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WELCOME

Welcome to the luxurious wellness escape that is Waldorf Astoria Spa, a haven for discerning guests to experience unique and authentic spa journeys.

An enchanting and mystical space with an ethereal undersea theme that instils tranquillity, inviting you to surrender your stresses and tension and where the calm of the sea is translated into the spa experience.

Waldorf Astoria Spa and its team of expert therapists invites you to indulge, immerse, and relax your body and mind in an environment of unrivalled luxury.

Your time with us will be truly unforgettable.

THE CROWNING GLORY OF WALDORF ASTORIA SPA IS THE LUXURIOUS AND PRIVATE SPA SUITE – A SPA WITHIN THE SPA.

Our private Spa Suite is available for single or double occupancy as well as small groups. A select range of treatments have been created exclusively for it using AMRA Skincare bringing about a taste of Arabia. AMRA defines luxury as 'using only the World's most precious ingredients encapsulated with the latest scientific natural bio-actives'. Here, we invite you to enjoy the wonderful benefits of opulent black pearls, seductive butters and indulgent oils allowing for a journey that is truly unforgettable.

The Spa suite offers:

- · Private and securable double entry vestibule
- · Private wc
- · Private dressing room with luxury amenities
- Steam shower
- · Luxurious jacuzzi whirlpool
- · Fully heated treatment beds
- · Relaxing sofa
- Exclusive menu of treatments and services
- · Optional food and beverage selections



DREAMSCAPE INDULGENCE

(120 MINS) AED 1,285 (single) / AED 2,350 (couple)

Be transported on a journey of pure opulence and serenity. Your experience will begin with a luxurious jacuzzi. Once your mind has been invigorated, your AMRA specialist will drizzle your body with pure Pearl massage oil, ready for you to experience a relaxing full body massage with warmed volcanic stones placed on the chakra points of the back. To complete your treatment, a sumptuous AMRA foot ritual will ensure you are relaxed in the presence of luxury.

SENSORIAL HAMMAM RITUAL

(120 MINS) AED 1,285 (single) / AED 2,350 (couple)

Immerse your senses, body, and mind with this truly luxurious hammam ritual. Ensuring all impurities are removed, a purifying pearl polish is used to gently buff the surface of the skin. A following purifying pearl rhassoul mud cocoons the body to deeply cleanse, strengthen and fight early signs of aging.

PURIFYING PEARL JOURNEY

(120 MINS) AED 1,285 (single) / AED 2,350 (couple)

Precious, purifying, luxurious pearls offer a multitude of skincare benefits. Your journey opens in a private sunken jacuzzi, before allowing your body to discover the delights of a delicate pearl body exfoliation that leaves your skin smooth and perfectly prepared ready to enjoy your bespoke full body purifying pearl massage.

PRECIOUS PEARL FACIAL

(90 MINS) AED 1,490 (single) / AED 2,350 (couple)

Experience the most luxurious of facials expertly designed to protect from environmental exposure. With cutting-edge scientific technology that breaks down free radicals entering the skin throughout the day, enjoy a unique facial that is recommended for those city-living and those worried about the first signs of ageing.

PALACE AUTOGRAPHS

EMERALD (120 MINS) AED 1,285

Complete body and mind rejuvenation begins with a unique top-to-toe organic body polish and envelopment. Crushed walnut shells buff and nourish to reveal fresh smooth skin before you experience the luxury of being wrapped in warm fresh seaweed leaves and cocooned in muslin sheets. While the hydrating powers of the seaweed are infused into the skin, warm basalt stones are placed alongside cooling jade stones to provide perfect energy equilibrium. A customised Voya facial experience completes your journey.

SHIFTING HORIZON (90MINS) AED 990

Designed to aid muscle recovery, a warm spiced mud wrap heats and relaxes the muscles in preparation for a deep tissue massage that focuses on eliminating muscle tension. Especially suited for post jet lag.

MAGENTA FOUR-HAND MASSAGE (90 MINS) AED 1,475

A truly exceptional autograph experience. Rebalance your energy and drift away to complete slumber with indulgent warm organic oils and the sensation of synchronised movement and touch. Four hands lift away your tensions in perfect harmony throughout this unique massage that concludes with jade stone mineral massage on the face and feet for top to toe indulgence.



CEREMONIAL LADY (120 MINS) AED 1,165

Begin this voyage of discovery in your private steam room to open the pores of the skin and start the elimination of toxins. Let the heat of the steam relax and calm you before a gentle full body polish of Organic Sugar cane and Lavender buds is applied to remove dead skin cells and boost the circulation. Lashings of hot rustic Irish mud will be applied to your body to re-mineralise your skin and is further infused into your skin as you relax in the warmth of the steam and inhale the essences of orange, cinnamon and ginger. The journey concludes with a dry floatation experience allowing you to drift away with the rhythms of the ocean.

OCEAN TO SHORE (60 MINS) AED 725

Experience total weightlessness in this dry floatation experience designed to simulate the rhythm of the ocean. A 45 minute customised massage relaxes and soothes the body before you are eased into your dreams in the effortless comfort of dry floatation.

SHORE TO SHORE (90 MINS) AED 910

Begin the experience of complete body nourishment with a luxurious full body polish of gentle crushed walnut shells and a layering of warm organic seaweed mask. Submerge to the bottom of the ocean in the dry floatation bed and drift away to pure sublimity. A generous layering of Shea nut butter and essential oil is massaged into the skin after a hydrating steam session to stimulate the senses.

TURQUOISE (60 MINS) AED 725

Used for centuries to relieve tension and treat pain, indulge our luxurious hydrotherapy bath immersion ritual designed to relax the muscles through the combined effects of powerful massaging water jets, heat, soothing aromatics and minerals.

Your experience is enhanced by a tension releasing back, neck and shoulder massage.

*Seaweed option (without the use of jets) available.



CEREMONIAL MAN (120 MINS) AED 1,165

The ultimate male escape. Indulge in a journey from head to toe of pure organic luxury tailored just for men. Allow the hot steam to open your skins pores before a lavish body scrub of sugar cane and peppermint lifts away the day's toxins.

Lashings of hot rustic Irish mud will be applied to remineralise your skin from head to toe.

AQUAVEDIC BALANCE (75 MINS) AED 795

This cleansing body treatment has the similarities of a hammam experience. Steam to open the pores and assist in the elimination of toxins followed by an invigorating scrub. A stimulating and awakening deep tissue massage initiates a peaceful state of mind, balanced with hot stone reflexology to ensure complete relaxation.

AQUA SCRUB (60 MINS) AED 635

Performed on the Aquavedic bed, a stimulating peppermint and sugar scrub exfoliates the body, and is followed by an application of highly concentrated hydrating lotion using Aloe Vera to soothe and moisturise the skin.

TURQUOISE (60 MINS) AED 725

Used for centuries to relieve tension and treat pain, indulge our luxurious hydrotherapy bath immersion ritual designed to relax the muscles through the combined effects of powerful massaging water jets, heat, soothing aromatics and minerals. Your experience is enhanced by a tension releasing back, neck and shoulder massage.

*Seaweed option (without the use of jets) available.



RESTORING RIPPLES FACIAL (90 MINS) AED 965

A soothing facial taken to a higher level by incorporating ocean seaweed leaves to enhance the appearance of the skin. Restorative oils, supported by carefully selected masks and creams full of vital minerals, vitamins, and nature complexes, instantly renew, improving skin texture radiating luminosity.

CHANGING TIDES FACIAL (60 MINS) AED 690

An invigorating bespoke facial designed to reduce signs of pollution, aging, and imbalances. A combination of deep cleansing and specific massage techniques are used to stimulate while boosting circulation, in turn, activating cell renewal regenerating and rejuvenating the skin. Suitable for all skins including the most sensitive types.

REFRESH FACIAL (30MINS) AED 435

An express facial introducing you to our organic seaweed skin collection filled with vital vitamins and minerals that boost your skin activity. Includes quick cleanse, exfoliation, mask, and moisture application to complete.

*Grounded in science but inspired by the ocean and ancient tradition of seaweed bathing, experience organic luxury skincare with a conscience. Combine your favourite VOYA facial treatment with one of our massage journeys to create your very own exclusive Waldorf Astoria Spa experience.



RESURFACING RADIANCE FACIAL (90 MINS) AED 965

A luxurious brightening facial specifically designed to improve the tone and texture of the skin and detoxify. High grade natural soluble collagens and fruit acids leave the complexion renewed, radiant and visibly brighter. Suitable for dehydrated, acne-prone, dull or tired skins.

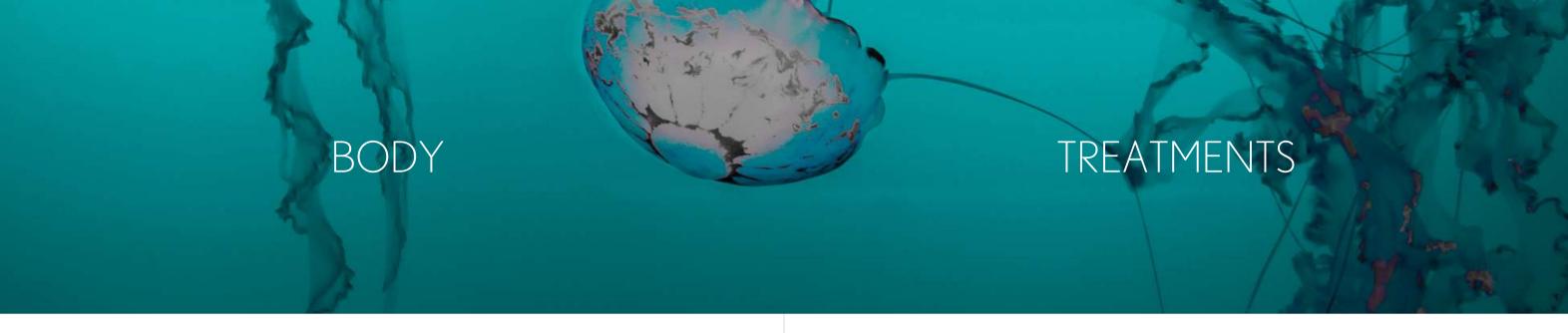
ULTIMATE RECOVERY FACIAL (90 MINS) AED 1,120

This elite clinical high-performance anti-ageing facial produces a 3-dimensional plumping and lifting effect that maximises skin moisture while improving the elasticity of the skin through a combination of specialist lifting facial massage techniques and collagen boosting ingredients, providing immediate and lasting lifting effects. Skin appears firmer, smoother and ultimately revitalised. Suitable for dry, damaged or mature skins.

DEEPLY NOURISHING FACIAL (75 MINS) AED 875

Styled to improve the wellness of the skin through a unique refreshing and cooling face mask that replaces lost moisture, hydrating, soothing, and calming at the deepest level. The perfect solution for sun-stressed, sensitive, or jet-lagged skin.

*Enhance your favourite QMS Medicosmetics facial treatment choosing from a selection of exclusive mini treatments and 'add-on' specialities. Ask our dedicated reception team for details.



LAVENDER MYTH BODY POLISH (60 MINS) AED 635

Soften skin with the combination of organic seaweed extracts, lavender and essential oil. Pure sugar cane polishes skin by removing dead skin cells to reveal a truly glowing skin. The treatment concludes with a full body moisturising application to soften and enrich the skin.

PEPPERMINT MYSTIQUE BODY POLISH (60 MINS) AED 635

A reviving sugar scrub to revitalise the senses and refresh the body. A fusion of fresh peppermint leaves and organic seaweed extracts awakens the mind and leaves your skin radiant and perfectly polished. The treatment concludes with a full body moisturising application to soften and enrich the skin.

TIME TO SHINE BODY EXFOLIATION (60 MINS) AED 635

Our dual action lathering body buff exfoliates with finely ground walnut shells and nourishes the skin with almond oil, seaweed and ginger extracts. A shea butter application finishes the treatment to leave the skin silky and smooth.

OCEAN POWER BODY WRAP TREATMENT (120 MINS) AED 1,160

*Can be purchases as a course of 3 treatments for intensified results - ask for details.

A pure and encapsulating warm body wrap to deeply detoxify and diminish the appearance of cellulite. A brisk body brush stimulates blood flow to the skin and removes dead skin cells before the body is layered in 100% Irish peat mud to draw out toxins. A targeted stimulating massage kick starts the lymphatic system to further drain toxins from the body.

OCEAN CARESS ENVELOPMENT (60 MINS) AED 635

Experience total body replenishment and hydration through an envelopment of freshly ground Atlantic Laminaria seaweed.

A warm body cleanse and vitamin rich seaweed mask soothes sunburn and assists the healing of any skin ailment. A gentle sailor's cure for complete skin conditioning and for after sun soothing.

*Deepen your conditioning treatment by enjoying the benefits of our thermal facilities. Ask a member of our spa team for more details.



OCEANIC STONES (90 MINS) AED 875

Embrace the powerful and mystical healing properties of the earth and ocean combined in this top-to-toe exclusive balancing massage therapy. Regenerate and restore tired, achy muscles with warmed luxurious marine oils, volcanic stones, and gentle movements that encourage the active release of tensions to create a deep state of mind, tranquility, and promote wellbeing.

CALM WAVES (30/60/90 MINS) AED 325/545/765

A unique, soothing, aromatic, fully customised massage experience. Your expert therapist will help you select the time, technique and pressure to suit your mood and requirements, combining specifically tailored techniques to create a bespoke experience designed to calm, quiet and comfort.

DRIFT AWAY (75 MINS) AED 665

Feel restored with the ultimate relaxation massage and drift away on an organic journey using exotic essences and ocean minerals to unwind your mind and body.

DEEP SEA (30/60/90 MINS) AED 435/655/875

A deep healing massage designed to alleviate muscle tensions, reviving areas of the body that have been over exerted. The combination of gentle stretching, acupressure, and massage techniques clear fascia obstructions, breaking down even the most stubborn strains to instantly ease and relieve.

MERROWS AND MERMAIDS (MOM TO BE) (60/90 MINS) AED 655/875

A completely caring full body massage expertly designed for those in pregnancy using our safe and effective pre-natal techniques and oils that relax specifically hard-working lower back muscles, reduce discomfort to the lower legs and feet, while relieving any anxiety helping also to quiet the mind.

*All massage experiences begin with a relaxing foot soak ritual and consultation with your therapist.

*Enjoy your massage experience during the cooler months (October to April) outside in our garden cabana surrounded by the soothing sounds and heavenly scents of nature. *Excludes Oceanic Stones.



MEET BELLABACI™, A SIMPLE MODIFIED VERSION OF AN ANCIENT THERAPY

Using specialist silicone cups and techniques in combination with hand-crafted aromatic oils, experience the feeling of a 4-handed massage unlike any other. Considered the pure definition of Holistic, this natural therapy treats the body and mind as one ensuring all your needs are synergistically taken care of.

REPOSE (90 MINS) AED 875

Experience the deepest sense of relaxation brought about using exceptional BELLABACITM cupping and hands-on massage techniques combined with the most beautiful bouquet of aromatic essential oils carefully selected to create the most restful slumber. This unique massage treatment includes a scalp and foot focus to promote total well-being and optimal results that invoke a better sleep quality.

CALM & COLLECT (60 MINS) AED 655

Quiet the mind and calm your soul with this stress-releasing treatment designed to balance emotions, lift your mood, and soothe signs of anxiety. Enjoy the fast-acting therapeutic benefits of the BELLABACITM cups and expertly blended essential GenieTM oil in this massage created specifically to restore peace and positivity, happiness and to simply relax.

REST & RESTORE (60 MINS) AED 655

Repair, regenerate and protect compromised, damaged, and irritated skin with an innovative formula that is rich in antioxidants, vitamins and essential fatty acids, combined with the unique techniques of the BELLABACITM system. Excellent for
reducing the appearance of scarring and stretch marks while restoring skin resilience and elasticity, and for future prevention
and protection against the elements. A positively uplifting treatment that works also on a psychological level to combat
negative emotions induced by loss of skin tone.

...MODERN CUPPING MASSAGE

REJUVENATING LIFE ELIXIR (90 MINS) AED 875

Defy the signs of ageing. Increase cell turnover and cell metabolism, improve skin tone and texture, deeply nourish and hydrate. This full body treatment includes a unique BELLABACITM face-sculpting massage with added BELLABACITM Renew Pure Essential Oil Concentrate for exceptional results.

CONTOUR & CLEANSE (60 MINS) AED 655

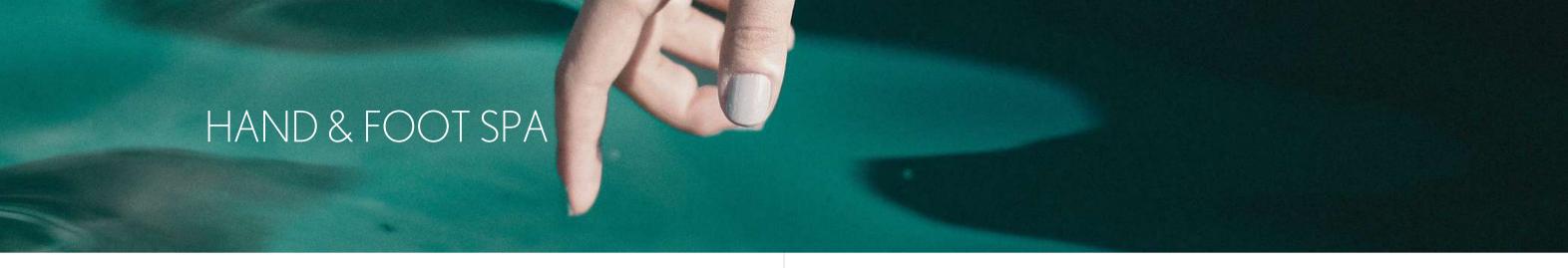
Reduce the signs of unwanted cellulite with this synergistically formulated re-sculpting treatment that uses the BELLABACITM cupping system and hands-on massage techniques as well as powerful ingredients that deeply cleanse the body. A great enhancement to any slimming programme, this treatment includes a targeted lipo-sculpting massage performed with the BELLABACITM Detox Pure Essential Concentrate. For optimum results, a course or 6-weekly treatments is recommended.

DEEP DETOX (60 MINS) AED 655

Release toxins and remove excess fluid while assisting lymphatic drainage and increase blood circulation. The combination of the BELLABACITM system and unique hands-on techniques are the perfect solution to address fluid retention, even jet lag. A great energy enhancer and metabolic booster. Not recommended for pregnancy or when breast-feeding.

THE BELLABACI™ FACE LIFT (30 MINS) AED 325

Combat the signs of ageing and add radiance to your skin. Reduce fine lines and wrinkles, even skin tone and texture, improve the appearance of double chin, sagging cheeks and jawline while targeting eye bags and dark circles simply with this innovative, state-of-the-art, non-invasive modern face-lifting system. Can be incorporated with any of our facial treatments or enjoy as a course for optimum results.



MARGARET DABBS LONDON™ SUPREME MANICURE (60 MINS) AED 525

Focusing on treating the nails and cuticles, highly effective anti-aging ingredients Hempseed Oil, Kelp Extract and White Water Lily help to target age spots, fine lines and wrinkles, whilst plumping the skin and promoting skin elasticity. The divine scent of Geranium and Mandarin leave hands smelling heavenly long after the treatment is complete. Finish with a choice of Margaret Dabbs LondonTM colour polish (optional). Includes maintenance to the natural nails and cuticles.

MARGARET DABBS LONDON™ SUPREME PEDICURE (60 MINS) AED 575

An outstanding luxurious treatment that focuses on foot health, returning the feet and toe nails back to a more youthful appearance. Extra attention to hard skin removal provides longer-lasting results. Enjoy the full range of Margaret Dabbs LondonTM Fabulous Feet collection for that 'walking on air' feeling. Includes exfoliation, reviving foot soak, and hydrating foot massage as well as nails and cuticle attention. Finish with a choice of Margaret Dabbs LondonTM colour (optional).

MARGARET DABBS LONDON™ LOWER LEG THERAPIES (60 MINS) AED 655

Key ingredients of LeganceTM and V-Tonic Complex contained in the masque formulas focus on venous decongestion and foot and lower leg swelling whilst at the same time tone and firm the legs leaving them feeling smooth, visibly more slender, silky and light. Choose to Illuminate & Refine for 'red carpet ready legs' or Relieve & Tone for tired and heavy.

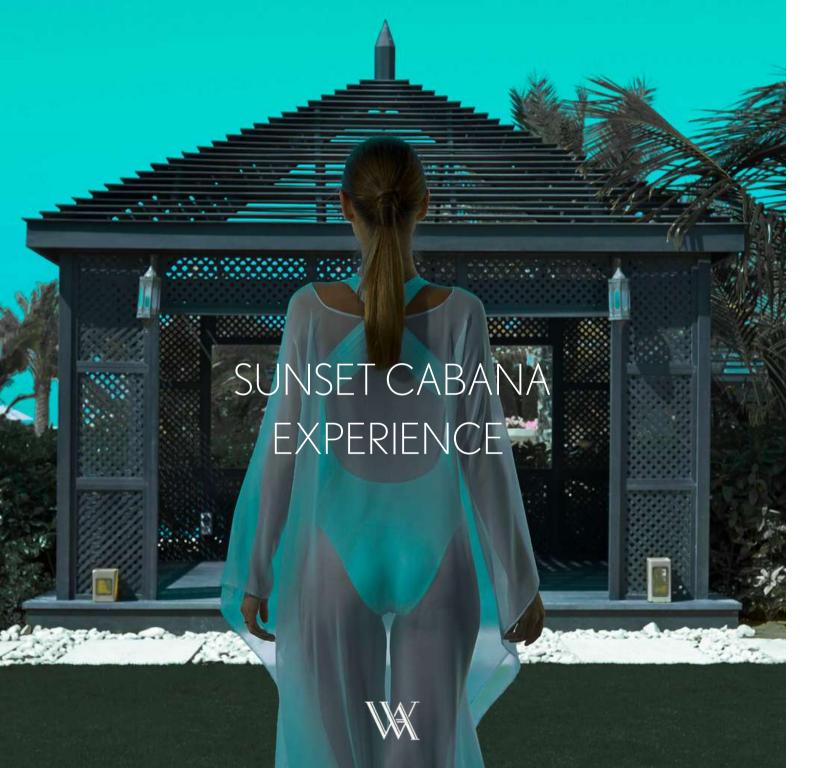
MARGARET DABBS LONDON™ DETOX FOOT BATH (45 MINS) AED 385

This wonderful ritual that includes a hydrating soak, thorough foot exfoliation, foot file and massage, has been designed to relax and rejuvenate, as well as eliminate toxins resultant of high pressured lives. Relax and revive with this refreshing sole stimulation.

- · MARGARET DABBS LONDON™ FABULOUS HANDS MASSAGE (30 MINS) AED 295
- · MARGARET DABBS LONDON™ FABULOUS FEET MASSAGE (30 MINS) AED 295
- · MARGARET DABBS LONDON™ EXPRESS MANICURE (30 MINS) AED 305
- · MARGARET DABBS LONDON™ EXPRESS PEDICURE (30 MINS) AED 325
- · MARGARET DABBS LONDON™ MALE MANICURE (30 MINS) AED 325
- · MARGARET DABBS LONDON™ MALE PEDICURE (45 MINS) AED 385

· OPI GEL POLISH APPLICATION (15 MINS) AED 165

For longer-lasting wear and a flawless finish that dries in seconds, add to your manicure or pedicure indulgence with a choice of super rich sensational shades available from our exceptional OPI gel colour collection.



(60/90 MINS MASSAGE FOR 1 OR 2 PEOPLE PLUS 'SUNDOWNER' COCKTAIL OR [NON-ALCOHOLIC] MOCKTAIL WITH FRUIT REFRESHMENT.

Surrender yourself to an enchanting beachside massage experience. With views of the spectacular Arabian Sea coastline, our beachside cabana is the perfect location for dreamy sunset massages. Listen to the calm of the lapping waves and allow your senses to be set free to the elements as you sink deeper into nothingness at the touch of our expert therapists. Your journey to serenity continues while you savour the setting sun, relaxing more on our reserved beach loungers accompanied by a thirst-quenching 'sundowner' cocktail [or mocktail] and revitalising fresh fruit appetiser.

Includes:

- · Calm Waves Massage
- Can be adapted suit your needs at the time of booking
- · Available Monday to Thursday October to April between 1pm and 6pm
- *Our spa cabana can also be reserved for stand-alone massage treatments. Excludes Oceanic Stones massage.
- *Ask our spa reception team for more information, prices and terms and conditions.



· HALF DAY PACKAGE:

Enjoy a 2-hour retreat, morning, or afternoon, at the Waldorf Astoria Spa. Create your own escape combining a selection of treatments with our spa facilities followed by a sumptuous high tea served either in our relaxation space, Camelia lounge or terrace.

· FULL DAY PACKAGE:

Dedicate a whole day to rejuvenation. Experience 4 blissful hours of indulging spa treatments of your choice with afternoon tea and use of our thermal suite facilities.

*Champagne option available.

*Ask our spa reception team for more information, prices and terms and conditions.

HOURS OF OPERATION

Waldorf Astoria Spa is open daily from 9am to 9pm.

RESERVATIONS

We recommend you book in advance to secure your preferred treatment, date, and time. You can visit the spa booking directly with our receptionists, call +9717 203 5722 or email rktwa.spa@waldorfastoria.com. Out of hours reservations are possible using our online booking system via the Waldorf Astoria Ras Al Khaimah website. Walk-in guests are welcome subject to availability.

YOUR ARRIVAL

You are encouraged to arrive a minimum of 30 minutes prior to your appointment time to enjoy a welcome drink and the exclusive facilities at Waldorf Astoria Spa Ras Al Khaimah before your treatment. Late arrival may incur reduced treatment time so as not to impact other guests. You will be provided robes and slippers as well as a locker to store your belongings. We encourage you not to bring with you any valuables, or wear jewellery. We cannot be held responsible for lost or damaged items.

SPA ETIQUETTE

Our spa environment is one of relaxation and tranquillity. Please respect all guest's rights to privacy and serenity and make use of our private changing rooms that are provided as nudity is not permitted. The spa is a mobile phone and smoke free zone and we ask you to kindly respect this. The spa will provide abundant towels, slippers, shower caps and amenities required for use during your visit. The minimum age permitted for access and treatment in the spa is 16 years of age. Our therapists will practice professional draping techniques during treatments in order to protect your modesty, and you will be provided with disposable garments for your additional comfort.

HOMECARE

To continue your spa regime and experience at home, our retail boutique stocks all the products used in your treatment along with additional gift items and gift vouchers for you to purchase. A homecare prescription will be provided by your expert therapist for your information and for recommending.

PRICES

All prices are quoted in UAE Dirhams and are inclusive of 10% service charge, 5% VAT and 7% destination charge.

HEALTH CONDITIONS

When making your reservation, please kindly advise us of any health conditions, pregnancy, allergies, or injuries which could affect your service and use of the spa facilities. Our expertly trained spa team is on hand to assist with any concerns you may have. Treatments will be adapted accordingly. In some cases, it is advisable to consult your doctor before booking.

CANCELLATION POLICY

Your appointments and well-being are important to us. We understand that, sometimes, unexpected delays occur leading to schedule adjustments. We kindly ask for a minimum of 6 hours' notice should you need to cancel or reschedule your booking otherwise a charge of 50% may be applied for any missed or cancelled without.

GIFT VOUCHERS

Waldorf Astoria Spa gift vouchers are the ideal gift for that special someone. Please speak to one of our dedicated spa team who can assist with the perfect selection. Gift vouchers must be mentioned at the time of your reservation and presented on the day of your treatment. Gift vouchers are non-refundable and cannot be exchanged for cash alternatives. Please contact our spa reception for full terms and conditions.