

THE RITZ-CARLTON SPA
by
ESPA

PRIVATE SPA SUITES

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SIGNATURE TREATMENTS

OCEAN SHELL BODY TREATMENT

120 minutes 34,000 yen

An indulgent body treatment to melt away tension and bring your body and mind back into balance.

The treatment begins with body brushing and exfoliation to smooth and soften the skin; an indulgent massage follows, using nourishing essential oils and warmed natural Tiger clam shells to penetrate tired, aching muscles. Finally, a comforting head massage and gentle stretching allows you to relax and unwind.

Includes: *Foot ritual – body exfoliation – massage with warm shells – head massage*

HYDRATING SUN SOOTHER TREATMENT

120 minutes 34,000 yen

This uniquely soothing and hydrating ritual is a welcome relief for sun exposed and sensitive skin.

Commencing with a nourishing body envelopment with deeply nourishing ESPA muds followed by a soothing massage with ESPA Restorative Body Oil, renowned for regenerative and skin conditioning properties, leaving the skin soothed, calmed and comforted. A desensitising facial treatment and scalp massage complete the experience ensuring the skin is refreshed and renewed.

Includes: *Foot ritual – body wrap – massage – facial treatment – head massage*

LOMI ISLAND MASSAGE

60 minutes 17,000 yen

Taking inspiration from the soothing, kneading movements of traditional Lomilomi massage - this treatment calms mind and body and instills a comforting feeling of wellbeing. Using ESPA body oils chosen to suit your mood, whilst nourishing the skin, this is the ideal treatment to experience Okinawan hospitality at its best.

Includes: *Lomi inspired massage*

OKINAWAN MASSAGE

90 minutes 26,000 yen

Enjoyed in our outdoor Cabanas within the forest tree-tops our Shiatsu-inspired massage consists of pressure point massage, supported stretches and elongating techniques to ease away tension and stress. Comfortable pajamas will be provided for your treatment as this massage is performed without oil.

Includes: *Shiatsu inspired body massage surrounded by the Okinawa Yanbaru forest (weather permitting)*

ESPA FACIALS

Our facials begin with a detailed consultation and in-depth skin analysis using 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 and mask. 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.

AGE-DEFYING

AGE-DEFYING FACIAL WITH ACTIVE SERUM

90 minutes 26,000 yen

This regenerating facial and firming eye treatment helps minimise fine lines, combat the signs of ageing and visibly improves the appearance of your skin.

Special age-defying massage techniques help hydrate and protect your skin with particular focus on the delicate area around the eyes, neck and lips that are prone to fine lines. Skin is left feeling fresh, replenished and nourished.

RADIANCE

SKIN RADIANCE FACIAL

60 minutes 17,000 yen

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.

RE-BALANCING

SKIN PURIFYING FACIAL

60 minutes 17,000 yen

Ideal for oily, congested and problematic skin, or those suffering with hormonal imbalance.

This deep cleansing facial helps to regulate oil secretions and refine open pores. Essential Tea Tree and White Thyme oils, which are naturally decongesting and anti-inflammatory, are used to soothe and calm the skin, encouraging a more balanced and clearer complexion.

HYDRATION

RE-HYDRATOR FACIAL

60 minutes 17,000 yen

An intensive and regenerating facial for dehydrated skin leaving it supple and nourished.

Gentle cleansing and exfoliation help the skin absorb replenishing face treatment oils and masks to deeply moisturise and soothe the complexion. This rehydrating facial leaves skin smooth and feeling rejuvenated.

SENSITIVE

DE-SENSITISER FACIAL

60 minutes 17,000 yen

A comforting facial for sensitive skins prone to redness and irritation, leaving skin calmed and nourished.

De-sensitising natural plant extracts and calming aromatherapy oils such as Chamomile and Benzoin are used to gently cleanse, nourish and hydrate fragile skin. This soothing facial helps to reduce skin sensitivity leaving skin calmed, nourished and comfortable.

ESPA BODY TREATMENTS

We offer a range of solution-led ESPA treatments, each one designed and tailored specifically to ensure you experience the best physical and emotional therapeutic benefits depending on your needs.

DE-STRESS AND RELAX

HOT STONE BACK, FACE & SCALP TREATMENT 120 minutes 34,000 yen

Renowned as our 'Hero' treatment and loved by all; this ESPA experience delivers triple results by targeting three key areas - the back, the face and the scalp, making it the ideal treatment for anyone.

Includes: *Back exfoliation and hot stone back massage – facial – scalp massage*

STRESS RELIEVER RITUAL

120 minutes 34,000 yen

This treatment combines a body wrap and massage using soothing oils to restore equilibrium, peace of mind and bring deep relaxation to body and spirit.

Following body exfoliation, an Algae, Mud or Oshadi wrap is applied and the scalp gently massaged. Once you have taken a refreshing shower, a full body massage with Soothing Oil takes place bringing deep relaxation to body and spirit.

Includes: *Body exfoliation – Algae, Mud or Oshadi wrap – scalp massage – body massage with Soothing Oil*

REVITALISE

ENERGY BOOSTER RITUAL

120 minutes 34,000 yen

This treatment combines a body wrap and massage using soothing oils to restore equilibrium, peace of mind and bring deep relaxation to body and spirit.

Following a body exfoliation, an Algae wrap is applied and the scalp gently massaged. Once you have taken a refreshing shower, a full body massage with Energising Oil takes place leaving you with a sense of well-being, energised and revitalised.

Includes: *Body exfoliation – Algae wrap – scalp massage – body massage with Energising Oil*

DETOX

DETOX RITUAL

120 minutes 34,000 yen

This treatment combines a body wrap and massage using specific oils to help improve circulation, speeding up the elimination of toxins and excess fluid.

Following body exfoliation, an Algae wrap is applied and the scalp gently massaged. Once you have taken a refreshing shower, a full body massage with Detoxifying Oil takes place. This is the ideal treatment to help cleanse the body and improve the appearance of the skin.

Includes: *Body exfoliation – Algae wrap – scalp massage – body massage with Detoxifying Oil*

INTENSIVE MUSCLE RELEASE

MUSCLE RELAXER RITUAL

120 minutes 34,000 yen

This treatment combines a body wrap and massage using specific oils to ease tension in the muscles, help restore mobility and reduce aches and pains. Great after a day on the golf course!

Following body exfoliation, an Oshadi or Mud Wrap is applied and the scalp gently massaged. Once you have taken a refreshing shower, a full body massage with Fitness Oil takes place leaving you cleansed and restored.

Includes: *Body exfoliation – Oshadi or Mud wrap – scalp massage – body massage with Fitness Oil*

SALT & OIL SCRUB

60 minutes 17,000 yen

50 minutes 15,000 yen

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 Body Polish is applied instead of Salt & Oil Scrub.

Includes: *Body exfoliation*

ESPA MESSAGES

PERSONALISED MESSAGE

90 minutes 26,000 yen

80 minutes 23,000 yen

60 minutes 17,000 yen

50 minutes 15,000 yen

After a detailed consultation, the most suitable massage for you is chosen from one of the following options.

Aromatherapy

Deep Muscle

Hot stone

Swedish

ESPA MATERNITY

PRE NATAL TREATMENT

90 minutes 26,000 yen

A deeply nourishing body treatment designed to target areas prone to stress and tension during pregnancy.

A gentle body exfoliation is followed by a nourishing massage and a moisture rich body mask. Finally, slip into a deep state of relaxation with a scalp massage.

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

Includes: *Body exfoliation – body massage and body mask – scalp massage*

POST NATAL TREATMENT

90 minutes 26,000 yen

80 minutes 23,000 yen

60 minutes 17,000 yen

50 minutes 15,000 yen

Completely personalised to your post baby needs whether you need to tone and firm your skin, aid weight loss, or simply relax and restore energy.

This is an ideal treatment to deeply nourish, hydrate and balance your body.

A course of 6 treatments is recommended.

This treatment is tailored to your needs depending on your requirements.

BODY TONER RITUAL

120 minutes 34,000 yen

This treatment combines a body wrap and massage using specific oils, ideal for after pregnancy or weight-loss leaving the skin smooth, toned and nourished.

Following body exfoliation, an Algae wrap is applied and the scalp gently massaged. Once you have taken a refreshing shower, a full body massage with Restorative Body Oil takes place to achieve maximum benefits to the skin, body and mind.

Includes: *Body exfoliation – Algae wrap – scalp massage – body massage with Restorative Body Oil*

LIGHTER LEGS

60 minutes 17,000 yen

50 minutes 15,000 yen

This revitalising treatment for tired feet and heavy legs helps reduce puffiness and soothe aches and pains and is suitable for all.

Great after a day of sightseeing or Golfing.

Includes: *Foot bath & scrub – foot and lower leg lymphatic massage*

ESPA ESSENTIALS

HANDS & FEET

ADVANCED MANICURE

60 minutes 11,000 yen

This indulgent treatment provides long lasting results using the latest technology for meticulous cuticle work and deeply nourishing products to repair, replenish and condition your nails.

Includes: Soak – cut and file – exfoliate – cuticle work – massage – personalised mask – paraffin wax – polish or buff

ESSENTIAL MANICURE

45 minutes 8,000 yen

Maintain amazing results or keep nails in good condition with this treatment.

Includes: Soak – cut and file – cuticle work – application of hand cream – polish or buff

FILE & POLISH

Essential maintenance for hands or feet.

30 minutes 6,000 yen

Includes: Nail file and shape – moisturiser – polish or buff

ADVANCED PEDICURE

75 minutes 15,000 yen

An intensive treatment using technically advanced manual and mechanical hard skin removal techniques, combined with deeply nourishing products to repair, replenish and condition your nails depending on your individual needs.

Includes: Soak – nail file and shape – exfoliate – cuticle work – massage – personalised mask – paraffin wax – polish or buff

ESSENTIAL PEDICURE

60 minutes 11,000 yen

Maintain amazing results and keep nails in good condition with this nourishing treatment.

Includes: Soak – nail file and shape – exfoliate – cuticle work – application of body cream – polish or buff

Why not complement your manicure or pedicure with:

Hot Stone Foot Massage

15 minutes 3,000 yen

Reflex Zone Foot Massage

15 minutes 3,000 yen

Neck & Shoulder Massage

15 minutes 3,000 yen

Conditioning Paraffin Wax

15 minutes 3,000 yen

ESPA FOR MEN

We encourage our male guests to enjoy any of our treatment experiences. However, this selection is designed to help address specific areas of focus such as stress-related tension, tight muscles and congested skin.

ESPA FACIALS

Our facials are specifically tailored to you. To maintain the ultimate in healthy radiant skin we recommend a facial once a month.

PERSONALISED FACIAL

60 minutes 17,000 yen

Whether your skin needs a deep cleanse, a healthy glow, soothing or hydrating, we encourage our male guests to experience a personalised facial, which your therapist will tailor to suit your skin's needs.

Includes: *Triple cleanse – exfoliation – steam and extraction – facial massage – mask*

ESPA MESSAGES

PERSONALISED MESSAGE

90 minutes 26,000 yen

80 minutes 23,000 yen

60 minutes 17,000 yen

50 minutes 15,000 yen

After a detailed consultation, the most suitable massage for you is chosen from one of the following options.

Aromatherapy

Deep Muscle

Hot stone

Swedish

GOLFER'S TONIC

90 minutes 26,000 yen

After a hard day on the greens, this treatment soothes aching muscles and targets the back, neck, legs and feet.

Enjoy a soothing foot soak and scrub followed by a leg and foot massage involving a warming envelopment of paraffin wax to the feet. The back is then exfoliated and massaged with hot stones – the perfect treatment to restore energy to a weary back, feet and legs.

Includes: *Foot soak, exfoliation, foot and leg massage – envelopment of paraffin wax to the feet – back exfoliation and massage with hot stones*

BACK, FACE & SCALP TREATMENT

90 minutes 26,000 yen

Also available with hot stones **120 minutes 34,000 yen**

Renowned as our 'Hero' treatment and loved by all; this ESPA experience delivers triple results by targeting three key areas – the back, the face and the scalp, making it the ideal treatment for anyone.

Includes: *Back exfoliation – back massage – facial – scalp massage*

STRESSBUSTER

120 minutes 34,000 yen

Ideal for those suffering with stress related tension from business pressure, travel and a fast-paced lifestyle.

Gentle skin cleanse involving skin brushing and body exfoliation followed by a full body massage with hot stones and scalp massage. Gentle stretching leaves your body feeling soothed, revitalised and de-stressed.

Includes: *Body exfoliation – body massage with hot stones – scalp massage*

MENS GROOMING

ADVANCED MANICURE

60 minutes 11,000 yen

This indulgent treatment uses the latest technology for meticulous cuticle work and deeply nourishing products to repair, replenish and condition your nails.

Includes: *Soak – cut and file – exfoliate – cuticle work – massage – personalised mask – paraffin wax – buff*

ESSENTIAL MANICURE

45 minutes 8,000 yen

The perfect maintenance manicure for men.

Includes: *Soak – cut and file – cuticle work – application of moisturiser – buff*

ADVANCED PEDICURE

60 minutes 11,000 yen

An intensive treatment including hard skin removal techniques.

Includes: *Soak – cut and file – exfoliate – cuticle work – massage – personalised mask – paraffin wax – buff*

ESSENTIAL PEDICURE

45 Minutes 8,000 yen

An ongoing maintenance foot treatment specifically designed for men.

Includes: *Soak – cut and file – exfoliate – cuticle work – foot massage – buff*

HOW TO SPA

SPA OPENING HOURS

Daily 09.00 - 21.00

SCHEDULING AN APPOINTMENT

To schedule an appointment for your perfect treatment, please contact our 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.

ARRIVAL TIME

Please allow sufficient time before your treatment to complete a Spa Consultation Form. 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 at The Ritz Carlton Spa by ESPA - sauna, steam room, power showers, vitality pool and hot dipping pools, spa changing and relaxation areas.

Gym

A state-of-the-art gym 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 assistance with the creation of a life-changing fitness routine. [The Gym is available to hotel guests and day spa guests.](#)

Swimming Pool

The indoor Swimming Pool ajoin the Spa Café terrace area and is available to hotel guests and day spa guests.

Spa Café

Offering a lite fair of nutritional and healthy salads, sandwiches and beverages in beautiful forest surroundings.

CHILDREN'S POLICY

We are delighted to offer treatments and access to the spa facilities including the changing facilities, heat experiences and gym to young adults over the age of 16.

CANCELLATION POLICY

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

SPA ETIQUETTE

Our spa environment is one of relaxation and tranquility. Please respect all spa guests' right to privacy and serenity. In light of this, the spa is a mobile phone, Blackberry, 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 our spa team to guide you in selecting which treatments are most suitable during this special time.

HOMECARE

To continue your spa experience at home, most products are available at the ESPA reception.

VALUABLES

The Ritz-Carlton Spa by 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 will be turned over to [Hotel Loss Prevention](#).

PRICES

All prices are local currency and include consumption tax. 13% service charge is applicable.