



**THE RITZ - CARLTON**

RAS AL KHAIMAH, AL WADI DESERT

RAH

# ESCAPE

*“Escape to a world of relaxation and rejuvenation with our spa and wellness services – designed to soothe your body, mind and skin”*

Nestled within the picturesque confines of the Wadi Khadija nature reserve, The Ritz-Carlton Spa provides a serene oasis amid the undulating dunes that surround it. The warm and inviting interiors beautifully showcase the intricate and majestic beauty of Arabian architecture. The carefully curated wellness journeys combine mindfulness and wellness techniques to offer a holistic approach to nurturing mind, body and skin. At heart of the wellness experience is, The Rainforest that offers a serene hydrotherapy journey harmoniously blending European and Middle Eastern bathing rituals, resulting in an unparalleled experience.

# WELLNESS

## THE HEAL AND RENEW FACIAL

**90 MINUTES | AED 910**

This uniquely therapeutic treatment calms both the skin and the soul with a restorative and healing journey. Using guided breathing, visualisation 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.

## AWAKENING BAMBOO MASSAGE

**90 MINUTES | AED 910**

Channeling an uplifting, rhythmic blend of free-flowing bamboo massage movements, while alleviating deep tension from top to toe, this enlivening & healing treatment leaves the body feeling a sense of complete wellness and the mind settled in a sanctuary of calm and positivity.

## RENEW & REVITALISE RITUAL

**90 MINUTES | AED 910**

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 | AED 910**

This specialised 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, provide results, leaving the skin firm, lifted and beautifully radiant.

## WELLBEING & RESILIENCE MASSAGE

**90 MINUTES | AED 910**

Moving your mind and body to a place of greater strength and resilience, this treatment releases muscular tension, revitalises 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.

## CLEANSING BODY SCULPT TREATMENT

**120 MINUTES | AED 950**

Combining a wellness boosting detoxifying algae wrap, cleansing exfoliation and sculpting body massage to help tone and firm skin. This treatment targets areas prone to cellulite and fluid retention, stimulates circulation and smooths skins texture.

A course of treatments is recommended to maximise the effects.

# EXPERIENCE

## **WELLNESS GETAWAY**

**FULL DAY | AED 1,858**

Pamper yourself through a relaxing wellness journey with this unique experience. Relax with a mindful yoga session, a unique Rainforest Experience, a traditional bamboo massage and a natural resilience facial. Conclude your experience with a healthy lunch at Kaheela restaurant.

## **CLEANSE & RENEW**

**HALF DAY | AED 1,582**

Relax and rejuvenate with a bespoke experience that works positively on your mind, body and soul. Indulge in a calming cleansing ritual and wrap for your body followed by a relaxed massage and a hydrating facial treatment. End this soothing experience with a healthy lunch at Kaheela restaurant.

## **OASIS AL WADI**

**120 MINUTES | AED 1,145**

This Arabian-inspired ritual uses local and traditional ingredients, designed to enliven the senses while providing nourishment and hydration to the skin. Combining the warming and invigorating benefits of clove and cardamom, anti-oxidant rich oil with soothing massage techniques to deeply relax the body, hydrate the skin and rejuvenate the mind. Arabian infused foot bath, warming full body massage, hydrating body mask, scalp massage.

## **ARABIAN SAND TIDE JOURNEY**

**240 MINUTES | AED 1,950**

The journey begins with a nourishing body exfoliation and followed by algae wrap to firm and tone your skin. After cleansing, indulge to the next level of relaxation by a warm massage with the help of revolutionised Sand Tide quartz treatment table. The final touch of a customised facial addresses your skin's specific needs with your spa retreat completed with a healthy lunch in Kaheela restaurant.

Scrub-Wrap-Sand Tide Massage-Facial-Lunch.

## **ARABIAN FLOATATION JOURNEY**

**240 MINUTES | AED 1,175**

This journey takes place in our one of a kind luxury suite equipped with its own floatation pool and unique Rain Moon shower. Your journey begins with the floatation therapy in our own private therapeutic pool enriched with essential salts that relieves joint pain, calm the nerves and aids the lymphatic system to eliminate toxins from the body. Followed by the unique Rain Moon shower to revitalise and reinvigorate your skin. Then surrender to a relaxation massage with specific customised oils combined to provide the most comfortable and restful muscle therapy. Finishing with an express facial treatment tailored to your skin type and needs culminating with a healthy lunch at Kaheela restaurant.

Floatation-Shower-Relaxation Massage-Facial-Lunch.

# MASSAGE

## **DEEP MUSCLE MASSAGE**

**90 MINUTES | AED 785 OR 60 MINUTES | AED 615**

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 help relieve common discomforts and sports related tension.

## **STRESS RELIEF MASSAGE**

**90 MINUTES | AED 827 OR 60 MINUTES | AED 636**

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

## **RELAXATION MASSAGE**

**90 MINUTES | AED 785 OR 60 MINUTES | AED 615**

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.

## **DESERT STONE MASSAGE**

**90 MINUTES | AED 870 OR 60 MINUTES | AED 721**

A therapeutic and rejuvenating massage using warm volcanic stones and a moderate to deep pressure to intensely soothe tired, aching muscles and aid relaxation.

## **LOMI LOMI MASSAGE**

**90 MINUTES | AED 785 OR 60 MINUTES | AED 615**

Originating from Hawaii, this is a deeply revitalising massage that combines rhythmical grace with aromatic oils, to enhance inner spirituality, ease tension and loosen stressed muscles, leaving the entire body totally relaxed and refreshed.

## **NATURALLY NURTURED MASSAGE**

**90 MINUTES | AED 785 OR 60 MINUTES | AED 615**

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

## **THAI FUSION MASSAGE**

**90 MINUTES | AED 785 OR 60 MINUTES | AED 615**

This fusion massage blends subtle stretching with rhythmic massaging and compressions to stimulate energy flow.

Using traditional Thai techniques, including deep palm strokes on the back with delicate stretching.

## **THERAGUN TOTAL BODY REBOOT**

**30 MINUTES**

This massage focuses to energies your body by restoring flexibility and freedom to muscles and joints. Theragun Percussive Therapy is a specialised deep muscle massage that delivers a deep and effective treatment with a long-lasting results.

# BODY

**NOURISHED GLOW**  
**60 MINUTES | AED 679**

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

Includes full body salt and oil exfoliation and back massage.

**ULTIMATE BODY BALANCER**  
**90 MINUTES | AED 827**

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

Includes back exfoliation and massage, custom facial and scalp massage.

**HYDRAFACIAL KERAVIV SCALP TREATMENT**  
**30 MINUTES | AED 1,500**

This unique treatment is designed to cleanse, stimulate, and hydrate your scalp for fuller and healthier-looking hair.

A 30-day Scalp Health Spray is included in this treatment for the ultimate benefits.

# FACIAL

## **CUSTOM FACIAL**

**90 MINUTES | AED 806 OR 60 MINUTES | AED 594**

Purify, hydrate, brighten and smooth your complexion with this tailored radiance-restoring facial.

Includes brush cleanse, skin analysis, facial exfoliation, mask and scalp massage.

## **ULTIMATE RADIANCE & RENEWAL FACIAL**

**90 MINUTES | AED 870**

Restore skin's vitality and reveal a bright, smooth and radiantly youthful complexion.

Includes brush cleanse, skin radiance mask, scalp & age-defying crystal massage and lifting mask performed with ESPA products.

## **AGE DEFYING FACIAL**

**90 MINUTES | AED 870 OR 60 MINUTES | AED 636**

Instantly combat the most visible signs of skin aging - smoothing fine lines and reviving youthful radiance.

Includes brush cleanse, skin analysis, facial exfoliation, specialised toning facial massage, mask and scalp massage.

# LADIES

## **AWAKENING BAMBOO MASSAGE 90 MINUTES | AED 910**

Experience the ultimate of rejuvenation, with channeling and uplifting rhythmic blend of free-flowing bamboo massage movements, to alleviate the deep tension from top to toe. Using the power of ESPA Energizing Oil, this transformative treatment combines the soothing properties of breath work and visualisation with the invigorating touch of warm Bamboo Sticks. As you surrender to the tranquil atmosphere, the massage strokes enliven and heal, leaving the body feeling a sense of complete wellness and the mind settled in a sanctuary of calm and positivity.

## **HEAL & RENEW FACIAL 90 MINUTES | AED 910**

Indulge in a oasis of restoration for your skin and soul, harnessing the power of ESPA Age-defying ProBiome Serum, Eye cream, and moisturiser. Prepare to be transported to a state of deep relaxation as you engage in breath work and visualisation, in the soothing embrace of Warm Herbal Poultice Massage. To further enhance your experience, a delicate touch of rose quartz is applied to your face, calming and relaxing your skin, resulting in a wonderful outer complexion and a blissful inner transition.

## **WELLBEING & RESILIENCE MASSAGE 90 MINUTES | AED 910**

Moving your mind and body to a place of greater strength and resilience with Foot Massage, Head, Shoulder, Back & Scalp Massage. This treatment is specifically curated to release muscular tension, revitalise your overall wellbeing, boost your energy levels, and provide support to your immune system. This liberating massage incorporates elements of yogic stretching, sinus release and reflexology, with each movement designed to unlock your body's natural healing powers and ignite a renewed sense of vitality.

## **CLEANSING BODY SCULPT TREATMENT 120 MINUTES | AED 950**

Combining wellness-boosting preparations to sculpt, tone, and firm the skin. Begin with the ESPA Skin brush, gently exfoliating to remove dead skin cells. Proceed to immerse yourself in the sensory delight of our revitalising Salt Scrub, sweeping away impurities. Feel the refreshing sensation of icy mitts, awakening your senses and invigorating your being. Conclude with our Detoxifying Algae Wrap, drawing out impurities and promoting a renewed sense of balance. This treatment targets cellulite-prone areas, stimulates circulation, and smooths skin texture. A course of treatments maximises effects.

## **RENEW & REVITALISE RITUAL 90 MINUTES | AED 910**

A revitalising renewal journey that breathes new life into dull, sluggish, or stressed skin with the potent benefits of ESPA Age-defying ProBiome Serum, Eye cream, and moisturiser. Begin with a combination of body brushing, exfoliation and proceed to thymus tapping, and lymphatic facial massage. This holistic approach presses the reset button, invigorating vitality and promoting a healthy glow from within. Schedule your treatment at least once every three weeks to enhance cellular renewal, leaving your skin looking healthy and vibrant.

## **NATURAL RESILIENCE FACIAL 90 MINUTES | AED 910**

This specialised facial utilises cutting-edge pre and probiotic technology to detoxify, invigorate, sculpt, and relax your skin. Indulge in the transformative benefits of our Lifting Facial Massage, inspired by the Japanese Kobido technique. Using cool and smooth Jade rollers, this powerful age-defying massage facilitates lymphatic drainage and provides remarkable results. Feel your skin becoming firmer, lifted, and beautifully radiant under the expert touch of our therapists. This holistic approach combines the benefits of advanced skincare technology with the rejuvenating effects of physical exercise for natural resilience.



# GENTLEMEN

## **THE MEN'S MASSAGE**

**90 MINUTES | AED 785**

The ultimate male escape. Unwind in style with this rebalancing 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 | AED 785 OR 60 MINUTES | AED 615**

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 help relieve common discomforts and sports related tension.

## **POWER HOUR**

**60 MINUTES | AED 636**

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

Includes full body salt & oil exfoliation and back massage.

## **THE MEN'S FACIAL**

**60 MINUTES | AED 615**

Deeply cleanse, hydrate and smooth skin, leaving your complexion instantly energised.

Includes double cleanse, facial exfoliation, massage, mask and scalp massage performed with ESPA products.

# TREATMENT ENHANCERS

**HAND, FOOT OR BACK REVIVER  
ENHANCEMENT INCLUDED IN  
TREATMENT TIME | AED 117**

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

**SMOOTH & FIRM BODY BUTTER  
ENHANCEMENT INCLUDED IN  
TREATMENT TIME | AED 117**

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.

**DESERT STONE MELTER  
ENHANCEMENT INCLUDED IN  
TREATMENT TIME | AED 159**

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

**THERAGUN BOOST  
30 MINUTES | AED 117**

Enhances your massage benefits with a deeper muscle treatment using Theragun Percussive Therapy. Targeting the key trigger points to relieve tension. Improves range of motion while transforming the body into a state of deep relaxation.

**SCALP & HAIR CONDITIONING TREATMENT  
30 MINUTES | AED 117**

Using the strengthening properties of Vitamin C rich watercress and red clay with a deeply relaxing scalp massage to reduce tension, condition the scalp and leave you with beautiful healthy hair.

Some of the above treatment are enhancer treatments meaning times can vary depending on specific treatment requirements per person, or as inclusions on treatment programmes.

# SPA DAYS

## WELLNESS (SPA DAYS)

Discover a journey of wellness at The Ritz-Carlton Spa, where ancient wisdom and modern indulgences come together to provide a haven of tranquility and rejuvenation. Our wellness packages are designed to offer a truly transformative experience, tailored to your unique needs and preferences. Through a holistic screening process, we will create a personalised itinerary that will help you reconnect with your inner self and discover a renewed, more rejuvenated version of yourself. Whether you are looking to relax, reinvigorate or recover, our wellness journey offers the perfect escape from the stresses of daily life. Our half and full day packages, will assist you to feel refreshed, reawakened and ready to take on the world.

Relax and rejuvenate with a bespoke experience that works positively on your mind, body and soul for either a half or full day. Alternatively, a bespoke experience can be curated just for you.

## WELLNESS (HALF DAY) - CLEANSE & RENEW 240 MINUTES (4 HOURS), FROM 10 A.M. AED 1,582 PER PERSON

This bespoke experience works positively on your mind, body and soul.

- Body Cleansing Ritual with Salt Scrub (30 minutes)
- Body Nourishing Wrap (30 minutes)
- Relaxation Massage (90 minutes)
- Cleanse & Hydrate Express Facial (30 minutes)
- Lunch at Kaheela Restaurant

## WELLNESS (FULL DAY) - WELLNESS GETAWAY 360 MINUTES (6 HOURS) FROM 10 A.M. AED 1,858 PER PERSON

This bespoke experience works positively on your mind, body and soul.

- Yoga session (50 minutes)
- Hydrothermal Journey (60 minutes)
- Awakening Bamboo Massage (90 minutes)
- Natural Resilience Facial (90 minutes)
- Lunch at Kaheela Restaurant

# YOGA

Discover a range of private and group yoga classes, tailored to relax your body and mind. Our professional wellness instructors cater to each guest's requirements with spiritual, mental, and physical practices to enhance your well-being during your stay.

## **POWER YOGA**

Indulge in fitness-driven, vigorous power yoga sessions closely modeled on the Ashtanga method. These classes blend mindfulness practices with athleticism, flexibility, and strength, allowing you to feel centered and strong. Available for beginners and advanced students alike, these classes allow people of all skill levels to feel refreshed and fit during their stay.

## **YIN YOGA**

Engage your core and practice strength with Yin Yoga, where instructors guide students on intensive, prolonged yoga routines with poses held for between 3 to 10 minutes. This ancient yoga practice allows you to feel at one with your body and mind while improving flexibility and stretching skills.

## **VINYASA YOGA**

Unite breath with movement through a seamless sequence of postures and movements at Falcon Deck in our outdoor yoga sessions. Our Vinyasa Yoga classes aim to balance your body, and through varied, contemporary positions, enable participants to release tightness, gain strength, balance the body, and focus the mind. This type of yoga is faster-paced and more athletic than traditional Hatha yoga.

## **HATHA YOGA**

Stretch, unwind, and release tension with Hatha Yoga. Postures are held for an extended period to ensure proper alignment, ideal to build strength and flexibility. All levels are welcome to join these classes.

## **YOGA NIDRA**

Experience an ancient guided meditation technique that systematically induces complete physical, mental, and emotional relaxation as attention is drawn inwards. Yoga Nidra helps your body find its natural state of equilibrium, and no previous experience is required to participate.

## **PRANAYAMA**

Personalised and private Pranayama sessions are available in a location of your choice, whether it is in your villa, sand dunes, or spa garden. Please note that advanced bookings are required, and no previous experience is required to participate.

# GUIDELINES

To enjoy your spa experience fully, please familiarise yourself with the spa guidelines

## RESERVATIONS

Advanced booking prior to your arrival is recommended to secure your preferred date and time of treatment. Credit card number is required at the time of booking. Prices are subject to service charge and taxes.

Kindly note that all spa treatments include an additional 30 minutes relaxing time, which comprises of a welcome footbath and post-treatment refreshments and relaxation. Enjoy the difference.

## ETIQUETTE

To ensure that guests can enjoy the peaceful sanctuary of The Ritz-Carlton Spa, we respectfully request that all visitors keep noise level to a minimum. Cellular phones and electronic devices are discouraged.

## ARRIVAL

Please check-in at the spa reception at least 15 minutes prior to your scheduled appointment to avoid reduced treatment times. If you wish to use the hydrothermal facilities, it is recommended the Rainforest Experience is booked a minimum of 60 minutes prior to your scheduled spa treatment. Swimwear is required to be worn at a times in the hydrotherapy facilities.

## SPECIAL CONSIDERATION

Guests who have high blood pressure, heart conditions, are pregnant or have any other medical complications are advised to consult their doctors before signing up for any spa services. Kindly inform your spa therapist of any existing medical conditions.

## SMOKING AND ALCOHOL

Smoking and consumption of alcohol within the spa is prohibited.

## VALUABLES

An electronic safe for valuables is provided in the treatment pavilions, but we recommend that no jewellery is worn at the spa. The management and employees accept no responsibility for the loss of money or valuables of any kind brought into the spa premises.

## CANCELLATION POLICY

If you must reschedule or cancel your appointment, please notify the spa at least 24 hours in advance of your appointment to avoid being charged the full-service fee. Cancellations of packages or private parties require one weeks notice.

## REFUND POLICY

Treatment packages and spa pre-payment are non-refundable, non-transferable or non-exchangeable.

## PAYMENT

We accept cash and all major credit cards. All prices are quoted in UAE Dirhams and are subject to service charge and taxes. Prices are subject to change without prior notice.

## DISCLAIMER

The spa treatments, services and/or facilities received or utilised at The Ritz-Carlton Spa are intended for general purposes only and are not intended to be a substitute for professional medical treatment for any condition, medical or otherwise, that guests may have. Guests will fully indemnify and hold harmless The Ritz-Carlton Ras Al Khaimah, Al Wadi Desert, its holding company(ies), affiliates, subsidiaries, representatives, agents, employees and suppliers, from and against all liabilities, claims, expenses, damages and losses, including legal fees (on an indemnity basis), arising out of or in connection with the spa treatments, services and/or facilities.

## OPENING HOURS

Wellness journeys: 10 a.m. to 8 p.m.  
Rainforest: 10 a.m. to 8 p.m.

Any additional gratuity is entirely at your own discretion.

**For more information or to make a reservation, kindly contact the spa reception team by dialing +971 7 206 7777 or email [rc.rktrw.spa@ritzcarton.com](mailto:rc.rktrw.spa@ritzcarton.com)**

**In-house guests may contact the spa by dialing 5705/5706 from their villa.**




## THE RITZ-CARLTON SPA

RAS AL KHAIMAH, AL WADI DESERT

P.O. BOX 35288, AL MAZRAA, WADI KHADIJA, RAS AL KHAIMAH, UNITED ARAB EMIRATES

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