



Healing With Water Experience Hydrotherapy at The Ritz-Carlton, Bali

NUSA DUA, BALI, INDONESIA, August 14, 2018 /EINPresswire.com/ -- [The Ritz-Carlton, Bali](#) abounds with innovative design features created to provide an unforgettable tropical resort experience for its guests.

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One of its most iconic features is the [Hydro-Vital Pool](#), located within the award-winning The Ritz-Carlton Spa which provides a unique and highly enjoyable form of water healing. The benefits of hydrotherapy and its soothing effect on the mind and body have long been known, with luxurious Roman bathhouses providing the best known example.

“The Ritz-Carlton Spa, is a blissful sanctuary dedicated to relaxation and renewal. The Hydro-Vital Pool makes a wonderful addition and can be enjoyed by our guests before or after a deluxe pampering treatment, or as a rejuvenating treatment in itself,” says General Manager,

Karim Tayach.

Surrounded by lush greenery, the Hydro-Vital Pool is gently fitted with a range of jets and water features which massage the body, with the effect of stimulating the lymphatic system and flushing toxins. Moving water stimulates the touch receptors on the skin, increasing blood circulation and releasing tight muscles, while floating weightless in a body of water relieves the body of much of the effects of gravity.

The Hydro-Vital Pool features five different zones, each targeting different areas of the body. Guests begin in the Serenity zone – an air bubble bench that stimulates the muscles and relaxes the body in preparation for the circuit. The Reflex zone gives a powerful massage for the feet, the vertical jets of the Rejuvenation zone focus on the entire body and aid lymphatic drainage, while the De Stress zone includes a waterfall shower providing intense pressure on the upper back and shoulders to release tension. Finally, the Relaxation Zone has an underwater massage lounge that soothes and calms the whole body. Guests can do the circuit by themselves, or join Aqua Yoga classes for in-water fun activities.

Recently awarded Luxury Spa Resort South Asia at the Luxury Hotel awards, The Ritz-Carlton Spa, Bali is inspired by the transformative powers of the Indian Ocean with sublime spa treatments that utilize the ocean’s bounty – from pearls to seaweed. Time-honored Balinese healing rituals are also incorporated into treatments, and include elaborate bathing rituals – which was the inspiration for a second pool within the sprawling spa complex. The Balinese Bathing Pool is fringed in lush tropical foliage and has been created to sooth the senses and encourage moments of quiet contemplation.

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About The Ritz-Carlton, Bali.

Located on a stunning beachfront combining with a dramatic clifftop setting, The Ritz-Carlton,

Bali is a luxurious resort offering an elegant tropical ambience. Featuring tranquil views over the azure waters of the Indian Ocean the resort has 279 spacious suites and 34 expansive [villas](#), providing the sheerest of contemporary Balinese luxury. Along the foreshore are The Ritz-Carlton Club®, six stylish dining venues, an indulgent and exotic marine-inspired Spa, and fun, recreational activities for children of all ages at Ritz Kids. A glamorous beachfront wedding chapel, makes an idyllic setting for destination weddings, while a range of outdoor event venues and extravagant spaces provide the perfect scene for celebratory events and wedding reception in Bali. Well-appointed conference venues, luxurious meeting spaces, customizable residential packages and experienced organizers also entice those looking to create inspired MICE Tourism events in Bali. Whether work, pleasure or romance is on the agenda, The Ritz-Carlton, Bali is the place to make memories that last a lifetime. Follow us on Facebook, Instagram, Twitter, Youtube, LinkedIn.

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