Let us make the world revolve around you.

ESCAPE

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.



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

HEAL AND RENEW FACIAL

80 MINUTES

This uniquely therapeutic treatment calms both the skin and the soul with a restorative and healing journey. Using guided breathing, visualization and a soothing warm herbal poultice massage on the face, scalp, hands and feet, the spirit and the complexion are left in a wonderfully blissful state.

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

BODY FORTIFYING MASSAGE

80 MINUTES

Targeting deep seated muscular pain and restoring comfort and supple movement with active stretching, this deep muscle massage uses hot stones and a fortifying oil on the neck, shoulders and back to instantly alleviate deep-seated tension and provide lasting relief so you feel a calming sense of well-being.

CLEANSING BODY SCULPT TREATMENT

100 MINUTES

Combining a wellness boosting detoxifying algae wrap, cleansing exfoliation and sculpting body massage to help tone and firm skin. This treatment targets areas prone to cellulite and fluid retention, stimulates circulation and smooths skins texture. A course of treatments is recommended to maximize the effects.

SKIN

DETOXIFYING WELLNESS TREATMENT

80 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 with a relaxing scalp massage.

NATURAL RESILIENCE FACIAL

80 MINUTES

This specialized facial is the complete approach to skin health using cutting edge pre and probiotic technology combined with the same benefits of physical exercise to detoxify, invigorate, sculpt and relax. Powerful age defying techniques inspired by Japanese Kobido massage, along with cool and smooth Jade rollers to facilitate lymphatic drainage and provide results, leaving the skin firm, lifted and beautifully radiant.



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 concentrated on specific areas of concern to 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.

WARM DESERT STONE MASSAGE

80 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.

CALIFORNIA COUPLE'S MASSAGE

80 MINUTES OR 50 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.

NATURALLY NURTURED MASSAGE

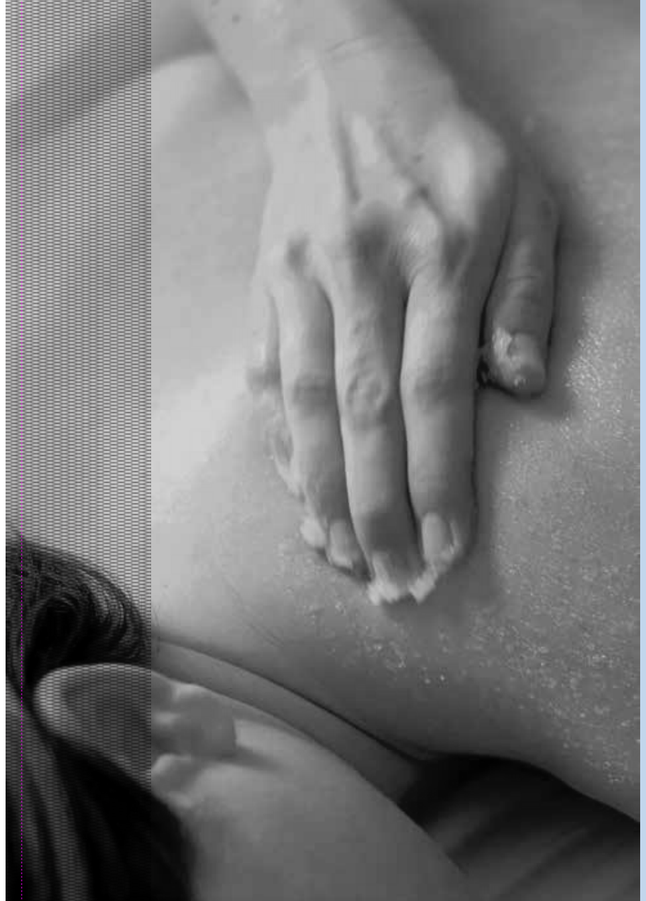
80 MINUTES OR 50 MINUTES

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.

CBD RELIEF MASSAGE

80 MINUTES OR 50 MINUTES

A personalized massage utilizing a unique blend of organic CBD and coconut oil, your therapist will help ease your body and mind. On areas of your choice a relief balm will help encourage fast-acting relief and targeted attention to sore back, joints, hands, and feet with this cayenne, clove, ginger and arnica massage.



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 salt and oil 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

SPIRIT OF THE MOUNTAINS

100 MINUTES

Indulge in a bliss full 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 and scalp treatment

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

DATE SCRUB

80 MINUTES

Uplift your senses with our locally-made Date Scrub. A blend of finely ground dates and sugar will gently exfoliate and detoxify the skin. A full body massage with Kukui Nut oil will leave you in a state of pure relaxation.

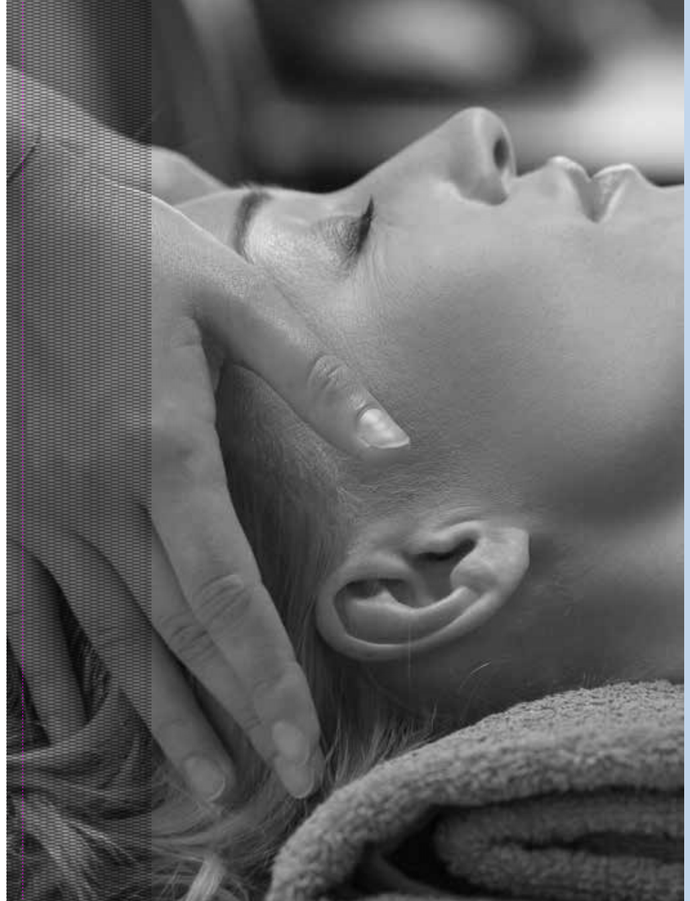
INCLUDES Full body scrub and massage

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



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 and mask, scalp massage

PERFORMED WITH ESPA PRODUCTS

RESURFACING ORGANIC FACIAL

80 MINUTES **OR** 50 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 Cleanse, organic peel, extractions, mask, moisturizer

PERFORMED WITH EMINENCE PRODUCTS

THE HYDRAFACIAL MD®

80 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 MINUTES INCLUDES Cleanse, gentle hydra-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

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

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 Cleanse, enzyme exfoliation, mask, moisturizer

PERFORMED WITH NATURA BISSE 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 ULTIMATE RADIANCE

LIFT, LIGHTEN AND BRIGHTEN FACIAL

50 MINUTES

Supercharge your skin with Vitamin C - nature's most potent and proven skin brightening treatment. Combined with our signature Alpha Beta® Professional Peel System, this high performance facial is the go-to for combatting sun damage, reversing signs of aging and restoring luminosity for firmer, brighter skin. This facial includes a collagen-building light therapy treatment for the eyes.

PERFORMED WITH DR. DENNIS GROSS PRODUCTS



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. Using deep movements and stretching techniques concentrated on specific areas of concern to 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.

ACTIVITY RECOVERY

50 MINUTES

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

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

POWER HOUR

50 MINUTES

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

INCLUDES Full body salt & oil exfoliation, back massage and 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



MOVEMENT

PERSONAL TRAINING

50 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.

GROUP EXERCISE CLASSES

50 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).

YOGA CLASS

50 MINUTES

Awaken the senses and renew the spirit by experiencing our Mirage Yoga. Practice a series of standing and floor postures to helo reduce stress, increase flexibilty and encourage relaxation.

MEDITATION CLASS

50 MINUTES

Increase calmness and physical relaxation with mindful meditation. Create new intention during your practice to enhance overall health and wellbeing.



ENHANCEMENTS

FACIAL ENHANCEMENTS

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

KNESKO MASK

Repair and firm, lift and hydrate, brighten and energize, reduce dark circles and puffiness, minimize pores, inflammation and discoloration, smooth under eyes and lips.

KNESKO GEMSTONE SERUM BOOSTER AND GIFT

Instantly firm and contour the skin or brighten and correct uneven skin tone with an advanced complex that transforms the skin. After the service you will take home the 10ml serum to extend the results of your treatment. Choose from Firming Nanogold Repair Booster or Brightening Diamond Radiance Booster.

HAND REVIVER

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

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.

DR. DENNIS GROSS SPECTRALITE

Reduces fine lines and wrinkles, firm skin, calm redness and reduces inflammation. Reduces the appearance of sun spots, increases skin density, acne fighting device for the entire face.

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.

CBD MASSAGE OIL

Customized any massage with the benefits of CBD-enriched massage oil.

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.

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.

PERCUSSIVE THERAPY

Enhance your massage with a deeper muscle treatment using Percussive Therapy. The scientifically-calibrated device will target key trigger points to help decrease tension or soreness, increase flexibility and improve range of motion, while putting the body into a state of relaxation.

GUIDELINES

Guests of The Ritz-Carlton Spa, Rancho Mirage 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 $50 daily fee. 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 treatments 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, Rancho Mirage wet lounges allow guests to delight in life at its very source and discover the key role water plays in the therapeutic experience. Enjoy a hot whirlpool, cold plunge pool, hydro-therapy shower, steam, sauna and our outdoor co-ed spa whirlpool with waterfall and mountain-scape views. Bathing rituals should be alternated with cooling showers to encourage circulation and accelerate natural cleansing. A rest period of 15 minutes allows the body to normalize prior to spa services.

Shaving is recommended but not necessary for men prior to a facial. If you choose to shave prior to your facial, be sure to allocate at least two hours between shaving and your appointment. Shaving is not recommended prior to body treatments or hair removal services.

We accept all major credit cards. You may also charge spa services to your hotel bill. A 22% service charge will be added for each spa service you receive. Gratuities will be dispersed to the spa staff that served you during your visit. Additional gratuities may be offered at your discretion. Prices and services are subject to change.

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 personal training sessions or exercise classes require a 24-hour notice. Cancellations of packages or small private parties require 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 alcohol into the spa. Please inquire with our spa attendants regarding the food and beverage menu options available inside The Ritz-Carlton Spa, Rancho Mirage. Please note that for the safety of our guests, we do not permit any glass containers or food inside our wet lounges or near whirlpools.

RESORT POOLS

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