

*Let us make the world  
revolve around you.*

# ESCAPE

Explore your senses by uncovering a Fort Lauderdale beach resort that embodies oceanfront luxury. Unwind under the expert hands of our spa therapists at our destination spa featuring wet areas, hair and nail salon, relaxation room and an intracoastal water view fitness center.



Fort Lauderdale has been home to native tribes for centuries to which the corn harvest was of great importance, as it symbolized both their spiritual and physical needs. At harvest time, these tribes celebrated a cleansing ritual called the Green Corn Ceremony. This belief in the cleansing benefits of this ancient ritual is respected in our local experience, the Cleansing Ceremony.



THE RITZ · CARLTON SPA

# EXPERIENCE

## CLEANSING CEREMONY

80 MINUTES

This uplifting journey uses cleansing and detoxifying ingredients to leave the body wonderfully uplifted. Circulation is stimulated through a full body exfoliation using iced mitts followed with a detoxifying lymphatic drainage massage to help the body eliminate toxins, tone the skin and revitalize the mind. The ideal treatment to address problem areas prone to cellulite, fluid retention and uneven skin texture.

**INCLUDES** Full Body Scrub, Detoxifying Massage

## INTUITIVE OCEAN

110 MINUTES

Harnessing the benefits the ocean provides, this treatment is re-mineralizing, nurturing and relaxing. Using sea salts to smooth the skin, the body is then comfortably wrapped in skin nourishing warm marine mud. A full-body massage completes the experience to leave a feeling of calm and well-being.

**INCLUDES** Salt & Oil Scrub, Marine Body Wrap, Scalp Massage, Body Massage

## REBALANCING CITRUS SPRING

80 MINUTES

This truly relaxing, warming and grounding treatment tempts total calm with a citrus scrub coupled with a full-body stone massage. Using mandarin and orange oils known for their rebalancing properties, the treatment rebalances and harmonizes the mind while at the same time giving nourishment and regeneration to tired, dull, lifeless skin.

**INCLUDES** Full Body Sugar & Mandarin Scrub, 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. Deep movements and stretching techniques concentrate on specific areas of concern and alleviate common discomforts and sports-related tension.

## HOT STONE MASSAGE

50 MINUTES **OR** 80 MINUTES

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



THE RITZ-CARLTON SPA



# MASSAGE

## STRESS RELIEF MASSAGE

50 MINUTES **OR** 80 MINUTES

Unwind and de-stress with this aromatic bespoke treatment. This soothing aromatherapy massage melts away tension and uses a blend of essential oils chosen to suit your specific needs.

## NATURALLY NURTURED MASSAGE

50 MINUTES **OR** 80 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 or those recuperating from treatment.

## RELAXATION MASSAGE

50 MINUTES **OR** 80 MINUTES

A traditional and invigorating massage using firm pressure that swiftly revives tired and fatigued muscles, leaving a feeling of revitalization and relaxation.

## SOLE REVIVER

50 MINUTES

Foot massage is an essential element of Chinese tradition and is an ancient form of therapy. Concentrating solely on the feet and lower legs, this blissful treat not only alleviates aches but also relaxes and restores body and mind.

**INCLUDES** Foot/Leg Exfoliation & Massage

## COUPLES MASSAGE

50 MINUTES **OR** 80 MINUTES

Share any of our wonderful massage experiences side by side with a loved one or a friend in the couple's massage room for two.

## CABANA TREATMENTS

Enjoy a massage treatment overlooking the Atlantic from one of our private oceanfront cabanas.



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# BODY

## BODY BALANCER

50 MINUTES

Feel the tension in your upper body melt away with this multi-stage reviving treatment, focusing on your back, scalp and face.

**INCLUDES** Back Exfoliation & Massage, Facial Massage, Scalp Massage

## NOURISHED GLOW

50 MINUTES

Reveal your smoothest, softest skin ever with this divine body exfoliation, combining sea salts and our custom oils and finishing with a deeply nourishing massage.

**INCLUDES** Full Body Exfoliation with Salt & Oil, or Body Brush & Exfoliating Polish and Massage

## ACTIVITY RECOVERY

80 MINUTES

After a hard day in the Florida sun, our Activity Recovery returns tight, aching muscles to peak condition with this focused tension-relieving treatment.

**INCLUDES** Foot Soak & Exfoliation, Foot & Leg Massage, Back Exfoliation & Massage

## PERSONALIZED WRAP

60 MINUTES

Deeply cleanse, refine and nourish your body with this beautifully enhancing bespoke body treatment using detoxifying algae or nourishing and remineralizing marine mud.

**INCLUDES** Body Exfoliation, Algae or Mud Envelopment, Scalp Massage



## CUSTOM FACIAL

50 MINUTES OR 80 MINUTES

Purify, hydrate, brighten and smooth your complexion with this radiance-restoring and uniquely tailored expert facial. Your therapist will personalize both intensive facial techniques and superior skincare to achieve your maximum desired results.

**INCLUDES** Deep Brush Cleanse, Skin Analysis, Facial Exfoliation, Massage & Mask, Scalp Massage

**PERFORMED WITH ESPA PRODUCTS**



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# FACIAL

## AGE DEFYING FACIAL

50 MINUTES **OR** 80 MINUTES

Instantly combats the most visible signs of skin aging—smoothing fine lines and reviving youthful radiance in your complexion. Visible improvements to your skin's appearance is achieved by incorporating the use of special age-defying massage techniques and products.

**INCLUDES** Deep Brush Cleanse, Skin Analysis, Facial Exfoliation, Specialized Toning Facial Massage, Mask, Scalp Massage

**PERFORMED WITH ESPA PRODUCTS**

## ULTIMATE RADIANCE & RENEWAL FACIAL

80 MINUTES

Restore your skin's vitality revealing a bright, smooth and radiant complexion. Suitable for all skin types and ages, this facial combines gentle exfoliation and revolutionary products that remove dead skin cells and powerfully brighten skin tone. Continues with an age-defying soothing massage using rose quartz crystals and finishes with a Lifting and Smoothing Mask.

**INCLUDES** Deep Brush Cleanse, Skin Radiance Mask, Age-Defying Crystal Massage, Professional Lifting Mask

**PERFORMED WITH ESPA PRODUCTS**

## RESURFACING FACIAL

50 MINUTES

Improve the appearance of fine lines, wrinkles and pigmentation as well as stimulate collagen production with this resurfacing facial.

**INCLUDES** Facial Massage, Peel, Moisturizer  
**PERFORMED WITH SKINCEUTICALS PRODUCTS**

## BIODYNAMIC FACIAL

50 MINUTES

Sensitive skin will celebrate with this 99% organic, hypoallergenic Biodynamic facial. Made with naturally potent and organic ingredients like radish seed, apricot, primrose and melon to help refine and rejuvenate even the most sensitive skin.

**INCLUDES** Cleanse, Facial Massage, Healing Mask, Hydrating Moisturizer

**PERFORMED WITH EMINENCE PRODUCTS**





## THE MEN'S MASSAGE

80 MINUTES

The ultimate male escape. Unwind in style with this rebalancing, intensely relaxing treatment. Encompassing a facial massage, heated stones are used in this full-body massage, completes with a scalp massage.

## MUSCLE RECOVERY MASSAGE

50 MINUTES OR 80 MINUTES

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



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# MEN

## RELAXATION MASSAGE

50 MINUTES **OR** 80 MINUTES

A traditional and invigorating massage using firm pressure that swiftly revives tired and fatigued muscles, leaving a feeling of revitalization and deep relaxation.

## STRESS RELIEF MASSAGE

50 MINUTES **OR** 80 MINUTES

Unwind and de-stress with this aromatic bespoke treatment. Melt away stress with this soothing aromatherapy massage that uses a blend of aromatherapy oils chosen to suit your specific needs.

## ACTIVITY RECOVERY

80 MINUTES

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

**INCLUDES** Foot Soak & Exfoliation, Foot & Leg Massage, Back Exfoliation & Massage

## POWER HOUR

50 MINUTES

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

**INCLUDES** Full Body Salt & Oil Exfoliation, Back Massage

## THE MEN'S FACIAL

50 MINUTES

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

**INCLUDES** Double Cleanse, Facial Exfoliation, Steam & Extraction, Facial Massage, Mask, Scalp Massage

**PERFORMED WITH ESPA PRODUCTS**

## GENTLEMAN'S MANICURE

25 MINUTES

Essential maintenance for hands.

**INCLUDES** Soak, Cut & File, Cuticle Work, Application of Hand Cream, Polish or Buff

## GENTLEMAN'S PEDICURE

50 MINUTES

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

**INCLUDES** Soak, Nail File & Shape, Exfoliate, Cuticle Work, Application of Body Cream, Polish or Buff



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# BEAUTY

## MANICURE

40 MINUTES

Essential maintenance for hands.

**INCLUDES** Soak, Cut & File, Cuticle Work, Application of Hand Cream, Polish or Buff

## PEDICURE

50 MINUTES

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

**INCLUDES** Soak, Nail File & Shape, Exfoliate, Cuticle Work, Application of Body Cream, Polish or Buff

## ULTIMATE MANICURE

50 MINUTES

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

**INCLUDES** Soak, Cut & File, Exfoliate, Cuticle Work, Massage, 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, Nail File & Shape, Exfoliate, Cuticle Work, Massage, Personalized Mask, Paraffin Wax, Polish or Buff

## SHELLAC MANICURE OR PEDICURE

50 MINUTES

A revolutionary shellac lacquer that is a power polish; it is painted on like a varnish and set under UV lightning. Your nails are completely dry by the time your manicure is over, and you will have an incredibly durable, chip-free manicure for two weeks with superior shine.

**INCLUDES** Soak, Cut & File, Exfoliate, Cuticle Work, Massage, Shellac Application





THE RITZ-CARLTON SPA



# ENHANCEMENTS

## FACIAL ENHANCEMENTS

### FACIAL BOOSTERS

Select from our extensive range of boosters, peels and masks to complement your facial experience.

### 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.

### HAND/FOOT REVIVER

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

## BODY ENHANCEMENTS

### HOT STONE MELTER

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

### REFLEX ZONE MASSAGE POINTS

This revitalizing treatment for tired feet and heavy legs can help reduce puffiness and soothe aches and pains.

### HAIR CONDITIONING TREATMENT

Combining the strengthening properties of Moroccan Oil and the conditioning benefits of Pink Hair & Scalp Mud with a deeply relaxing scalp massage to reduce tension and leave you with beautifully healthy hair.

### SMOOTH & FIRM BODY BUTTER

Combine the sublime benefits of a lifting and smoothing body butter with body massage oil for rich melting hydration to refine skin texture, soften and restore suppleness.

### BACK REVIVER

Enjoy a refreshing back exfoliation prior to any massage to instantly soften, smooth and revitalize your skin.

# 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 Service Provider
- + 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. Arriving late will simply limit the time of your treatment, thus lessening its effectiveness and your pleasure. Your treatment time will not be extended as we cannot delay the next guest and the full value of your treatment will be charged.

## **WHILE VISITING THE SPA**

### **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 must be turned off.

### **AGE REQUIREMENTS**

You must be 18 years of age or older to enjoy the spa relaxation areas, locker areas and pool. Massages and facials cannot be performed on anyone under the age of 18 years. 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.

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 conditions, please notify your therapist immediately.

### **WHILE DEPARTING THE SPA**

Please be sure to check out at the Front Desk of the spa before you depart. Valet parking will be available at a discount for spa guests.

### **LOCKER AREAS**

Locker areas and facilities are complimentary to spa guests who have a minimum of a 50-minute service and are 18 years of age or older. Robes and slippers are provided in the ladies' and gentlemen's lounges.

### **FOOD AND BEVERAGE**

Guests are prohibited from bringing any outside food or alcohol into the spa. A guest appearing intoxicated will be denied access to the spa.

### **METHOD OF PAYMENT**

We accept all major credit cards, cash or The Ritz-Carlton, Fort Lauderdale room charge.

### **GRATUITIES**

For your convenience, a 20% gratuity will be added to each spa service. Gratuities are disbursed to the spa staff members who serve you during your visit. Additional gratuities are at your discretion.

### **CANCELLATION POLICY**

If you must reschedule or cancel your appointment, please notify the spa at least twenty-four (24) hours in advance of your appointment to avoid being charged the full service fee. Any appointments rescheduled within the twenty-four (24) hour window will incur a move fee of \$25. Cancellations of packages or private parties require one week's notice.