Elegantly enveloped within the Santa Rosa Mountain range, The Ritz-Carlton, Rancho Mirage is one of the most esteemed luxury resorts in Palm Springs, California. From a mountaintop overlooking world-famous Palm Springs and the picturesque Coachella Valley, the hotel’s desert surroundings are reflected in a décor that reveals natural elements of stone, wood and fire.

Let us make the world revolve around you.
Escape to The Ritz-Carlton, Rancho Mirage, where our resort’s Spa guides you on a journey. Our luxury day Spa evokes felicite setting, surrounded by the beauty of the Palm Springs desert and rugged mountain tops, offers the perfect retreat – where holistic, indigenous herbs and plants enhance treatments designed to awaken the senses, refresh the body and renew the spirit.

**SPIRIT OF THE MOUNTAINS**

**100 MINUTES**

Indulge in a blissful journey that provides balance through the use of desert herbs and mineral salts. This ancient tradition of healing is designed to cleanse, calm and soothe the body and mind. The spirit of the mountains will leave you in an oasis of luxury and sheer rejuvenation.

**includes**
- Stretching
- Compressions on the marma points with soothing massage strokes
- Exfoliation
- Warm stone massage
- Detoxifying wrap and scalp treatment

**DESERT WILDFLOWER POULICe MASSAGE**

**80 MINUTES**

Soothe aching muscles with this rhythmic releasing massage that combines century old techniques with indigenous organic herbs. Allow the heated herbal poultices to release tension and induce a deep state of relaxation.

**includes**
- Stretching, compressions on the marma points with soothing massage strokes

**SEC-HE ROCK RITUAL**

**100 MINUTES**

Inhabited by the indigenous native tribes, Rancho Mirage was given the name Sec-he, which translated means “boiling water.” The Cahuilla Indians valued the healing properties of the surrounding mineral baths almost as much as the region’s natural rock resources. Embark on a spa ritual that honors the desert surroundings and leave feeling a strong sense of connection and calm.

**includes**
- Scrub, bath ritual and hot stone massage
DEEP MUSCLE MASSAGE
50 MINUTES OR 80 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 relieve common discomforts and sports-related tension.

WARM DESERT STONE MASSAGE
75 MINUTES
A therapeutic and rejuvenating treatment using warm stones to provide soothing, penetrating heat and a light to moderate pressure to soothe tired, aching muscles and aid relaxation.

RELAXATION MASSAGE
50 MINUTES OR 80 MINUTES OR 100 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
50 MINUTES OR 80 MINUTES OR 100 MINUTES
Revive tired and fatigued muscles with this traditional massage using moderate to firm pressure to leave a feeling of revitalization and relaxation.

NATURALLY NURTURED MASSAGE
50 MINUTES OR 80 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.

DEEP TISSUE MASSAGE
50 MINUTES OR 80 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 relieve common discomforts and sports-related tension.

WARM DESERT STONE MASSAGE
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50 MINUTES OR 80 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.

CALIFORNIA COUPLE’S MASSAGE
50 MINUTES OR 80 MINUTES OR 100 MINUTES
Enjoy the experience of shared relaxation and well-being in our Couple’s Treatment Room. A customized massage enjoyed side-by-side with your special someone.
RANCHO MIRAGE

RESTORE SERENITY TO BODY, MIND AND SKIN WITH THIS RICHLY INDULGENT AND DEEPLY REVIVING BACK, NECK AND SCALP TREATMENT.

Includes
- Back exfoliation
- Back massage
- Application of facial oil and scalp massage

COOLING BODY THERAPY

50 MINUTES

ENVELOP YOURSELF IN A COOL ALOE VERA COCONUT THAT HYDRATES, SOPTIONS AND REPAIRS YOUR SKIN. IDEAL FOR POST-SUN OR DEHYDRATED SKIN.

Includes
- Cooling wrap
- Foot massage
- Moisturizer application

INDIGENOUS DESERT CLAY WRAP

75 MINUTES

UPLIFT YOUR SENSES, DETOXIFY YOUR SKIN AND REFRESH YOUR SPIRIT WITH THE HEALING PROPERTIES OF DESERT CLAY. NATURE’S ANTI-INFLAMMATORY PROPERTIES WILL LEAVE YOUR SKIN FEELING REFRESHED AND RENEWED AND NATURALLY BEAUTIFUL.

Includes
- Body brushing
- Clay mask wrap
- Facial acupressure
- Scalp massage
- Hydrating applications
CUSTOM FACIAL
50 minutes or 80 minutes
Purify, hydrate, brighten and smooth your complexion with this radiance-restoring facial that is tailored to your individual needs.
INCLUDED: Deep brush cleanse, skin analysis, facial exfoliation, massage, mask, scalp massage
PERFORMED WITH ESPA PRODUCTS

AGE-DEFYING FACIAL
50 minutes or 60 minutes
Instantly combat the most visible signs of skin aging - smoothing fine lines and reversing youthful radiance to your complexion.
INCLUDED: Deep brush cleanse, skin analysis, facial exfoliation, specialized toning facial massage, mask, scalp massage
PERFORMED WITH ESPA PRODUCTS

THE HYDRAFACIAL™
50 minutes or 80 minutes
A non-invasive resurfacing treatment that delivers instant results. Known to reduce the look of fine lines, hyperpigmentation, congested pores, fine lines, and increase hydration.
INCLUDED: Cleanse, gentle hydra-exfoliation, vortex extraction, hyaluronic acid infusion, LED light therapy
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.
INCLUDED: Deep brush cleanse, Skin Radiance Mask, age-defying crystal massage, lifting mask, scalp massage
PERFORMED WITH ESPA PRODUCTS

RESURFACING ORGANIC FACIAL
50 minutes or 80 minutes
Customized to address your individual skin needs, this facial uses the purest active organic ingredients. Natural fruit enzymes gently exfoliate to leave your skin feeling fresh, smooth, and glowing.
INCLUDED: Cleanse, organic peel, exfoliation, mask, moisturizer
PERFORMED WITH EMINENCE PRODUCTS

HYDRATING CITRUS DRENCH
50 minutes
This rich Vitamin C infused treatment stimulates collagen production, increases skin’s firmness, and reduces sun damage. Renewing ingredients improve skin clarity, leaving your skin nourished and revitalized.
INCLUDED: Cleanse, enzyme exfoliation, mask, moisturizer
PERFORMED WITH NATURA BISSE PRODUCTS

THE RITE—CARLTON SPA
RANCHO MIRAGE
RANCHO MIRAGE

**Power Hour**
50 minutes

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

Includes
- Full body salt & oil exfoliation,
- Back massage and oil application

**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

**Muscle Recovery Massage**
50 minutes or 80 minutes

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

**Muscle Recovery Massage**
50 minutes or 80 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 relieve common discomforts and sports related tension.

**Men's Massage**
80 minutes or 100 minutes

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

**Activity Recovery**
75 minutes

Return tight, aching muscles to peak condition with this focused, tension-relieving treatment.

Includes
- Back exfoliation and massage,
- Foot and lower leg exfoliation and massage

**Stress Relief Massage**
50 minutes or 80 minutes or 100 minutes

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

**The Men's Facial**
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.

**Activity Recovery**
80 minutes or 100 minutes

Return tight, aching muscles to peak condition with this focused, tension-relieving treatment.

Includes
- Back exfoliation and massage,
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**The Men's Massage**
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**Muscle Recovery Massage**
50 minutes or 80 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 relieve common discomforts and sports related tension.

**The HydraFacial**
50 minutes or 80 minutes

A non-invasive resurfacing treatment that delivers instant results. Known to reduce the look of acne scarring, hyperpigmentation, congested pores, fine lines and increase hydration.

Includes
- Double cleanse, facial exfoliation, steam and extraction, hyaluronic acid infusion, LED light therapy

Performed with ESPA products
PERSONAL TRAINING
50 MINUTES
A private, one-on-one personal training session with a certified trainer who focuses on specific needs and provides guidance on achieving personal fitness goals.

OMNIA
50 MINUTES
Move, Train, Play – Designed by world class experts, OMNIA offers infinite training possibilities in all kinds of training modalities: strength, endurance, stability, flexibility, coordination and speed – and satisfies the widest range of user needs, abilities and aspirations.

GROUP EXERCISE CLASSES
50 MINUTES
Dynamic, highly skilled fitness professionals will offer core classes in Body Sculpt, Yoga, Pilates, Group Cycling, or specialty classes like our Desert Boot Camp. All are geared to various levels of fitness and may be held inside our movement studio or outdoors (weather permitting).
ENHANCEMENTS

FACIAL ENHANCEMENTS
Upgrade your facial services by choosing one or more from our list of additions. Enhancements must be purchased with a treatment.

MICRO-CURRENT
Improve muscle tone with the addition of this gentle electrical micro-current to any facial.

EYE TREATMENT
Target deep absorption of any facial serum around the eye area with the Opal treatment.

LIFESTAGE ANTI-AGING BOOSTERS
Boost any facial by using the technologically advanced LIFESTAGE serums and moisturizers to address all the most visible signs of aging.

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

BODY ENHANCEMENTS
Upgrade your body services by choosing one or more from our list of additions. Enhancements must be purchased with a treatment.

HOT STONE MELTER
Smooth basalt stones radiate heat deep inside the muscles to relieve tension and stress.

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.

MOROCCAN OIL SCALP TREATMENT
Using the strengthening properties of Moroccan Oil with a deeply relaxing scalp massage to reduce tension, condition the scalp and leave you with beautifully healthy hair.

HAND, FOOT OR BACK REVIVER
Reveal smoother skin with this exfoliating and nourishing treatment that will leave hands, feet or back smooth, soft and bright.

MOROCCAN OIL SCALP TREATMENT
Using the strengthening properties of Moroccan Oil with a deeply relaxing scalp massage to reduce tension, condition the scalp and leave you with beautifully healthy hair.

REVEAL SMOOTHER SKIN WITH THIS EXFOLIATING AND NOURISHING TREATMENT THAT WILL LEAVE HANDS, FEET OR BACK SMOOTH, SOFT AND BRIGHT.
Guests of The Ritz-Carlton Spa, Ritz-Carlton Mirage must be 18 years of age or older to enjoy spa services. Spa facilities, including locker rooms, saunas, steam rooms and whirlpools, are available for a $50 daily fee. This fee is waived with the purchase of a massage or facial service.

The spa concierge will reserve treatment times and assist with selecting treatments. Please notify the spa concierge if you have high blood pressure, allergies, physical ailments, disabilities or are pregnant. While a few services should be avoided during pregnancy, there are treatments that can be enjoyed.

For your enhanced comfort and relaxation, we suggest you arrive 30 minutes before your scheduled treatment to allow time to enjoy the lounge, sauna, steam rooms and whirlpools. Arriving late will limit the time for your treatment, thus decreasing its effectiveness and your pleasure. Your treatment time will end on time, so the next guest is not delayed. The full value of your treatment will be charged.

The Ritz-Carlton Spa, Ritz-Carlton Mirage wet lounges allow guests to delight in life at its very source and discover the key role water plays in the therapeutic experience. Enjoy a hot whirlpool, cold plunge pool, hydro-therapy shower, steam, sauna and our outdoor co-ed spa whirlpool with waterfall and mountain-scape views. Bathing rituals should be alternated with cooling showers to encourage circulation and accelerate natural cleansing. A minimum of 90 minutes should be allowed to maximize the positive benefits to your body.

Shaving is recommended but not necessary for men prior to a facial. If you choose to shave prior to your facial, be sure to allocate at least one hour between shaving and your appointment. Shaving is not recommended prior to body treatments or hot mineral services.

We accept all major credit cards. You may also charge spa services to your hotel bill. A 22% service charge will be added for each spa service you receive. Gratuities will be dispersed to the spa staff that attended your visit. Additional gratuities may be offered at your discretion.

Prices and services are subject to change. For more information, please contact the spa at 760.202.6170 or visit us at: www.ritzcarlton.com/ranchomirage

GUEST GUIDELINES

To encourage circulation and accelerate natural cleansing, a minimum of 90 minutes should be allowed to maximize the positive benefits to your body.

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CANCELLATION POLICY

If you must cancel your individual appointment, please notify us six hours before your scheduled time to avoid being charged the full service fee. Any appointments rescheduled within the six-hour window will incur a move fee of $45. Cancellations of personal training sessions or exercise classes require a 24-hour notice. Consultations of packages or small private parties require a 72-hour notice. Consultations of larger groups require a 14-day notice. A credit card number is required at time of booking.

Gift Cards

Personalized gift cards are available and can be applied towards the purchase of services or products.

Food and Beverage

You are prohibited from bringing any food or alcoholic beverages into the spa. Please inquire with our spa attendants regarding the food and beverage menu options available inside The Ritz-Carlton Spa, Ritz-Carlton Mirage. Please note that for the safety of our guests, we do not permit any glass containers or food inside our wet lounges or near whirlpools.