

AL WADI DESERT, RAS AL KHAIMAH

A RITZ-CARLTON PARTNER HOTEL

PLEASE TAKE A MOMENT TO READ THIS

Etiquette: To ensure that guests can enjoy the peaceful sanctuary of Al Wadi Spa, we respectfully request that all visitors keep noise to a minimum. Cellular phones and electronic devices are discouraged.

Reservations: Advanced booking prior to your arrival is recommended to secure your preferred date and time of treatment. A credit card number is required at the time of booking.

Check In: Please check in at the spa reception at least 15 minutes prior to your scheduled appointment to avoid reduced treatment times.

Spa Treatment Hours: The Spa opens from 10:00 am to 10:30 pm and the last treatment finishes at 10:30pm. Selected in-villa spa treatments are not available.

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: A box for valuables is provided in the treatment pavilions and rooms, but we recommend that no jewellery be worn at the Spa. The management and staff accept no responsibility for the loss of money or valuables of any kind brought into the spa premises.

Cancellation Policy: A 24-hour cancellation notice is required to help us reschedule your appointment, subject to space availability. Any cancellation with less than 4 hours' notice will incur a 50% cancellation fee. Full charges will be imposed for a "no-show".

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 10% Service Charge. Prices are subject to change without prior notice.

Disclaimer: The spa treatments, services and/or facilities received or utilised at Al Wadi Spa Ras Al Khaimah A-Ritz Carlton partner Resort 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 Al Wadi Spa Ras Al Khaimah A-Ritz Carlton partner Resort, its holding company(ies), affiliates, subsidiaries, representatives, agents, staff 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:

Al Wadi Spa Treatments:	1000 to 2230 hrs
Al Wadi Rainforest Facilities:	0900 to 2000 hrs
Al Wadi Rainforest Ladies Session:	1100 to 1230 hrs (1 st session) 1700 to 1830 hrs (2 nd session)
Yoga sessions:	0900 to 1800 hrs (Except Wednesdays)

Kindly note that all Spa treatments have an additional 30-minute Calm Time, which comprises a welcome footbath and post-treatment refreshments & relaxation. Enjoy the difference.
Prices are subject to prevailing 10% service charge

THE AL WADI INDULGENCES

The Al Wadi Spa presents the ultimate spa experience, featuring holistic signature treatments for complete physical, mental and spiritual renewal.

Royal Wadi 150-minute treatment **AED1,200+**

Relieve your sun tanned skin as the cooling Aloe Lavender Healer is being smoothed all over your body. A delicate body scrub consisting of green apple, cucumber and white sesame follows to remove dead skin cells and nourish the tender skin. Complete the indulgent experience with a Relaxing Massage and a Jade Face Massage.

The 150-minute treatment includes:

Aloe Lavender Healer • Apple Cucumber Refresher • Relaxing Massage • Jade Face Massage

Al Wadi Retreat 210-minute treatment and lunch **AED 1,400+**

The Rainforest Experience 90 minutes
Choice of Body Massages 90 minutes
Mini Facial 30 minutes

Lunch at Al Waha Restaurant

Al Wadi Pampering Day 330-minute treatment and lunch **AED 2,000+**

For a full day of pampering and care-free indulgence, Al Wadi Day features signature therapies for complete top to toe renewal. Besides luxurious spa treatments, a sumptuous yet healthy spa cuisine lunch complements the wellness experience.

Morning

Choice of Body Scrubs 30 minutes
Choice of Body Massages 90 minutes
The Rainforest Experience 90 minutes

Lunch at Al Waha Restaurant

Afternoon

Choice of Facials 60 minutes
Foot Massage 60 minutes

THE AL WADI RITUALS

The Al Wadi Rituals feature unique treatments that enliven ancient traditions and balance mind and soul.

Egyptian Rituals 150-minute treatment & 30-minute refreshments and relaxation **AED 1,200+**

This treatment revives the beauty secrets of Egyptian queens. Awaken your body with an invigorating Honey Oatmeal Brightener and a nourishing Aloe Avocado Soother. Complete the pampering with a massage that restores body balance and a soak in the relaxing Honey Milk Bath, inspired by the most ancient beauty tradition from Egypt.

150-minute treatment includes:

Aloe Avocado Soother • Honey Oatmeal Brightener • Aroma Therapy massage • Honey Milk Bath

Javanese Rituals 150-minute treatment & 30-minute refreshments and relaxation **AED 1,200+**

Often described as the 'queen' of body treatments, the Javanese Rituals has been practised in the palaces of Central Java since the 17th century and is used by Javanese brides as a purifying ritual before marriage. The imperial top to toe treatment will leave you radiant and glowing.

150-minute treatment includes:

Balinese Massage • Turmeric Ginger Purifier • Yoghurt Body Splash • Creamy Honey Enhancer • Floral Bath

Restful Balance 150-minute treatment & 30-minute refreshment and relaxation **AED 1,200+**

Soothe the tension from your head and calm your mind with a combination of massages and the soothing Shirodhara treatment, extracted from Ayurveda therapy, in which warm oil is poured on your forehead. The name comes from the Sanskrit words shiro (head) and dhara (flow). The treatments improve blood circulation to your head, neck and shoulders, while bringing relief to eye strains and tension headache. The special oil used for these treatments has a calming effect on the body. Your skin is cleansed and smoothed with the Lepanam, where a traditional recipe is prepared and applied to the skin before the cleansing Steam Bath.

120-minute treatment includes:

Chakra Head Massage • Ayurvedic Massage • Shirodhara • Lepanam • Steam Bath

Thai Herbal Pouch 150-minute treatment & 30-minute refreshments and relaxation **AED 1,100+**

A warm Herbal Pouch, consisting of lemongrass, clove powder and coriander seeds, is pressed against the tired body to stimulate blood circulation and relieve aches. A traditional Thai Classic Massage follows to promote deep relaxation while improving flexibility.

150-minute treatment includes:

Steam bath • Herbal Pouch • Thai Classic Massage

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Total 90/120-minute treatment **AED 750+/900+**
Rejuvenation

Select from a choice of body scrubs, carefully concocted and freshly prepared, harnessing the natural benefits of locally sourced ingredients. Each body scrub presents unique benefits to suit different skin types. Emerge with smoother skin after the body scrub and choose from a selection of body massages to complete the rejuvenating experience.

90/120-minute treatment includes:

Choice of body scrubs • Choice of 60min/90min body massages (except hot stone)

Body Scrubs

Barley Green Tea Brightener – For All Skin Types **AED 250+**

Energise yourself with this soothing medley of barley, green tea and honey which nourishes and protects the skin.

Soya Protein Brightener – For All Skin Types **AED 250+**

Rich in Vitamin C and proteins, this body scrub nourishes and softens your skin leaving it silky smooth.

Turmeric Honey Cleanser – For All Skin Types **AED 250+**

Renowned for its healing and cleansing properties, turmeric mixed with honey, tamarind and sesame seeds make this a highly refreshing body scrub.

Citrus Refresher – For Oily Skin **AED 250+**

A zesty body scrub ideal for oily skin, it is rich in Vitamin C to cleanse and refresh your skin.

Lemongrass Turmeric Cleanser – For All Skin Types **AED 250+**

Experience an exceptional glow with this body scrub, concocted with turmeric powder and fresh lemongrass. Turmeric brings out the radiance of the skin, while lemongrass helps to improve blood circulation.

Bath

Therapeutic herbal bath

Apple green tea bath

Honey milk bath

Floral bath

MASSAGES

Balinese 60-minute/90-minute treatment **AED 500+/650+**

A medium to strong 60- or 90-minute deep tissue massage where the therapist uses thumb and palm pressure and firm strokes to stimulate blood circulation, improve energy flow and relieve tension.

Hot Stones 90-minute treatment **AED 750+**

A 90-minute massage where heated stones are soothingly massaged over your body. It is beneficial for smoother flow of "qi" and discharge of toxins from your system.

Lomi Lomi 60-minute/90-minute treatment **AED 500+/650+**

Originating from Hawaii, this is a deeply revitalising massage. Our therapist uses full body techniques, applied with rhythmic grace using thumbs, palms and elbows. The 60- or 90-minute massage, eases and loosens stressed muscles leaving the entire body totally relaxed and refreshed.

Sports 60-minute/90-minute treatment **AED 500+/650+**

A medium to strong pressure 60- or 90-minute massage that uses intense strokes to improve and tone muscles for better mobility and flexibility.

Swedish 60-minute/90-minute treatment **AED 500+/650+**

A distinctly-European, full body massage that stimulates blood circulation and soothes tense muscles. Medium in pressure, this 60- or 90-minute massage uses a combination of three basic strokes, comprising long firm strokes, kneading strokes and small circular strokes, to relieve stress, to enhance inner spirituality.

Motherhood 60-minute/90-minute treatment **AED 500+/650+**
(For pregnancy)

When a gentle touch is called for, this 60- or 90-minute massage is the ideal choice for the care and attention it provides, without compromising on effectiveness and soothing results.

Thai Classic 60-minute/90-minute treatment **AED 500+/650+**

This classic 60- or 90-minute massage blends subtle stretching with rhythmic massaging and compressions to stimulate energy flow. The therapist uses traditional Thai techniques, applying deep palm strokes on the back with delicate stretching - the perfect combination to promote deep relaxation while improving flexibility.

INSTANT MESSAGES

Al Wadi Spa features an indulgent array of massages, each designed to soothe the body and release muscle tension through the healing touch of our professionally trained therapists. Emerge from each massage completely relaxed and rejuvenated.

Back Massage 30-minute treatment **AED 300+**

For those who spend long hours working at the desk or encounter backaches, this 30-minute massage serves as the perfect relief to iron out the tension and pain. Warm Sesame Oil is used in this massage for its soothing and moisturising properties.

**Relaxing Foot
Massage** 30-minute treatment **AED 300+**

A relaxing 30-minute foot massage, with the use of Sesame Oil, concentrating on the pressure points of the foot to help rejuvenate tired, painful muscles from your soles to the tips of your toes.

**Head &
Shoulders
Massage** 30-minute treatment **AED 300+**

Feel the tension and stiffness of the neck and shoulders melt away with this invigorating 30-minute massage that targets tension hot-spots of the neck and shoulders while the head massage alleviates stress and calm your senses.

FACIALS

Indulge in our revitalising facial treatments that leave your skin glowing with refreshed vitality. Each facial includes a Head, Neck & Shoulders Massage to surround you in a state of total bliss.

Revitaliser 90-minute treatment **AED 1,000+**
Revitalises and Smoothens Fine Lines

This is the ultimate facial indulgence to reduce fine lines and restore luminosity to the skin. A gentle peel containing Glycolic and AHA is applied before a triple facial massage is performed to revitalise and deeply hydrate the skin. A double mask to lighten pigmentation completes the ritual.

Anti-Oxidant 60-minute treatment **AED 850+**
Restores Suppleness and Infuses Skin with Vital Anti-Oxidants

A revitalising anti-oxidant facial that deeply focuses on protecting the skin from environmental pollutants while providing exceptional firmness. The experience begins with a gentle exfoliation using the Vitamin C micro-granulated scrub before an application of an anti-ageing concentrated pure Vitamin C serum for maximum hydration. A massage with Vitamin C cream enhances clarity and a restoring mask locks in the moisture for an instant glow.

Soothing 60-minute treatment **AED 850+**
Nurtures, Soothes and Refreshes

Suitable for the most delicate skin, this hypoallergenic and paraben-free facial effectively nourishes, stimulates, and calms irritated skin with a Tolerance Recovery Cream containing peptide complex. The soothing mask, infused with floral and green tea extracts, balances the skin tone. Complete this unique experience with a light ultra-hydrating fluid which leaves the skin glowing and refreshed.

Renewal 60-minute treatment **AED 850+**
Promotes Skin Renewal and Reduces Fine Lines

Experience an instant glow with firmer-looking skin after this facial. A rich, nourishing moisturiser containing isoflavones is applied to the face to promote the improvement of skin collagen and renewal of skin cells. A revitalising and firming mask completes the experience.

Radiant 60-minute treatment **AED 850+**
Lightens Pigmentation and Dark Spots

A blissful treat to the face, this facial encourages the oxygen intake of the skin to restore radiance and effectively lighten pigmentation and dark spots. An Oxygen Firming Mask helps to alleviate fatigue and stressed skin, bringing about a clearer and radiant-looking complexion.

THE RAINFOREST

The Rainforest is a complete hydrothermal experience combining the best of European spa and hydrothermal therapy with time-honoured Asian wellness philosophy to create a calming haven dedicated for holistic rejuvenation. With a trail of 16 state-of-the-art hydrothermal therapies and facilities, each designed to soothe and revitalise different parts of your body.

60-minute experience

AED 200+

Affusion Showers

Tantalise your senses with varied rain shower experiences, including a warm **Summer Storm**, a cold **Arctic Mist** and a **Tropical Rainbow** alongside vivid lighting effects. These showers are designed to increase or reduce body temperature, making them a good complement between the different hydrothermal treatments and bringing the showering experience to a whole new level.

Aroma Steam

Feel your tension melt away in these two aromatic steam chambers, each offering an unique scent. With a high temperature, heavy perspiration is induced which in turn promotes body detoxification. Your immune system also receives a boost as circulation improves.

Brine Cavern

The combination of steam and salt is the ideal remedy that opens up the nasal passage. The body temperature gradually increases, to gently strengthen the circulatory system and initiate a purifying process.

Bucket Drench Shower

Brace yourself for the Bucket Drench Shower experience as the sudden change in temperature closes the pores of the skin to improve its tone and clarity. Try this age-old unique hydrotherapy as one is drenched from head to toe with a massive amount of water falling from a bucket feature. An invigorating experience!

Grotto Steam

This is an ideal introduction for your first detoxifying treatment. High humidity steam gently warms the body to stimulate the blood circulation while your mind slowly relaxes as the therapeutic aroma infuses the cabin.

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Hamмам

Steeped in rich Middle Eastern bath ritual traditions for body cleansing and purification, the Hammam features four individual cabins, as well as a shower and a bubbling jet pool to refresh the senses.

Herbal Sauna

Be soothed by the aromatic essence of dried herbs and flowers in this warm, comforting chamber. Graduating soothing lights adds to this multi-sensory hydrothermal treatment.

Ice Igloo

Awaken the senses with a cold rub-down with ice crystals or a rain shower. This unique and refreshing experience helps boost one's blood circulation. Rub fresh ice on your body to tighten your skin while enhancing your circulatory system. Recommended for those who wish to address a specific cellulite-prone area.

Nature's Glow and Touch

A rejuvenating salt scrub ritual in a soothing aromatic environment to exfoliate dead skin for increased circulation and cell renewal. This process will leave your skin feeling soft and prepare your body for the next hydrothermal treatment.

Rain Walk

Surrender yourself to an invigorating Rain Walk and be caressed with a generous shower of warm water to cleanse your body before continuing your journey of The Rainforest.

Sauna

Feel your tension melting away in this dry chamber. With a high temperature, heavy perspiration is induced which in turn promotes body detoxification. Your immune system also receives a boost as circulation improves.

Sole Therapy

Treat your feet and calf muscles to the delightful sole therapy that helps to soothe aches and pains, bringing the bounce back to your steps. It promotes a healthy sole with two tingling foot spas – the pebbled pond feature combines the rejuvenating effects of alternating cold and hot hydrotherapy while the cross-current walk feature is ideal for a light sole exercise.

Tropical Rain Shower

This state-of-art hydrotherapy facility combines scent, lighting and varying water temperatures for a heightened shower experience.

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Vitality Pool

Water jets are used for the treatment of stress, to soothe tense muscles and improve blood circulation, working like a soft acupressure massage all over the body to calm and relax the body.

The Vitality Pool consists of six different acupressure jet stations:

- **Hydro Massage Lounger**
- **Hydro Massage Jets for Upper Body**
- **Hydro Massage Jets for Lower Body**
- **Relaxing Foot Spa**
- **Waterfalls for Neck & Shoulders**
- **Body Massager**

A Guide to The Rainforest

The most important rule of thermal bathing is to allow time for your body temperature to cool and normalise after using a warm hydrothermal experience. Body cooling can be accelerated by using the various showers and the Ice Igloo. Please proceed through The Rainforest according to the map sequence for optimal benefits.

A period of passive relaxation on a lounger is always recommended to complete the therapeutic process. The greatest benefits are achieved when the guests adhere to these rules and guidance from your Spa Host.

**Children under 18 years are not permitted to use the hydrothermal facility at the Rainforest.*

**Guests are advised to bring their own swimwear to The Rainforest.*

Special Considerations:

Guests who are pregnant, have high blood pressure, heart problem or any other health and medical conditions are advised to consult their doctors before signing up for any spa services. Please notify the spa therapist of any of your specific health or medical.

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CLASS DESCRIPTIONS

BEGINNER'S YOGA

Basic Yoga: **60 minutes** **AED 100+**

This session, perfect for beginners, begins with basic Pranayama (breathing) techniques to calm the mind and simple stretching to ease the bodily tension in the joints and muscles. It can enhance the mind and body, leading to inner peace.

Sunrise & Sunset Yoga: **60 minutes** **AED 120+**

Energising the body, mind and spirit, Sunrise Yoga is conducted in a sequence of yoga postures performed as one continuous exercise. The session starts off slow and builds speed to create a fast flow. This graceful sequence is also known as "Sun Salutation Yoga".

Sunset yoga combines meditative and yoga postures with different relaxation techniques. Meditation provides your mind with a method of focus to keep you in the present. Meditation includes:

- **Om Meditation** - Om meditation is one of the mantra meditation. Mantra repetition helps to maintain a blank state of mind. By chanting the mantra, it helps to tune the mind.
- **Yoga Nidra Meditation** - Yoga Nidra sometimes known as 'Yogic sleep', is a state of deep relaxation in which you intentionally enter the stillness of deep sleep, yet paradoxically remain awake in a state of supreme stillness and insight. This process of awareness is extremely beneficial, both for releasing stress, and for experiencing the joy of subtler spiritual explorations or experiences.

ADVANCE / INTERMEDIATE YOGA

Hatha Yoga **90 minutes** **AED 120+**

Hatha Yoga is based on classic and ancient practices introduced in the 15th century India. It encourages proper alignment of the body and calming of the mind through relaxation and meditation. A combination of different postures (asanas) with controlled breathing exercises to bring a sense of balance and strength.

Ashtanga Yoga **60 minutes** **AED 120+**

This method of Yoga involves synchronised breathing with a progressive series of postures. The purpose is to create heat in the body which leads to purifying perspiration that detoxifies internal organs and removes body toxins. The result is improved circulation, a light and strong body and a calm mind.

Meditation and Relaxing Yoga: **60 minutes** **AED 120+**

The practice combines meditative and yoga postures with different relaxation and breathing techniques. Meditation calms your mind and provides inner peace. The meditation includes Om meditation, So Ham meditation, Yoga Nidra meditation and relaxing breathing techniques.

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SPECIAL YOGA

Prenatal Yoga: 60 minutes AED 120+

It is advised to begin prenatal yoga after your 1st trimester. Yoga can help increase your overall comfort and also ease many discomforts of pregnancy such as nausea, constipation, varicose veins, swelling, and back pain. It will also concentrate on deep breathing techniques to support the birthing process.

Postnatal Yoga: 60 minutes AED 120+

Postnatal Yoga class is an excellent way to support the body's recovery after birth. It is recommended 1 month after normal delivery, or 3 months after caesarian. Classes will focus on rebuilding strength in the abdomen, back, and pelvic muscles, relaxation, and toning.

Weight Reduction Yoga: 60 minutes AED 120+

In this class, you will learn special yogic postures, breathing exercises, mudras and yogic techniques designed to tone your body and enhance metabolism in a natural way. It helps to improve your physical well-being, and decrease your stress levels. These are physical and mental benefits of yoga for weight loss.

Yoga for Sportsman: 60 minutes AED 120+

This Yoga class improves and complements the performance of an athlete. The yogic techniques increases the flexibility of the muscles thus helpful in preventing injuries or stress on the muscles. Yoga postures tones, stretches, strengthens the body and also boosts the immune system.

Therapeutic Yoga: 60 minutes AED 120+

Therapeutic Yoga blends restorative yoga, gentle yoga, breath-work and guided meditation techniques combined in a way that it is beneficial for those who needed a gentle yet effective for bringing the body into balance and reducing stress.

PEACE OF MIND IS HAPPINESS

YOGA SHOWS THE WAY

The ancient tradition of Yoga, which means harmonic union, is both a philosophical system and a science that offer us the opportunity to deepen our self-awareness and maintaining physical and mental well-being through physical movement, breathing and meditation.

YOGA SCHEDULES

Thursdays - Tuesdays	All Levels	Intermediate	Remarks
6am – 7 am	Sunrise Yoga	-	Group Session: (3-8 participants) AED 100+ per person
9am – 10am	Yoga	-	
3pm – 4pm	-	Meditation & Relaxing Yoga*	Private Session: (max. 2 participants) Prices depend on choice of Yoga sessions.
5pm – 6pm	Sunset Yoga/ Meditation	-	

*Al Wadi Desert, Ras Al Khaimah A Ritz Carlton partner Resort in-house guest can enjoy Group Sessions from 3pm - 4pm at Yoga pavilion everyday (except Wednesdays) at AED 55 per person.

VENUES:

- Yoga Pavilion located next to the gym
- The Sunrise and Sunset Yoga (subject to weather conditions)

FOR YOUR COMFORT:

- Yoga is best practiced with an empty stomach.
- Please arrive at least 5 to 10 minutes before the class commences.
- Please refrain from joining the class if you are more than 10 minutes late.
- Wear comfortable, lightweight clothing that is flexible and non-binding.
- Inform the Yoga instructor prior to commencement of class if you have any health conditions such as neck, back, or joint injuries, recent surgery, high blood pressure, pregnancy, etc.
- For the comfort of others, please refrain from wearing perfume or cologne and turn off all cell phones.

PLEASE NOTE:

- To avoid disappointment, advance reservation is strongly recommended.
- Private Sessions are available from 11am to 6pm (requests for earlier time slots are subject to availability).
- Availability of sessions and prices are subject to change without prior notice.
- Sessions may be cancelled without prior notice due to insufficient participants or adverse weather conditions.
- For more information, please contact the Spa Reception at ext. **5705** or **5706**.