

# WELLNESS

Optimum wellness is supported by developing our ability to adapt well physically, mentally and spiritually to the challenges of everyday life. The Ritz-Carlton Meaningful Wellness Journeys nurture and encourage this adaptability by providing experiences and habits to build inherent resilience, strength and fortitude for Mind, Body and Skin.

## MIND

### HEAL & RENEW FACIAL

90 MINUTES

This uniquely therapeutic treatment calms both the skin and the soul with a restorative and healing journey. Using guided breathing, visualization and a soothing warm herbal poultice massage on the face, scalp, hands and feet, the spirit and the complexion are left in a wonderfully blissful state.

### THE ART OF WELLNESS MASSAGE

90 MINUTES

Bring healing and wellness to the mind, body & soul with this unique transformative treatment that creates a state of pure bliss. Guided breathing and visualization together with a deeply therapeutic Salt Stone and Rose Quartz Crystal massage releases physical tension and relaxes the mind to embrace the art of letting go.

## BODY

### WELLBEING & RESILIENCE MASSAGE

90 MINUTES

Moving your mind and body to a place of greater strength and resilience, this treatment releases muscular tension, revitalizes wellbeing, boosts energy levels and supports your immune system with a liberating blend of yogic stretching, sinus release, reflexology and deep back and scalp massage.

### BODY FORTIFYING MASSAGE

90 MINUTES

Targeting deep seated muscular pain and restoring comfort and supple movement with active stretching, this deep muscle massage uses hot stones and a fortifying oil on the neck, shoulders and back to instantly alleviate deep-seated tension and provide lasting relief so you feel a calming sense of wellbeing.

## SKIN

### RENEW & REVITALIZE RITUAL

90 MINUTES

Supporting skin's resilience and radiance, this treatment reinvigorates vitality to dull, sluggish or stressed skin by pressing reset with a combination of body brushing, exfoliation, thymus tapping and lymphatic facial massage that enhances cellular renewal and leaves skin looking healthy and vibrant.

### NATURAL RESILIENCE FACIAL

90 MINUTES

This specialized facial is the complete approach to skin health using cutting edge pre and probiotic technology combined with the same benefits of physical exercise to detoxify, invigorate, sculpt and relax. Powerful age defying techniques inspired by Japanese Kobido massage, along with cool and smooth Jade rollers that facilitate lymphatic drainage and provide results, leaving the skin firm, lifted and beautifully radiant.

# EXPERIENCE

The Ritz-Carlton Spa, Dubai has infused the traditional raw elements and essences of the ancient lands of the Southern Arabian Peninsula, which during the middle-ages was known as Arabia Felix, meaning prosperous Arabia. These experience treatments have been specially created for a uniquely tranquil journey that connects you to the heritage of the region ensuring long-lasting relaxation and rejuvenation.

### ARABIA FELIX

90 MINUTES **OR** 60 MINUTES

Arabia Felix is the ultimate feast for the senses deeply rooted in the Arabian Peninsula. Bringing together delicate regional ingredients from across seven seas including rose water, Dead Sea salt and camel milk, this ritual starts with a light foot exfoliation. The journey continues as it gently refreshes your mind and revitalizes the body with a full body massage using elements rich in minerals with calming massage oils secreted from delicately scented candles.

**INCLUDES** Foot bath, foot scrub, full body massage

### ROSE AWAKENING RITUAL

75 MINUTES

This relaxing treatment starts with a soothing rose petal foot bath, followed by a gentle back exfoliation and a firm back massage. The Rose Awakening Ritual is completed with a restoring and clarifying facial that instantly uplifts and firms the skin, giving you a healthy glow as warm rose quartz crystals are lightly massaged across the face to promote detoxification.

**INCLUDES** Foot bath, back exfoliation and massage, face cleanse, exfoliation, crystal massage

### SOUL TO SOLE

60 MINUTES

Blending the best of both world's - where a Middle Eastern city meets the tranquility of the sea, the exclusive Soul to Sole treatment begins with a foot scrub using sea salt scrub and desert sand followed by a relaxing foot massage, after which the therapist will move directly to your shoulders to deliver a tension-melting shoulder and facial massage, followed by a scalp massage using warm coconut oil.

**INCLUDES** Foot bath, foot scrub, foot, shoulder and scalp massage

# MASSAGE

## DEEP MUSCLE MASSAGE

90 MINUTES **OR** 60 MINUTES

Recharge your body with this powerful massage designed to alleviate deep-seated tension and muscular stress. Beginning with a quick warm up of tired muscles with heated stones, this treatment uses firm movements and stretching techniques concentrated on specific areas of concern to soothe common discomforts and sports related strain.

## STRESS RELIEF MASSAGE

90 MINUTES **OR** 60 MINUTES

Revive 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 bespoke treatment. This soothing aromatherapy massage uses light to moderate pressure and a blend of essential oils to melt away tension.

## BAMFORD SIGNATURE TREATMENT

90 MINUTES

Japanese shiatsu massage is used to open the body's meridians and start to unblock the energy channels. Swedish massage targets areas of concern and releases specific points of tension, and a face and Indian head massage calms the mind and increases circulation to improve the scalp and hair condition. The treatment finishes with assisted yogic breathing to oxygenate and invigorate the body.

## NATURALLY NURTURED MASSAGE

90 MINUTES **OR** 60 MINUTES

Nurture and nourish the body and skin when you need it most with this gentle, restorative and entirely tailored massage. Ideal for expectant mothers after the first trimester.

## BALINESE MASSAGE

90 MINUTES **OR** 60 MINUTES

Traditional Balinese massage techniques include acupressure, skin rolling and flicking, firm and gentle stroking, and percussion. This massage promotes relaxation and stimulates the lymphatic and circulatory systems.

## MUSCLE RECOVERY MASSAGE

90 MINUTES **OR** 60 MINUTES

Recharge your body with this powerful massage designed to alleviate tension and muscular stress. Using deep movements and stretching techniques concentrated on specific areas of concern to help relieve common discomforts and sports-related pressure.

## 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.

# BODY

## NOURISHED GLOW

60 MINUTES

Reveal your smoothest, softest skin ever with this body exfoliation, finishing with a deeply nourishing oil application and personalized back massage.

**INCLUDES** Full body salt and oil exfoliation, back massage, oil application

## ULTIMATE BODY BALANCER

90 MINUTES

Restore serenity to the body, mind and skin with this richly indulgent and highly effective bespoke treatment.

**INCLUDES** Back exfoliation and massage, custom facial, scalp massage

## C+C VITAMIN SCRUB

45 MINUTES

Get ready to glow! This body polisher is a great way to start off a vacation or give tired skin a quick boost. Vitamin C and E, along with a soft sugar exfoliant, leaves you looking radiant.

**INCLUDES** Full body scrub, body lotion application

## LIPOCELL SCULPTING

75 MINUTES

Treat stubborn cellulite with this slimming and shaping body regime targeted for up to three areas. Recommended to be undertaken in a series of three to five treatments, although results are visible after the first session. Good for lymphatic drainage and increased circulation.

**INCLUDES** Body scrub, slimming serum, massage

## AFTER SUN TREATMENT

60 MINUTES

A body wrap treatment specially designed to help nourish and hydrate irritated skin after sun exposure. Chamomile and rose are used with anti inflammatory and soothing benefits to speed up skin recovery. Face and Indian head massage is performed while wrapped in an intense hydration mask, leaving skin nourished and radiant.

**INCLUDES** Body wrap, face and head massage

# FACIAL

## CUSTOM FACIAL

90 MINUTES **OR** 60 MINUTES

Purify, hydrate, brighten and smooth your complexion with this radiance-restoring facial that is tailored to your individual needs.

**INCLUDES** Skin analysis, brush cleanse, facial exfoliation, massage, mask, scalp massage

**PERFORMED WITH ESPA PRODUCTS**

## BAMFORD REJUVENATING FACIAL

60 MINUTES

This signature facial is designed to brighten and balance the skin while providing powerful anti-aging to improve elasticity and firmness. The treatment includes deep facial massage techniques and a hot/cold stone massage to stimulate cell regeneration and to release any tension.

**INCLUDES** Facial massage, serum application, face mask, scalp massage

**PERFORMED WITH BAMFORD PRODUCTS**

## BLACK DIAMOND NON-SURGICAL FACE LIFT

90 MINUTES

### FIRM-LIFT-TIGHTEN

This powerful anti-ageing facial promotes a youthful, sculpted appearance by harnessing the power of the brand’s most potent collection – the Intensive Collection. The products are enriched with renewing and brightening actives with advanced delivery through Fine Diamond Particles and a patented NAC Y2TM formula.

**INCLUDES** Cleanse, peel, wrinkle minimizing wand massage, eye and facial mask application and scalp or hand massage

**PERFORMED WITH IISKIN PRODUCTS**

## ROSE GOLD RADIANCE FACIAL

90 MINUTES

### BRIGHT-SCULPT-SOOTHE

This treatment combines powerful properties of restoration with innovative formulas to lift, firm and sculpt your skin to renew radiance. The treatment relaxes and soothes the mind while alleviating irritation and any skin inflammation. A facial combining illuminating properties with the most innovative soothing formulas to brighten the complexion, this treatment is designed to relax the mind whilst revealing a contoured and refined appearance.

**INCLUDES** Cleanse, peel, serum and mask application, rose quartz crystal face massage

**PERFORMED WITH IISKIN PRODUCTS**

## DE-PUFFING CRYO FACIAL

75 MINUTES

### ENERGISE-REFRESH-SCULPT

A facial treatment that harnesses cryo-inspired technology and re-energising formulas to increase microcirculation and instantly diminish puffiness and fatigue. The specialized massage also instantly reduces dark circles and puffiness around the eyes, making this the ideal treatment for tired skin in need of rejuvenation.

**INCLUDES** Cleanse, serum and mask application, cooling cryo globes massage

**PERFORMED WITH IISKIN PRODUCTS**

## REPARATIVE FACIAL

90 MINUTES **OR** 60 MINUTES

### RESTORE-FORTIFY-ENHANCE

A high-performance facial with powerful antioxidants to neutralize free radical damage and repair irritated skin. Using a combination of restorative ingredients, the facial targets concerns such as dehydration, sensitivity and rosacea to leave skin looking calmer and more hydrated.

**INCLUDES** Cleanse, wrinkle minimizing massage, serum and mask application (90-minute facial also includes red light LED mask application and hand massage)

**PERFORMED WITH IISKIN PRODUCTS**

# MEN

## BAMFORD MEN’S SIGNATURE FACIAL

60 MINUTES

Especially designed for male skin using products from the Bamford Grooming Department. The treatment includes a deep cleanse and steam followed by facial reflexology to help stimulate cell regeneration; Jade hot and cold stones aid circulation, soothe and tone.

**INCLUDES** Cleanse, face massage and mask application

**PERFORMED WITH BAMFORD PRODUCTS**

## 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.

## MUSCLE RECOVERY MASSAGE

90 MINUTES **OR** 60 MINUTES

Recharge your body with this powerful massage designed to alleviate tension and muscular stress. Using deep movements and stretching techniques concentrated on specific areas of concern to help relieve common discomforts and sports-related pressure.

## RELAXATION MASSAGE

90 MINUTES **OR** 60 MINUTES

Unwind and de-stress with this aromatic bespoke treatment. This soothing aromatherapy massage uses light to moderate pressure and a blend of essential oils to melt away tension.

## STRESS RELIEF MASSAGE

90 MINUTES **OR** 60 MINUTES

Revive tired and fatigued muscles with this traditional massage using moderate to firm pressure to leave a feeling of revitalization and relaxation.

## POWER HOUR

60 MINUTES

Intensely invigorating, this clarifying and smoothing treatment powerfully reawakens your senses, leaving you ready for anything.

**INCLUDES** Full body salt and oil exfoliation, back massage

## THE MEN’S FACIAL

60 MINUTES

Deeply cleanse, hydrate and smoothen skin, leaving your complexion instantly energized.

**INCLUDES** Double cleanse, facial exfoliation, steam and extraction, facial massage, mask, scalp massage

**PERFORMED WITH ESPA PRODUCTS**

# COLLECTIONS

## DIAMOND RITUAL

180 MINUTES **OR** 90 MINUTES

Harnessing the benefits of diamond dust and rose oil this luxurious treatment leaves you feeling rejuvenated and stress-free. Complete the experience with the Diamond Life Infusion Facial; anti-aging at its best!

**90 MINUTES INCLUDES** Diamond body exfoliation, body massage

180 minute ritual also includes the Diamond Life Infusion Facial

## DETOX SLIMMER

120 MINUTES

A slimming, detoxifying and smoothing full body experience that uses technically advanced products, combined with a manual manipulation technique to stimulate the lymphatic system and support the effective elimination of toxins.

**INCLUDES** Body scrub, body wrap, slimming massage

## RELAX & DE-STRESS

120 MINUTES

Warm and cold elements realign energy and revive the most tired of souls. Skin is pampered with a Vitamin C body polish and soufflé mask, while a hot stone massage leaves you relaxed and revived.

**INCLUDES** Body exfoliation, body wrap, full body hot stone massage

# ENHANCEMENTS

## FACIAL ENHANCEMENTS

### SKIN PROBIOTICS AND PREBIOTICS

Boost any ESPA facial by using the technologically advanced Probiome™ serums and moisturizers to address the most visible signs of aging.

**PERFORMED WITH ESPA PRODUCTS**

## FACE & BODY ENHANCEMENTS

### CONDITIONING SCALP & HAIR TREATMENT

Using the strengthening properties of apricot kernel oil with a deeply relaxing scalp massage to reduce tension, condition the scalp and leave you with beautifully healthy hair.

**PERFORMED WITH ESPA PRODUCTS**

### HAND OR FOOT REVIVER

Reveal smoother skin with this exfoliating and nourishing treatment that will leave hands or feet smooth, soft and bright.

**PERFORMED WITH ESPA PRODUCTS**

## BODY ENHANCEMENTS

### HOT STONE MELTER

Smooth basalt stones radiate heat deep inside the muscles to relieve tension and stress during any massage treatment.

### BACK REVIVER

Reveal softer skin during any massage with this exfoliating and refreshing treatment that will leave the back smooth, polished and hydrated.

**PERFORMED WITH ESPA PRODUCTS**

### 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.

**PERFORMED WITH ESPA PRODUCTS**

## 111SKIN MASK ENHANCEMENTS

This express service uses 111SKIN's innovative masking technologies to deliver instant, visible results for either the eyes face, based on your specific skin requirements. Each mask is selected for you by our expert therapists and tailored to your skin's unique needs for an extra boost during your massage or body treatment.

**PERFORMED WITH 111SKIN PRODUCTS**

Upgrade your treatments by choosing one or more of our carefully created service enhancements. These treatments are available as incorporated additions to facial, body and massage services without adding additional time to the treatment. All enhancements must be booked and received with a treatment.

## HOURS OF OPERATION

Spa Reception and Facilities: 9 am to 9 pm

For more information or to make a reservation kindly contact the Spa reception on +971 4 318 6520/6521 or email [spa.dubai@ritzcarlton.com](mailto:spa.dubai@ritzcarlton.com)



**THE RITZ-CARLTON SPA**

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# GUIDELINES

### AGE RESTRICTIONS

The Ritz-Carlton Spa is an adults only sanctuary catering exclusively to guests aged 18 years and 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 24 hours advanced notice allowing us to offer the time to other guests. Cancellations made within 24 hours or who fail to arrive for scheduled appointments will be charged 50% of the 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 benefit for expectant mothers. Due to the changes occurring inside the body, we do not perform full body massages 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 cell phones be switched off or kept 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. Underwear must be worn at all times during treatments. Disposable underwear is supplied for Ladies and 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, Dubai is not responsible for any loss, damage or theft of any valuable items left unattended whether in a locker or not.

### ARRIVAL

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 make use of the plunge pools prior to your treatment we recommend you arrive no later than 30 minutes before your scheduled appointment time.

Arriving late will reduce the time of your treatment, thus lessening its effectiveness and affecting your spa journey. Your experience 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 hotel guest. All treatment prices are inclusive of service charge, any additional gratuity is entirely at your own discretion.

All prices are in AED and inclusive of all government taxes and fees.

### SPA VOUCHERS

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