

SPA  
my Blend  
BY CLARINS

SPA MY BLEND BY CLARINS



SPA  
my blend  
BY CLARINS

CLARINS  
With plants,  
you can make the world  
more beautiful.

# 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 Thursday to Monday

9AM to 6PM

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

416-572-8000

### 20% OFF ALL RMT MASSAGES

We are pleased to offer 60 & 90 Minute Massage Therapy  
Appointments by our Registered Massage Therapists.

20% off will be applied at checkout.

Cannot be combined with any offers.

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.\*

Select Spa facilities (Pool, Fitness Centre, Showers, Vitality  
Pools, Steam Rooms & Saunas, all Lounges) unavailable at this  
time due to the current restrictions in Toronto.

# 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.

	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>\$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

	<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>\$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.

\*Select Spa facilities (Pool, Fitness Centre, Showers, Vitality Pools, Steam Rooms & Saunas, all Lounges) unavailable at this time due to the current restrictions in Toronto.

\*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.

\*Greatly 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.

# #RCMEMORIES

181 Wellington Street West, Toronto, ON M5V3G7  
416-585-2500 | [toronto.guestrelations@ritzcarlton.com](mailto:toronto.guestrelations@ritzcarlton.com)  
[@ritzcarltontoronto](https://www.instagram.com/ritzcarltontoronto)