



THE RITZ-CARLTON

SARASOTA

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*Let us make the world
revolve around you.*

ESCAPE

Embrace the rich artistry that is The Ritz-Carlton, Sarasota, overlooking the marina of Sarasota Bay while sandy white beaches graciously welcome you. We invite you to discover the luxurious Spa and Salon where cares melt away and a personalized, unique wellness experience awaits. Enjoy warm, restorative experiences, luxurious nail and hair services and a spacious Fitness center.

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

AWAKENING BAMBOO MASSAGE

100 MINUTES

Channelling 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 and positivity.

BODY

BODY FORTIFYING MASSAGE

50 MINUTES

Targeting deep-seated muscular pain, 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 well-being.

SKIN

NATURAL RESILIENCE FACIAL

100 MINUTES

This facial is the complete approach to skin health. Cutting edge pre and probiotic technology combined with the same benefits of physical exercise to detoxify, invigorate, sculpt and relax. The use of powerful age defying techniques inspired by Japanese Kobido massage, along with cool and smooth Jade rollers for lymphatic drainage, leave the skin firm, lifted and beautifully radiant.

DETOXIFYING WELLNESS TREATMENT

100 MINUTES

This health boosting treatment has a cleansing effect on the body and mind. Warm herbal poultices provide warmth to the muscles and joints while boosting circulation with a stimulating exfoliation. Complete with a relaxing scalp massage.



MASSAGE

SARASOTA SANCTUARY

100 MINUTES

Discover the ultimate luxury of Sarasota in this all-encompassing indulgence for the body, mind and soul. Let gifted hands make light work of daily stresses, while intricately entwining our divine enhancements. Scented mists of aromatherapy permeate through the air as our nourishing scalp massage begins your journey. A gentle exfoliation of your back or feet will soften and hydrate your skin leaving you ready for total relaxation.

INCLUDES Personalized massage, aromatherapy, back/hand/foot reviver, scalp conditioning treatment

HOT STONE MASSAGE

100 MINUTES

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

SARASOTA TOUCH OF HONEY

100 MINUTES

Enliven all senses beginning with a nourishing sugar foot exfoliation before honey-inspired reflexology; an ancient healing technique where pressure is applied to specific points on the hands and feet that correspond to various organs and areas of the body. A gentle head, neck and shoulder massage with application of soothing coconut milk & honey lotion will help to alleviate tension and restore balance..

INCLUDES Foot exfoliation, hand and foot reflexology, back/hand/foot reviver, scalp conditioning treatment

STRESS RELIEF MASSAGE

100 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.

DEEP MUSCLE MASSAGE

100 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

100 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.

NATURALLY NURTURED MASSAGE

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.

SPECIALTY MASSAGE

100 MINUTES **OR** 50 MINUTES

Let our highly trained massage therapists showcase their expertise. Modalities such as lymphatic drainage, Thai on the table, neuromuscular and more may be available. Availability and modalities are subject to changed based on therapists.



BODY

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 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

SARASOTA ARCTIC VOYAGE

100 MINUTES

Embark on a voyage from sunny Sarasota to the cooling depths of the Arctic. Setting sail with your skilled massage therapist as your guide, their soothing hands ensuring a smooth journey; the compass is set for due North. Knots and fatigue are thrown overboard as you approach your destination; where icy waters provide solace from the summer sun and rejuvenation is found in this tranquil oasis. Bathing suit is required for this service.

INCLUDES Personalized massage using a combination of relaxation and deep muscle techniques, muscular stretching and mobility work, ice bath plunge



FACIAL

CUSTOM FACIAL

50 MINUTES

Purify, hydrate, brighten and smooth your complexion with this radiance-restoring facial that is tailored to your individual needs.

INCLUDES Deep cleanse, skin analysis, facial exfoliation, massage, mask, scalp massage

PERFORMED WITH ESPA PRODUCTS

AGE-DEFYING FACIAL

50 MINUTES

Instantly combat the most visible signs of skin aging - smoothing fine lines and reviving youthful radiance to your complexion.

INCLUDES Deep cleanse, skin analysis, facial exfoliation, specialized toning facial massage, mask, scalp massage

PERFORMED WITH ESPA PRODUCTS

ULTIMATE RADIANCE & RENEWAL FACIAL

100 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 Deep cleanse, skin radiance mask, age-defying crystal massage, lifting mask, scalp massage

PERFORMED WITH ESPA PRODUCTS

SARASOTA SKIN RITUAL

100 MINUTES OR 50 MINUTES

This facial generates a 30-day collagen production increase and it is unique because it avoids damaging the epidermis by penetrating several high-dose active ingredients into the dermis through liposomal delivery. The Infusion enhances results for acne, aging, rosacea and hyperpigmentation and is customized by adding powder blends and actives for increased correction.

LIVE PROBIOTIC SIGNATURE FACIAL

50 MINUTES

Expertly formulated to refresh dull and dehydrated skin, delivering a boost of topical LIVE probiotics. This microbiome friendly facial helps defend your skin against pathogens, manages the ideal pH while continuously delivering the vitamins, minerals and peptides your skin needs for balance. Includes a hand treatment.

DELUXE HYDRAFACIAL

50 MINUTES

HydraFacial deeply cleanses and exfoliates with gentle peels, extracts impurities, nourishes with specific boosters to target all skin concerns, rejuvenates with professional strength LED light therapy and hydrates for a beautiful, healthy glow.

PLATINUM HYDRAFACIAL

100 MINUTES

Sculpt the face with Lymphatic therapy to help remove impurities from the skin to lift and contour while reducing the appearance of puffiness continuing with the personalized HydraFacial that deeply cleanses and exfoliates with gentle peels, extracts impurities, Nourishes with specific boosters to target all skin concerns, rejuvenates with professional strength LED light therapy, and hydrates for a beautiful, healthy glow



THE RITZ-CARLTON SPA

SARASOTA

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MEN

THE MANICURE

25 MINUTES

Essential maintenance for hands.

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

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 MEN'S MASSAGE

100 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

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

100 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

100 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 exfoliation, back massage

THE MEN'S FACIAL

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



BEAUTY

RADIANT HANDS MANICURE

50 MINUTES

Relax and unwind while we provide essential maintenance for your hands using the finest Fijian ingredients. Natural tropical scents will envelop you as you inhale and allow your radiance to shine through.

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

BEAUTIFUL FEET PEDICURE

50 MINUTES

Relax and unwind while we provide essential maintenance for your feet using the finest Fijian ingredients. Natural tropical scents will envelop you as you inhale, before the unveiling of your beautiful, beach ready feet..

INCLUDES Soak, nail file and shape, exfoliation, cuticle work, application of body cream, polish or buff

ULTIMATE MANICURE

75 MINUTES

The ultimate tropical indulgence for your hands. This luxurious manicure provides essential maintenance for the hands using deeply nourishing products straight from Fiji, along with an intensely hydrating mask and paraffin wax treatment to repair, replenish and condition your hands.

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

GEL MANICURE

75 MINUTES

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

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

ULTIMATE PEDICURE

75 MINUTES

The ultimate tropical indulgence for your feet. This luxurious pedicure provides essential maintenance for the feet using deeply nourishing products straight from Fiji, along with an intensely hydrating mask and paraffin wax treatment to repair, replenish and condition your feet.

INCLUDES Soak, nail file and shape, exfoliation, cuticle work, massage, personalized mask, paraffin wax, polish or buff

SARASOTA MANICURE AND PEDICURE

75 MINUTES

This combination service will leave your hands and feet feeling silky smooth and perfectly polished in no time with this pedicure and express manicure duo.

PEDICURE INCLUDES Soak nail file and shape, exfoliation, cuticle work, massage, polish or buff

EXPRESS MANICURE INCLUDES Nail file and shape, massage, polish or buff



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.

FACIAL

NECK AND DÉCOLLETÉ BALM AND STIMULATING MASSAGE

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

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

SKIN PROBIOTICS & PREBIOTICS

Boost your facial by using the technologically advanced Probiome™ serums and moisturizers to address the most visible signs of aging. Available during most facials.

DERMAFLASH

This dermaplaning device sloughs away dead skin and removes peach fuzz, allowing deeper absorption of skincare products, resulting in smooth, glowing skin. Available during most facials

BODY

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 Himalayan 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.

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.

STIMULATING BODY BRUSH

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

CBD OIL

Our CBD oil will melt away tension and reduce inflammation. A pain cream will also be applied on any areas of chronic pain for immediate relief.



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.

The Healing Waters experience is available for a fee to both hotel and local guests. This fee is waived with the purchase of a Spa or salon treatment of 50 minutes or longer.

ARRIVAL TIME

Please arrive at least 30 minutes prior to your scheduled treatment. This will allow time to enjoy the lounges, saunas, steam rooms and whirlpool. Arriving late will limit the time for your treatment, thus decreasing its effectiveness and your enjoyment. Your service 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 will not 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

Guests must be 18 years of age or older to experience a massage, body treatment or the Healing waters and Locker room areas. Facials may be experienced by guests ages 16 and 17, however a parent must be present in the treatment room. Salon treatments are available for children five years of age or older. This includes hair and nail services only. Parent must be present for the entire service and a locker will not be provided.

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 resort bill.

SERVICE CHARGE

For your convenience, a 20% service charge will be added to each spa service. This includes compensation disbursed to the spa staff members who serve you during your visit. 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 24 hours in advance of your appointment to avoid being charged the full service fee. Cancellations of private parties require one week's notice.

HOURS OF OPERATION

Spa Treatments: 9 AM – 7 PM daily
Spa Facilities: 8:30 AM – 7:30 PM daily
Fitness Center: 24 Hours for registered hotel guests only

To reserve your spa appointment online, visit us at ritzcarlton.com/sarasota or contact 941.309.2090



THE RITZ - CARLTON SPA

SARASOTA

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