

*Let us make the world  
revolve around you.*

# ESCAPE

Located in the heart of vibrant Uptown, The Ritz-Carlton, Dallas is the ultimate haven in the city, providing serenity, luxury and the warmest of spa hospitality. We invite you to delight in our true Texas treatments, experience exquisitely comfortable surroundings, enjoy a bit of beauty, shop or make a relaxing day of it in our inviting wellness retreat.

The Ritz-Carlton, Dallas  
2121 McKinney Avenue, Dallas, TX 75201  
214.922.0100

# WELLNESS

Optimum wellness is supported by developing our ability to adapt well physically, mentally and spiritually to the challenges of everyday life. The Ritz-Carlton Meaningful Wellness Journeys nurture and encourage this adaptability by providing experiences and habits to build resilience, strength and fortitude for the mind, body and skin.

## MIND

### CALM, BALANCE, DELIGHT

120 MINUTES

Enjoy a journey into deep relaxation through a blend of massage techniques featuring soothing Craniosacral therapy, which boosts overall health and immunity. This is followed by a full body massage catered to your personal needs. Enjoy CBD infused products which allow you face the day or simply drift off in comfort.

## BODY

### BAMBOO MUSCLE REVIVING MASSAGE

80 MINUTES

Designed for those who exercise regularly, this energetic full-body treatment is ideal for improving flexibility and joint mobility according to ESPA. Free-flowing, fast-paced massage using bamboo releases deep tension slows busy minds and helps elongate tight muscles to leave guests feeling relaxed and revitalized.

## SKIN

### DIAMOND BOTANICAL RITUAL

80 MINUTES

Escape the city and slow your mind during our full body treatment. The traditional art of dry brushing stimulates the lymphatic system to detoxify the body and boost immunity while exfoliating the skin. A refreshing yet soothing aromatic blend of Dead Sea salt crystals, ground rice, and grapeseed ease the senses all while water retention and cellulite are reduced. Once you've shed unwanted energy from your mind, body, and skin, experience ultimate hydration with a customized full-body massage featuring our hydrating veil. Leave with a feeling of calm, grounded energy to help you feel renewed and centered.





# MASSAGE

## COUPLES MASSAGE

100 MINUTES **OR** 80 MINUTES  
**OR** 50 MINUTES

Share any of our wonderful massage experiences side by side with a loved one or a friend in the couple's massage room for two. Choose from Deep Muscle, Stress Relief, Relaxation, Naturally Nurtured or Reflexology Massages.

## REFLEXOLOGY

50 MINUTES

This treatment focuses on pressure points of your feet to balance the energy meridians in your body. A blissful treatment to help alleviate aches while relaxing and restoring the body and mind

**INCLUDES** Foot and leg exfoliation, reflexology foot 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 help relieve 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 to firm pressure to leave a feeling of revitalization and relaxation.

## TEXAS EIGHT HAND MASSAGE

50 MINUTES

If bigger is better in the Lone Star State, then this indulgent massage experience is a perfect fit. Luxuriate in a Texas-sized treatment during which four therapists provide the ultimate synchronized eight-hand massage. This decadent massage restores balance and harmony within while soothing tired muscles and mind.

## HOT STONE MASSAGE

80 MINUTES

A therapeutic and rejuvenating massage using warm stones and a moderate to deep pressure to intensely soothe tired, aching muscles and aid relaxation.

## 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.

## 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.





# BODY

## DALLAS SLEEP RITUAL

80 MINUTES

The definitive answer to a truly blissful night's sleep. Quieten your mind and release physical tension and emotional anxieties with this tailor-made experience. Returning mind and body to a perfect balance, guided breathing and visualization combine with deeply therapeutic massage to help clear the mind and enable you to completely switch-off, ensuring an uninterrupted and blissful night's sleep.

**INCLUDES** Breathing and visualization techniques, full body massage with hot stones, therapeutic scalp massage

## NOURISHED GLOW

60 MINUTES

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

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

## LIFT AND FIRM TREATMENT

80 MINUTES OR 50 MINUTES

Purify, boost circulation and target uneven skin tone in this deeply smoothing and contouring body treatment.

**50 MINUTE INCLUDES** Detoxifying salt scrub and massage to hip and thigh areas, specialized abdominal massage

**80 MINUTE INCLUDES** Extended to full body treatment

## 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, scalp massage

## ULTIMATE DETOXIFYING TREATMENT

110 MINUTES

Reveal profoundly smooth, toned and firmed skin with this highly effective and deeply detoxifying specialized treatment.

**INCLUDES** Full body detoxifying salt scrub with iced and warm mitts, detoxifying body wrap, scalp massage, lymphatic drainage, deep stimulating massage, specialized abdominal massage

## HYDRATING RADIANCE WRAP

120 MINUTES

This sensory citrus experience polishes the skin with highly effective and natural exfoliating agents. Vitamin C, green tea and rosehip oil help eliminate dead cells and provide the skin with a soft, luminous appearance. Enjoy a sumptuous, silky Vitamin C soufflé mask while you are cocooned in a wrap enjoying a soothing scalp massage. A hydrating application of Vitamin C Body Cream leaves your skin nourished and happy.



# FACIAL

## DIAMOND LUMINOUS FACIAL

80 MINUTES

This facial uses sophisticated ingredients for long-lasting hydration and regenerative finish. Diamond reinforces the skin's natural defense system, improving elasticity and luminosity while simultaneously soothing and calming the skin.

PERFORMED WITH NATURA BISSE PRODUCTS

## INHIBIT FACIAL

80 MINUTES

Thanks to its powerful revitalizing action and effective filling effect, this professional lifting not only diminishes expression lines and corrects signs of aging, but also achieves extraordinarily firm and hydrated skin. An ideal alternative or complement to invasive beauty treatments.

PERFORMED WITH NATURA BISSE PRODUCTS

## CUSTOM FACIAL

80 MINUTES OR 50 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, mask, scalp massage

PERFORMED WITH ESPA PRODUCTS

## AGE-DEFYING FACIAL

80 MINUTES OR 50 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

## ULTIMATE RADIANCE & RENEWAL FACIAL

80 MINUTES

Restore skin's vitality and reveal a bright, smooth and radiantly youthful-looking complexion. This is a 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

## OXYGEN FACIAL

80 MINUTES OR 50 MINUTES

Rejuvenate and noticeably improve skin tone with this unique treatment, which infuses powerful hyaluronic acid and oxygen into the skin to naturally firm, smooth lines and contour the face.

**INCLUDES** Cleanse, exfoliation, infusion of hyaluronic acid serums

PERFORMED WITH ESPA & INTRACEUTICALS PRODUCTS

## THE HYDRAFACIAL MD®

80 MINUTES OR 50 MINUTES

A non-invasive, non-surgical anti-aging treatment 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, hydrating Hyaluronic Acid infusion, LED therapy

**80 MINUTES ADDITIONALLY INCLUDES** Lymph drainage for the face and neck

## VITAMIN C FACIAL

80 MINUTES OR 50 MINUTES

An antioxidant treatment that restores vitality to sun damaged skin. Minimizing the sign of premature aging with 100% pure Vitamin C that stimulates collagen and renews skin firmness.

**INCLUDES** Cleanse, exfoliation, Vitamin C masque, moisturizer

PERFORMED WITH NATURA BISSE PRODUCTS





# MEN

## THE PEDICURE

50 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, buff

## THE MANICURE

25 MINUTES

Essential maintenance for hands.

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

## 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.

## 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 help relieve 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 to 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 & 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

PERFORMED WITH ESPA PRODUCTS

## GENTLEMEN'S CUT & STYLE

45 MINUTES

Get "Uptown" ready with a professional cut and style by one of our experienced hair stylists.



THE RITZ-CARLTON SPA

DALLAS



# BEAUTY

## ULTIMATE MANICURE

50 MINUTES

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

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

## ULTIMATE PEDICURE

50 MINUTES

An intensive treatment 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, paraffin wax, polish or buff

## GEL MANICURE OR PEDICURE

70 MINUTES

A revolutionary polish 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, superior shine finish for two weeks.

**INCLUDES** Soak, cut and file, exfoliation, cuticle work, massage, shellac application

## HOT STONE PEDICURE

80 MINUTES

A warm, luxurious foot bath with crushed salts to soak. Warm stones glide against your skin and your feet will be dipped in paraffin to soften and restore. Treat the feet to agave nectar body oil to soothe muscles and promote circulation.

**INCLUDES** Soak, cut and file, exfoliation, cuticle work, hot stone massage, polish application

## MANICURE

25 MINUTES

Essential maintenance for hands.

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

## PEDICURE

45 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





# 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.

## FACIAL

### MINI FACE LIFT

Achieve the appearance of a fuller more youthful face by deeply activating and elevating your facial muscles with this non-invasive sculpting tool.

### DIAMOND OR GOLD COLLAGEN MASK

Repairs and rejuvenates aged and fatigued skin while decreasing the appearance of fine lines and wrinkles. Increases hydration and protects the skin from moisture loss, promoting skin healing. Select target areas: Eye, Neck, Face, Décolleté.

### LED LIGHT THERAPY

Restore the skin utilizing varying wavelengths of light to trigger the skin's natural healing processes.

### DIAMOND ARM AND HAND POLISH

Rehydrate dry rough hands with an exfoliating treatment during your facial.

## BODY

### HAND, FOOT OR BACK REVIVER

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

### SCALP & HAIR CONDITIONING TREATMENT

Using the strengthening properties of Vitamin C- rich Watercress and red clay with a deeply relaxing scalp massage to reduce tension, condition the scalp and leave you with beautiful healthy hair.

### CBD OIL

Take relaxation to the next level by experiencing the calming and balancing benefits of CBD oil.

### HOT STONE MELTER

Elevate your massage with Himalayan Salt Stones to provide a unique therapeutic massage that offers healing benefits and relieve muscle tension.

### 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 and to soften and restore suppleness.

### STIMULATING BODY BRUSH

Improve tone and boost cell renewal for smoother, softer, more radiant skin.

### CYRO OR WARMING GEL

Soothe sore muscles with our warming or cooling gel application..

### DIAMOND OR GOLD COLLAGEN MASK

Repairs and rejuvenates aged and fatigued skin while decreasing the appearance of fine lines and wrinkles. Increases hydration and protects the skin from moisture loss, promoting skin healing. Select target areas: Eye, Neck, Face, Décolleté.





# GUIDELINES

To maximize your spa experience, please familiarize yourself with the Spa Guidelines.

## AT TIME OF RESERVATION

Spa reservation agents will assist you with planning your spa experience. Please inform the reservation agent of the following:

- + Allergies or medical conditions including pregnancy
- + If you have a gender preference for your Service Provider
- + If you have a request for a specific Service Provider
- + If you are celebrating any special occasions

You must provide a valid credit card number with expiration date at time of booking.

Spa facilities are complimentary to hotel guests and for Spa guests with the purchase of a treatment.

## LOCKER AREAS

Locker areas are complimentary to spa guests who have a minimum of a 50-minute service and are 18 years of age or older. Robes and slippers are provided in the ladies' and gentlemen's lounges..

## ARRIVAL TIME

Please arrive at least 30 minutes prior to your scheduled treatment. This will allow time to relax in the lounge and use the saunas and steam rooms. Arriving late will simply limit the time for your treatment, thus decreasing its effectiveness and your enjoyment. Your treatment time will not be extended as we cannot delay the next guest and the full value of your treatment will be charged.

## WHILE VISITING THE SPA

### PERSONAL BELONGINGS/VALUABLES

The Ritz-Carlton Spa is not responsible for lost or stolen personal items. Please leave your valuables at home or in your room safe. Safety deposit boxes are available upon request.

### USE OF ELECTRONIC DEVICES

To protect the privacy of our guests and to preserve the guest experience, use of cell phones, electronic devices and cameras are prohibited in the spa. Cell phones and electronic devices must be turned off.

### AGE REQUIREMENTS

Guests must be 18 years of age or older to experience a massage, body treatment or enjoy the spa relaxation areas, locker areas and pool. Teen facials are available to anyone 16 or 17 years of age with a parent or guardian present in the treatment room, and locker/relaxation areas will not be permitted. Salon treatments are available for children 5 years of age and older. This includes hair and nail services only. Parent must be present for the service.

### FOOD AND BEVERAGE

Outside food or alcohol is prohibited in the spa. A guest appearing intoxicated will be denied access to the spa.

## GRATUITIES

For your convenience, a 23% gratuity will be added to each spa service. Gratuities are disbursed to the spa staff members who served you during your visit. Additional gratuities may be offered at your discretion. Prices and services are subject to change.

## CANCELLATION POLICY

If you must reschedule or cancel your appointment, please notify the spa at least twenty-four (24) hours in advance of your appointment to avoid being charged the full-service fee.

## HOURS OF OPERATION

Spa Treatments and Facilities:

Monday - Sunday: 8:30 a.m. - 7:00 p.m.

Fitness Center is accessible 24 hours with hotel room key.