

*Let us make the world  
revolve around you.*

# ESCAPE

Set on world-renowned Seven Mile Beach, immerse yourself in luxury inspired by The Cayman Islands' diversity and cultural richness at this sun-filled Caribbean haven. The iconic resort features beautifully appointed spaces inspired by the islands' history, culture and environmental elements through warm and colorful spaces that enliven the senses. Profound experiences and cherished memories await at this longstanding luxury resort.

The Ritz-Carlton, Grand Cayman  
PO Box 32348 KY1-1209, Seven Mile Beach,  
Grand Cayman, Cayman Islands, KY1-1209

+1 345-943-9000

[RitzCarlton.com/GrandCayman](https://www.ritzcarlton.com/GrandCayman) | [@RitzCarltonGrandCayman](https://www.instagram.com/RitzCarltonGrandCayman)



# WELLNESS

Optimum wellness is supported by developing our ability to adapt well physically, mentally and spiritually to the challenges of everyday life. The Ritz-Carlton Meaningful Wellness Journeys nurture and encourage this adaptability by providing experiences and habits to build inherent resilience, strength and fortitude for Mind, Body and Skin.

## **MIND**

### **THE ART OF WELLNESS MASSAGE**

90 MINUTES

Bring healing and wellness to the mind, body & soul with this unique transformative treatment that creates a state of pure bliss. Guided breathing and visualization together with a deeply therapeutic Salt Stone and Rose Quartz Crystal massage releases physical tension and relaxes the mind to embrace the art of letting go.

## **BODY**

### **ROSE RADIANCE BODY TREATMENT**

90 MINUTES

An indulgent full-body ritual using radiance-boosting ingredients and soothing aromatic practices. This treatment encompasses a total body exfoliation, brush, and calming massage with decadent Rose Gold Oil, which restores positive energy and infuses the skin with radiance. A gentle application of a Rose Quartz Brightening Mask and a reviving back and chest massage with Rose Quartz crystals provide a deeply tranquil experience, leaving the skin aglow from within.

## **SKIN**

### **NATURAL RESILIENCE FACIAL**

90 MINUTES

This specialized facial is the complete approach to skin health using cutting edge pre and probiotic technology combined with the same benefits of physical exercise to detoxify, invigorate, sculpt and relax. Powerful age defying techniques inspired by Japanese Kobido massage, along with cool and smooth Jade rollers that facilitate lymphatic drainage and provide results, leaving the skin firm, lifted and beautifully radiant.



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3

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# MASSAGE

## ACTIVE PERFORMANCE MASSAGE

90 MINUTES OR 60 MINUTES

Recharge your body with this tailored massage designed to alleviate tension and stress. Using unique movements and stretching techniques concentrated on specific areas of concern to help relieve common discomforts and 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.

## RELAXATION MASSAGE

90 MINUTES OR 60 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

90 MINUTES

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

## NATURALLY NURTURED MASSAGE

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.



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5

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# BODY

## 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 salt and oil exfoliation, back massage, oil application

## BODY BALANCER

60 MINUTES

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, scalp massage

## ISLAND DREAM

90 MINUTES

An exquisite tropical treatment that incorporates your choice of aroma to truly stimulate the senses. Beginning with a full body exfoliation followed by a soothing shower, the dream continues with a relaxing full body application that leaves your soul in paradise.

**INCLUDES** Full body salt and sugar exfoliation, full body oil application

## GIFT FROM THE OCEAN

90 MINUTES

Purify your body or deeply replenish your skin with this personalized body wrap. Reveal instant results from naturally detoxifying Algae or nourishing Marine Mud. Skin looks refined, toned and beautifully radiant, while a soothing scalp massage restores inner calm.

**INCLUDES** Body brush, full body exfoliation, body wrap, scalp massage and full body oil application



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7

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# FACIAL

## ROSE GOLD RADIANCE FACIAL

90 MINUTES OR 60 MINUTES

This facial is hydrating, calming, and illuminating. Perfect facial before any event for glowing skin.

**INCLUDES** Illuminating exfoliating step with fruit acids, three level approach sculpting face and neck massage with Rose Quartz crystals and Radiance Rose Gold oil , application of Rose Gold Treatment mask infuse with rose and gold extracts

PERFORMED WITH IISKIN PRODUCTS

## CELESTIAL BLACK DIAMOND NON-SURGICAL FACE LIFT

90 MINUTES

The Ultimate Anti-Aging Facial to minimize fine lines, deep wrinkles, to lift and brighten skin.

**INCLUDES** Vitamin C peeling solution/ Rose Quartz liquid mask for deeper exfoliation, firming massage and eye, face and neck firming masks. Head or hands massage.

PERFORMED WITH IISKIN PRODUCTS

## CUSTOM FACIAL

90 MINUTES OR 60 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

90 MINUTES OR 60 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

90 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

90 MINUTES OR 60 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.

**60 MINUTE INCLUDES** Cleanse, gentle hydra exfoliation, vortex extraction, Super Serum infusion

**90 MINUTE ALSO INCLUDES** Lymphatic Therapy for the face and neck, LED Light therapy, the Eye and Lip Perk treatment.

## THE ORIGINAL HARLEY STREET FACIAL

60 MINUTES

Rich in Antioxidants facial, formulated to repair compromised skin. Calms and soothe irritation. Strengthens the epidermal barrier, skin is left hydrated and without redness.

**INCLUDES** Double clinical cleanse, calming essence compress, special fine lines massage, lifting and draining face and neck massage and restorative Bio Cellulose mask

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9

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# MEN

## GENTLEMEN'S MANICURE

20 MINUTES

For the man on the go, a flawless and concise version of The Perfect Manicure, leaving your nails buffed to perfection.

**INCLUDES** Cut and shape, exfoliation, cuticle work, personalized mask, massage, buff

## GENTLEMEN'S PEDICURE

40 MINUTES

For the man on the go, a flawless but concise version of The Perfect Pedicure, leaving your nails buffed to perfection

**INCLUDES** Soak, nail file and shape, exfoliation, cuticle work, personalized mask, massage, buff

## THE MEN'S MASSAGE

90 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 light to 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.

## POWER HOUR

60 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

60 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**



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11

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# BEAUTY



## ISLAND DREAM MANICURE

45 MINUTES

A fragrantly nourishing and hydrating treatment for the delicate skin on your hands and arms, leaving them relaxed and refreshed with your choice of polish and scent selection.

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

## ISLAND DREAM PEDICURE

75 MINUTES

A fragrantly nourishing and hydrating treatment for the lower legs and feet, leaving them relaxed and refreshed with your choice of polish and scent selection.

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

## PERFECT MANICURE

35 MINUTES

Provides concentrated nourishment to stimulate and soothe fatigued skin. A hand and forearm massage will leave them soft to the touch.

**INCLUDES** Cut and shape, exfoliation, cuticle work, personalized mask, massage, polish or buff

## PERFECT PEDICURE

60 MINUTES

Starting with a deep, yet gentle exfoliation and hydrating mask application to the legs, ankles and feet, this energizing pedicure ends with a rejuvenating massage and impeccable polish.

**INCLUDES** Soak, cut and shape, exfoliation, cuticle work, personalized mask, massage, polish or buff

## ULTIMATE MANICURE

45 MINUTES

Embark on an elevated Manicure experience that transcends the ordinary, immersing yourself in the captivating realm of Modern Alchemy. This profoundly sensorial collection of restorative rituals reestablishes harmony between skin, body, and mind—a true luxury to cherish in our fast-paced modern world. Before we commence, set your intention, and allow yourself to be transported into a realm of indulgence where every moment is tailored to revive your senses and nourish your being.

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

## ULTIMATE PEDICURE

75 MINUTES

Embark on an elevated Pedicure experience that transcends the ordinary, immersing yourself in the captivating world of Modern Alchemy. This thoughtfully curated collection of deeply sensorial restorative rituals is designed to harmonize the delicate balance between your skin, body, and mind—a true luxury to be cherished in today's fast-paced modern world. Before we commence, take a moment to set your intention, allowing yourself to be embraced by a realm of indulgence, where each step is crafted to revive your senses and nurture your entire being.

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



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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.

#### ADD TO YOUR FACIAL:

##### SKIN PROBIOTICS & PREBIOTICS

Boost any facial by using the technologically advanced Probiome™ serums and moisturizers to address the most visible signs of aging

##### SCALP & HAIR CONDITIONING MASSAGE

Using the strengthening properties of Vitamin C- rich Watercress and red clay OR organic Coconut oil with a deeply relaxing scalp massage to reduce tension, condition the scalp and leave you with beautiful healthy hair.

##### EYE COLLAGEN MASK

Customized eye mask that diminishes the appearance of dark circles and fine lines around the eyes

##### FACE COLLAGEN MASK

Customized face mask that improves skin texture and leaves a rejuvenated, youthful look.

##### JADE ROLLER FACIAL TONING

Sculpt facial muscles and increase circulation by incorporating these ancient Chinese tools into your facial. Take home the tool as a gift from us to continue the regimen at home for more visible and long-lasting results.

##### WOW LIFT (add 15 minutes)

See an immediate difference with the Nu-Face device, which uses micro-current to tone and lift facial muscle.

##### MICRODERMABRASION (add 15 minutes)

Microdermabrasion technology to deeply exfoliate away dull layers of skin while stimulating overall skin health. Reducing age spots, acne scars, and rough textures, the treatment also rejuvenates sun-damaged areas while evening overall skin tone.

##### ADD TO YOUR MASSAGE:

##### AROMATHERAPY BOOSTER

Aromatherapy uses the restorative ancient properties of natural essential oils to relax, detoxify, invigorate and fortify body and mind.

##### MUSCLE RESCUE BALM

Boost any massage by incorporating Muscle Rescue Balm which contains a refreshing blend of Peppermint, Eucalyptus and Clove Bud to recharge and restore body and mind.

##### HOT STONE MELTER

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

##### HAND OR FOOT REVIVER

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

##### SCALP & HAIR CONDITIONING MASSAGE

Using the strengthening properties of Vitamin C- rich Watercress and red clay OR organic Coconut oil with a deeply relaxing scalp massage to reduce tension, condition the scalp and leave you with beautiful healthy 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

##### STIMULATING BODY BRUSH

Improve tone and boost cell renewal for smoother, softer, more radiant skin. Includes the brush as a take-home gift.

##### EYE COLLAGEN MASK

##### FACE COLLAGEN MASK

##### ADD TO YOUR PEDICURE:

##### MUSCLE RESCUE BALM

##### EYE COLLAGEN MASK

##### FACE COLLAGEN MASK

##### ADD TO YOUR PEDICURE OR MANICURE:

##### PARAFFIN NOURISHING TREATMENT (add 15 minutes)

This premier paraffin complex helps maintain optimal skin health through hydration, nourishment, age-defying and protection.

##### GEL NAIL POLISH (add 15 minutes)

A revolutionary nail polish that dries instantly, holds for up to two weeks and strengthens the natural nails.

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15



# GUIDELINES

## GENERAL INFORMATION

We encourage your arrival 30 minutes prior to your appointment to enjoy exclusive spa facilities, including complimentary steam room, jacuzzi, sauna and lounge with accompanying amenities. Please note that late arrival may result in reduced treatment time. To maintain tranquility of the spa environment, we ask that you turn off any mobile devices upon arrival.

## HOURS OF OPERATION

Open every day of the year, 9am-7pm. Please note that hours may vary between August and November.

## CONSULTATIONS

We offer complimentary consultations for our products and services by phone or in the spa.

## CANCELLATION

A valid credit card is required to hold all reservations. To avoid a full-fee charge, we require a 6-hour advance notice to cancel or reschedule any service. Please note that late arrival may result in reduced treatment time.

## PRICING AND PAYMENT

To maintain maximum standards of service and quality, prices may change without prior notification. All major credit cards accepted. Personal checks are not accepted.

## GRATUITIES

We are dedicated to making each visit with us a great experience. A 20% service charge will be added to your service upon check out.

## GIFT CARDS

Gift cards are available and can be applied towards the purchase of products or services. Gift cards must be presented at time of redemption.

## AGES

Guest must be 18 years of age or older to experience a massage, body treatment or enjoy the Spa facilities. Facials are available to anyone 16 to 17 years of age with a parent or guardian present in the treatment room. All ages are welcome to enjoy our nail services, with a guardian present in the treatment room. Locker area access will not be permitted to minors.

## FITNESS CENTER

Our certified trainers offer personalized, one-on-one training, tandem training and sport-specific training, as well as customized group classes upon request. We also offer complimentary fitness classes to all hotel guests. The fitness class schedule can be found at the spa's front desk and is also listed on the daily activity sheet sent to your room each morning. The fitness center is reserved exclusively for hotel guests. Minors aged 15 and younger may not use the spa fitness center. Minors aged 16 to 17 years of age may use the spa fitness center unaccompanied by a parent or legal guardian with the submission of a parental authorization form.

## SPECIAL EVENTS

Host your next event in pure style. The Ritz-Carlton Spa offers lavish treatments and elegant exclusivity for your next celebration. For more details on how we can personalize your special gathering, birthday, bridal shower, or client meeting, please contact the spa coordinator at 345.815.6900.

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