Take a brief respite from the energy of Miami Beach and escape to a sanctuary that offers balance, tranquility and indulgence. Praised as one of the best in the area, The Ritz-Carlton Spa, South Beach is an ideal haven that offers rejuvenating body therapies and sumptuous beauty treatments using world-renowned products and techniques. Immerse yourself in the calm flow of luxury.

Let us make the world revolve around you.

ESCAPE
Based on a mindfulness approach to wellness, our spa offers an urban retreat at the heart and pulse of the city, with journeys designed to promote rest, relaxation and rejuvenation. Botanical herbs, rare sea minerals and essential oils are seamlessly combined to curate unique treatment experiences to prepare your body and mind for the day and night ahead.

**EXPERIENCE**

**MINDFUL MASSAGE**
*100 MINUTES*
Unwind a busy mind, escape the pace of everyday life and emerge feeling focused, with a sense of renewed positivity. This holistic, deeply relaxing and clarifying experience works on the concept of mindfulness, focusing on both mind and body to help you reduce stress and be more in the present.

**includes**
- Breathing and visualization techniques
- 60-minute massage on the metamorphic zones of the feet
- Full body massage
- Scalp massage with warm rose quartz crystals

**MINDFUL FACIAL**
*100 MINUTES*
Soothe, nurture and revitalize skin and spirit with this holistic personalized facial. Naturally advanced formulas and warmed herbal poultices unite with therapeutic hands to deeply cleanse, hydrate and rejuvenate skin while also calming a busy mind.

**includes**
- Breathing and visualization techniques
- Personal SkinVision™ analysis
- Facial massage with herbal poultice and rose quartz crystals
- Overnight hydration therapy
- Scalp or hand massage

**MINDFUL SLEEP EXPERIENCE**
*120 MINUTES*
The definitive answer to a truly blissful night’s sleep. This tailor-made experience starts with your therapist guiding you through breathing and visualization techniques to release deep-seated muscular tension using a combination of hot stones and warm oil. A soothing scalp massage helps clear your mind and enables you to completely switch off, ensuring an uninterrupted and blissful night’s sleep.

**includes**
- Breathing and visualization techniques
- Aromatherapy bath
- Personalized massage with hot stones
- Therapeutic scalp treatment

**BESPOKE SPA JOURNEY**
*180 MINUTES* or *120 MINUTES*
Designed by you and your therapist to melt away tension, nourish the skin and restore equilibrium with a customized spa experience.

**includes**
- Meditation and visualization
- Choice of massage, facial, bath and body treatment

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RELAXATION MASSAGE
100 minutes or 60 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.

DEEP MUSCLE MASSAGE
100 minutes or 60 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.

STRESS RELIEF MASSAGE
100 minutes or 60 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.

HOT STONE MASSAGE
80 minutes
A therapeutic and rejuvenating massage using warm stones and moderate to deep pressure intensely soothes tired, aching muscles and aids relaxation.

NATURALLY NURTURED MASSAGE
80 minutes or 50 minutes
Nurture and nourish body and skin when you need it most with the gentle, restorative and entirely tailored massage. Ideal for expectant mothers after the first trimester.

SOLE REVIVER
50 minutes
Foot massage is an essential element of Chinese tradition and therapy. Concentrating on the reflex zones of the feet, this blissful treat alleviates aches while relaxing and restoring the body and mind.

INCLUDES Foot and leg exfoliation, reflex stone foot massage.
BODY

NOURISHED GLOW
50 MINUTES
Reveal your smoothest, softest skin 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

THE BODY WRAP
50 MINUTES
Deeply cleanse and nourish your body with this beautifully enhancing, bespoke body treatment, using either detoxifying algae or nourishing and re-mineralizing marine mud.
Includes: Body exfoliation, algae or marine mud envelopment, scalp massage

ULTIMATE BODY BALANCER
80 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

LIGHTER LEGS
50 MINUTES
Swiftly ease tired, aching feet and legs with this enlivening treatment. Suitable for all, this treatment can help reduce puffiness and soothe aches and pains.
Includes: Exfoliation, massage and application of cooling moisturizer to the feet and lower legs

COCONUT WATER BODY DRENCH
50 MINUTES
After a day of enjoying the Sunshine State, treat your body to this coconut-infused water drench treatment that will leave your skin feeling hydrated, smooth and noticeably glowing.
Includes: Soak, exfoliation, mask, scalp and neck massage, body spritz
CUSTOM FACIAL
80 minutes or 50 minutes
Purify, hydrate, brighten and smooth your complexion with this radiance-restoring facial tailored to your individual needs.
INCLUDES Deep brush cleanse, skin analysis, facial exfoliation, massage, mask, scalp massage
PERFORMED WITH ESPA PRODUCTS

AGE DEFYING FACIAL
80 minutes or 50 minutes
Instantly combating the most visible signs of skin aging, this facial smooths fine lines and revives youthful radiance to your complexion.
INCLUDES Deep brush cleanse, skin analysis, face 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 complexion. The must-have treatment for immediate results prior to a special event.
INCLUDES Brush cleanse, skin analysis, mask, age-defying crystal massage, lifting mask, scalp massage
PERFORMED WITH ESPA PRODUCTS

VITAMIN C FACIAL
80 minutes or 50 minutes
Vitamin C brightens the skin, while stimulating collagen production. It strengthens elasticity and reduces fine lines, wrinkles, discoloration and age spots.
INCLUDES Skin analysis, brush cleanse, exfoliation, anti-aging mask, scalp massage
PERFORMED WITH BIOELEMENTS PRODUCTS

AGE DEFYING & RENEWAL FACIAL
80 minutes
Instantly combating the most visible signs of skin aging, this facial smooths fine lines and revives youthful radiance to your complexion.
INCLUDES Deep brush cleanse, skin analysis, mask, scalp massage
PERFORMED WITH ESPA PRODUCTS

ENZYME RENEWING FACIAL
50 minutes
Instantly smooth, brighten and firm the complexion with this deeply cleansing, naturally exfoliating advanced facial.
INCLUDES Deep brush cleanse, enzyme peel, rose quartz crystal massage, lifting and smoothing mask with 80-minute facial
PERFORMED WITH ESPA PRODUCTS

HYDRAFACIAL MD
50 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 hydro-exfoliation, vortex extraction, hydrating hyaluronic acid infusion, LED therapy
80 MINUTES ADDITIONALLY INCLUDES Lymph drainage for the face and neck, hydrating b5 mask and choice of Dermabuilder or Britenol

THE RITÉ-CARLYON SPA
SOUTH BEACH
SOUTH BEACH

MEN

THE MANICURE
30 MINUTES
Essential maintenance for hands.
INCLUDES: Soak, cut, file and shape, cuticle work, application of hand cream, buff

THE PEDICURE
30 MINUTES
 Maintain amazing results and keep nails in good condition with this conditioning treatment.
INCLUDES: Soak, file and shape, cuticle work, application of foot cream, buff

THE MEN’S MASSAGE
90 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 60 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 60 MINUTES OR 50 MINUTES
Unwind and de-stress with this aromatherapy massage using light to moderate pressure and a blend of essential oils to melt away tension.

STRESS RELIEF MASSAGE
100 MINUTES OR 60 MINUTES OR 50 MINUTES
Revive tired and fatigued muscles with this traditional massage using moderate firm pressure to leave a feeling of revitalization and relaxation.

POWER HOUR
50 MINUTES
Intensely invigorating, this clarifying and smoothing treatment powerfully reawakens, leaving you ready for anything.
INCLUDES: Full body salt and 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

THE RITE-CAROLYN RITA

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performed with ESPA products
MANICURE
25 MINUTES
Essential maintenance for hands.
INCLUDES: Soak, cut and file, cuticle work, application of hand cream, polish or buff

PEDICURE
50 MINUTES
Maintain amazing results and keep nails in good condition with this conditioning treatment.
INCLUDES: Soak, cut and file, cuticle work, exfoliation, massage, personalized mask, paraffin wax, polish or buff

ULTIMATE MANICURE
50 MINUTES
This indulgent treatment uses deeply nourishing products to repair, replenish and condition your nails.
INCLUDES: Soak, cut and file, exfoliation, cuticle work, massage, personalized mask, paraffin wax, polish or buff

ULTIMATE PEDICURE
80 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

GEL MANICURE
50 MINUTES
A revolutionary power polish that is applied and set under UV lighting. Your nails are completely dry by the time your manicure is over, and you will have an incredibly durable, chip-free manicure with superior shine for two weeks.
INCLUDES: Soak, cut and file, exfoliation, cuticle work, massage, gel application

GEL PEDICURE
80 MINUTES
A revolutionary power polish that is applied and set under UV lighting. Your nails are completely dry by the time your pedicure is over, and you will have an incredibly durable, chip-free pedicure with superior shine for two weeks.
INCLUDES: Soak, cut and file, exfoliation, cuticle work, massage, gel application
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.

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

PROBIOTICS & PROBIOTICS
Boost any facial by using the technologically advanced Probiome™ serums and moisturizers to address the most visible signs of aging.

COLLAGEN EYE OR LIP MASK
Protect the delicate skin around the eyes or lips with this instant transformer, providing hydration, anti-aging benefits and nourishment.

COLLAGEN FACE OR NECK MASK
This collagen mask can be added to any facial and is perfect for special occasions. The skin is instantly brightened, firmer and radiant.

HAND, FOOT OR BACK REVIVER
Reveal smoother skin with this exfoliating and nourishing treatment that will leave hands or feet soft and bright.

HOT STONE MELTER
Smooth basalt stones radiate heat deep inside the muscles to relieve tension and stress during any massage treatment.

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 équipé de collagène et parfait pour les occasions spéciales. La peau est immédiatement éclaircie, ferme et brillante.

HAND, FOOT OR BACK REVIVER
Réalisez un traitement exfoliant et nourrissant qui laissera les mains ou les pieds doux et brillants.

HOT STONE MELTER
Les pierres de basalte chauffent les muscles à profondeur et soulagent la tension et le stress pendant toute la durée du massage.

MICRO-CURRENT
Augmentez la tonalité musculaire avec l’ajout du micro-courant électrique, tout délicat et tellement efficace, au cours d’un soin facial.

COLLAGEN EYE OR LIP MASK
Protégez la peau délicate des yeux ou des lèvres avec ce transformateur instantané, fournissant hydratation, bénéfices anti-âge et nutrition.

COLLAGEN FACE OR NECK MASK
Cette masque de collagène peut être ajouté à tout soin et est parfait pour les occasions spéciales. La peau est immédiatement éclaircie, ferme et brillante.

HAND, FOOT OR BACK REVIVER
Révalez une peau plus lisse avec ce traitement exfoliant et nutritif qui laissera les mains ou les pieds doux et brillants.

HOT STONE MELTER
Les pierres de basalte chauffent les muscles à profondeur et soulagent la tension et le stress pendant toute la durée du massage.

SCALP TREATMENT & MASSAGE
Vitamin C-rich watercress and red clay nourish and cool the scalp, while apricot kernel oil conditions to help promote stronger, healthy looking 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.

CBD MASSAGE OIL
Infuse any massage with the benefits of CBD-enriched oil.
To enjoy your spa experience to the fullest potential, please familiarize yourself with the spa guidelines.

AGE REQUIREMENTS

Guests of The Ritz-Carlton Spa, South Beach must be 18 years of age or older to enjoy the locker room amenities (steam rooms, saunas, showers, relaxation lounges.) Facial services and chair massages are available for teens 16 years and older in the company of an adult. Salon services are available for all ages and children must be accompanied by an adult for full duration of their service.

RESERVATIONS

We encourage you to make reservations one week in advance. Our spa concierge is available to help you plan the perfect spa experience, including the best order for your treatments. Please notify the spa concierge when booking treatments if you have any allergies, physical disabilities, are pregnant, or have any other health concerns.

In order to maintain a relaxing spa environment, no cell phones are allowed in the spa area. If your cell phone is not needed, a spa treatment can be purchased with no dock located on the premises.

PERSONAL BELONGINGS

If you are staying in the hotel, please leave valuable items in the safe in your guest room. Lockers are available for personal items. We request that cell phones be turned off.

TREATMENT RECOMMENDATIONS

Most body treatments are enjoyed without clothing. However, please wear underwear if uncomfortable for you. During all treatments, the body is fully draped except for the area being worked on. Robes and slippers are provided.

Shaving is recommended but not necessary for men prior to your facial. If you choose to shave prior to your facial, please do so at least two hours before your appointment. Shaving is not recommended prior to body treatments or hair removal services.

ARRIVAL TIME

Please arrive at least 30 minutes prior to your scheduled treatments in order to relax in our lounges, saunas, and steam rooms. Arriving late will simply limit the time for your treatment, thus decreasing its effectiveness and your enjoyment. Your treatment will end on time, so the next guest is not delayed. The full value of your treatment will be charged.

METHOD OF PAYMENT

We accept all major credit cards. You may also charge services to your resort bill. Payment is accepted prior to your treatments, upon request. Please present your credit card. Additional gratuities are at your discretion and should reflect your satisfaction with our service. 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 before your scheduled appointment to avoid being charged the full treatment price. Any appointments rescheduled within the 24-hour window will incur a move fee of $40 per service.

HOURS OF OPERATION

Spa Treatments: 9 AM – 7 PM, Monday – Saturday 9 AM – 6 PM, Sundays

Spa Services: 9 AM – 6:30 PM, Monday – Saturday 9 AM – 6:30 PM, Sundays

To reserve your spa appointment online, visit us at ritzcarlton.com/southbeach or contact 786-276-4000.