

THE RITZ-CARLTON
RAS AL KHAIMAH, AL WADI DESERT

THE RAINFOREST

A Healing Water Oasis at Al Wadi Desert

Daily 10 a.m. to 7 p.m.
Ladies only session 11 a.m. to 12.30 p.m. and 5 p.m. to 6 p.m.

The Rainforest combines European hydrothermal culture with Middle Eastern bathing rituals, creating a rejuvenating sanctuary in the Arabian desert. The experience includes 16 different warm and cold temperature experience stations, each traveling one step farther in the journey to relaxation. Guests are encouraged to follow the mapped sequence and to allow time for the body to cool, whether naturally or with the Ice Igloo or showers, after completing a warm station. The entire experience should be completed with relaxation on a heated lounger.

AED 159 per person, 60-minute experience
AED 266 per person, 120-minute experience
AED 372 per person, 180-minute experience
AED 1,378 per couple, 60-minute exclusive session



Please scan the QR code
to read online

Reservations are required and can be made at +971 7 206 7777 ext. 5705 / 5706 or via email rc.rktrw.spa@ritzcarlton.com.
Ladies-only, "spa-ty" and private sessions available. Guests must be 16 years of age or older to use The Rainforest.

THE RAINFOREST JOURNEY

The Rainforest

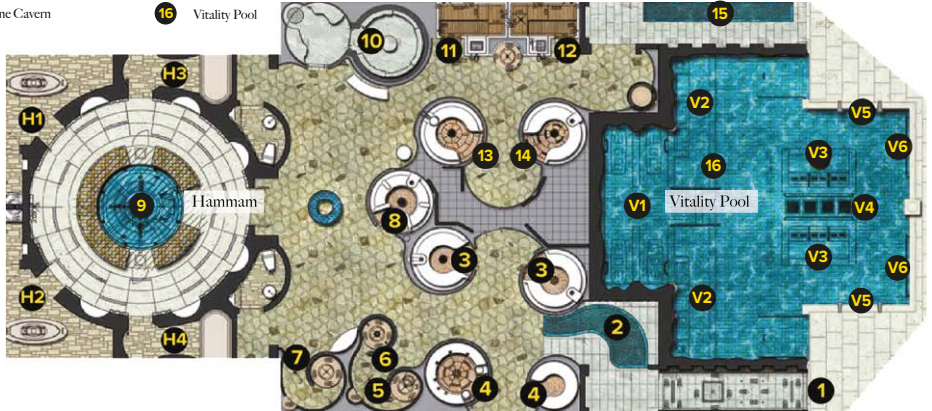
- | | |
|--|-------------------------------|
| 1 Rainwalk Corridor | 9 Hammam |
| 2 Sole Therapy (Kneipp Therapy) | 10 Ice Igloo |
| 3 Aroma Steam Bath (No.1) | 11 Sauna |
| 4 Aroma Steam Bath (No.2) | 12 Herbal Sauna |
| 5 Nature's Glow and Touch | 13 Grotto Steam (No.1) |
| 6 Sensory Showers | 14 Grotto Steam (No.2) |
| 7 Affusion Shower | 15 Sole Therapy |
| 8 Brine Cavern | 16 Vitality Pool |

9 Hammam

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|-------------------------------|
| H1 Vichy Shower Room 1 |
| H2 Vichy Shower Room 2 |
| H3 Hammam Station 1 |
| H4 Hammam Station 2 |

16 Vitality Pool

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|---|--|
| V1 Hydro Massage Lounger | V4 Relaxing Foot Spa |
| V2 Hydro Massage Jets for Upper Body | V5 Waterfall for Neck & Shoulders |
| V3 Hydro Massage Jets for Lower Body | V6 Venturi Body Massage |



THE RAINFOREST BENEFITS

The Rainforest Overview

The Rainforest is a unique hydrothermal facility with 16 different hydrothermal stations combining warm and cold temperature experiences. Together the different stations help:

- Improve blood circulation to maintain a healthy oxygen and nutrient flow around the body.
- Deeply cleanse skin for a healthy and radiant glow.
- Release toxins from pores.
- Alleviate muscle tension, pain and fatigue and aids recovery after intense workouts.
- Reduce stress and associated insomnia and promotes deep sleeping.

1 Rainwalk Corridor

- The first station of the Rainforest journey with a sequence of 4 different types of showers that vary in terms of water pressure and temperature to relax and clean the body, preparing it for the rest of the journey.
- A sensor activates the first station. Water flows after the sensor light has shown. The next shower's sensor light will show when you need to proceed to the next shower.

2 Sole Therapy (Kneipp Therapy)

- A combination of warm and cold water that provides therapeutic healing effects and best experienced by spending one minute in cold water, 30 seconds in warm water and then walking along the cobbled path to stimulate foot reflexology points.
- Walking against the water current simulates the effects of walking through a stream.

3 4 Aroma Steam Bath (No.1 & No.2)

- Each of the two steam capsules offer a unique scent.
- We recommend guests stay for as long as they feel comfortable. After this the body should be cooled down either by a cold shower or rubbing the body with ice in the Ice Igloo, followed by a 1–2-minute break with a drink of water. This should be repeated 3 times.

5 Nature's Glow and Touch

- A natural stone relaxation area, an ideal place to rest between experiences.

6 Sensory Showers

- **Bucket Drench Shower:** A cold (shocking but not icy) shower cooling experience for post Aroma Steam or Sauna.
- **Tropical Rain Shower:** With jets of water from the sides and top, this shower relaxes and rejuvenates the body and is an ideal cooling treatment on your journey post Aroma Steam or Sauna.

7 Affusion Shower

- Experience three different types of rain: tropic, fresh and thunder rain, individually. You can select which program you'd like to experience.

8 Brine Cavern

- A steam bath with liquid sea salt and eucalyptus fragrance that purifies the skin for a glowing and healthy look and also aids respiratory de-congestion.

9 Hammam

- A relaxation area with a hot tub bath complete with massage jets.

10 Ice Igloo

- Containing an ice fountain, it's ideal for cooling delicate and cellulite prone areas post Aroma Steam or Sauna.

11 Sauna

- Provides a dry heat experience, set at 90°C, that aids your cardiovascular system and removes toxins from the body.
- To increase the temperature, pour a small amount of water from the bucket on the heated stones.

12 Herbal Sauna

- The Herbal Sauna is set to 50°C with a relaxing herbal aroma.

13 14 Grotto Steam (No.1 & No.2)

- Grotto steams are two types of aroma steam baths, with different types of aromas, which diffuses automatically.
- We recommend guests to stay in the steam bath for 5 to 10 minutes. After the body is warmed up it should be cooled down properly with cold shower. Guests should then rest for 2 minutes before using the next station.

15 Sole Therapy

- Last station before entering the Vitality Pool. When entering the sole therapy area there is a receptor that activates a slight current. Guests are encouraged to walk against that water current to stimulate the blood circulation. It's like walking in the river.

16 Vitality Pool

- The main area of the Rainforest, is set to 30°C and contains six different types of water massaging stations.
- Ideally experienced at the end of the Rainforest journey.