



THE RITZ-CARLTON
LAKE TAHOE

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*Let us make the world
revolve around you.*

ESCAPE

A forest sanctuary, The Ritz-Carlton Spa, Lake Tahoe offers an authentic Lake Tahoe experience with local ingredients that create a true sense of place. The 17,000 square-foot spa was conceptualized using inspiration from the surrounding environment and emphasizes the signature tree theme expressed throughout the resort. Upon descending the staircase into a soothing euphoria, guests are whisked away to where the senses are awakened, the body is soothed and the spirit is renewed.



EXPERIENCE

Experience a mountain retreat unlike any other. After an extraordinary day of skiing or hiking, unwind and warm yourself by a cozy fire in one of our private lounges or step into a wet spa to detoxify and energize. Fall back, melt into pure rejuvenation, open your senses, calm the mind and let us create an unforgettable spa experience for you.

JOURNEY THROUGH THE FOREST

90 MINUTES

Enjoy an inspiring dose of forest air with a blend of native essential oils designed to release deep stress and tension while stimulating your immune system. Available as a couples treatment.

INCLUDES Full body exfoliation, private soaking tub, full body massage

TAHOE TREE OF LIFE

75 MINUTES

Restore your body and mind with an aromatic salt soak. Indigenous stones from beautiful Lake Tahoe melt away tension and leave you feeling warm and revitalized.

INCLUDES Foaming salt soak, hot stone massage

SIERRA SUMMIT FOOT RITUAL

50 MINUTES

After a long day of skiing or hiking, decompress with this invigorating ritual that is the ultimate treatment to get you ready for your next adventure.

INCLUDES Foot soak, exfoliation, personalized mask, lower leg and foot massage, paraffin wax

APRÈS RECOVERY

80 MINUTES

After a day on the mountain restore tight, aching muscles to peak condition with this focused, tension-relieving treatment which includes a take home soothing balm for joints and muscles.

INCLUDES Full body massage, take home care formula



THE RITZ · CARLTON SPA

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MASSAGE

TRANQUILITY FOR TWO

80 MINUTES OR 50 MINUTES

Enjoy the experience of shared relaxation and well-being with a loved one or a friend in our couples treatment room. Your chosen massage is enjoyed side-by-side in an intimate setting for two.

CHOOSE FROM Relaxation, Deep Muscle, Stress Relief or Naturally Nurtured massages

COPPER TUB EXPERIENCE

20 MINUTES

Enhance any Tranquility for Two service with a luxurious bathing experience in a private copper tub.

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 concentrating 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.

LAKE TAHOE STONE MASSAGE

80 MINUTES OR 50 MINUTES

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

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

Please inquire with our spa reservationist for details on advanced treatments including Active Release, Acupressure, Craniosacral, Lomi Lomi, Lymphatic Drainage, Myofascial Release, Reflexology, Shiatsu and Trigger Point. Added fee.



BODY

AGE-DEFYING BODY TREATMENT

100 MINUTES

Renew skin with this tightening and firming full body treatment. Hydrating oils and anti-aging ingredients strengthen elasticity and visibly improve skin tone and texture.

INCLUDES Full body exfoliation, wrap, full body massage

NOURISHING DETOX TREATMENT

100 MINUTES

Experience a deep sense of renewal, purification and vitality. This treatment encourages elimination of toxins, stimulates energy and leaves the body feeling vibrant, toned and nourished from the inside out.

INCLUDES Full body exfoliation, wrap, full body 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

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

HYDROTHERAPY CARE

25 MINUTES

A great addition before or after a treatment or enjoy on its own. Our organic thermal spring salt is full of magnesium, calcium and zinc to detoxify and restore the body. Select your choice of aromatherapy salt blends.





FACIAL

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 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 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

BIODYNAMIC FACIAL

80 MINUTES **OR** 50 MINUTES

Featuring organic ingredients, this luxurious experience will gently tone and hydrate skin while leaving it looking younger, healthier and completely renewed.

INCLUDES Brush cleanse, facial exfoliation, massage, mask, scalp massage, hand and arm massage

PERFORMED WITH EMINENCE PRODUCTS

TEEN ORGANIC FACIAL

50 MINUTES

Designed for young adults between 16 to 17, this facial begins with a personal skin analysis followed by a deep cleansing facial massage. A parent must be present for the full treatment.

INCLUDES Cleanse, facial exfoliation, massage

PERFORMED WITH EMINENCE PRODUCTS



THE RITZ-CARLTON SPA

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MEN

THE PEDICURE

25 MINUTES

Maintain amazing results and keep nails in good condition with this conditioning treatment.

INCLUDES Soak, nail file and shape, 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

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.

POWER HOUR

50 MINUTES

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

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

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.

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.

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

HAIR SERVICES

Full salon services are available. Our talented stylists will complement your look for any special occasion, ensuring you are picture perfect.

MAKE-UP

Our professional make-up artists use the latest make-up techniques and trends for a complete makeover that brings out your best.

Individual hair and make-up services are available on the price list.

WAXING

Please inquire with our spa reservationist for details on a variety of waxing services.

ULTIMATE MANICURE

40 MINUTES

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

INCLUDES Soak, cut and file, exfoliation, cuticle work, massage, polish or buff

ULTIMATE PEDICURE

45 MINUTES

An intensive treatment using deeply nourishing products to repair, replenish and condition your nails depending on your individual needs.

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

MANICURE

25 MINUTES

Essential maintenance for hands.

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

PEDICURE

30 MINUTES

Maintain amazing results and keep nails in good condition with this conditioning treatment.

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

EXTENDED WEAR MANICURE

50 MINUTES

A gel lacquer that is applied and set under UV lighting. By the time your treatment is over you will have an incredibly durable manicure with superior shine.

INCLUDES Soak, cut and file, exfoliation, cuticle work, massage, gel polish





Upgrade your treatment by choosing one or more of our carefully created service enhancements. Enhancements are available as additions to facial, body and massage services without adding additional time to the treatment. All enhancements must be booked and received with a treatment.

ENHANCEMENTS

FACIAL ENHANCEMENTS

LIFESTAGE ANTI-AGING BOOSTERS

Boost any facial by using the technologically advanced LIFESTAGE serums and moisturizers to address all of the most visible signs of aging.

EYE OR LIP COLLAGEN MASK

Take care of the delicate eye and lip areas with one of these luxurious masks that reduces the appearance of dark circles and fine lines for a healthy, nourished look.

ORGANIC EYE OR LIP TREATMENT

Promote healing and hydration with soothing ingredients that deliver powerful nutrients to the delicate eye and lip areas.

EXPRESS RADIANCE PEEL

Awaken your skin's inner beauty by encouraging healthy cell renewal to reveal a smoother tone and luminous glow.

BODY ENHANCEMENTS

BACK REVIVER

Reveal smoother skin during any massage with this exfoliating and refreshing treatment that will leave the back smooth, soft and hydrated.

HOT STONE MELTER

Smooth basalt 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.

MUSCLE & JOINT RELIEF

Stimulate tired and sore muscles with this inflammation and pain reducing balm. Includes a take home balm.

FACIAL & BODY ENHANCEMENTS

CONDITIONING SCALP TREATMENT

Combining the strengthening and conditioning properties of red clay and apricot kernel oil during a deeply relaxing scalp massage will help reduce tension and leave you with beautifully 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.

NAIL ENHANCEMENTS

CALLUS FOOT TREATMENT

A luxurious treatment to eliminate dry skin and soften the feet.

EXTENDED WEAR

A power polish that is set under UV lighting. Your nails are immediately dry leaving an incredibly durable finish with superior shine.

PARAFFIN TREATMENT

A beneficial hydrating treatment using melted paraffin for hands or feet.



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 therapist
- + If you have a request for a specific therapist
- + 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 resort guests, and \$75 (Monday to Thursday) or \$100 (Friday to Sunday) per day for spa guests who are not registered at the resort. This fee is waived with the purchase of a treatment of \$100 or more.

ARRIVAL TIME

Please arrive at least 30 minutes prior to your scheduled treatment. This will allow time to enjoy the lounges, saunas, steam rooms, whirlpools, cold plunge showers and outdoor spa lap pool. 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.

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 body treatments cannot be performed on anyone under 18 years of age. Salon treatments are available for children 5 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 condition, please notify your therapist immediately.

FOOD AND BEVERAGE

Guests are discouraged from bringing any outside food into the spa. A guest may bring in their own champagne or wine with a \$35 corkage fee per bottle. 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 guest room folio.

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.

CANCELLATION POLICY

If you must reschedule or cancel your appointment, please notify the spa at least 6 hours in advance of your appointment to avoid being charged the full service fee. Any appointments rescheduled within the 6 hour window will incur a move fee of \$25. Cancellations of private parties require one week notice.

HOURS OF OPERATION

Hours are subject to change based on season.

Entry to Fitness Center is available 24 hours daily with room key.

To reserve your spa appointment visit us at ritzcarlton.com/laketahoespa or contact 530.562.3030.



THE RITZ-CARLTON SPA

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