SPA

THE RITZ-CARLTON SPA
NEW YORK, NOMAD

MENU

ESCAPE

Let us make the world revolve around you.

Balance is both sought and achieved at The Ritz-Carlton Spa New York, NoMad. Grounded in mindfulness, the spa offers holistic treatments and wellness journeys designed to promote rest and rejuvenation.

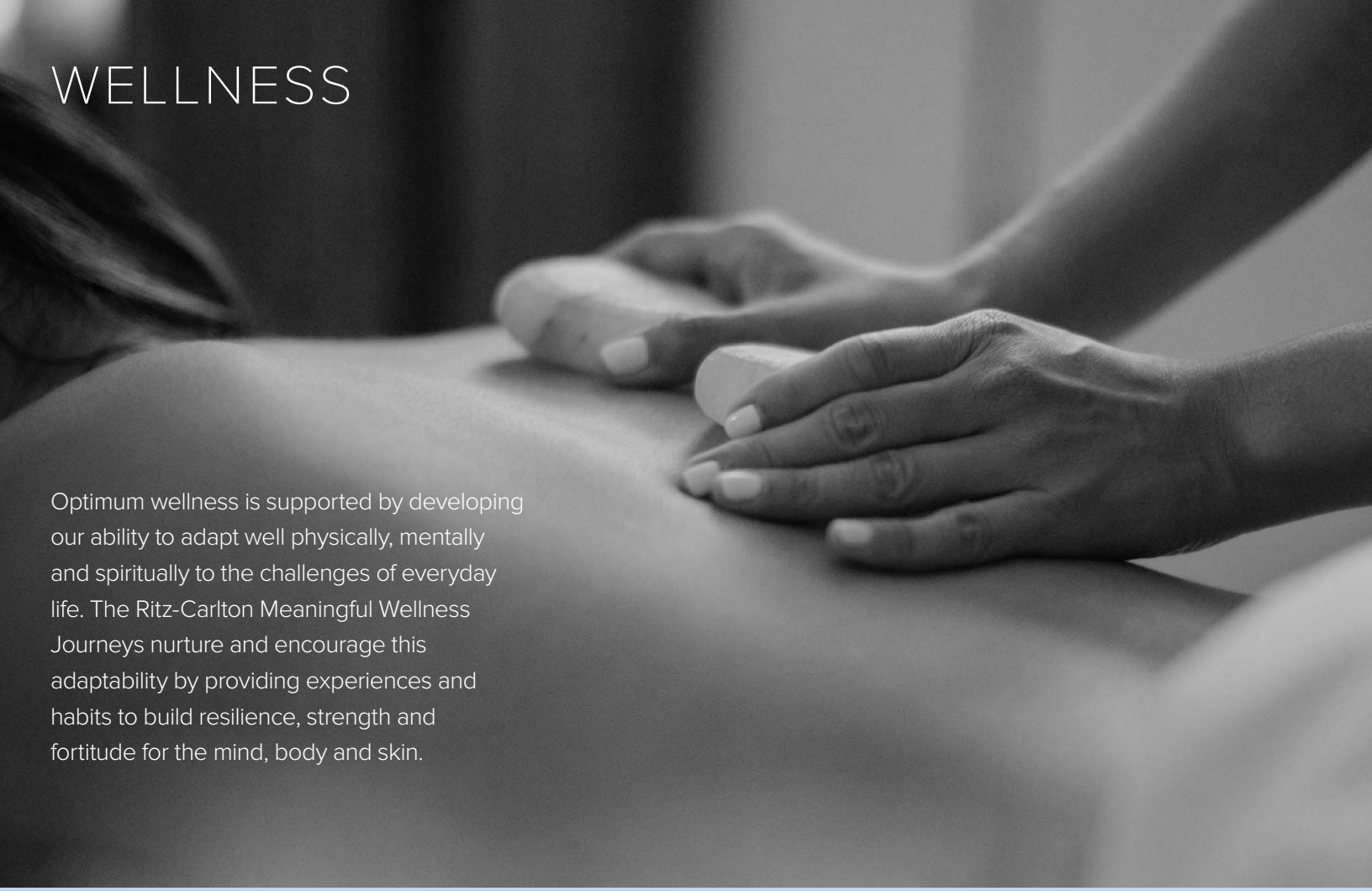
A luxurious range of experiences and private relaxation lounges invite you to leave behind the pulsing energy of the city — and to reconnect with your own inner peace.

Emerge Rejuvenated and Ready for the Magic of the City.

TREATMENTS



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 resilience, strength and fortitude for the mind, body and skin.

MIND

THE ART OF WELLNESS MASSAGE

90 MINUTES

Bring healing and wellness to the mind, body and 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

BODY FORTIFYING MASSAGE

90 MINUTES

Targeting deep muscular pain and restoring comfort and supple movement with active stretching, this deep muscle massage uses hot stones and a fortifying oil on the neck, shoulders and back to instantly alleviate deep-seated tension and provide lasting relief so you feel a calming sense of wellbeing.

CLEANSING BODY SCULPT TREATMENT

90 MINUTES

Combines a wellness boosting detoxifying algae wrap, cleansing exfoliation and sculpting body massage to help tone and firm skin. This treatment targets areas prone to cellulite and fluid retention, stimulates circulation and smooths skin texture. A course of treatments is recommended to maximize its effects.

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.

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.

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.

HIMALAYAN SALT STONE MASSAGE

90 MINUTES

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

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.

COUPLES MASSAGE

90 MINUTES **OR** 60 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, Cupping Aromatherapy, Relaxation, Naturally Nurtured or Muscle Recovery.

CUPPING AROMATHERAPY MASSAGE

90 MINUTES **OR** 60 MINUTES

A deeply relaxing experience that works to increase circulation while diminishing the signs of aging and skin imperfections. Using modern cupping techniques, silicone cups are applied with a gentle, gliding motion and combined with a skin-loving blend of rich, therapeutic oils.

BODY

NOURISHED GLOW

60 MINUTES

Reveal your smoothest, softest skin ever with this body exfoliation complete with a deeply nourishing oil application and personalized back massage.

INCLUDES Full body salt and oil exfoliation, back massage, oil application

BODY BALANCER

90 MINUTES **OR** 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, scalp massage

ROSE QUARTZ REMEDY

90 MINUTES

Allow your mind and body to be restoratively balanced by this unique remedy. Your floral journey will begin with a grounding tea ceremony to calm the spirit. A full body exfoliation will cleanse your spirit and skin and a customized massage to suit your exact needs will follow. The powerful effect of Frangipani, Rose Geranium and Palmerosa will be at work. To conclude this experience, a scalp massage with rose quartz crystals will clear the mind so you can emerge feeling renewed with a sense of inner calm.

INCLUDES Tea ceremony, full body exfoliation, full body massage, rose quartz scalp massage

CBD RELIEF MASSAGE

90 MINUTES **OR** 60 MINUTES

A personalized massage utilizing a unique blend of organic CBD and coconut oil. Your therapist will help ease your body and mind. On areas of your choice, a relief balm will help encourage fast-acting comfort combined with targeted attention to sore back, joints, hands, and feet with this cayenne, clove, ginger, and arnica massage.

THE LONGEVITY RESET

90 MINUTES

A body ritual that incorporates a light pressure massage which activates the parasympathetic response, down-regulates cortisol, and quiets stress-driven inflammation—aligning skin and nervous system with natural circadian repair cycles. Through slow, neuro-sedative touch, the body shifts out of fight-or-flight, opening the optimal window for cellular repair, barrier recovery, and deep sleep. The result: calmer, stronger skin and a nervous system primed to age better overnight sleep and long-term stress reduction.

PERFORMED WITH NATURA BISSE PRODUCTS

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

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. This is a 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

NOMAD LIFT & BRIGHTEN FACIAL

90 MINUTES

Supercharge your skin with Vitamin C - nature's most potent and proven skin brightening ingredient. Combined with our signature Alpha Beta® Professional Peel System, this high-performance facial is ideal for combating sun damage, reversing signs of aging and restoring luminosity for firmer and brighter skin.

INCLUDES Cleanse, peel, LED light therapy, a double mask application and scalp massage

PERFORMED WITH DR. DENNIS GROSS PRODUCTS

THE METHOD FACIAL

90 MINUTES **OR** 60 MINUTES

The Method is a sophisticated facial treatment that uses the brand's patented TFC8® complex to help boost cellular communication, promote circulation, firm, tone, and rejuvenate the skin.

INCLUDES Gentle skin lifting with micro-current and an artful sculpting facial massage, LED light and scalp massage

PERFORMED WITH AUGUSTINUS BADER PRODUCTS

HYDRAFACIAL

90 MINUTES **OR** 60 MINUTES

A non-invasive, non-surgical treatment that delivers instant results by using LED light therapy along with the benefits of the HydraFacial technology. It is a gentle rejuvenation treatment with patented vortex-fusion that cleanses, exfoliates and extracts with intense hydration using results-driven, proprietary serums. This treatment will leave your skin firm, luminous and vibrant.

60 MINUTES INCLUDES
Cleanse, gentle hydra-exfoliation, Vortex extraction, hydrating Hyaluronic Acid infusion, LED therapy

90 MINUTES ADDITIONALLY INCLUDES
Lymph drainage for the face and neck, bio cellulose mask

PERFORMED WITH HYDRAFACIAL SERUMS AUGUSTINUS BADER PRODUCTS

THE STRUCTURAL LIFT

90 MINUTES **OR** 60 MINUTES

This advanced facial combine three types of collagens, skin nutrients, and effective massage maneuvers for noticeable rejuvenating action. Ideal for devitalized and mature skin, because it provides a visible lifting effect, helps minimize the look of wrinkles and works to improve skin elasticity. The formulas are further reinforced with complementary ingredients designed to address the effects of hormonal fluctuations on the skin.

PERFORMED WITH NATURA BISSE PRODUCTS

DIAMOND ENERGY INFUSION

90 MINUTES

This 5-star age-defying treatment infuses energy into your skin, reviving complexions dulled by environmental stress and premature aging. A remodeling massage technique visibly enhances facial contours and reveals impressively firmer, suppler, and rejuvenated skin.

PERFORMED WITH NATURA BISSE PRODUCTS

THE EXPOSOME LONGEVITY CURE

90 MINUTES **OR** 60 MINUTES

Based on traditional deep cleansing techniques, this treatment is an antidote to the ravaging effects of urban lifestyles. Our effective facial completely cleanses your skin, purifies pores, and restores hydration to reveal an extraordinarily soft, fresh, and radiant complexion. It is ideal for skin that appears tired, dehydrated, or dull, providing a relaxing and rejuvenating experience while helping to create a fresh, healthy-looking glow.

PERFORMED WITH NATURA BISSE PRODUCTS

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.

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.

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 cleanses, hydrates and smooths skin, leaving your complexion instantly energized.

INCLUDES Double cleanse, facial exfoliation, steam and extraction, facial massage, mask, scalp massage

PERFORMED WITH ESPA PRODUCTS

PACKAGES

TRAVELER REJUVENATION

120 MINUTES

A gentle remedy to ease the effects of jet lag, this specialized combination treatment includes an ultimate aromatherapy experience massage, followed by a personalized facial.

INCLUDES Relaxation Massage 60 minutes & Custom Facial 60 minutes

NOMAD ESCAPE

180 MINUTES

Allow your mind and body to be restoratively balanced by this unique remedy. Your floral journey will begin with a grounding tea ceremony to calm the spirit, followed by a facial to instantly combat the most visible signs of skin aging, smoothing fine lines.

INCLUDES Rose Quartz Remedy 90 minutes & The Method Facial 90 minutes

THE PRIMROSE SUITE RETREAT

90 MINUTES

During this customizable retreat for two, luxury is at its best. This private experience will include a 60-minute personalized massage for two, complimentary Champagne and delectable amenities to enjoy privately after your treatment.

INCLUDES Personalized full body massage, scalp massage, Champagne, delectable amenities

ENHANCEMENTS



ENHANCEMENTS

TREATMENT UPGRADES

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.

AROMATHERAPY BOOSTER

Aromatherapy uses the restorative ancient properties of natural essential oils to relax, detoxify, invigorate and fortify the mind and body. Choose one of the following blends to achieve optimal results in your massage:

- **Positivity Body Oil:** Uplift your senses and mood with a harmonious blend of Jasmine, Gardenia and Rose Geranium essential oils.
- **Fortifying Body Oil:** This Signature blend infuses Tea Tree and Eucalyptus to revive and support you.
- **Restful Body Oil:** Crafted to aid a blissful sleep with Lavender, Clary Sage and Eucalyptus oils.

CBD OIL

Take relaxation to the next level by experiencing the calming and balancing benefits of CBD oil.

CBD BALM REMEDY

Boost any massage by adding CBD Balm to a target area to relieve muscle tension and aches. Cayenne pepper, CBD, and arnica work together with an immunity blend of cinnamon, clove, and ginger essential oils to renew and revive you.

CUPPING

An experience that releases muscle tension and promotes blood flow and the drainage of excess fluids and toxins.

HAND, FOOT OR BACK REVIVER

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

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.

PINK HIMALAYAN SALT STONE

Elevate your massage with Himalayan Salt Stones to provide a unique therapeutic massage that offers healing benefits and relieve muscle tension.

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 and to soften and restore suppleness.

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.

SKIN STIMULATING DRY BRUSH

With natural bristles made of Mexican cactus plants, improve tone and boost cell renewal for smoother, softer, more radiant skin. Dry brushing helps detoxify skin, increasing blood circulation and assists lymphatic drainage.

LED LIGHT THERAPY

Accelerate tissue repair, decrease inflammation and acne. Improve skin tone, wrinkles and texture. Ease muscle and joint pain, stiffness, arthritis, and much more.

FACIAL TOOL ENHANCEMENT

Choose from one of the following tools to optimize the results of your treatment, then take it home as a gift to continue your facial wellness journey.

- **Gua Sha:** For sculpting, tightening, and toning.
- **Jade Roller:** To calm, soothe and even complexion.
- **Cryotherapy Globes:** To cool, tone, lift, and decrease inflammation.

POWER PEEL

Give your skin the ultimate glow with a supercharged Vitamin C and Alpha Beta Professional Peel System.

KNESKO SKIN

Elevate your routine with a Diamond or Gold KNESKO Mask.

- The **Diamond Radiance Collagen Face Mask** is infused with real diamonds for bright, energized and radiant skin.
- The **Nano Gold Repair Collagen Face Mask** uses gold and science tested active ingredients to firm, lift and repair.

All masks are crafted using KNESKO's proprietary GEMCLINICAL® Technology, which acts as a one-way delivery system to maximize infusion of their doctor-formulated ingredients and enhance the treatment results.

GUIDELINES

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

Spa facilities are complimentary to hotel guests and for Spa guests with the purchase of a treatment.

ARRIVAL TIME

Please arrive at least 30 minutes prior to your scheduled treatment. This will allow time to enjoy the lounges, saunas and steam rooms. Arriving late will limit the time for your treatment, thus decreasing its effectiveness and your enjoyment. Your treatment will end on time, so the next guest is not delayed. The full value of your treatment will be charged.

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.

TREATMENT RECOMMENDATION

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.

PRICING AND PAYMENT

To maintain maximum standards of quality service, prices are subject to change without prior notification. Weekday pricing is applicable for treatments and services from Monday - Thursday and weekend pricing is for treatments on Fridays, Saturdays and Sundays. We accept all major credit cards. You may also charge services to your hotel bill.

SERVICE CHARGE & GOVERNMENT TAXES

For your convenience, a 22% 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.

HOURS OF OPERATION

Spa Treatments and Facilities:
Monday - Friday 10:00 a.m. - 8:00 p.m.
Saturday - Sunday 9:00 a.m. – 7:00 p.m.

Fitness Center Hours:
Open 24 hours, daily (enter with room key before or after spa hours).

RESERVATIONS

To reserve your spa appointment, visit us at ritzcarlton.com/nomad or call 212.404.8430. For additional inquiries, you can also reach us at nomadspa@ritzcarlton.com.

THE RITZ-CARLTON SPA

NEW YORK, NOMAD

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