

THE RITZ-CARLTON
[SARASOTA]

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THE RITZ-CARLTON SPA®
SARASOTA



Discover the pleasures of a relaxed and luxurious haven where a personalized, unique wellness ritual awaits. The Ritz-Carlton Spa®, Sarasota embraces the wisdom that true wellness is reflected in the integration of body, mind and spirit.

Inspired by traditional healing philosophies, our treatments are based upon a holistic approach to physical and mental well-being by restoring balance and harmony. At The Ritz-Carlton Spa, Sarasota, we bring you the most pure and natural therapies from the earth and sea to enliven your senses, soothe your body and revitalize your spirit.

THE ART OF RELAXATION

Indulge in the purifying and nourishing properties of our Healing Waters treatments. Let the calming waters wash over you as you center your mind and spirit with one of our innovative and soothing therapies. Allow the power of the water to center you, providing a deeper, richer sense of harmony and balance.

Customized Relaxation Baths

Settle into our soaking tubs and relax your senses.

Bedtime Bliss Bath – Submerge yourself into soothing bubbles while your body is nourished with French lavender, Rosewood and Roman Chamomile essential oils. Realign your natural sleep pattern with this calming, restful bath – the ideal bedtime relaxation for tense or restless souls. This bath is enjoyed in a soothing candlelit atmosphere and accompanied by chamomile tea and biscotti. 30 minutes

Sea Water Detox Bath – Stimulate the lymphatic system, calm the nervous system and relieve muscular fatigue with this sea water treatment that is rich in vitamins, minerals and trace elements. Enjoyed with fresh fruit juice and a fruit platter. 30 minutes

Cleopatra's Bath – Discover Cleopatra's secret to eternally youthful skin and sink into deep relaxation with this healing combination of milk, honey and natural extracts. Enjoy a selection of fine dark chocolate and a fresh berry juice. 30 minutes

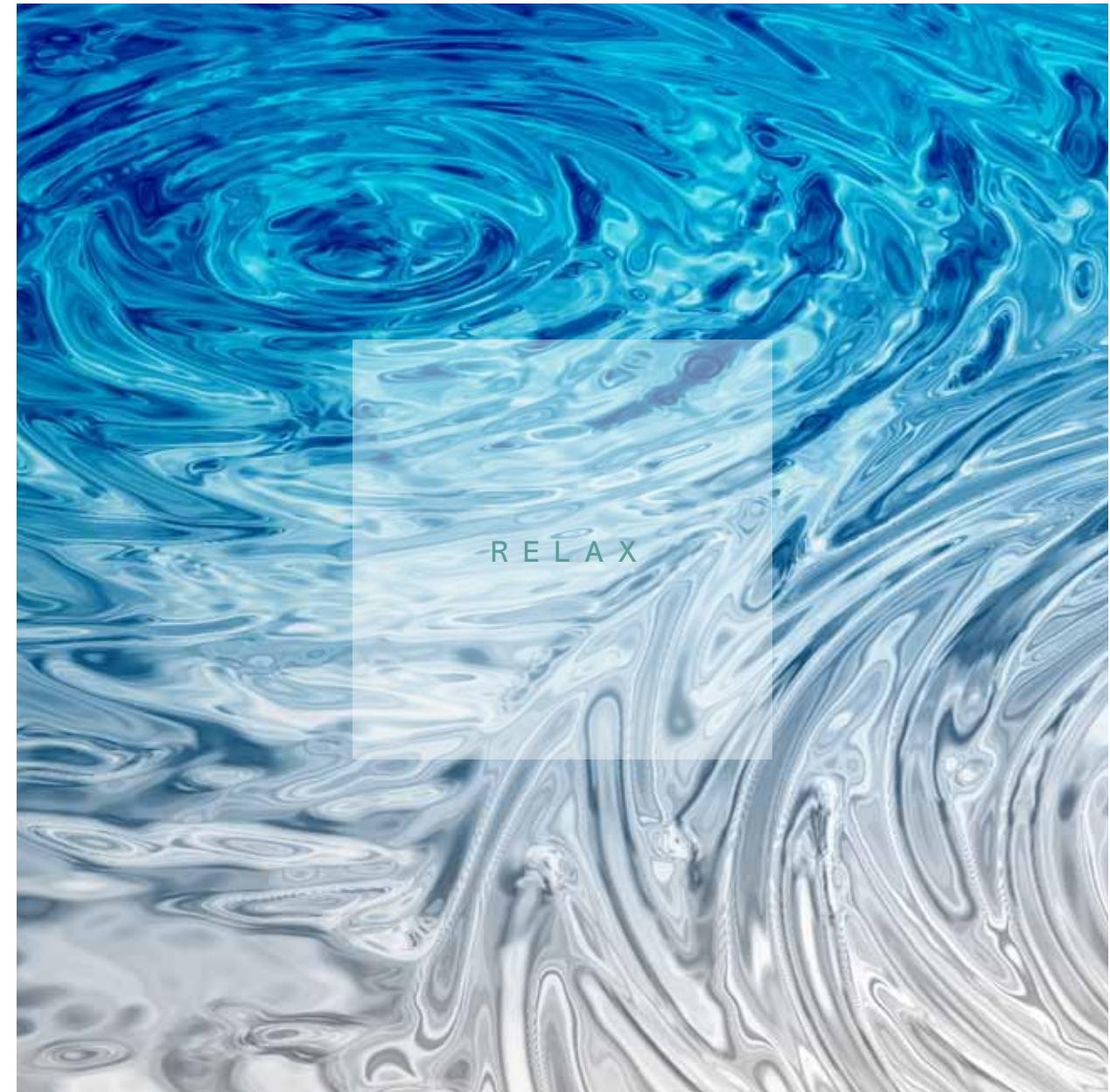
Hydra-Bath Treatments

250 mini-jets will dissolve all of your aches and pains.

Ocean Memory Ritual – Immerse yourself deep in memories of the sea. Begin your ritual with a Deep Sea Scrub followed by an Ocean Sensation Hydra-Bath. The combination of blue crystals and algae petals will create an intoxicating sensation. Complete your treatment with an application of Ocean Memory Cream. Rediscover your skin and emerge replenished in a burst of vitality. 45 minutes

Effervescent Marine Bath and Anti-Cellulite Massage – Revitalize your skin with an uplifting effervescent hydra-bath. Then begin your anti-cellulite massage, which will give skin a more youthful appearance. Finish with an application of caffeine-infused cream, which treats troublesome areas. 45 minutes

Orange Blossom Journey – Immerse yourself in the tantalizing aroma of Florida. Begin your journey with a Citrus Body Scrub, then calm your mind and body in a Sweet Orange Milk hydra-bath. The treatment is completed with a soothing Swedish Massage with orange blossom lotion, rich in Vitamin C, that leaves your skin glowing. 75 minutes





R E F R E S H

THE ART OF REFRESHING

Unique therapies involving nature's elements to invigorate your mind and body. Vichy rain treatments with customized scrubs and mud wraps bringing natural healing properties are ways to detoxify the body and refresh the spirit.

Vichy Rain Scrub Treatments

Named after the city of Vichy in France that is home to natural springs, our Tropical Rain Vichy Shower Treatments relax your body and can boost immunity. Enjoy the therapeutic benefits of water in this truly unique Spa experience.

Sweet and Savory Body Scrub –

This relaxing, purifying, full body Sea Salt Scrub includes nourishing almond oil and chamomile. An application of Sublime cream, infused with Honeysuckle and Lotus blossom, leaves your skin feeling velvety with a creamy softness. 45 minutes

Sarasota Citrus Scrub – Indulge yourself in the best Florida has to offer. A full body exfoliation featuring apricot and orange oils leaves even the most sensitive skin smooth and refined. A sumptuous application of orange-infused body cream completes your Florida journey. 45 minutes

Aquatic Scrub – Replenishing and purifying, the salt and algae extracts delicately smooth the skin. An application of Ocean Memory Cream, bursting with nutrients, deeply replenishes your skin. 45 minutes

Mud Wraps

Mud has natural healing properties that have been utilized for centuries. As a detoxifier, it stimulates blood flow underneath the skin and pulls out toxins that have entered your body through the food you eat, the chemicals in the air and any medicines you may take. As a result of the mud wrap process, skin is left feeling cleaner, softer, tighter, and thereby, more youthful.

Fountain of Youth Mud Wrap – Immerse yourself in the invigorating aroma of a cinnamon, vanilla and brown sugar scrub as you enjoy a refining body polish. A nourishing mud wrap featuring organic soy restores your natural balance. The finishing touch is an application of vanilla bean lotion leaving your skin with a youthful appearance. 45 minutes

Marine Mud Wrap – Experience a therapeutic mud wrap with benefits from an exfoliating dry skin brushing and a cocoon of Marine Mud. An application of Soft Emulsifying lotion enhances cellular renewal, leaving the skin soft and hydrated. 45 minutes

THE ART OF MASSAGE

A wide variety of massage therapies enable us to suggest the best treatment for your specific needs. From Swedish Massage to Deep Tissue and many variations of unique and relaxing treatments, our massage therapists will help reduce stress, pain and muscle tension.

Aerial Silk Massage – A unique and Sarasota twist on a floor ashiatsu massage is the ultimate in massage invention. For this full body massage our certified therapists' bare feet provide broad, profound and highly effective pressure while invoking a state of deep relaxation. Experiencing this Aerial Silk massage is a must for Sarasota visitors. 50 minutes

Mindful De-Stress Massage – Balance your mind and body with deeper awareness through breath work, aromatherapy and guided visualization during this extremely intuitive massage. This treatment reconnects your brain and body with muscle contraction release, boosts your immune system, and provides deeper healing and stress reduction. 80 minutes

The Ritz-Carlton Signature Massage – With genuine care and comfort, a therapist determines your specific needs during a consultation, then utilizes a combination of Swedish and Deep Tissue techniques. 50 and 80 minutes

Swedish Massage – This classic relaxation therapy uses long, smooth strokes to reduce muscle tension and stress. Pressure is light to medium. 50 and 80 minutes

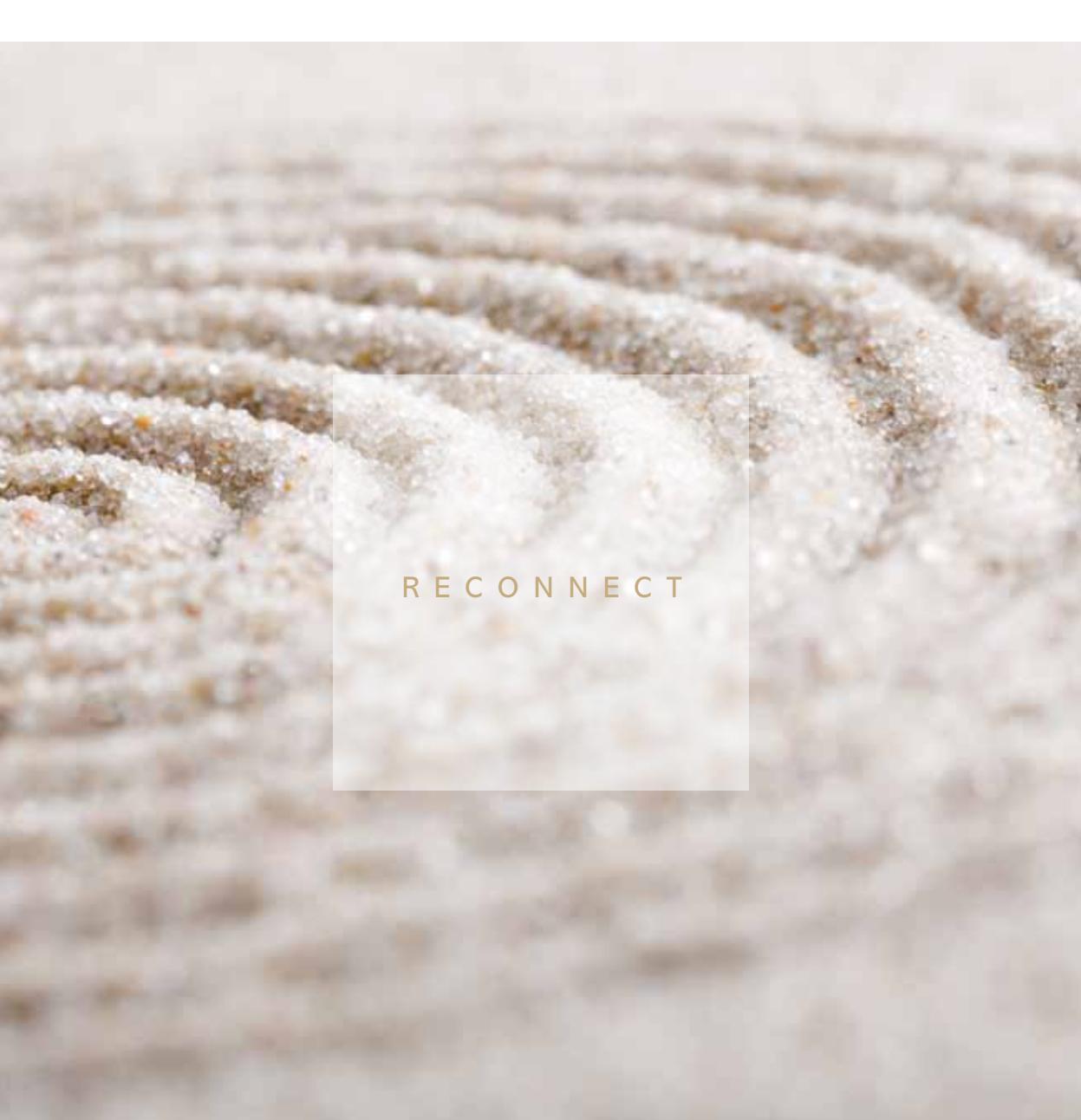
Healing Hot Stone Massage – Heated stones enhance this massage, melting away tension, reducing stress and providing a calming, restorative effect. 75 minutes

Deep Tissue Sports Massage – This focused massage with firm pressure is ideal for specific areas of tension, pain or chronic issues. Arnica Relief cream is applied to soothe inflamed, sore, overworked muscles. 50 and 80 minutes

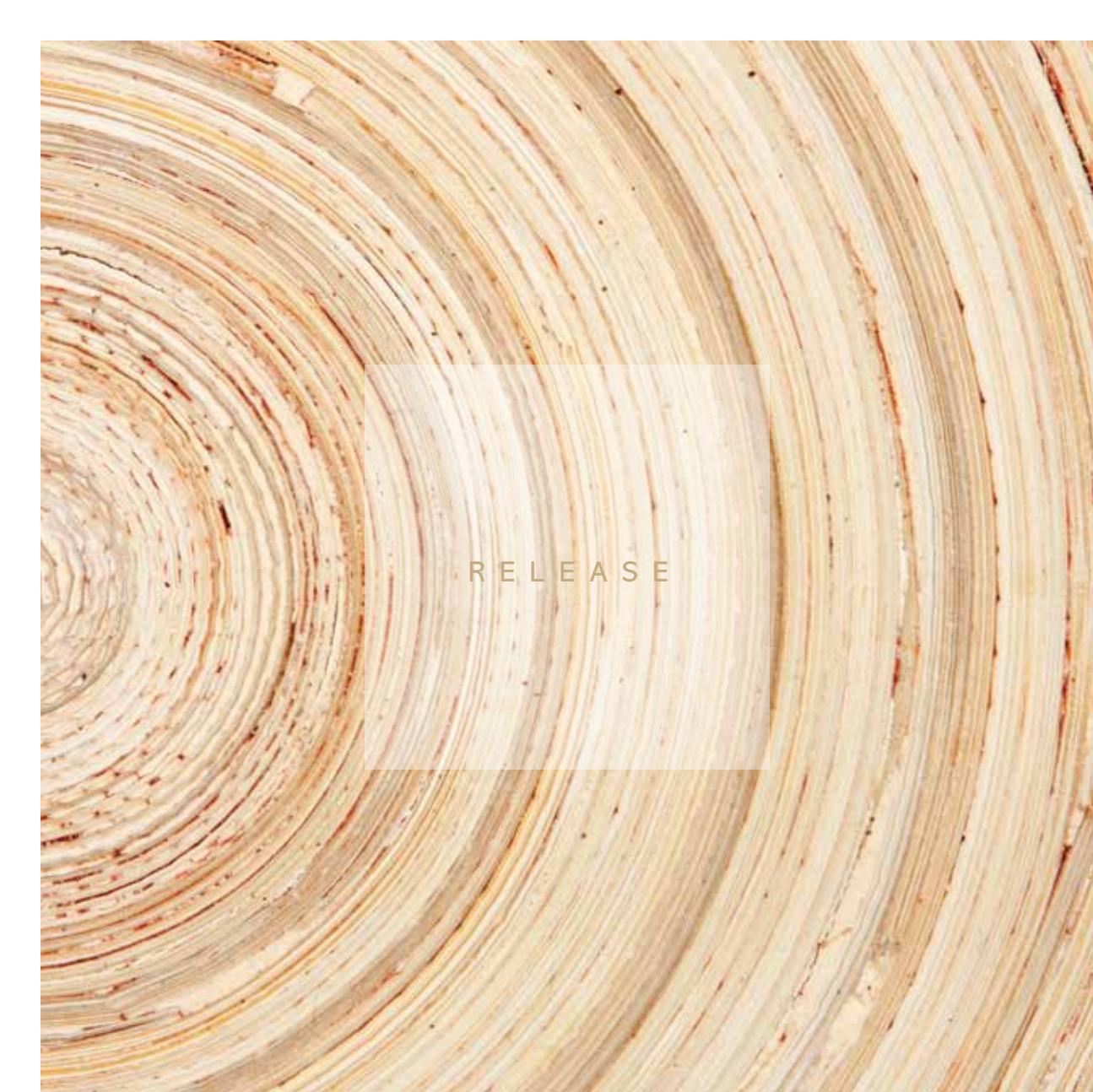
Reflexology – This ancient Eastern technique is used to relieve stress and bring balance to the entire body. Thumb and finger pressure are used to massage specific points on the feet and hands corresponding to different body areas. A refreshing peppermint-infused foot balm finishes the relaxing foot treatment to wake the feet up, and make you feel like you are walking on air. 50 minutes

Aromatherapy – This unique and personalized massage, using pure organic essential oils, targets specific needs to give the body relief. 50 and 80 minutes

Prenatal Massage – This complete body massage uses specific techniques to help increase circulation, alleviate tired muscles and reduce excess water retention. Pre-natal massage is only available after the first trimester. 50 and 80 minutes



RECONNECT



RELEASE

THE ART OF RENEWAL

Hydration, exfoliation and cleansing are the key elements to effective and renewing facials. We utilize state of the art tools and organic products that enable us to customize a facial that works for your specific needs. Enhancements are available.

Anti-Aging HydraFacial – The HydraFacial resurfacing procedure thoroughly cares for the skin by cleansing, exfoliating, extracting and hydrating. This is a non-surgical, non-invasive procedure that delivers instant results with no discomfort or down time. 30, 50 and 80 minutes

Beyond Organic Facial – Suitable for all skin types, includes organic ingredients and has been clinically tested to be hypoallergenic making it gentle enough for even the most sensitive skin types. 50 and 80 minutes

The Ritz-Carlton Custom Facial – A consultation with your esthetician will result in a treatment that offers maximum results for skin using a combination of products that best suit your skincare needs. 50 and 80 minutes

Deep Cleansing Facial – With a specialty masque that purifies and nourishes skin, this facial includes cleansing with signature Clarisonic brush, toning, exfoliation, massage, mask and extractions. 50 and 80 minutes

The Gentlemen's Executive Facial – This deep cleanse treatment is designed to exfoliate dry, dead skin cells, and target congested pores while hydrating dry areas. A relaxing face, neck and shoulder massage is included. 50 and 80 minutes

Alpha Beta Peel – This treatment instantly reduces fine lines and imperfections and controls acne, rosacea and oily skin. 50 minutes

FACIAL ENHANCEMENTS – Enhance your facial experience with any of the following.

Moisturizing Mask – Recommended for dry and dulled skin

Collagen Boosting Mask – Adds a layer of collagen that penetrates the skin and boosts skin's natural collagen production

Eye and Lip Treatment – Includes micro polish exfoliation and deep nourishing treatment for these specific areas

Hand and Foot Pamper – The ultimate in facial enhancements, this deeply nourishing treatment will leave skin soft and deeply conditioned.

THE ART OF RECONNECTING

Whether on a romantic getaway or a business trip, steal an hour or a whole day with your special someone to relax, refresh and reconnect. Indulge in our selection of couples' treatments and amenities, and enjoy one another in a whole new way.

The Ritz Carlton Signature Couples' Massage – A wonderful experience to share with a loved one or friend in our Couples' Massage room. Available with select massages. 50 and 80 minutes

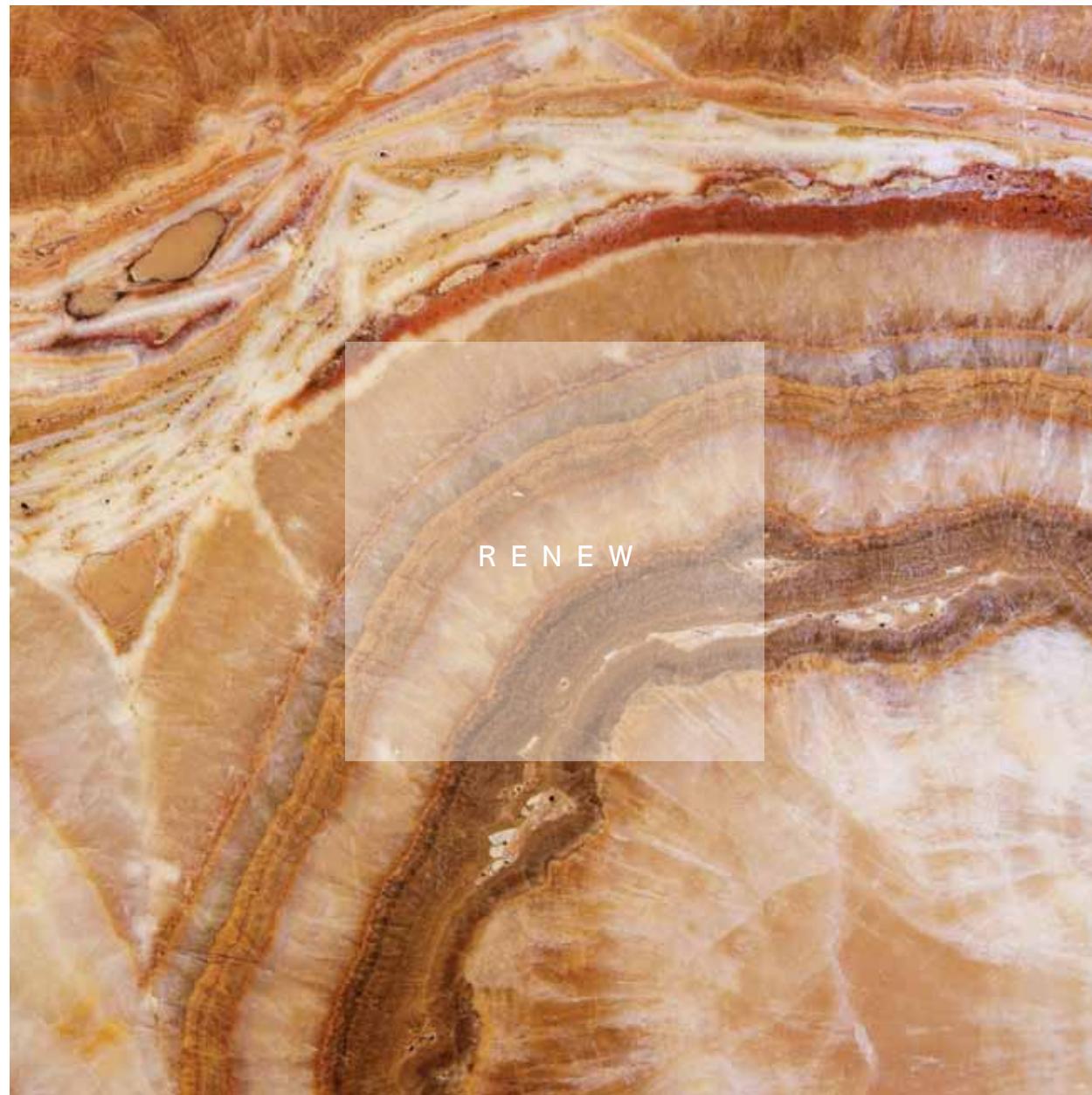
Couples' Facials – Relax and surrender together by choosing select facial therapies to be enjoyed with a loved one in our couples' room. 50 and 80 minutes

Couples' Manicure and Pedicure – Take time with your loved one to pamper your hands and feet. Enjoy select manicures and pedicures together in our salon. 30 and 50 minutes, respectively

Couples' Rose Petal Bath – Reconnect together in a romantic setting of rose petals, candles and soft music. An ideal upgrade to your couples' massage. 20 minutes

Sweet Surrender Ritual – Start your sweet indulgence with a Couples' Massage enhanced by a foot and hand scrub and moisturizing treatments, then complete with a nourishing scalp treatment and massage. Surrender together to this great experience. 75 minutes

Just for Us – A treatment package that includes a Couples' Massage, Couples' Rose Petal Bath, champagne and strawberries and \$30 lunch credit. 80 minutes





REFRESH

THE ART OF REVIVAL

Explore the art of living well with treatments and therapies designed to invigorate and center the whole mind and body. Rich in Sarasota's history of art and performance, our therapies combine wellness, fitness and nutrition in a fulfilling experience like no other.

Art of Me – Consult with your intuitive therapist and design a personalized spa experience that suits your individual needs and well-being. Mix, match and combine treatments to your liking. This self-customized experience delivers relaxation, intense healing and is designed to restore natural state of balance. Two, three or four hours of treatment time offered.

Sarasota Spa Escape Day Package – Enjoy a luxury getaway just minutes from home with a Spa Escape at The Ritz-Carlton, Sarasota. Enjoy your choice of one Spa treatment (The Ritz-Carlton Signature Massage, 50 minutes; The Ritz-Carlton Signature Facial, 50 minutes; Sarasota Citrus Scrub, 50 minutes), choice of one Salon treatment (The Ritz-Carlton Signature Manicure, 50 minutes or The Ritz-Carlton Signature Pedicure, 50 minutes), lunch served on the Spa Terrace, complimentary glass of Champagne, access to hotel pool and pool amenities, complimentary valet parking and 15% savings for any additional Spa or Salon treatments.

Red Carpet Ready – The Head to Toe Retreat. This package includes The Ritz-Carlton Signature Massage, Signature Tailored Facial, The Ultimate Manicure and Signature Pedicure, Shampoo and Style, glass of Champagne during Salon treatment, lunch on Spa Terrace (\$30 value), complimentary valet parking and access to Hotel Pool. Four and one-half hours

Multi-Day Spa Packages – Customize your spa experience throughout your stay by mixing and matching our services. Package offers 10% savings compared to individual treatments.

Healing Water Immersion

The therapeutic benefits of sauna/spa/steam rooms have been recognized for thousands of years. This type of heat increases the body's core temperature. Sweating is then encouraged which releases impurities from the skin and pores.

Body Detoxifying – Use of facilities suggestions: sauna for five to seven minutes, cold shower, sauna for five to seven minutes, cold shower, sauna for five to seven minutes and then repeat.

Respiratory Relief – Use of facilities suggestions: shower, sauna for five minutes, steam room for five minutes, rest for 10 minutes, steam room for seven minutes

After Work Out Relaxation – Use of facilities suggestions: shower, sauna for 10 minutes, cold shower, sauna for 10 minutes, cold shower, steam for five to seven minutes, shower, use Jacuzzi for seven to 10 minutes.

Please note that these are general suggestions and you should stay in the sauna and steam room only as long as you feel comfortable. If you feel uncomfortable leave the hot area to cool down and drink plenty of water.

A \$25 facility fee applies for use of sauna and steam room; however, our world class Healing Water facilities are complimentary with any booked spa treatment.

THE ART OF SALON

Our full-service salon offers complete hair, waxing, nail and make-up services every day. Our expert stylists will consult with you to create the look you want while you enjoy our beautiful facilities.

Hair Services

We offer a complete range of services for ladies, gentlemen and children including cuts, color, blow dries, updos, hair masks, straightening treatments, extensions and more. Hair styling for bridal parties also available.

LADIES' SERVICES

Hair Dreams and Great Lengths Hair Extensions – Whether adding fullness, length and volume or enhancing the hair's color, hair extensions can create the exact look a guest desires. Consultation required.

The Ritz-Carlton Luxurious Haircut and Blow Dry
Siesta Key Blow Out
Shampoo and Style (Chin length or shorter)
Shampoo, Style, and Iron (Long length)
Partial Highlights and Blow Dry
Partial Highlights Only
Full Highlights and Blow Dry
Full Highlights Only
Color and Blow Dry
St. Armand's Circle Customized Color Blocking
Corrective Color
Cobalt Classic up-Do

The Selby Shine Infusion – Infuses shine into the hair like a delicate petals of an orchid

Kerastase Les Rituels Hair Treatment – This sensory experience includes subtle fragrances, melting textures and massage techniques. A prescription for home care will be recommended to continue the benefits of nurturing, smoothing, fortifying and volumizing. Express Treatment, Deluxe Treatment and Chronologiste.

Keratin Express
Keratin Straightening Service

A \$50 surcharge will apply to services with guests with hair extensions. We are a certified Great Lengths and Hair Replacement Facility.

GENTLEMEN'S SERVICES

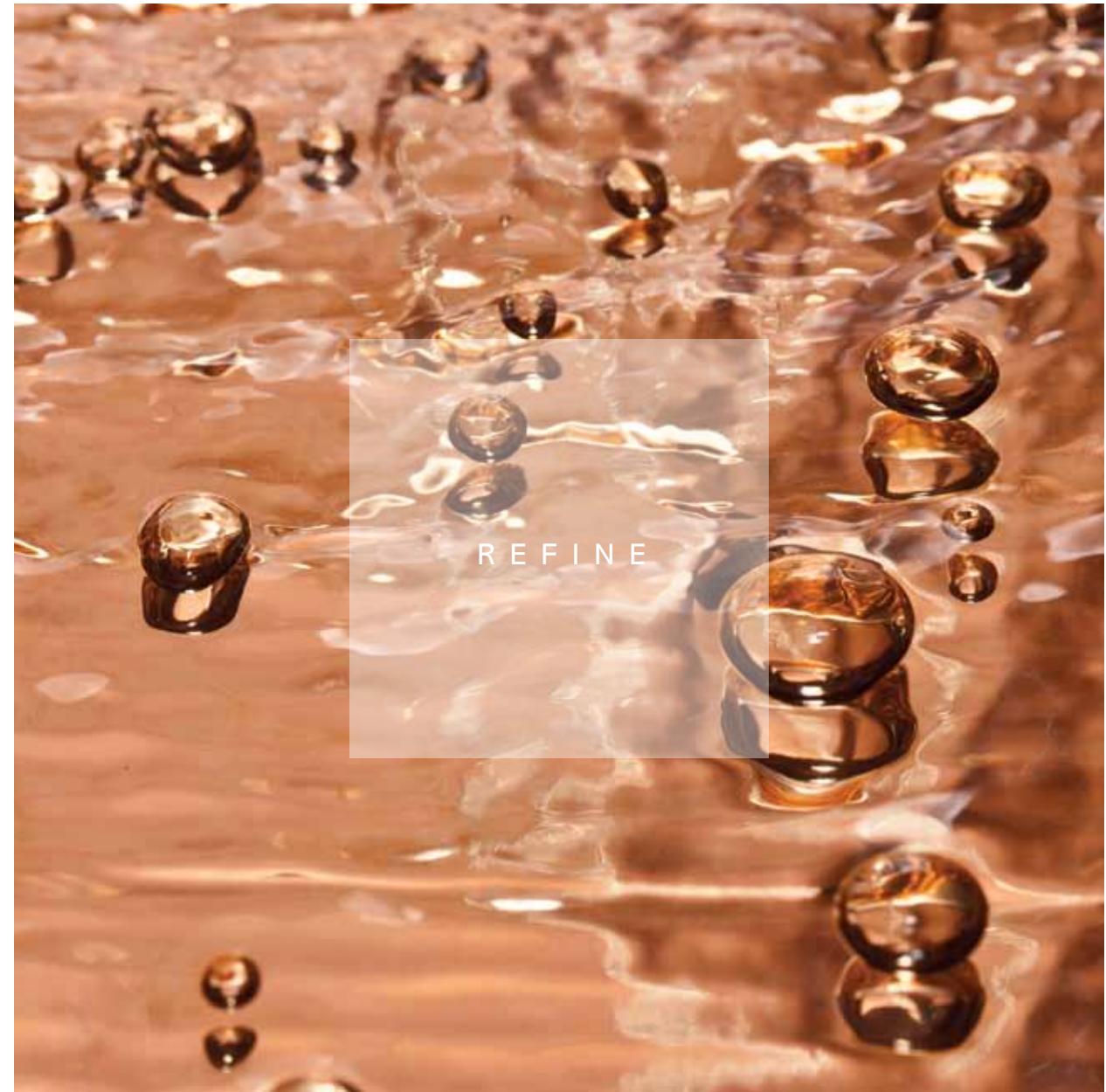
Gentleman's Haircut
Gentleman's Color
Gentleman's Reshade

CHILDREN'S SERVICES

Child's Haircut (Male, ages 6-12)
Child's Haircut (Female, ages 6-12)

BRIDAL SERVICES

Wedding Trial Session
Bride's Wedding Day Hairstyle
Tiara or Veil Placement
Flower Girl or Junior Bridesmaid





REDESIGN

ART OF NAIL DESIGN

Signature nail services are just the beginning of what we have to offer to pamper your hands and feet.

LADIES' SERVICES

Mini Manicure, 25 minutes

The Ritz-Carlton Signature Manicure – Includes scrub, massage, paraffin, polish. 50 minutes

Ultimate Manicure – The best of the best, a true luxury treatment that includes scrub, massage, mask, paraffin, champagne and hand massage. 70 minutes

The Ritz-Carlton Signature Pedicure – Includes soak, scrub, massage and polish. 50 minutes

Ultimate Pedicure – The best of the best, a true luxury treatment that includes scrub, massage, mask, paraffin, champagne and foot massage. 70 minutes

Callus Repair Pedicure, 70 minutes

ENHANCED NAIL SERVICES

Polish Change
French Polish Change
French Polish Add-On
Paraffin Treatment for Hands
Paraffin Treatment for Feet
Full Set Acrylic Pink and White Nails
Acrylic Fills
Shellac Dry Manicure
Shellac French Dry Manicure
Fill Acrylic Pink and White
Full Set Acrylic
Shellac Removal Only
Shellac Polish Add-on

GENTLEMEN'S SERVICES

Gentleman's Man-icure, 25 minutes
Gentleman's Sports Pedicure, 50 minutes
Gentleman's Manicure and Pedicure, 70 minutes

YOUTH SERVICES

Ice Cream Manicure, 25 minutes
Parent must be present for the full treatment.
Ice Cream Pedicure, 25 minutes
Parent must be present for the full treatment.

ART OF MAKE-UP AND HAIR REMOVAL

Certified estheticians enhance your look for day and night with a variety of tools and techniques.

Ceremony Ready Package –

Includes 25-minute facial and a 50-minute make-up application.

The Ringling Museum Air Brush

Make-Up Application – Flawless, smooth, high definition and long-lasting make-up application to make you camera ready.

Make-Up Application – Personalized consultation and make-up application done by our professionals to make you ready for your special event.

Make-Up Lesson – Let our make-up artist assess and recommend the most suitable make-up products for your skin type.

Eyelash Application – Add volume and length to your eyelashes and enhance appearance of your make-up.

Waxing Services

Our soothing natural wax lifts hair from its deepest roots and leaves you feeling smooth for extended periods of time.

Lip, Chin or Brow
Face
Bikini
Half Leg
Full Leg
Half Arm
Full Arm
Partial Back
Full Back
Underarm



SPA GUIDELINES

The Ritz-Carlton Spa, Sarasota is for guests 18 years of age or older.

Spa services should be scheduled in advance. The Spa Reservations Department can help plan your spa experience, including the best order of treatments. A credit card number is required at the time reservations are made. When making reservations please notify the agent if you have high blood pressure, allergies, physical ailments or disabilities, or if you are pregnant. There are a few services that should be avoided during pregnancy, but many can be enjoyed.

If you prefer a male or female therapist, please make your request when scheduling your treatment. We will always try to accommodate your personal preferences based on our daily schedule.

Most body treatments are enjoyed without clothing, however, please wear whatever is comfortable for you. Disposable undergarments are available upon request. During all treatments, the body is fully draped, except for the area being worked on. Robes and slippers are provided in the ladies' and gentlemen's lounges before treatments.

Lockers are available for personal items, however if you are a guest of the hotel, it is recommended you leave valuable items in the safe in your guest room. Cell phones should be turned off in the Spa.

Shaving is recommended but not necessary for gentlemen prior to a facial. If you choose to shave prior to your facial, please do so at least two hours before your appointment. Shaving is not recommended prior to body treatments or hair removal services.

To enhance your Spa experience, please arrive 30 minutes before your scheduled treatment. This will allow time to relax in the lounges. Arriving late will simply limit the time for your treatment, thus lessening the effectiveness and your enjoyment. Your treatment will end on time so the next guest will not be delayed. The full value of your treatment will be charged.

Your Spa experience is YOUR time, and you should delight in it to the fullest. If you experience discomfort due to room temperature, massage pressure, music volume or any other conditions, please notify your therapist immediately.

All major credit cards and travelers checks are accepted. You may also charge Spa services to your hotel bill. For your convenience, a 20% service charge will be added for each Spa service. Gratuities are dispersed to the Spa staff members that served you during your visit. Additional gratuities are at your discretion.

Spa gift cards may be purchased in specific dollar amounts and used toward Spa services or purchases in the Spa Boutique.

Prices and services are subject to change.

CANCELLATION POLICY

If you must reschedule or cancel your appointment, please notify the spa six hours in advance to avoid being charged a cancellation fee. Cancellations of packages or private parties require one week's notice. Groups are subject to a four-week cancellation policy.

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