



THE RITZ - CARLTON

BALI

RES

*An oasis of natural
healing and rejuvenation*

REJUVENATE

Harnessing the power of the sea, we create a heavenly sanctuary of renewal and relaxation. Based on time and honored traditional Balinese therapies and rituals, the signature treatments utilize two of the Indian Ocean's most natural products: seaweed & pearl. In addition to the treatment, guests can enjoy a Balinese bathing pool

EXPERIENCE

ULTIMATE REJUVENATION

180 minutes

Step into a world of tranquility and treat yourself in pure relaxation that was designed to rejuvenate your mind, body and soul. The treatment start with sauna and steam to soften the skin, continue with exfoliation session with coconut body scrub, indulge in relaxing body massage that tailor made to your specific need. Complete the treatment with facial and end the session with a fresh healthy drink.

TROPICAL MARINE PLEASURE

120 minutes

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 restores a healthy glow and leaves you calm and tranquil.

IRIDESCENT DELIGHT

120 minutes

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.

SEA COCONUT SECRET

120 minutes

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 tensionreleasing 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.

EXPERIENCE

INDIAN OCEAN RITUAL

120 minutes

Make the most of your proximity to the Indian Ocean and its natural bounty and take your treatment at one of our 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 timehonored 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

COUPLES INDULGENCE

ESCAPE TO ROMANCE

120 minutes

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 Sparkling Wine and Balinese chocolates while you relax together in a Luster Pearl Aromatic bath. Discover romance and relaxation at The Ritz-Carlton Spa.

OCEAN INDULGENCE

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90 minutes

Upgrade your full body massage experience and use one of our beach gazebos, where you can relax with the sound of the Indian Ocean and the touch of the sea breeze as you enjoy the sensational indulgence of your therapist's flowing hands bringing you optimal peace of mind.

"The sea washes away all of man's ills" Balinese proverb

MASSAGE

BALINESE OCEAN DREAM

60 minutes **OR** 90 minutes

Enjoy a taste of Bali with a traditional massage using ancient Balinese methods. This treatment eases muscle tension, calms neural pathways, encourages circulation and reduces stress making use of a combination of palm, thumb and elbow pressure and stretching. Specially blended aromatic essential oils reinstate peace of mind with their unique calming and soothing qualities.

SHINE RENEWAL

60 minutes **OR** 90 minutes

Benefit from the gorgeous luster of pearls with this uniquely designed treatment featuring a soothing massage with a combination of palm and thumb pressure 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.

SEA OF SERENITY

60 minutes **OR** 90 minutes

Bring your body back into alignment with its natural rhythm as it benefits from this soft, relaxing wave-like massage with long, sweeping movements using palm pressure 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.

MASSAGE

ISLAND SYMPHONY

90 minutes

Our Island Symphony was created inspired by the magical Balinese dance that ceaselessly captivates the imagination. Two spa artisans will perform graciously choreographed movement, perfectly in-sync, this signature massage lulls you into a deep state of relaxation through the rhythmic technique and precision to engage all senses and mesmerize you holistically.

HOT STONES THERAPY

90 minutes

This unique advanced stone therapy utilizes rejuvenating black volcanic stone ergonomically crafted to promote deep sense of relaxation. Combined with a choice essential oils to harmonize and balance your entire energy flow, your body is de-stressed, blood and lymphatic circulation are stimulated and cell metabolism is increased.

BODY

SHIMMERING PEARL POLISH

45 minutes

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, you revel in a delightful aroma that entices your senses.

MINERALIZING SEAWEED SCRUB

45 minutes

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.

OCEAN HARVEST BODY THERAPY

60 minutes

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.

BODY

FRESH & PEEL BODY PROGRAM – BISSES PURITY *by Valmont*

45 minutes

This exfoliating treatment is ideal for anyone in search of soft, satiny skin and who wants to dissolve the tension built up in the nerves and muscles. To breathe new life into the skin and restore its baby-soft texture, this comprehensive body exfoliating treatment combines the effectiveness of exfoliant particles with the gentleness of rich, nutrient-rich materials.

FIT & TONE BODY PROGRAM – PEAKS OF SLIMNESS *by Valmont*

45 minutes

This high-performance treatment targets curves and cellulite. The skin is firm and toned, the figure reshaped and the body revels in a sublimely light sensation of freshness. The massage technique working in the direction of the muscular fibers to render the body toned and slender. Proposed as a 10-session cure, this treatment will enchant any client with its innovative approach and immediate effects.

FACIAL

HYDRATION RITUAL – HYDRATION OF THE BISSES *by Valmont*

60 minutes

The Hydration of the Bisses treatment is aimed to fill the epidermis with salmon DNA and hydrating ingredients to reveal vibrant, supple, re-plumped skin. Every massage step focused on the lymphatic system with slow and gentle care to improve the fluid flow, help reduce puffiness and promote a healthier complexion.

VITALITY RITUAL – VITALITY OF THE GLACIERS *by Valmont*

60 minutes

The Vitality of the Glaciers treatment is aimed to stimulate all the skin's structures with salmon DNA and anti-aging ingredients to prepare the metamorphosis to come. This treatment revitalizes the skin by stimulating cell oxygenation and dissolving any sign of fatigue. The skin revels in newfound energy and vigor, while the complexion appears fresh and radiant.

ANTI-WRINKLE LIFTING RITUAL – LIFT FROM THE PEAKS *by Valmont*

60 minutes

The Lift from the Peaks treatment is aimed to provide an intense smoothing effect with salmon DNA and lifting x C-drone complex ingredients while alleviating stress in areas with superficial or more pronounced wrinkles. This treatment performs slow, deep massage fights wrinkles by relaxing and toning the muscles.

ENHANCEMENTS

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 30 minutes

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.

REFRESHING SEAWEED AND MINT AROMATIC SOAKING RITUAL 30 minutes

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.

EXPRESS RELIEF

BACK & NECK RELIEVER 30 minutes

This massage uses medium pressure and concentrates on the shoulder, back and neck area to relieve tension and promote relaxation.

HAND & FOOT FLOW 45 minutes

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

GUIDELINES

ARRIVAL TIME

You are encouraged to arrive 15 minutes prior to your appointment for consultation at the spa. If you would like to enjoy our wet area facilities (Steam, Sauna, Jacuzzi and Cold Plunge) beforehand, kindly bring your swimsuit and arrive 40 minutes prior to your appointment.

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.

SPA ETIQUETTE

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

GIFT VOUCHERS

Gift vouchers are available and our Day Spa programs and products are an ideal gift for someone special. Gift vouchers are non-refundable and must be presented at the 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, kindly do notify us at least six hours in advance (or three hours if same day reservation) to avoid being charged 100% from the treatment price.



THE RITZ-CARLTON

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