieve the best possible results. To maintain the ultimate in healthy radiant skin we recommend a facial once a month.

Intensive & Age Defying

ADVANCED SKIN RADIANCE FACIAL 90 minutes

Using a combination of deeply cleansing and brightening techniques alongside age-defying massage movements, this advanced facial powerfully brightens, firms and evens skin. Suitable for all skin types and ages, this treatment combines unique ingredients to gently exfoliate alongside a deep cleansing brush cleanse to remove dead skin cells. The techniques blend modern technology with rose quartz crystals, finishing with a lifting & soothing mask.

Includes: Deep brush cleanse, unique ProCleanser, skin analysis with SkinVision™ lamp, steam & extraction if required, skin radiance mask, age defying rose quartz crystal massage, professional lifting & smoothing mask & revolutionary radiance serum

LIFESTAGE FACIAL 60 minutes

A targeted and rejuvenating facial for maturing skin to address the most visible signs of ageing, specifically focusing on eyes, neck, lips and jaw line. Incorporating special age-defying massage techniques and the technologically advanced LIFESTAGE product range, this luxurious facial will minimise wrinkles, immediately improve hydration levels whilst helping to reduce the appearance of pigmentation, large pores and redness. A mask will also be applied to firm and stimulate elasticity leaving the skin revitalised and radiant.

Includes: Deep cleanse, skin analysis with SkinVision™ lamp, steam and extraction if required, specialised age-defying facial massage techniques, facial treatment mask, scalp massage & using the ultimate Lifestage products

Skin Solutions

OPTIMAL SKIN PROFACIAL 60 MINUTES

Reveal your skin's true potential with this targeted facial that unites the pioneering formulas of our Optimal Skin collection with expertly tailored facial techniques. This facial instantly revives and brightens the complexion while ultimately helping to protect against environmental damage and delay the early, invisible stages of skin ageing. Suitable for all skin types and ages.

Includes: Deep brush cleanse, skin analysis with SkinVision™ lamp, steam and extraction if required, facial treatment mask, ESPA Optimal Skin product range, facial and eye area massage, hand & arm exfoliation and treatment

SKIN RADIANCE FACIAL 60 MINUTES

This revitalising facial treatment helps refresh tired skin, giving a noticeably brighter and naturally radiant appearance. A special application of ESPA Skin Radiance Moisturiser; rich in natural AHAs and BHAs from Hawaiian algae and meadowsweet, helps to smooth, reduce irregular pigmentation and brighten the skin to deliver instant results.

Includes: The unique Optimal Skin ProCleanser, skin analysis with SkinVision™ lamp, steam & extraction (if required), facial massage, instant skin radiance mask, scalp massage & the revolutionary skin radiance intensive serum

PERSONALISED FACIAL 60 MINUTES

This facial can be customised and adjusted to your skin's needs. Our expert therapists will choose the ideal products to either hydrate and energise or calm, purify and nourish your skin.

Includes: Triple cleanse, skin analysis with SkinVision™ lamp, steam and extraction if required, facial massage, personalised mask & scalp massage

Why not complement your facial treatment with:

LIFT & FIRM EYE TREATMENT 25 MINUTES

Perfect for those who are concerned with the first signs of ageing around the eyes. An effective firming and hydrating treatment, helping to reduce the appearance of fine lines and relieve tension from eye-strain and computer headaches. Incorporating a cleanse, exfoliation, massage and application of our lift & firm intensive eye serum.



BODY TREATMENTS

BACK, FACE & SCALP TREATMENT 90 minutes OR WITH HOT STONES 120 minutes

Renowned as a 'Hero' treatment and loved by all; this ESPA experience delivers triple results by targeting three key areas, the back, the face and the scalp, making it the ideal treatment for anyone.

Includes: Back exfoliation and back massage (120 minutes with hot stones), personalised facial, scalp massage

ESPA BODY RITUAL 120 minutes

This treatment combines a body wrap and massage to restore equilibrium, peace of mind and bring deep relaxation to body and spirit. Following body exfoliation, a marine algae or mud wrap is applied and the scalp gently massaged. Once you have taken a refreshing shower, a tailor made aromatherapy massage takes place, leaving you with a sense of well-being, cleansed and revitalised. Choose from the following: Detoxifier, De-Stresser, Muscle Relaxer, Jet-Lag Reviver, Immune Booster, Energiser, Body Toner.

Includes: Body exfoliation, algae or mud wrap, scalp massage, aromatherapy massage

PRE & POST NATAL TREATMENT 60 minutes

A deeply nourishing body massage designed to target areas prone to stress and tension during or after pregnancy. Gentle back exfoliation, if required, is followed by a soothing body massage specifically designed to suit your individual concerns, focusing on the areas needed to alleviate muscular aches, whilst helping to relax, restore and revitalise.

A course of 6 treatments is recommended following the first trimester of pregnancy.

Includes: Back exfoliation (if required), body/scalp massage, this treatment is tailored to your specific needs

LIFT & FIRM HIP & THIGH TREATMENT 60 minutes

A highly effective, stimulating treatment to target cellulite, fluid retention and uneven skin texture. Using potent marine extracts, iced mitts, a deep detoxifying massage and specialised stomach massage techniques to help cleanse and purify the colon, giving excellent results. Ideal for people concerned by the appearance of cellulite. A course of 6 treatments is recommended.

Includes: Skin brush, detoxifying salt and oil scrub, detoxifying massage to specific area, specialised colonic massage techniques

SERENE SLEEP 90 minutes

The definitive answer to a truly blissful night's sleep. A deeply indulgent and totally relaxing aromatherapy back massage follows to release deep-seated muscular tension using a combination of hot stones and warm oil gently poured onto your back, before a cooling facial massage with rose quartz crystal is performed, refreshing and revitalising the skin. Followed by your choice of either a scalp, hand or foot massage to complete the treatment and helps clear your mind. The treatment enables you to completely switch-off, ensuring an uninterrupted and blissful night's sleep.

Includes: aromatherapy back massage with hot stones, face massage with rose quartz crystals, therapeutic scalp, hand or foot massage

ABDOMINAL DETOX 60 minutes

This purifying experience is ideal for reducing bloating, and smoothing and firming the abdominal area. A highly specific treatment designed to counteract poor digestion and provide enhancement to stomach tonicity. Using a potent blend of detoxifying herbs and essential oils. Combined with a deep abdominal massage, this treatment will ensure a refreshed and cleansed result.

Includes: Sea salt exfoliation on specific zone, warm detoxifying herbal poultice on the target area, scalp massage, colon massage, gentle abdominal massage

Wellness

MINDFUL MASSAGE 90 minutes

Mindfulness is a mental state achieved by focusing your awareness on the present moment. Scientific studies show that it not only prevents depression, but also brings about long-term changes in mood and levels of happiness and well-being. Mindfulness is one of the cornerstones of the ESPA philosophy, an essential element of our integrated approach to natural beauty and inner calm. Unwind a busy mind, escape the pace of everyday life and emerge feeling focussed, with a sense of renewed positivity. This holistic, deeply relaxing and clarifying experience works on the concept of mindfulness, focusing on both mind and body to help the guest reduce stress and 'be more in the present'. The therapist first skilfully guides you through breathing and visualisation techniques to help relax the mind and release physical or emotional anxieties. The metamorphic zones on the feet are then massaged to help rebalance and ground, before a soothing, deeply therapeutic massage is continued up through the body to promote positivity to the mind, finishing with a re-energising scalp massage using warm rose quartz crystals.

Includes: Breathing and visualisation techniques, massage on the metamorphic zones of the feet, full body massage, scalp massage with warm rose quartz crystals

MINDFUL FACIAL 90 minutes

Soothe, nurture and revitalise skin and spirit with this holistic personalised facial. Naturally advanced formulas and warmed herbal poultices unite with therapeutic hands to deeply cleanse, hydrate and rejuvenate skin while also calming a busy mind. Feel negative energies fade as your therapist expertly guides you through breathing and visualisation techniques, before long, lifting strokes using warmed poultices sculpt and tone the facial contours while nourishing the skin. Finishing with your choice of a soothing scalp massage or hand and arm massage, you emerge feeling relaxed, nurtured and with beautifully smooth, radiant and nourished skin.

Includes: Breathing and visualisation techniques, triple cleanse, personal SkinVision™ analysis, facial massage with herbal poultice and rose quartz crystals, overnight hydration therapy, scalp or hand and arm massage

INDULGE





MASSAGE

INNER CALM MASSAGE 60 or 90 minutes

Find your inner calm with this deeply relaxing and soothing treatment for mind and body, using a specially selected blend of oils, tailored to you. With neck and eye pillows to encourage warmth and relaxation, indulge in this soothing holistic treatment, combining personalised aromatherapy massage and warm rose quartz crystals through the scalp.

Includes: Warm neck and eye pillows, full body aromatherapy massage, rose quartz crystals

HOT STONE MASSAGE 60 or 90 minutes

A therapeutic full body massage using aromatherapy oils and warm volcanic stones to relieve deep muscle tension. The warmth of the stones penetrates your muscles to soothe aches and pains; helping you to unwind and your body to feel rejuvenated.

Includes: Hot stone aromatherapy massage to back, legs, arms, abdomen, neck/shoulder massage

DEEP MUSCLE MASSAGE 60 or 90 minutes

A powerful massage designed to alleviate deep-seated tension and muscular stress. Specialised techniques concentrate on specific areas of concern and alleviate common discomforts such as a stiff neck, painful lower back pain and sore, tight shoulders.

Includes: Specialised massage to specific areas of concern

BALINESE MASSAGE 60 or 90 minutes

This massage uses long, warming strokes to encourage complete calm and well-being. Gently heated aromatherapy oils are poured onto the centre of the body and massaged into the skin using stretching and sweeping movements for deep relaxation. This soothing and indulgent massage leaves your mind, body and spirit soothed and relaxed.

Includes: Balinese massage to back, legs, arms, abdomen, neck/shoulder massage

THAI MASSAGE 60 or 90 minutes

The combination of energetic and physical aspects is what makes Thai Massage unique and so effective. Traditional Thai massage is a deep, full-body treatment, starting at the feet and progressing up to the head. Using a sequence of gentle, flowing exercise movements, the experience restores the flow of energy throughout the body with applied acupressure on the sen energy lines of the body. The treatment concludes with the application of ESPA soothing eye lotion and balancing herbal spafresh spray to create a refreshing and stimulating effect.

Includes: Thai techniques massage to front and back of the body, ESPA soothing eye lotion, scalp massage, balancing herbal spafresh spray

ROYAL THAI MASSAGE 60 or 90 minutes

Through a combination of stretching, pressure point and acupressure movements, this treatment will bring muscular and mental relaxation. A warm blend of essential oils with relaxing or invigorating massage movements are used, together with traditional Thai massage techniques, to alleviate pain and simultaneously invigorate the body and muscles while boosting the body's energy level.

Includes: Hot mitts foot cleansing, Thai and acupressure full body massage

POULTICE MASSAGE 120 minutes

This poultice treatment utilises the deep penetrating benefits of poultice techniques from India with the soothing and aromatic benefits of specifically chosen plants. The treatment is designed to give a revitalising and cleansing effect to the mind and body, achieved by the use of stimulating exfoliation and warm herbal poultices. This gives heat to muscles and joints at the same time increasing circulation and is followed by a purifying and rebalancing massage. Then a warm, soothing compress infused with traditional Asian herbs, is applied. This creates an overall feeling of well-being and deep relaxation.

Includes: Full body exfoliation, warm oil application, herbal poultice massage, personalised techniques full body massage



ESPA 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.

MEN'S PERSONALISED FACIAL 60 minutes

Whether your skin needs a deep cleanse, a healthy glow, soothing or hydrating, we encourage our male guests to experience this personalised treatment that combines a relaxing shoulder, neck, face and scalp massage with a tailored solution to your skin's needs.

Includes: Double cleanse, exfoliation, steam and extraction, face massage, mask, scalp massage

BACK, FACE & SCALP TREATMENT 90 minutes OR WITH HOT STONES 120 minutes

Renowned as a 'Hero' treatment and loved by all; this ESPA experience delivers triple results by targeting three key areas, the back, the face and the scalp, making it the ideal treatment for anyone.

Includes: Back exfoliation, back massage (120 minutes with hot stones), facial, scalp massage

After a detailed consultation our therapists will determine the most suitable massage techniques for you.

Why not complement your treatment with:

PERSONALISED EXPRESS FACIAL 30 minutes

Your therapist will select the most suitable facial for your skin. Every ESPA personalised facial includes a consultation, SkinVision analysis, cleanse, exfoliation, personalised facial mask and finishes with an application of a booster serum to suit your skin.

LIFT & FIRM EYE TREATMENT 30 minutes

Perfect for those who are concerned with the first signs of ageing around the eyes. An effective firming and hydrating treatment, helping to reduce the appearance of fine lines and relieve tension from eye-strain and computer headaches. Incorporating a cleanse, exfoliation, massage and application of our lift & firm intensive eye serum.

BACK, NECK AND SHOULDER MASSAGE 30 minutes

This massage is tailored to address any areas of concern and uses the most appropriate massage techniques along with the ESPA body oil to suit your needs. Where needed, hot stones are also used to penetrate warmth and help ease aches and pains.

SALT & OIL SCRUB 30 minutes

This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple. Perfect as a stand-alone treatment, or in preparation for an ESPA massage. For a lighter application exfoliating body polish is applied instead of salt & oil scrub.

ESPA essential add-ons are only available with treatments starting from 60 minutes and above.



How To Spa

SPA OPENING HOURS

Our spa is open daily from 10.00 a.m. to 10.00 p.m., last treatment booking is at 8.45 p.m.

SCHEDULING AN APPOINTMENT

To schedule an appointment for your perfect treatment, please contact the ESPA reservations team who will be able to guide you to the right choice. To ensure your preferred time and service is available we recommend to book in advance. All spa treatments and packages will need to be guaranteed with a credit card.

Contact details: +971 2 818 8051 email abudhabi.spa@ritzcarlton.com

ARRIVAL TIME

Please allow sufficient time before your treatment to complete a spa consultation form and/or Health Questionnaire. We recommend you arrive up to 1 hour in advance of your treatment so that you can change, relax and enjoy the spa facilities. Please be advised that late arrivals will result in a reduction of treatment time.

The spa will provide luxurious towels, robes and slippers and any amenities required for use during your spa visit.

SPA FACILITIES AND ACCESS

The following spa facilities are available: sauna, steam room, ice fountain, power showers, plunge pool, spa changing relaxation areas. Spa facilities and treatments are available to guests over 16 years old.

CANCELLATION POLICY

A 50% charge will be incurred for any treatment not cancelled at least 24 hours prior to your scheduled time. Late arrival will shorten your treatment time.

SPA ETIQUETTE

Our spa environment is one of relaxation and tranquillity. Please respect all spa guests' right to privacy and serenity. In light of this, the spa is a mobile phone, pager, camera and smoke free zone.

HEALTH CONDITIONS

Kindly advise us of any health conditions, allergies or injuries which could affect your choice of treatment when making your spa reservation.

PREGNANCY

We have specially designed treatments for expectant women or nursing mothers. Please allow the ESPA team to guide you in selecting which treatments are most suitable during this special time.

GIFT VOUCHERS

An ideal gift for someone special. Please contact the ESPA reservations team for details.

MECARE

To continue your spa experience at home, most products used in our treatments are available at reception.

VALUABLES

ESPA accepts no responsibility for loss of valuables and jewellery at any time on the spa premises.

LOST PROPERTY

All lost property found on the premises should be handed in at reception. Items will be stored for four months, if they are not collected within this time they will be donated to local charities. Liquids, under garments and hair brushes are kept for 24 hours only.

Health Club

A state-of-the-art Health Club equipped with the TechnoGym cardio vascular and strength machines and free weights area. Personal trainers are on hand to help you prepare for sporting events, specific goals or assist with the creation of a life-changing fitness routine. The Health Club is available to hotel guests and Health Club members.

HOTEL SWIMMING POOL

The 1,600 square-meter (17,222 square foot) swimming pool is available to hotel guests and Health Club members.

PACE E LUCE LADIES' SALON

A glamorous studio dedicated to hair treatments, manicures and pedicures.



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