Embrace the rich artistry that is The Ritz-Carlton, Sarasota, overlooking the waters of Sarasota Bay while sandy white beaches graciously welcome you. We invite you to discover the luxurious Spa and Salon where cares melt away and a personalized, unique wellness experience awaits. Enjoy warm, restorative experiences, luxurious nail and hair services and a spacious Fitness center.

Let us make the world revolve around you.

ESCAPE
Enliven all senses with honey-inspired reflexology, an ancient healing technique where skilled hands apply pressure to specific points on the feet that correspond to various organs and areas of the body. A gentle head, neck and shoulder massage with application of soothing honey butter will help to alleviate tension and restore balance.

includes Foot exfoliation, foot reflexology and head, neck and shoulder massage

CRystal Quartz
Muscle Melt
80 minutes
Allow the warm, relaxing and restorative properties of a crystal lavender poultice with full body massage leave you feeling refreshed, reflective and with a heightened sense of inner peace.

includes Poultice massage, gentle assisted stretching and scalp massage

Lemongrass
Bamboo Massage
80 minutes
Therapeutic hands, warmed bamboo and an infusion of lemongrass soothe tension through this deeply holistic and balancing massage. Be transformed as your mind relaxes and muscular stress melts away.

includes Medium to deep pressure full body massage, lemongrass foot exfoliation, scalp massage

Sarasota
Touch of Honey
80 minutes
Enliven all senses with honey-inspired reflexology; an ancient healing technique where skilled hands apply pressure to specific points on the feet that correspond to various organs and areas of the body. A gentle head, neck and shoulder massage with application of soothing honey butter will help to alleviate tension and restore balance.

includes Poultice massage, gentle assisted stretching and scalp massage

Lemongrass
Bamboo Massage
80 minutes
Therapeutic hands, warmed bamboo and an infusion of lemongrass soothe tension through this deeply holistic and balancing massage. Be transformed as your mind relaxes and muscular stress melts away.

includes Medium to deep pressure full body massage, lemongrass foot exfoliation, scalp massage

Sarasota
Remineralizing
Sea Escape
110 minutes
Relax and unwind with this all-encompassing ocean experience. A seawater marine scrub, hydro-bath and wave-inspired full body massage will energize, hydrate and revitalize from head to toe.

includes Marine scrub, hydro-bath and full body light to moderate pressure massage; additional massage with 110 minute experience
 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.

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.

Hot Stone Massage
80 minutes
A therapeutic and rejuvenating massage using heated 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.

Couples Massage
80 minutes or 50 minutes
Experience our Deep Muscle, Stress Relief or Relaxation Massage experiences side by side in our tranquil couple’s massage room. Enhance the experience with your loved one with a romantic 20-minute couples rose petals bath.
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 exfoliation with salt and oil blend massage, oil application

MOISTURIZING AVOCADO BODY WRAP
45 MINUTES
Indulge, pamper and smooth your skin with this hydrating and replenishing treatment.
INCLUDES: Full body exfoliation, avocado mud wrap, application of avocado moisturizing lotion

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

TROPICAL VICHY RAIN SHOWER
45 MINUTES
Feel refreshed and invigorated with this hydrating body treatment. An exfoliating sugar scrub, the warm waters of the rain shower and skin-quenching lotion leave your body relaxed and mind restored.
INCLUDES: Your choice of coconut milk and honey or guava sugar scrub with full body exfoliation, Vichy shower, lotion application

SEA FOAM THERMAL DETOX
45 MINUTES
Tight muscles, joints, and tendons will be soothed as a therapeutic envelopment gel draws toxins from deep within. This treatment leaves your body detoxified, remineralized and fully oxygenated.
INCLUDES: Full body exfoliation, gel wrap, application of moisturizer
FACIAL

CUSTOM FACIAL
80 minutes or 50 minutes
Purify, 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

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
- Deep brush cleanse
- Skin radiance mask
- Age-defying crystal massage
- Lifting mask
- Scalp massage
PERFORMED WITH ESPA PRODUCTS

AGE-DEFYING FACIAL
60 minutes or 50 minutes
Instantly combat the most visible signs of skin aging — smoothing fine lines and revealing youthful radiance to your complexion.
INCLUDES
- Deep brush cleanse
- Skin analysis
- Facial exfoliation
- Special toning facial massage
- Mask
- Scalp massage
PERFORMED WITH ESPA PRODUCTS

VITAMIN C INFUSION
60 minutes or 50 minutes
This targeted facial will improve skin hydration, tone, firm and leave your complexion with a youthful glow.
INCLUDES
- Facial massage, peel, mask, moisturizer
PERFORMED WITH SKINCEUTICALS PRODUCTS

THE 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 the Hydrafacial MD® technology.
50 minutes includes
- Cleanse, gentle hydra-exfoliation, vortex exfoliation, hydrating Hyaluronic Acid infusion, LED therapy
60 minutes additionally includes
- Lymph drainage to the face, serums/meals
80 minutes includes Dermabuilder or Britenol
MUSCLE RECOVERY
MASSAGE
80 MINUTES OR 50 MINUTES
The ultimate male escape. Unwind in style with this relaxing and intensely relaxing treatment that includes a full body massage using heated stones, facial massage and a soothing scalp massage.

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
50 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 your senses, leaving you ready for anything.

THE PEDICURE
50 MINUTES
Keep your feet in good condition with this repairing, hydrating, and exfoliating treatment.

THE MANICURE
25 MINUTES
Essential maintenance, protection and hydration for hands utilizing fresh and clean scents of aloe vera and jojoba oils.

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

THE FACIAL
50 MINUTES
Deeply cleanse, hydrate and smooth skin, leaving your complexion instantly energized.

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HAIR SERVICES
An array of hair services are available in our full service salon. Trendy cuts, specialty color such as balayage andombre, styling services including formal updos, extensions and men’s cuts all with our team of expert stylists.

MAKE-UP
Your choice of airbrush or mineral makeup for your perfect look – from weddings to special occasions. We also offer eyelash extensions and make-up lessons.

CHARDONNAY MANICURE AND PEDICURE
75 MINUTES
The aromatic and antioxidant benefits of French chardonnay grape seed extract oil will leave your skin feeling hydrated and silky smooth with this indulgent foot treatment and express manicure. Enjoy a glass of red or white to enhance this relaxation experience.

INCLUDES: Pedicure and express manicure

PEDICURE: Soak, nail file and shape, exfoliation, cuticle work, massage, wax, polish or buff

EXPRESS MANICURE: Nail file and shape, massage, polish or buff

RADIANT HANDS MANICURE & PEDICURE
50 MINUTES
Let the floral essence and healing properties of natural silk and lotions and your specially selected lacquer leave your hands and nails truly radiant.

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

BEAUTIFUL FEET PEDICURE
50 MINUTES
Maintain amazing results and keep nails in good condition with this hydrating and strengthening treatment.

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

ULTIMATE MANICURE OR PEDICURE
75 MINUTES
The best of the best, a true luxury treatment for the hands or feet. 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, mask, paraffin wax, polish or buff

NAIL ENHANCEMENTS
Upgrade your nail services to best fit your needs. Enhancements include shellac polish, paraffin wax, and callus repair and must be purchased with a treatment. Individual services are listed within the price list.

BEAUTY
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.

FACIAL ENHANCEMENTS

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

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.

EYE AND LIP TREATMENT
Target deep absorption of an active serum around the eye and lip area with the Opal treatment helping to hydrate and smooth lines.

BODY ENHANCEMENTS

HAIR CONDITIONING TREATMENT
Combining the strengthening properties of a nourishing 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. Perfect addition to any facial, massage or body treatment.

HOT STONE MELTER
Enhance any massage with smooth basalt stones that radiate heat deep inside the muscles to relieve deep seated tension and stress.

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. Can enhance any facial, massage or body treatment.

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

**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

A valid credit card number with expiration date is required to secure your reservation.

The Healing Waters experience is $25 per day for registered hotel guests and $60 for guests who are not registered at the resort. This fee is waived with the purchase of a spa treatment or salon treatment (50 minutes or longer).

**ARRIVE EARLY**

Please arrive at least 30 minutes prior to your scheduled treatment. This will allow time to enjoy the relaxation lounge and Healing Waters whirlpool, sauna, and steam room. Arriving late will limit the time for your treatment, thus decreasing its effectiveness and your enjoyment. Your treatment will not be extended as we cannot delay the next guest and the full value of your treatment will be charged.

**PERSONAL BELONGINGS/VALUABLES**

Lockers are available to store your belongings while you are visiting the Spa. If you are a guest of the resort, we encourage you to leave valuable items in your guest room safe. The Ritz-Carlton Spa is not responsible for any personal items and/or valuables brought into the spa or left in your locker.

**USE OF ELECTRONIC DEVICES**

To protect the privacy of our guests and 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**

- Guests must be 18 years of age or older to experience a massage, body treatment or the Healing Waters and locker room areas. Facials may be experienced by guests ages 16 or 17, however a parent or guardian must be present in the treatment room. Salon treatments are available for children 5 years of age or older. Please notify the spa staff if you have any questions.

**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.

**SERVICE CHARGE**

For your convenience, a 20% service charge will be added to each spa service. This includes compensation distributed to the spa staff members who serve you during your visit. Gratuity 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 6 hours in advance of your appointment to avoid being charged the service fee. Any appointments rescheduled within the 6 window will incur a fee of $35. Cancellations of packages require 24 hours’ notice and cancellation of group services are subject to contract terms.

**HOURS OF OPERATION**

- Spa Treatments: 9:00 a.m. – 8:00 p.m., daily
- Spa Facilities: 6:00 a.m. – 8:00 p.m., daily
- Fitness Facilities: 24 hours

Healing Waters: Access to Healing Waters whirlpool, saunas and steam rooms is limited following evening services. We encourage you to book early to avoid conflicts and ensure an earlier appointment of appropriate availability.

For your convenience, an email service charge will be added to each spa service. This includes compensation distributed to the spa staff members who serve you during your visit. Gratuity may be offered at your discretion. Prices and services are subject to change.

**GUIDELINES**

To reserve your spa appointment online, visit us at ritzcarlton.com/sarasota or contact 941.309.2090.