



W
WALDORF ASTORIA®
Spa

Treatments



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WELCOME

Welcome to the exclusive and exceptional experience
of the Waldorf Astoria Spa, Ras Al Khaimah.

Expert therapists will provide you with an extraordinary level of
personalised service to beautify, enhance and restore.

With surroundings of unrivalled quality
designed to refresh and relax both body and soul
— your time with us will be truly unforgettable.



Local Ingredients

Pearl [noun]

A hard, smooth lustrous typically rounded structure occurring on the inner surface of the shell of a clam or oyster, consists of calcium carbonate secreted in layers around an invading particle such as a sand grain; a much valued gem.

The lulu or pearl oyster was a source of wealth in the Emirates, long before the discovery of oil. Pearl oysters occur naturally on relatively shallow banks in the Gulf. Individual pearls have been found in excavations on archaeological sites that date back to at least 7000 years ago. The Arab writer Al Idrisi mentions that in 1154 Julfar, Ras Al Khaimah, was already a major pearling centre.

As such a strong part of the history of Ras Al Khaimah, elements of the pearl are woven throughout the hotel and spa. A magnificent golden clock stands proud in the lobby; panels of mother of pearl art are placed throughout public areas and engraved doors with mother of pearl detail welcome guests to their suites.

Opalescent, smooth, glowing, lustrous, flawless, luminous, elegant, rare, soft glow, distinctive are words that meld the age old tradition of the Emirate with the serenity of the spa.

Your journey begins here...



Palace Autographs

PRECIOUS PEARL

90 MINUTES

An elite, high performance facial experience incorporating the power of the pearl. An instant 3- dimensional plumping and lifting effect providing a targeted result for any aging concern. A double action collagen packed mask will turn back time and radiate your inner youth, enhancing your skin like never before. Continue this unique experience at home with the unique QMS Pearl Touch duomoisturising cream set.

MAGENTA

90 MINUTES

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.

JADE GREEN

90 MINUTES

Calm, soothe and re-balance your complexion with the leading collagen delivery system. Mend, repair and protect leaving your skin super nourished. The distinctive pressure point massage alleviates circulation and deeply relaxes; healing mind and spirit.

EMERALD

90 MINUTES

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. While the powers of seaweed are infused into the skin, warm, basalt stones are placed alongside calming jade stones to provide perfect energy equilibrium.



Skin Renewal

ORGANIC LAVENDER MYTH

30 MINUTES

Melt tired muscles and soothe and soften skin with the combination of organic seaweed extracts, sensual lavender buds and aromatic essential oil. Pure sugarcane polishes the skin removing dead skin cells to reveal a truly glowing renewed skin.

ORGANIC PEPPERMINT MYSTIQUE

30 MINUTES

A reviving sugar scrub to revitalise the senses and refresh the body. A fusion of fresh peppermint leaves and organic seaweed extracts awaken the mind and leave your skin radiant and perfectly polished.

SEAWEED SALT GLOW

30 MINUTES

An intense full body salt scrub to lift away impurities and stimulate toxin removal. Luscious dead sea salt firms and tones, followed by a generous layer of shea butter infused with exotic essential oils to lock in moisture and provide a luxury finish to the skin.

OCEAN POWER

60 MINUTES

A pure and encapsulating warm spiced mud wrap to deeply detoxify, slim and diminish the appearance of cellulite. Harnessing the power of the earth and ocean, a brisk body brush stimulates and smoothes before your body is layered in 100% Irish peat and heated to draw out toxins resulting in the ultimate tightening and firming treatment.

OCEAN CARESS

60 MINUTES

Experience total replenishment and hydration with layers of fresh, Atlantic ground laminaria seaweed. A warm body cleanse and seaweed envelopment is the perfect solution for dry, devitalised skin. The vitamin rich seaweed mask soothes sunburn and assists healing of any skin ailment. A gentle 'sailors cure' of essential oils and lavish, organic seaweed for complete skin conditioning.

Massage

OCEANIC STONES

90 MINUTES

Embrace the powerful and mystical healing properties of earth and ocean combined in this top to toe exclusive massage. Warm luxurious seaweed oils regenerate and restore muscles and mind, whilst hot stones encourage the active release of precious extracts restoring a pure sense of tranquility and wellbeing.

SHIFTING HORIZON

90 MINUTES

A captivating massage treatment to calm, detoxify or ease digestion. Options of three beautiful herbal infusions in aromatic warm muslin massage bags accelerate the penetration of luscious seaweed oils. An extremely indulgent experience derived from ancient healing traditions of the ocean.

CALM WAVES

90 MINUTES

Calm, rhythmic movements emulate the oceans currents bringing you back to a peaceful state of mind. A warm back cleanse packed full of vitamins and fresh oils, and a mineral rich hot mud mask prepares your back to embrace your inner state of relaxation.

DEEP SEA

60 MINUTES

Feel restored with the ultimate massage and drift away on an organic journey using exotic essences and ocean minerals to unwind your mind and body. Enjoy a bespoke full body massage to elevate your senses and re-condition areas of over exertion.



Facial Treatments

CLEANSING TIDES

90 MINUTES

An invigorating facial designed to reduce the signs of stress effects that promises to deep clean the pores using steam and extraction where required. Facial massage techniques are incorporated to stimulate the facial muscles, and boost circulation in turn activating the renewal of skin cells.

RESTORING RIPPLES

90 MINUTES

A soothing facial taken to a higher level by incorporating ocean seaweed leaves to enhance the appearance of the skin, whilst restoring, regenerating and renewing oils, masks and creams full of vital minerals and vitamins, complexes and rejuvenating leaves, instantly restore and enhance.

FRESH OASIS

60 MINUTES

A facial perfect for that extra boost, incorporating anti-oxidant algae complexes and pro-collagen organic extracts for skin rejuvenation complete with a soothing head massage.

LUMINOUS

30 MINUTES

A gorgeous add on option to any of our face and body treatments. This result driven marine seaweed eye treatment firms, hydrates and awakens tired eyes. Super anti-oxidant green tea drains away puffiness, concentrated vitamin C brightens dark circles while the distinctive Swiss formulated pro-collagen complex lifts and firms lines and wrinkles for a complete organic eye makeover.

Results by QMS

IMPERIAL FACIAL TREATMENT

90 MINUTES

The combination of deep cleansing and concentrated collagen boosting provides highly effective nourishment and regeneration for stressed, damaged skin. Fine lines are reduced and skin's elasticity is restored.

PRECIOUS PEARL

90 MINUTES

An elite, high performance facial experience incorporating the power of the pearl. An instant 3- dimensional plumping and lifting effect providing a targeted result for any aging concern. A double action collagen packed mask will turn back time and radiate your inner youth, enhancing your skin like never before . Continue this unique experience at home with the unique QMS Pearl Touch duomoisturising cream set.

LUX LIFT

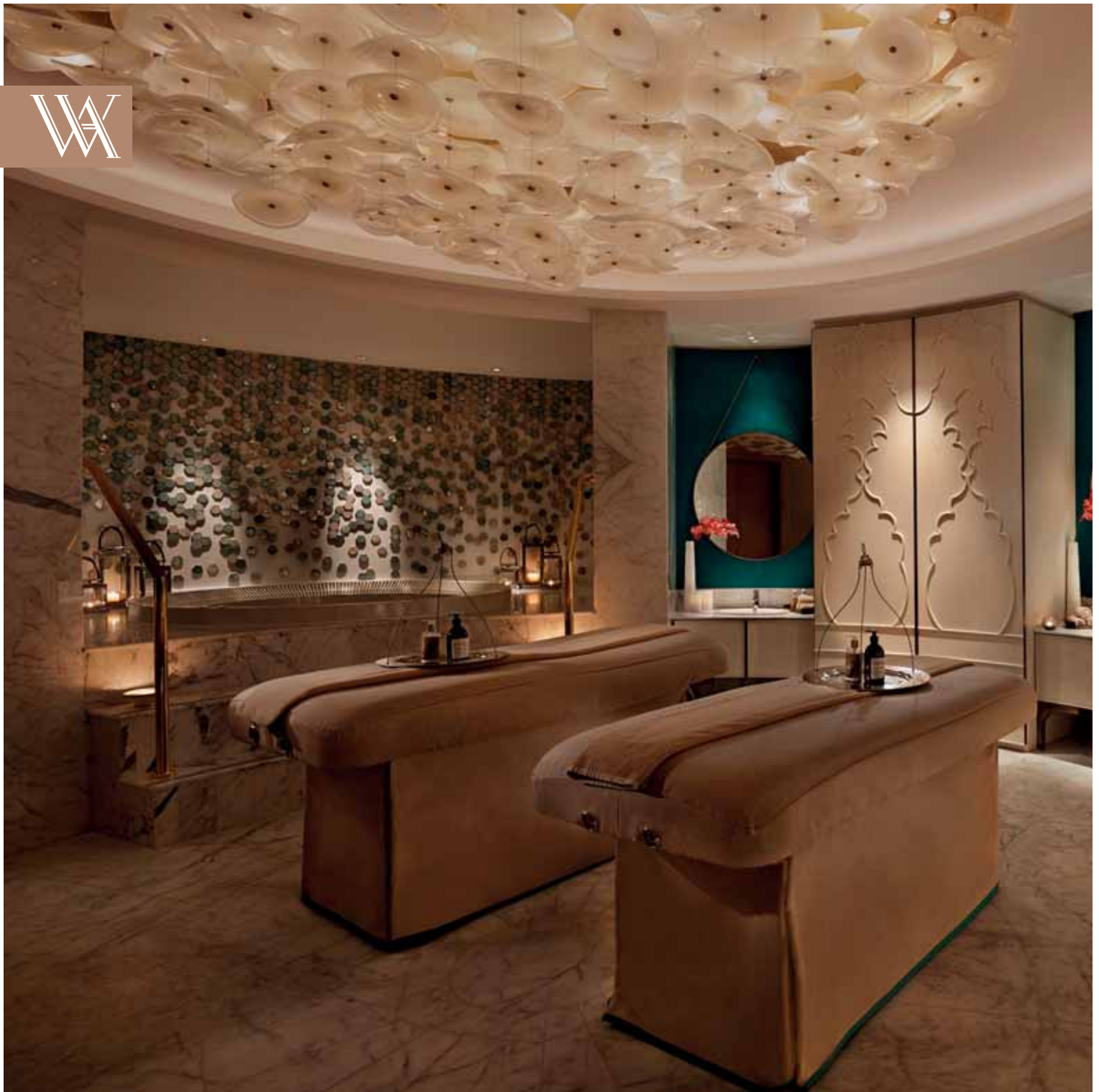
60 MINUTES

The ultimate anti-ageing facial. The QMS facial range is power packed with super skincare actives to provide the ultimate anti-ageing facial to treat a multitude of ageing concerns. This facial encourages brighter and tighter skin whilst instantly delivering a powerful moisture surge to hydrate and condition.

THE HOLLYWOOD PEEL

60 MINUTES

The intense and active skin brightening facial enhances luminosity by working deep down into the layers to reduce skin pigmentation. A combination of power packed ingredients with lightening actives encourage skin renewal and brighten the complexion. Fantastic for acne scarring, pigmentation or a tired complexion.



Private Spa Suite Exclusives

The crowning glory of the Waldorf Astoria Spa is the luxurious and private spa suite - a spa within the spa.

Located away from the main spa treatment suites, your own private VIP spa experience awaits you offering privacy, comfort and a complete range of facilities including:

- Private bathroom
- Private dressing room with full range of luxury amenities
- Steam Shower
- Sunken Jacuzzi
- Fully heated treatment beds
- Comprehensive menu of treatments and services
- Optional food and beverage selections

Whether you wish to enjoy this special space alone or with a loved one, the following options are made available for your reservation choice:

- Private Suite
- Single or couple treatment selection plus facilities
- Food and beverage options – including exclusive chef preparations
- Special celebration arrangements
- Floral arrangements

Reservations are subject to availability and price upon request



Complete Body Detox

DETOXIFYING TONER

60 MINUTES

Effective treatment targeting areas prone to cellulite, fluid retention and uneven skin texture. The body is exfoliated using a special blend of seaweed, salt and oil and removed using iced mitts to help tone and firm the skin. A powerful detoxifying massage follows, stimulating the lymphatic system to improve the skin's appearance.

TURQUOISE

60 MINUTES

The most indulgent and powerful bathing experience. Submerge your body in fresh Atlantic seaweed leaves, drenched with vital vitamins and minerals. Alleviate stress and strains whilst you rebalance and re-hydrate your tired skin for the total wellbeing experience.

OCEAN POWER

60 MINUTES

A pure and encapsulating warm spiced mud wrap to deeply detoxify, slim and diminish the appearance of cellulite. Harnessing the power of the earth and ocean, a brisk body brush stimulates and smoothes before your body is layered and heated to draw out toxins resulting in the ultimate tightening and firming treatment.

SHIFTING HORIZON

90 MINUTES

A captivating massage treatment to detoxify skin and ease digestion. Options of three beautiful herbal infusions in aromatic warm muslin massage bags accelerate the penetration of luscious seaweed oils. An extremely indulgent experience derived from ancient healing traditions of the ocean.

ABSOLUTE RESULTS

A course of six treatments within three weeks. Any of the above treatments are highly recommended to be taken in a course of six for extreme visible results, where two treatments will be provided as a compliment from Waldorf Astoria SPA.



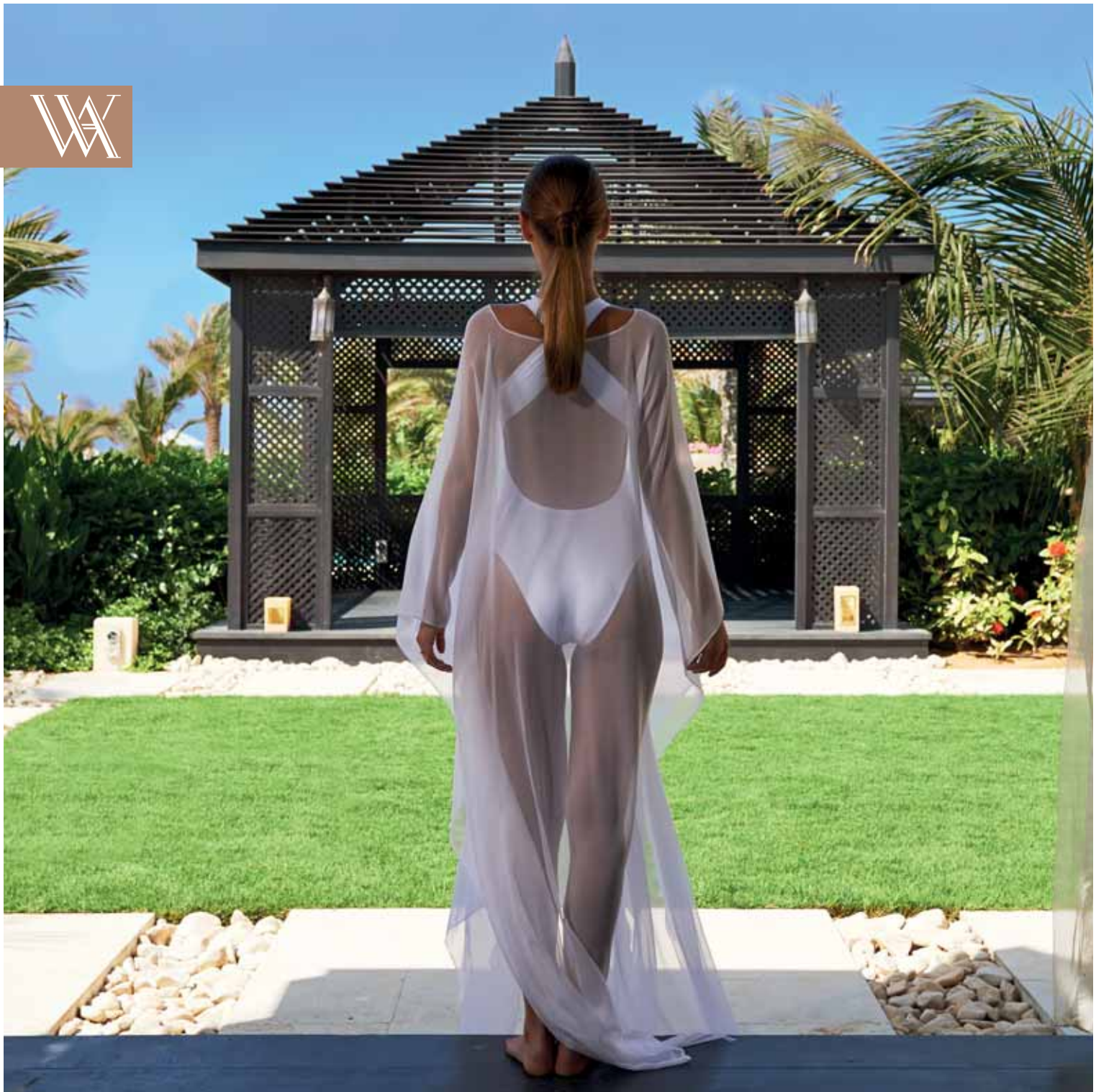
Inspirational Environments

A place of refuge and restoration; the spa offers enchanting and mystical signature treatments combined with captivating exceptional care to create a place where guests can surrender and restore personal wellbeing to reach subliminal levels of relaxation. With an undersea theme that flows through the tranquil area, the calming blues of the raw silk clad walls, lighting and floor to ceiling windows allow for a sense of serenity and space.

The curves of the spa replicate the calm waves and balancing motions of the sea; the colour transports guests through the elements into a state of total relaxation. Reminiscent of majestic mermaids, sensual sounds of the seashore and divine daydreams, serenity is coupled with sensuality and peace. Threads of gold weave their way through the Waldorf Astoria Spa with sparkling embellishments, indulgent treatments and refreshing tastes.

The spa's location has been carefully selected to be close to the sounds, sights and smells of the sea and is surrounded by sweet-scented gardens.

The thermal areas abound with minerals and infusions creating pleasure; a choice of aroma steam, sauna, herbal bath, ice chute, fresh and tropical showers.



Lady of Waldorf

ROYAL MANICURE

90 MINUTES

The finest gold flakes are used to enhance your manicure experience. The Royal Manicure is a treat for the senses. Immerse hands into a golden hand bath with beautiful soap roses to prepare the skin and nails. Therapist will assess nail condition and subsequent treatment. Hands receive a luxury gold peel to exfoliate and soften the skin. Power gloves are donned to start the conditioning process whilst the four step manicure is carried out. Hands are massaged with golden shimmer oil to complete to heavenly 90 minute manicure. A leave-in deluxe honey mask is the final touch.

CEREMONIAL

120 MINUTES

A true escape for any lady in need of the perfect 'time out'. Begin the voyage of discovery in a private steam shower to open the pores, let the heat relax and calm your soul before a gentle scrub of organic sugarcane and lavender buds soothe your senses. Lashings of hot rustic Irish mud to re-mineralise your skin from head to toe as you retire to the steam shower to infuse the mask and release aromatic essences of orange, cinnamon and ginger. Complete the journey with a divine organic eye facial before submerging in to the dry floatation bed to drift away with the rhythms of the ocean.

SHORE TO SHORE

90 MINUTES

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 in to the skin after a hydrating steam bath session to stimulate the senses.

OCEAN TO SHORE

90 MINUTES

Designed to address the loss of collagen, the main cause of skin aging, this facial features our unique 70% natural soluble collagens. Through their application skin revitalized and returned to a youthful, healthy state.



Male Majestics

MALE MAJESTIC MANICURE

30 MINUTES

Running short of time? Quick Manicure is a four step manicure that focuses on shortening, cleaning and conditioning your nails. The nails are naturally polished to a high gloss shine and the treatment is completed with the moisturising of cuticles. The Quick manicure with a shiny finish.

CEREMONIAL

120 MINUTES

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 pores before a lavish body buff of sugarcane and peppermint lift away the days' tensions. Lashings of hot rustic Irish mud mineralises your skin from head-to-toe while you retire to the steam shower to infuse the mask and release aromatic essences of orange, cinnamon and ginger. A deep sea massage will send you off to slumber while the journey closes with a rejuvenating organic eye facial experience.

IMPERIAL FACIAL TREATMENT

90 MINUTES

The combination of deep cleansing and concentrated collagen boosting provides highly effective nourishment and regeneration for stressed, damaged skin. Fine lines are reduced and skin's elasticity is restored.

AQUAVEDIC BALANCE

90 MINUTES

Steaming and scrubbing to remove those deep down problems and bring back life to the skin and soul. Invigorating, stimulating and awakening deep tissue massage to initiate a peaceful state of mind, balanced with hot stone reflexology to ensure complete atonement.

Waldorf Astoria Essentials

FOOT MASSAGE

30 MINUTES

An oriental foot massage concentrating on the pressure points of the feet that correlate directly to the organs of the body. This therapy helps to ease tension, improve circulation and generally promote a feeling of complete wellbeing.

BACK, NECK AND SHOULDER MASSAGE

30 MINUTES

A massage which eases aches and pains to the upper body. The therapist uses strong relaxing movements on the back of your neck and shoulder areas.

ORGANIC BODY SCRUB

30 MINUTES

Soften skin with the combination of organic seaweed extracts and aromatic essential oils. Pure sugarcane polishes the skin removing dead skin. Melt tired muscles and soothe and relax to reveal a truly glowing renewed skin.

LUMINOUS FACIAL TREATMENT

30 MINUTES

This result driven marine seaweed treatment hydrates and awakens tired skin. Super anti-oxidant green tea, concentrated vitamin C, the distinctive Swiss formulated pro-collagen complex lifts and firms lines and wrinkles for a complete organic makeover.

MINERAL RASUL

30 MINUTES

Relax and absorb the minerals of the ocean in this private rasul experience. Your therapist will guide you through the products before you retire to the steam bath for the complete personal pampering experience.



Pre and Post natal Treatments

Mama Mio Pregnancy Spa Treatments are our special programme of skin salvation; indulgent spa treatments designed to take you right through every stage of your nine month stretch. Remember, take good care of yourself and find joy in your amazing treatment.

GORGEOUS GLOW TOP TO TOE

90 MINUTES

From the pregnancy experts at Mama Mio, enjoy a complete top to toe spa experience with the new Gorgeous Glow pregnancy facial - deep cleansing, exfoliating and rebalancing combined with mind-melting massage. The wonderful Oxygenating Mask clarifies and helps with pigmentation whilst your hard-working legs and feet are treated to a circulation boosting, cooling mineral wrap to ease circulation and reduce puffiness. Sit back, relax and get ready to look and feel gorgeous.

MAMA MIO PREGNANCY TREATMENT

60 MINUTES

A completely relaxing full body massage using our safe but effective pre-natal techniques and our award-winning Omega rich oils to relax those specific lower back muscles that are carrying that beautiful bump.

LUCKY LEGS LIGHTEN UP

30 MINUTES

A mineral-rich foot soak, exfoliation and massage for lower legs and feet to help with poor circulation, water retention and the tiring effects of carrying an extra load. They don't call it a maternity marathon for nothing!

In Room Ceremonial

IN ROOM MANICURE AND PEDICURE BUTLER

90 MINUTES

A bespoke luxurious story for the beauty of your hands and nails.

COLLECTION OF BATH MASTERS

Kindly consider at least 1 hour advance reservation ahead of desired time.

LAZY DAYS SEAWEED BATH

The seaweed naturally rehydrate and spring back to life, releasing its soothing and moisturizing properties just for you. Simply the finest seaweed, cut by hand, and combined Dead Sea salt.

MILK AND HONEY BATH

The luxurious blend of pure honey and milk leaves skin feeling nourished and smooth

FLOWER BATH

The enchanting combination of local handpicked flowers to unearth inner calm

COFFEE- CHOCOLATE INDULGENCE

Delightful and perfect pampering to enliven the body and recharge the soul

LEMONGRASS BATH

The clean and cheerful aroma will revitalize body and soul

MIND, BODY AND SPIRIT BATH

Sophisticated blend of essential oils and salts to create a relaxing experience fruitcompote



Spa Information

HOURS OF OPERATION:

Daily from 9:00am to 21:00pm

ARRIVAL TIME

You are encouraged to arrive a minimum of 40 minutes prior to your appointment to enjoy the exclusive facilities at Waldorf Astoria Spa at Ras Al Khaimah. Please be advised that late arrival may result in reduction of treatment time.

SCHEDULING AN APPOINTMENT

To schedule an appointment for the perfect treatment, please speak to our specialist spa reception who will guide you to the right choice. In-house guests can press the spa button on your room telephone, from outside the hotel please call 00971 (0)7 203 5722. To ensure your preferred time and service is available, we do advise booking in advance.

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 and smoke free zone.

The spa will provide abundant towels, slippers, shower caps and all amenities required for use during your visit.

The minimum age requirement for access and treatment in the spa is 16.

PREGNANCY

Our team will guide you on the most suitable treatment options.

HEALTH CONDITION

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

CANCELLATION POLICY

A 50% cancellation policy charge will be incurred for any treatment or spa programme not cancelled at least 6 hours prior to appointment.

HOMECARE

To continue your spa regime and experience at home, all Waldorf Astoria Spa products used during your treatment are available for purchase from the Spa Reception.

PRICES

All prices are quoted in Dirhams and include 10% service charge.

THE GIFT OF GIVING

Gift Vouchers are available for purchase and are valid for all treatments and retail home care products.



WALDORF
ASTORIA™

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