

*Let us make the world
revolve around you.*

ESCAPE

The tranquil sound of crashing waves along with the beauty of the Northern California coast are among the highlights at The Ritz-Carlton Spa, Half Moon Bay. Here, the outside world is shut out, and guests can immerse themselves in an experience intended to not only restore the body, but rejuvenate the spirit as well.



WELLNESS

Optimum wellness is supported by developing our ability adapt well physically, mentally and spiritually to the challenges of everyday life. The Ritz-Carlton Meaningful Wellness Journeys nurture and encourage this adaptability by providing experiences and habits to build inherent resilience, strength and fortitude for Mind, Body and Skin.

MIND

THE ART OF WELLNESS MASSAGE

80 MINUTES

Bring healing and wellness to the mind, body & soul with this unique transformative treatment that creates a state of pure bliss. Guided breathing and visualization together with a deeply therapeutic Salt Stone and Rose Quartz Crystal massage releases physical tension and relaxes the mind to embrace the art of letting go.

BODY

BAMBOO MUSCLE REVIVING MASSAGE

80 MINUTES

If you exercise regularly, this energetic full body treatment is ideal for improving flexibility and joint mobility. Free flowing, fast paced massage using bamboo releases deep tension, slows busy minds and helps elongate tight muscles to leave you feeling relaxed and revitalized.

COASTAL LAVENDER INDULGENCE

80 MINUTES

Encourage a restful night's sleep with the intoxicating aroma of lavender. Exfoliation treatment for your back and feet will help you prepare to relax in a warm fragrant cocoon and feel the day's tension slip away. The Experience is completed with a light pressure massage. Ideal for jet-lagged or sleep-deprived guests.

INCLUDES Back and foot exfoliation and massage

SKIN

REDWOOD FOREST RITUAL

80 MINUTES

Inspired by the surrounding California Redwoods, this treatment will take you on a journey that stimulates your senses and revitalizes your soul. Using a variety of indigenous earthy herbs and wood blends in a hot poultice massage, this cleanse will leave you feeling grounded, complete and restored.

SPIRIT OF THE SEASON

80 MINUTES

Enjoy this indigenous and seasonal facial utilizing natural and locally harvested ingredients. May include micro-current or treatment ampoule depending upon your skin's needs. Suitable for all skin types.

INCLUDES Cleanse, exfoliation, seasonal mask, moisturizer, hand treatment



THE RITZ-CARLTON SPA

HALF MOON BAY

MASSAGE

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 concentrate 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.

HOT STONE MASSAGE

80 MINUTES

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

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.

COUPLES MASSAGE

80 MINUTES OR 50 MINUTES

Enjoy a Relaxation Massage side by side in the comfort of our private couple's room.

Additional massage options available. Please inquire with the Spa.





BODY

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 exfoliation, back massage and 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 and scalp massage

GOLF RECOVERY

50 MINUTES

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

INCLUDES Back exfoliation and massage, foot and leg exfoliation and 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 and 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 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 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

ORGANIC FACIAL

80 MINUTES OR 50 MINUTES

Cleanse, exfoliate and brighten dull skin with this perfect combination of organic serums, masques and moisturizers that will leave your skin feeling clean and refreshed.

INCLUDES Exfoliation, appropriate mask, massage, hydration and may include extractions

PERFORMED WITH EMINENCE PRODUCTS



THE RITZ-CARLTON SPA

HALF MOON BAY

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MEN

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.

MUSCLE RECOVERY MASSAGE

80 MINUTES OR 50 MINUTES

Recharge your body with this powerful massage designed to alleviate deep-seated tension and muscular stress. Specific areas of concern are addressed using deep movements and stretching techniques to 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.

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, 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, with this facial that leaves your complexion instantly energized.

INCLUDES Double cleanse, facial exfoliation, steam and extraction, facial massage, mask, scalp massage

PERFORMED WITH ESPA PRODUCTS



THE RITZ-CARLTON SPA

HALF MOON BAY

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MOVEMENT

TENNIS

Featuring six lighted tennis courts for a casual one-on-one game, private lessons* or group clinic*. Included in the resort fee are the following tennis amenities: court reservations, tennis rackets, tennis balls and usage of ball machine. Please dial 7663 for more information.

BIKE RENTALS

Ride the stunning Coastal Trail that runs alongside our resort overlooking the Pacific Ocean approximately 6.5 miles in length. Bicycles are available to borrow daily 7:30 a.m. to 7 p.m. at the Colony Club for leisure rides of any length. Bikes are adjustable to adult sizes with key activated bike locks and include a bottle of water and helmet. Please dial 7868 to reserve.

COASTAL TRAIL

Beginning at Mirada Road, just south of Princeton-by-the-Sea, and ending approximately one mile south of The Ritz-Carlton, Half Moon Bay, the Coastside Trail is very popular with locals and visitors. It is perfect for walking, running or biking, and winds alongside the 18th hole of the Old Course of the Half Moon Bay Golf Links, behind the resort, and continues alongside the Ocean Course to the south. Estimated length of trail is 6.5 miles.

*Available at an additional fee.





Upgrade your treatments by choosing one or more of our carefully created service enhancements. Enhancements are available as incorporated 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

EYE OR LIP TREATMENT

Target deep absorption of any facial serum around the lips or eye area. Designed to increase the penetration of active ingredients and fight the effects of free radicals for a smoother hydrated skin during any facial.

MICRO-CURRENT

improve muscle ton with the addition of this gentle electrical micro-current to any facial.

BODY ENHANCEMENTS

HAND, FOOT OR BACK REVIVER

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

HOT STONE MELTER

Smooth basalt stones radiate heat deep inside the muscles to relieve tension and stress during any massage treatment.

SCALP & HAIR CONDITIONING TREATMENT

Using the strengthening properties of Vitamin C- rich Watercress and red clay with a deeply relaxing scalp massage to reduce tension, condition the scalp and leave you with beautiful healthy hair.

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.

STIMULATING BODY BRUSH

Improve tone and boost cell renewal for smoother, softer, more radiant skin.

MUSCLE RESCUE BALM

Boost any massage by incorporating Muscle Rescue Balm which contains a refreshing blend of Peppermint, Eucalyptus and Clove Bud to recharge and restore body and mind.



GUIDELINES

To enjoy your spa experience to the fullest potential, please familiarize yourself with the Spa Guidelines.

AT TIME OF RESERVATION

The Ritz-Carlton Spa, Half Moon Bay is for guests 18 years of age or older. Spa services should be scheduled in advance. The Leisure Services Department can help plan your spa experience, including the best order of treatments. A credit card number is required at the time reservations are made. When making reservations please notify the agent if you have high blood pressure, allergies, physical ailments or disabilities, or if you are pregnant. There are select services that should be avoided during pregnancy, but many can be enjoyed. If you prefer a male or female therapist, please make your request when scheduling your treatment. We will always try to accommodate your personal preferences based on our daily schedule.

ARRIVAL TIME

To enhance your Spa experience, please arrive at least 30 minutes prior to your scheduled treatment time. This will allow time to relax in the lounges. Arriving late will simply limit the time for your treatment, thus lessening the effectiveness and your pleasure. Your treatment will end on time so the next guest will not be delayed. The full value of your treatment will be charged. Your Spa experience is your time and you should delight in it to the fullest.

PERSONAL BELONGINGS

Lockers are available for personal items; however, if you are a guest of the hotel, it is recommended you leave your valuables in the safe in your guestroom. Cell phones and other electronic devices should be silenced and/or turned off while in the Spa.

TREATMENT RECOMMENDATIONS

Shaving is recommended but not necessary for gentlemen prior to a facial, please do so at least two hours before your appointment. Shaving is not recommended prior to body treatments or hair removal services. Most body treatments are enjoyed without clothing; however, please wear whatever is comfortable for you. During all treatments, the body is fully draped, except for the area being worked on. 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. Robes and slippers are provided in the ladies' and gentleman's lounges before treatments.

METHOD OF PAYMENT

All major credit cards and travelers checks are accepted. You may also charge Spa services to your hotel bill.

SERVICE CHARGE

For your convenience, a 20% service charge will be added for each spa service. Service Charges are dispersed to the Spa staff members who served you during your visit. Additional gratuities may be given at your discretion.

SPA GIFT CARDS

Spa Gift Cards may be purchased in specific dollar amounts and used towards Spa services or purchases in the Spa Boutique. Prices and services are subject to change.

CANCELLATION POLICY

If you must reschedule or cancel your appointment, please notify the spa 24-hours in advance of your service time to avoid being charged the full service fee. Cancellations of packages or private parties require one week's notice. Groups are subject to a four week cancellation policy.

Changes made on the day of the appointment will be subject to a \$40 change fee.