Let us make the world revolve around you.

ESCAPE

Immerse your senses in a private sanctuary of calm and tranquility. The assurance of renewal is a promise that The Ritz-Carlton, Bahrain delivers to every guest. The spa features ten treatment rooms, including a spacious treatment room for couples, a ladies’ Thalassotherapy pool, and hammam with four plunge pools set at different temperatures. This luxury wellness concept focuses on providing a haven of relaxation and nurturing to members and guests, along with complete care of the body and soul.
SECRETS OF ARGAN
90 MINUTES
A highly prized treasure of Morocco, the Argan nut, produces oil famed for its outstanding healing and hydrating properties. A selection of aromatic ingredients will be used to deeply cleanse and gently remove impurities from the skin’s surface, whilst the strengthening benefit of warmed Argan oil leaves the skin nourished and hydrated.

Includes: Crushed Argan shells body exfoliation, Ghassoul mud wrap, scalp massage and application of Argan oil.

HER SECRET SANCTUARY
90 MINUTES
Journey back in time and experience an exquisite series of age-old traditions to deeply cleanse, exfoliate and nourish the body while easing the mind.

Arabic inspired, the Secret Sanctuary is designed especially for her and is the perfect cleansing ritual leading up to any special occasion.

Includes: Aromatic rose steam bath, Black Olive & Lavender soap cleanse, Rose Olive exfoliation, hair wash and conditioning treatment, face & body masque, application of Arabic scented body oil.

ON THE BANKS OF THE DEAD SEA
50 MINUTES
At 400 meters under sea level and blessed with ozone and oxygen rich air, the therapeutic waters and mud of the Dead Sea region is well known for its abundance of minerals. This treatment harnesses these highly re-mineralising and detoxifying ingredients to renew and soften skin. Whilst the message helps to soothe tired muscles leaving both your body and mind revitalised.

Includes: Dead Sea Salt scrub, Dead Sea Mud full body wrap, full body massage.


FOUR HANDS ROYALTY MASSAGE
50 MINUTES OR 60 MINUTES
Designed to reflect the Royalty of any Kingdom, this unique experience involves two therapists performing a symphony of synchronized massage techniques using an opulent, Arabian scent. From a choice of: Rose, Amber or Musk oil.
THAI INSPIRED MASSAGE
90 MINUTES
An oil-free massage using rocking and corrective-stretching to relax and improve flexibility. Thai Sports also incorporates an aromatic back massage to focus on particular areas of muscular tension.

HERBAL PouLTICE MASSAGE
90 MINUTES
Practiced for many years, this ancient art of healing promotes emotional and physical well-being. Warm Thai herbal compresses provide anti-inflammatory, anti-toxic, and antioxidant properties to relieve stress and fatigue.

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 alleviate common discomforts and sports-related tension.

STRESS RELIEF MASSAGE
90 MINUTES OR 60 MINUTES
Relax 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 massage. Relaxing aromatherapy massage uses 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.

LOMI LOMI MASSAGE
90 MINUTES OR 60 MINUTES
A unique style of massage, Hawaiian Lomi Lomi uses long, flowing, rhythmic strokes to release tension and fatigue. The Touch of Aloha includes a nourishing coconut oil scalp massage and conditioning hair treatment.
BODY

NOURISHED GLOW
45 MINUTES
Reveal your smoothest, softest skin ever with this body exfoliation finishing with a deeply nourishing massage and oil application.

INCLUSIONS: Full body salt and oil exfoliation, body massage and oil application.

BODY SMOOTHER
45 MINUTES
Purify and smooth the skin’s surface to experience softness of the skin like never before. You can choose between: Bamboo Scrub or Vitamin C.

INCLUSIONS: Full body exfoliation with bamboo or vitamin C micro-particles, deeply nourishing body cream massaged into the skin.

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 re-mineralizing marine mud.

INCLUSIONS: Body exfoliation, algae or mud envelopment, scalp massage.

ULTIMATE BODY BALANCER
90 MINUTES
Restore serenity to body, mind and skin with this richly indulgent and deeply effective bespoke treatment.

INCLUSIONS: Back exfoliation and massage, purifying mask facial, scalp massage.
FACIAL

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

EXTRAS: Deep brush cleanse, skin analysis, facial exfoliation, massage and mask
PERFORMED WITH ESHA PRODUCTS

AGE DEFIYING FACIAL
90 MINUTES OR 60 MINUTES
Instantly combat the most visible signs of aging — smoothing fine lines and renewing youthful radiance to your complexion.

EXTRAS: Deep brush cleanse, skin analysis, facial exfoliation, specialized toning mask, massage, mask
PERFORMED WITH ESHA PRODUCTS

DIVINE ESSENTIALS FACIAL
75 MINUTES
This exceptional treatment is specifically designed to treat any skin type leaving your skin perfectly balanced, fresh and radiant. You can choose between: Vitamin C, Q10, Alox, New Age Sensitive

EXTRAS: Deep cleansing, skin analysis, glycolic peeling, massage, mask
PERFORMED WITH NATURAL ESSENTIALS

CELLULAR ANTI-AGING FACIAL
75 MINUTES
This restorative facial treatment that slows down the effects of time from the cellular level - instantly producing a firm, glowing skin.

EXTRAS: Deep cleansing, skin analysis, glycolic peeling, massage, two facial masks, foot massage
PERFORMED WITH NATURAL ESSENTIALS

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. This ideal treatment for immediate results prior to a special event or evening.

EXTRAS: Deep brush cleanse, skin radiance mask, age-defying crystal massage, professional lifting mask
PERFORMED WITH ESHA PRODUCTS

THE RITZ-CARLTON SPA
Bahrain

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THE MEN’S MASSAGE
90 MINUTES
The ultimate male escape. Unwind in style with this re-balancing and intensely relaxing treatment that includes a full body massage using heated stones, facial massage and a soothing scalp massage.

RELAXATION MASSAGE
90 MINUTES or 60 MINUTES
Unwind and de-stress with this aromatic body therapy. This soothing aromatherapy massage uses moderate pressure and a blend of essential oils to melt away tension.

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

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 relieve common discomforts and sports-related strain.

ACTIVITY RECOVERY
90 MINUTES
Return tight, aching muscles to peak condition with this focused, tension-relieving treatment.
 INCLUDED: Back exfoliation and massage, foot and lower leg exfoliation and massage

THE MEN’S FACIAL
60 MINUTES
Deeply cleanse, hydrate and smooth skin, leaving your complexion instantly energized.
 INCLUDED: Double cleanse, facial exfoliation, steamed and suctioned, facial massage, mask, scalp massage

POWER HOUR
60 MINUTES
Intensely invigorating, this clarifying and smoothing treatment powerfully reawakens your senses, leaving you ready for anything.
 INCLUDED: Full body salt & oil exfoliation, back massage and oil application
BEAUTY

ULTIMATE SPA MANICURE
60 MINUTES
This indulgent treatment provides long lasting results deeply nourishing products to repair, replenish and condition your nails.
includes: soak, cut and file, exfoliation, cuticle work, massage, personalized mask, polish or buff

ULTIMATE SPA PEDICURE
60 MINUTES
An intensive treatment using deeply nourishing products to repair, replenish and condition your nails depending on your individual needs.
includes: soak, nail file and shape, exfoliation, cuticle work, massage, personalized mask, polish or buff

MANICURE
60 MINUTES
Essential maintenance for hands.
includes: soak, cut and file, cuticle work, application of hand cream, polish or buff

PEDICURE
60 MINUTES
Maintain amazing results and keep nails in good condition with this conditioning treatment.
includes: soak, nail file and shape, exfoliation, cuticle work, application of body cream, polish or buff

POLISH CHANGE
15 MINUTES
includes: Polish removal, varnish application of your choice

THE MEN’S MANICURE
25 MINUTES
Essential maintenance for hands.
includes: soak, cut and file, cuticle work, application of hand cream, polish or buff

THE MEN’S PEDICURE
60 MINUTES
Maintain amazing results and keep nails in good condition with this conditioning treatment.
includes: soak, nail file and shape, exfoliation, cuticle work, application of body cream, polish or buff

THE RITZ-CARLTON SPA
Bahrain
ENHANCEMENTS

FACIAL ENHANCEMENTS
Upgrade your facial services by choosing one or more from our list of enhancements. Enhancements must be purchased with a treatment.

EYE CONTOUR
An eye care treatment that incorporates high concentrations of marine algae to improve the drainage of tears. A specialized massage activates microcirculation and combats fluid retention, diminishing puffiness and the appearance of dark circles.

HAND REVIVER
Boost any facial to reveal brighter and smoother hands with this exfoliating and nourishing enhancement.

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

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

BODY ENHANCEMENTS
Upgrade your body services by choosing one or more from our list of additions. Enhancements must be purchased with a treatment.

HOT STONE MELTER
Smooth basalt stones radiate heat deep inside the muscles to relieve tension and stress.

HAIR CONDITIONING TREATMENT
Combining the strengthening properties of Argan 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.

HAND / FOOT / BACK REVIVER
Reveal smoother skin with this invigorating and nourishing treatment that will leave hands, feet or back smooth, soft and bright.

SMOOTH & Firm BODY BUTTER
Combine the sublime benefits of a lifting and smoothing body butter with body massage oil for rich melting hydration to refine skin texture, soften and restore suppleness.
The Ritz-Carlton Spa is for guests 16 years of age or older. The Spa’s experiences and relaxation lounge are complimentary to all female Spa guests.

A credit card number is required at the time of reservation.

When making reservations, please notify the agent if you have high blood pressure, allergies, physical ailments or disabilities, or if you are pregnant. A few services should be avoided during pregnancy, but others can be enjoyed.

Our Spa environment is one of relaxation and tranquility. For this reason, please turn off cell phones and pagers. The Spa is also a smoke-free zone.

While receiving treatments, male guests are required to wear short pants. In consideration of other guests, kindly wear a bathing suit when using the Spa facilities. Lockers are available for personal items. However, if you are a guest of the resort, it is recommended you leave valuable items in the safe in your guest room.

To enhance your Spa experience, ladies should arrive 30-60 minutes before your scheduled treatment. This will allow time to relax in the relaxation room, sauna, steam rooms and Thalasso pool. Arriving late for your treatment will simply limit your treatment time, thus lessening its effectiveness and your pleasure. Your treatment will end on time so the next guest is not delayed. The full value of your treatment will be charged.

All major credit cards and travelers cheques are accepted. You may also charge Spa services to your hotel bill. Gratuities are dispersed to the Spa staff member’s that served you during your visit. Additional gratuities are at your discretion.

Spa gift certificates may be purchased and used towards Spa services or products.

Prices are quoted in Bahraini Dinars and include 10% government tax. Prices and services are subject to change.

CANCELLATION POLICY
If you must reschedule or cancel your appointment, please notify The Ritz-Carlton Spa 24 hours in advance to avoid being charged the full service fee.

HOURS OF OPERATION
Daily from 6:30 a.m. to 10 p.m. Treatment times are scheduled daily from 9 a.m. to 9 p.m.

RESERVATIONS
Please dial 6808 from your hotel room or (+973) 1758 6808 from outside the hotel.