

SPAS OF THE RITZ-CARLTON

Abama	Guangzhou	Powerscourt (ESPA)
Amelia Island	Half Moon Bay	Reynolds Plantation
Bachelor Gulch	Istanbul	San Juan
Bahrain	Rose Hall, Jamaica	Sanya (ESPA)
Barcelona (Six Senses)	Kapalua	Sarasota
Beijing	Key Biscayne	Sharm El Sheikh
Beijing, Financial Street	Laguna Niguel	Sharq Village & Spa (Six Senses)
Cancun	Lake Tahoe	Shenzhen
Dallas	Los Angeles	South Beach
Denver	Moscow (ESPA)	St. Thomas
Doha	Naples	Tokyo (ESPA)
Dove Mountain	New Orleans	Westchester
Dubai	Orlando, Grande Lakes	
Fort Lauderdale	Palm Beach (EAU Spa)	
Grand Cayman (La Prairie)	Penha Longa (Six Senses)	

BOUTIQUE & DAY SPAS OF THE RITZ-CARLTON

Berlin (La Prairie)	Georgetown	Tysons Corner
Charlotte	New York, Central Park (La Prairie)	Wolfsburg
Coconut Grove, Miami		

THE RITZ-CARLTON MEMBERS SPA CLUB

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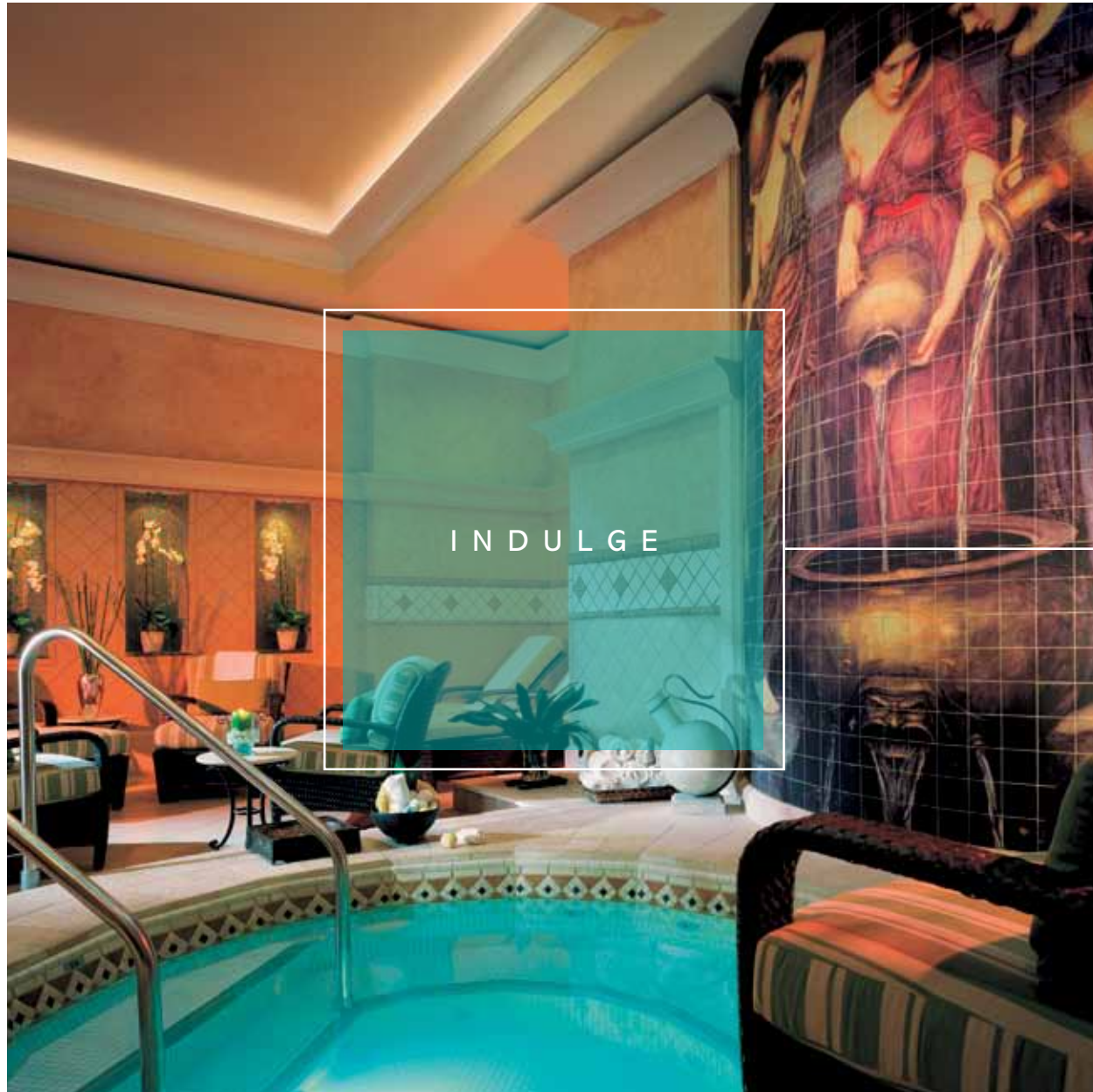
www.ritzcarlton.com/sarasota

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THE RITZ-CARLTON
[SARASOTA]

Spa





INDULGE

Discover the pleasures of a [relaxed](#) and [luxurious](#) haven where a personalized, unique wellness ritual [awaits](#). The [Ritz-Carlton Members Spa Club](#) embraces the wisdom that true [wellness](#) is reflected in one's passion for [clarity](#), [self discovery](#) and personal [well-being](#).

The [Sarasota Members Spa](#) embraces a holistic approach to physical and spiritual well-being. Inspired by [traditional](#) healing philosophies, our treatments are based upon the principals of restoring [balance](#) and [harmony](#) to the [Mind, Body & Spirit](#). At The Ritz-Carlton Sarasota Members Spa Club, we bring you the [purest](#) and most [natural](#) therapies from the earth and sea to [enliven](#) your senses, [soothe](#) your body and [revitalize](#) your spirit.

RELAXATION RITUALS

Take to the waters in a soothing river bath, a therapeutic hydrotherapy tub, or a stimulating Vichy shower. Bathing involves the timeless pleasures of indulging all of the senses. Each of our bath products has complex essential oil blends added for maximum effect. 30 minutes, \$90

- **Purification:** Cypress, Thyme, Lemon and Geranium Essential oils
- **Balance:** Lavender, Marjoram and Ylang Ylang Essential oils
- **Tranquility:** Chamomile, Lavender and Marjoram Essential Oils

Aromatherapy Milk Bath - Submerge yourself into a cloud-like sensation of soothing bubbles while your body is nourished with French Lavender, Rosewood and Roman Chamomile Essential Oils. 30 minutes, \$90

Seaweed Calming Bath - A rich concentrate of pure seaweed, algae and aromatic essences that promote and encourage a deep cleansing to the skin and an overall detoxification for the body. Stimulates the lymphatic system, calms the nervous system and improves skin tone. 30 minutes, \$90

CLEANSING RITUALS

Revive, purify and relax your skin and mind with exfoliating and cocooning body treatments.

Sarasota Citrus Scrub - Indulge yourself in the best Florida has to offer. A full body exfoliation featuring apricot meal and orange oil leaves even the most sensitive skin smooth and refined. A sumptuous application of orange-infused body cream completes your Florida journey. 45 minutes, \$150

Best of All Worlds Body Buff - This full body exfoliation features mineral-rich Old World sea salts, resulting in smoother and brighter skin. Select your favorite scent of rich body lotions to nourish your skin. 45 minutes, \$150

Tropical Daydreams Body Scrub - Experience the pure sensuality of a vigorous body exfoliation featuring pineapple and papaya enzymes. You will be further pampered with a lush application of moisturizing body lotion. 45 minutes, \$150

Espresso Limon Body Wrap - This results-oriented treatment begins with a rhythmic full body brushing followed by a luxurious application of highly effective detoxifying body oil. While cocooned, you will be treated to a restorative scalp massage. 80 minutes, \$195





SOOTHE

(CLEANSING RITUALS, CONTINUED)

Fountain of Youth Mud Wrap - Immerse yourself in the invigorating aroma of cinnamon and nutmeg as you enjoy a refining body polish. A nourishing mud wrap featuring organic soy restores your natural balance. 60 minutes, \$165

Sarasota Healing Sun Wrap - Soothe your body with a cooling wrap and a warm drizzle of coconut milk to calm your skin after a long day in the sun. 50 minutes, \$155

Sunless Tanning - Customized sunless spray tanning made with organic ingredients uses a color blending technique that is adjusted for each guest to best enhance skin tone for a natural glow. 25 minutes, \$60; 60 minutes, \$125 (includes exfoliation)

SPA WELLNESS JOURNEYS

Enchanted Journey - Glide into the luxurious realm of serenity with this Spa therapy session devoted to shedding your physical being of impurities. Restores clarity and balance and reconnects the trinity of mind, body and spirit. Pure organic essential oils allow you to rebalance and rejuvenate.

The Journey Includes:

- Espresso Limon Body Wrap
- Combo Massage
- Head and Scalp Massage
- Calming Facial
- Hand and Foot Paraffin Wrap

Three and one-half hours, \$450

Paradise Found Journey - Surrender yourself to the ultimate age-defense experience. Combining deeply therapeutic treatments with a healing approach, the face and body are cleansed, renewed and nourished; tired muscles are nurtured and re-energized and all the body systems are rebalanced and rejuvenated.

The Journey Includes:

- Fountain of Youth Mud Wrap
- Combo Massage
- Head Massage with Hair Mask
- Deep Pore Cleansing Facial
- Hand and Foot Paraffin Wrap

Three and one-half hours, \$450

Organic Pear and Green Apple Journey - This combination of organic treatments will nourish and rejuvenate your skin. The colors, the scents and the feeling of these products will definitely leave a lasting impression.

The Journey Includes:

- Organic Pear & Apple Sugar Scrub
- Organic Pear & Green Apple Yogurt Bath
- Organic Pear & Apple Soufflé Body Massage

90 minutes, \$200

The Indulgence of Time - Choose any three 50-minute or 80-minute treatments from our menu and receive a 15% savings. Services must be received by the same guest on the same day.

RITUALS OF SERENITY

Swedish Massage - This classic relaxation therapy uses long, smooth strokes to reduce muscle tension and stress. 50 minutes, \$135; 80 minutes, \$200

The Ritz-Carlton Signature Massage - A combination of Swedish and deep tissue massage tailored to your specific needs. 50 minutes, \$150; 80 minutes, \$210

Aromatherapy Massage - This unique and personalized massage using pure organic essential oils targets specific needs to give the body relief from discomforting symptoms. 50 minutes, \$150; 80 minutes, \$210

Deep Tissue - Using deep pressure, with relaxation therapy, this treatment focuses on easing chronic pain and muscle fatigue. 50 minutes, \$150; 80 minutes, \$210

Golf and Sports Massage - A customized blend of essential oils is combined with vigorous therapy to help overworked muscles. Designed for the physically active to promote recovery from sports activities and prevention of injuries. 50 minutes, \$160; 80 minutes, \$225

Energy Balancing Massage - Based on the Chinese five elements theory, Air, Water, Earth, Fire, and Metal, this wellness treatment is targeted to specific chakra points to promote vital energy flow for optimal well-being. 80 minutes, \$225

Healing Hot Stone Therapy - Based on Native American traditions, warm mineral-rich, basalt stones are used to give your body earth energy. The heat is an incredible therapy to melt away stress, especially suited for arthritic aches and pains or over-worked muscles and minds. 80 minutes, \$210

Reflexology - An ancient wellness technique that releases tension and fatigue through the use of compression on reflex points in the hands and feet, which correspond to the body's organs and integral body systems. It provides deep relaxation and restores balance to the entire body. 50 minutes, \$140

Partners in Paradise (couples massage) - A wonderful experience to share with a loved one or friend in our Couples Massage room - available with select massage therapies and can be enhanced with a River Bath for two. 50 or 80 minutes (price depends on massage chosen)

In Room Massage requests are available for 50 or 80 minutes, additional \$75

Enhancements are available with any massage. Pricing varies with enhancements and may not be purchased alone.





RESTORE

RITUALS OF RENEWAL

A holistic method of attaining beautiful skin to suit individual needs and desires of the skin.

Eminence® Biodynamic Organic Facial -

This facial is good for all skin types, includes organic ingredients and has been clinically-tested to be hypo-allergenic which makes it gentle enough for even the most sensitive of skin types. 60 minutes, \$145; 80 minutes, \$195

The Ritz-Carlton Custom Facial - A consultation with your esthetician will result in a treatment that offers maximum results for your skin. Having analyzed your skin type, the esthetician will select a combination of products to best suit your skincare needs. 60 minutes, \$150; 80 minutes, \$195

The Gentlemen's Executive Facial -

This deep cleanse treatment is designed to exfoliate dry, dead skin cells, and target congested pores while hydrating dry areas. Warm towel compresses are used throughout the treatment. A relaxing face, neck and shoulder massage is included. 60 minutes, \$145; 80 minutes, \$185

Alpha Beta Peel - Immediately improve the density, texture, and tone of your skin with this synergistic blend of Alpha/Beta Hydroxy acids which lead to a clear and radiant complexion. This non-irritating gentle exfoliating formula will diminish fine lines and wrinkles, reduce pore size, prevent breakouts, reduce appearance of rosacea and perfect skin tone. 60 minutes, \$175

ENHANCEMENTS

Vibraderm - A non-invasive skin care device gently exfoliates tired, dead cells while stimulating the production of collagen. 45 minutes, \$125, add to any facial

Express Peel - 45 minutes, \$125





WAXING

- Lip, Chin or Brow, 15 minutes, \$30
- Face, 30 minutes, \$75
- Bikini, 30 minutes, \$65
- Half Leg, 30 minutes, \$70
- Full Leg, 60 minutes, \$90
- Half Arm, 30 minutes, \$45
- Full Arm, 45 minutes, \$60
- Partial Back, 30 minutes, \$65
- Full Back, 60 minutes, \$90
- Underarm, 15 minutes, \$40

RITUALS OF WELLNESS

Personal Training - A professional personal trainer is available by appointment to assist with a supervised, one-on-one cardiovascular and/or weight training customized program. 60 minutes, \$90; 80 minutes, \$155

Group Fitness Classes - Highly skilled professionals offer a variety of fitness classes each week. All classes are open to all levels of fitness. 60 minutes, \$15

Tennis - Reservations are required for either court time or individualized instruction with tennis professional. A 24-hour cancellation policy applies. Lessons: 60 minutes, \$120 and up; Court Time: 60 minutes, \$15

SALON SERVICES

SALON DESIGNS

The genuine care and comfort of each guest is our highest mission at The Salon at The Ritz-Carlton, Sarasota, where gracious service is delivered by our expert Salon Design Team.

- Enhancing Moisture Mask
 - 30 minutes\$50
- Shine Infusion
 - 30 minutes \$60
- Ladies Haircut and Blow Dry
 - One hour and 15 minutes \$85 - \$95
- Shampoo and Style (Chin length or shorter)
 - 45 minutes\$65
- Shampoo, Style, and Iron (long length)
 - 60 minutes\$75
- Partial Highlights and Blow Dry
 - Two hours..... \$195
- Full Highlights and Blow Dry
 - Two hours..... \$240
- Color and Blow Dry
 - Two hours..... \$155
- Corrective Color
 - Two to Four hours.... \$150 per hour
- Classic Up-Do
 - 60 minutes\$90
- Gentleman's Haircut
 - 30 minutes\$45
- Gentleman's Color
 - 45 minutes\$90
- Gentleman's Reshade
 - 30 minutes\$45
- Child's Haircut (male, ages 6-12)
 - 30 minutes\$40
- Child's Haircut (female, ages 6-12)
 - 45 minutes\$60
- Wedding Trial Session
 - 60 minutes\$75
- Bride's Wedding Day Hairstyle
 - 60 minutes \$100
- Tiara or Veil Placement
 - \$25 to \$75

- Flower Girl or Junior Bridesmaid
 - 45 minutes\$60 to \$75
- Keratin Express
 - Alone..... \$150
 - Add-on\$75
- Brazilian Blowout\$250 and up
- Capola Keratin\$500 and up
- Great Length Hair Extension
 - Consultation

MAKE-UP APPLICATION

Trained makeup artists provide makeup artistry for special occasions or an entirely new look for every day. In-Room Massage requests are available for 50 or 80 minutes for an additional \$75.

- Airbrushed Make-up Application (eyelashes included)
 - 60 minutes \$125
- Make-up Application
 - 60 minutes\$80
- Make-up Lesson
 - 60 minutes\$95
- Minutes Eyelash Application
 - 20 minutes\$30

In Room and make-up services are available for an additional \$50 per technician.

A \$50 surcharge will apply to services with guests with hair extensions.

We are a certified Great Lengths and Hair Replacement Facility.

NAIL DESIGNS

- Ritz-Carlton Signature Manicure
 - 30 minutes\$45
- Ritz-Carlton Signature Pedicure
 - 50 minutes\$85
- Ultimate Manicure
 - 50 minutes\$85
- Callus Repair Pedicure
 - 80 minutes \$130

- Gentleman's Sports Pedicure
 - 45 minutes\$75
- Gentleman's Manicure and Pedicure
 - 75 minutes \$115

ESPECIALLY FOR TEENS

- Magic Manicure
 - 30 minutes\$40
- Strawberry Mousse Pedicure
 - 45 minutes\$60
- Me! Bath Ice Cream Sundae Pedicure
 - 50 minutes\$75

Y-SALON

Ice Cream Manicure
Designed for the young pampered between the ages of 6-12
25 minutes\$25
(Parent must be present for the full treatment)

Ice Cream Pedicure
Designed for the young pampered between the ages of 6-12
25 minutes\$40
(Parent must be present for the full treatment)

ENHANCED NAIL SERVICES

- Polish Change.....\$20
- French Polish Change\$25
- French Polish Add-on\$10
- Paraffin Treatment for Hands.....\$25
- Paraffin Treatment for Feet\$25
- Full Set Pink and White Nails
 - Acrylic \$100
 - Gels.....\$110
- Full Set
 - Acrylic\$65
 - Gels.....\$75
- Fills
 - Acrylic.....\$55
 - Gels.....\$65
- Shellac
 - Dry Manicure.....\$50
 - Add-on to any Manicure or Pedicure service\$15

SPA GUIDELINES

The Ritz-Carlton Members Spa Club is a private facility for the exclusive use of residents and members. Hotel guests of the Ritz-Carlton may use the privileges of membership during their stays. These privileges are extended to hotel guests only from the time of check-in until check-out and departure from the hotel.

Spa reservations agents will reserve treatment times and assist with selecting treatments. 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. If you prefer a male or female therapist, please make your gender request when scheduling your treatment.

Guests of the Ritz-Carlton Members Spa Club must be at least 18 years of age or older to experience massage and body treatments as well as The Healing Waters in our Relaxation Sanctuary. Guests aged 16 and 17 are welcome to enjoy facial treatments and must be accompanied by an adult at all times. Salon services are available to guests of all ages.

Most body treatments are enjoyed without clothing, however, please wear whatever is most comfortable for you. During all treatments the body is fully draped except for the areas being worked on. Robes and slippers are provided.

If you are a guest of the resort, please leave valuable items in the safe in your guest room. Otherwise, lockers are available for your personal items. We request that cell phones be turned off to maintain the peaceful atmosphere of the spa.

For your enhanced comfort and relaxation, we encourage you to arrive 30 minutes before your scheduled treatment to allow time to relax and experience our steam, sauna and whirlpool in our Relaxation Sanctuary. Arriving late for your scheduled treatment will simply limit the time of your treatment. Your treatment will end on time so the next guest is not delayed, and the full value of your service will be charged.

A 20% Service Charge will be added to your bill. The Ritz-Carlton gives 15% of the Service Charge to the spa professional who provided the service and 2% of the Service Charge is paid to the support staff in The Ritz-Carlton Members Spa Club. The remaining 3% of the Service Charge is retained by the Hotel.

All major credit cards and travelers checks are accepted or Spa services can be charged to your hotel bill or member account. Please present discounts, gift certificates and gift vouchers at the time your services are rendered. Discounts do not apply to Spa packages, promotions, special events or holidays.

Gift Certificates are available. Prices and services are subject to change without notice.

CANCELLATION POLICY

If you must cancel or change your Spa appointment, please notify us six hours before your appointment to avoid being charged the full value of your service. If you need to reschedule your scheduled appointment and you are within the six-hour cancellation time, a \$35 move fee will be applied to your completed service check. Spa packages and tennis lessons must be cancelled 24 hours in advance.

Hours of Operation:

Spa	9 a.m. to 7 p.m.
Salon	Sundays 9 a.m. – 5 p.m.
Locker Facilities	6 a.m. to 7 p.m.
Fitness Center	6 a.m. to 7 p.m.

Hours of Operation are subject to change.

