



THE RITZ-CARLTON
RANCHO MIRAGE

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*Let us make the world
revolve around you.*

ESCAPE

Elegantly enveloped within the Santa Rosa Mountain range, The Ritz-Carlton, Rancho Mirage is one of the most esteemed luxury resorts in Palm Springs, California. From a mountaintop overlooking world-famous Palm Springs and the picturesque Coachella Valley, the hotel's desert surroundings are reflected in a décor that reveals natural elements of stone, wood and fire.



EXPERIENCE

Escape to The Ritz-Carlton, Rancho Mirage, where our resort's Spa guides you on a journey. Our luxury day Spa's exquisite hillside setting, surrounded by the beauty of the Palm Springs desert and rugged mountain tops, offers the perfect retreat – where holistic, indigenous herbs and plants enhance treatments designed to awaken the senses, refresh the body and renew the spirit.

SPIRIT OF THE MOUNTAINS 100 MINUTES

Indulge in a bliss full journey that provides balance through the use of desert herbs and mineral salts. This ancient tradition of healing is designed to cleanse, calm and soothe the body and mind. The spirit of the mountains will leave you in an oasis of luxury and sheer rejuvenation.

INCLUDES Exfoliation, warm stone massage, detoxifying wrap and scalp treatment

DESERT WILDFLOWER POULTICE MASSAGE 80 MINUTES

Soothe aching muscles with this rhythmic relaxing massage that combines century old techniques with indigenous organic herbs. Allow the heated herbal poultices to release tension and induce a deep state of relaxation.

INCLUDES Stretching, compressions on the marma points with soothing massage strokes

SEC-HE ROCK RITUAL 100 MINUTES

Inhabited by the indigenous native tribes, Rancho Mirage was given the name Sec-he, which translated means "boiling water." The Cahuilla Indians valued the healing properties of the surrounding mineral baths almost as much as the region's natural rock resources. Embark on a spa ritual that honors the desert surroundings and leave feeling a strong sense of connection and calm.

INCLUDES Scrub, bath ritual and hot stone massage



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MASSAGE

DEEP MUSCLE MASSAGE

50 MINUTES **OR** 80 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 relieve common discomforts and sports related tension.

WARM DESERT STONE MASSAGE

75 MINUTES

A therapeutic and rejuvenating treatment using warm stones to provide soothing, penetrating heat and a light to moderate pressure to soothe tired, aching muscles and aid relaxation.

NATURALLY NURTURED MASSAGE

50 MINUTES **OR** 80 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.

STRESS RELIEF MASSAGE

50 MINUTES **OR** 80 MINUTES

Revive tired and fatigued muscles with this traditional massage using moderate to firm pressure to leave a feeling of revitalization and relaxation.

RELAXATION MASSAGE

50 MINUTES **OR** 80 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.

CALIFORNIA COUPLE'S MASSAGE

50 MINUTES **OR** 80 MINUTES

Enjoy the experience of shared relaxation and well-being in our Couple's Treatment Room. A customized massage enjoyed side-by-side with your special someone.





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

DETOXIFYING GLOW

70 MINUTES

Detoxify and wash away skin impurities with this body exfoliation and Vichy shower. A full body application of deeply nourishing body butter will leave you feeling refreshed and renewed.

INCLUDES Detoxifying Salt & Oil exfoliation, Vichy shower rinse and full body hydration

BODY BALANCER

50 MINUTES

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

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

COOLING BODY THERAPY

50 MINUTES

Envelop yourself in a cool aloe vera cocoon that hydrates, soothes and repairs your skin. Ideal for post-sun or dehydrated skin.

INCLUDES Cooling wrap, foot massage and moisturizer application

INDIGENOUS DESERT CLAY WRAP

75 MINUTES

Uplift your senses, detoxify your skin and refresh your spirit with the healing properties of desert clay. Nature's anti-inflammatory properties will leave your skin feeling refreshed and renewed and naturally beautiful.

INCLUDES Body brushing, clay mask wrap, facial acupressure, scalp massage and hydrating application



FACIAL

CUSTOM FACIAL

50 MINUTES OR 80 MINUTES

Purify, hydrate, brighten and smooth your complexion with this radiance-restoring facial that is tailored to your individual needs.

INCLUDES Deep brush cleanse, skin analysis, facial exfoliation, massage and 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-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

THE HYDRAFACIAL MD®

50 MINUTES OR 80 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, hyaluronic acid infusion

80 MINUTES INCLUDES LED therapy Lymph drainage for the face and neck

PERFORMED WITH NATURA BISSE PRODUCTS

AGE-DEFYING FACIAL

50 MINUTES OR 80 MINUTES

Instantly combat the most visible signs of skin aging - smoothing fine lines and reviving youthful radiance to your complexion.

INCLUDES Deep brush cleanse, skin analysis, facial exfoliation, specialized toning facial massage, mask, scalp massage

PERFORMED WITH ESPA PRODUCTS

RESURFACING ORGANIC FACIAL

50 MINUTES OR 80 MINUTES

Customized to address your individual skin needs, this facial uses the purest active organic ingredients. Natural fruit enzymes gently exfoliate to leave your skin feeling fresh, smooth and glowing.

INCLUDES Cleanse, organic peel, extractions, mask, moisturizer

PERFORMED WITH EMINENCE PRODUCTS

HYDRATING CITRUS DRENCH

50 MINUTES

This rich Vitamin C infused treatment stimulates collagen production, increases skin's firmness and reduces sun damage. Renewing ingredients improve skin clarity, leaving your skin nourished and revitalized.

INCLUDES Cleanse, enzyme exfoliation, mask, moisturizer

PERFORMED WITH NATURA BISSE 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.

STRESS RELIEF MASSAGE

50 MINUTES OR 80 MINUTES

Revive tired and fatigued muscles with this traditional massage using moderate to firm pressure to leave a feeling of revitalization and relaxation.

MUSCLE RECOVERY MASSAGE

50 MINUTES OR 80 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 relieve common discomforts and sports related tension.

ACTIVITY RECOVERY

50 MINUTES

Return tight, aching muscles to peak condition with this focused, tension-relieving treatment.

INCLUDES Back exfoliation and massage, foot and lower leg exfoliation and massage

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

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 HYDRAFACIAL MD®

50 MINUTES OR 80 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 hydra-exfoliation, vortex extraction, hyaluronic acid infusion

80 MINUTES INCLUDES LED therapy Lymph drainage for the face and neck

PERFORMED WITH NATURA BISSE PRODUCTS





WELLNESS

PERSONAL TRAINING

50 MINUTES

A private, one-on-one personal training session with a certified trainer who focuses on specific needs and provides guidance on achieving personal fitness goals.

OMNIA

50 MINUTES

Move, Train, Play – Designed by world class experts, OMNIA offers infinite training possibilities in all kinds of training modalities: strength, endurance, stability, flexibility, coordination and speed – and satisfies the widest range of user needs, abilities and aspirations.

GROUP EXERCISE CLASSES

50 MINUTES

Dynamic, highly skilled fitness professionals will offer core classes in Body Sculpt, Yoga, Pilates, Group Cycling, or specialty classes like our Desert Boot Camp. All are geared to various levels of fitness and may be held inside our movement studio or outdoors (weather permitting).



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ENHANCEMENTS

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 TREATMENT

Target deep absorption of any facial serum around the eye area with the Opal treatment.

LIFESTAGE ANTI-AGEING 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.

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.

BODY ENHANCEMENTS

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

HOT STONE MELTER

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

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.

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.

HAND, FOOT OR BACK REVIVER

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



GUIDELINES

Guests of The Ritz-Carlton Spa, Rancho Mirage must be 18 years of age or older to enjoy spa services.

Spa facilities, including locker rooms, wet lounges, the whirlpools and relaxation areas, are available for a \$50 daily fee. The fee is reduced to \$25 after 3:00 p.m. daily. This fee is waived with the purchase of a massage or facial service.

The spa concierge will reserve treatment times and assist with selecting treatments. Please notify the spa concierge 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.

For your enhanced comfort and relaxation, we suggest you arrive 30 minutes before your scheduled treatment to allow time to enjoy the lounges, saunas, steam rooms and whirlpools. 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. The full value of your treatment will be charged.

The Ritz-Carlton Spa, Rancho Mirage wet lounges allow guests to delight in life at its very source and discover the key role water plays in the therapeutic experience. Enjoy a hot whirlpool, cold plunge pool, hydro-therapy shower, steam, sauna and our outdoor co-ed spa whirlpool with waterfall and mountain-scape views. Bathing rituals should be alternated with cooling showers

to encourage circulation and accelerate natural cleansing. A rest period of 15 minutes allows the body to normalize prior to spa services.

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 treatments or hair removal services.

We accept all major credit cards. You may also charge spa services to your hotel bill. A 22% service charge will be added for each spa service you receive. Gratuities will be 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.

HOURS OF OPERATION

Friday to Saturday 8:30 a.m. – 7:30 p.m.
Sunday to Thursday 8:30 a.m. – 6:30 p.m.

The Fitness Center is open 24 hours for resort guests and Club Members.

CANCELLATION POLICY

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 \$45. Cancellations

of personal training sessions or exercise classes 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. A credit card number is required at time of booking.

GIFT CARDS

Personalized spa gift cards are available and can be applied towards the purchase of services or products.

FOOD AND BEVERAGE

You are prohibited from bringing any food or alcohol into the spa. Please inquire with our spa attendants regarding the food and beverage menu options available inside The Ritz-Carlton Spa, Rancho Mirage. Please note that for the safety of our guests, we do not permit any glass containers or food inside our wet lounges or near whirlpools.

RESORT POOLS

Only resort guests may enjoy the swimming pools at The Ritz-Carlton, Rancho Mirage. Local day spa visitors may only enjoy the wet facilities located within The Ritz-Carlton Spa.

For more information, please contact the spa at 760.202.6170 or visit us at: www.ritzcarlton.com/ranchomirage



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