Nestled along the glistening waters of Lake Michigan and above architecture that awes on The Magnificent Mile, a serene spa experience awaits you at The Ritz-Carlton Spa, Chicago. Inspired by the shores of our surroundings, the Spa offers a tranquil retreat designed to nourish the mind, body and soul.

Let us make the world revolve around you.

ESCAPE
Escape to The Ritz-Carlton, Chicago where our Spa guides you on a journey of revitalization. Nestled on the shores of greatness, our luxury day Spa’s interior space is inspired by magnificent surroundings of Lake Michigan and offers hydration inspired experiences designed to awaken the senses, nourish the body and renew the spirit.

**Indulgent Drench Body Experience**
80 minutes
Melt away the days fatigue and tension. This indulgent treatment is guaranteed to leave the body soothed, hydrated and radiant. The Indulgent Drench Body Experience harnesses the benefits of hydrating essential oils to provide ultimate nourishment and repair.

The body is prepared with a gentle exfoliation to purify and nourish. A full body aromatherapy massage is then performed with warm river stones to melt away tension, restore hydration to the skin and equilibrium to the mind.

Includes: Exfoliating body polish, full body hot stone massage

**Indulgent Drench Body Massage**
80 minutes
Restore balance and peace with a harmonious massage that connects the mind, body and spirit. This stress relieving massage incorporates rhythmic techniques and purifying aromatic essential oils restoring peace within. Emerge feeling relaxed, revitalized and hydrated.

Includes: Full body massage, reflex zone foot massage and scalp massage

**Hydralifting Facial**
80 minutes
Indulge in a blissful journey that provides a hydrating technique to cleanse and strengthen the skin. Incorporating hyaluronic acid to hydrate, plump and reduce the depth of fine lines and wrinkles. The unique qualities of this nourishing facial leave the skin moisturized, renewed and fortified at a cellular level.

Includes: Cleanse, exfoliation, hyaluronic acid mask, lifting massage
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 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 RIVER STONE MASSAGE
80 minutes
A therapeutic and rejuvenating massage using warm river stones and a moderate to deep pressure to intensely soothe tired, aching muscles and aid relaxation.

SIDE BY SIDE MASSAGE
80 minutes or 50 minutes
Choose any of our massage treatments and share the experience of well-being and relaxation with someone special in our side by side suite.

NATURALLY NURTURED MASSAGE
80 minutes or 50 minutes
Nurture and nourish body and skin where you need it most with this gentle, restorative and entirely tailored massage. Ideal for expectant mothers after the first trimester.
ULTIMATE BODY EXPERIENCE
110 MINUTES
Achieve real results with this highly effective treatment. Combining a detoxifying or skin conditioning body wrap with a tailor-made massage, this revitalizing treatment deeply relaxes, cleanses and restores.

INCLUSIONS: Full body exfoliation, body wrap, scalp massage, full body massage.

DETROXIFYING CONTOURING TREATMENT
80 MINUTES OR 50 MINUTES
Purify your body, boost circulation and target uneven skin tone with this deeply smoothing and contouring hip and thigh treatment.

INCLUSIONS: Skin brush, detoxifying salt and oil scrub, detoxifying massage to hip and thigh areas, specialized abdominal massage.

BODY BALANCER
50 MINUTES
Achieve real results with this highly effective treatment. Combining a detoxifying or skin conditioning body wrap with a tailor-made massage, this revitalizing treatment deeply relaxes, cleanses and restores.

INCLUSIONS: Full body exfoliation, back massage and oil application.

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 treatment alleviates aches while relaxing and restoring the body and mind.

INCLUSIONS: Foot and leg exfoliation, reflexology foot massage.
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.
INCLUDED: 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 restoring youthful radiance to your complexion.
INCLUDED: 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 naturally youthful-looking complexion. The must-have treatment for immediate results prior to a special event.
INCLUDED: Brush cleanse, skin radiance mask, age-defying crystal massage, lifting mask, scalp massage
PERFORMED WITH ESPA PRODUCTS

ANTIOXIDANT POWER PEEL FACIAL
50 minutes
This high-powered facial treatment is gentle enough for all skin types and uses the purest natural anti-oxidants and vitamins to tighten and renew the skin.
INCLUDED: Brush cleanse, skin analysis, enzyme peel, facial massage, mask
PERFORMED WITH ESPA AND COSMEDIX PRODUCTS
**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 RITE—CARLYON RITA**

**THE MEN'S MASSAGE**
80 MINUTES  
The ultimate male escape. Unwind in style with this balancing and invigorating treatment that includes a full body massage using heated stones, facial massage and a soothing scalp massage.  
**Includes:** Soak, cut and file, cuticle work, application of hand cream, buff

**RELAXATION MASSAGE**
80 MINUTES OR 50 MINUTES  
Unwind and de-stress with this aromatic deep tissue massage. The soothing aromatherapy massage uses light to moderate pressure and a blend of essential oils to melt away tension.

**POWER HOUR**
50 MINUTES  
Intensely invigorating, this clarifying and smoothing treatment powerfully reawakens your senses leaving you ready for anything.  
**Includes:** Full body exfoliation, back massage, oil application

**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.

**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 help relieve common discomforts and sports-related tension.

**THE MEN'S FACIAL**
50 MINUTES  
Deeply cleanse, hydrate and smooth skin, leaving your complexion radiantly energized.  
**Includes:** Double cleanse, facial exfoliation, steam and extraction, facial massage, mask, scalp massage  
**Perfumed with ESPA products**
ULTIMATE MANICURE
50 MINUTES
An indulgent treatment providing long-lasting results with the use of deeply nourishing products to repair, replenish and condition your nails depending on your individual needs.
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, cut and file, exfoliation, cuticle work, massage, personalized mask, paraffin wax, polish or buff

PEDICURE
50 MINUTES
Maintain amazing results and keep nails in good condition with this conditioning treatment.
Includes: Soak, cut and file, exfoliation, cuticle work, application of body cream, polish or buff

MANICURE
40 MINUTES
Essential maintenance for hands.
Includes: Soak, cut and file, exfoliation, cuticle work, application of hand cream, polish or buff

NO-CHIP PEDICURE OR MANICURE
50 MINUTES EACH
A revolutionary power polish is applied and set under UV lighting. Your nails are completely dry by the time your manicure or pedicure is over, and you will have an incredibly durable, chip-free finish for two weeks with superior shine.
Includes: Soak, cut and file, exfoliation, cuticle work, massage, gel application.

BEAUTY
MOROCCANOIL SCALP TREATMENT
Using the strengthening properties of MoroccanOil with a deeply relaxing scalp massage reduce tension, condition the scalp and leave you with beautifully healthy hair. Perfect addition to any facial, massage or selected 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. Also refines skin texture, softens and restores suppleness.

BACK REVIVER
Reveal smoother skin during any massage with this exfoliating and refreshing treatment that leaves the back smooth, soft and hydrated.

EYE AND/OR LIP TREATMENT
Enhance any facial while helping to reduce the appearance of fine lines and dark circles, with this powerful anti-aging cream.

DRY SKIN BRUSHING
Enjoy a refreshing body exfoliation prior to any massage to instantly soften, smooth and revitalize your skin.

PARAFFIN TREATMENT
The gold standard of paraffin treatments, using ultra-moisturizing essential oils to soothe and moisturize your hands and feet.

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.

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

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

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

THE BITE–CARLYVIN & CO
CHICAGO

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

AT TIME OF RESERVATION
Please inform the Reservation Agent of the following:
+ Allergies or medical conditions, including pregnancy
+ 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. This will allow time to relax in the lounge and use the saunas and steam rooms. If you arrive late to your appointment your treatment cannot be extended, and you will be charged the full value.

PERSONAL BELONGINGS/VALUES
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 CELL PHONES, ELECTRONIC DEVICES, CAMERAS
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 areas. Massages and facial treatments performed on anyone under the age of 18 years. Non-services are available for children 6 years of age or older. Parent must be present for the entire service and a locker will only be provided to the parent.

TREATMENT RECOMMENDATIONS
Shaving is not recommended prior to body treatments or hair removal services.

WHILE DEPARTING THE SPA
Please be sure to check out at the spa’s Front Desk before you depart.

LOCKER AREAS
Lockers and lockers are complimentary to spa guests who have a minimum of a 50-minute service and are 18 years of age. Robes and slippers are provided in the ladies’ and gentlemen’s lounges.

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 spa. Please note that for the safety of our guests, we do not permit any glass containers or food and beverage into the pool area.

METHOD OF PAYMENT
We accept all major credit cards and cash. Spa charges can also be added to room charges for guests staying at the hotel.

GRATUITIES
Gratuites are disbursed to the spa staff members who serve you during your visit. All gratuities are at your discretion.

CANCELLATION POLICY
If you need to reschedule or cancel your appointment, please notify the spa at least 24 hours in advance to avoid being charged the full service fee. Any appointments rescheduled within the 24-hour window will incur a move fee of $56. Cancelations of packages or private parties require one week’s notice from time of the appointment.

To reserve your spa appointment online, visit us at ritzcarlton.com/chicago or contact 312.573.4915.