

For the first time in North America, a truly personalized spa experience awaits you, Spa My Blend by Clarins.

Combining the incomparable service you have come to expect from The Ritz-Carlton, Toronto, with the revolutionary face and body treatment concepts from Spa My Blend by Clarins, we have created a one-of-a-kind oasis in the heart of downtown.

This collaboration with some of the finest health and beauty professionals places you at the centre of your very own, fully customized wellness program.

Basking in the natural light of our glass-enclosed, fifth-floor retreat, you will enjoy sweeping views of the city while our lifestyle experts usher away the pressures of the outside world. Enhance your physical wellbeing with one-on-one personal training by Innovative Fitness, using our state-of-the-art Techno-Gym, Kinesis and Precor equipment.

We offer a comprehensive selection of face, body and massage treatments, each one customized just for you, in our 16 exquisitely appointed, private treatment rooms. Experience Toronto's first Champagne Nail Bar with luxury pedicure stations and a range of water therapies including a tranquil city-view lap pool, oversized aromatherapy steam rooms, saunas and green tea-infused vitality pools.

Complete your Spa experience by unwinding in our dedicated men's and women's relaxation lounges, or in our heavenly co-ed Urban Sanctuary sunroom.

The ultimate in relaxation and wellness, created with you in mind.

MY BLEND Treatments

My Skin, My Life, My Blend



Discover the power of personalized skincare

THE CONCEPT

You are unique.
And so is your skin, just like your fingerprints.

The story of your life, whether biological or emotional, can be read on your skin. It is a faithful mirror of everything that happens in your life. MY BLEND by Dr. Olivier Courtin is a revolutionary concept of highly personalized skincare. His first product line to offer customized formulas, that go beyond skin type and age. MY BLEND treats your skin according to your individual and evolving needs at every stage of your life, with outstanding results.

THE RESEARCH

Invisible to the eye, your skin cells start to age in your teenage years, and the first signs of aging begin to show by the end of your twenties. Your skin reacts individually to factors such as genetics, hormones, emotions, seasonal changes, environmental and climate conditions, lifestyle and stress levels. The latest research on skin aging has clearly shown that pollution and repeated stress levels associated with an urban lifestyle damage the skin's vulnerable defense systems at a cellular level. This weakens the skin's immunity and antioxidant capabilities very early in life, thus accelerating "invisible" aging, even in young skin.

MY BLEND by Dr. Olivier Courtin offers a breakthrough scientific solution. Its ultra personalized skincare system prevents and corrects cellular damage and impairment, effectively combating both visible and invisible signs of aging.

MY BLEND Facial Treatment

The ultimate made-to-measure skin care experience

MY BLEND Regenerating Facial Therapy

60/90 min.

MY BLEND is a revolutionary new skincare brand that originated in Paris and is available exclusively in Canada at The Ritz-Carlton, Toronto. This ultra-personalized experience begins with a thorough skin analysis by your skin coach using state-of-the-art diagnostic imaging technology. After identifying the effects of lifestyle, environment and life stage factors on your complexion, a facial treatment provides corrective therapies with optimum concentrations of peptide complexes, vitamins and plant extracts to increase your skin's natural defense potential, strengthen its regenerating capacity and protect it from premature damage.

Based on the results of your consultation, a unique blend of customized products and personalized booster serums are formulated specifically for you, to improve the radiance, texture and moisture level of your skin. This in-depth, results-driven treatment will leave you completely regenerated.

Suggested enhancement: The Firming Age Corrector Body Therapy

8 personalized Facial Treatments available:

- Oil Crisis Control
- Calm and Controlled
- Stress Management
- Balance of Power
- Early Age Alert
- Prescribed Comfort
- Change for the Better
- Potent Age Antidote



The Hydra Facial

The HydraFacial™ resurfacing procedure thoroughly cares for your skin, providing cleansing, exfoliation, extractions, and hydration, including the Vortex-Fusion® of antioxidants, peptides, and hyaluronic acid. The HydraFacial™ is a non-invasive, non-surgical procedure that delivers instant results with no discomfort or downtime; for lasting benefits a series of 4 or 8 is recommended.

The Booster - 30 min.

This rejuvenating treatment includes a thorough cleansing, vacuum extractions and advanced hydration. Ideal for skin health maintenance, this non-invasive treatment leaves your skin glowing, even-toned and supple. Also an excellent treatment for the décolleté, back or hands and can be added to any facial treatment.

The Essential - 60 min.

In addition to the booster facial, LED therapy is used to stimulate collagen production, kill bacteria and reduce fine lines and even skin tone. A customized mask by Clarins is applied and the DermaBuilder™ peptide complex is infused directly into the deeper layers of the skin to further enhance the anti-aging benefits.

The Ultimate - 90 min.

The perfect powerhouse of the customized My Blend facial treatment combined with the Hydra Facial. This powerful treatment includes a unique skin analysis with our state-of-the-art diagnostic imaging technology, a customized My Blend product regimen and the Essential Hydra Facial for maximum results.

Clarins Treatments

Science, Experience, Senses



CLARINS TREATMENTS: SCIENCE, EXPERIENCE, SENSES

The Clarins Expertise and Treatments

A 100% manual professional method, a complete treatment menu.

A PIONEER IN NATURAL BEAUTY

Clarins has always favoured plant-based key ingredients. Sourced from all five continents, every plant is rigorously analyzed and tested with one objective: to use the most powerful extracts in their most effective concentrations, for optimal beauty results.

THE METHOD

An exclusive, unique method that is 100% manual and constantly being improved upon.

Clarins Treatments involve very precise movements based on scientific knowledge of the anatomy of the face and body. Through a constant dialogue with women and men across the world, Clarins has gained its unique experience, enabling us to constantly update treatment techniques. For over 50 years, this exceptional expertise has been accompanied by exceptional products.

CLARINSPRO

Unique professional formulas specially developed for the expert hands of Beauty Therapists.

A new generation of ClarinsPRO professional products has been formulated by our Laboratories and benefits from the very latest progress made by Clarins Research. Our high performance formulas deliver optimal effectiveness and results to ensure a more personalized treatment.

More than 150 high-performance formulas based on plants and essential oils and developed by our Laboratories.

Clarins skincare is the result of several years of research and technical innovation combined with careful analysis of comments and opinions from our clients. They deliver the ideal beauty solution to all types of beauty concerns and ensure immediate and long-lasting results.



Clarins Facial Treatments

Clarins Tri-Active Skin Treatments - 75 min.

- **The Youth Activator**
- **The Lifting Line Smoother**
- **The Luminosity Restorer**
- **The Lifting Face Shaper**

The finest ingredients, combined with advanced application techniques, will provide the answer to all your facial concerns. These revitalizing treatments visibly redefine the facial contour, deliver a lifting effect, revive luminosity and help diminish the appearance of lines and wrinkles.
Suggested enhancement: Luminous Eyes

Clarins Skin Therapy - 60 min.

The Detox & Shine Stopper

Gently rebalance combination or oily skin with a purifying treatment customized for your skincare needs using exfoliation, extractions and anti-bacterial moisturizers.
Suggested enhancement: Revitalizing Body Scrub

The Skin Healer

Soothe sensitive skin with a facial treatment specifically developed to repair and rebalance the skin's natural defenses. Essential oils of sandalwood, cardamom and lavender help diminish redness and relieve irritation.
Suggested enhancement: Personalized Massage

The Moisture Replenisher

Nourish dehydrated skin with this intense moisturizing treatment. A replenishing mask rich in katafray and shea butter leaves skin plump, supple and youthfully restored.
Suggested enhancement: The Moisture Quencher Body Therapy

The Brightening Performer

Overcome dullness by helping to correct dark spots, sun damage and uneven skin tone. With exclusive sea lily extract and highly stable vitamin C, this whitening treatment will restore and brighten the complexion for youthful looking skin.
Suggested enhancement: The Gentle Polisher

Clarins Body Treatments

The Gentle Polisher - 45 min.

This high-performing yet gentle glycolic body exfoliation will deeply purify your skin with its dual action. An anti-inflammatory treatment provides deep cleansing, followed by bamboo powder, an active antioxidant, to smooth and refresh.

Suggested enhancement: The Energy Recharger Facial

Fruit & Salt Scrub with Plant Powders - 45 min.

Both toning and relaxing, this 100% natural exfoliating treatment eliminates dead skin cells and maximizes cellular renewal for glowing results. It combines salt crystals from the Camargue region of France, flower petals such as white jasmine and lavender, and a variety of essential oils to stimulate and rejuvenate.

Suggested enhancement: Back, Neck and Shoulder Massage

The Relaxing Body Wrap - 60 min.

This wrap will make your skin more supple and radiant by providing it with a boost of vitamins and minerals. While wrapped in a mineral-rich, plant-based mud, you will enjoy the benefits of gentle detoxification while relaxing with a therapeutic scalp and foot massage.

Suggested enhancement: Revitalizing Body Scrub

The Toning Body Wrap - 60 min.

To deeply detoxify and tone the skin, this wrap combines an all-natural blend of rice, oak and clay with orange and cinnamon toning powder. As you enjoy a therapeutic scalp and foot massage, the zesty ingredients of this wrap will tone and firm your skin.

Suggested enhancement: Age-Defying Signature Manicure

The Slimming Body Wrap - 60 min.

Working to eliminate cellulite and water retention, this natural blend of rice, oak and clay is mixed with red berries rich in vitamin C. Enjoy a relaxing, therapeutic scalp and foot massage while enveloped in a fruit-scented wrap that will delight your senses. Your skin will be left feeling smooth and firm, and your body will feel light and re-energized.

Suggested enhancement: The Figure Shaper Body Therapy

Targeted Body Therapy - 60 min.

- The Figure Shaper

- The Moisture Quencher

- The Firming Age Corrector

This therapeutic experience begins with a complete body care consultation, during which our expert therapist will guide you to the most suitable treatment to target your concerns. Using scientifically proven Clarins techniques, these unique therapies drive specific results and are best experienced as a course of treatments to achieve your goals.

Suggested enhancement: Clarins Skin Therapy

Refined Waist - 45 min.

Restore elasticity and firmness to your abdomen and waist with our concentrated serum, deep treatment mask and your choice of a plant or mud detox wrap. Enjoy a relaxing leg treatment and a scalp and décolleté massage while the concentrated active ingredients take effect.

Suggested enhancement: Revitalizing Body Scrub



Massage Therapy

Rebalancing Massage - 60 min.

A sweet honey massage that alternates manual movements and hot polished marble stones to promote complete and utter relaxation. This truly soothing experience uses a honey-textured massage medium that blends gently into the skin to eliminate tension and prolong the feeling of wellbeing.

Suggested enhancement: Revitalizing Body Scrub

Personalized Massage - 60 or 90 min.

A consultation with your therapist will determine the appropriate pressure and desired results, for a tailor-made treatment designed for your individual needs.

Suggested enhancement: Clarins Skin Therapy

Aromatherapy Massage - 60 or 90 min.

Your choice of our finest grade aromatherapy oil blends will be used in this supremely relaxing and highly personalized massage experience.

Suggested enhancement: Fruit & Salt Scrub with Plant Extract

Hot Stone Massage - 60 or 90 min.

A thorough body massage using heated basalt lava stones reduces stress and soothes aching muscles, bringing about a state of deep relaxation.

Suggested enhancement: Paraffin Hand or Foot Treatment

Deep Tissue Massage - 60 or 90 min.

A deep massage designed to ease severe tension in the muscles and bring relief to an active body.

Massages from around the world - *60 or 90 min.

Discover ancient massage techniques from around the world performed by our expert therapists in this experience inspired by Thai Massage, Reiki, Craniosacral Therapy and Reflexology.

Suggested enhancement: Foot Ritual

*upon request

Pampering for mother-to-be*

Beautiful Mother-to-be - 90 min.

A complete full-body prenatal treatment to help your skin adapt to the changes associated with pregnancy. Our safe and effective techniques will relax upper and lower back muscles, increase blood circulation, release water retention, promote lighter legs, improve skin elasticity and help prevent stretch marks.

Suggested enhancement: Classic Pedicure

Prenatal Massage - 60 min.

Enjoy all the benefits of a relaxing, full-body massage. This luxurious treatment uses advanced massage techniques and a nourishing oil, for a feeling of comfort and well-being.

Suggested enhancement: Lighter Legs

*not recommended during the first trimester



Couples Treatments

Our luxurious "Cloud 9" treatment suites offer total privacy and opulent relaxation. These experiences are popular with partners, mothers and daughters, and friends looking for a secluded spa experience.

Floating on a Cloud... Together - 120 min.

Experience side-by-side treatments in your own private suite. This signature treatment has been designed to entice all of your senses. You are welcomed with a warming foot ritual that refreshes your soles with an exfoliation made from the essential oils of rosemary, rosewood and mint blended with salt and sugar. You will be introduced to a selection of the finest aromatherapy oils, which will be used in performing a deeply relaxing, full-body massage. It's the perfect way to reconnect by taking some well-deserved time-out, together. Enjoy 30 minutes of relaxation after the treatment in our luxurious couples treatment suite and refresh with a glass of bubbly.

Suggested enhancement: Soothing Bath Experience

Personalized Couples Massage - 60 or 90 min.

With the personalized attention of his or her own therapist, each guest can select their preferred massage, to be performed in tandem in our luxurious couples treatment suite.

The Couple's Retreat - 180 min.

- Clarins Skin Therapy
- Personalized Massage
- Classic Pedicure

Clarins Men's Therapy

Skin Purifier - 60 min.

Tailored for a man's unique skincare needs, this treatment includes a deeply purifying and detoxifying cleansing method that soothes skin irritated by daily shaving.

Suggested enhancement: Personalized Massage

Facial Firmer - 60 min.

To diminish signs of fatigue, this treatment smoothes fine lines and instantly enhances skin firmness and radiance.

Suggested enhancement: Sports Pedicure

Blokes and Beer - 150 min.

A revitalizing treatment designed with the beer-lover in mind. This service includes a "Man-E-Cure," a personalized facial and a full-body massage. Post-treatment, enjoy chilled bottles of Mill St. Organic Lager as you relax in our Gentlemen's Lounge. This treatment will have you feeling refreshed and in good spirits!

Sports Manicure - 30 min.

Smooth away the rough edges of an active lifestyle with this invigorating treatment that leaves your hands looking naturally refined.

Sports Pedicure - 60 min.

Feet really get a workout, and this treatment provides a soothing, relaxing experience that will keep yours healthy and handsome.



Signature Treatments

Floating on a Cloud - 90 min.

Our signature treatment will entice all of your senses. You will be welcomed with a warming foot ritual to refresh your soles with an exfoliation made from essential oils of rosemary, rosewood and mint blended with salt and sugar. You will then be introduced to a selection of the finest aromatherapy oils, which will be used in performing a deeply relaxing, full-body massage. The oils are enriched with hazelnut oil rich in vitamin E to provide your skin with nutritive benefits. This experience will leave you completely relaxed, as though you were floating on a cloud.

Suggested enhancement: File & Polish

The Holistic Stress Buster - 120 min.

This personalized journey begins with a refreshing foot treatment, followed by a complete body scrub to enhance the unique sensation of well-being. Enjoy a soothing application of hydrating cream and a relaxing neck, shoulder and scalp massage while your feet are enveloped in deeply moisturizing warm paraffin. You will be cocooned in a soft blanket while enjoying a nourishing, energizing facial treatment. Utter bliss!

Suggested enhancement: Yoga Class

The JetLag Reviver - 90 min.

Whether you are recovering from extensive travel or a hectic lifestyle, this ritual will revive you from head to toe. The treatment begins with a back exfoliation followed by a deeply relaxing hot stone back massage. You will then enjoy a neck, shoulder and scalp massage to reduce tension and promote relaxation. A nourishing facial massage will re-energize the skin and leave you refreshed and revitalized. The treatment will be completed with a foot massage and an application of stimulating leg emulsion to promote circulation and reduce water retention.

Suggested enhancement: Luminous Eyes

Discovery Enhancements

The following selection of discovery treatments has been created to enhance our facials and body treatments for a truly unique experience.

Luminous Eyes - 15 min.

Enhance your facial with a complete eye contour treatment to decongest, smooth, moisturize and diminish fine lines and wrinkles.

The Energy Recharger Facial - 30 min.

This highly concentrated vitamin treatment helps reveal a healthy, glowing complexion. Followed by a nourishing massage, this treatment will restore the skin's natural energy and vitality. The perfect addition to any body treatment.

Lighter Legs - 30 min.

Stimulate circulation and reduce water retention and swelling. Active ingredients such as chamomile, basil and sage will relax, tone and re-energize tired legs.

Revitalizing Body Scrub - 30 min.

The ultimate glow-getter! Clarins' tantalizing body polisher combines essential oils of rosemary, rosewood and mint with sugar and salt for a luxurious experience that smoothes away dead cells to reveal glowing skin.

Back, Neck and Shoulder Massage - 30 min.

This tailor-made upper body massage targets tension points and provides instant relief.

Soothing Scalp Massage - 15 min.

This deeply relaxing massage provides an ideal enhancement to any treatment and is the perfect antidote to stress.

Therapeutic Foot Massage - 15 min.

Relieve stress with a therapeutic treatment that stimulates key pressure points for all-over relaxation.

Foot Ritual - 15 min.

A welcoming ritual to cleanse and exfoliate your feet – and the perfect prelude to any spa treatment. Includes a relaxing massage to increase energy levels and release tension.

Paraffin Hand or Foot - Enhancement

A warm, soothing wrap that produces exceptional hydration of hands or feet. A nourishing blend of 10 vitamins provides the nutrients vital to healthy skin and is ideal for renewal and maintenance.

Waxing and tinting available on request

The Champagne Nail Bar

Experience the highest level of hand and foot care in Toronto provided by our expert technicians. Choose from our selection of treatments to leave you perfectly polished. Add a glass of bubbly from our Champagne Bar selection. As our gift to you take home your bottle of polish for in between treatment touch-ups.

The Classic Manicure - 45 min.

The Classic Pedicure - 60 min.

The Classic Duo - 1 hr 45 min.

Enjoy a harmonizing soak, relaxing application of hydrating cream, cuticle clean-up, nail shaping and expertly applied polish.

Age-Defying Signature Manicure - 60 min.

This rejuvenating treatment leaves hands soft and beautiful and feeling wonderful. It includes detailed cuticle work, an exfoliator, a soothing massage and a warming mask and paraffin treatment.

Precision Signature Pedicure - 75 min.

A complete treatment using precision tools to reveal beautiful, lighter-feeling feet.

File & Polish - 20 min.

Shellac Manicure - 45 min.

Shellac Pedicure - 60 min.

Shellac File & Polish - 30 min.

The original Power Polish which provides you with extended wear of superior colour and shine with no dry time. Improve your nails and remain perfectly polished for any occasion.

Please book extra time for Shellac removal. Additional fee may apply

Signature Champagne Manicure - 60 min.

Our newest signature treatment includes a classic manicure with a relaxing hand and arm hot stone massage and hydrating paraffin mask. Included in this lavish treatment is a glass of champagne.

Signature Champagne Pedicure - 75 min.

A decadent and results-oriented treatment combining our Precision Pedicure with luxury and of course a glass of champagne to sip while being truly pampered.



Packages

FULL DAY RETREAT (includes lunch)

The Rejuvenation Experience - 5 hrs 30 min.

- The Relaxing Body Wrap
- Rebalancing Massage
- MY BLEND Regenerating Facial Therapy
- Luminous Eyes Enhancement
- Classic Manicure
- Classic Pedicure

HALF DAY RETREATS

Perfect Detox Program - 2 hrs 30 min.

Half Day Retreat

- The Revitalizing Body Scrub
- The Figure Shaper
- The Detox & Shine Stopper

The Stress Reliever - 3 hrs 15 min.

- The Relaxing Body Wrap
- Personalized Massage
- The Lifting Line Smoother Facial

Recapture your Glow - 3 hrs

- Fruit & Salt Scrub with Plant Powders
- The Luminosity Restorer
- File & Polish for the Hands and Feet

Gentlemen's Power Hour - 60 min.

Short on time but need to look your best? Choose from our express men's maintenance services and get back to your desk looking fresh and fantastic in one hour. Choose one from each group below for a total of three express treatments.

Group A

- Express Cleansing Facial
- Back, Neck & Shoulder Massage
- Sports Manicure

Group B

- Soothing Scalp Massage
- Therapeutic Foot Massage
- Man-E-Cure Nail buff and file

Group C

- Brow, Nose or Ear Waxing
- Anti-inflammatory Eye Treatment
- 15 minute power nap

Innovative Fitness

Our expert team of personal coaches specialize in one on one personal training whether you are completely new to training or an experienced athlete, our diverse team of qualified professionals will develop a program specific to your needs and help you work towards your goals.

Spa Etiquette

In order that we may serve you better, we ask that all guests review and observe our spa etiquette guidelines.

Reservations

Please reserve appointments at least three weeks prior to arrival so that we may meet your scheduling requests.

If you are a mom-to-be or have health concerns, please let us know so we may consult with you on spa services that are recommended during this time.

Access to the Spa facilities is complimentary with a one-hour spa service as well as for hotel guests.

Age requirements

Spa services are available to guests 17 years and older. Salon and Nail services are available to guests of any age.

Cancellations

Treatments are reserved especially for you. We kindly request a 24-hour notice for cancellation or rescheduling to avoid a full service charge. Group reservations are subject to contracted agreement.

Spa check-in

Please arrive 30 minutes prior to your appointment to begin the relaxation experience.

Arriving late will limit the time for your treatment, thus lessening its effectiveness and your pleasure. Your treatment will end on time so that the next guest will not be delayed.

Gratuities

In an effort to make your spa experience as seamless as possible, an 18 percent gratuity will be added to your services and packages.

Special consideration

We offer guests an opportunity to escape to a relaxing atmosphere. We therefore ask that guests enjoy quiet conversation only, and refrain from using cell phones. The spa and pool are smoke-free environments. For complete privacy, please avoid using cameras in the spa.

Gift Certificates

Gifts of relaxation are available through the front desk.



