



Rimal
spa



Spa Philosophy

The Ultimate Result Driven Spa Experience

Rimal Spa is a European style spa, with an Arabic influence, offering a fusion of modern result driven treatments, holistic therapies and a traditional Turkish Hammam experience.

The spa revolves around luxury, personalised and professional service, creating a memorable, rejuvenating wellness journey.

To bring a unique experience to Rimal Spa at Mövenpick Hotel, Bahrain, we have designed result driven signature treatments using London's leading Harley Street Skin Care products and CACI Non Surgical face & body lift machine, offering spa guests well documented proven results.

Quality Voya marine products and signature treatments using sea shells are used to enhance the spa experience. To create an Arab influence, we have two Turkish Hammam suites, offering a wonderful array of Hammam treatments using Charme d' Orient products, for spa guests to relax and detoxify.

Rimal Spa is the perfect place to experience exquisite aromas, peaceful music and excellent customer service, in luxurious therapy suites, with your partner, friends or in tranquil solitude.

Our Spa team looks forward to welcoming you to Rimal Spa.

To enhance your experience at Rimal Spa, we ask you to consider others during your time with us by keeping noise levels down and switching off your mobile phone enabling you to relax and unwind.

What to Wear

We provide you with a bath robe and slippers during your visit. Our therapists are well trained to ensure you are appropriately draped to respect your privacy.

We also provide disposable underwear; alternatively you may prefer to wear your own.

Reservations

To avoid disappointment, we recommend you book your treatments in advance. Credit card details may be taken to confirm your booking.

Jewelry and Valuables

We recommend that you leave your valuables in your hotel room safe. For external guests, any valuables will be your own responsibility and risk.

Arrival Time

Please arrive 15 minutes prior to your appointment time to ensure you experience your full treatment.

No Smoking

Smoking is not permitted anywhere in the spa.

Cancellation Policy

We have a 24 hour cancellation policy; if we are unable to rebook your treatment time, a 50% charge may apply.

Special Considerations

Upon arrival, guests are requested to complete a spa consultation form, to ensure the most suitable treatment is selected. Please advise the receptionist or manager if you have any allergies, high blood pressure, pregnancy, or disabilities.

Hours of Operation:

Weekdays: 10am to 10pm
Friday and Saturday: 9am to 11pm

Spa Etiquette





Massages



Signature Jewels of the Sea Massage

⌚ 60/90 mins

Our Signature Lava Shell massage is deeply comforting and relaxing, using naturally smooth polished shells of the South Pacific. The heat from the shells gently eases away muscle tension, improving circulation and a sense of balance to the entire body and mind.

Aromatherapy Massage

⌚ 60/90 mins

A therapeutic full body massage uses acupressure and Swedish massage techniques to help restore balance in both mind and body. Your therapist will personalise the experience for you, by using blended essential oils, to energise or relax and your preference of massage pressure, improves circulation and soothes the body.

Swedish Massage

⌚ 60/90 mins

A popular massage therapy to suit individual requirements, it combines various massage techniques including gliding, kneading, and cross fiber friction to break up muscle knots, releasing muscular tension, alleviate fatigue and stress.

Sports / Deep Tissue Massage

⌚ 60/90 mins

This is the perfect deep massage for busy executives and sports enthusiasts, using firm pressure and friction; it helps to relieve stiff, tight, fatigued muscles and joints, releasing tension and knots on the back, neck and shoulders. This bespoke massage can also target specific areas of concern.

Thai Massage

⌚ 60/90 mins

This unique Thai massage offers Yoga therapy that combines rhythmic movements, acupressure and deep stretching. It releases tension, increases vitality and creates wholeness of mind, body and spirit. Oil is not used and guests wear Thai pyjamas.

Asian Blend

⌚ 60/90 mins

For those guests who enjoy a Thai massage combined with aromatherapy oils, using acupressure, stretching techniques that relaxes and revitalises the body, to give the dual benefit of helping to increase flexibility and boost the immune system.

Hot Stone Massage

⌚ 60/90 mins

A deep massage treatment that uses hot stones, which are applied to specific points on the body to relax and eliminate toxins; during this sensorial experience unique massage techniques using the hot stones, relieving tension, giving way to deep relaxation.

Well-Being Massage

⌚ 45 mins

A soothing, relaxing back, neck, shoulder and head massage that is ideal for those busy executives and people on the go. A choice of aromatherapy oil is applied to relieve stress, muscle tension and improve one's general health and well-being.

Back Massage

⌚ 30 mins

An Intensive back, neck and shoulder massage, that will help soothe tired aching muscles, relieve tension and promote relaxation.

Reflex Point Foot Massage

⌚ 30 mins

This stimulating foot treatment combines massage movements and pressure to specific reflex points located on your feet, increasing circulation, relaxation and improving your general well-being.





Body Treatment



Tangle Me Up Body Wrap

⌚ 60 mins

This hydrating and firming Voya body treatment helps to revitalise and improve the elasticity of the skin.

A full body brushing and cleansing hot towels, to relax tired and lethargic muscles, followed by an anti-oxidants seaweed gel to help fight cellulite and the signs of ageing.

Voya Ocean Essence Body Wrap

⌚ 75 mins

Hydrating and detoxifying slimming wrap that stimulates the blood and lymph flow, combating cellulite and muscle fatigue. The two powerful seaweeds are an excellent skin rejuvenator to smooth and improve skin tone. This includes a body exfoliation, using ground walnut shells and a relaxing scalp massage.

Organic Warm Spiced Mud Wrap

⌚ 75 mins

A purifying detoxifying and slimming body treatment using fresh seaweed, combined with a deep cleansing mud wrap, rich in potent anti-oxidants, minerals, enhanced with organic ginger and cinnamon.

A results-driven treatment wrap that has noticeable firming effects on the skin tone.

Cleansing Back Treatment

⌚ 60 mins

A relaxing deep cleansing back treatment that incorporates an exfoliation and mask to revitalise dull skins, followed by a soothing back massage.

CACI Non-Surgical Body Treatments (For best results a course of 6 or more is recommended)

CACI Buttocks and Thighs

⌚ 45 mins

This treatment focuses on those areas of concern, encouraging toning and elasticity of both the skin and muscles. The specialised design of the Electro-Cellulite Massager allows it to pivot the body contours tackling cellulite, fluid retention, sagging buttocks, as it firms the gluteus muscles and detoxifies.

CACI Bust Lifting Treatment

⌚ 30 mins

Using micro-current therapy CACI stimulates and re-educates the muscles of the breast, concentrating on lifting the muscles, giving shape and definition.

CACI Tummy Toning

⌚ 30 mins

The CACI treatment works over your abdominal muscles, encouraging toning and elasticity of both the skin and muscles, leaving a youthful appearance.

Hamam Treatments



Turkish Bath Ceremony

⌚ 90 mins

An invitation to explore the serenity of Turkish bath and its unique ritual : soft steam and traditional Kassa glove scrub with black olive to remove dead skin cells, followed by a massage in a cloud of foam, resulting in total relaxation.



Royal Hammam Ritual

⌚ 75 mins

Let your self drift away whilst receiving a royal treatment! Allow us to deep cleanse your skin, following on with a balancing and detoxifying mask finishing with our exclusive 100% natural white honey mask to nourish, brighten and hydrate your skin. The option to add on a mini facial is a must!

Secrets of Argan

⌚ 60 mins

Experience our signature body exfoliation, with Argan sea shells and pink crystals, followed by a scented clay wrap, to complete the experience a massage with warm Argan butter, leaving the skin soft and smooth.





Facials



Voya Ocean Fresh Facial

⌚ 60 mins

A refreshing organic facial, that includes an exfoliation, leaving the skin radiant, a signature massage using Voya face serum containing a blend of organic oils and anti-oxidant seaweed, followed by a maskerade gel mask to deeply hydrate and detoxify. This is complemented with a relaxing scalp massage.

Deluxe Oxygenating Facial (Anti-Pollution)

⌚ 75/90 mins

A revolutionary deluxe oxygenating seaweed facial, that revives and softens dehydrated skin alleviating fine lines and wrinkles. It begins with a back exfoliation and massage. The organic facial uses a gentle bamboo exfoliation followed by a Voya signature facial massage and then freshly harvested organic seaweed leaves are placed over a warm gel mask, packed with pro-collagen extracts, complemented with a head massage.

With add on eye treatment

⌚ 90 mins

Signature Princess Facial (Anti-Ageing)

⌚ 90 mins

The Princess facial is a deluxe anti-ageing treatment, using the unique Harley Street microdermabrasion mask with crushed diamonds and pearls to remove dead cells, followed by a combination of massage and serums, resulting in a brightened, rejuvenated smooth complexion. To enhance the experience a hand and arm treatment is included.

**On The Spot Facial
(Oily, Troubled Skin)**

⌚ 60 mins

This Harley Street Facial combines exfoliation, steam, extraction, masks and massage, ensuring your pores are decongested and tightened to prevent future congestion. On The Spot Facial is ideal for people who suffer with moderate spot-prone skin and is even suitable for sensitive skins.

**Red Carpet Express Facial
(Suitable for all Skin Types)**

⌚ 30 mins

Magic is worked in the minimum of time, on those facial fine lines and dark circles of the eyes, using Harley Street Skin Care enzymes to gently polish the skin and reveal your naturally radiant complexion.

The perfect facial for that special occasion.

**Hollywood Radiance
(Sensitive Skins)**

⌚ 60 mins

A soothing treatment for the most sensitive skins, it deeply cleanses the skin, exfoliating with Harley Street Skin Care papaya enzymes and white clays, revealing a calm, smooth and hydrated skin.

Pregnancy Facial

⌚ 60 mins

This relaxing facial is specially designed by Harley Street Skin Care for pregnant ladies, to rejuvenate and nourish tired looking skin, using serum and massage techniques to replenish and hydrate. This facial is suitable after the first trimester.

**CACI Non-Surgical Face Lift
(For best results a course of six or more, is recommended)**

⌚ 60 mins

A results driven treatment using micro-current therapy which works in harmony with the body's own bio-electrical field. CACI stimulates and re-educates the muscles, tightening and toning sagging muscles, facial contours are redefined, whilst smoothing the appearance of fine lines and wrinkles.

For ultimate results, it works in synergy with the famous Harley Street Skin Care specialist products.

**Signature Super CACI
Non-Surgical Face Lift**

⌚ 75 mins

A more intensive version of the CACI lifting treatment with greater emphasis on the delicate eye area to firm and smooth out fine lines.

For ultimate results, it works in synergy with the famous Harley Street Skin Care specialist products.

Hydrating CACI

⌚ 60 mins

For intensive hydration and skin firming, the HydraTone facial combines a special electrically conductive hylauronic gel mask with active microcurrent rollers, so that the face is bathed with rejuvenating energy. Working in synergy with Harley Street Skin Care products.





Eye Bar



Voya Eye Contour Treatment ⌚ 25/45 mins

This marine eye treatment is relaxing and decongesting, using specialised products rich in seaweed extract, green tea and vitamin C to reduce the signs of ageing and puffiness around the eye area.

(Add onto Massage / Body treatment) ⌚ 45 mins

Harley Street Bright Eyes Treatment ⌚ 30 mins

Specifically to refresh tired eyes, counteract puffiness, dark circles and improve fine lines and wrinkles.

CACI Non-Surgical Eye Lift ⌚ 30 mins

A result driven eye treatment using micro-current therapy and serum to help tighten, helping to smooth fine lines and wrinkles, increasing circulation to relieve puffiness around the eyes.

Mother to be



Mother To Be Massage

⌚ 60 mins

A nurturing massage using Swedish and therapeutic techniques, to ensure you enjoy a blissful massage in a comfortable seated and side position. Warm oil is gently massaged in to your tired aching body, helping you to relax and relieve tension. This treatment is recommended after the first trimester of pregnancy.

Pregnancy Time Out Ritual

⌚ 60 mins

Begin your journey with a warm Ayurvedic scalp ritual, using warm ocean oil and citrus nourishing mask. Rest your mind while your aching feet are relieved with a refreshing leg and foot massage to improve circulation and remove toxins. Finally, rest your eyes with a marine eye mask using fresh, organic seaweed leaves.

Mother to Be Facial

⌚ 60 mins

Time to pamper your face, with an organic botanical and pro-collagen complex to reveal a fresh and radiant you, while your hands, arms and legs are relieved with a Swedish massage emulating the rhythms of the ocean. Recommended after the first trimester of pregnancy.





Hand & Foot Treatments



Luxury Hand Treatment

⌚ 30 mins

Your hands are treated to a moisture-surge, with much needed hydration. Using a glycolic peel to refresh and tighten the skin, followed by a relaxing hand massage.

CACI Anti-Ageing Hand Treatment

⌚ 30 mins

An anti - ageing treatment, using micro-current therapy and serum to help firm and smooth aged and hard working hands. Also helps to fade age spots.

Voya Organic Foot Ritual

⌚ 45 mins

A stimulating foot treatment that includes a foot exfoliation, relaxing massage of the lower legs, a double action seaweed foot mask, to reduce swelling and soften tired feet followed by a scalp massage.

*Essential
Grooming*



- Full Leg Wax
- Half Leg Wax
- Bikini Tidy Wax
- Brazilian Bikini Wax
- Full Arm Wax/Half Arm Wax
- Under Arm Wax
- Back Wax
- Upper Lip / Chin Wax
- Full Body Wax
- Eye brow Wax
- Eye Lash Tint
- Eye Brow Tint
- Threading
- Parafin Hand Treatment



Spa Experiences Packages



Signature Argan Jewels of the Sea
Pink Crystal & Argan Shell Scrub
Signature Jewels of the Sea Massage

⌚ 90 mins

Business Travel Reviver
Swedish Massage
Express Facial

⌚ 90 mins

Heavenly Retreat
Choice of Body Scrub
Hollywood Radiance Facial
Asian Blend/Aromatherapy Massage

⌚ 150 mins

(60 mins)

Fitness Experience
Aroma Steam
Sports Massage

⌚ 120 mins

(90 mins)

Couples Hammam Experience
Turkish or Royal Hammam Ritual
Aromatherapy Massage

⌚ 150 mins

Future Anti - Ageing
Signature Super Caci Non Surgical Face Lift
CACI Hand Treatment

⌚ 120 mins

Slim & Tone
Tangle Me Up Body Wrap
CACI Non Surgical Facial

⌚ 120 mins

Tranquil Voyage
Time To Shine Exfoliation
Body Massage - movements inspired by the sea
Marine Eye Treatment

⌚ 120 mins



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