



THE RITZ - CARLTON
PORTLAND

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*Let us make the world
revolve around you.*

ESCAPE

Discover a luxurious and restorative escape inspired by the natural abundance of the Pacific Northwest at The Ritz-Carlton Spa, Portland. Rejuvenate body and mind with our world-renowned ESPA treatments at our destination spa featuring steam and sauna rooms, cold plunge shower, relaxation lounge, and full-service salon. Adjoining is an infinity-edge pool with views of the Cascade Range and 4,000-square-foot fitness facility.



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

80 MINUTES

Bring healing and wellness 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.

AWAKENING BAMBOO MASSAGE

80 MINUTES

Channeling an uplifting, rhythmic blend of free-flowing bamboo massage movements, while alleviating deep tension from top to toe, this enlivening and healing treatment leaves the body feeling a sense of complete wellness and the mind settled in a sanctuary of calm

BODY

WELLBEING & RESILIENCE MASSAGE

80 MINUTES

Moving your mind and body to a place of greater strength and resilience, this treatment releases muscular tension, revitalizes wellbeing, boosts energy levels and supports your immune system with a liberating blend of yogic stretching, sinus release, reflexology and deep back and scalp massage.

BODY FORTIFYING MASSAGE

80 MINUTES

Targeting deep seated muscular pain and restoring comfort and supple movement with active stretching, this deep muscle massage uses hot river 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.

SKIN

NATURAL RESILIENCE FACIAL

80 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 to facilitate lymphatic drainage and provide results, leaving the skin firm, lifted and beautifully radiant.



THE RITZ-CARLTON SPA

PORTLAND

MASSAGE

ENCHANTED LOVE RITUAL

100 MINUTES

Become one again in our private couple's suite. Enjoy two Art of Wellness massages enriched with the sublime benefits of our body butter, a gemstone face mask, and a relaxing scalp massage. Immerse yourselves into a couple's soaking tub, laced with rose petals and candlelight, while indulging on champagne and a lavish treat.

BLOSSOMING ROMANCE MASSAGE

50 MINUTES

A moment to connect in mind and body. This couple's journey enlivens your spirit with two Stress Relief massages and a deeply relaxing Scalp and Hair treatment in a private couple's suite. Finish your journey with a champagne toast and lavish treat.

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 to 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.

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.

NATURALLY NURTURED MASSAGE

80 MINUTES OR 50 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.

RETURN TO NATURE MASSAGE

80 MINUTES OR 50 MINUTES

Facilitate muscle recovery with our organic CBD plant-based massage. Moderate to firm techniques relieve soreness resulting from stress, exertion or exercise.

FRUITS AND FLOWERS

80 MINUTES

Nurture your tired spirit with this revitalizing treatment. A healing blend of Thai massage, aromatherapy and medicinal herbs are used to relieve muscle tension and invigorate your mind.





BODY

BLOSSOM & 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

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

ROSE GOLD BODY INDULGENCE

50 MINUTES

Avert the signs of aging with this indulgent body wrap featuring a custom blend of 24k gold and rose quartz.

INCLUDES Dry brush, collagen serum application, rose gold mask application, gua sha face massage, pink hair scalp massage.



FACIAL

ROSE GARDEN FACIAL

80 MINUTES **OR** 50 MINUTES

Anchored by a custom Alpha Beta peel, this facial is the ultimate in revealing smoother skin for an immediate rosy glow. Your esthetician will guide your skin through a bespoke experience using a collection of clinical yet clean and gentle ingredients that target everything from hyperpigmentation to lack of firmness, dryness and breakouts. LED therapy enhances results moving you rapidly toward your skin goals.

INCLUDES Double cleanse, LED therapy, customized peel and mask, eye and lip treatment, finishing ritual

PERFORMED WITH DR DENNIS GROSS PRODUCTS

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, 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, 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 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



MEN

THE MANICURE

40 MINUTES

Enjoy a beautifully hydrating and replenishing hand treatment, leaving nails groomed, polished and deeply nourished. This indulgent treatment provides long lasting results deeply nourishing products to repair, replenish and condition your nails.

THE PEDICURE

50 MINUTES

Rejuvenate your tired, and achy feet with this relaxing foot treatment while enjoying the benefits of an aromatic infused foot soak and a re-energizing massage of the legs and feet. Nails will be perfectly trimmed, filed and shaped. A gentle exfoliation is applied to smooth away dry skin cells. Complete the treatment with your choice of nail color polish or 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.

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 to help relieve common discomforts and sports related tension.

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.

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.

POWER HOUR

50 MINUTES

Intensely invigorating, this clarifying and smoothing treatment powerfully reawakens, leaving you ready for anything.

INCLUDES Full body salt and oil exfoliation, back massage

THE MEN'S FACIAL

80 MINUTES OR 50 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



THE RITZ-CARLTON SPA

PORTLAND



BEAUTY

THE MANICURE

40 MINUTES

Enjoy a beautifully hydrating and replenishing hand treatment, leaving nails groomed, polished and deeply nourished. This indulgent treatment provides long lasting results deeply nourishing products to repair, replenish and condition your nails.

THE PEDICURE

50 MINUTES

Rejuvenate your tired, and achy feet with this relaxing foot treatment while enjoying the benefits of an aromatic infused foot soak and a re-energizing massage of the legs and feet. Nails will be perfectly trimmed, filed and shaped. A gentle exfoliation is applied to smooth away dry skin cells. Complete the treatment with your choice of nail color polish.

ROSE PETAL MANICURE

50 MINUTES

A nourishing and age defying shea butter spa manicure that promotes healthy nails, hands, and feet. Begin by taking an aroma journey where you will pick your favorite aroma to experience throughout this age defying manicure.

ROSE PETAL PEDICURE

80 MINUTES

Enjoy this ultra-hydrating delight that begins with a detoxifying muscle-soothing soak, using an arnica and shea butter infused Epsom salt bath truffle. While soaking, you will take a scent journey and select your favorite aroma to experience throughout the treatment, followed by a smoothing and hydrating shea butter scrub.

ORGANIC BOTANICAL MANICURE

50 MINUTES

This nourishing shea butter spa manicure features a luxurious infusion of CBD, warm organic shea butter, and age-defying herbs massaged onto the hands and arms to promote healthy nails, beautiful skin and deep harmony within the body and mind.

ORGANIC BOTANICAL PEDICURE

80 MINUTES

Soul to sole care is at the heart of this CBD and warm shea butter spa pedicure that brings the skin and body into harmony. A soothing leg and foot massage with our CBD and age-defying herb-infused Balance Oil eases muscle tension and cares for skin.



THE RITZ-CARLTON SPA

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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.



THE RITZ · CARLTON SPA

ENHANCEMENTS

FACE

NECK AND DECOLLATE TREATMENT

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.

GUA SHA FACIAL TONING

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

MICROCURRENT EYE LIFT

A low-level electrical current sends gentle waves through skin down to muscles, toning, lifting, and contouring the gentle eye area, while reducing fine lines and wrinkles.

MICROCURRENT FACELIFT

A low-level electrical current sends gentle waves through skin down to the facial muscles. It mimics and gently re-energizes the body's own natural current helping to tone, lift, and contour, while reducing fine lines and wrinkles.

LED AGE-DEFYING THERAPY

Our FDA-cleared Spectralite Pro Mask offers professional light therapy with a combination of red and blue light to treat aging skin and prevent breakouts.

FACE AND BODY

GEMSTONE EYE MASK

Depuff your eyes with a gemstone-infused marine collagen eye treatment. With your choice of Diamond, Green Jade, and Rose Quartz your eyes will feel hydrated, refreshed, and soothed.

GEMSTONE FACE MASK

Elevate your facial or massage with a decadent skin treatment. Enjoy a cooling and soothing collagen mask infused with gemstones and charged with Reiki for a holistic experience for your mind, body and skin.

INCLUDES your choice of Antioxidant, Calm, or Hydrate Masks.

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.

HAND OR FOOT REVIVER

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

BODY

RIVER STONE MELTER

Smooth river stones radiate heat deep inside the muscles to relieve tension and stress during any massage 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 to refine skin texture, soften and restore suppleness.

GUIDELINES

SPA HOURS

Spa Treatments: 9 AM – 7 PM daily

Spa Facilities: 8:30 AM – 7 PM daily

Pool: 6 AM – 10 PM daily

The Fitness Center is open 24 hrs. a day and can be accessed with a room key before or after spa hours.

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

ARRIVAL TIME

For your enhanced comfort and relaxation, we recommend you arrive 30 minutes prior to your scheduled treatment to allow time to enjoy the lounges, saunas and steam. Arriving late will limit the time for your treatment, thus decreasing its effectiveness and your pleasure. Your treatment will end on time so the next guest is not delayed, and 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.

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 resort bill.

PRIVACY POLICY

To protect the privacy of our guests and preserve a tranquil environment, cell phones are not permitted in the spa.

CANCELLATION POLICY

24-hour minimum notice must be given to cancel or amend reserved appointments. Missed appointments without proper notice are subject to full treatment price.

AGE REQUIREMENTS

Guests of The Ritz-Carlton Spa, Portland must be 18 years of age or older to enjoy the spa facilities. Salon services are available to younger guests when accompanied by a parent or legal guardian.

TREATMENT RECOMMENDATIONS

This is your time, and you should delight in the experience to the fullest. Your therapist will ask for your preferences in room temperature, the amount of massage pressure and the volume of the music. Please notify your therapist of any discomfort. Most treatments are enjoyed without clothing; however, disposable undergarments are available upon request. During all treatments, the body is fully draped, except for the area being worked on. Robes and slippers are provided in the ladies' and gentlemen's lounges before and after treatments. Shaving is not recommended for men prior to a facial. If you choose to shave prior to your facial, be

sure to allocate at least four hours between shaving and your treatment. Shaving is not recommended prior to body treatments or hair removal. Showering prior to your spa service is required.

SPA PRICING

Our pricing is known as dynamic pricing. Dynamic pricing bases spa service times on real-time demand, taking in factors such as time of the day and spa occupancy. This process adjusts service rates - both lower and higher - in real-time, based on demand, availability, and other changing factors. While this pricing style may be new to the world of Spa, airlines, hotels, and even your favorite sports teams have been utilizing this pricing strategy for years. With rates changing daily, Dynamic Pricing allows you to choose the right rate for you - at the right time, on the right day.

You must provide a valid credit card number with expiration date at time of booking.

SERVICE CHARGE

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.

FACILITY USAGE

Hotel guests can enjoy spa amenities for \$50 per day and \$100 per day for Spa guests who are not registered at the hotel. This fee is waived with the purchase of a spa treatment.

To reserve your spa appointment online, visit us at ritzcarlton.com/portland or contact 971.900.4500

PRICING

WELLNESS

MIND

THE ART OF WELLNESS MASSAGE

80M / FROM \$345

AWAKENING BAMBOO MASSAGE

80M / FROM \$345

BODY

WELLBEING & RESILIENCE MASSAGE

80M / FROM \$345

BODY FORTIFYING MASSAGE

80M / FROM \$345

SKIN

NATURAL RESILIENCE FACIAL

80M / FROM \$345

MASSAGE

ENCHANTED LOVE RITUAL

100M / FROM \$999

BLOSSOMING ROMANCE MASSAGE

50M / FROM \$499

DEEP MUSCLE MASSAGE

80M / FROM \$315

50M / FROM \$215

STRESS RELIEF MASSAGE

80M / FROM \$305

50M / FROM \$205

RELAXATION MASSAGE

80M / FROM \$295

50M / FROM \$195

RIVER STONE MASSAGE

80M / FROM \$325

NATURALLY NURTURED MASSAGE

80M / FROM \$295

50M / FROM \$195

RETURN TO NATURE MASSAGE

80M / FROM \$335

50M / FROM \$225

FRUITS AND FLOWERS

80M / FROM \$335

BODY

BLOSSOM & GLOW

50M / FROM \$195

BODY BALANCER

50M / FROM \$225

ROSE GOLD INDULGENCE

50M / FROM \$245

FACIAL

ROSE GARDEN FACIAL

80 / FROM \$325

50 / FROM \$225

CUSTOM FACIAL

80M / FROM \$295

50M / FROM \$195

AGE-DEFYING FACIAL

80M / FROM \$325

50M / FROM \$225

ULTIMATE RADIANCE & RENEWAL FACIAL

80M / FROM \$335

MEN

THE MANICURE

40M / FROM \$70

THE PEDICURE

50M / FROM \$85

THE MEN'S MASSAGE

80M / FROM \$325

MUSCLE RECOVERY MASSAGE

80M / FROM \$315

50M / FROM \$215

RELAXATION MASSAGE

80M / FROM \$295

50M / FROM \$195

STRESS RELIEF MASSAGE

80M / FROM \$305

50M / FROM \$205

POWER HOUR

50M / FROM \$195

THE MEN'S FACIAL

80M / FROM \$295

50M / FROM \$195

BEAUTY

THE MANICURE

40M / FROM \$70

THE PEDICURE

50M / FROM \$85

ROSE PEDAL MANICURE

50M / FROM \$90

ROSE PEDAL PEDICURE

80M / FROM \$145

ORGANIC BOTANICAL MANICURE

50M / FROM \$110

ORGANIC BOTANICAL PEDICURE

80M / FROM \$165

GEL REMOVAL

\$20

GEL ADD ON

\$20

CBD SOAKING BALM

\$30

ENHANCEMENTS

FACE

NECK AND DECOLLATE TREATMENT

\$30

GUA SHA FACIAL TONING

\$75

MICROCURRENT EYE LIFT

\$30

MICROCURRENT FACE LIFT

\$45

LED AGE-DEFYING THERAPY

\$30

FACE AND BODY

GEMSTONE EYE MASK

\$30

GEMSTONE FACE MASK

\$50

SCALP & HAIR CONDITIONING MASSAGE

\$30

HAND OR FOOT REVIVER

\$30

BODY

RIVER STONE MELTER

\$30

SMOOTH & FIRM BODY BUTTER

\$30



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