



THE RITZ - CARLTON

MEXICO CITY

ARIS



*Let us make the world
revolve around you.*

ESCAPE

Reawaken the senses and enlighten the soul at The Ritz-Carlton Spa, Mexico City. Indulge in holistic therapies crafted with a perfect blend of natural ingredients, herbs and botanicals combined with the healing and spiritual traditions of the Aztec culture.



WELLNESS

Optimum wellness is supported by developing our ability 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.

METZLI CLEANSING RITUAL

90 MINUTES

Inspired by Aztec traditions and influenced by the power and symbolism of the full moon (Metztli). This deeply healing and meditative ritual is defined by the fluid circularity of its massage movements and utilization of purifying sage to cleanse body and mind from thoughts and feelings that no longer serve us.

AWAKENING CEREMONY

90 MINUTES

Influenced by Aztec symbolism of the Lesser Sun, the new moon is a lunar phase representing an awakening of the spirit that invites us to plant new desires positive thoughts and intentions. This ceremony begins with a foot grounding ritual and anointing oil to nourish the skin. The body is then massaged with swift long linear movements and green jade crystals to awaken, balance and heal the energy centers.

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.



THE RITZ-CARLTON SPA
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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 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 light to moderate pressure and a blend of essential oils to melt away tension.

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.

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.

TRANQUILITY FOR TWO

90 MINUTES OR 60 MINUTES

Share a wonderful massage experience side by side with a loved one or a friend in the couple's treatment room.

CHOOSE FROM Deep Muscle, Stress Relief, Relaxation, Naturally Nurtured or Muscle Recovery



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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

ESPA BODY WRAP

60 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 Skin brush, body exfoliation, algae or mud wrap and scalp massage



THE RITZ-CARLTON SPA
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FACIAL

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

FACIAL ANTI-EDAD

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 Brush cleanse, skin radiance mask, age-defying crystal massage, lifting 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

HYDRA FACIAL

60 MINUTES

The HydraFacial is a non-invasive, non-surgical procedure that delivers instant results. This gentle resurfacing procedure provides cleansing, exfoliation, extractions, and hydration leaving your skin nourished and radiant.

INCLUDES Vortex-Fusion of antioxidants, peptides and hyaluronic acid

PERFORMED WITH ESPA PRODUCTS



THE RITZ-CARLTON SPA
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MEN

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.

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

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 concentrated on specific areas of concern to help relieve common discomforts and sports related 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.

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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TIMELESS CAPSULE

Designed for busy schedules, the Timeless Capsule is a private space for express treatments. Audiophiles will delight in the Fusion Massage Chair which immerses your head in high fidelity sound set to stimulating video imagery, while tired neck, back and shoulder muscles are kneaded.

The Zero Gravity Chair positions the body to induce a sense of weightlessness by elevating the feet to the same level as the heart, leaving you stress-free and energized.

FUSION BACK MASSAGE

10 MINUTES, 25 MINUTES **OR**
MINUTES

Revive tired and fatigued muscles with this luxurious chair massage using moderate to firm pressure to leave a feeling of rejuvenation.

FOOT RESCUE

10 MINUTES, 25 MINUTES **OR**
MINUTES

A relaxing and effective treatment utilizing a zero-gravity chair with focus on the lower legs and pressure points of the feet.

HEAD IN THE CLOUDS

10 MINUTES, 25 MINUTES **OR**
MINUTES

A deeply relaxing scalp massage to reduce tension.

TEEN TIME

10 MINUTES, 25 MINUTES **OR**
MINUTES

Enjoy a relaxing neck rub or scalp & hand massage alongside your parent.

REVITALIZING FACIAL

10 MINUTES **OR** MINUTES

Purify, hydrate, brighten and smooth your complexion with this quick and effective facial.

REVITALIZING FACIAL

MINUTES

This targeted treatment helps to firm and hydrate the eye area reducing the appearance of fine lines and wrinkles.

COLLAGEN RADIANCE

MINUTES

Rejuvenate the skin and improve its youthful glow with this relaxing but potent treatment.

HYDRA EXPRESS

10 MINUTES

Brighten your skin with this 4 step Hydra Facial designed to purify, exfoliate, hydrate & tone the skin.



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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.

NECK AND DECOLLATE BALM

Designed specifically to nourish and support this fragile area of the body, targeting skin elasticity so it feels supple and looks more plumped, lifted, and youthful.

JADE ROLLER FACIAL TONING

Sulpt facial muscles and increase circulation by incorporating these ancient Chinese tools into 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.

STIMULATING BODY BRUSH

Improve tone and boost cell renewal for smoother, softer, more radiant skin.

HAND, FOOT OR BACK REVIVER

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

HOT STONE MELTER

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

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.

AROMATHERAPY BOOSTER

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

SCALP & HAIR CONDITIONING TREATMENT

Using the strengthening properties of Vitamin C- rich Watercress and red clay 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.



THE RITZ-CARLTON SPA
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GUIDELINES

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

AT TIME OF 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

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 enjoy the lounges, sauna, steam room, and indoor pool. Arriving late will limit the time for your treatment, thus decreasing its effectiveness and your enjoyment. Your will end on time, so the next guest is not delayed. 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 or in your room safe.

USE OF ELECTRONIC DEVICES

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 and locker areas. Massages and facials cannot be performed on anyone under the age of 18 years.

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.

METHOD OF PAYMENT

We accept all major credit cards. You may also charge services to your hotel bill.

SERVICE CHARGE

For your convenience, a 15% service charge will be added to each spa service. This includes gratuities disbursed to the spa staff members who serve you during your visit. Additional gratuities 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 twenty-four (24) hours in advance of your appointment to avoid being charged the full service fee. Any appointments rescheduled within the twenty-four (24) hour window will incur a move fee of \$500. Cancellations of packages or private parties require one week's notice.

HOURS OF OPERATION

Spa Treatments: 8:00 a.m. – 8:00 p.m., daily
Spa Facilities: 8:00 a.m. – 8:00 p.m., daily
Enter Fitness Center with room key before or after spa hours.





For more information, please contact
the spa at 52 55 2734 3495 or
visit us at: www.ritzcarlton.com/mexicocity



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