



THE RITZ-CARLTON
LAKE TAHOE

RES



*Let us make the world
revolve around you.*

ESCAPE

A forest sanctuary, The Ritz-Carlton Spa, Lake Tahoe offers an authentic Lake Tahoe experience with local ingredients that create a true sense of place. The 17,000 square-foot spa was conceptualized using inspiration from the surrounding environment and emphasizes the signature tree theme expressed throughout the resort. Upon descending the staircase into a soothing euphoria, guests are whisked away to where the senses are awakened, the body is soothed and the spirit is renewed.



Optimum wellness is supported by developing our ability to 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.



THE RITZ • CARLTON SPA

WELLNESS

MIND

THE ART OF WELLNESS MASSAGE

100 MINUTES

Embrace the “Tahoe Tree of Life” and 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

JOURNEY THROUGH THE FOREST

100 MINUTES

Enjoy an inspiring dose of forest air with a blend of native essential oils designed to release deep stress and tension while stimulating your immune system. Full body exfoliation, private soaking tub and full body massage will restore your body. Available as a couples treatment.

SKIN

DETOXIFYING WELLNESS POULTICE TREATMENT

100 MINUTES

This health boosting treatment has a cleansing effect on the body and mind, using warm herbal poultices to provide warmth to the muscles and joints while boosting circulation with stimulating exfoliation. Immerse on this massage and a choice of either a facial or scalp massage.

LAKE TAHOE

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MASSAGE

TRANQUILITY FOR TWO

100 MINUTES **OR** 50 MINUTES

Enjoy the experience of shared relaxation and well-being with a loved one or a friend in our couples treatment room. Your chosen massage is enjoyed side-by-side in an intimate setting for two.

CHOOSE FROM Relaxation, Deep Muscle, Stress Relief or Naturally Nurtured massages

COPPER TUB EXPERIENCE

40 MINUTES

Enhance any Tranquility for Two service with a luxurious bathing experience in a private copper tub.

DEEP MUSCLE MASSAGE

100 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 concentrating on specific areas of concern to help relieve common discomforts and sports-related tension.

STRESS RELIEF MASSAGE

100 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

100 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.

LAKE TAHOE STONE MASSAGE

100 MINUTES

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

NATURALLY NURTURED MASSAGE

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.



THE RITZ-CARLTON SPA

LAKE TAHOE



BODY

AGE-DEFYING BODY TREATMENT

100 MINUTES

Renew skin with this tightening and firming full body treatment. Hydrating oils and anti-aging ingredients strengthen elasticity and visibly improve skin tone and texture.

INCLUDES Full body exfoliation, wrap, 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.

INCLUDES Full body salt and oil exfoliation, back massage, 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, scalp massage





FACIAL

CUSTOM FACIAL

90 MINUTES **OR** 50 MINUTES

Purify, hydrate, brighten and smooth your complexion with this radiance-restoring facial that is tailored to your individual needs.

INCLUDES Brush cleanse, skin analysis, facial exfoliation, massage, mask, scalp massage

PERFORMED WITH ESPA PRODUCTS

AGE-DEFYING FACIAL

90 MINUTES **OR** 50 MINUTES

Instantly combat the most visible signs of skin aging, smoothing fine lines and reviving youthful radiance to your complexion.

INCLUDES Brush cleanse, skin analysis, facial exfoliation, specialized toning facial massage, mask, scalp massage

PERFORMED WITH ESPA PRODUCTS

ULTIMATE RADIANCE & RENEWAL FACIAL

90 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

CALIFORNIA ORGANIC PEEL

90 MINUTES **OR** 50 MINUTES

Featuring organic ingredients, this luxurious experience will gently tone and hydrate skin while leaving it looking completely renewed. The perfect option for teenage guests.

INCLUDES Brush cleanse, facial exfoliation, massage, mask, scalp massage, hand and arm massage

PERFORMED WITH EMINENCE PRODUCTS

THE HYDRAFACIAL MD®

90 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 MINUTE INCLUDES Cleanse, gentle hydraexfoliation, vortex extraction, hyaluronic acid infusion

90 MINUTE INCLUDES LED therapy lymph drainage for the face and neck

PERFORMED WITH ESPA PRODUCTS





MEN

THE PEDICURE

25 MINUTES

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

INCLUDES Soak, nail file and shape, cuticle work, application of body cream, buff

THE MANICURE

25 MINUTES

Essential maintenance for hands.

INCLUDES Soak, cut and file, cuticle work, application of hand cream, buff

THE MEN'S MASSAGE

100 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

100 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 help relieve common discomforts and sports-related tension.

RELAXATION MASSAGE

100 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

100 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 the senses, leaving you ready for anything.

INCLUDES Full body salt and oil exfoliation, back massage, oil application

THE MEN'S FACIAL

50 MINUTES

Deeply cleanse, hydrate and smooth skin, leaving 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

LAKE TAHOE



BEAUTY

ULTIMATE MANICURE

40 MINUTES

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

INCLUDES Soak, cut and file, exfoliation, cuticle work, massage, polish or buff

ULTIMATE PEDICURE

45 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, exfoliation, cuticle work, massage, personalized mask, paraffin wax, polish or buff

MANICURE

25 MINUTES

Essential maintenance for hands.

INCLUDES Soak, cut and file, cuticle work, application of hand cream, polish or buff

PEDICURE

30 MINUTES

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

INCLUDES Soak, cut and file, cuticle work, application of body cream, polish or buff

RITZ KIDS MANICURE OR PEDICURE

20 MINUTES

An age appropriate nail experience designed for our Ritz Kids aged 12 and younger.

INCLUDES Pampering soak, cut, file, cuticle work, hand cream application and polish

CBD PEDICURE

30 MINUTES

Experience ultimate relaxation in this treatment with the stress-reducing and hydrating benefits from CBD products.

INCLUDES Soak, cut and file, CBD sugar scrub, hot stone and CBD oil massage, paraffin wax, polish or buff

EXTENDED WEAR MANICURE OR PEDICURE

50 MINUTES

A revolutionary power polish that is applied 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 or pedicure with superior shine for two weeks.

INCLUDES Soak, cut and file, exfoliation, cuticle work, massage, gel polish



THE RITZ · CARLTON SPA

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

MICRO-CURRENT

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

EXPRESS RADIANCE PEEL

Awaken your skin's inner beauty by encouraging healthy cell renewal to reveal a smoother tone and luminous glow.

LIP ENHANCEMENT

Three options for enhancement tailored to your skin specific needs. Choose from Lip Perk, Lip Collagen Mask or our Organic Lip Treatment.

EYE ENHANCEMENT

Three options for enhancement tailored to your skin specific needs. Choose from Eye Perk, Eye Collagen Mask or our Organic Eye Treatment.

BODY ENHANCEMENTS

HOT STONE MELTER

Smooth basalt stones radiate heat deep inside the muscles to relieve tension and stress during any massage 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 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 or feet smooth, soft and bright.

FACIAL & BODY ENHANCEMENTS

CONDITIONING SCALP TREATMENT

Combining the strengthening and conditioning properties of red clay and apricot kernel oil during a deeply relaxing scalp massage will help reduce tension and leave you with beautifully healthy hair.

MUSCLE & JOINT RELIEF

Stimulate tired and sore muscles with this inflammation and pain-reducing balm.

CBD TREATMENT

Reduce pain and inflammation with a choice of scented CBD balms, oils or serums. Choose amongst our organic wild-crafted botanicals that rebalance and nurture your skin.



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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 therapist
- + If you have a request for a specific therapist
- + If you are celebrating any special occasions

You must provide a valid credit card number with expiration date at time of booking.

Spa facilities, including our steam room and spa pool, are complimentary to spa guests only.

ARRIVAL TIME

Please arrive at least 30 minutes prior to your scheduled treatment. This will allow time to enjoy the lounges, saunas, steam rooms, whirlpools, cold plunge showers and outdoor spa lap pool. Arriving late will limit the time for your treatment, thus decreasing its effectiveness and your enjoyment. Your service will end on time so the next guest is not delayed. The full value of your treatment will be charged.

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 ELECTRONIC DEVICES

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 and locker areas.

Massages and body treatments cannot be performed on anyone under 18 years of age. 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. Shaving is recommended, but not necessary for men prior to a facial. 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 condition, please notify your therapist immediately.

FOOD AND BEVERAGE

Guests are discouraged from bringing any outside food or alcohol into the spa. A guest may bring in their own champagne or wine with a \$35 corkage fee per bottle. A guest appearing intoxicated will be denied access to the spa.

METHOD OF PAYMENT

We accept all major credit cards. You may also charge services to your guest room folio.

SERVICE CHARGE

For your convenience, a 23% service charge will be added to each spa service. Gratuities may be offered at your discretion. Prices and services are subject to change.

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 \$75. Cancellations of private parties require one week notice.

HOURS OF OPERATION

Spa Treatments:
10:00 AM - 6:00 PM, Daily

Entry to Fitness Center is available 24 hours daily with room key access.

Hours are subject to change based on season.

To reserve your spa appointment visit us at ritzcarlton.com/laketahoempa or contact 530.562.3030.



THE RITZ-CARLTON SPA

LAKE TAHOE

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