

*Let us make the world
revolve around you.*

ESCAPE

Refresh and revitalize your body and mind with our classic treatments that will enliven your senses. We offer treatment rooms adjacent to our world class fitness center with shared locker rooms and heat facilities. Whether you are maintaining your fitness regime, indulging yourself or just looking to relieve tension and stress with a massage, our dedicated team will help you activate a positive change.



THE RITZ-CARLTON

ST. LOUIS

100 CARONDELET PLAZA, ST. LOUIS, MISSOURI 63105 314-863-6300 APPOINTMENTS 314-719-1488
RITZCARLTON.COM/STLOUIS



THE RITZ-CARLTON

ST. LOUIS

SPA



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

80M / \$240

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.

CANCELLATIONS

If you must reschedule or cancel your appointment, please notify the fitness center two hours in advance to avoid being charged the full service fee.

BODY

MISSOURI BLACK WALNUT MASSAGE

80M / \$240

Harnessing natural elements by using sticks carved from locally sourced Black Walnut, this fast-paced, free-flowing and energetic treatment is perfect for slowing busy minds and stretching and elongating tight muscles, while helping to improve flexibility and restore serenity.

SKIN

DETOXIFYING WELLNESS TREATMENT

80M / \$240

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

MASSAGE

MISSOURI RED ROCK MASSAGE

80M / \$240

Inspired by the volcanic rocks that are the core features of some of Missouri's most spectacular scenery, this therapeutic experience combines the relaxing benefits of sweet orange and Missouri red granite to soothe aching muscles, leaving your body relaxed and your mind calmed.

DEEP MUSCLE MASSAGE

80M / \$225

50M / \$150

Recharge your body with this powerful massage designed to alleviate deep-seated tension and muscular stress. Deep movements and stretching techniques are concentrated on specific areas of concern to relieve common discomforts and sports-related tension.

STRESS RELIEF MASSAGE

80M / \$225

50M / \$150

Revive tired and fatigued muscles with this traditional massage using a moderate to firm pressure to leave a feeling of revitalization and relaxation.

RELAXATION MASSAGE

80M / \$225

50M / \$150

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

80M / \$225

50M / \$150

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.

BODY

NOURISHED GLOW

50M / \$150

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 with salt and oil, back massage and oil application

PERSONALIZED WRAP

60M / \$160

Deeply cleanse, refine and nourish your body with this beautifully enhancing, bespoke body treatment.

INCLUDES Body exfoliation, algae or mud envelopment, scalp massage

FACIALS

CUSTOM FACIAL

80M / \$225

50M / \$150

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

ULTIMATE RADIANCE & RENEWAL FACIAL

80M / \$240

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

ENHANCEMENTS

Upgrade your treatments by choosing one or more from our list of additions. Enhancements must be purchased with a treatment and are available as incorporated additions to any service.

HOT STONE MELTER

\$30

Smooth basalt stones radiate heat deep inside the muscles to relieve tension and stress.

SMOOTH & FIRM BODY BUTTER

\$30

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.

HAND, FOOT OR BACK REVIVER

\$30

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

ADDITIONAL SERVICES

HAIR REMOVAL

Unveil your nourished, smooth and silky skin with our luxurious soy-based botanical formula designed to improve skin texture and prevent irritation.

EYEBROWS, \$30

LIP, \$30

CHIN, \$30

FULL FACIAL, \$50

ADD-ON FACIAL PEEL

ENZYME RENEWING PEEL, \$45

Instantly smooth, brighten and firm the complexion with this deeply cleansing, naturally exfoliating advanced peel.

This peel is an add-on treatment to any of our exclusive facial offerings.

PERFORMED WITH ESPA PRODUCTS