

*Let us make the world  
revolve around you.*

# ESCAPE

Escape to a tropical oasis, nestled on a secluded island just minutes from exciting downtown Miami yet extraordinarily calm and worlds away. At The Ritz-Carlton, Key Biscayne, the spirit of the Caribbean beckons, inviting you to gaze out at the ocean, inhale the mango-scented breezes, and relax in the luxury of our resort and world class spa.



# EXPERIENCE

The Ritz-Carlton Spa, Key Biscayne welcomes you to the history, scents and delights of our exclusive island. Inspired by the vast history of native Tequesta Indians, famed explorers and coconut plantations our treatments and experiences awaken the senses, refresh the body and renew the spirit. We warmly invite you to enjoy our extraordinary spa so arrive early, stay awhile and drift away.

## COCONUT NOURISHMENT

100 MINUTES

A skin soothing ritual, harnessing the nourishing and purifying benefits of coconut, the heritage of which is deeply rooted in Key Biscayne. This experience renews the complexion and anoints energy points throughout the body using rich warm oil of organic Virgin Coconut Oil, Kukui and Sandalwood to leave you nourished and in perfect bliss.

**INCLUDES** Sugar cane coconut scrub, body massage, nourishing wrap, scalp treatment

## TEQUESTA RITUAL

100 MINUTES

Years gone by, Native American's local to this area completed a detoxifying ceremony to purifying and balance. This tradition forms the foundation of this detoxifying ritual.

**INCLUDES** Algae wrap, detoxifying aromatherapy massage, scalp massage

## CBD RELIEF & RECOVERY

80 MINUTES OR 50 MINUTES

Relief and recovery begins with a personalized consultation to establish your areas of concern. A customized treatment protocol with hemp based products is then administered by your massage therapist to best suit your needs and optimize benefits.

## MOON OVER MIAMI

80 MINUTES

The name Biscayne is derived from the Tequesta Indian word, "Bischiyano", meaning "favorite path of the rising moon". Experience a tradition of healing designed to calm the body and mind by harnessing the relaxing benefits of sweet orange and lavender in this balancing and harmonizing full body ritual.

**INCLUDES** Warming orange salt and oil exfoliation, Atlantic stone massage, scalp massage



THE RITZ-CARLTON SPA

KEY BISCAYNE

# 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 alleviate 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 pressure to leave a feeling of revitalization and relaxation.

## BEACH STONE MASSAGE

80 MINUTES OR 50 MINUTES

A therapeutic and rejuvenating massage using warm Atlantic stones and a light to moderate 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

50 MINUTES

This ancient art of healing focuses on the soles of the feet that correlate to specific organs and integral body systems. As pressure is applied to the points, tension and fatigue are gently released, improving the body's physical balance.

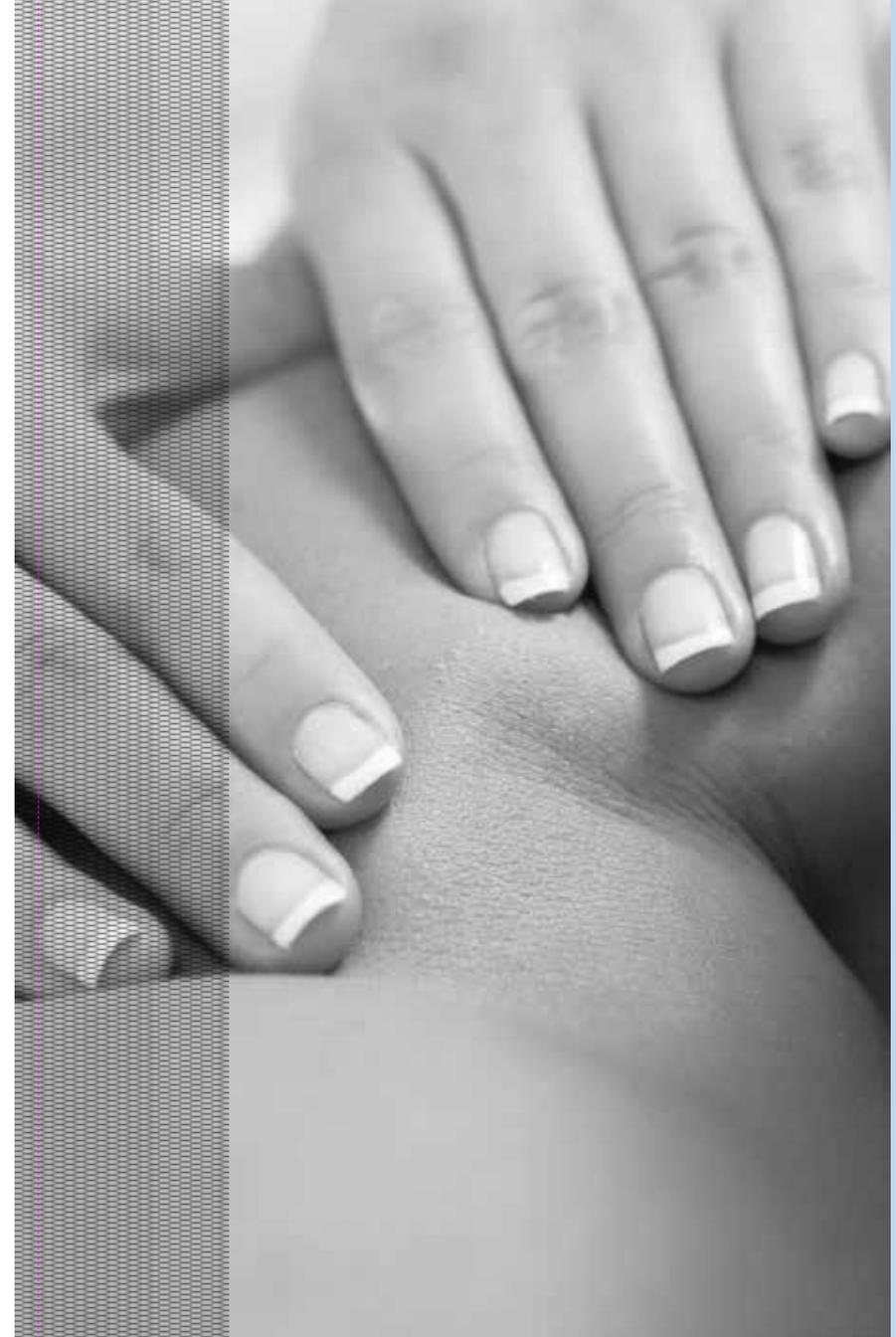
## COUPLES MASSAGE

80 MINUTES OR 50 MINUTES

Enjoyed in the comfort of our couple's room, your therapists will customize a massage experience for each individual in an intimate setting for two.

## SPECIALTY MASSAGE

Therapists at The Ritz-Carlton Spa are certified in a variety of specialty massage techniques. Please inquire with our spa agents for details on these advanced treatments.



# BODY

## NOURISHED GLOW

50 MINUTES

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

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

## BODY BALANCER

80 MINUTES

Restore serenity to body, mind and skin with this richly indulgent and deeply reviving back, neck and scalp treatment.

**INCLUDES** Back exfoliation, massage, application of facial oil and scalp massage

## AFTER SUN RITUAL

50 MINUTES

This cooling and calming treatment is designed to soothe and nourish sun drenched skin. Using cooling Aloe Vera and Spearmint with skin repairing ingredients of Coconut Oil, Wild Yam and Ylang Ylang.

**INCLUDES** Body exfoliation, body wrap, scalp massage

## FIRM FIGURE BODY RITUAL

80 MINUTES

A warming & cooling body ritual designed with a combination of science and nature in skincare. Clinically proven to smooth and tighten targeted areas while improving skin's texture to provide a more contoured full body silhouette.

**INCLUDES** Body exfoliation, microcurrent contour, body wrap, moisture application

## SWEET MANGO GLOW

50 MINUTES

Natural, vegan ingredients all crafted locally in Florida. This delicious treatment revitalizes the skin with a citrus sea salt exfoliation finishing with an application of deeply nourishing pure coconut.

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



# FACIAL

## 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**

## ENZYME RENEWAL FACIAL

80 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 & smoothing mask on 80-minute)

**PERFORMED WITH ESPA PRODUCTS**

## CUSTOM FACIAL

80 MINUTES OR 50 MINUTES

Purify, hydrate, brighten and smooth your complexion with this expert facial that is tailored to your individual needs. Choose from Custom or Age-Defying Facial

**INCLUDES** Brush cleanse, skin analysis, facial exfoliation, massage and mask, scalp massage

**PERFORMED WITH ESPA PRODUCTS**

## BRIGHTENING HYDRAFACIAL

50 MINUTES

A unique combination of exotic berries from the Australian Outback partnered with the exfoliating properties of Lactic and Mandelic acids come together to nourish, moisturize, and brighten the skin for a healthy radiant appearance.

**INCLUDES** Vortex-Fusion of antioxidants, peptides and hyaluronic acid, booster, mask

**PERFORMED WITH CIRCADIA PRODUCTS**

## INFINITE BEAUTY HYDRAFACIAL

80 MINUTES

A Red-Carpet treatment with the effervescence of pure oxygen to boost circulation, enhance skin clarity, stimulate cell turnover and hydrate the complexion. Treatment includes take-home regimen products for age-defying or brightening results.

**INCLUDES** Vortex-Fusion of antioxidants, peptides and hyaluronic acid, Booster, Mask, LED light therapy

**PERFORMED WITH CIRCADIA PRODUCTS**

## LIFT & LIGHTEN FACIAL

50 MINUTES

Reveal visible results in skin clarity, sun damage and discoloration. Incorporating Vitamin C and a medical-grade alpha beta hydroxy acid peel for a radiant bright skin complexion.

**INCLUDES** Skin analysis, Alpha Beta peel, massage, mask

**PERFORMED WITH DR. DENNIS GROSS PRODUCTS**

## ANTI-AGING HYDRAFACIAL

50 MINUTES

Unveil a radiant glow with this complex ingredient profile that delivers unique exfoliating lime pearl caviar technology to gently rejuvenate the skin with a burst of antioxidant support resulting in a flawless finish.

**INCLUDES** Vortex-Fusion of antioxidants, peptides and hyaluronic acid, booster, mask

**PERFORMED WITH CIRCADIA PRODUCTS**

## ESSENTIAL HYDRAFACIAL

45 MINUTES

Give your skin the support it needs with this essential cleansing facial that is designed to leave your face feeling invigorated and clear.

**INCLUDES** Vortex-Fusion of antioxidants, peptides and hyaluronic acid

**PERFORMED WITH CIRCADIA PRODUCTS**



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# 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.

## RELAXATION MASSAGE

80 MINUTES OR 50 MINUTES

Unwind and de-stress with this aromatic bespoke treatment. This soothing aromatherapy massage uses moderate pressure and a blend of essential oils to melt away tension.

## 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 alleviate 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 pressure to leave a feeling of revitalization and relaxation.

## 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

80 MINUTES OR 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 MEN'S SUGAR CANE PEDICURE

45 MINUTES

Gentlemen can sit back and relax with locally brewed ale while enjoying a foot soak, sweet sugar cane exfoliation and steamed towel infusion to the legs.

**INCLUDES** Soak, nail file and shape, exfoliation, 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



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# BEAUTY

## HAIR SERVICES

Full salon services are available. Our talented team of stylists will complement your look for any special occasion, ensuring you are picture perfect and red carpet ready.

## MAKE-UP

Professional make-up artists use the latest makeup techniques and trends for a complete makeover that brings out your best.

For Hair and Make-Up service pricing and descriptions, please inquire directly with the spa at 305-365-4197.

## MANICURE

40 MINUTES

Essential maintenance for hands

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

## PEDICURE

40 MINUTES

Maintain amazing results and keep nails in good condition with this conditioning treatment.

**INCLUDES** Soak, nail file and shape, exfoliation, cuticle work, application of body cream, polish or buff

## SWEET MANGO MANICURE

50 MINUTES

This indulgent citrus treatment provides long lasting results deeply nourishing products to repair, replenish and condition your nails.

**INCLUDES** Soak, cut and file, exfoliation, cuticle work, massage, personalized mask, polish or buff

## SWEET MANGO PEDICURE

50 MINUTES

An aromatic citrus experience using deeply nourishing products to repair, replenish and condition your nails depending on your individual needs.

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

## GEL COLOR MANICURE

50 MINUTES

A revolutionary power polish that is applied and set under UV lightning. 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, shellac application

## GEL COLOR PEDICURE

50 MINUTES

A revolutionary power polish that is applied and set under UV lightning. 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, shellac application





# ENHANCEMENTS

## NAIL ENHANCEMENTS

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

### PARAFFIN TREATMENT

A beneficial treatment to soothe and moisturize your hands and feet

### CALLUS TREATMENT

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

## FACIAL ENHANCEMENTS

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

### MICRO-CURRENT

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

### EYE REPAIR MASK

Hydrate and reduce fine lines and wrinkles with this anti-aging collagen mask for the eye contour zone

## LIFESTAGE ANTI-AGING BOOSTERS

Boost any facial by using the technologically advanced LIFESTAGE serums and moisturizers to address all the most visible signs of ageing.

### HAND REVIVER

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

## MASSAGE ENHANCEMENTS

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

### MOROCCAN OIL SCALP TREATMENT

Using the strengthening properties of Moroccan Oil 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

## HOT STONE MELTER

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

### HAND, FOOT OR BACK REVIVER

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

### DRY SKIN BRUSHING

Enjoy a refreshing back exfoliation prior to any massage to instantly soften, smooth and revitalize the skin.

### CBD OIL

Enhance your massage with the benefits of organic, full-spectrum hemp extract in naturally occurring CBD oil.



# GUIDELINES

Guests of the Ritz-Carlton Spa, Key Biscayne must be at least 18 years of age to experience a massage, body treatment or enjoy the locker room, sauna, whirl pool and steam room. Guests ages 16 and 17 may receive facials and use the fitness center when accompanied by a parent or legal guardian. Guests 15 years old or younger may use the Hair Salon or utilize the resort's Ritz Kids program while adults are enjoying their workout or spa services.

Spa facilities, including locker rooms, wet lounges, whirlpools and relaxation areas are available complimentary for adult guests on the resort fee. The daily fee for guests not on the resort fee is \$50. This fee is waived with the purchase of a spa treatment. The spa reserves the right to restrict access on dates of high volume appointments.

Spa reservations agents will assist you with planning your spa experience. Please notify the spa reservation 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 several treatments that can be enjoyed. Also, if you have a preference for a male or female therapist, please make your request when scheduling your appointment.

For your enhanced comfort and relaxation, we suggest you arrive 30 minutes before your

scheduled appointment to allow time to enjoy the lounges, saunas, whirlpools and steam rooms. 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 and the full value of your treatment will be charged.

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 or wax treatments.

Most body 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.

This is your time and you should delight in the experience to the fullest. Your therapist will ask any preferences as to the room temperature, the amount of pressure, lighting or the volume of the music. Please notify your therapist of any discomfort. We do request that mobile phones be turned off while inside the spa and salon.

If you are a guest of the resort, please leave your valuable items inside your guest room safe. The Ritz-Carlton is not responsible for lost or stolen personal items.

We accept all major credit cards and room charges. A 20% service charge will be added for each spa service you receive and 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

A credit card is required to make all spa and salon appointments. 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 \$50. Cancellations of personal training sessions 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.

Spa and Salon Hours of Operation: 9 a.m. - 7 p.m.

Locker Facilities Hours of Operation: 7 a.m. - 8 p.m.

Fitness Center Hours of Operation: 24 hours