Let us make the world revolve around you.

ESCAPE

Discover a delightful and unexpected oasis of tranquility and beauty in the heart of Moscow at The Ritz-Carlton Spa. Experience a sense of Russian culture, legendary service and relaxing Spa therapies that will revitalize your senses and restore your overall well-being. Our crystal studded vitality pool, relaxing saunas and a reviving fitness studio provide the ultimate escape from the city.
Our sumptuous Experience Treatments are inspired by cleansing rituals and local ingredients that evoke the unique splendor of this legendary and historic city. The caring hands of professional Spa therapists work in synergy with detoxifying blends of essential oils and superior massage techniques that will bring you back to life, delivering you into true harmony.

**MOSCOW HONEY RITUAL**
120 MINUTES
Famous Russian massage traditions and Siberian Honey form the foundation of this deeply nourishing ritual. This treatment harnesses local ingredients and techniques to intensely invigorate the senses whilst purifying and sculpting the body, revealing smooth, toned and hydrated skin from top to toe.

INCLUDES
- Skin brushing, Siberian Honey exfoliation and massage
- Custom express facial

**ROYAL MASSAGE RITUAL**
120 MINUTES
Designed to suit Royalty of any Kingdom. Indulge in warming aromatic oils whilst two therapists use synchronized massage techniques to guide you on a majestic journey to serenity.

INCLUDES
- Body exfoliation, facial cleanse
- Four hand hot stone massage

**RESTORATIVE BALANCING RITUAL**
90 MINUTES
This massage ritual uses Rose Geranium and Sweet Orange to rebalance the mind whilst giving nourishment to the skin.

INCLUDES
- Salt & oil exfoliation, personalized body massage

**EXPERIENCE TREATMENTS PERFORMED WITH ESPA PRODUCTS**

**DETOXIFYING CLEANSING RITUAL**
120 MINUTES
This uplifting journey uses cleansing and detoxifying ingredients to leave the body wonderfully uplifted and detoxified. Circulation is stimulated with iced mitts and warmed stones. Detoxifying products and techniques help the body eliminate toxins, tone the skin and revitalize the mind. The ideal treatment to address problem areas prone to cellulite, fluid retention and uneven skin texture.

INCLUDES
- Skin brush, detoxifying salt & oil scrub, iced mitts, scalp massage, hot stone massage

**ULTIMATE DETOX & TONE RITUAL**
90 MINUTES
Reveal profoundly smooth, taut and firm skin with this highly effective and deeply detoxifying treatment. A full body treatment providing an intense detox and vitality boost. Designed to target areas of cellulite and fluid retention.

INCLUDES
- Detox brush, detoxifying salt & oil scrub, iced mitts, scalp massage, full stone massage
DEEP MUSCLE MASSAGE
90 MINUTES OR 60 MINUTES
Recharge your body with this powerful massage designed to alleviate deep-seated tension and muscular stress. Using deep movements and stretching techniques that are concentrated on specific areas of concern to help relieve common discomforts and sports-related tension.

RELAXATION MASSAGE
90 MINUTES OR 60 MINUTES
Unwind and de-stress with this aromatic bespoke treatment. This soothing aromatherapy massage uses moderate pressure and a blend of essential oils to melt away tension.

STRESS RELIEF MASSAGE
90 MINUTES OR 60 MINUTES
Revive tired and fatigued muscles with this traditional massage using moderate to firm pressure to leave a feeling of revitalization and relaxation.

HOT STONE MASSAGE
90 MINUTES
A therapeutic and rejuvenating massage using warm volcanic stones and a moderate to deep pressure to intensely soothe tired, aching muscles and aid relaxation.

BALinese MASSAGE
90 MINUTES
Soothe tense, aching muscles, rebalance body and mind and restore calm in this deeply relaxing massage.

SOLE REVIVER
60 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 whilst relaxing and restoring the body and mind.

MASSAGE TREATMENTS
PERFORMED WITH ESPA PRODUCTS
NOURISHED GLOW
60 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 exfoliation with salt & oil, back massage and oil application

ULTIMATE BODY BALANCER
90 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

LIFT & FIRM TREATMENT
60 MINUTES
Purify your body, boost circulation and target uneven skin tone in this deeply smoothing and contouring hip and thigh treatment.

INCLUDES
Skin brush, detoxifying salt & oil scrub, detoxifying massage to hip & thigh areas, specialized abdominal massage

PERSONALIZED DETOX WRAP
60 MINUTES
Deeply cleanse, refine and nourish your body with this beautifully enhancing, bespoke and detoxifying body treatment.

INCLUDES
Body exfoliation, algae or mud envelopment, scalp massage

WAXING SERVICES
15–90 MINUTES
Soft-touch Spa-waxing treatments with world-renowned LYCON wax will leave your skin flawless and nourished.

INDIVIDUAL WAXING SERVICES ARE AVAILABLE ON THE PRICE TARIF.

NATURALLY NURTURED MASSAGE
90 MINUTES OR 60 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.

BRAIN TREATMENTS PERFORMED WITH ESPA PRODUCTS

THE RITZ-CARLTON SPA MOSCOW
REVITALIZING AND PERFECTING RADIANCE FACIAL
90 MINUTES OR 60 MINUTES
La Prairie’s gold standard for anti-aging.
The pure golden drops of Cellular Radiance Concentrate Pure Gold visibly revitalize and perfect the skin. Gentle heat and the selected mask help to enhance the penetration of precious Pure Gold serum, making the skin look smoother and feel radiant and vibrantly alive.

INCLUDES
La Prairie welcome, cleanse, tone, skin diagnosis, face exfoliation, hand and arm mask, warmed mitts, face massage, radiance face massage, mask, hand and arm massage, daily moisture care, La Prairie’s closing technique.

The addition of a warm oil foot and lower leg massage is included in the 90 min treatment.

CAVIAR LIFTING AND FIRMING FACIAL
90 MINUTES OR 60 MINUTES
Pure luxury that instantly lifts and firms skin, granting a more perfect tone and texture. Caviar pearls and a Caviar infused face and eye massage transform even the dullest complexions into radiant, luminous skin. A lifting and firming, results driven treatment, for all skin types, providing moisture rich hydration, essential nutrients and nourishment, leaving the skin firm, toned and silky soft.

INCLUDES
La Prairie welcome, cleanse, tone, skin diagnosis, face exfoliation, hand and arm mask, warmed mitts, face massage, eye massage, face neck & décolleté massage, warm dermaglobe massage, mask, hand and arm massage, daily moisture care, La Prairie’s closing technique.

The addition of a back massage is included in the 90 min treatment.

WHITE CAVIAR BRIGHTENING AND FIRMING FACIAL
60 MINUTES
Elegance and efficacy combined, this facial promotes an even skin tone by helping to prevent discoloration and brightening the skin. With the added benefit of the Golden Caviar extracts the skin is firmer and more hydrated.

Including a more illuminated, smoother skin that enhances the complexion.

INCLUDES
La Prairie welcome, cleanse, tone, skin diagnosis, face exfoliation, hand and arm mask, warmed mitts, face massage, warm dermaglobe massage, mask, hand and arm massage, daily moisture care, La Prairie’s closing technique.

The addition of a back massage is included in the 60 min treatment.

FACIAL TREATMENTS
PERFORMED WITH LA PRAIRIE PRODUCTS
FACIALS
CAVIAR INSTANT LIFT FACIAL
45 MINUTES OR 60 MINUTES
Perfection in less than an hour. Designed for men and women on the run, this facial immerses you in a beautiful “bubble”. A cranial massage improves circulation and gives you a feeling of wonderful renewal, relaxation and radiance. You will be ready to face another hectic day or a night in town.
INCLUDES
La Prairie welcome, neck, shoulder and arm massage, cleanse, tone, skin diagnosis, face exfoliation, hand and arm exfoliation, head massage, eye massage, cooling eye gel mask, hand and arm massage, daily moisture care, La Prairie's closing technique.

CELLULAR SWISS ICE CRYSTAL AGE-DEFYING FACIAL
90 MINUTES OR 60 MINUTES
Our skin needs moisture, energy and protection. It must be nourished and cared for. Taking into account the needs of our skin, La Prairie have developed this facial to combat the first signs of aging to encourage younger looking skin, bursting with moisture and vital energy.
Incorporating an exquisite eye and face massage using clear and rose quartz crystals will leave you feeling completely relaxed.
INCLUDES
La Prairie welcome, cleanse, tone, skin diagnosis, face exfoliation, hand and arm exfoliation, face massage with cool clear quartz crystals, face neck & decolletage massage with warm rose quartz crystals, mask, hand and arm massage, daily moisture care, La Prairie’s closing technique.

SWISS CELLULAR ANTI-AGING FACIAL
90 MINUTES OR 60 MINUTES
With the incredible anti-wrinkle power of the Anti-Aging Collection, this facial helps to smooth and plump the appearance of fine lines and wrinkles. Incorporating the La Prairie signature face and eye massages, you will be left feeling completely relaxed and your skin will glow brighter and look younger and healthier.
INCLUDES
La Prairie welcome, cleanse, tone, skin diagnosis, face exfoliation, hand and arm exfoliation, face neck & decolletage massage, cooling eye gel mask, hand and arm massage, daily moisture care, La Prairie's closing technique.

LA PRAIRIE SIGNATURE FACIAL
90 MINUTES OR 60 MINUTES
Our expert aestheticians will discuss your skincare needs and then analyze and perform an exquisite facial to achieve the highest results. Whether you are in need of the most dramatic results for dehydrated, stressed and fatigued skin or if you are looking to smooth out fine lines and wrinkles, each product will be hand-picked to target your main concerns, allowing the skin to glow brighter and look younger and healthier.
INCLUDES
La Prairie welcome, cleanse, tone, skin diagnosis, face exfoliation, hand and arm exfoliation, face neck & decolletage massage, mask, hand and arm massage, daily moisture care, La Prairie’s closing technique.

The addition of a lomi lomi back massage and a lower leg and foot massage are included in the 90 min treatment.
The addition of a foot and lower leg exfoliation and massage with heated booties are included in the 90min treatment.
CUSTOM FACIAL
90 MINUTES OR 60 MINUTES
Purify, hydrate, brighten and smooth your complexion with this radiance-restoring expert facial that is tailored to your individual needs.

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

FIRMING FACIAL
90 MINUTES OR 60 MINUTES
Instantly combat the most visible signs of skin aging—smoothing the lines and revealing youthful radiance to your complexion.

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

ULTIMATE RENEWAL FACIAL
90 MINUTES
The must-have facial to restore skin’s vitality and reveal a bright, smooth and radiantively youthful-looking complexion.

The ideal treatment for immediate results prior to a special event or night out.

INCLUDES
Deep brush cleanse, Skin Radiance mask, age-defying crystal massage, professional lifting mask

FACIAL TREATMENTS
PERFORMED WITH ESPA PRODUCTS

INTENSIVE LIFT FACIAL
90 MINUTES
Restore clarity and youthful radiance with this dynamic, age-defying facial. Specialized massage techniques work in synergy with high performing products to deeply hydrate, smooth wrinkles, firm and even skin.

INCLUDES
Deep brush cleanse, double mask application, specialized age-defying contouring and lifting facial massage
THE MEN’S MASSAGE
90 MINUTES OR 60 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.

RELAXATION MASSAGE
90 MINUTES OR 60 MINUTES
Unwind and de-stress with this aromatic bespoke treatment. This soothing aromatherapy massage uses moderate pressure and a blend of essential oils to melt away tension.

STRESS RELIEF MASSAGE
90 MINUTES OR 60 MINUTES
Revive tired and fatigued muscles with this traditional massage using moderate to firm pressure to leave a feeling of revitalization and relaxation.

MEN’S TREATMENTS
PERFORMED WITH ESPA PRODUCTS

MUSCLE RECOVERY MASSAGE
90 MINUTES OR 60 MINUTES
Recharge your body with this powerful massage designed to alleviate deep-seated tension and muscular stress. Using deep movements and stretching techniques that are concentrated on specific areas of concern to help relieve common discomforts and sports related tension.

LA PRAIRIE’S SIGNATURE GENTLEMEN’S FACIAL
90 MINUTES OR 60 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.

POWER HOUR
60 MINUTES
Intensely invigorating, this clarifying and smoothing treatment powerfully reawakens your senses, leaving you ready for anything.

MEN’S FACIAL
60 MINUTES
Deeply cleanse, hydrate and smooth skin, leaving your complexion instantly energized.

TIME OUT
120 MINUTES
A bespoke massage for the stressed body and mind, followed by the male facial for modern grooming.

THE RITZ-CARLTON SPA MOSCOW

15
DETOX & RENEW
295 MINUTES
A specially chosen collection of treatments are seamlessly combined to optimise an effective detoxifying process and renew skin, helping you to achieve your desired results. The skin is left smoothed, toned and radiant whilst providing the body and mind a feeling of energy and vitality.

INCLUDES
- Full body exfoliation
- Personalised detox wrap
- Stress relief massage
- Custom facial

COLLECTION TREATMENTS
- ESPA PRODUCTS

ULTIMATE RECOVERY
95 MINUTES
The perfect antidote to any busy lifestyle, designed to target areas which are known to hold stress and cause aches and pains. This recovery collection gives you an opportunity to stop, rebalance and revive using cooling Spearmint and reviving essential oils to soothe aching muscles, so you feel refreshed from top to toe ready to go again.

INCLUDES
- Full body exfoliation
- Back massage
- Custom facial
- Sole reviver foot & leg treatment

ESCAPE FROM THE CITY
180 MINUTES
Enjoy the luxury of some peace away from the city stresses and allow yourself a moment of pure tranquillity. Designed to offer a soothing experience for both body and mind through detoxification and massage, while the custom facial will also ensure you will look as good as you feel when you step back into reality.

INCLUDES
- Full body exfoliation
- Relaxation massage
- Custom facial

COLLECTION TREATMENTS
- ESPA PRODUCTS
- LAVENDER & CEDARWOOD

IMPERIAL SPA DELIGHT
210 MINUTES
When all you really need is pure decadence and luxury, this is the collection for you. A royal beauty bliss sensation designed to take your spa experience beyond luxury. The skin is left nourished and softened whilst the muscles are warmed and soothed. Your majestic journey continues with a cooling Rose Quartz crystal facial massage and brightening mask, designed to give natural vitality and radiance to the skin, ensuring a total glow when complete.

INCLUDES
- Body exfoliation
- Facial cleanse
- Four handed hot stone massage
- Deep brush cleanse
- Skin Radiance Mask
- Age-defying crystal massage
- Professional lifting mask

COLLECTION TREATMENTS
- ESPA PRODUCTS
- RHYTHM & HARMONY
LIFESTAGE ANTI-AGING BOOSTERS
Boost any ESPA facial by using the technologically advanced LIFESTAGE serums and moisturizers to address all the most visible signs of aging.

G5 MECHANICAL MASSAGE
Ideal for toning, increasing circulation and aiding in the breakdown of fatty deposits and cellulite. Particularly good for back, shoulders, thighs, hips and stomach. Can enhance any massage and selected body treatments.

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.

HAIR CONDITIONING TREATMENT
Combining the strengthening properties of a Hair Oil and the conditioning benefits of Pink Hair & Scalp Mud with a deeply relaxing scalp massage to reduce tension and leave you with beautifully healthy hair. Can enhance any facial, massage and selected body treatments.

HAND / FOOT REVIVER
Boost any facial, massage or body treatment to reveal brighter and smoother hands or feet with this exfoliating and nourishing enhancement.

HAIR CONDITIONING TREATMENT
Combining the strengthening properties of a Hair Oil and the conditioning benefits of Pink Hair & Scalp Mud with a deeply relaxing scalp massage to reduce tension and leave you with beautifully healthy hair. Can enhance any facial, massage and selected body treatments.

HAND / FOOT REVIVER
Boost any facial, massage or body treatment to reveal brighter and smoother hands or feet with this exfoliating and nourishing enhancement.

HAND / FOOT REVIVER
Boost any facial, massage or body treatment to reveal brighter and smoother hands or feet with this exfoliating and nourishing enhancement.

HOT STONE MELTER
Smooth basalt stones radiate heat deep inside the muscles to relieve tension and stress. The ideal enhancement to boost any massage.

SMOOTH & FIRM BODY BUTTER
Enhance any massage with 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.

BACK REVIVER
Reveal smoother skin with this exfoliating and nourishing treatment that will leave the back smooth, soft and bright. Can enhance any massage or body treatment.

ENHANCEMENTS
OPENING HOURS
Pool and saunas: 6.30 am till 00.00 am daily
Spa Treatments: 8.00 am till 11.00 pm daily

AT TIME OF RESERVATION
Please inform spa reception team 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

ARRIVAL TIME
Please arrive at least 30 minutes prior to your scheduled treatment. This will allow time to relax in the lounge and use the sauna and steam room. Arriving late will simply limit the time of your treatment, thus lessening its effectiveness and your pleasure. Your treatment time will not be extended as we cannot delay the next guest and 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, in your room’s or in the spa changing rooms’ safety deposit boxes.

USE OF CELL PHONES, ELECTRONIC DEVICES, CAMERAS
Please respect Spa guests intimacy and serenity. 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.

SPA TREATMENTS
All treatments include the use of the pool, heat experiences and relaxation areas and are available to in-house guests of The Ritz-Carlton, Moscow and for non-in-house guests.

TREATMENT RECOMMENDATIONS
Shaving is recommended, but not necessary for men prior to a facial. If you do choose to shave prior to your facial, be sure to do so at least two hours prior to your scheduled appointment. Shaving is not recommended prior to any body treatments or hair removal services.

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.

SPA ETIQUETTE
Please be informed that our heat experiences and pool are unisex therefore the use of swimwear is essential.

We would like to invite residential guests to arrive at the Spa wearing the robe and slippers provided in their room. The Spa will provide abundant towels, slippers, shower caps and all amenities required for use during your visit.

The minimum age requirement for access and treatments in the Spa is 16 with parental supervision. Massage is restricted to those aged 18 and over.

WHILE DEPARTING THE SPA
Please be sure to check out at the front desk of the Spa before you depart.

CANCELLATION POLICY
A 50% cancellation charge will be incurred for any treatment or Spa Programme not cancelled at least 24 hours prior to appointment. Cancellation within 12 hours will incur 100% of the price.

GRATUITIES
Gratuities are a matter of personal discretion, and should reflect your satisfaction with our services.

HOME CARE
To continue your spa experience at home, our spa professionals will kindly recommend home care products that are available at the Beauty and Retail Studio.

GIFT VOUCHERS
Gift vouchers are available for all treatments, Spa Collections and products, and are an ideal present for someone special. Gift vouchers are non-refundable and must be presented at time of treatment or purchase.

PRICES
All prices are quoted in Rubles and include VAT.

CONTACTS
For more information or to book an appointment, book online at ritzcarlton.com/en/hotels/europe/moscow/spa or contact us at rc.moscow.spa@ritzcarlton.com or call +7 495 225 8888.

Best memories about genuine beauty and harmony are here to share:

#RCMEMORIES