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.
Escape to The Ritz-Carlton, Rancho Mirage, where our resort’s spa guides you on a journey. Our luxury day spa’s estate-like 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.

### Spirit of the Mountains

**100 minutes**
Indulge in a blissful 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 sheer rejuvenation.

**Includes**
- Exfoliation
- Warm stone massage
- Detoxifying wrap
- Scalp treatment

### Desert Wildflower Poultice Massage

**80 minutes**
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

### Sec-He Rock Ritual

**100 minutes**
Inhabited by 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
- Hot stone massage
DEEP MUSCLE MASSAGE
50 MINUTES OR 80 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
50 MINUTES OR 80 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
50 MINUTES OR 80 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.

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.

NATURALLY NURTURED MASSAGE
50 MINUTES OR 80 MINUTES
Nurture and revitalize body and skin when you need it most with the gentle, restorative and entirely tailor-made massage. Ideal for expectant mothers after the first trimester.

CALIFORNIA COUPLE’S MASSAGE
50 MINUTES OR 80 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.

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50 MINUTES OR 80 MINUTES
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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.

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.

Nourished Glow 50 minutes
Revive 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.

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.

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Includes: Body brushing, clay mask wrap, facial acupressure, scalp massage and hydrating application.
CUSTOM FACIAL
50 minutes or 80 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 and mask, scalp massage
Performed with ESPA products

ULTIMATE RADIANCE & RENEWAL FACIAL
90 minutes
Restore skin’s vitality and reveal a bright, smooth and Youthfully-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

THE HYDRAFACIAL MD®
50 minutes or 80 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 includes: Cleansing, gentle hydrate exfoliation, vortex extraction, hyaluronic acid infusion
80 minutes includes: LED therapy lymph drainage for the face and neck
Performed with Natura Bisse products

AGE-DEFYING FACIAL
50 minutes or 80 minutes
Instantly combat the most visible signs of skin aging - smoothing fine lines and revealing youthful radiance to your complexion.
Includes: Deep brush cleanse, skin analysis, facial exfoliation, specialized toning facial massage, mask, scalp massage
Performed with ESPA products

RESURFACING ORGANIC FACIAL
50 minutes or 80 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.
Includes: Cleanser, organic peel, extractions, Peptide moisturizer
Performed with Eminence products

HYDRATING CITRUS DRENCH
50 minutes
This rich Vitamin C infused treatment stimulates collagen production, increases skin’s firmness and reduces sun damage. Renewing ingredients improve skin clarity leaving your skin nourished and revitalized.
Includes: Cleanser, enzyme exfoliation, Peptide moisturizer
Performed with Natura Bisse products
**THE MEN’S MASSAGE**

60 MINUTES

The ultimate male escape. Unwind in style with this relaxing and invigorating treatment that includes a full body massage using heated stones, facial massage and a soothing scalp massage.

**MUSCLE RECOVERY MASSAGE**

50 MINUTES OR 80 MINUTES

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

**STRESS RELIEF MASSAGE**

50 MINUTES OR 80 MINUTES

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.

**POWER HOUR**

50 MINUTES

Intensively revitalize, this clarifying and smoothing treatment powerfully reawakens your senses, leaving you ready for anything.

**THE MEN’S FACIAL**

50 MINUTES

Deeply cleanse, hydrate and smooth skin, leaving your complexion instantly energized.

**THE HYDRAFACIAL MD®**

50 MINUTES OR 80 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.

**ACTIVITY RECOVERY**

50 MINUTES

Return tight, aching muscles to peak condition with this focused, tension-relieving treatment.

**THE HYDRAFACIAL MD®**

50 MINUTES OR 80 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.

**THE RITE—CARLTON #7A**

50 MINUTES

Includes back exfoliation and massage, foot and lower leg exfoliation and massage.

**PERFORMED WITH ESPA PRODUCTS**

50 MINUTES

Includes double cleanse, facial exfoliation, steam and extraction, facial massage, mask, scalp massage.

**PERFORMED WITH ESPA PRODUCTS**

80 MINUTES

Includes LED therapy lymph drainage for the face and neck.

**PERFORMED WITH ESPA PRODUCTS**

Includes back exfoliation and massage, foot and lower leg exfoliation and massage.
PERSONAL TRAINING
30 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
30 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
30 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).
ENHANCEMENTS

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

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

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

EYE TREATMENT
Target deep absorption of any facial serum around the eye area with the Opal treatment.

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

MOROCCAN 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.

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.

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.

MOROCCAN 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.

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LIFESTAGE ANTI-AGING BOOSTERS
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Guests of The Ritz-Carlton Spa, Ritz-Carlton 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 $24 daily fee. The fee is reduced to $12 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 services 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, Ritz-Carlton uses spa techniques that involve gentle movements which encourage circulation and promote a sense of well-being. A thorough pre-treatment consultation allows the team to customize your spa experience.

Please note that our professional therapists are not required to provide a massage or consultation. While a massage is provided, your treatment continues with one or more additional services. All treatments are customized to meet your needs and preferences.

The Fitness Center is open 24 hours for resort guests and Club Members. The Fitness Center is open 24 hours for resort guests and Club Members.

CANCELLATION POLICY
If you must cancel your individual appointment, please notify us six hours before your scheduled time to avoid being charged the full service fee. Any appointments rescheduled within the six-hour window will incur a move fee of $45.

CANCELLATIONS OF PSEUDOMASSAGE SESSIONS OR EXERCISE CLASSES REQUIRE A 24-HOUR NOTICE. CANCELLATIONS OF PACKAGES OR SMALL PRIVATE PARTIES REQUIRE A 72-HOUR NOTICE. CANCELLATIONS OF LARGE GROUPS REQUIRE A 2-WEEK NOTICE. A CREDIT CARD NUMBER IS REQUIRED AT TIME OF BOOKING.

GIFT CARDS
Personalized spa gift cards are available and can be applied towards the purchase of services or products.

FOOD AND BEVERAGE
You are prohibited from bringing any food or alcoholic beverages into the spa. Please inquire with our spa attendants regarding the food and beverage menu options available at The Ritz-Carlton Spa, Ritz-Carlton. Please note that for the safety of our guests, we do not permit any glass containers of food inside our wet lounges or near whirlpools.

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

For more information, please contact the spa at 760.202.6170 or visit us at: www.ritzcarlton.com/ranchomirage