



THE RITZ-CARLTON

BACARA, SANTA BARBARA

RES



*Let us make the world
revolve around you.*

ESCAPE

Perched atop a bluff overlooking the Pacific Ocean, your path to wellness begins at The Ritz-Carlton Bacara, Santa Barbara. Here, the instinct to retreat is encouraged and expressed through a tranquil spa escape surrounded by natural beauty and pampering treatments that pay tribute to the scenic California landscape. Set within the resort's sprawling 78 acres, the 42,000 square foot spa features a full selection of indulgent amenities, including a swimming pool, redwood sauna and eucalyptus steam room, making every moment one to savor.



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 inherent resilience, strength and fortitude for Mind, Body and Skin.

MIND

THE ART OF WELLNESS MASSAGE

80 MINUTES

Bring healing and wellness to the mind, body & soul with this unique transformative treatment that creates a state of pure bliss. Guided breathing and visualization together with a deeply therapeutic Salt Stone and Rose Quartz Crystal massage releases physical tension and relaxes the mind to embrace the art of letting go.

HEAL & RENEW FACIAL

80 MINUTES

This uniquely therapeutic treatment calms both the skin and the soul. Using guided breathing, visualization and a soothing warm herbal poultice massage on the face, scalp, hands and feet, the spirit and the complexion are left in a wonderfully blissful state.

BODY

WELLBEING & RESILIENCE MASSAGE

80 MINUTES

Moving your mind and body to a place of greater strength and resilience, this treatment releases muscular tension, revitalizes wellbeing, boosts energy levels and supports your immune system with a liberating blend of yogic stretching, sinus release, reflexology and deep back and scalp massage.

BODY FORTIFYING MASSAGE

80 MINUTES OR 50 MINUTES

Targeting deep seated muscular pain and restoring comfort and supple movement with active stretching, this deep muscle massage uses hot stones and a fortifying oil on the neck, shoulders and back to instantly alleviate deep-seated tension and provide lasting relief so you feel a calming sense of wellbeing.

SKIN

RENEW AND REVITALIZE RITUAL

80 MINUTES

Supporting skin's resilience and radiance, this treatment reinvigorates vitality to dull, sluggish or stressed skin by pressing reset with a combination of body brushing, exfoliation, thymus tapping and lymphatic facial massage that enhances cellular renewal and leaves skin looking healthy and vibrant.

NATURAL RESILIENCE FACIAL

80 MINUTES

This specialized facial is the complete approach to skin health using cutting edge pre and probiotic technology. Powerful age defying techniques inspired by Japanese Kobido massage, along with cool and smooth Jade rollers facilitate lymphatic drainage and provide results, leaving the skin firm, lifted and beautifully radiant.



THE RITZ-CARLTON SPA

BACARA, SANTA BARBARA

MASSAGE

BACARA SIGNATURE MASSAGE

80 MINUTES **OR** 50 MINUTES

Relax and restore your body with this unique body massage utilizing hot stones and heated herbal compresses filled with organic herbs and salts to massage and soothe muscles and joints. This treatment opens the flow of energy, creating a healthier mind and body connection.

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.

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.

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.

EAST WEST MASSAGE

80 MINUTES **OR** 50 MINUTES

Combining Thai and Shiatsu techniques into classic massage, this restorative therapy revives the body and balances the mind.

DUET MASSAGE

80 MINUTES **OR** 50 MINUTES

Enjoy a side-by-side treatment in one of our couple's rooms. Choose from Relaxation, Stress Release or Deep Muscle Massage and spend some quality time with the one you love.



THE RITZ-CARLTON SPA

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BODY

BODY

NOURISHED GLOW

50 MINUTES

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

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

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

BACARA BODY MELT

80 MINUTES

Improve microcirculation and cellular regeneration with this full body exfoliation. An invigorating Swiss Shower removes the scrub and leaves the skin soft, silky and moisturized.

INCLUDES Full body aromatherapy massage, thermal wrap, scalp massage

BESPOKE WRAP

50 MINUTES

Deeply cleanse, refine and nourish your body with this beautifully enhancing, bespoke body treatment. Using either detoxifying algae or nourishing and re-mineralizing marine mud.

INCLUDES Body exfoliation, algae or mud envelopment, scalp massage

CITRUS AVOCADO BODY SCRUB

50 MINUTES

A refreshing, full body exfoliation of mineral salts blended with citrus, avocado and safflower oils. An invigorating Swiss Shower removes the scrub, and the treatment completes with a full body lotion application leaving the skin smooth and glowing.

INCLUDES Full body exfoliation and lotion application



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FACIAL

HOLLYWOOD FACIAL

80 MINUTES

This decadent, yet results-oriented treatment integrates HydraFacial, Intraceuticals and NuFace Microcurrent technologies. Our Intraceuticals oxygen delivery system bathes your skin in a Hyaluronic acid rich serum. Skin is infused with a series of liquid exfoliates and protective antioxidants and treated to therapeutic LED light therapy, leaving it instantly refined, refreshed and radiant. Finally, NuFace Microcurrent delivers improved facial contour and skin tone.

PERFORMED WITH INTRACEUTICALS

THE HYDRAFACIAL MD®

80 MINUTES **OR** 50 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

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

INHIBIT FACIAL

80 MINUTES **OR** 50 MINUTES

Advanced delivery of ultra-powerful ingredients noticeably softens wrinkles and expression lines, providing a Botox®-like effect without micro injections, to improve skin tone, texture and hydration. Complemented with a Radiance Lifting Peel to reveal radiant, rejuvenated skin.

PERFORMED WITH NATURA BISSE 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

OXYGEN FACIAL

80 MINUTES **OR** 50 MINUTES

This innovative breakthrough beauty enhancement combats signs of aging using hyperbaric oxygen to infuse a combination of antioxidant and hyaluronic acids into the skin, making it look healthier and younger than ever before.

PERFORMED WITH INTRACEUTICAL 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



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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.

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

THE MANICURE

25 MINUTES

Essential maintenance for hands.

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

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



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HAIR SERVICES

Salon services are available including haircuts, shampoo, blow out, and special occasion styling.

BEAUTY

MANICURE

45 MINUTES

Essential maintenance for hands.

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

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, polish or buff

SIGNATURE MANICURE

50 MINUTES

This indulgent 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, paraffin wax, Dazzle Dry polish or buff

SIGNATURE PEDICURE

80 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 & callus treatment, cuticle work, massage, personalized mask, paraffin wax, Dazzle Dry polish or buff

SHELLAC MANICURE

50 MINUTES

A shellac lacquer power polish is painted on like a varnish and set under UV lightning. Your nails are completely dry at the end of your treatment and you will have an incredibly durable, chip-free manicure for two weeks with superior shine.

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

SHELLAC PEDICURE

50 MINUTES

A shellac lacquer power polish is painted on like a varnish and set under UV lightning. Your nails are completely dry at the end of your treatment and you will have an incredibly durable, chip-free manicure for two weeks with superior shine.

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



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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.



THE RITZ-CARLTON SPA

ENHANCEMENTS

FACE

JADE ROLLER FACIAL TONING
Sculpt facial muscles and increase circulation by incorporating this ancient Chinese tool into your facial.

NATURAL ENZYME PEEL
Peel away the effects of time, revealing luminous skin while encouraging healthy cell renewal.

LIP & EYE MASK OR FACE MASK
Specialized sheet mask helps to firm, hydrate, brighten, and energize skin.

BODY

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.

HOT STONE MELTER
Smooth basalt stones radiate heat deep inside the muscles to relieve tension and stress during any massage treatment.

MUSCLE RESCUE BALM
Boost any massage by incorporating Muscle Rescue Balm which contains a refreshing blend of Peppermint, Eucalyptus and Clove Bud to recharge and restore body and mind.

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.

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.

AROMATHERAPY BOOSTER
Aromatherapy uses the restorative ancient properties of natural essential oils to relax, detoxify, invigorate, and fortify body and mind.

CBD MASSAGE OIL
Customized any massage with the anti-inflammatory benefits of CBD-enriched massage oil.

MINERAL RICH MUD MASK
Targeted mineral rich mud mask applied to the back to help eliminate toxins and water retention.

BACARA, SANTA BARBARA

GUIDELINES

To enjoy your spa experience to the fullest potential, please familiarize yourself with the Spa Guidelines.

AT TIME OF RESERVATION

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 guests receiving spa service same day and \$95 per day for guests without spa service booked same day.

ARRIVAL TIME

Please arrive at least 30 minutes prior to your scheduled treatment. This will allow time to enjoy the lounges, saunas, steam room, whirlpools, and our outdoor adult pool. Late arrivals will receive the balance of their treatment time. Late arrival treatments will end on time, as to not impact other guests. The full value of your treatment will be charged.

WHILE VISITING THE SPA

PERSONAL BELONGINGS/VALUABLES

We cannot be responsible for any personal items and/or valuables brought into the spa or left in your locker. Please leave your valuables at home or in your room safe.

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

You must be 18 years of age or older to enjoy the spa relaxation and locker areas. Massage and facials cannot be performed on anyone under the age of 18 years. Salon treatments are available for children 5 years of age or older. This includes hair and nail services only. Parent must be present for the entire service and a locker will not be provided.

TREATMENT RECOMMENDATION

Shaving is not recommended prior to body treatments. Shaving is recommended, but not necessary for men prior to a facial. Your spa experience is your time, and you should delight in it to the fullest. If you experience discomfort due to room temperature, massage pressure, music volume or any other conditions, please notify your therapist immediately.

FOOD AND BEVERAGE

Guests are prohibited from bringing any outside food or alcohol into the spa. A guest appearing intoxicated will be denied access to the spa.

METHOD OF PAYMENT

We accept all major credit cards. You may also charge services to your resort bill.

SERVICE CHARGE

For your convenience, a 22% service charge will be added to each spa service. This will be distributed to service providers (16%) and is adjustable based on satisfaction. 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. Any appointments rescheduled within the twenty-four (24) hour window will incur a move fee of \$50. Cancellations of packages or private parties require two weeks' notice.

HOURS OF OPERATION

Please refer to the website for Treatment, Facility and Fitness Center hours.

To reserve your spa appointment online, visit us at ritzcarlton.com/santabarbara or contact 805.571.4210.



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