

*Let us make the world  
revolve around you.*

# ESCAPE

Located in the heart of vibrant Uptown, The Ritz-Carlton, Dallas is the ultimate haven in the city, providing serenity, luxury and the warmest of spa hospitality. We invite you to delight in our true Texas treatments, experience exquisitely comfortable surroundings, enjoy a bit of beauty, shop, or make a relaxing day of it in our inviting wellness retreat.

The Ritz-Carlton, Dallas  
2121 McKinney Ave, Dallas, TX 75201  
214.922.0100

# EXPERIENCE

## TEXAS TRANSFORMATION

170 MINUTES

Your transformation begins with a tranquility wrap rich in minerals and powerful essential oils designed to purify and revitalize both body and mind, while you receive an intoxicating scalp massage. Your journey to a new you continues with a massage catered to your specific needs and a paraffin treatment to moisturize hands and feet. Your wellness experience concludes with a reflexology foot massage to stimulate circulation and provide an ultimate sense of well-being.

**INCLUDES** Marine Mud Wrap, full body massage, warm shea butter application to hands and feet, reflexology foot massage

## DEAN'S MARGARITA SALT GLOW

80 MINUTES

In this special Dallas treatment, fragrant and gentle exfoliating buffing salts infused with hints of the classic margarita are blended to soften the skin, while specialized oils infused with agave and plant extracts provide revitalization to the skin. Customize your massage experience by selecting from the top shelf for a deeper therapeutic massage, make it frozen by adding cold stone therapy, or have it on the rocks by adding heated stones to deeply soothe tired muscles.

**INCLUDES** Full body salt scrub, full body massage

## TEXAS EIGHT-HAND MASSAGE

80 MINUTES

If bigger is better in the Lone Star State, then this indulgent massage experience is a perfect fit. Luxuriate in a Texas-sized treatment during which four therapists provide the ultimate synchronized eight-hand massage. This decadent massage restores balance and harmony within while soothing tired muscles and mind.

**INCLUDES** Full body massage provided by four massage therapists

This service can also be enhanced with heated stones for an additional charge.

## CALM, BALANCE, DELIGHT

120 MINUTES

This journey begins with a seasonal, hemp derived edible, and soothing Craniosacral techniques, which boost overall health and immunity. This is followed by a full body massage catered to your personal needs, and concludes with an indulgent foot massage using a CBD rich foot emollient, to allow you face the day or simply drift off in comfort. Following your treatment, enjoy a crafted CBD infused beverage and seasonal gumdrop which will leave you feeling composed and tranquil.

**INCLUDES** Full body massage, craniosacral techniques, CBD application



THE RITZ - CARLTON SPA

DALLAS

# MASSAGE

## COUPLE'S MASSAGE

100 MINUTES **OR** 80 MINUTES  
**OR** 50 MINUTES

Share any of our wonderful massage experiences side by side with a loved one or a friend in the couple's massage room for two. Choose from Deep Muscle, Stress Relief, Relaxation, Naturally Nurtured or Reflexology Massages.

## HYDROTHERAPY

20 MINUTES

Enhance any treatment with an intimate luxurious bathing experience in our private hydrotherapy tub. Warming mineral baths integrate key elements of spa wellness and open the way to a deeper experience, relaxing and detoxifying the body and mind. Available for both individuals and couples.

## 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 on specific areas of concern, helping to 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.

## BAMBOO WELLNESS MASSAGE

80 MINUTES

Experience a new level of comfort and wellness through this innovative treatment designed to soothe and invigorate even the most active of muscles. The application of warmed bamboo along the body's muscles in long, deep flowing strokes promotes circulation, profound relaxation and a sense of renewal.

## HOT STONE MASSAGE

80 MINUTES

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

# BODY

BODY

## ULTIMATE DETOXIFYING TREATMENT

110 MINUTES

Reveal profoundly smooth, toned and firmed skin with this highly effective and deeply detoxifying specialized treatment.

**INCLUDES** Full body detoxifying salt scrub with iced and warm mitts, detoxifying body wrap, scalp massage, lymphatic drainage, deep stimulating massage specialized abdominal massage

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

## LIFT AND FIRM TREATMENT

80 MINUTES OR 50 MINUTES

Purify, boost circulation, and target uneven skin tone in this deeply smoothing and contouring body treatment.

**50 MINUTES INCLUDES** Detoxifying salt scrub and massage to hip and thigh areas, specialized abdominal massage

**80 MINUTES** is extended to a full body treatment

## BODY BALANCER

50 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

## REFLEXOLOGY

50 MINUTES

This treatment focuses on pressure points of your feet to balance the energy meridians in your body. A blissful treatment to help alleviate aches while relaxing and restoring the body and mind.

**INCLUDES** Foot and leg exfoliation, reflexology foot massage

## TEXAS NATURAL TAN

50 MINUTES OR 25 MINUTES

Enjoy a natural sunless, sun-kissed glow. Body exfoliation is recommended to enhance your treatment experience. Please speak to the Spa Reservations team who will advise on pre- and post-tanning guidelines.

**INCLUDES** Air Brushed Tan by St. Tropez 50 minute additional includes exfoliation



THE RITZ - CARLTON SPA  
DALLAS

# FACIAL

## RED CARPET FACIALS

### DIAMOND FACIAL

80 MINUTES

This facial uses sophisticated ingredients for long- lasting hydration and regenerative finish. Diamond reinforces the skin's natural defense system, improving elasticity and luminosity while simultaneously soothing and calming the skin.

PERFORMED WITH NATURA  
BISSE PRODUCTS

### INHIBIT FACIAL

80 MINUTES

Thanks to its powerful revitalizing action and effective filling effect, this professional lifting not only diminishes expression lines and corrects signs of aging, but also achieves extraordinarily firm and hydrated skin. An ideal alternative or complement to invasive beauty treatments.

PERFORMED WITH NATURA  
BISSE PRODUCTS

DALLAS

### 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.

**INCLUDES** Deep brush cleanse, skin analysis, facial exfoliation, massage and 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 reviving youthful radiance to your complexion.

**INCLUDES** Deep brush cleanse, skin analysis, facial exfoliation, massage and 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** Brush cleanse, skin radiance mask, age-defying crystal massage, lifting mask, scalp massage  
PERFORMED WITH ESPA PRODUCTS

### OXYGEN FACIAL

80 MINUTES OR 50 MINUTES

Rejuvenate and noticeably improve tone skin tone with this unique treatment, which infuses powerful hyaluronic acid and oxygen into the skin to naturally firm, smooth lines and contour the face.

**INCLUDES** Cleanse, exfoliation, infusion of hyaluronic acid serums  
PERFORMED WITH ESPA &  
INTRACEUTICALS 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 extraction, hydrating Hyaluronic Acid infusion, LED therapy  
**80 MINUTES ADDITIONALLY INCLUDES** Lymph drainage massage and décolletage area

### ALPHA BETA FACIAL PEEL

50 MINUTES

Alpha hydroxy acids deeply exfoliate, providing an immediate boost of collagen, elastin and hydration revealing visible results in skin clarity and discoloration.

**INCLUDES** Steam, Alpha Beta peel, extractions, mask  
PERFORMED WITH DR. DENNIS GROSS  
PRODUCTS

# MEN

## 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 MANICURE

25 MINUTES

Essential maintenance for hands.

**INCLUDES** Soak, cut and file, cuticle work, application of hand cream, buff

## THE MEN'S MASSAGE

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.

## RELAXATION MASSAGE

80 MINUTES **OR** 50 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.

## 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 on specific areas of concern, helping to 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.

## GENTLEMEN'S CUT & STYLE

45 MINUTES

Get "Uptown" ready with a professional Cut & Style by one of our experienced Hair Stylists.



# BEAUTY

## ULTIMATE MANICURE

50 MINUTES

This indulgent treatment provides long-lasting results as deeply nourishing products repair, replenish and condition your nails.

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

## ULTIMATE PEDICURE

50 MINUTES

An intensive treatment 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, personalized mask, warm shea butter, polish or buff

## GEL MANICURE OR PEDICURE

70 MINUTES

A revolutionary polish is applied and set under UV lighting. Your nails are completely dry by the time your manicure is over, and you will have an incredibly durable, chip-free, superior shine finish for two weeks.

**INCLUDES** Soak, cut and file, exfoliation, cuticle work, massage, shellac application

## CITRUS MANICURE OR PEDICURE

50 MINUTES

Drench your skin with an intensely hydrating, firming C + C ritual. This treatment begins with a mandarin exfoliation, followed by citrus soufflé mask, and finishes with a cream application.

**INCLUDES** Soak, cut and file, exfoliation, cuticle work, massage, shellac application

## HOT STONE PEDICURE

80 MINUTES

A warm, luxurious foot bath with crushed salts to soak. Warm stones glide against your skin and your feet will be dipped in paraffin to soften and restore. Treat the feet to agave nectar body oil to soothe muscles and promote circulation.

**INCLUDES** Soak, cut and file, exfoliation, cuticle work, hot stone massage, polish application

## MANICURE

25 MINUTES

Essential maintenance for hands.

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

## PEDICURE

45 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, polish or buff

## HAIR SERVICES

Our talented team of stylists will style your beautiful look for the day or any special occasion. Full salon services are available.

# 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.

## **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.

## **CBD OIL ENHANCEMENT**

Take relaxation to the next level by experiencing the many benefits of CBD Oil.

## **HOT STONE MELTER**

Boost any massage with smooth basalt stones that radiate heat deep inside the muscles to relieve tension and stress.

## **OPULENT HAIR AND SCALP TREATMENT**

Uses 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.

## **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.

## **GOLD OR DIAMOND COLLAGEN MASK**

Repairs and rejuvenates aged and fatigued skin while decreasing the appearance of fine lines and wrinkles. Increases hydration and protects the skin from moisture loss, promoting skin healing. Select target area Eye, Neck, Face, Décolleté.

## **PERCUSSIVE THERAPY**

Enhance your massage with a deeper muscle treatment using Percussive Therapy. The scientifically-calibrated device will target key trigger points to help decrease tension or soreness, increase flexibility and improve range of motion, while putting the body into a state of relaxation. Also available as a full body treatment.





# GUIDELINES

To maximize your spa experience, please familiarize yourself with the Spa Guidelines.

## AT TIME OF RESERVATION

Spa reservations agents will assist you with planning your spa experience. 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 credit card is required to make all spa and salon appointments.

## LOCKER AREAS

Locker areas are complimentary to spa guests who have a minimum of a 50-minute service and are 18 years of age and older. Robes and slippers are provided in the ladies' and gentlemen's lounges.

## 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. Arriving late will simply limit the time of your treatment, thus lessening its effectiveness and your pleasure. Your treatment time will not be extended as we cannot delay the next guest and the full value of your treatment will be charged

## PERSONAL BELONGINGS/VALUABLES

The Ritz-Carlton Spa is not responsible for lost or stolen personal items. Please leave your valuables at home or in your room safe. Safety deposit boxes are available upon request.

## 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 is prohibited in the spa.

## WHILE DEPARTING THE SPA

Complimentary parking for spa guests is available at The Ritz-Carlton. Please be sure to bring your parking ticket to the spa so we may validate it upon check-out.

## AGE REQUIREMENTS

Guests must be 18 years of age or older to experience a massage, body treatment or enjoy the spa relaxation areas, locker areas and pool. Teen facials are available to anyone 16 or 17 years of age with a parent or guardian present in the treatment room, and locker/relaxation area access will not be permitted. Salon treatments are available for children 5 years of age and older. This includes hair and nail services only. Parent must be present for the service.

## FOOD AND BEVERAGE

Outside food or alcohol is prohibited in the spa. A guest appearing intoxicated will be denied access to the spa.

## GRATUITIES

For your convenience, a 23% gratuity will be added for each spa service. Gratuities are dispersed to the spa staff that served you during your visit. Additional gratuities may be offered at your discretion.

## CANCELLATION POLICY

If you must reschedule or cancel your appointment, please notify the spa at least 24 hours in advance of your appointment to avoid being charged the full service fee. Any appointments rescheduled within the 24-hour window will incur a 50% move fee.

Spa hours of operation:

Monday - Sunday: 8:30 a.m. to 7 p.m.

Fitness Center is accessible 24 hours with hotel room key.