



ESPA

AT THE RITZ-CARLTON ABU DHABI, GRAND CANAL



ESPA in Abu Dhabi provides a calm, contemplative, meditative space in which to relax, reflect and socialise. Subtle patterns cast by natural light passing through intricately carved screens, vaulted ceilings, rich deep colours and tactile fabrics and finishes contrast the natural with the majestic and radiate a mystic aura. Traditional Bedouin culture has inspired the spa journey and thoughtful touches of colour, material and furniture bring that inspiration to life.

Amidst the opulent surroundings the spa provides inspired facilities; sauna and steam rooms, outside plunge pools and beach access, social and sleep relaxation areas, a stunning hammam and beautifully appointed treatment rooms. The ESPA journey brings all these elements together, all focused on delivering the ultimate in relaxation, wellbeing and lifestyle enhancement.

Thoughtfully created treatment collection reflects ESPA's commitment to natural, effective, results-driven treatments and products. Bringing together the most effective elements and techniques from around the world the ESPA treatments combine the purest levels of the most potent natural ingredients with the latest results driven technology.

Located directly on the beach, ESPA offers a diverse range of solution-led face treatments, body treatments and massages, each one designed and tailored specifically to ensure that you experience the most beneficial physical and emotional therapeutic benefits depending on your needs and requirements.



RENEW

FACIALS



ESPA facials begin with a detailed consultation and in-depth skin analysis using SkinVision™ technology to identify skin conditions not visible to the naked eye. Your facial is specifically tailored to you, to include cleansing, exfoliation, steam and extraction where necessary, and a treatment specific massage, mask and intensive serum. Finally, skincare products are chosen for your individual needs to achieve the best possible results. To maintain the ultimate in healthy radiant skin we recommend a facial once a month.

Intensive & Age Defying

ADVANCED SKIN RADIANCE FACIAL 90 minutes

Using a combination of deeply cleansing and brightening techniques alongside age-defying massage movements, this advanced facial powerfully brightens, firms and evens skin. Suitable for all skin types and ages, this treatment combines unique ingredients to gently exfoliate alongside a deep cleansing brush cleanse to remove dead skin cells. The techniques blend modern technology with Rose Quartz Crystals follows, finishing with a Lifting & Soothing Mask.

LIFESTAGE FACIAL 60 minutes

A targeted and rejuvenating facial for maturing skin to address the most visible signs of ageing, specifically focusing on eyes, neck, lips and jaw line. Incorporating special age-defying massage techniques and the technologically advanced LIFESTAGE product range, this luxurious facial will minimise wrinkles, immediately improve hydration levels whilst helping to reduce the appearance of pigmentation, large pores and redness. A mask will also be applied to firm and stimulate elasticity leaving the skin revitalised and radiant.



REFRESH

Skin Solutions

SKIN RADIANCE FACIAL 60 minutes

This revitalising facial treatment helps refresh tired skin, giving a noticeably brighter and naturally radiant appearance. A special application of ESPA Skin Radiance Moisturiser; rich in natural AHAs and BHAs from Hawaiian Algae and Meadowsweet, helps to smooth, reduce irregular pigmentation and brighten the skin to deliver instant results.

PERSONALISED FACIAL 60 minutes

This facial can be customized and adjusted to you skin needs. Our expert therapists will choose the ideal products to either hydrate and energize or calm, purify and nourish your skin.

Why not complement your facial treatment with:

LIFT & FIRM EYE TREATMENT 25 minutes

Perfect for those who are concerned with the first signs of ageing around the eyes. An effective firming and hydrating treatment, helping to reduce the appearance of fine lines and relieve tension from eye-strain and computer headaches. Incorporating a cleanse, exfoliation, massage and application of our Lift & Firm Intensive Eye Serum.

BODY TREATMENTS



INDULGE



ESPA Maternity

PRE & POST NATAL TREATMENT 60 minutes

A deeply nourishing body massage designed to target areas prone to stress and tension during or after pregnancy. Gentle back exfoliation, if required, is followed by a soothing body massage specifically designed to suit your individual concerns, focusing on the areas needed to alleviate muscular aches, whilst helping to relax, restore and revitalise.

A course of 6 treatments is recommended following the first trimester of pregnancy.

Includes: Back exfoliation (if required) - body/scalp massage - this treatment is tailored to your specific needs



MASSAGE

AROMATHERAPY MASSAGE 60 or 90 minutes

ESPA aromatherapy massage is essential, professional and specific, using a blend of individually chosen oils. A personal consultation will ensure that you receive a unique treatment to suit your specific needs. Choose from the following: Detoxifier, De-Stresser, Muscle Relaxer, Jet-Lag Reviver, Immune Booster, Energiser, Body Toner.

Includes: Aromatherapy massage to back, legs, arms, abdomen, neck/shoulder massage

HOT STONE MASSAGE 60 or 90 minutes

A therapeutic full body massage using aromatherapy oils and warm volcanic stones to relieve deep muscle tension. The warmth of the stones penetrates your muscles to soothe aches and pains; helping you to unwind and your body to feel rejuvenated.

Includes: Hot Stone Aromatherapy massage to back, legs, arms, abdomen, neck/shoulder massage

DEEP MUSCLE MASSAGE 60 or 90 minutes

A powerful massage designed to alleviate deep-seated tension and muscular stress. Specialised techniques concentrate on specific areas of concern and alleviate common discomforts such as a stiff neck, painful lower back pain and sore, tight shoulders.

Includes: Specialised massage to specific areas of concern

BALINESE MASSAGE 60 or 90 minutes

This massage uses long, warming strokes to encourage complete calm and wellbeing. Gently heated aromatherapy oils are poured onto the centre of the body and massaged into the skin using stretching and sweeping movements for deep relaxation. This soothing and indulgent massage leaves your mind, body and spirit soothed and relaxed.

Includes: Balinese massage to back, legs, arms, abdomen, neck/shoulder massage

THAI MASSAGE 60 or 90 minutes

The combination of energetic and physical aspects is what makes Thai Massage unique and so effective. Traditional Thai massage is a deep, full-body treatment, starting at the feet and progressing up to the head. Using a sequence of gentle, flowing exercise movements, the experience restores the flow of energy throughout the body with applied acupressure on the ten energy lines of the body. The treatment concludes with the application of ESPA Soothing Eye Lotion and Balancing Herbal Spafresh spray to create a refreshing and stimulating effect.

Includes: Thai techniques massage to front and back of the body, ESPA Soothing Eye Lotion, scalp massage, Balancing Herbal Spafresh spray

ROYAL THAI MASSAGE 60 or 90 minutes

Through a combination of stretching, pressure point and acupressure movements, this treatment will bring muscular and mental relaxation. Warmed blend of essential oils with relaxing or invigorating massage movements are used, together with traditional Thai massage techniques, to alleviate pain and simultaneously invigorate the body and muscles while boosting the body's energy level.

Includes: Hot mitts foot cleansing - Thai and acupressure full body massage

POULTICE MASSAGE 120 minutes

This poultice treatment utilises the deep penetrating benefits of Poultice technique from India with the soothing and aromatic benefits of specifically chosen plants. The treatment is designed to give a revitalizing and cleansing effect to the mind and body, achieved by the use of stimulating exfoliation and warm herbal poultices. This gives heat to muscles and joints at the same time increasing circulation and is followed by a purifying and rebalancing massage. Then a warm, soothing compress infused with Traditional Asian herbs, is applied. This creates an overall feeling of wellbeing and deep relaxation.

Includes: Full body exfoliation, warm oil application, herbal poultice massage, personalised techniques full body massage



ESPA FOR MEN

The image shows a serene spa environment. The walls are covered in a textured, patterned material that resembles stone or woven fabric. The ceiling is dark with numerous small, glowing blue lights, creating a starry effect. A curved, glowing hot tub is in the foreground, with a white towel draped over its edge. A small, glowing lantern hangs on the wall to the left. The overall atmosphere is warm and relaxing.

ESPA ESSENTIAL ADD-ONS

Why not complement your treatment with:

PERSONALISED EXPRESS FACIAL 25 minutes

Your therapist will select the most suitable facial for your skin. Every ESPA personalised facial includes a consultation, SkinVision analysis, cleanse, exfoliation, personalised facial mask and finishes with an application of a booster serum to suit your skin.

LIFT & FIRM EYE TREATMENT 25 minutes

Perfect for those who are concerned with the first signs of ageing around the eyes. An effective firming and hydrating treatment, helping to reduce the appearance of fine lines and relieve tension from eye-strain and computer headaches. Incorporating a cleanse, exfoliation, massage and application of our Lift & Firm Intensive Eye Serum.

BACK, NECK AND SHOULDER MASSAGE 25 minutes

This massage is tailored to address any areas of concern and uses the most appropriate massage techniques along with the ESPA Body Oil to suit your needs. Where needed, Hot Stones are also used to penetrate warmth and help ease aches and pains.

SALT & OIL SCRUB 25 minutes

This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple. Perfect as a stand-alone treatment, or in preparation for an ESPA Massage. For a lighter application Exfoliating Body Polish is applied instead of Salt & Oil Scrub.

ESPA essential add-ons are only available with treatments starting from 60 minutes and above.

How To Spa

SPA OPENING HOURS

Spa is open daily from 10.00 am to 10.00 pm, last treatment booking is at 8:45 pm

SCHEDULING AN APPOINTMENT

To schedule an appointment for your perfect treatment, please contact the ESPA reservations team who will be able to guide you to the right choice. To ensure your preferred time and service is available we recommend to book in advance. All spa treatments and packages will need to be guaranteed with a credit card.

Contact details: +971 2 818 8051 email abudhabi.spa@ritzcarlton.com

ARRIVAL TIME

Please allow sufficient time before your treatment to complete a spa consultation form and/or Health Questionnaire. We recommend you arrive up to 1 hour in advance of your treatment so that you can change, relax and enjoy the spa facilities. Please be advised that late arrivals will result in a reduction of treatment time.

The spa will provide luxurious towels, robes and slippers and any amenities required for use during your spa visit.

SPA FACILITIES AND ACCESS

The following spa facilities are available: sauna, steam room, ice fountain, power showers, plunge pool, spa changing relaxation areas. Spa facilities and treatments are available to guests over 16 years old.

CANCELLATION POLICY

A 50% charge will be incurred for any treatment not cancelled at least 24 hours prior to your scheduled time. Late arrival will shorten your treatment time.

SPA ETIQUETTE

Our spa environment is one of relaxation and tranquillity. Please respect all spa guests' right to privacy and serenity. In light of this, the spa is a mobile phone, pager, camera and smoke free zone.

HEALTH CONDITIONS

Kindly advise us of any health conditions, allergies or injuries which could affect your choice of treatment when making your spa reservation.

PREGNANCY

We have specially designed treatments for expectant women or nursing mothers. Please allow the ESPA team to guide you in selecting which treatments are most suitable during this special time.

GIFT VOUCHERS

An ideal gift for someone special. Please contact the ESPA reservations team for details.

HEMOCARE

To continue your spa experience at home, most products used in our treatments are available at reception.

VALUABLES

ESPA accepts no responsibility for loss of valuables and jewellery at any time on the spa premises.

LOST PROPERTY

All lost property found on the premises should be handed in at reception. Items will be stored for four months, if they are not collected within this time they will be donated to local charities. Liquids, under garments and hair brushes are kept for 24 hours only.

HEALTH CLUB

A state-of-the-art Health Club equipped with the TechnoGym cardio vascular and strength machines and free weights area. Personal trainers are on hand to help you prepare for sporting events, specific goals or assist with the creation of a life-changing fitness routine. The Health Club is available to hotel guests and Health Club members.

HOTEL SWIMMING POOL

The 1,600-square-meter (17,222 square foot) swimming pool is available to hotel guests, Health Club members and day spa guests.

PACE E LUCE LADIES' SALON

A glamorous studio dedicated to hair treatments, manicures and pedicures.

PRICE LIST

Signature Rituals			AED
Oasis Ritual	120 minutes		1,100
Radiance Restorer	150 minutes		1,125
Four Handed Synchronised Massage with ESPA Personalised Facial	180 minutes		1,550
Mindful Massage	90 minutes		670
Hamмам Rituals			
Indulgence Hamмам	90 minutes		690
Softening Hamмам	60 minutes		550
Facials			
Advanced Skin Radiance Facial	90 minutes		780
Intensive & Age Defying - Lifestage Facial	60 minutes		590
Skin Solutions			
Skin Radiance Facial	60 minutes		500
Personalised Facial	60 minutes		480
Body Treatments			
Back, Face & Scalp Treatment	90 minutes		670
<i>with hot stones</i>	120 minutes		800
ESPA Body Ritual	120 minutes		750
Lift & Firm Hip & Thigh Treatment	60 Minutes		500
Serene Sleep	90 minutes		735
Abdominal Detox	60 Minutes		500
Maternity			
Pre & Post Natal Treatment	60 minutes		500

All prices are quoted in UAE Dirhams and subject to 10% Service Charge, 6% Tourism Fee and 4% Municipality Fee.
Prices are subject to change at any time.

PRICE LIST

Massage		AED
Aromatherapy Massage	60 / 90 minutes	470 / 650
Hot Stone Massage	60 / 90 minutes	500 / 670
Deep Muscle Massage	60 / 90 minutes	550 / 720
Balinese Massage	60 / 90 minutes	470 / 650
Thai massage	60 / 90 minutes	500 / 670
Royal Thai Massage	60 / 90 minutes	500 / 670
Personalised Massage	60 / 90 minutes	500 / 670
Express Massage	30 minutes	250
Poultice Massage	120 minutes	750

ESPA For Men

Men's Personalised Facial	60 minutes	480
Back, Face & Scalp Treatment	90 minutes	670
<i>with hot stones</i>	120 minutes	800

ESPA Essential Add-Ons

Personalised Express Facial	30 minutes	250
Lift & Firm Eye Treatment	30 minutes	250
Back, Neck And Shoulder Massage	30 minutes	250
Salt & Oil Scrub	30 minutes	250
Facial extraction	15 minutes	100

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www.ritzcarlton.com/en/Properties/AbuDhabi/Spa

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