ESCAPE

Where wellness embraces serenity

Perfectly complementing the Ritz Carlton Spa expereince, the Rainforest combines European hydrothermal culture with Middle Eastern bathing rituals, creating a rejuvenating sanctuary in the Arabian desert.

THE RITZ-CARLTON

RAS AL KHAIMAH, AL WADI DESERT

THE RAINFOREST

A HEALING WATER OASIS WITHIN THE DESERT

DAILY: 10:00 AM TO 8:00 PM

LADIES ONLY SESSION : 10:00 AM - 11:00 AM
MIXED SESSION : 11:30 AM - 3:30 PM
PRIVATE SESSION : 5:00 PM & 6:30 PM (60 MINUTES SESSIONS)

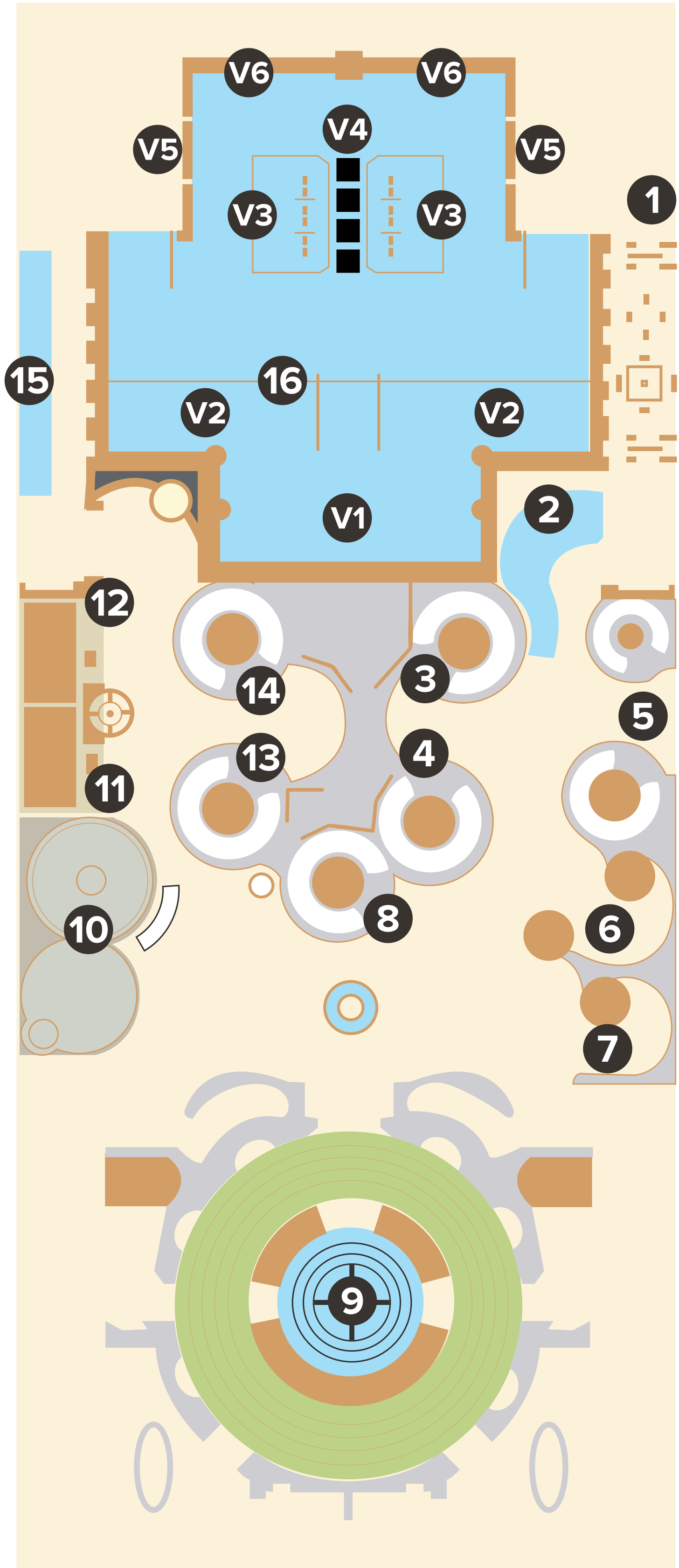
The Rainforest is a unique hydrothermal facility with 16 different stations combining warm and cold temperature experiences, each traveling one step further in a journey to relaxation.

Benefits:

- Improve blood circulation to maintain a healthy oxygen and nutrient flow around the body
- Deeply cleanse skin for a healthy and radiant glow
- Relief muscle tension, pain and fatigue and aids recovery after intense workouts
- Reduce stress and promotes deep sleeping

฿ 159 per person	For a 60-minute experience
฿ 266 per person	For a 120-minute experience
฿ 372 per person	For a 180-minute experience
฿ 1,378 per couple	For a 60-minute exclusive session

All applicable taxes, including Service Charge (10%), Destination Fee (7%) and VAT (5%) is included



1. Rainwalk Corridor
2. Sole Therapy (Kneipp Therapy)
3. Aroma 1
4. Aroma 2
5. Nature's Glow & Touch
6. Sensory Showers
   Bucket Drench Shower
   Tropical Rain Shower
7. Afusion Shower
8. Brine Cavern
9. Jacuzzi
10. Ice Igloo
11. Sauna
12. Herbal Sauna
13. Grotto Steam 1
14. Grotto Steam 2
15. Sole Therapy
16. Vitality Pool (1-6)

Guests are invited to follow the curated sequence, allowing time for the body to cool either naturally, in the Ice Igloo, or with a refreshing shower after each warm station. Complete the experience with a tranquil moment of relaxation on the lounger, embracing the serene atmosphere.

1. RAINWALK CORRIDOR
Four types of showers that vary in terms of water pressure and temperature, you may proceed to the next shower following the sensor light.

2. SOLE THERAPY (KNEIPP THERAPY)
Spend one minute in cold water, thirty seconds in warm water and then walk along the cobbled path to stimulate foot reflexology points as in walking through a stream.

3 & 4. AROMA STEAM BATH (1 & 2)
Stay as long as you feel comfortable and cool down with either a cold shower or by rubbing the body with ice, followed by a short break by drinking water. To be repeated three times.

5. NATURE'S GLOW AND TOUCH
A natural stone relaxation area, an ideal place to rest between experiences.

6. SENSORY SHOWERS
A cold shower, an ideal cooling treatment at your journey after the Aroma Steam or Sauna.

7. AFFUSION SHOWER
Experience tropic, fresh or thunder rains of your choice.

8. BRINE CAVERN
A steam bath with liquid sea salt and eucalyptus fragrance.

9. JACUZZI
Hot tub bath with massage jets.

10. ICE IGLOO
Ideal for cooling delicate and cellulite prone areas after aroma steam or sauna.

11. SAUNA
This dry heat experience aids your cardiovascular system and removes toxins from the body.

12. HERBAL SAUNA
The Herbal Sauna is set to 50°C with a relaxing herbal aroma.

13 & 14. GROTTO STEAM (1 & 2)
Recommended to stay for five to ten minutes followed by a cold shower and rest for two minutes before proceeding.

15. SOLE THERAPY
Simply walk against the water current to stimulate your blood circulation

16. VITALITY POOL
The pool is set to 30°C and contains six different types of water massaging stations.

For more information or reservation, call +971 7 206 7777 or email rc.rktrw.spa@ritzcarlton.com

Ladies exclusive and private sessions available

The Rainforest facilities are available for guests aged 16 years old or above

THE RITZ-CARLTON
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