



**THE RITZ-CARLTON**  
DOVE MOUNTAIN

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*Let us make the world  
revolve around you.*

# ESCAPE

In the heart of the Arizona Sonoran Desert, the modern world stands still as ancient therapeutic spa rituals are brought to life. Step into a world of comfort and escape at The Ritz-Carlton Spa, Dove Mountain – a peaceful haven where our attention to detail is the beginning of your sacred journey.

# EXPERIENCE

Welcome to The Ritz-Carlton Spa, Dove Mountain – where adventure, wellness and gracious spirit meet. Embedded in the spa and reflected in our treatments are sacred gemstones chosen for their restorative properties. Let the stones lay the foundation on your path to pure joy. Your journey to harmony and well-being awaits.

## GEMSTONE HEALING MASSAGE

110 MINUTES

Gemstone therapy has been used for centuries by ancient desert cultures in healing rituals to treat ailments of the mind and body. The energy-based modalities and soothing properties of gemstones ease sore muscles, alleviate stress, and increase energy flow, allowing the body to restore itself to a healthy equilibrium.

**INCLUDES** Energy work, healing gemstone placement, body massage

## GEMSTONE RADIANCE JOURNEY

105 MINUTES

A full body experience inspired by the ancient practices, this treatment promotes deep relaxation and balance. Harnessing the therapeutic benefits of gemstone placements and rebalancing massage techniques, the experience will leave your skin feeling refreshed, radiant and smooth from head to toe, while an organic gemstone facial will provide a youthful, glowing and even-toned appearance.

**INCLUDES** Body massage, organic facial, gemstone facial massage

## DESERT GEMSTONE RITUAL

100 MINUTES

Begin your ritual by allowing your energy to choose which gemstone is best suited to you; the gentle energy of amethyst or the joyful energy of citrine. Utilizing the gemstones with essential oil blends, this unique ritual and massage experience will enliven your senses and calm your spirit, leaving you feeling restored and serene.

**INCLUDES** Foot soak, mild dry exfoliation, hydrotherapy bath, body massage with healing gemstone placement



# MASSAGE

## TOGETHER MASSAGE

80 MINUTES OR 50 MINUTES

Share a moment of serenity with a loved one. A range of light, medium and deep pressure massage modalities will provide a customized massage that is relaxing and therapeutic.

## ORGANIC HERBAL POULTICE

80 MINUTES

Channel the therapeutic power of indigo, used by Native American shamans to treat muscle aches and pains, with warm steamed herbal poultices that are applied with Royal Thai and traditional massage techniques.

## DEEP MUSCLE MASSAGE

80 MINUTES OR 50 MINUTES

Recharge your body with this powerful massage designed to alleviate deep-seated tension and muscular stress. This massage uses deep movements and stretching techniques on specific areas of concern, helping 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.

## HOHOKAM HOT STONE MASSAGE

75 MINUTES

A therapeutic and rejuvenating massage using warm mineral-rich 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.

## REFLEXOLOGY MASSAGE

50 MINUTES

Deeply relaxing and healing, this ancient wellness technique releases tension and fatigue through compression on reflex points in the hands and feet.



# BODY

## NOURISHED GLOW

50 MINUTES

Reveal your smoothest, softest skin ever with this body exfoliation treatment finishing with a deeply nourishing oil application and personalized back massage.

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

## ULTIMATE BODY BALANCER

90 MINUTES

Restore serenity to body, mind and skin with this richly indulgent and deeply effective bespoke treatment.

**INCLUDES** Back exfoliation and massage, custom facial, scalp massage

## DESERT MORNING DEW

75 MINUTES

A blend of mineral rich clay, pumice and lavender will gently refine and hydrate the skin, leaving you rejuvenated, mentally clear and refreshed.

**INCLUDES** Pumice scrub, body massage

## SONORAN ANTI-AGING WRAP

75 MINUTES

This effective treatment, packed with antioxidants designed to subtly tighten skin and remove body toxins, will leave skin soft and remineralized with a noticeable glow.

**INCLUDES** Body massage, mud wrap

## INDIGENOUS DESERT EXPERIENCE

105 MINUTES

Rejuvenate dehydrated skin with this hydrating treatment rich in plant extracts from our surrounding Sonora desert flora.

**INCLUDES** Body scrub, body wrap, 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** Brush cleanse, skin analysis, facial exfoliation, massage, 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 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

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

## ILLUMINATING ORGANIC PEEL

80 MINUTES OR 50 MINUTES

Natural alpha-hydroxy, lactic, and glycolic fruit acids awaken skin's inner beauty by boosting collagen, restoring elasticity, and immediately reducing the appearance of fine lines and wrinkles.

**INCLUDES** Brush cleanse, steam, extractions (optional), peel, mask, moisture infusion

PERFORMED WITH EMINENCE PRODUCTS

## ORGANIC FACIAL

80 MINUTES OR 50 MINUTES

An eco-friendly treatment featuring all organic products designed to fulfill the needs of all skin types and to restore the skin's natural radiance.

**INCLUDES** Brush cleanse, skin analysis, steam, extractions (optional), mild exfoliation, mask, moisture infusion

PERFORMED WITH EMINENCE PRODUCTS

## ADVANCED FIRM FACIAL

80 MINUTES OR 50 MINUTES

Allow your face to regain its youthful contours and skin tone. Specially designed to improve elasticity using micro-current to lift and tone strategic areas of the face.

**INCLUDES** Brush cleanse, skin analysis, steam, extractions, exfoliation, mask, micro-current

PERFORMED WITH EMINENCE PRODUCTS



# MEN

## THE PEDICURE

40 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

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. This massage uses deep movements and stretching techniques on specific areas of concern, helping to 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 the senses, 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 and extraction, facial massage, mask, scalp massage

**PERFORMED WITH ESPA PRODUCTS**



THE RITZ-CARLTON SPA

DOVE MOUNTAIN

# BEAUTY

## HAIR SERVICES

Full salon services are available for ladies, gentlemen and children including cuts, color, blow dries, hair masks, updos and more. Hair styling for bridal parties also available.\*

## MAKE-UP

Personalized consultation and make-up application done by our professionals to make you ready for your special event.\*

\* Individual Hair and Make-Up services are available on the price list.

## WAXING SERVICES

A full list of luxury waxing is available. Please inquire directly with the spa at 520.572.3030.

## DOVE MOUNTAIN MANICURE

25 MINUTES

Essential maintenance for hands that leaves nails in good condition and hands looking and feeling beautiful.

**INCLUDES** Cut and file, cuticle work, application of hand cream, polish or buff

## DOVE MOUNTAIN PEDICURE

50 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, polish or buff

## ULTIMATE GEMSTONE MANICURE OR PEDICURE

40 MINUTE MANICURE OR  
70 MINUTE PEDICURE

Experience the unique benefits of a gemstone massage combined with deeply nourishing products to repair, replenish and condition your nails depending on your individual needs.

**INCLUDES** Soak, nail file and shape, exfoliation, cuticle work, gemstone massage, mineral mask, polish or buff

## PRINCESS MANICURE OR PEDICURE

25 MINUTES EACH

Designed for the young spa-goer between the ages of two and ten, this treatment uses an aromatherapy fizzing soak to tickle the fingers and toes. A parent or guardian must be present for the full treatment.

**INCLUDES** Soak, nail shaping, buffing and polish







# ENHANCEMENTS

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.

## FACIAL 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.

### EYE TREATMENT

This intensely hydrating treatment gives an immediate rested and refreshed look to the eye area, restores elasticity and firmness to aging eyelids, reduces puffiness and minimizes dark circles.

### LIP TREATMENT

Lines left by laughing and living are gently softened as lips are polished and renewed.

## BODY ENHANCEMENTS

### HOT STONE MELTER

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

### HAIR CONDITIONING TREATMENT

Using the strengthening properties of coconut oil and Pink Hair and Scalp Mud with a deeply relaxing scalp massage to reduce tension, condition the scalp and leave you with beautifully 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.

### HAND, FOOT OR BACK REVIVER

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

## NAIL ENHANCEMENTS

### PARAFFIN TREATMENT

A beneficial treatment to soothe and moisturize your hands or feet.

### CALLUS TREATMENT

A luxurious treatment to eliminate dry skin, softening the hands or feet.

### FRENCH POLISH

Complete any Manicure or Pedicure with an elegant French polish finish.

### FOOT SCRUB

Reveal smoother skin during a Manicure or Pedicure with this refreshing and exfoliating enhancement.



# GUIDELINES

## HOW TO SPA

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

## AT TIME OF RESERVATION

Please notify the spa reservations agent 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 in the second and third trimester. If you prefer a male or female therapist, please make your gender request when scheduling your treatment. A valid credit card number with expiration date will be required at time of booking.

Spa facilities, including locker rooms, spa terraces, the serenity pool and relaxation areas are available to resort guests for a daily fee. This fee is waived with the purchase of a spa treatment.

## ARRIVAL TIME

For your enhanced comfort and relaxation, we recommend you arrive 30 minutes prior to your scheduled treatment to allow time to enjoy the lounges, saunas, steam and whirlpools. Arriving late will limit the time for your treatment, thus decreasing its effectiveness and your pleasure. Your treatment will end on time so the next guest is not delayed, and the full value of your treatment will be charged.

## PERSONAL BELONGINGS/VALUABLES

If you are a guest of the resort, please leave valuables in your guest room safe.

## USE OF ELECTRONIC DEVICES

As a courtesy to other spa guests, cell phones and pagers must be turned off while in the spa and salon.

## AGE REQUIREMENTS

Guests of The Ritz-Carlton Spa, Dove Mountain must be 18 years of age or older to enjoy the spa facilities (lockers, sauna, steam, serenity pool). Salon services are available to younger guests when accompanied by a parent or legal guardian.

## TREATMENT RECOMMENDATIONS

This is your time and you should delight in the experience to the fullest. Your therapist will ask for your preferences in room temperature, the amount of massage pressure and the volume of the music. Please notify your therapist of any discomfort.

Most treatments are enjoyed without clothing, however, disposable undergarments are available upon request. During all treatments, the body is fully draped, except for the area being worked on. Robes and slippers are provided in the ladies' and gentlemen's lounges before and after treatments.

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

## METHOD OF PAYMENT

All major credit cards are accepted. You may also charge services to your resort bill.

## SERVICE CHARGE

For your convenience a 20% gratuity will be added to each spa service you receive. Gratuities will be dispersed to the spa staff who 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 reschedule or cancel your spa appointment, please notify the spa at least six hours before your scheduled time to avoid being charged the full service fee. Spa packages, private parties, cabana rentals, personal training sessions and exercise classes require 24-hours cancellation notice.

To reserve your spa appointment online, visit us at [ritzcarlton.com/dovemountain](http://ritzcarlton.com/dovemountain) or contact 520.572.3030



**THE RITZ-CARLTON SPA**

DOVE MOUNTAIN

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