



THE RITZ-CARLTON

RAS AL KHAIMAH, AL WADI DESERT

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*Let us make the world
revolve around you.*

ESCAPE

Blending amid the dunes of the surrounding Wadi Khadija nature reserve, The Ritz-Carlton Spa offers an oasis in the desert. The spa building showcases the intricacy and majesty of Arab architecture. With luxurious pavilions where treatments combine mindfulness and wellbeing techniques to nourish the mind, body and skin the spa also houses the Rainforest, a hydrotherapy journey marrying European and Middle Eastern bathing rituals.



Optimum wellness is supported by developing our ability to adapt well physically, mentally, and spiritually to the challenges of everyday life. The Ritz-Carlton Meaningful Wellness Journeys nurture and encourage this adaptability by providing experiences and habits to build inherent resilience, strength and fortitude for Mind, Body and Skin.



THE RITZ-CARLTON SPA

WELLNESS

WELLNESS

MIND

HEAL & RENEW FACIAL

90 MINUTES

This uniquely therapeutic treatment calms both the skin and the soul with a restorative and healing journey. Using guided breathing, visualization and a soothing warm herbal poultice massage on the face, scalp, hands and feet, the spirit and the complexion are left in a wonderfully blissful state.

AWAKENING BAMBOO MASSAGE

90 MINUTES

Channeling an uplifting, rhythmic blend of free-flowing bamboo massage movements, while alleviating deep tension from top to toe, this enlivening & healing treatment leaves the body feeling a sense of complete wellness and the mind settled in a sanctuary of calm and positivity.

BODY

WELLBEING & RESILIENCE MASSAGE

90 MINUTES

Moving your mind and body to a place of greater strength and resilience, this treatment releases muscular tension, revitalizes wellbeing, boosts energy levels and supports your immune system with a liberating blend of yogic stretching, sinus release, reflexology and deep back and scalp massage.

CLEANSING BODY SCULPT TREATMENT

120 MINUTES

Combining a wellness boosting detoxifying algae wrap, cleansing exfoliation and sculpting body massage to help tone and firm skin. This treatment targets areas prone to cellulite and fluid retention, stimulates circulation and smooths skins texture. A course of treatments is recommended to maximize the effects.

SKIN

RENEW & REVITALIZE RITUAL

90 MINUTES

Supporting skin's resilience and radiance, this treatment reinvigorates vitality to dull, sluggish or stressed skin by pressing reset with a combination of body brushing, exfoliation, thymus tapping and lymphatic facial massage that enhances cellular renewal and leaves skin looking healthy and vibrant.

NATURAL RESILIENCE FACIAL

90 MINUTES

This specialized facial is the complete approach to skin health using cutting edge pre and probiotic technology combined with the same benefits of physical exercise to detoxify, invigorate, sculpt and relax. Powerful age defying techniques inspired by Japanese Kobido massage, along with cool and smooth Jade rollers that facilitate lymphatic drainage and provide results, leaving the skin firm, lifted and beautifully radiant.

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At the Ritz Carlton Spa, we have curated meaningful journeys that utilize mindfulness, holistic and wellbeing techniques to forge connection, reinforce stability and resistance for mind, body and skin.



THE RITZ-CARLTON SPA

EXPERIENCE

EXPERIENCE

OASIS AL WADI

120 MINUTES

This Arabian-inspired ritual uses local and traditional ingredients, designed to enliven the senses while providing nourishment and hydration to the skin. Combining the warming and invigorating benefits of clove and cardamom, anti-oxidant rich oil with soothing massage techniques to deeply relax the body, hydrate the skin and rejuvenate the mind.

INCLUDES Arabian infused foot bath, warming full body massage, hydrating body mask, scalp massage

THE RAINFOREST

60 MINUTES

The Rainforest is a unique experience combining the best of hydrothermal therapy and spa wellness philosophy to create a calming haven dedicated for holistic rejuvenation. The journey includes 16 state-of-the-art hydrothermal therapies, each designed to soothe and revitalize different parts of your body.

INCLUDES 60 min of hydrotherapy facilities

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MASSAGE

DEEP MUSCLE MASSAGE

90 MINUTES **OR** 60 MINUTES

Recharge your body with this powerful massage designed to alleviate deep-seated tension and muscular stress. Using deep movements and stretching techniques concentrated on specific areas of concern to help relieve common discomforts and sports related tension.

RELAXATION MASSAGE

90 MINUTES **OR** 60 MINUTES

Unwind and de-stress with this aromatic bespoke treatment. This soothing aromatherapy massage uses light to moderate pressure and a blend of essential oils to melt away tension.

NATURALLY NURTURED MASSAGE

90 MINUTES **OR** 60 MINUTES

Nurture and nourish body and skin when you need it most with this gentle, restorative and entirely tailored massage. Ideal for expectant mothers after the first trimester.

STRESS RELIEF MASSAGE

90 MINUTES **OR** 60 MINUTES

Revive tired and fatigued muscles with this traditional massage using moderate to firm pressure to leave a feeling of revitalization and relaxation.

DESERT STONE MASSAGE

90 MINUTES

A therapeutic and rejuvenating massage using warm volcanic stones and a moderate to deep pressure to intensely soothe tired, aching muscles and aid relaxation.

THAI FUSION MASSAGE

90 MINUTES **OR** 60 MINUTES

This fusion massage blends subtle stretching with rhythmic massaging and compressions to stimulate energy flow. Using traditional Thai techniques, including deep palm strokes on the back with delicate stretching.

THERAGUN TOTAL BODY REBOOT

30 MINUTES

This massage focuses to energies your body by restoring flexibility and freedom to muscles and joints. Theragun Percussive Therapy is a specialized deep muscle massage that delivers a deep and effective treatment with a long-lasting results.

LOMI LOMI MASSAGE

90 MINUTES **OR** 60 MINUTES

Originating from Hawaii, this is a deeply revitalizing massage that combines rhythmical grace with aromatic oils, to enhance inner spirituality, ease tension and loosen stressed muscles, leaving the entire body totally relaxed and refreshed.



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BODY

NOURISHED GLOW

60 MINUTES

Reveal your smoothest, softest skin ever with this body exfoliation finishing with a deeply nourishing oil application and personalized back massage.

INCLUDES Full body salt and oil exfoliation, back massage, oil application

ULTIMATE BODY BALANCER

90 MINUTES

Restore serenity to body, mind and skin with this richly indulgent and deeply effective bespoke treatment.

INCLUDES Back exfoliation and massage, custom facial, scalp massage

HYDRAFACIAL KERAIVIV SCALP TREATMENT

30 MINUTES

This unique treatment is designed to cleanse, stimulate, and hydrate your scalp for fuller and healthier-looking hair.

A 30-day Scalp Health Spray is included in this treatment for the ultimate benefits.



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THE RITZ-CARLTON SPA

FACIAL

CUSTOM FACIAL

90 MINUTES OR 60 MINUTES

Purify, hydrate, brighten and smooth your complexion with this tailored radiance-restoring facial.

INCLUDES Brush cleanse, skin analysis, facial exfoliation, massage, mask, scalp massage
PERFORMED WITH ESPA PRODUCTS

PLATINUM HYDRAFACIAL

60 MINUTES

This detoxifying facial treatment is designed to deeply cleanse, exfoliate, extract, and hydrate the skin while reducing visible signs of aging.

INCLUDES lymphatic drainage, deep cleanse, exfoliation, extraction, personalized booster and LED Light Therapy

ULTIMATE RADIANCE & RENEWAL FACIAL

90 MINUTES

Restore skin's vitality and reveal a bright, smooth and radiantly youthful complexion.

INCLUDES Brush cleanse, skin radiance mask, scalp & age-defying crystal massage, lifting mask
PERFORMED WITH ESPA PRODUCTS

DELUXE HYDRAFACIAL

50 MINUTES

An invigorating facial treatment that includes the Signature HydraFacial 3 steps procedure while addressing your specific skin concerns with a Booster of your choice.

INCLUDES HydraFacial 3 step procedure LED Light and booster of your choice

AGE DEFYING FACIAL

90 MINUTES OR 60 MINUTES

Instantly combat the most visible signs of skin aging - smoothing fine lines and reviving youthful radiance.

INCLUDES Brush cleanse, skin analysis, facial exfoliation, specialized toning facial massage, mask, scalp massage
PERFORMED WITH ESPA PRODUCTS

ESSENCE HYDRAFACIAL

30 MINUTES

The HydraFacial Signature treatment rejuvenates and protects the health of your skin. Immediate results and long-term benefits without downtime or irritation.

INCLUDES HydraFacial 3 step procedure using super serum filled with antioxidants, peptides, and hyaluronic acid

LED LIGHT THERAPY

30 MINUTES

LED light therapy is a pain-free, non-invasive skin rejuvenation therapy that has impressive results in treating fine lines and wrinkles, acne, pigmentation and rosacea. Supporting the natural production of collagen and vitamin D its excellent to include after any face or body treatment.

INCLUDES Cleansing and hydrating



MEN

THE MEN'S MASSAGE

90 MINUTES

The ultimate male escape. Unwind in style with this rebalancing and intensely relaxing treatment that includes a full body massage using heated stones, facial massage and a soothing scalp massage.

MUSCLE RECOVERY MASSAGE

90 MINUTES **OR** 60 MINUTES

Recharge your body with this powerful massage designed to alleviate deep-seated tension and muscular stress. Using deep movements and stretching techniques concentrated on specific areas of concern to help relieve common discomforts and sports related tension.

STRESS RELIEF MASSAGE

90 MINUTES **OR** 60 MINUTES

Revive tired and fatigued muscles with this traditional massage using moderate to firm pressure to leave a feeling of revitalization and relaxation.

RELAXATION MASSAGE

90 MINUTES **OR** 60 MINUTES

Unwind and de-stress with this aromatic bespoke treatment. This soothing aromatherapy massage uses light to moderate pressure and a blend of essential oils to melt away tension.

POWER HOUR

60 MINUTES

Intensely invigorating, this clarifying and smoothing treatment powerfully reawakens the senses, leaving you ready for anything.

INCLUDES Full body salt & oil exfoliation, back massage

THE MEN'S FACIAL

60 MINUTES

Deeply cleanse, hydrate and smooth skin, leaving your complexion instantly energized.

INCLUDES Double cleanse, facial exfoliation, massage, mask, scalp massage

PERFORMED WITH ESPA PRODUCTS



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ENHANCEMENTS

HAND, FOOT OR BACK REVIVER

Reveal smoother skin with this exfoliating and nourishing treatment that will leave hands or feet smooth, soft and bright.

HOT STONE MELTER

Smooth basalt stones radiate heat deep inside the muscles to relieve tension and stress during any massage treatment.

SCALP & HAIR CONDITIONING TREATMENT

Using the strengthening properties of Vitamin C-rich watercress and red clay with a deeply relaxing scalp massage to reduce tension, condition the scalp and leave you with beautiful healthy hair.

SMOOTH & FIRM BODY BUTTER

Combine the sublime benefits of a lifting and smoothing body butter with your body massage oil for rich melting hydration to refine skin texture, soften and restore suppleness.

THERAGUN BOOST

Enhances your massage benefits with a deeper muscle treatment using Theragun Percussive Therapy. Targeting the key trigger points to relieve tension, improve range of motion while transforming the body into a state of deep relaxation.



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SPA DAYS

FULL DAY

360 MINUTES

Pamper yourself through a relaxing wellness journey with this unique experience. Relax with a mindful yoga session, a unique Rainforest Experience, a traditional bamboo massage and a natural resilience facial. Conclude your experience with a healthy lunch at Kaheela restaurant.

HALF DAY

240 MINUTES

Relax and rejuvenate with a bespoke experience that works positively on your mind, body and soul. Indulge in a calming cleansing ritual and wrap for your body followed by a relaxed massage and a hydrating facial treatment. End this soothing experience with a healthy lunch at Kaheela restaurant.



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GUIDELINES

To enjoy your spa experience fully, please familiarize yourself with the spa guidelines.

RESERVATION

Advanced booking prior to your arrival is recommended to secure your preferred date and time of treatment. A credit card number is required at the time of booking. Prices are subject to service charge and taxes.

Kindly note that all spa treatments include an additional 30 minutes relaxing time, which comprises of a welcome footbath and post-treatment refreshments and relaxation. Enjoy the difference.

ETIQUETTE

To ensure that guests can enjoy the peaceful sanctuary of The Ritz-Carlton Spa, we respectfully request that all visitors keep noise level to a minimum. Cellular phones and electronic devices are discouraged.

ARRIVAL

Please check-in at the spa reception at least 15 minutes prior to your scheduled appointment to avoid reduced treatment times.

If you wish to use the hydrothermal facilities, it is recommended the Rainforest Experience is booked a minimum of 60 minutes prior to your scheduled spa treatment. Swimwear is required to be worn at all times in the hydrotherapy facilities.

SPA TREATMENT HOURS

Spa Treatments: 10 a.m. to 8 p.m.

Rainforest: 10 a.m. to 8 p.m

SPECIAL CONSIDERATION

Guests who have high blood pressure, heart conditions, are pregnant or have any other medical complications are advised to consult their doctors before signing up for any spa services. Kindly inform your spa therapist of any existing medical conditions.

SMOKING AND ALCOHOL

Smoking and consumption of alcohol within the spa is prohibited.

VALUABLES

An electronic safe for valuables is provided in the treatment pavilions, but we recommend that no jewellery is worn at the spa. The management and employees accept no responsibility for the loss of money or valuables of any kind brought into the spa premises.

CANCELLATION POLICY

If you must reschedule or cancel your appointment, please notify the spa at least 24 hours in advance of your appointment to avoid being charged the full-service fee. Cancellations of packages or private parties require one week's notice.

REFUND POLICY

Treatment packages and spa pre-payment are non-refundable, non-transferable or non-exchangeable.

PAYMENT

We accept cash and all major credit cards. All prices are quoted in UAE Dirhams and are subject to service charge and taxes. Prices are subject to change without prior notice.

DISCLAIMER

The spa treatments, services and/or facilities received or utilized at The Ritz-Carlton Spa are intended for general purposes only and are not intended to be a substitute for professional medical treatment for any condition, medical or otherwise, that guests may have. Guests will fully indemnify and hold harmless The Ritz-Carlton Ras Al Khaimah, Al Wadi Desert, its holding company(ies), affiliates, subsidiaries, representatives, agents, employees and suppliers, from and against all liabilities, claims, expenses, damages and losses, including legal fees (on an indemnity basis), arising out of or in connection with the spa treatments, services and/or facilities.

OPENING HOURS:

Spa Treatments: 10 a.m. to 8 p.m.

Rainforest: 10 a.m. to 8 p.m.

Any additional gratuity is entirely at your own discretion

For more information or to make a reservation kindly contact the spa reception team by dialing +971 7 206 7777 or email rc.rktrw.spa@ritzcarlton.com

In-house guests may contact the spa by dialing 5705/5706 from their villa