

THE RITZ-CARLTON
[BAHRAIN]

SPAS OF THE RITZ-CARLTON

Abama	Grand Cayman (La Prairie)	Penha Longa (Six Senses)
Amelia Island	Guangzhou	Powerscourt (ESPA)
Bachelor Gulch	Half Moon Bay	Reynolds Plantation
Bahrain	Istanbul	San Juan
Barcelona (Six Senses)	Rose Hall, Jamaica	Sanya (ESPA)
Beijing	Kapalua	Sarasota
Beijing, Financial Street	Key Biscayne	Sharm El Sheikh
Buckhead	Laguna Niguel	Sharq Village & Spa (Six Senses)
Cancun	Lake Tahoe	Shenzhen
Dallas	Los Angeles	South Beach
Denver	Moscow (ESPA)	St. Thomas
Doha	Naples	Tokyo (ESPA)
Dove Mountain	New Orleans	Westchester
Dubai	Orlando, Grande Lakes	
Fort Lauderdale	Palm Beach (EAU Spa)	

BOUTIQUE & DAY SPAS OF THE RITZ-CARLTON

Berlin (La Prairie)	Georgetown	Tysons Corner
Charlotte	New York, Central Park (La Prairie)	Wolfsburg
Coconut Grove, Miami		

THE RITZ-CARLTON, BAHRAIN HOTEL & SPA

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THE RITZ-CARLTON®
BAHRAIN HOTEL & SPA



SOOTHE

Exclusive rituals offered by world-renowned skincare specialists using hi-tech, carefully researched, innovative cosmetics. Sourced from around the world, these natural ingredients deliver visible and lasting results.

Our treatments are specially designed to take you through the relaxing journey.

THE RITZ-CARLTON SIGNATURE RITUALS

Jet Lag Ritual

Beat the exhaustion of long distance travel. This treatment helps to restore you from the journey both physically and mentally.

90 minutes BD 70

Chakra-balancing Hot Stone Ritual

The ultimate body treatment applies the ancient art of aromatherapy with heated lava stones. Your body is elevated to a new level of serenity.

90 minutes BD 70

La Massage (New)

An exquisite and heavenly experience used with various massage techniques customized to relax tense muscles and soothe your body and soul.

90 minutes BD 70

PACKAGES

The Customization (New)

An individual and special experience that is uniquely yours. Let us understand your needs and we will create holistic treatments to maximize the therapeutic effects.

This experience includes la facial, la cocoon, and la massage for your indulgence.

200 minutes BD 170

The Body Ritual (New)

This customized treatment includes a body wrap combined with a relaxing massage. Your body is renewed and restored.

120 minutes BD 110

The Holistic Ritual (New)

Enjoy the customized body massage with a customized facial.

120 minutes BD 130

Executive De-Stress Ritual

A restorative treatment that is specially designed for tight, stressed and aching muscles. The ritual begins with a body scrub to deep cleanse and awaken your skin, combined with a deep pressure massage on the neck, back and shoulder. This is followed by a purifying facial or oxygen facial to remove impurities and revive the tired skin. A perfect escape from a stressful day.

105 minutes BD 100

PACKAGES FOR BOTH OF YOU

The Couple's Retreat

A romantic escape for two, or a special session with a friend for quality time. An ideal hideaway from the busy routine of everyday life.

The retreat features a body scrub and a 60 minutes massage that relieves tension and facial boosts circulation. Complete with a soothing facial to hydrate your skin.

150 minutes BD 200

The Wedding Delights (New)

Specially created for the bride and groom for the most special day of their lives. Enjoy customized treatments, including la scrub, la facial and la massage, as they ease away anxiety and relax tense muscles.

150 minutes BD 210





SPECIAL THERAPIES

Thai Sport Massage

Authentically Thai massage with elaborate rocking and stretching combined with Western techniques to enhance energy.

80 minutes BD 85

Manual Lymphatic Massage (MLD) (New)

This gentle massage uses specific pressure and rhythmic circular movements to stimulate lymph flow. It will encourage your own body to perform self-regulating drainage to promote well-being.

90 minutes BD 85

Pre & Post Natal Massage (Ladies only)

A delicate treatment designed for this special time to pamper and focus on points needed for the body's changes during pregnancy and after birth. Specific massage focuses on back, neck, shoulder and thighs and helps to reduce fluid retention. (Not offered during the first trimester.)

60 minutes BD 60

Herbal Ball Massage (New)

Practiced for several thousand years, this ancient art of healing massage combined with traditional Thai massage and herbal healing promotes emotional and physical well-being. The herbs in the compress possess properties that are anti-inflammatory, antiseptic, astringent and antioxidant. It relieves stress and fatigue, improves blood circulation, stimulates the internal organs and aids upper respiratory ailments such as bronchitis, asthma, and the common cold.

90 minutes BD 90

Duo Brush Massage (New)

A combination of East and West. Initial brush helps to perform drainage massage follow by deep brushing aids in reducing cellulite. A must try treatment.

90 minutes BD 85

MESSAGE THERAPIES

La Massage (New)

A customized massage that uses different massage techniques selected to suit your body condition for maximum effect. Your body is renewed and energized.

60 minutes BD 60 or 90 minutes BD 70

Swedish Massage

A traditional massage applied with five classical pressure movements to regulate and stimulate strong movements, help increase the oxygen flow in the blood and release toxins from the muscles.

60 minutes BD 60

Balinese Massage

A full-body deep-tissue massage derived from an ancient holistic treatment that combines a variety of Indonesian massage techniques including skin rolling, kneading, acupressure, reflexology and stretching combined with essential oils to relax and soothe your body. This helps to stimulate circulation, ease muscular and joint pain, instil calm, promote deep relaxation and bring about a sense of well-being.

60 minutes BD 60

Back, Neck & Shoulder Aromatherapy Massage

Keep your respiratory tract and sinuses clear and your immune system strong with this purifying, fortifying upper body treatment. Perfect for those recovering from seasonal allergies, chest complaints, polluted or study environments. This treatment uses inhalation and pressure point massage to open up airways and maximize breathing.

Followed by an Ayurvedic scalp massage to lighten and unlock the heavy head.

45 minutes BD 45

The Real Aromatherapy Massage Experience

This balancing treatment starts with a consultation to uncover your emotional and physical needs. Followed by deep inhalation to prepare you for a sensory journey.

The massage begins with carefully applied pressure to perform drainage and improve neuromuscular system. It helps to relieve muscular tension with lymphatic drainage to improve circulation.

60 minutes BD 60 or 90 minutes BD 70

Thai Massage

This traditional Thai treatment is an oil-free massage using elaborate rocking and stretching motions combined with ancient techniques. This treatment incorporates deep pressure and corrective stretching.

90 minutes BD 85

Reflexology

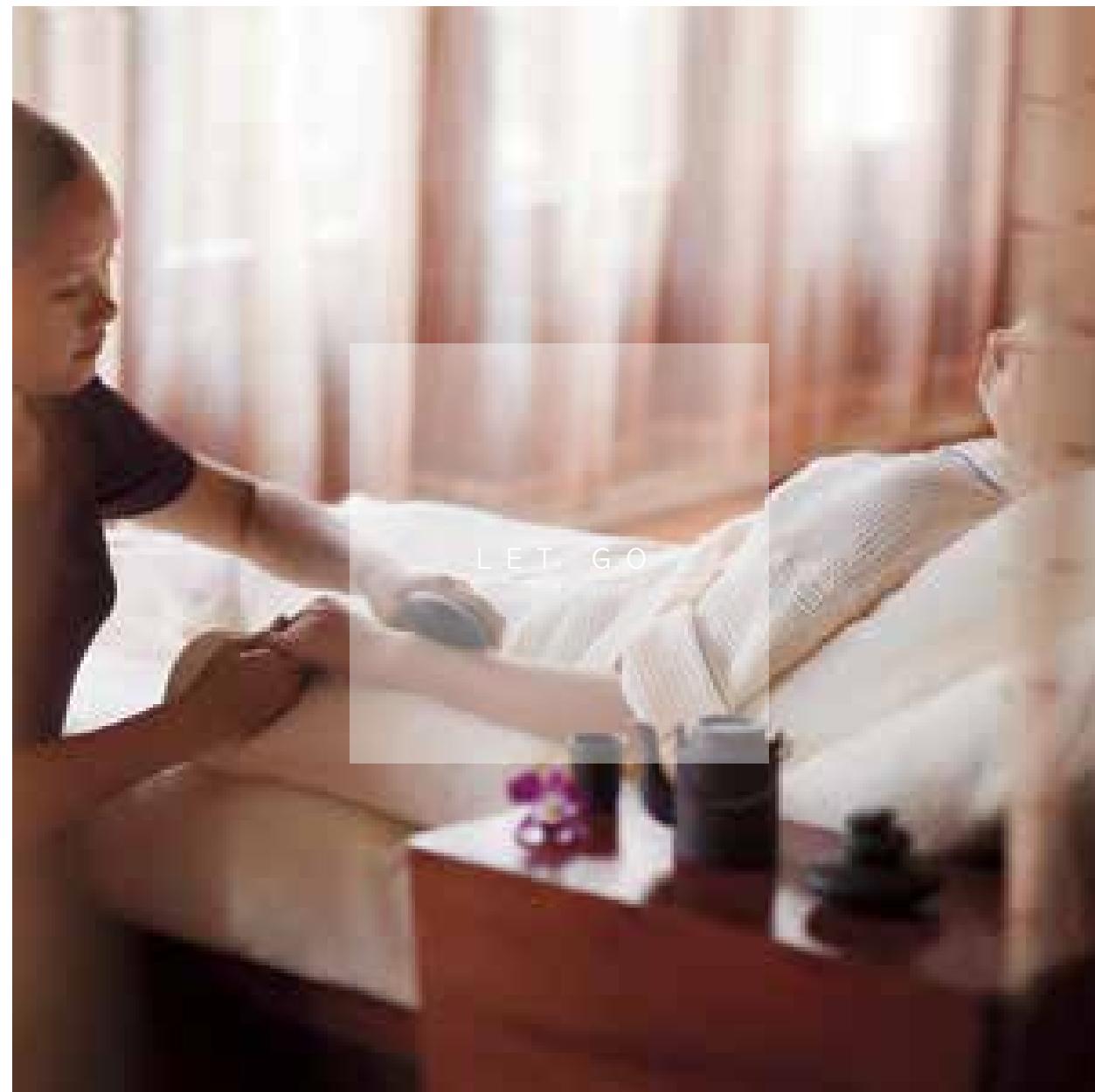
This ancient art of healing through the feet's reflex zones works by stimulating these areas and brings relief from stress and tension, improving physical balance of the entire body.

45 minutes BD 45

Scalp Massage

Restore health and shine to dull and lifeless hair whilst simultaneously conditioning the scalp and hair by working on the scalp with an Ayurvedic head massage. The massage works on the muscles and pressure points of the head to release tension and promote relaxation.

30 minutes BD 30



SCRUB THERAPIES

Our scrub therapy can be selected as a stand-alone treatment, or combined with a massage. Let our therapist assist you to choose the right scrub for your body's needs.

There are three scrub therapies to choose from:

Vit C Scrub

Vitamin C - This anti-oxidant body scrub relieves sun-damaged skin and prevents premature aging.

45 minutes BD 45

Salt & Oil Scrub (New)

This exceptional skin-softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple.

45 minutes BD 45

La Scrub (New)

A special formulation prepared for your specific needs to help nourish your skin.

45 minutes BD 45

BODY THERAPIES

Vitamin C Supreme

Immerse your skin in a dose of energy with pure Vitamin C. This antioxidant body treatment envelops you in revitalizing citric sensations.

75 minutes BD 60

La Cocoon (New)

This personalized body wrap is tailored to your needs to nourish the skin, increase the effects and absorption of the wrap and to hydrate and smooth your skin.

75 minutes BD 60



FACIAL THERAPIES

NATURA BISSE DIVINE FACIALS

Diamond Expression

A truly scientific multi-sensory facial, which provides the most advanced anti-aging treatment by using the most active ingredients. The ultimate treatment for those looking for immediate results.

105 minutes BD 120

La Alternativa

The non-invasive wrinkle relaxing solution. Using targeted active ingredients, this treatment dramatically reduces expression lines and wrinkles. INHIBIT is the most effective inhibitor of facial contractions, and a Lipo Roller complex is used to fill existing deep wrinkles and expression lines.

90 minutes BD 75

Anti-aging Facial with Isoflavones

Structure repair for the underlying problems of aging at the skin's cellular level. Nourishing and reactivating healthy cell functions instantly brings firmer, glowing skin.

75 minutes BD 65

Deep Purifying Facial

Designed for oily skin, with deep cleansing and exfoliation.

75 minutes BD 60

Oxygen Awakening Facial

Like a cascade of fresh water and oxygen on the skin, the pureness of this treatment is truly heavenly.

75 minutes BD 60

Vitamin C Facial

This high-tech skin performance treatment promotes collagen and elastin formation which regenerates and maintains firm, luminous and radiant skin.

75 minutes BD 70

Detoxifying Cure Facial

Fantastic cleansing and revitalizing facial suitable for all skin types. A thoroughly cleansing protocol based on a cutting-edge enzymatic detoxication: enzymatic heat that opens and softens the pores while the refreshing botanical elements included in the formula close and purify them. Extractions are performed.

75 minutes BD 60

New Age Sensitive Facial

Ideal for sensitive skin types with dehydration and environmental damage at any age, with regenerative ingredients, it brings visible results to dilated and congested capillaries.

75 minutes BD 60

La Facial (New)

Our personalized solutions that uses natural ingredient from anti-aging treatment, deep cleansing treatment, or hydrating treatment for all skin types and conditions. Just sit back and relax and enjoy the marvelous treatment that gives radiance and glow.

75 minutes BD 60

FACIAL ENHANCEMENT

Eye Contour - 15 minutes BD 15

G3p Glyco 3 Peel - 15 minutes BD 15

FINISHING TOUCHES

GENTLE HAIR REMOVAL

Full leg - 50 minutes BD 50

Half leg - 40 minutes BD 40

Back - 40 minutes BD 40

Chest - 40 minutes BD 40

Bikini - 20 minutes BD 30 (Ladies only)
(Ladies only)

Brazilian - 35 minutes BD 40

Underarm - 15 minutes BD 20

Lip - 10 minutes BD 15

Lip and chin - 15 minutes BD 20

Eyebrow - 15 minutes BD 15

EYE AESTHETICS

Eyelash tinting - 20 minutes BD 30

Eyelash and eyebrow tinting -
30 minutes BD 40

Eyebrow tinting - 20 minutes BD 30

*A 24-hour patch test is required for tinting. All eye aesthetic treatments can be added to facial services. Please request at time of booking.

HAND AND FEET THERAPIES

Anti-Aging Hand Treatment

Anti-aging, repairing treatment for hands that lightens the appearance of dark spots and restores the beauty, vitality and luminosity.

60 minutes BD 55

Nourishing Feet Treatment

Holistic la scrub to exfoliate dry skin and promote circulation. A relaxing reflexology massage is the perfect to end this incredible treatment.

75 minutes BD 60

ADDITIONAL SERVICE

Change Nail Colour - 15 minutes BD 15
(Ladies only)

IN-ROOM INDULGENCE

Relax, un-wind and indulge in the privacy of your hotel room or villa.

**All our treatments are applicable to ladies & gentlemen unless otherwise stated. For more information, please contact our spa hotline (+973) 1758 6808.



SPA GUIDELINES

The Spa is for guests 16 years of age or older. The Spa's heat experiences and relaxation lounge are complimentary to all female Spa guests.

A credit card number is required at the time of reservation.

When making reservations please notify the agent if you have high blood pressure, allergies, physical ailments or disabilities, or if you are pregnant. A few services should be avoided during pregnancy, but others can be enjoyed.

Our Spa environment is one of relaxation and tranquility. For this reason, please turn off cell phones and pagers. The Spa is also a smoke-free zone.

While receiving treatments, male guests are required to wear short pants. In consideration of other guests, kindly wear a bathing suit when using the Spa facilities.

Lockers are available for personal items. However, if you are a guest of the resort, it is recommended you leave valuable items in the safe in your guest room.

To enhance your Spa experience, ladies should arrive 30-60 minutes before your scheduled treatment. This will allow time to relax in the relaxation room, sauna, steam rooms and Thalasso pool. Arriving late for your treatment will simply limit your treatment time, thus lessening its

effectiveness and your pleasure. Your treatment will end on time so the next guest is not delayed. The full value of your treatment will be charged.

All major credit cards and travellers cheques are accepted. You may also charge Spa services to your hotel bill.

Gratuities are dispersed to the Spa staff members that served you during your visit. Additional gratuities are at your discretion.

Spa gift certificates may be purchased and used towards Spa services or products.

Prices are quoted in Bahraini Dinars and include 5% government tax. Prices and services are subject to change.

CANCELLATION POLICY

If you must reschedule or cancel your appointment, please notify the Spa 24 hours in advance to avoid being charged the full service fee.

HOURS OF OPERATION

Daily from 6:30 a.m. to 10 p.m. Treatment times are scheduled daily from 9 a.m. to 9 p.m.

RESERVATIONS

Please dial 6808 from your hotel room or (973) 1758 6808 from outside the hotel.

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