

SPA  
my Blend  
BY CLARINS

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# SELF-CARE

*Our Registered Massage Therapists are here to provide truly personalized and expert therapy, which is an essential part of your self-care. Let us help you to focus on your health and wellness with Registered Massage Therapy at The Ritz-Carlton, Toronto.*



## Spa My Blend by Clarins

9AM to 6PM

[spamyblendtoronto.com](http://spamyblendtoronto.com)

416-572-8000

We are pleased to share that all Spa Treatments and Spa Facilities are now available, with the exception of Couples Treatments. Couples Treatment remain unavailable until further notice.

Our beautiful Spa Facilities available include our Locker Rooms, Relaxation Lounges, Water Facilities, Steam Rooms and Saunas.

Please note there will be no Food & Beverage served in the Spa at this time.

Bottled Water is readily available for our guests. Reserve Your RMT Massage Now By Calling the Spa at 416-572-8000 or Booking Online. Tailor-made massage therapy treatments designed for your individual needs. A consultation with your therapist will determine the appropriate pressure and desired results.

\*Please note that masks must be worn at all times in the Spa and during treatments.

Thank you for your cooperation and understanding.\*

# REGISTERED MASSAGE THERAPY

## **Swedish / Aromatherapy Massage**

A consultation with your therapist will determine the appropriate pressure and desired results, for a tailor-made treatment designed for your individual needs. Your choice of our finest grade aromatherapy oil blends will be used in this supremely relaxing and highly personalized massage experience.

## **Hot Stone Massage**

A thorough body massage using heated basalt lava stones reduces stress and soothes aching muscles, bringing about a state of deep relaxation.

## **Rebalancing Massage**

A sweet honey massage that alternates manual movements and hot polished marble stones to promote complete and utter relaxation. This truly soothing experience uses a honey-textured massage medium that blends gently into the skin to eliminate tension and prolong the feeling of wellbeing.

## **Deep Tissue Massage**

A deep massage designed to ease severe tension in the muscles and bring relief to an active body.

	<b>60 minute</b>	<b>90 minute</b>
<b>Weekdays</b>	<b>\$210</b>	<b>\$290</b>
<b>Weekend/Holidays</b>	<b>\$235</b>	<b>\$315</b>

	<b>60 minute</b>	<b>90 minute</b>
<b>Weekdays</b>	<b>\$220</b>	<b>\$300</b>
<b>Weekend/Holidays</b>	<b>\$245</b>	<b>\$325</b>

# REGISTERED MASSAGE THERAPY

## Floating on a Cloud

Our signature treatment will entice all your senses. You will be welcomed with a warming foot ritual to refresh your soles with an exfoliation made from essential oils of rosemary, rosewood and mint blended with salt and sugar. You will then be introduced to a selection of the finest aromatherapy oils, which will be used in performing a relaxing, full-body massage. The oils are enriched with hazelnut oil, rich Vitamin E to provide your skin with nutritive benefits. This experience will leave you completely relaxed, as though you were floating on a cloud.

	<b>90 minute</b>
<b>Weekdays</b>	<b>\$290</b>
<b>Weekend/Holidays</b>	<b>\$315</b>

## Massages From Around The World

*Discover ancient massage techniques from around the world performed by our expert therapists. To create your custom experience, please select one from the following:*

	<b>60 minute</b>	<b>90 minute</b>
<b>Weekdays</b>	<b>\$210</b>	<b>\$290</b>
<b>Weekend/Holidays</b>	<b>\$235</b>	<b>\$315</b>

**Shiatsu:** A traditional Japanese massage technique based on the theory of energy where manual pressure is applied to specific points on the body to relieve tension and pain. Shiatsu is ideal to prevent Tension Headaches, Sciatic Nerve Syndrome and other common muscular tension in the body. This treatment is highly recommended for gym lovers and athletes, does not require oil or lotion, and is performed while in sports clothing.

# REGISTERED MASSAGE THERAPY

**Thai:** During this treatment the body is compressed, pulled and stretched, while combined with deep static and rhythmic pressures. Traditional Thai Massage, often referred to as “passive yoga”, does not require oil or lotion. To experience this treatment, please wear warm, loose-fitting clothing. Thai Massage is performed on a firm mattress on the floor of your treatment room.

**Reiki:** A Japanese healing technique based on the principle that the therapist is able to channel energy into the guest by means of touch. This energy touch activates the natural healing processes of the body and restores physical and emotional well-being.

**Craniosacral Therapy:** A hands-on manual therapy which eliminates muscular restriction and promotes the release of nervous tension. Highly effective in treating stress, headaches, teeth grinding/TMJ, migraines, post-pregnancy pelvic discomfort and muscular imbalances. Unlike a massage treatment which presses and moves tissue, craniosacral therapy requires holding a body part in stillness for extended periods of time. Contraindications include concussion/whiplash in the last 6 months, diagnosed brain tumor and a heart pacer. No oils are used during this treatment.

	<b>60 minute</b>	<b>90 minute</b>
<b>Weekdays</b>	<b>\$210</b>	<b>\$290</b>
<b>Weekend/Holidays</b>	<b>\$235</b>	<b>\$315</b>

# REGISTERED MASSAGE THERAPY

**Reflexology:** This treatment involves the application of pressure to the hands, feet and ears with specific thumb, finger, and hand techniques. It is based on a system of zones and reflex areas that purportedly reflect an image of the body on the feet, hands and ears with the premise that such work affects a physical change to the body.

**Lomi Lomi:** This massage is a traditional Polynesian technique focused on energy flow. Hawaiian belief is that Lomi Lomi helps to release blockages in the body giving energy new direction. Lomi Lomi is very relaxing and promotes emotional, mental, spiritual and physical healing.

**West + East:** This unique experience features a Swedish massage with elements of Thai Massage, Shiatsu and Reflexology.

## Prenatal Massage

Enjoy all the benefits of a relaxing, full-body massage. This luxurious treatment uses advanced massage techniques and a nourishing oil, for a feeling of comfort and well-being.

Suggested enhancement: Lighter Legs \*not recommended during the first trimester

	60 minute	90 minute
<b>Weekdays</b>	<b>\$210</b>	<b>\$290</b>
<b>Weekend/Holidays</b>	<b>\$235</b>	<b>\$315</b>

	60 minute	90 minute
<b>Weekdays</b>	<b>\$210</b>	<b>\$290</b>
<b>Weekend/Holidays</b>	<b>\$235</b>	<b>\$315</b>

## **COVID-19 Health & Safety Protocols**

At Spa My Blend by Clarins, the safety and security of our guests and Ladies & Gentlemen is our highest priority.

In addition to our already high standards for cleanliness, safety and comfort and in accordance with our Corporate guidelines, provincial and federal reopening measures, we have implemented the following procedures:

\*All Ladies & Gentlemen have completed Ritz-Carlton specific Cleaning & Sanitation Training

\*COVID-19 Screening as defined by the Ministry of Health for all Guests

\* Cleaning times between treatments have doubled to ensure safely cleaned & sanitized spaces for our Guests.

\*All Ladies & Gentlemen will be wearing masks, with their temperatures taken upon arriving at work.

\*All Guests will be wearing masks.

\*Gloves available upon request.

\*All electronics and payment terminals will be disinfected between each use.

\*Handwashing by Guests and Ladies & Gentlemen before every treatment.

\*Increased hand sanitizing stations throughout the Spa and Employee spaces.

\*Reduced the number of appointments to limit the number of Guests and Ladies & Gentlemen in the Spa.

\*Spa lounge furniture has been rearranged to ensure physical distancing.

\*Lounge seating sanitized after each use.

\*Please note that the preferred payment method in the Spa is debit and credit cards; however, cash is accepted if necessary.

# MY BLEND FACIAL TREATMENTS

These exclusive facial experiences will instantly revitalize, rejuvenate and protect your skin from premature skin aging. They will assist in helping to minimize lines and wrinkles using special age-defying LED technology to better firm your skin and stimulate collagen. Our WaveBlend Vibration Technology Machine will firm your face, and the use of Cryotherapy will improve your skin's appearance and reduce any fine lines and wrinkles. Based on the results of your personalized consultation, a unique blend of customized My Blend Essential Formulas rich in peptide complexes and targeted Boosters will be formulated for you to improve skin luminosity, texture and the moisture level of your skin. These in-depth, results-driven treatments will leave you completely regenerated. Suggested enhancement: The Art of Touch

## **MY BLEND Precision Facial**

This 'express' facial will improve your skin tone, make your skin feel firmer, and smooth any fine lines and wrinkles. To protect the skin from aging, this ultra-personalized facial experience includes exfoliation, hydration, and unique massage techniques, along with our non-invasive 'cold' Cryotherapy to extend the effects of our Essential Formulas and Boosters.

**30 minute**

**Weekdays \$175**

**Weekend/Holidays \$185**

# MY BLEND FACIAL TREATMENTS

## **MY BLEND Renewal Facial**

The ultimate anti-aging treatment. This ultra-personalized facial experience exfoliates, moisturizes, and massages to protect the skin from aging. The use of our superior, age-defying ColorBlend LED Mask will increase the production of collagen and elastin.

Next, our exclusive WaveBlend Vibration Technology Machine will be applied to firm the many contours of your face. To finish your experience, a non-invasive 'cold' Cryotherapy Device will plump the appearance of the skin and diminish considerably any fine lines and wrinkles.

**60 minute**

**Weekdays \$210**

**Weekend/Holidays \$235**

## **MY BLEND Perfection Facial**

Embracing all aspects of the Renewal Facial, this experience incorporates the use of our ColorBlend LED technology, our state-of-the-art WaveBlend Vibration Machine and targeted Cryotherapy work. Experience an in-depth skin consultation, a relaxing scalp, hand and foot massage, and further focus on any fine lines and wrinkles, specifically around the mouth and jaw line.

**90 minute**

**Weekdays \$305**

**Weekend/Holidays \$315**

## Add-on to all MY BLEND Facial Treatments

### **Peeling Mask**

Boost your facial with our exclusive "My Blend Peeling Kit" which provides deep cleansing for cellular detoxification and vitality. This enhancement diminishes the appearance of fine lines, soothes rough skin texture, and aids in cleansing acne and fading hyperpigmentation. This enhancement is an incorporated addition to your Facial Treatment without requiring additional time.

# THE HYDRA FACIAL

The HydraFacial™ resurfacing procedure thoroughly cares for your skin, providing cleansing, exfoliation, extractions, and hydration, including the Vortex-Fusion® of antioxidants, peptides, and hyaluronic acid. The HydraFacial™ is a non-invasive, non-surgical procedure that delivers instant results with no discomfort or downtime. For lasting benefits, a series of 4 or 8 is recommended.

## The Booster

This rejuvenating treatment includes a thorough cleansing, vacuum extractions and advanced hydration. Ideal for skin health maintenance, this non-invasive treatment leaves your skin glowing, even-toned and supple. Also an excellent treatment for the décolleté, back or hands and can be added to any facial treatment.

## The Essential

In addition to the booster facial, LED therapy is used to stimulate collagen production, kill bacteria and reduce fine lines and even skin tone. A customized mask by Clarins is applied and the DermaBuilder™ peptide complex is infused directly into the deeper layers of the skin to further enhance the anti-aging benefits.

## The Ultimate

The perfect powerhouse of the customized My Blend facial treatment combined with the Hydra Facial. This powerful treatment includes a personalized skin consultation, a customized My Blend product regimen and the Essential Hydra Facial for maximum results.

**30 minute**

**Weekdays \$185**

**Weekend/Holidays \$195**

**60 minute**

**Weekdays \$285**

**Weekend/Holidays \$295**

**90 minute**

**Weekdays \$370**

**Weekend/Holidays \$380**

# CLARINS SIGNATURE BODY TREATMENTS

## **Tonic Sweet & Salty**

Intense Toning and Relaxing Body Scrub, this 100% natural exfoliating treatment is based on white jasmine, lavender and plant essential oils. It leaves skin feeling ultra-soft and luxuriously smooth.

**Suggested Enhancement:** Back, Neck and Shoulder Massage

## **Figure Shaper**

The draining and firming benefits of this treatment help you achieve refined body contours where you want them. Stubborn and newly forming areas of cellulite are visibly minimized, and your skin is left soft and smooth. Its sculpting ability is proven! This treatment targets both skin density and elasticity – two factors that impact skin aging. This treatment is also highly firming, helping to boost skin tone while promoting smooth, supple skin.

**Suggested Enhancement:** Clarins Anti-Aging Facial

## **Relaxing Mud Wrap**

This wrap will make your skin more supple and radiant by providing it with a boost of vitamins and minerals. While wrapped in a mineral-rich, plant-based mud, you will enjoy the benefits of gentle detoxification while relaxing with a therapeutic scalp and foot massage.

**Suggested Enhancement:** Revitalizing Body Scrub

**45 minute**

**Weekdays \$195**

**Weekend/Holidays \$205**

**60 minute**

**Weekdays \$210**

**Weekend/Holidays \$220**

**60 minute**

**Weekdays \$210**

**Weekend/Holidays \$220**

# CLARINS SIGNATURE BODY TREATMENTS

## Massage and Glow

Experience a uniquely revitalizing and relaxing treatment for the complete body.

Begin with a 30 minute exfoliation to smooth and refresh your skin, followed by a 30 minute relaxing full body massage to bring you calm and tranquility.

**Suggested Enhancement:** The Classic Pedicure

## The JetLag Reviver

Whether you are recovering from extensive travel or a hectic lifestyle, this ritual will revive you from head to toe. The treatment begins with a back exfoliation followed by a deeply relaxing hot stone back massage. You will then enjoy a neck, shoulder and scalp massage to reduce tension and promote relaxation. A nourishing facial massage will re-energize the skin and leave you refreshed and revitalized. The treatment will be completed with a foot massage and an application of stimulating leg emulsion to promote circulation and reduce water retention.

**Suggested Enhancement:** Anti-Aging Luminous Eyes

## Clarins Mud Mask

Enjoy a pure, melting, sensorial mud facemask! Allow your skin to recharge its energy, boost its vitality and relax its features. Rich in minerals and other essential nutrients such as Vitamin E and Ginkgo Biloba, this mask will improve skin tightness and remove all toxins, while keeping your skin healthy and radiant.

**60 minute**

**Weekdays \$210**

**Weekend/Holidays \$220**

**90 minute**

**Weekdays \$250**

**Weekend/Holidays \$260**

**Weekdays \$25**

**Weekend/Holidays \$25**

# CLARINS WELLNESS TREATMENTS

## Beauty Sleep

Experience the ultimate stress-releasing treatment where you will feel completely regenerated from head to toe. In addition to reducing stress and promoting relaxation, this body and face treatment will help you to sleep better and longer... true relaxation for the total body and mind.

**Suggested Enhancement:** Age-Defying Signature Manicure

## Rise and Shine

Boost your mental and physical energy with this uplifting body and face treatment. Increase your vitality and let it flow harmoniously. This treatment will strengthen your immune system, increase your blood circulation, and leave you with a radiant glow.

**Suggested Enhancement:** Anti-Aging Luminous Eyes

## Aroma Facial

This facial calms the mind and helps to rebalance the skin. Offering a complete digital detox, it synergistically combines guided breathing exercises, a deeply relaxing Ayuroma Touch massage and essential oils to disconnect you from the stress and strains of the outside world.

**Suggested Enhancement:** Hot Stone Massage

**60 minute**

**Weekdays \$210**

**Weekend/Holidays \$220**

**60 minute**

**Weekdays \$210**

**Weekend/Holidays \$220**

**60 minute**

**Weekdays \$210**

**Weekend/Holidays \$220**

# CLARINS WELLNESS TREATMENTS

## **The Art of Touch**

The Art of Touch is a complete, energizing, regenerating treatment for the face and body. It is an experience to help balance harmony and energy. It relaxes the features of the face and gives a new vitality to the body. This new concept is based on three energetic touches that bring the very best in massage and skincare.

**60 minute**

**Weekdays**      **\$210**

**Weekend/Holidays**      **\$220**

## **The Holistic Stress Buster**

This personalized journey begins with a refreshing foot treatment, followed by a complete body scrub to enhance the unique sensation of well-being. Enjoy a soothing application of hydrating cream and a relaxing neck, shoulder and scalp massage while your feet are enveloped in deeply moisturizing warm paraffin. You will be cocooned in a soft blanket while enjoying a nourishing, energizing facial treatment. Utter bliss!  
Suggested enhancement: Personal Training Session

**120 minute**

**Weekdays**      **\$390**

**Weekend/Holidays**      **\$400**

# MEN'S TREATMENTS

## **Sports Manicure**

Smooth away the rough edges of an active lifestyle with this invigorating treatment that leaves your hands looking naturally refined.

**Weekdays** \$60  
**Weekend/Holidays** \$70

## **Sports Pedicure**

Feet really get a workout, and this treatment provides a soothing, relaxing experience that will keep yours healthy and handsome.

**30 minute**  
**Weekdays** \$95  
**Weekend/Holidays** \$105

## **Gentlemen's Power Hour**

Short on time but need to look your best? Choose from our express men's maintenance services and get back to your desk looking fresh and fantastic in one hour. Choose one from each group below for a total of three express treatments.

**60 minute**  
**Weekdays** \$205  
**Weekend/Holidays** \$215

### **Group A**

- Express Cleansing Facial
- Back, Neck & Shoulder Massage
- Sports Manicure

### **Group B**

- Soothing Scalp Massage
- Therapeutic Foot Massage
- Man-E-Cure Nail Buff and File

### **Group C**

- Brow, Nose or Ear Waxing
- Anti-inflammatory Eye Treatment
- 15 minute Power Nap

# MEN'S TREATMENTS

## **Skin Recharger Facial**

Fight fatigue and firm up! A complete treatment for men's skin affected by external factors and irritation from shaving. It purifies, moisturizes, reduces the look of wrinkles and dark circles, and truly energizes the skin. At the end of the treatment, a massage of the scalp, neck and shoulders brings an instant feeling of wellbeing. You will look rested, relaxed, and completely re-energized.

	<b>60 minute</b>
<b>Weekdays</b>	<b>\$210</b>
<b>Weekend/Holidays</b>	<b>\$220</b>

## **Blokes and Beer**

A revitalizing treatment designed with the beer-lover in mind. This service includes a "Man-E-Cure," a personalized facial and a full-body massage. Post-treatment, enjoy chilled bottles of Mill St. Organic Lager as you relax in our Gentlemen's Lounge. This treatment will have you feeling refreshed and in good spirits!

	<b>150 minute</b>
<b>Weekdays</b>	<b>\$435</b>
<b>Weekend/Holidays</b>	<b>\$450</b>

# THE CHAMPAGNE NAIL BAR

## **The Classic Manicure**

Enjoy a harmonizing soak, relaxing application of hydrating cream, cuticle clean-up, nail shaping and expertly applied polish.

**45 minute**

**Weekdays**

**\$75**

**Weekend/Holidays**

**\$85**

## **The Classic Pedicure**

Enjoy a harmonizing soak, relaxing application of hydrating cream, cuticle clean-up, nail shaping and expertly applied polish.

**60 minute**

**Weekdays**

**\$100**

**Weekend/Holidays**

**\$110**

## **Age-Defying Signature Manicure**

This rejuvenating treatment leaves hands soft and beautiful and feeling wonderful. It includes detailed cuticle work, an exfoliator, a soothing massage and a warming mask and paraffin treatment.

**60 minute**

**Weekdays**

**\$90**

**Weekend/Holidays**

**\$100**

## **Precision Signature Pedicure**

A complete treatment using precision tools to reveal beautiful, lighter-feeling feet.

**75 minute**

**Weekdays**

**\$125**

**Weekend/Holidays**

**\$135**

# THE CHAMPAGNE NAIL BAR

## File & Polish

20 minute

Weekdays

\$40

Weekend/Holidays

\$50

## Shellac File & Polish

The original Power Polish which provides you with extended wear of superior colour and shine with no dry time. Improve your nails and remain perfectly polished for any occasion. Please book extra time for Shellac removal. Additional fee may apply.

30 minute

Weekdays

\$55

Weekend/Holidays

\$65

## Shellac Manicure

45 minute

Weekdays

\$85

Weekend/Holidays

\$95

## Shellac Pedicure

60 minute

Weekdays

\$85

Weekend/Holidays

\$95

## Signature Champagne Manicure

Our newest signature treatment includes a classic manicure with a relaxing hand and arm hot stone massage and hydrating paraffin mask. Included in this lavish treatment is a glass of champagne.

60 minute

Weekdays

\$120

Weekend/Holidays

\$130

## Signature Champagne Pedicure

A decadent and results-oriented treatment combining our Precision Pedicure with luxury and of course a glass of champagne to sip while being truly pampered.

60 minute

Weekdays

\$140

Weekend/Holidays

\$150

# #RCMEMORIES

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