In the heart of Dubai's financial district lies The Ritz-Carlton, DIFC, an urban oasis for the affluent traveler. As with natural desert oases, water is a prominent feature throughout our hotel from the grand waterfall welcoming you on arrival to the cascading bubble chandelier in The Ritz-Carlton Spa.

Let us make the world revolve around you.
Established in 2004, DIFC created a platform in Dubai where cultures and nationalities from around the globe could gather to share knowledge and experiences; this was the inspiration behind our East Meets West treatment created by our very own therapists combining their cultural techniques to create a truly unique massage experience.
EXPERIENCE

THE DESERT REVIVER
120 MINUTES
Inspired by the city of Dubai, this energizing and reviving treatment is exclusive to our Spa. A hot stone massage incorporates the heat of Dubai, followed by a refreshing and revitalizing cooling balm to cool the body and awaken the mind.

INCLUDES Full Body Sand Exfoliation, Hot Stones Massage, Application of Cooling Body Moisturizer

EAST MEETS WEST
90 MINUTES
Created by our own international team of therapists, this wonderful massage is exclusive to The Ritz-Carlton, DIFC. Bringing together a variety of techniques from our Eastern and Western trained therapists; this is a true journey across the continents.

INCLUDES Fully Tailored Massage using techniques from Bali, Mexico, India & the Philippines

SENSORY JOURNEY
60 MINUTES
An invitation for the senses to explore; inspired by the soft atmosphere of the hammam within the comfort of your treatment room. The richness of the argan tree, the majesty of the rose and the authenticity of almond flowers are combined to deliver a traditional MarocMaroc experience.

INCLUDES Back Exfoliation, Heat packs to relax tense muscles, Full Body massage with traditional stretching techniques
DEEP MUSCLE MASSAGE

60 MINUTES OR 90 MINUTES

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

THAI INSPIRED MASSAGE
60 MINUTES OR 90 MINUTES
This oil-free invigorating treatment uses traditional Thai techniques including pressure, rocking, and stretching to enhance energy flow focusing on meridian lines and acupressure points.

STRESS RELIEF MASSAGE
60 MINUTES OR 90 MINUTES
Revive tired and fatigued muscles with this traditional massage using moderate to firm pressure to leave a feeling of revitalization and relaxation.

HOT STONE MASSAGE
60 MINUTES OR 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.

REFLEXOLOGY
60 MINUTES
Wellness secrets from ancient times, paired with the Natura Bissé Mindful Touch experience are brought to life in a technique designed to balance, restore and soothe.
INCLUDES Foot Bath, Foot Massage and Mindful Touch

RELAXATION MASSAGE
60 MINUTES OR 90 MINUTES
Unwind and de-stress with this aromatic bespoke treatment. Melt away stress with this soothing aromatherapy massage that uses a blend of aromatherapy oils chosen to suit your specific needs.

NATURALLY NURTURED MASSAGE
60 MINUTES OR 90 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.
## BODY

### Lift & Firm
90 minutes
Designed to target areas of cellulite and fluid retention, reveal profoundly smooth, toned and firmed skin with this highly effective and deeply detoxifying specialized treatment.

**Includes** Skin Brush, Detoxifying Salt & Oil Scrub, Detoxifying massage focusing on areas of concern, specialized Abdominal Massage techniques

### Personalized Wrap
60 minutes
Deeply cleanse, refine and nourish your body with this beautifully enhancing, bespoke body treatment. Using either detoxifying algae or nourishing and remineralizing marine mud.

**Includes** Body Exfoliation, Algae or Mud Envelopment, Scalp Massage

### Nourished Glow
60 minutes
Reveal your smoothest, softest skin ever with this body exfoliation finishing with a deeply nourishing massage.

**Includes** Full Body Exfoliation with Salt & Oil, or Body Brush with Exfoliating body Polish and Back Massage

### 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, Personalized Facial, Scalp Massage

### Argan Revival
90 minutes
Exfoliate and deep cleanse the skin with a black soap inspired exfoliation followed by an application of Nourishing Moroccan balm to deeply hydrate the skin. While wrapped enjoy a warming facial to leave your skin fresh and your mind relaxed.

**Includes** Full Body Exfoliation, Hydrating wrap, Brightening facial with Argan seeds and Hot stones
DIAMOND ICE-LIFT

90 MINUTES

Over 40 effective ingredients with anti-aging properties penetrate the deepest layers of the skin, improving elasticity, skin tone. The use of cold stones refreshes the complexion and the result is immediate, genuine cosmetic lift.

INCLUDES Cleanse, Glyco Peeling Exfoliation, Diamond Nectar Serum, Diamond Mask & Lymphatic Drainage with cold stones

PERFORMED WITH NATURA BISSÉ PRODUCTS
FACIAL

THE 02 RELAX
60 MINUTES
Purifies, brightens & balances using the revitalizing power of pure oxygen. This essential exfoliating and invigorating treatment re-energizes cellular function and reveals perfectly hydrated skin.

INCLUDES Cleanse, Glyco Peeling Exfoliation, Oxygen Concentrate and Mask
PERFORMED WITH NATURA BISSÉ PRODUCTS

THE CITRUS ESSENCE
60 MINUTES
An antioxidant treatment that restores vitality to sun damaged skin and helps minimize the signs of ageing. 100% pure vitamin C stimulates collagen production and renews skin firmness.

INCLUDES Cleanse, Pure Vitamin C Concentrate and Mask
PERFORMED WITH NATURA BISSÉ PRODUCTS

CUSTOM FACIAL
60 MINUTES OR 90 MINUTES
Purify, hydrate, brighten and smooth your complexion with this radiance-restoring expert facial that is tailored to your individual needs.

INCLUDES Deep Brush Cleanse, Skin Analysis, Facial Exfoliation, Massage and Mask, Scalp Massage
PERFORMED WITH ESPA PRODUCTS

AGE-DEFYING FACIAL
60 MINUTES OR 90 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

ULTIMATE RADIANCE & RENEWAL FACIAL
90 MINUTES
The must-have facial to restore skin's vitality and reveal a bright, smooth and radiantly youthful-looking complexion. The ideal treatment for immediate results prior to a special event or night out.

INCLUDES Deep Brush Cleanse, Skin Radiance Mask, Age-defying Crystal Massage, Professional Lifting Mask
PERFORMED WITH ESPA PRODUCTS
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 MEN’S MASSAGE
90 MINUTES
The ultimate male escape. Unwind in style with this rebalancing, intensely relaxing treatment that includes a full body massage using heated stones, facial pressure points and soothing scalp massage.

MUSCLE RECOVERY MASSAGE
60 MINUTES OR 90 MINUTES
Recharge your body with this powerful massage designed to alleviate deep-seated tension and muscular stress. Deep movements and stretching techniques concentrate on specific areas of concern and alleviate common discomforts and sports related tension.

RELAXATION MASSAGE
60 MINUTES OR 90 MINUTES
Unwind and de-stress with this aromatic bespoke treatment. Melt away stress with this soothing aromatherapy massage that uses a blend of aromatherapy oils chosen to suit your specific needs.

STRESS RELIEF MASSAGE
60 MINUTES OR 90 MINUTES
Revive tired and fatigued muscles with this traditional massage using moderate to firm pressure to leave a feeling of revitalization and relaxation.

ACTIVITY RECOVERY
60 MINUTES
Return tight, aching muscles to peak condition with this focused, tension-relieving treatment.
INCLUDES Foot Soak and Exfoliation, Foot and Leg Massage, Back Exfoliation and Massage

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 following Express treatment can be purchased alone or in addition to other treatments. Please speak with your Spa Therapist to receive recommendations for a bespoke Spa Journey.
EXPRESS TREATMENT

BACK DE-STRESSOR
30 MINUTES
A personalized massage working on the back, neck & shoulders to relieve tight and aching muscles; the ideal partner to compliment any facial or body treatment.

SOLE TO SOUL FOOT MASSAGE
30 MINUTES
Cleansing, soothing & reviving for aching feet and lower legs. If you are on the go all day, the sole to soul is the perfect addition to any face, body or massage treatment.

THE EXPRESS CLEANSE FACIAL
30 MINUTES
Covering all the essentials for a healthy cleansed skin, this face care treatment includes a deep cleanse, exfoliation and your choice of massage or mask; perfect to accompany a massage or body treatment.

HEAD IN THE CLOUDS
30 MINUTES
A head and scalp massage that uses gentle, stimulating techniques to relieve muscular tension and induce a deep sense of calm. If you need time to calm your busy mind then add this treatment on to any face, body or massage treatment.

BLISS SCRUB
30 MINUTES
Perfect as a stand-alone treatment, or in preparation for a massage. A deeply cleansing body scrub to refine, smooth and clarify, for intensely hydrated and replenished skin. For a lighter application Exfoliating body polish is applied instead of salt & oil scrub

STEAM & EXTRACTION
30 MINUTES
A great addition on your facial treatment. Steam causes the pores to relax and open, facilitating the extraction process.
Upgrading your treatments by choosing one or more of our carefully created service enhancements. Enhancements are available as incorporated additional to facial, body and massage services without adding additional time to the treatment. All enhancements must be booked and received with a treatment.
ENHANCEMENTS

FACIAL ENHANCEMENTS

LIFESTAGE ANTI-AGEING BOOSTERS
Boost any facial by using the technologically advanced LIFESTAGE serums and moisturizers to address all the most visible signs of aging.

G3P GLYCO 3 PEEL
A non-invasive glycolic peel that enhances the exfoliation process, the perfect accompaniment to your Natura Bisse facial.

BODY ENHANCEDMEMENT

HOT STONES MELTER
Smooth basalt stones radiate heat deep into the muscles of key areas to loosen and relieve deep seated tension and stress.

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.

FACE & BODY ENHANCEMENTS

HAND OR FOOT REVIVER
Reveal smoother skin with this exfoliating and nourishing treatment that will leave hands & feet smooth, soft and bright.

HAIR CONDITIONING TREATMENT
Combining the strengthening properties of Argan Hair Oil and the conditioning benefits of Pink Hair & Scalp Mud with a deeply relaxing scalp massage to reduce tension and leave you with beautifully healthy hair.

THE MINDFUL TOUCH
A beauty 360° experience that combines technology, mindfulness and the power of touch. An innovation ritual that stimulates the senses that care for your skin, mind and body.

KNESKO SKIN 24KGOLD & DIAMOND MASKS
Hydrating collagen natural masks, filled with hyaluronic acid, diminish the appearances of fine lines and brighten your complexion.
AGE RESTRICTIONS
The Ritz-Carlton Spa is an adults only sanctuary catering exclusively to guests aged 18 years of age or older. Children, even if accompanied by an adult are not permitted within the Spa facilities or treatment area.

CANCELLATION / NO SHOW POLICY
If you must cancel or reschedule your appointment we request four hours’ advanced notice allowing us to offer the time to other guests. Cancellations made within four hours or who fail to arrive for scheduled appointments will be charged the full service fee. The Spa reserves the right to refuse bookings for guests who repeatedly fail to arrive for appointments scheduled.

HEALTH MATTERS
When making your reservation, please notify our reception team of any medical conditions, allergies or physical ailments in order for us to give you the best possible experience. If you are pregnant or think you may be pregnant we have specially designed treatments which provide maximum benefits for expectant mothers. Due to the changes occurring inside the body, we do not perform full body massage or body treatments on expectant mothers within their first or final trimesters and some treatments should be avoided throughout.

SPA ETIQUETTE
Our Spa environment is one of relaxation and tranquility, for this reason we kindly request that all cell phones be switched off or on silent. In order to protect the modesty of our guests, photography is not permitted in any area where others may be undressing or disrobed.
Robes and slippers are provided and underwear must be worn at all times during treatments, disposable underwear is supplied for ladies & gentlemen.
All treatments can be enjoyed by both male and female guests, in accordance with local laws and customs the gender of the therapist will always be that of the guest.
Lockers are available; however if you are a hotel guest we recommend valuables be kept securely in your guest room safe. The Ritz Carlton, DIFC is not responsible for any loss, damage or theft of any valuable items left unattended whether in a locker or not.

ARRIVAL TIME
You are welcome to arrive any time before your treatment to make use of the facilities. If you wish to enjoy a shower, steam or sauna prior to your treatment we recommend you arrive no later than 30 minutes before your scheduled treatment time.
Arriving late will reduce the time of your treatment, thus lessening its effectiveness and your pleasure. Your treatment will end on time so that the next guest will not be delayed; the full value of your treatment will be charged for the time reserved.

PAYMENT & GRATUITIES
Services may be settled in cash, by credit or debit card, a valid voucher or charged to your hotel room if you are an in house guest. All treatment prices include service charge and any additional gratuity is entirely at your discretion.
All prices are in AED and inclusive of all government taxes, fees & VAT

SPA VOUCHERS
Spa vouchers make the perfect gift and may be purchased for a specific treatment or a cash value to redeem against treatment and products. All vouchers are valid for 1 year from the date of purchase; vouchers must be used within the timeframe and cannot be extended and are non-refundable.

HOURS OF OPERATION
Spa reception & facilities: 9am – 10pm
For more information or to make a reservation kindly contact the Spa reception team by dialing +971 4 372 2777 or e-mail difcspa@ritzcarlton.com. In-house guests may contact the Spa by dialing 2777 from the telephone in your guest room.