A close-up photograph of a dark, woven basket filled with various spa stones. The stones include smooth, dark blue and grey rounded stones, porous white volcanic rocks, and dark grey porous volcanic rocks. The lighting is dramatic, highlighting the textures of the stones.

THE RITZ - CARLTON

BALI



THE RITZ - CARLTON SPA

BALI



BALANCE

The ocean. Magnificent. Mysterious. Sacred.

For centuries revered by the people of Bali as a source of life and a medium for spiritual renewal.

This is evident as you enter The Ritz-Carlton Spa, Bali. Overlooking the Indian Ocean and lulled by the sound of the waves, our wellness sanctuary is inspired by this reverence for the bountiful oceans, our treatments make use of prized, nourishing marine resources.

Prepare to leave your worries behind and immerse yourself in the serenity and healing power of the ocean.



PAMPER

SIGNATURE TREATMENTS

Iridescent Delight

Bring out the vital glow of your skin and add iridescence with this enchanting, luxurious treatment. Begin with a gentle skin smoothing Shimmering Pearl Polish to impart a luster, followed by a pure pearl body wrap to further enhance the glow. A Shine Renewal massage using Vitality Oil with pearl extract releases tension and improves blood circulation to further restore your skin to its natural glory.

120 minutes

Sea Coconut Secret

The Balinese revere the coconut for its many uses and water for its life-giving properties. Benefit from these local secrets with a treatment that starts with a unique water ritual in our exotic multi-station Hydro-Vital Pool and continues in a treatment room with a foot wash using coconut coir to remove dead skin and full body exfoliation with fragrant toasted coconut combined with pure coconut oil to nourish, soften and soothe the skin. Continue with a tension-releasing Balinese Ocean Dream massage and then relax in a coconut milk bath while indulging in a light snack of fresh young coconut with ice-cream.

120 minutes

Tropical Marine Pleasure

Deeply nourish and hydrate tired skin with a refreshing Seaweed Body Scrub to gently exfoliate the skin, then relax with a detoxifying and nutrient-rich mineralizing Seaweed Body Wrap that replenishes your skin. Complete your treatment with a flowing Sea of Serenity massage using Inspiring Oil that will restore a healthy glow and leaves you calm and tranquil.

120 minutes

Indian Ocean Ritual

Make the most of your proximity to the Indian Ocean and its natural bounty and take your treatment at one of our spa beach gazebos. Your therapist will use Relaxing Oil for a Lomi-Lomi massage. This is followed by a gentle scrub using sand directly from the beach, before the time-honored Balinese tradition of covering your body in the warm sands to gently ease muscle tension, bringing you a world of relaxation. Finally, stand in the shallows of the Indian Ocean and absorb the rhythm of the waves while your therapist rinses the sand from your body with the ocean water.

120 minutes

FULL-BODY MASSAGE

Balinese Ocean Dream

This treatment eases muscle tension, calms neural pathways, encourages circulation and reduces stress, making use of a combination of palm, thumb and elbow pressure as well as some stretching. Specially blended aromatic essential oils reinstate peace of mind with their unique calming and soothing qualities.

90 minutes

Shine Renewal

Benefit from the gorgeous luster of pearls with this uniquely designed treatment featuring a soothing massage that uses a sensual blend of pearl extract to bestow an iridescent shine and reveal radiant skin. Safflower oil is used for its hydrating and nourishing anti-oxidant properties, giving you the ultimate de-stressing massage.

90 minutes

Sea of Serenity

Bring your body back into alignment with its natural rhythm as it benefits from this soft, relaxing wave-like massage that soothes the body and mind. Our expert massage therapists use nutrient-rich oil benefiting from regenerating seaweed extract and refreshing mint, giving you an uplifting and rejuvenating experience.

90 minutes

Ocean Indulgence

Upgrade your massage experience and use one of our spa beach gazebos, where you can enjoy any of our full body massages by the ocean.

90 minutes



INVIGORATE



VITALIZE

FULL-BODY POLISH AND WRAP

Shimmering Pearl Polish

Highlight the iridescent glow of your skin with a treatment enriched with micronized pearl powder infused with vitamin C derived from lemon and citrus extracts that will gently polish your skin, leaving it silky smooth with a beautiful glow. Meanwhile, revel in a delightful aroma that entices your senses.

45 minutes

Mineralizing Seaweed Scrub

Nourish and hydrate your skin while invigorating your senses with a rich mixture of tantalizing scents from naturally nurturing and moisturizing sea minerals and mint. This emulsion exfoliates while the nutrients penetrate deep into the skin to keep it healthy and youthful.

45 minutes

Ocean Harvest Body Therapy

Detoxify and reinvigorate your skin with this naturally hydrating treatment. This energizing body wrap features micronized seaweed and mint applied to the body to support and revitalize the skin. The abundant sea minerals and nutrients in the seaweed provide a deeply nourishing body treatment.

60 minutes

INDULGENCE RITUALS

THE MARINE POWER

Indoceane

This wonderful ritual takes you on a voyage of discovery to a new kind of relaxation, commencing with a Mediterranean-influenced body exfoliation using sea salt, cassonade sugar and essential oils. The bi-phase texture of this scrub eliminates rough patches, smoothens the skin and leaves it beautifully soft. An Ayurvedic-inspired massage follows with warm oils and gentle ancient Indian techniques for deep relaxation. Well-being and beauty become one.

60 minutes

Marine Algae Trio

This treatment is for spa enthusiasts looking for well-being and vitality, while also losing excess weight and getting rid of hardened cellulite. A relaxing massage relieves tension, exfoliation smoothens the skin and a Thalgo seaweed body wrap infuses the skin with minerals, vitamins and micronutrients to activate circulation, increase metabolism, relieve aches and pains and improve skin condition. This treatment restores the necessary balance for overall well-being.

90 minutes

Body Contour with Oxygen Active

This unique body wrap of the highest efficacy enables the correction of fibrosis cellulite and fat storage by a massive "injection" of pure oxygen. The accompanying natural vanilla scent provides active warming.

120 minutes

SIGNATURE SOAKING RITUALS

The perfect start to any treatment, experience a glorious sensory escape as you immerse into a soothing or invigorating aromatic soaking ritual.

Luster Pearl Aromatic Soaking Ritual

Indulge yourself by soaking in a pampering bubble bath with luster pearl aromatic bath powder. Leave the outside world behind as you unwind, revel in the fragrance and pamper your senses. Emerge with iridescent, shimmering skin.

30 minutes

Refreshing Seaweed And Mint Aromatic Soaking Ritual

For a revitalizing and pampering experience, soak in this flower scented, skin-nourishing bubble bath with seaweed and peppermint bath powder. Your skin will feel softer and your mind refreshed and revitalized.

30 minutes

In-room Soaking Ritual

The Signature Soaking Rituals can be enjoyed in-room as well. Just put in a request with our spa attendants.

30 minutes



INDULGE



RECHARGE

MARINE FACIALS

Cold Marine

The cold marine mask boosts blood circulation and keeps the skin oxygenated, refreshed and brightened. Our special ingredient, derived from microorganisms living at a depth of over 3,000 meters, significantly raises the skin's tolerance, making it less sensitive to harsh external elements. Skin fragility disappears, making way for intense, soothing freshness.

60 minutes

Rebalancing

With its deep cleansing absorbent mask, this treatment soothes redness, absorbs excess sebum and perfectly dislodges impurities for skin that looks fresh and radiant.

60 minutes

Youthful Eyes

This anti-stress and anti-wrinkle treatment gives mature skin a youthful boost and the appearance of reduced wrinkles.

90 minutes

EXPRESS RELIEF

Back and Neck Reliever

Using medium pressure, our massage therapist concentrates on the shoulder, back and neck area to relieve tension and promote relaxation.

30 minutes

Hand and Foot Flow

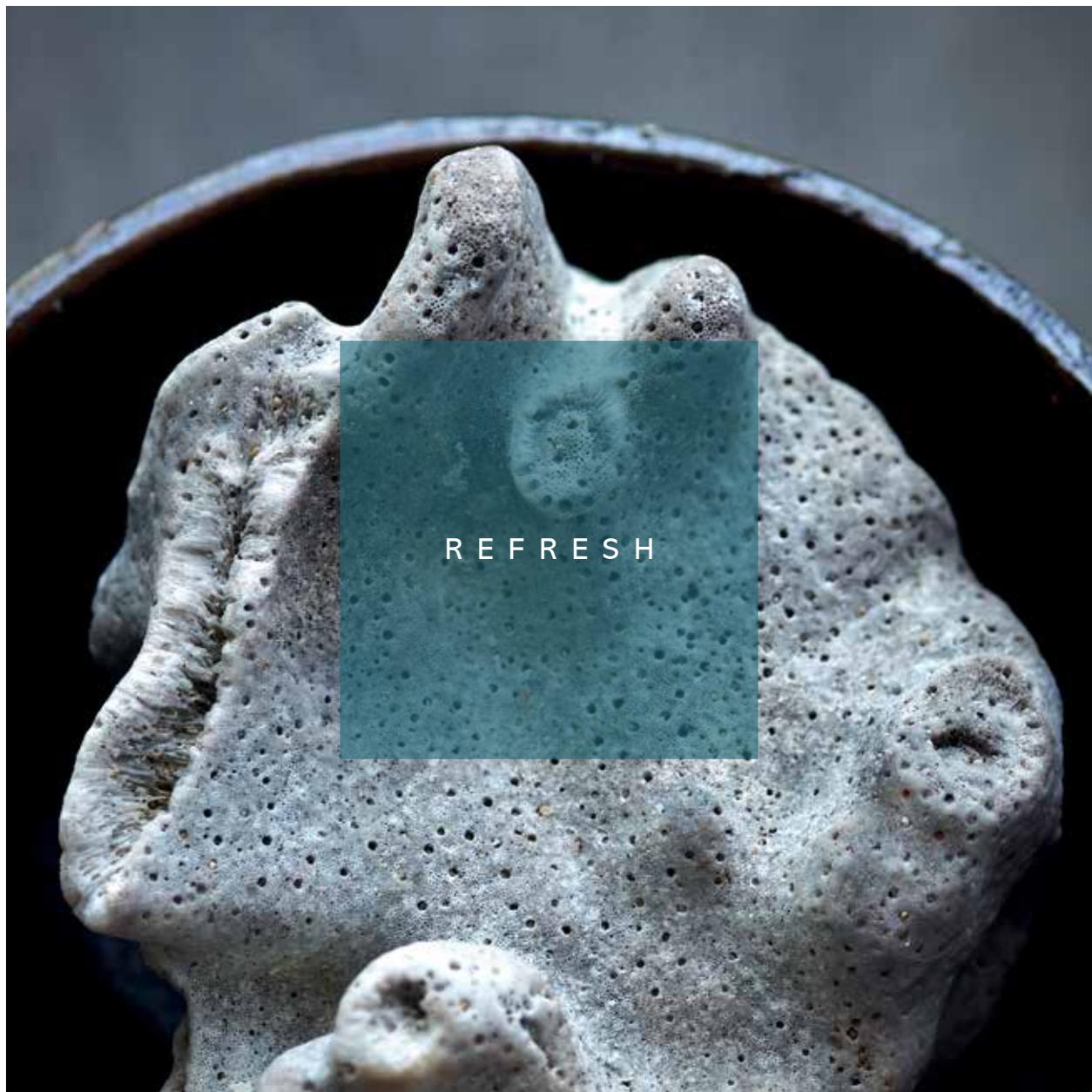
This luxury treatment for hands and feet uses relaxing acupressure point massage to soothe, refresh and pamper your hands and feet.

45 minutes

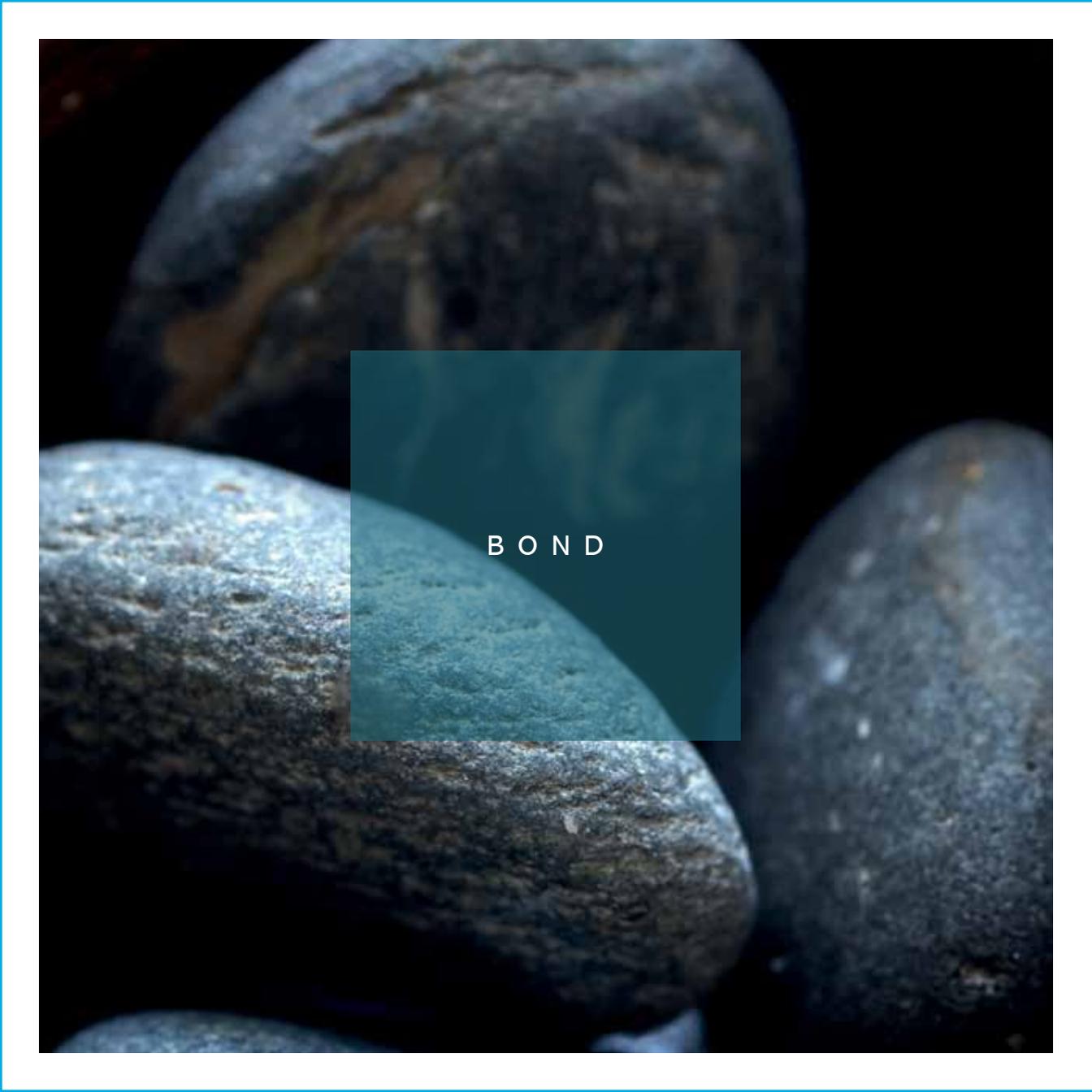
Basic Purity

This express facial incorporates nourishing marine ingredients and is suitable for all skin types.

45 minutes



REFRESH



BOND

HARMONY TREATMENTS

FAMILY SPA

Mom, Dad and Me

A world of relaxation and tranquility for the entire family. Mom and Dad will receive luxurious full-body treatments, choosing from any body massage followed by either the Shimmering Pearl Polish or Mineralizing Seaweed Scrub, then a Signature Soaking Ritual to unwind. Meanwhile, the little ones can enjoy a 30-minute neck and shoulder massage with a choice of strawberry or chocolate massage oil. After the treatment, RITZ KIDS offers the little ones exciting activities to complete MOM, DAD and ME.

135 minutes

Little Wellness Time

Let your little one enjoy a restorative, relaxing, yet fun time at our spa to experience the nourishing benefits of the marine elements incorporated into this unique children's treatment that will help them rest their young muscles and minds.

30 minutes

COUPLES INDULGENCE

Escape to Romance

Experience 2 hours of romantic spa indulgence and discover a world of relaxation and togetherness in our Spa Villas. Your journey begins with a foot wash ritual, followed by a relaxing full-body massage and body exfoliation using a blend of pearl extract, safflower oil and a nourishing antioxidant to restore health and glowing radiance to your skin. The pampering continues with a glass of Champagne and Balinese chocolates while you relax together in a Luster Pearl Aromatic Soaking Ritual.

120 minutes

SPA VILLAS AND TREATMENT ROOMS

Our four Spa Villas and ten Treatment Rooms assure you total privacy during your treatments at The Ritz-Carlton Spa, Bali. Remaining true to the spirit of the island, each of the villas and treatment rooms take on the resonance of beautiful Sanskrit names.

Spa Villas

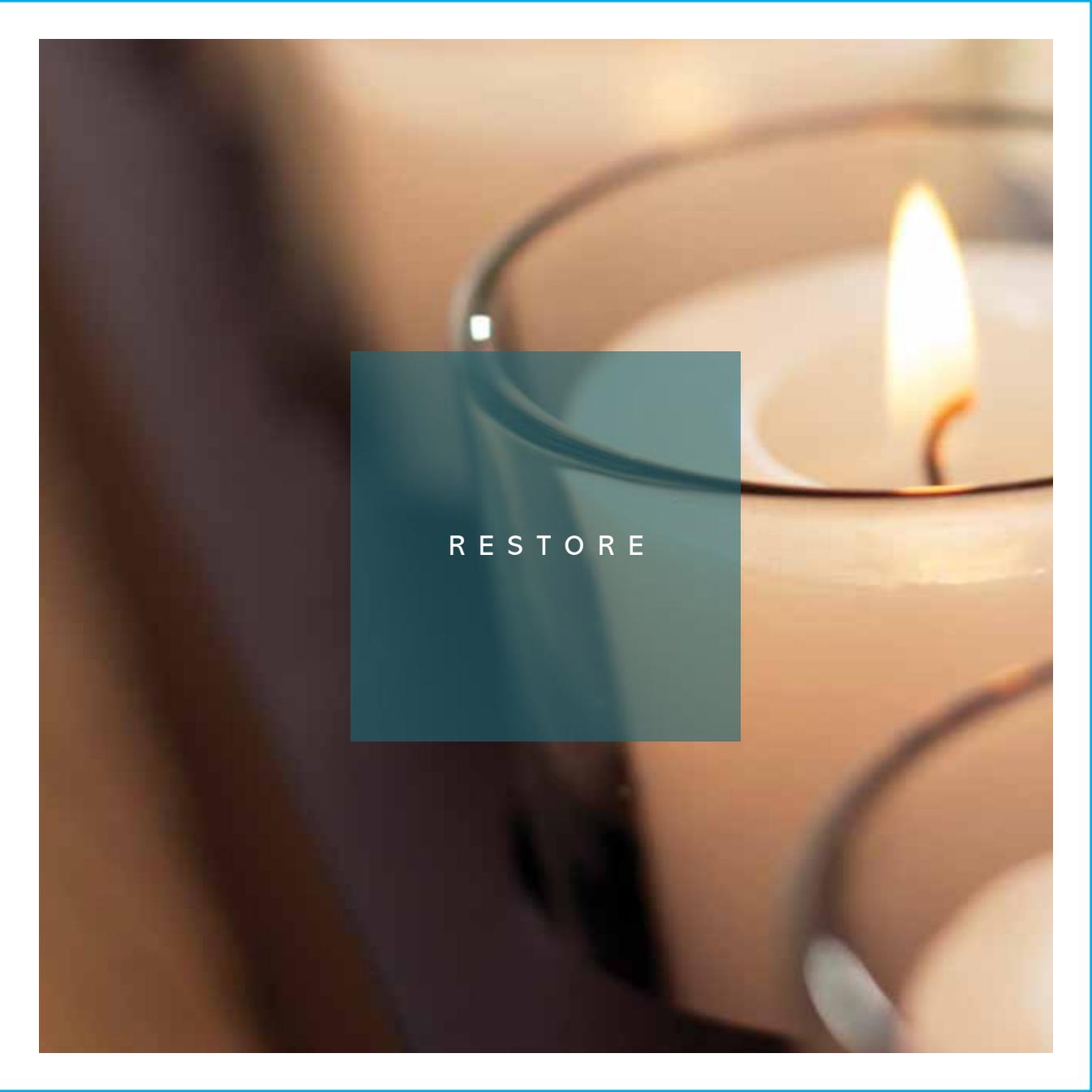
- Padma Asthana (Lotus Palace)
- Devaloka (Realm Of Gods)
- Anandaloka (Realm of Heavenly Bliss)
- Sama Asthana (Tranquil Palace)

A Balinese pool is exclusively available for Spa Villa guests.

Treatment Rooms

- Santhi (Peace)
- Priya (Love)
- Tirta (Water)
- Nirmala (Pure)
- Ishta (Cherished)
- Karuna (Compassion)
- Nithya (Eternal)
- Sandhya (Sunrise)
- Samatha (Harmony)
- Anantha (Infinity)

Spa guests can enjoy healthy bites and drinks at the Prana Relaxation Area after the treatments. Additional services, such as foot and hand massages, are offered when relaxing.

A close-up photograph of a lit candle in a glass holder. The candle is white and has a bright yellow flame. The glass holder is clear and has a thick rim. The background is blurred, showing more of the candle and holder. A teal square overlay is positioned in the center of the image, containing the word "RESTORE" in white, uppercase letters.

RESTORE



SOOTHE

AQUA-THERMAL EXPERIENCE

Hydro-Vital Pool

Named after the Greek word for water and Latin for life, the tropical greenhouse ambience of our Hydro-Vital Pool is for indulgent and nurturing hydrotherapy. With five hydrotherapy stations providing a variety of relaxing and beneficial experiences, be guided by a therapist through each station with the Hydro-Vital Circuit, or choose a specific area to target with individual Hydro-Vital Zones.

Serenity Zone

An air bubble bench provides relaxation and muscle stimulation, to prepare your body for the following hydrotherapy zones.

Reflex Zone

Bottom air jets focus the water on the soles of the feet to energize and improve blood circulation.

Rejuvenation Zone

Vertical massage jets focus on the entire body to alleviate muscle tension and improve blood circulation and lymphatic drainage.

De-Stress Zone

A Swan Neck Shower and Waterfall Shower focus intense pressure on the upper back and shoulders to relieve muscle tension.

Relaxation Zone

Lie on the massage lounger for relaxation and gentle hydrotherapy that soothes and calms.

In addition, the spa also houses separate Wet Lounges for men and women which are equipped with a shower room, hot whirlpool, cold plunge pool, sauna and steam room.

FITNESS AND YOGA

The Ritz-Carlton Spa, Bali offers a Fitness Center for you to keep fit during your stay here. Tone up with our full range of fitness equipment, including cardio machines and weight machines. There will be gym attendants to help and guide guests on the proper use of all machines.

Cardio Machines

- Treadmill
- Cross Trainer
- Recumbent Bike
- Upright Bike
- Skiing Cardio

Weights Machines

- Smith Machine
- Lat Pull Down
- Seated Chest Machine
- Dumbbell Set
- Seated Row
- Leg Curl
- Leg Extension
- Dual Adjustable Pulley

Those looking for calmness can find it at the Yoga Studio where a variety of yoga equipment and classes are available. Beyond that, there is also stretching class, cardio class, Bali-robics and dancing club.

We are open 24 hours a day.
Gym attendants are available from 6:00 a.m. to 9:00 p.m.



REVIVE

A close-up photograph of a palm frond, showing the intricate, overlapping structure of the leaves. The image is slightly blurred, creating a sense of depth. A semi-transparent teal square is overlaid in the center, containing the word "RENEW" in white, uppercase, sans-serif font. The overall color palette is muted, with earthy tones from the palm frond and a vibrant teal accent.

RENEW

SALON AND BOUTIQUE

Primp and preen yourself at the salon of The Ritz-Carlton Spa, Bali. Whether it's a new hairstyle for a dinner date or just a simple manicure, Hair Make Muse will cater to your hair and nail needs.

Hair and Make-up

- Haircut
- Children's Cut or Styling
- Blow-dry and Set
- Blow-dry
- Color (Only Root or Full Color)
- Shampoo
- Treatment
- Special Hair Styling
- Make-up

Head Massage

- Head Spa
- Cream Bath

Nails

- Hand Care
- Foot Care
- Special Foot Care
- Manicure or Pedicure
- Children's Manicure or Pedicure
- Stone Art

Should you wish to indulge in any of the Thalgo and own-brand products used in your spa treatment, they are readily available at the spa boutique. Browse our collection of swim wear and art, or take home a piece of The Ritz-Carlton, Bali in the form of our resort merchandise.

SPA GUIDELINES

ARRIVAL TIME

You are encouraged to arrive 30 minutes prior to your appointment for consultation at the spa and to use our Wet Lounge facilities.

FACILITIES

All treatments and spa packages are available to The Ritz-Carlton, Bali guests.

Non-residents are welcome to book a spa treatment at least 2 hours prior to the appointment. Treatments must be confirmed and secured with a credit card.

Separate lockers, powder rooms and showers for men and women are available.

TRANSPORTATION

Pick up service is complimentary for non-residents who spend a minimum of IDR3,500,000 nett per car per area. Valid for Nusa Dua, Tanjung Benoa, Jimbaran and Uluwatu area only.

IN-ROOM MESSAGE

Available with an additional charge of IDR200,000 plus 21% tax and service charge per person.

SPA ETIQUETTE

Our spa environment is one of relaxation and tranquility. Please respect all spa guests' rights to privacy and serenity. We appreciate you turning off your mobile phone whilst in the spa.

GIFT CERTIFICATES

Gift certificates are available and our Day Spa programs or products are an ideal gift for someone special. Gift certificates are non-refundable and must be presented at time of treatment.

HEALTH CONDITIONS

Kindly advise us of any health conditions, allergies or injuries you may have when making your spa reservation.

CANCELLATION POLICY

If you must cancel your appointment, please do notify us 12 hours in advance to avoid being charged for your treatment. Cancellations made with less than a 12-hour notice will be charged at full price.

PREGNANCY

We have specially designed treatments for expectant mothers. Please allow our spa team to guide you in selecting the most suitable treatment for you during this special time.

OPERATION HOURS

Spa: 9:00 a.m. to 10:00 p.m.

Hair Make Muse: 11:00 a.m. to 7:00 p.m.



THE RITZ-CARLTON

BALI

The Ritz-Carlton Spa

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