



**THE RITZ - CARLTON**  
SOUTH BEACH

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*Let us make the world  
revolve around you.*

# ESCAPE

Take a brief respite from the energy of Miami Beach and escape to a sanctuary that offers balance, tranquility and indulgence. Praised as one of the best in the area, The Ritz-Carlton Spa, South Beach is an ideal haven that offers rejuvenating body therapies and sumptuous beauty treatments using world-renowned products and techniques. Immerse yourself in the calm flow of luxury.





# WELLNESS

Embodying the allure and glamour of South Beach, our spa offers an urban retreat at the heart and pulse of the city. Botanical herbs, rich sea minerals and essential oils are seamlessly combined to curate a one-of-a-kind mindful journeys and unique treatment experiences to prepare your body and mind for the day and night ahead.

## MINDFUL MASSAGE

100 MINUTES

Unwind a busy mind, escape the pace of everyday life and emerge feeling focused, with a sense of renewed positivity. This holistic, deeply relaxing and clarifying experience works on the concept of mindfulness, focusing on both mind and body to help you reduce stress and be more in the present.

**INCLUDES** Breathing and visualization techniques, massage on the metamorphic zones of the feet, full body massage, scalp massage with warm rose quartz crystal

## MINDFUL FACIAL

100 MINUTES

Soothe, nurture and revitalize skin and spirit with this holistic personalized facial. Naturally advanced formulas and warmed herbal poultices unite with therapeutic hands to deeply cleanse, hydrate and rejuvenate skin while also calming a busy mind

**INCLUDES** Breathing and visualization techniques, triple cleanse, personal SkinVision™ analysis, facial massage with herbal poultice and rose quartz crystals, Overnight Hydration Therapy, scalp or hand and arm massage

## MINDFUL SLEEP EXPERIENCE

120 MINUTES

The definitive answer to a truly blissful night's sleep. This tailor-made experience starts with your therapist guiding you through breathing and visualization techniques to release physical and emotional anxiety and restore energies. A deeply indulgent and totally relaxing personalized massage follows to release deep-seated muscular tension using a combination of hot stones and warm oil gently poured onto your body, before a soothing scalp massage helps clear your mind and enables you to completely switch-off, ensuring an uninterrupted and blissful night's sleep.

**INCLUDES** Breathing and visualization techniques, personalized massage with hot stones, therapeutic scalp massage



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# MASSAGE

## DEEP MUSCLE MASSAGE

80 MINUTES OR 50 MINUTES

Recharge your body with this powerful massage designed to alleviate deep-seated tension and muscular stress. Using deep movements and stretching techniques concentrated on specific areas of concern to help relieve common discomforts and sports related tension.

## STRESS RELIEF MASSAGE

80 MINUTES OR 50 MINUTES

Revive tired and fatigued muscles with this traditional massage using moderate to firm pressure to leave a feeling of revitalization and relaxation.

## RELAXATION MASSAGE

80 MINUTES OR 50 MINUTES

Unwind and de-stress with this aromatic bespoke treatment. This soothing aromatherapy massage uses light to moderate pressure and a blend of essential oils to melt away tension.

## HOT STONE MASSAGE

80 MINUTES

A therapeutic and rejuvenating massage using warm stones and a moderate to deep pressure to intensely soothe tired, aching muscles and aid relaxation.

## NATURALLY NURTURED MASSAGE

80 MINUTES OR 50 MINUTES

Nurture and nourish body and skin when you need it most with this gentle, restorative and entirely tailored massage. Ideal for expectant mothers after the first trimester.

## SOLE REVIVER

50 MINUTES

Foot massage is an essential element of Chinese tradition and therapy. Concentrating on the reflex zones of the feet this blissful treat alleviates aches while relaxing and restoring the body and mind.

**INCLUDES** Foot and leg exfoliation, reflex-zone foot massage.

## DIAMOND ROSE MASSAGE

80 MINUTES OR 50 MINUTES

Indulge yourself with the beauty of roses and diamond dust. Enjoy a Damask Rose veil finish, filled with powerful essential oils and nourishing active ingredients. This experience reveals skin that is radiant, softer and smoother than ever before, leaving you with a dazzling glow.





# BODY

## NOURISHED GLOW

50 MINUTES

Reveal your smoothest, softest skin ever with this body exfoliation finishing with a deeply nourishing oil application and personalized back massage.

**INCLUDES** Full body salt and oil exfoliation, back massage, oil application

## ULTIMATE BODY BALANCER

80 MINUTES

Restore serenity to body, mind and skin with this richly indulgent and deeply effective bespoke treatment.

**INCLUDES** Back exfoliation and massage, custom facial, scalp massage





# FACIAL

## CUSTOM FACIAL

80 MINUTES OR 50 MINUTES

Purify, hydrate, brighten and smooth your complexion with this radiance-restoring facial that is tailored to your individual needs.

**INCLUDES** Deep brush cleanse, skin analysis, facial exfoliation, massage, mask, scalp massage

PERFORMED WITH ESPA PRODUCTS

## AGE DEFYING FACIAL

80 MINUTES OR 50 MINUTES

Instantly combat the most visible signs of skin aging - smoothing fine lines and reviving youthful radiance to your complexion.

**INCLUDES** Deep brush cleanse, skin analysis, facial exfoliation, specialized toning facial massage, mask, scalp massage

PERFORMED WITH ESPA PRODUCTS

## ULTIMATE RADIANCE & RENEWAL FACIAL

80 MINUTES

Restore skin's vitality and reveal a bright, smooth and radiantly youthful-looking complexion. The must-have treatment for immediate results prior to a special event.

**INCLUDES** Brush cleanse, skin radiance mask, age-defying crystal massage, lifting mask, scalp massage

PERFORMED WITH ESPA PRODUCTS

## HYDRAFACIAL MD

80 MINUTES OR 50 MINUTES

A non-invasive, non-surgical, anti-aging procedure that delivers instant results by using LED light therapy along with the benefits of Hydrafacial MD technology.

**50 MINUTE INCLUDES** Cleanse, gentle hydra exfoliation, vortex extraction, hydrating hyaluronic acid infusion, LED therapy

**80 MINUTE INCLUDES** Lymph drainage for the face and neck, hydrating b5 mask and choice of Dermabuilder or Britenol.

## DIAMOND LUMINOUS FACIAL

80 MINUTES OR 50 MINUTES

This revolutionary treatment provides glowing results for hyper-pigmented skin. Formulated with high concentrations of active ingredients to achieve astonishing brightening results immediately, this unique treatment helps to even skin tone and reveal a smooth, radiant complexion. After one experience, you will see firmer, more luminous and visibly younger skin.

**INCLUDES** Body Alignment, cleanse, glycolic peel, specialized massage, mask

PERFORMED WITH NATURA BISSÉ PRODUCTS

## SKIN COMFORT TOLERANCE FACIAL

50 MINUTES

This powerful treatment combines repairing ingredients to visibly improve skin irritations and sensitivity with highly effective extracts to soften and reduce inflammation. It restores the levels of

young collagen and protects the skin from external aggressors. Perfect for sensitized skin and ideal for guests pre and post procedure to help prime the skin and increase its resilience.

**INCLUDES** Body Alignment, cleanse, tolerance peel, sculpting massage, mask

PERFORMED WITH NATURA BISSÉ PRODUCTS

## INHIBIT FACE LIFT DEFINITION AND LIFTING

80 MINUTES

Known as the scientific marvel in skincare innovation, this facial focuses on the face, neck and décolleté. The experience instantly firms, brightens and transforms your complexion after just one treatment.

**INCLUDES** Body Alignment, cleanse, radiance lifting peel, activating facial brush, mask

PERFORMED WITH NATURA BISSÉ PRODUCTS



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# MEN

## THE MANICURE

25 MINUTES

Essential maintenance for hands.

**INCLUDES** Soak, cut and file, cuticle work, application of hand cream, buff

## THE PEDICURE

50 MINUTES

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

**INCLUDES** Soak, nail file and shape, exfoliation, cuticle work, application of body cream, buff

## THE MEN'S MASSAGE

80 MINUTES

The ultimate male escape. Unwind in style with this rebalancing and intensely relaxing treatment that includes a full body massage using heated stones, facial massage and a soothing scalp massage.

## MUSCLE RECOVERY MASSAGE

80 MINUTES OR 50 MINUTES

Recharge your body with this powerful massage designed to alleviate deep-seated tension and muscular stress. Using deep movements and stretching techniques concentrated on specific areas of concern to help relieve common discomforts and sports related tension.

## RELAXATION MASSAGE

80 MINUTES OR 50 MINUTES

Unwind and de-stress with this aromatic bespoke treatment. This soothing aromatherapy massage uses light to moderate pressure and a blend of essential oils to melt away tension.

## STRESS RELIEF MASSAGE

80 MINUTES OR 50 MINUTES

Revive tired and fatigued muscles with this traditional massage using moderate to firm pressure to leave a feeling of revitalization and relaxation.

## POWER HOUR

50 MINUTES

Intensely invigorating, this clarifying and smoothing treatment powerfully reawakens, leaving you ready for anything.

**INCLUDES** Full body Salt & Oil exfoliation, back massage

## THE MEN'S FACIAL

50 MINUTES

Deeply cleanse, hydrate and smooth skin, leaving your complexion instantly energized.

**INCLUDES** Double cleanse, facial exfoliation, steam and extraction, facial massage, mask, scalp massage

**PERFORMED WITH ESPA PRODUCTS**



# BEAUTY

## MANICURE

25 MINUTES

Essential maintenance for hands.

**INCLUDES** Soak, cut and file, cuticle work, application of hand cream, polish or buff

## PEDICURE

50 MINUTES

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

**INCLUDES** Soak, nail file and shape, exfoliation, cuticle work, application of body cream, polish or buff

## ULTIMATE MANICURE

50 MINUTES

This indulgent treatment uses deeply nourishing products to repair, replenish and condition your nails.

**INCLUDES** Soak, cut and file, exfoliation, cuticle work, massage, personalized mask, paraffin wax, polish or buff

## ULTIMATE PEDICURE

80 MINUTES

An intensive treatment using deeply nourishing products to repair, replenish and condition your nails depending on your individual needs.

**INCLUDES** Soak, nail file and shape, exfoliation, cuticle work, massage, personalized mask, paraffin wax, polish or buff

## GEL MANICURE

50 MINUTES

A revolutionary power polish that is applied and set under UV lighting. Your nails are completely dry by the time your manicure is over, and you will have an incredibly durable, chip-free manicure with superior shine for two weeks.

**INCLUDES** Soak, cut and file, exfoliation, cuticle work, massage, gel application

## GEL PEDICURE

80 MINUTES

A revolutionary power polish that is applied and set under UV lighting. Your nails are completely dry by the time your pedicure is over, and you will have an incredibly durable, chip-free pedicure with superior shine for two weeks.

**INCLUDES** Soak, cut and file, exfoliation, cuticle work, massage, gel application

## DAZZLE DRY MANICURE

50 MINUTES

Relax and refresh with Dazzle Dry's classic nail treatment.

**INCLUDES** Polish removal, aromatic spearmint and eucalyptus soak, nail shaping, cuticle grooming and finished with a fortifying Dazzle Dry lacquer application

## DAZZLE DRY PEDICURE

80 MINUTES

Relax and rejuvenate with Dazzle Dry's essential pedicure treatment.

**INCLUDES** Soothing spearmint and eucalyptus foot soak, nail shaping, cuticle detail, callus reduction and finished with a fortifying Dazzle Dry lacquer application



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# ENHANCEMENTS

Upgrade your treatments by choosing one or more of our carefully created service enhancements.

Enhancements are available as incorporated additions to facial, body and massage services without adding additional time to the treatment. All Enhancements must be booked and received with a treatment.

#### HAND, FOOT OR BACK REVIVER

Reveal smoother skin with this exfoliating and nourishing treatment that will leave hands or feet smooth, soft and bright.

#### HOT STONE MELTER

Smooth basalt stones radiate heat deep inside the muscles to relieve tension and stress during any massage treatment.

#### SCALP TREATMENT & MASSAGE

Vitamin C-rich Watercress and Red Clay soothe and nourish the scalp, while Apricot Kernel Oil conditions to help promote stronger, healthy looking, hair.

#### SMOOTH & FIRM BODY BUTTER

Combine the sublime benefits of a lifting and smoothing body butter with your body massage oil for rich melting hydration to refine skin texture, soften and restore suppleness.

#### COLLAGEN EYE OR LIP MASK

Combine the sublime benefits of a lifting and smoothing body butter with your body massage oil for rich melting.

#### COLLAGEN FACE OR NECK MASK

Combine the sublime benefits of a lifting and smoothing body butter with your body massage oil for rich melting.

#### CBD MASSAGE OIL

Infuse any massage with the benefits of CBD-enriched oil.

#### LIFTING NECK MASK

The neckoletté mask you never knew you needed.

#### GLYCOLIC PEEL

Triple exfoliation and oxygenation application.

#### CBD RELIEF BALM

A powerful salve for muscle aches and pains

#### CBD RESTORE BALM

An Age Defying balm for all-over-body wellness



# GUIDELINES

To enjoy your spa experience to the fullest potential, please familiarize yourself with the Spa Guidelines.

## AT TIME OF RESERVATION

Please inform the Reservation

Agent of the following:

- + Allergies or medical conditions including pregnancy
- + If you have a gender preference for your Service Provider
- + If you have a request for a specific Service Provider
- + If you are celebrating any special occasions

You must provide a valid credit card number with expiration date at time of booking.

## ARRIVAL TIME

Please arrive at least 30 minutes prior to your scheduled treatment. Arriving late will limit the time for your treatment, thus decreasing its effectiveness and your enjoyment. Your will end on time, so the next guest is not delayed. The full value of your treatment will be charged.

## WHILE VISITING THE SPA

### PERSONAL BELONGINGS/VALUABLES

We cannot be responsible for any personal items and/or valuables brought into the spa or left in your locker. Please leave your valuables at home or in your room safe.

## USE OF ELECTRONIC DEVICES

To protect the privacy of our guests and to preserve the guest experience, use of cell phones, electronic devices and cameras are prohibited in the spa. Cell phones and electronic devices must be turned off.

## AGE REQUIREMENTS

You must be 18 years of age or older to enjoy the spa relaxation and locker areas . Massages and facials cannot be performed on anyone under the age of 18 years. Salon treatments are available for children 5 years of age or older. This includes hair and nail services only. Parent must be present for the entire service and a locker will not be provided.

## TREATMENT RECOMMENDATIONS

Shaving is not recommended prior to body treatments or hair removal services. Shaving is recommended, but not necessary for men prior to a facial. 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.

## FOOD AND BEVERAGE

Guests are prohibited from bringing any outside food or alcohol into the spa. A guest appearing intoxicated will be denied access to the spa.

## METHOD OF PAYMENT

We accept all major credit cards. You may also charge services to your resort bill.

## SERVICE CHARGE

For your convenience, a 20% service charge will be added to each spa service. This includes gratuities disbursed to the spa staff members who serve you during your visit. Additional gratuities may be offered at your discretion. Prices and services are subject to change.

## CANCELLATION POLICY

If you must reschedule or cancel your appointment, please notify the spa at least twenty-four (24) hours in advance of your appointment to avoid being charged the full service fee. Any appointments rescheduled within the twenty-four (24) hour window will incur a move fee of \$25. Cancellations of packages or private parties require one week's notice.

## HOURS OF OPERATION

### SPA TREATMENTS:

10 AM – 6 PM, Monday through Sunday

To reserve your spa appointment online, visit us at [ritzcarlton.com/southbeach](http://ritzcarlton.com/southbeach) or contact 786.276.4000



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