



THE RITZ-CARLTON SPA

ASTANA

AS



THE RITZ-CARLTON SPA

ASTANA

ESCAPE

*Let us make the world
revolve around you.*

Escape to an oasis in the luxurious The Ritz-Carlton Spa, Astana. Harnessing the contemporary beauty of the modern capital, and the steppe nature, we create an urban sanctuary of wellness to nurture the body and invigorate the mind. Revitalize your senses with bespoke rituals, enhance well-being with state-of-the-art fitness facilities, and unwind in our indoor pool and heat experiences. Let the allure of The Ritz-Carlton, Astana leave an indelible memory.



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

MIND

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

BODY FORTIFYING MASSAGE

90 MINUTES OR 60 MINUTES

Targeting deep seated muscular pain and restoring comfort and supple movement with active stretching, this deep muscle massage uses hot stones and a fortifying oil on the neck, shoulders and back to instantly alleviate deep-seated tension and provide lasting relief so you feel a calming sense of wellbeing.

SKIN

DETOXIFYING WELLNESS POULTICE TREATMENT

90 MINUTES

This health boosting treatment has a cleansing effect on the body and mind, using warm herbal poultices to provide warmth to the muscles and joints while boosting circulation with stimulating exfoliation. Immerse on this massage with a relaxing scalp massage.



Retreat to the Ritz-Carlton Spa, Astana, experience innovative treatments in the new modern capital. With luxurious surroundings and the therapists so attentive, your spa experience will be a memory to treasure. Immerse yourself into a serene world of sumptuous massages and effective therapies, which using all-natural ingredients will leave you refreshed and enlivened.



THE RITZ-CARLTON SPA

EXPERIENCE

TRADITIONAL BODY BLISS

120 MINUTES

Inspired by the city of Astana, this traditional body experience combines body exfoliation, a body wrap and full body massage to restore equilibrium, peace of mind and providing a sense of deep relaxation. Integrating a tailor made aromatherapy massage to leave you with a renewed sense of well-being, feeling cleansed and revitalized and provide lasting relief so you feel a calming sense of wellbeing.

INCLUDES: Body exfoliation, Algae or Mud wrap, scalp massage, full body massage

CONTOURING BODY RITUAL

90 MINUTES

An urban and innovative experience designed to reveal profoundly smooth, toned and firmed skin with this highly effective and deeply detoxifying treatment. A full body treatment providing an intense detox and vitality boost retention, leaving your body contoured and your mind revitalized.

INCLUDES: Skin brush, Detoxifying Salt & Oil Scrub, detoxifying massage to hip and thigh areas, specialized abdominal massage

COUPLES RETREAT

120 MINUTES **OR** 90 MINUTES

Escape the futuristic pace of the city, unwind, and reconnect, with this pampering treatment performed side by side with a loved one in our peaceful and luxurious couple's suite. This serene experience invites total calm as mind and body return to harmony.

INCLUDES: Skin brush, exfoliating body polish, hot stone massage, aromatherapy bath for two



THE RITZ-CARLTON SPA

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

MARINE ALGAE WRAP

45 MINUTES

Reveal the energy of sea with a Thalgo Marine Algae wrap that will give you an incredible boost of minerals, vitamins and micronutrients to the body, restore energy and provide bespoke care for your skin.

INCLUDES : Marine algae wrap, relaxation massage with natural body oil

NATURAL SEA MUD WRAP

30 MINUTES

Glorify your body with invigoration and regaining vitality by relaxing iodine-free sea mud wrap. Bringing harmony and ease during a time of profound change, this tailored massage addresses muscle aches and joint pains while improving circulation and mobility. Application of deeply nourishing body cream in the end of the treatment will moisturize and nurture your skin.

INCLUDES : Natural marine mud wrap, Deeply Nourishing Body Cream

SPA RITUAL ILES PACIFIQUE

120 MINUTES OR 90 MINUTES

A potent inflammation therapy for those craving deep repair. A signature aromatherapy “Monoi” journey levitates trapped emotions while antioxidant-rich ingredients increase cellular hydration and correct skin health from head to toe. Using warm tissue bags filled with the finest sand pouches, this full-body massage technique unblocks the energy flow.

INCLUDES : Full body scrub, Monoi massage, sand pouches, Lagoon bath

COLD CREAM MARINE BODY RITUAL

45 MINUTES

A massage experience that taps into regenerating techniques and Deeply Nourishing Cream-Balm to restore the comfort of dry and sensitive skin.

INCLUDES : Deeply Nourishing Cream-Balm, 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.

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.



THE RITZ-CARLTON SPA

MASSAGE

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.

HOT 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.

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.

VITALITY OF THE BODY

60 MINUTES

A highly energizing and anti-aging treatment including an original massage technique that is at once relaxing and invigorating. With this revitalizing anti-aging expert treatment, Valmont puts its signature elements into action to erase the signs of time on the body, stimulates and energizes tired skin and sore muscles.

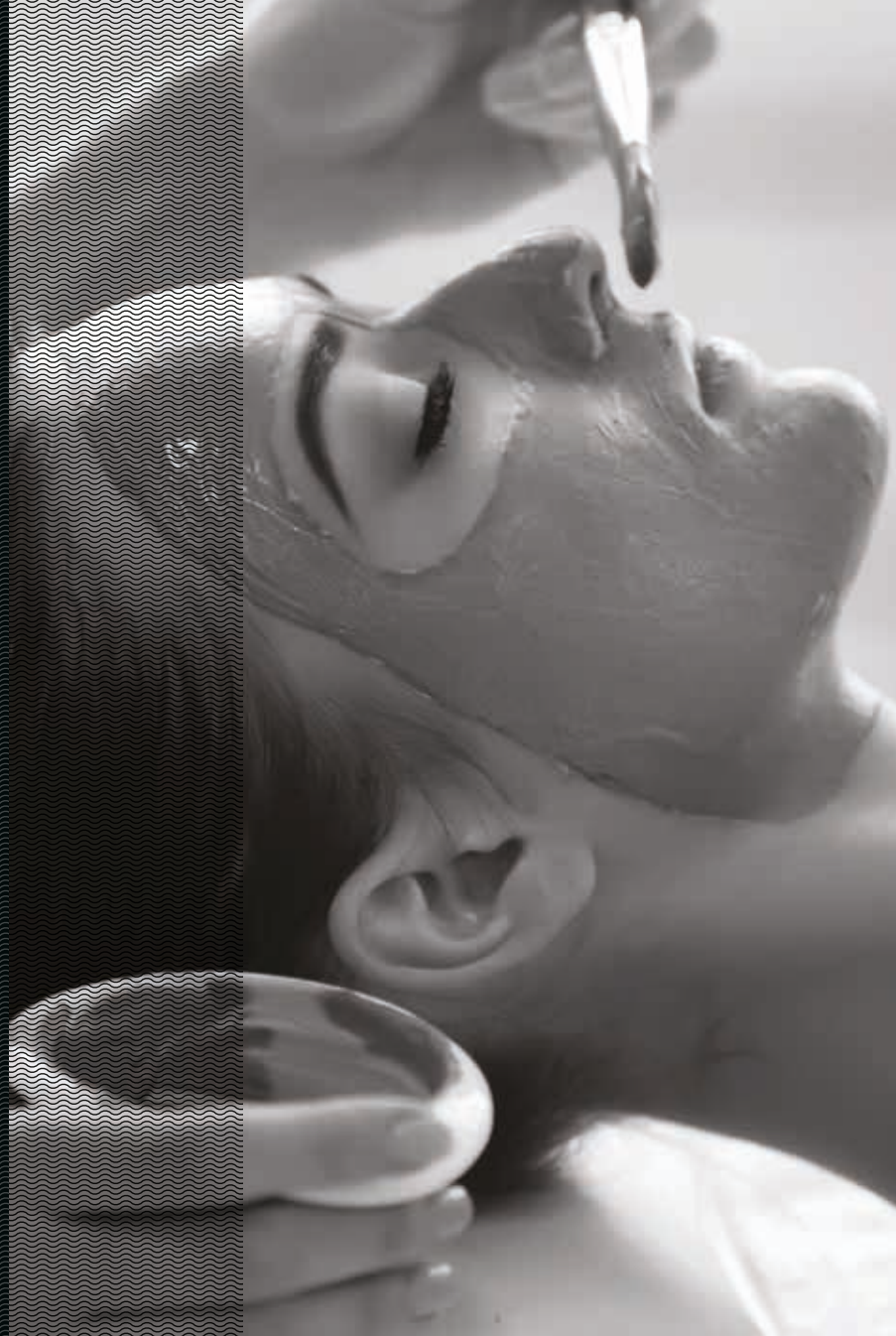
INCLUDES : Deep and delicate, quick and prolonged movements, ends with an active and revitalizing back massage. The treatment focuses on areas of concern

PEAKS OF SLIMNESS

60 MINUTES

Designed to remodel the silhouette, this professional treatment targets the dermis and subcutaneous tissue to deliver visible results from the very first session. It combines a unique gesture and an original way of working in the direction of the muscle fibers to fashion a toned and slender body.

INCLUDES : Intensive and active massage focused each part of the body with delicate and prolonged movements



CUSTOM FACIAL

90 MINUTES **OR** 60 MINUTES

Purify, hydrate, brighten and smooth your complexion with this radiance-restoring facial that is tailored to your individual needs.

INCLUDES : Deep brush cleanse, skin analysis, facial exfoliation, massage, mask, scalp massage
PERFORMED WITH ESPA PRODUCTS



THE RITZ-CARLTON SPA

FACIAL

AGE-DEFYING FACIAL

90 MINUTES **OR** 60 MINUTES

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

INCLUDES : Deep brush cleanse, skin analysis, facial exfoliation, specialized toning facial massage, mask, scalp massage

PERFORMED WITH ESPA PRODUCTS

SOURCE OF BISSES

90 MINUTES **OR** 70 MINUTES **OR** 30 MINUTES

Inspired by observing the irrigation channels known as “bisses,” which are used by the highlanders of the Swiss Wallis region, Valmont applied this ancient tradition of hydraulic control to the skin. A moisturizing bath for the skin, the Source des Bisses treatment slakes even the thirstiest skin. Filled with water, the epidermis is reactivated and the dermis reinflated, smoothing the wrinkles.

INCLUDES : Moisturizing and softening mask, exfoliation, dual massage, eye emulsion, V-neck cream, Regenerating Mask Treatment.

PERFORMED WITH VALMONT PRODUCTS

ASTANA

ULTIMATE RADIANCE & RENEWAL FACIAL

90 MINUTES

Restore skin's vitality and reveal a bright, smooth and radiantly youthful-looking complexion. The must-have treatment for immediate results prior to a special event

INCLUDES : Brush cleanse, skin radiance mask, age-defying crystal massage, lifting mask, scalp massage

PERFORMED WITH ESPA PRODUCTS

SUMMIT OF THE CERVIN

90 MINUTES **OR** 70 MINUTES

Using a combination of light pressure movements, Valmont's Peaks of Firmness treatment makes skin firmer and smoother, while the renowned Valmont Regenerating mask delivers deep nourishment. Using an incredible lifting and firming massage, the skin is stimulated and conditioned.

INCLUDES : Removing makeup, Butterfly Motion (an original Valmont innovation), mechanical exfoliation, lifting and sculpting massage, Regenerating Mask Treatment

PERFORMED WITH VALMONT PRODUCTS

BRIGHTNESS OF ICE

90 MINUTES **OR** 70 MINUTES **OR** 30 MINUTES

Valmont offers the perfect solution for gently awakening a bright and even complexion. It also improves the texture of the skin while providing comprehensive anti-aging action. A state-of-the-art program for a complexion as clear as ice best suitable for men care.

INCLUDES : Twice the cleansing, twice the massage, twice the mask. Doubles each step to create entirely new synergies between the gesture and the product.

PERFORMED WITH VALMONT PRODUCTS

VITALITY OF THE GLACIERS

90 MINUTES **OR** 70 MINUTES **OR** 30 MINUTES

The very first Valmont treatment, Vitalité des Glaciers formulated to boost skin's energy, restore the cells and vital energy. Delivering essential nutrients to the deeper layers of the skin, this oxygenation and detoxifying treatment helps improve circulation through Valmont's signature massage.

INCLUDES : Cleansing, deep exfoliation, modeling using the iconic Prime Renewing Pack, massage, Regenerating Mask Treatment

PERFORMED WITH VALMONT PRODUCTS



THE RITZ-CARLTON SPA

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, 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, steam and extraction, facial massage, mask, scalp massage

PERFORMED WITH ESPA PRODUCTS



THE RITZ-CARLTON SPA

ENHANCEMENTS

Upgrade your treatments by choosing one or more of our carefully created service enhancements.

Enhancements are available as incorporated additions to facial, body and massage services without adding additional time to the treatment. All Enhancements must be booked and received with a treatment.

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.

SKIN PROBIOTICS & PREBIOTICS

Boost any facial by using the technologically advanced Probiome™ serums and moisturizers to address the most visible signs of aging.

GUIDELINES

To enjoy your spa experience to the fullest potential, please familiarize yourself with the Spa Guidelines.

AT TIME OF RESERVATION

Please inform the Reservation Agent of the following:

- + Allergies or medical conditions including pregnancy
- + If you have a gender preference for your Service Provider
- + If you have a request for a specific Service Provider
- + If you are celebrating any special occasions

You must provide a valid credit card number with expiration date at time of booking.

ARRIVAL TIME

Please arrive at least 30 minutes prior to your scheduled treatment. This will allow time to enjoy the lounges, saunas, steam rooms, whirlpools, cold plunges and indoor pool. Arriving late will limit the time for your treatment, thus decreasing its effectiveness and your enjoyment. You will end on time, so the next guest is not delayed. The full value of your treatment will be charged.

WHILE VISITING THE SPA

PERSONAL BELONGINGS/VALUABLES

We cannot be responsible for any personal items and/or valuables brought into the spa or left in your locker.

Please leave your valuables at home or in your room safe.

USE OF ELECTRONIC DEVICES

To protect the privacy of our guests and to preserve the guest experience, use of cell phones, electronic devices and cameras are prohibited in the spa. Cell phones and electronic devices must be turned off.

AGE REQUIREMENTS

You must be 16 years of age or older to enjoy the spa relaxation and locker areas.

Massages and facials cannot be performed on anyone under the age of 16 years. Salon treatments are available for children 5 years of age or older. This includes hair and nail services only. Parent must be present for the entire service and a locker will not be provided.

TREATMENT RECOMMENDATIONS

Shaving is not recommended prior to body treatments or hair removal services. Shaving is recommended, but not necessary for men prior to a facial. Your spa experience is your time, and you should delight in it to the fullest. If you experience discomfort due to room temperature, massage pressure, music volume or any other conditions, please notify your therapist immediately.

FOOD AND BEVERAGE

Guests are prohibited from bringing any outside food or alcohol into the spa. A guest appearing intoxicated will be denied access to the spa.

METHOD OF PAYMENT

We accept all major credit cards. You may also charge services to your resort bill.

CANCELLATION POLICY

If you must reschedule or cancel your appointment, please notify the spa at least twelve (12) hours in advance of your appointment to avoid being charged the full service fee. Any appointments cancelled / postponed within the twenty-four (24) hour will be charged 50% of the cost of the treatment.

HOURS OF OPERATION

Spa Treatments: 10:00AM – 9:00PM, daily

Spa Facilities: 7:00 AM - 10:00PM, daily

Enter Fitness Center with room key before or after spa hours.





THE RITZ - CARLTON SPA

ASTANA