Nestled along the glistening waters of Lake Michigan and above architecture that awes on The Magnificent Mile, a serene spa experience awaits you at The Ritz-Carlton Spa, Chicago. Inspired by the shores of our surroundings, the Spa offers a tranquil retreat designed to nourish the mind, body and soul.
Experience

Indulgent Drench Body Massage
80 minutes
Melt away the day’s fatigue and tension. The indulgent treatment is guaranteed to leave the body soothed, hydrated and radiant. The indulgent Drench Body Experience harnesses the benefits of hydrating essential oils to provide ultimate nourishment and repair. The body is prepared with a gentle exfoliation to purify and nourish. A full body aromatherapy massage is then performed with warm river stones to melt away tension, restore hydration to the skin and equilibrate to the mind.

Includes
- Exfoliating body polish
- Full body hot stone massage

Indulgent Drench Body Experience
80 minutes
Melt away the day’s fatigue and tension. The indulgent treatment is guaranteed to leave the body soothed, hydrated and radiant. The indulgent Drench Body Experience harnesses the benefits of hydrating essential oils to provide ultimate nourishment and repair. The body is prepared with a gentle exfoliation to purify and nourish. A full body aromatherapy massage is then performed with warm river stones to melt away tension, restore hydration to the skin and equilibrate to the mind.

Includes
- Exfoliating body polish
- Full body hot stone massage

Hydralifting Facial
80 minutes
Indulge in a blissful journey that provides a hydrating technique to cleanse and strengthen the skin. Incorporating hyaluronic acid to hydrate, plump and reduce the depth of fine lines and wrinkles. The unique qualities of this nourishing facial leave the skin moisturized, renewed and fortified at a cellular level.

Includes
- Cleanse, exfoliation, hyaluronic acid mask
- Lifting massage
- Full body massage

Escape to The Ritz-Carlton, Chicago where our Spa guides you on a journey of revitalization. Nestling on the shores of greatness, our luxury day Spa’s interior space is inspired by magnificent surroundings of Lake Michigan and offers hydration inspired experiences designed to awaken the senses, nourish 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 help relieve common discomforts and sports-related tension.

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.

Hot River Stone Massage
80 minutes
A therapeutic and rejuvenating massage using warm river stones and a moderate to deep pressure to intensely soothe tired, aching muscles and aid relaxation.

Stress Relief Massage
80 minutes or 50 minutes
Recharge your body with this traditional massage using moderate to firm pressure to leave a feeling of revitalization and relaxation.

Side by Side Massage
80 minutes or 50 minutes
Choose any of our massage treatments and share the experience of well-being and relaxation with someone special in our side by side suite.

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.
ULTIMATE BODY EXPERIENCE
110 MINUTES
Achieve real results with this highly effective treatment. Combining a detoxifying or skin conditioning body wrap with a tailor-made massage, this revitalizing treatment deeply relaxes, cleanses and restores.
INCLUDED: Full body exfoliation, body wrap, scalp massage, 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.
INCLUDED: Full body exfoliation, back massage and oil application.

DETOXIFYING CONTOURING TREATMENT
80 MINUTES OR 50 MINUTES
Purify your body, boost circulation and target uneven skin tone with this deeply smoothing and contouring hip and thigh treatment.
INCLUDED: Skin brush, detoxifying salt and oil scrub, detoxifying massage to hip and thigh areas, specialized abdominal massage.

BODY BALANCER
50 MINUTES
Achieve real results with this highly effective treatment. Combining a detoxifying or skin conditioning body wrap with a tailor-made massage, this revitalizing treatment deeply relaxes, cleanses and restores.
INCLUDED: Full body exfoliation, body wrap, scalp massage, full body massage.

SOLE REVIVER
50 MINUTES
Foot massage is an essential element of Chinese tradition and therapy. Concentrating on the reflex zones of the feet, this blissful treatment alleviates aches while relaxing and restoring the body and mind.
INCLUDED: Foot and leg exfoliation, aromatic foot massage.

BODY

REVEAL YOUR SMOOTHEST, SOFTEST SKIN EVER WITH THIS BODY EXFOLIATION, FINISHING WITH A DEEPLY NOURISHING OIL APPLICATION AND PERSONALIZED BACK MASSAGE.

INCLUDED: FULL BODY EXFOLIATION, BACK MASSAGE AND OIL APPLICATION.

DETACHING CONTOURING TREATMENT
80 MINUTES OR 50 MINUTES
PURIFY YOUR BODY, BOOST CIRCULATION AND TARGET EVEN SKIN TONE WITH THIS DEEPLY SMOOTHING AND CONTOURING HIP AND THIGH TREATMENT.
INCLUDED: SKIN BRUSH, DETOXIFYING SALT AND OIL SCRUB, DETOXIFYING MASSAGE TO HIP AND THIGH AREAS, SPECIALIZED ABDOMINAL MASSAGE.

ACHIEVE REAL RESULTS WITH THIS HIGHLY EFFECTIVE TREATMENT. COMBINING A DETOXIFYING OR SKIN CONDITIONING BODY WRAP WITH A TAILOR-MADE MASSAGE, THIS REVITALIZING TREATMENT DEEPLY RELAXES, CLEANSES AND RESTORES.
INCLUDED: FULL BODY EXFOLIATION, BODY WRAP, SCALP MASSAGE, FULL BODY MASSAGE.

FOOT MASSAGE IS AN ESSENTIAL ELEMENT OF CHINESE TRADITION AND THERAPY. CONCENTRATING ON THE REFLEX ZONES OF THE FEET, THIS BLISSFUL TREATMENT ALLEVIATES ACHE WHILE RELAXING AND RESTORING THE BODY AND MIND.
INCLUDED: FOOT AND LEG EXFOLIATION, AROMATIC FOOT MASSAGE.

ACHIEVE REAL RESULTS WITH THIS HIGHLY EFFECTIVE TREATMENT. COMBINING A DETOXIFYING OR SKIN CONDITIONING BODY WRAP WITH A TAILOR-MADE MASSAGE, THIS REVITALIZING TREATMENT DEEPLY RELAXES, CLEANSES AND RESTORES.
INCLUDED: FULL BODY EXFOLIATION, BODY WRAP, SCALP MASSAGE, FULL BODY MASSAGE.
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:
- 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.

Includes:
- Deep brush cleanse
- Skin radiance mask
- Age-defying crystal massage
- Lifting 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 restoring youthful radiance to your complexion.

Includes:
- Deep brush cleanse
- Skin analysis
- Facial exfoliation
- Special toning facial massage
- Mask

Performed with ESPA Products

ANTIOXIDANT POWER PEEL FACIAL
50 minutes
This high-powered facial treatment is gentle enough for all skin types and uses the purest natural anti-oxidants and vitamins to tighten and renew the skin.

Includes:
- Deep brush cleanse
- Skin analysis
- Enzyme peel
- Facial massage
- Mask

Performed with ESPA and Cosmedix Products

THE RITZE-CARLYON SPA
CHICAGO
RELAXATION MASSAGE
80 MINUTES OR 50 MINUTES
Unwind and de-stress with this aromatic aromatherapy massage using light to moderate pressure and a blend of essential oils to melt away 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.

POWER HOUR
50 MINUTES
Intensely invigorating, this clarifying and smoothing treatment powerfully reawakens your senses leaving you ready for anything.

EXCLUSIVE OFFER
Save 25% on your next spa treatment when you book online.

THE MEN’S MASSAGE
80 MINUTES OR 50 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
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 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.

THE MANICURE
25 MINUTES
Essential maintenance for hands.

THE PEDICURE
50 MINUTES
Maintain amazing results and keep nails in good condition with this conditioning treatment.

THE power hour
50 MINUTES
Intensely invigorating, this clarifying and smoothing treatment powerfully reawakens your senses leaving you ready for anything.

EXCLUSIVE OFFER
Save 25% on your next spa treatment when you book online.

THE BITC- CARLTON KTA

CHICAGO

THE BITC- CARLTON KTA

CHICAGO

THE BITC- CARLTON KTA

CHICAGO
ULTIMATE MANICURE
50 MINUTES
This indulgent treatment provides long-lasting results with the use of deeply nourishing products to repair, replenish and condition your nails.
INCLUDES: Soak, cut and file, exfoliation, cuticle work, message, personalized mask, paraffin wax, polish or buff

ULTIMATE PEDICURE
80 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 shape, exfoliation, cuticle work, massage, personalized mask, paraffin wax, polish or buff

PEDICURE
50 MINUTES
Maintain amazing results and keep nails in good condition with this conditioning treatment.
INCLUDES: Soak, cut and file shape, exfoliation, cuticle work, application of body cream, polish or buff

MANICURE
40 MINUTES
Essential maintenance for hands.
INCLUDES: Soak, cut and file, exfoliation, cuticle work, massage, application of hand cream, polish or buff

NO-CHIP PEDICURE OR MANICURE
50 MINUTES EACH
A revolutionary power polish is applied and set under UV lighting. Your nails are completely dry by the time your manicure or pedicure is over, and you will have an incredibly durable, chip-free finish for two weeks with superior shine.
INCLUDES: Soak, cut and file, exfoliation, cuticle work, massage, gel application.
EnhanCements

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

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.

Hand or Foot Reviver
Reveal brighter skin with this exfoliating and nourishing treatment that will leave hands or feet smooth, soft and bright. Add to any facial, massage or body treatment.

Hot Stone Melter
Enhance any massage with smooth basalt stones that radiate heat deep inside the muscles to relieve deep seated tension and stress.

Moroccanoil Scalp Treatment
Using the strengthening properties of Moroccanoil with a deeply relaxing scalp massage reduce tension, condition the scalp and leave you with beautifully healthy hair. Perfect addition to any facial, massage or selected body 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. Also refines skin texture, softens and restores suppleness.

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

Eye and/or lip treatment
Enhance any facial while helping to reduce the appearance of fine lines and dark circles, with this powerful anti-aging cream.

Dry Skin Brushing
Enjoy a refreshing body exfoliation prior to any massage to instantly soften, smooth and revitalize your skin.

Paraffin Treatment
The gold standard of paraffin treatments, using ultra-moisturizing essential oils to soothe and moisturize your hands and feet.
To enjoy your spa experience to the fullest potential, please familiarize yourself with these Spa Guidelines.

**TIME OF RESERVATION**
Please inform the Reservation Agent of the following:
- Allergies or medical conditions, including pregnancy
- 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.

**ARRIVAL TIME**
Please arrive at least 30 minutes prior to your scheduled treatment. This will allow time to relax in the lounge and use the saunas and steam rooms. If you arrive late to your appointment your treatment cannot be extended, and you will be charged the full value.

**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 CELL PHONES, ELECTRONIC DEVICES, CAMERAS**
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 may be turned off.

**AGE REQUIREMENTS**
You must be 18 years of age or older to enjoy the spa relaxation areas. Massages and facials cannot be performed on anyone under the age of 18 years. Night services are available for children 6 years of age or older. Parent must be present if a minor service is to be provided to the parent.

**TREATMENT RECOMMENDATIONS**
Shaving is not recommended prior to body treatments or hair removal services.

**WHILE DEPARTING THE SPA**
Please be sure to check out at the spa’s Front Desk before you depart.

**LOCKER AREAS**
Locker areas and lockers are complimentary to spa guests who have a minimum of a 50-minute service and are 18 years of age or older. Lockers, hair dryers, and slippers are provided in the ladies’ and gentlemen’s lounges.

**FOOD AND BEVERAGE**
You are prohibited from bringing any food or alcohol onto the spa. Please inquire with our spa attendants regarding the food and beverage menu options available inside the spa. Please note that for the safety of our guests, we do not permit any glass containers or food inside our steam room or near the pool.

**METHOD OF PAYMENT**
We accept all major credit cards and cash. Spa charges can also be added to room charges for guests staying at the hotel.

**GRATUITIES**
Gratuities are discretionary to the spa staff members who serve you during your visit. All gratuities are at your discretion.

**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. Any appointments rescheduled within the 24-hour window will incur a move fee of $56. Cancellations of packages or private parties require one week’s notice from time of the appointment.

To reserve your spa appointment online, visit us at ritzcarlton.com/chicago or contact 312.573.4915.

**GUIDELINES**