

## AL WADI SPA

### THE AL WADI INDULGENCES

**Royal Wadi** AED 1,200+  
(150 minute treatment)

**Al Wadi Retreat** AED 1,400+  
(210 minute treatment+lunch)

**Al Wadi Pampering Day** AED 2,000+  
(330 minute treatment+lunch)

### TOTAL REJUVENATION

(90/120-minute treatment)

Choice of Body scrubs  
Choice of 60 Body Massages AED 700+  
Choice of 90 Body Massages AED 850+

### RAINFOREST EXPERIENCE

Rainforest -Hydrothermal Circuit AED 200+  
(60 minute experience)

### MASSAGES

(90-minute treatment)

Hot Stone AED 700+

(60-minute treatment) AED 500+  
(90-minute treatment) AED 600+

Balinese  
Lomi Lomi  
Motherhood  
Sports  
Swedish  
Thai Classic

(60-minute session)

Back Massage AED 300+  
Head & Shoulder Massage AED 300+  
Relaxing Foot Massage AED 300+

### FACIALS (Natura Bisse)

Anti-oxidant (60 mins treatment) AED 850+  
Radiant (60 mins treatment) AED 850+  
Renewal (60 mins treatment) AED 850+  
Soothing (60 mins treatment) AED 850+  
Revitalise (90 mins treatment) AED 1,000+

### 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<sup>st</sup> session)

1700 to 1830 hrs (2<sup>nd</sup> session)

**Yoga sessions:** 0900 to 1800 hrs (Except Wednesdays)

\*Children under 18 years old are not permitted to use the hydrothermal facilities 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.

All Spa treatments come with a complimentary 30-minute Calm Time of refreshments and relaxation, comprising a welcome Foot Bath, and some post treatment time to relax over a herbal drink and refreshments. Prices are subject to prevailing 10% service charge.

**For reservations or enquiries, please contact;**

**Al Wadi Spa, A Ritz Carlton Partner Hotel, Ras Al Khaimah Tel: +971 72067777 ext. 5705/5706**

**BEGINNER'S YOGA**

(60-minutes)

Basic Yoga AED 100\*  
 Sunrise and Sunset Yoga AED 120\*

**ADVANCE/INTERMEDIATE YOGA**

(60-minutes)

Meditation and relaxing Yoga AED 120\*  
 Ashtanga Yoga AED 120\*

(90-minutes)

Hatha Yoga AED 120\*

**SPECIAL YOGA**

(60-minutes)

Prenatal Yoga AED 120\*  
 Postnatal Yoga AED 120\*  
 Weight reduction Yoga AED 120\*  
 Yoga for sportsman AED 120\*  
 Therapeutic Yoga AED 120\*

**YOGA SCHEDULE SUGGESTION**

Thursdays - Tuesdays	All Levels	Intermediate	Remarks
06.00 – 07.00AM	Sunrise Yoga	-	<b>Group Session:</b> (3-8 participants) AED 100+ per person
09.00 – 10.00AM	Basic Yoga	-	
03.00 – 04.00PM	-	Meditation & Relaxing Yoga*	<b>Private Session:</b> (max. 2 participants) Price is subject to selected Yoga session
05.00 – 06.00PM	Sunset Yoga/ Meditation	-	

**“\*Al Wadi in-house guests can enjoy Group Sessions from 3.00PM to 4.00PM everyday (except Wednesdays) at AED 55 per person.”**

**VENUE:**

- Yoga Pavilion (located next to the gym)
- 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.
- Prices are subject to prevailing 10% service charge.

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