Elegantly enveloped within the Santa Rosa Mountain range, The Ritz-Carlton, Rancho Mirage is one of the most esteemed luxury resorts in Palm Springs, California. From a mountaintop overlooking world-famous Palm Springs and the picturesque Coachella Valley, the hotel’s desert surroundings are reflected in a décor that reveals natural elements of stone, wood and fire.
Soothe aching muscles with this rhythmic relaxing massage that combines century old techniques with indigenous organic herbs. Allow the heated herbal poultices to release tension and induce a deep state of relaxation.

**Includes**
- Stretching, compressions on the marma points with soothing massage strokes

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A personalized massage designed to address individual ailments utilizing hemp-based active ingredients. Reduce pain and inflammation with up to four hemp products to optimize treatment benefits.

**Includes**
- Message and body work using CBD products

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Inhabitants of the indigenous native tribes, Rancho Mirage was given the name Sec-he, which translated means “boiling water”. The Cahuilla Indians valued the healing properties of the surrounding mineral baths almost as much as the region’s natural rock resources. Embark on a spa ritual that honors the desert surroundings and leave feeling a strong sense of connection and calm.

**Includes**
- Scrub, bath ritual and hot stone massage

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Poultice Massage
- 80 minutes
- Indulge in a full body massage that provides balance through the use of desert herbs and mineral salts. This ancient tradition of healing is designed to cleanse, calm and soothe the body and mind. The spirit of the mountains will leave you in an oasis of luxury and shear rejuvenation.

**Includes**
- Exfoliation, warm stone massage, demysting wrap and scalp treatment

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**Spirit of the Mountains**
- 100 minutes
- Indulge in a full body journey that provides balance through the use of desert herbs and mineral salts. This ancient tradition of healing is designed to cleanse, calm and soothe the body and mind. The spirit of the mountains will leave you in an oasis of luxury and shear rejuvenation.

**Includes**
- Exfoliation, warm stone massage, demysting wrap and scalp treatment

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**Date Scrub**
- 80 minutes
- Uplift your senses with our locally-made Date Scrub. A blend of finely ground dates, brown sugar and Kukui Coconut oil will gently exfoliate and detoxify the skin. A full body massage with essential blend of oils will leave you in a state of pure relaxation.

**Includes**
- Exfoliation with massage

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**Desert Wildflower Poultice Massage**
- 80 minutes
- A personalized massage designed to address individual ailments utilizing hemp-based active ingredients. Reduce pain and inflammation with up to four hemp products to optimize treatment benefits.

**Includes**
- Message and body work using CBD products

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**CBD Healing Recovery Massage**
- 90 minutes or 90 minutes
- A personalized massage designed to address individual ailments utilizing hemp-based active ingredients. Reduce pain and inflammation with up to four hemp products to optimize treatment benefits.

**Includes**
- Message and body work using CBD products

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**Sec-he Rock Ritual**
- 100 minutes
- Embark on a spa ritual that honors the desert surroundings and leave feeling a strong sense of connection and calm.

**Includes**
- Scrub, bath ritual and hot stone massage

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**Escape to The Ritz-Carlton, Rancho Mirage, where our resort’s luxury day Spa guides you on a journey. Our resort’s luxury day Spa’s exquisite hillside setting, surrounded by the beauty of the Palm Springs desert and rugged mountain tops, offers the perfect retreat — where holistic, indigenous herbs and plants enhance treatments designed to awaken the senses, refresh the body and renew the spirit.**
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 relieve common discomforts and sports-related tension.

WARM DESERT STONE MASSAGE
75 MINUTES
A therapeutic and rejuvenating treatment using warm stones to provide soothing, penetrating heat and a light to moderate pressure to soothe tired, aching muscles and aid relaxation.

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.

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.

CALIFORNIA COUPLE’S MASSAGE
80 MINUTES OR 50 MINUTES
Enjoy the experience of shared relaxation and well-being in our Couple’s Treatment Room. A customized massage enjoyed side-by-side with your special someone.
NOURISHED GLOW
50 MINUTES
Renew your smoothest, softest skin ever with this body exfoliation finishing with a deeply nourishing massage and oil application.
INCLUDES: Full body salt and oil exfoliation, back massage and oil application.

DETOXIFYING GLOW
70 MINUTES
Detoxify and wash away skin impurities with this body exfoliation and Vichy shower. A full body application of deeply nourishing body butter will leave you feeling refreshed and renewed.
INCLUDES: Detoxifying Salt & Oil exfoliation, Vichy shower rinse and full body hydration.

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 and scalp massage.

COOLING BODY THERAPY
50 MINUTES
Envelop yourself in a cool aloe vera cocoon that hydrates, soothes and repairs your skin. Ideal for post-sun or dehydrated skin.
INCLUDES: Cooling wrap, foot massage and moisturizer application.

INDIGENOUS DESERT CLAY WRAP
75 MINUTES
Uplift your senses, detoxify your skin and refresh your spirit with the healing properties of desert clay. Nature’s anti-inflammatory properties will leave your skin feeling refreshed and renewed and naturally beautiful.
INCLUDES: Body brushing, clay mask wrap, facial acupressure, scalp massage and hydrating application.
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.

INCLUSIONS: Deep brush cleanse, skin analysis, facial exfoliation, massage, mask, scalp massage
PERFORMED WITH ESPA PRODUCTS

ULTIMATE RADIANCE & RENEWAL FACIAL
80 minutes
Restore skin's vitality and reveal a bright, smooth and radiant youthful-looking complexion. The must-have treatment for immediate results prior to a special event.

INCLUSIONS: Deep brush cleanse, Skin Radiance Mask, age-defying crystal massage, lifting mask, scalp massage
PERFORMED WITH ESPA PRODUCTS

THE HYDRAFACIAL MD®
80 minutes or 50 minutes
A non-invasive, non-surgical anti-aging procedure that delivers instant results by using LED light therapy along with the benefits of the Hydrafacial MD technology.

50 MINUTES INCLUSIONS: Cleanse, gentle hydradermabrasion, vortex extraction, hyaluronic acid infusion
80 MINUTES INCLUSIONS: LED therapy, lymph drainage to the face and neck
PERFORMED WITH NATURA BISSE PRODUCTS

RESURFACING ORGANIC FACIAL
80 minutes or 50 minutes
Customized to address your individual skin needs, this facial uses the purest, active organic ingredients. Natural fruit enzymes gently exfoliate to leave your skin feeling fresh, smooth and glowing.

INCLUSIONS: Cleanse, organic peel, extraction, facial massage
PERFORMED WITH Eminence 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.

INCLUSIONS: Deep brush cleanse, skin analysis, facial exfoliation, specialized toning facial massage, mask, scalp massage
PERFORMED WITH ESPA PRODUCTS

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Customized to address your individual skin needs, this facial uses the purest, active organic ingredients. Natural fruit enzymes gently exfoliate to leave your skin feeling fresh, smooth and glowing.

INCLUSIONS: Cleanse, organic peel, extraction, facial massage
PERFORMED WITH Eminence Products

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80 minutes or 50 minutes
Instantly combat the most visible signs of skin aging—smoothing fine lines and reviving youthful radiance to your complexion.

INCLUSIONS: Deep brush cleanse, skin analysis, facial exfoliation, specialized toning facial massage, mask, scalp massage
PERFORMED WITH ESPA PRODUCTS
MEN

THE MEN’S MASSAGE
80 MINUTES
The ultimate male escape. Unwind in style with this rebalancing and intensively relaxing treatment that includes a full body massage using heated stones, facial massage and a soothing scalp massage.

STRESS RELIEF MASSAGE
80 MINUTES OR 50 MINUTES
Release tight 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 relieve common discomforts and sports related tension.

POWER HOUR
50 MINUTES
Intensely invigorating, this clarifying and smoothing treatment powerfully reawakens your senses, leaving you ready for anything.
Includes: Full body salt & oil exfoliation, back massage and oil application.

ACTIVITY RECOVERY
50 MINUTES
Return tight, aching muscles to peak condition with this focused, tension-relieving treatment.
Includes: Back exfoliation and massage, foot and lower leg exfoliation and massage.

THE MEN’S FACIAL
30 MINUTES
Deeply cleanse, hydrate and smooth skin, leaving your complexion instantly energized.
Includes: Double cleanse, facial exfoliation, steam and extraction, facial massage, neck, scalp massage.

THE HYDRAFACIAL MD®
80 MINUTES OR 50 MINUTES
A non-invasive, non-surgical anti-aging procedure that delivers instant results by using LED light therapy along with the benefits of the Hydrafacial MD technology.

Includes: LED therapy lymph drainage for the face and neck.

80 MINUTES INCLUDES: Cleansing, gentle hydradermabrasion, comedone extraction, hyaluronic acid infusion performed with Natura Bisse products.

50 MINUTES INCLUDES: Cleansing, gentle hydradermabrasion, comedone extraction, hyaluronic acid infusion performed with Natura Bisse products.

RANCHO MIRAGE
WELLNESS

PERSONAL TRAINING
50 MINUTES
A private, one-on-one personal training session with a certified trainer who focuses on specific needs and provides guidance on achieving personal fitness goals.

OMNIA
50 MINUTES
Move, Train, Play – Designed by world class experts, OMNIA offers infinite training possibilities in all kinds of training modalities: strength, endurance, stability, flexibility, coordination and speed – and satisfies the widest range of user needs, abilities and aspirations.

GROUP EXERCISE CLASSES
50 MINUTES
Dynamic, highly skilled fitness professionals will offer core classes in Body Sculpt, Yoga, Pilates, Group Cycling, or specialty classes like our Desert Boot Camp. All are geared to various levels of fitness and may be held inside our movement studio or outdoors (weather permitting).
FACIAL ENHANCEMENTS
Upgrade your facial services by choosing one or more from our list of additions. Enhancements must be purchased with a treatment.

MICRO-CURRENT
Improve muscle tone with the addition of this gentle electrical micro-current to any facial.

KINESIO MASK
Repair and firm, lift and hydrate, brighten and energize, reduce dark circles and puffiness, minimize pores, inflammation and discoloration, smooth under eyes and lips.

LIFESTAGE ANTI-AGEING BOOSTERS
Boost any facial by using the technologically advanced LIFESTAGE serums and moisturizers to address all the most visible signs of ageing

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

BODY ENHANCEMENTS
Upgrade your body services by choosing one or more from our list of additions. Enhancements must be purchased with a treatment.

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

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.

CBD OIL
Infuse any massage with the healing benefits of CBD oil.

MOOROCCAN OIL SCALP TREATMENT
Using the strengthening properties of Moroccan Oil with a deeply relaxing scalp massage to reduce tension, condition the scalp and leave you with beautifully healthy hair.

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

RANCHO MIRAGE

ENHANCEMENTS
Guests of The Ritz-Carlton Spa, Rancho Mirage must be 18 years of age or older to enjoy spa services. Spa facilities, including locker rooms, wet lounges, the whirlpools and relaxation areas, are available for a $50 daily fee. The fee is reduced to $25 after 3:00 p.m. daily. This fee is waived with the purchase of a massage or facial service.

The spa concierge will reserve treatment times and assist with selecting treatments. Please notify the spa concierge if you have high blood pressure, allergies, physical ailments, disabilities or are pregnant. While a few services should be avoided during pregnancy, there are treatments that can be enjoyed.

For your enhanced comfort and relaxation, we suggest you arrive 30 minutes before your scheduled treatment to allow time to enjoy the lounges, saunas, steam rooms and whirlpools. Arriving late will limit the time for your treatment, thus decreasing its effectiveness and your pleasure. Your treatment time will end on time, so the next guest is not delayed. The full value of your treatment will be charged.

The Ritz-Carlton Spa, Rancho Mirage wet lounges allow guests to delight in one of the most soothing sensations available to the human organism, a soothing waterfall and mountain-scape views. Bathing rituals should be alternated with cooling showers to encourage circulation and stimulate natural cleansing. At least an hour should be allowed. The key to experience these services successfully is to remain hydrated.

CANCELLATION POLICY
If you must cancel your individual appointment, please notify us at least 24 hours in advance to avoid being charged a full service fee. Any appointments rescheduled within 24-hour window will incur a move fee of $45.

GIFT CARDS
Personalized spa gift cards are available and can be applied towards the purchase of services or products. You are prohibited from bringing any food or alcohol into the spa. Please inquire with our spa attendants regarding the food and beverage menu options available inside The Ritz-Carlton Spa, Rancho Mirage. We do not permit any glass containers or food inside our wet lounges or near whirlpools.

RESORT POOLS
Only resort guests may enjoy the swimming pools at The Ritz Carlton, Rancho Mirage. Local day spa visitors may only enjoy the wet facilities located within The Ritz-Carlton Spa.