

The Ritz-Carlton Spa, Sarasota Introduces Aerial Silk Massage

Written by Australian Business

SARASOTA, Fla., Oct. 15, 2013 /PRNewswire/ -- [The Ritz-Carlton Spa, Sarasota](#) is raising the bar – or rather, the aerial circus silks – with a new, first-of-its-kind massage.

The Spa is introducing the Aerial Silk Massage, a traditional Ashiatsu – or foot pressure – massage, employing the 3,000 year-old techniques of the Far East, but adding a modern and Sarasota-themed element.

During traditional Ashiatsu massage, a therapist holds onto ceiling bars to maintain her balance while using her feet to perform deep tissue work on the client's back and body. As a nod to Sarasota's circus history as the winter home of the Ringling Brothers and Barnum and Bailey Circus, during the Aerial Silk Massage the therapist will hold onto aerial silks similar to what a circus aerialist would use during a routine to stabilize herself.

"The Aerial Silk Massage combines the art and healing properties of Ashiatsu with a truly engaging experience of mind and body for a treatment that helps not only aches and pains, but also the guest's energy or 'chi'," said Veljko Savic, Spa Director, The Ritz-Carlton Spa, Sarasota. "This treatment may seem unconventional to a casual spa guest, but the use of body weight and gravity of the therapist make the Aerial Silk Massage the best way to get a true, deep tissue treatment and body realignment."

Guests who visit the hotel's luxurious spa will be invited to relax and unwind in the Spa's relaxation room, where light snacks and fresh fruit-flavored waters are available. A therapist will lead the guest into the candlelit Aerial Silk Massage room, where she will see the dramatic, beautiful silk panels suspended from the ceiling. The guest will then be asked to lie on the massage bed on the floor, and the therapist will start the massage with long, deep strokes that may feel like a dance. Later in the massage, the therapist will concentrate on specific areas of the body by controlling her weight distribution using the silks as a stabilizer. Guest can choose

The Ritz-Carlton Spa, Sarasota Introduces Aerial Silk Massage

Written by Australian Business

different therapeutic massage oil, like lavender, eucalyptus or Florida Orange and one of four music categories: water, nature, ambient and multicultural, to customize their experience.

Ashiatsu massage helps relieve pain and stress, treat spinal problems, and improve posture. It is particularly popular among sports enthusiasts, whose musculature may prevent penetration during a regular hand massage.

"Our Aerial Silk Massage will help guests transcend the stress of their lives and focus on the maintenance of their most important resource, their own bodies," said Savic. "While we want our guests to have unique, unforgettable experiences, we also want them to leave feeling refreshed, relaxed and ready to take on their lives."

In addition to the Aerial Silk Massage, The Ritz-Carlton Spa, Sarasota offers more than 100 wellness and anti-aging treatments using the beneficial properties of ocean minerals, elixirs and essential oils to restore, rejuvenate and refresh the body, and enhance circulation and energy flow, leaving guests rebalanced. Using only natural and organic ingredients in the Spa, the menu reflects a variety of traditional products such as hydrotherapy and mud masques, alongside innovative, non-traditional treatments. In addition to 16 treatment rooms for massages, facials and a variety of other treatments, the Spa also features a full-service salon, fitness center with daily class offerings and a spa boutique.

The Ritz-Carlton Spa, Sarasota is open seven days a week from 6 a.m. to 7 p.m. Spa services are available 9

a.m. to 6p.m.

by appointment. The Salon is open

9 a.m. to 6 p.m. Monday

– Saturday, and

10 a.m. to 4 p.m. Sunday

. For more information or to book a service, please call (941) 309-2090.

<http://www.ritzcarlton.com/en/Properties/Sarasota/Spa/Default.htm>

ABOUT THE RITZ-CARLTON, SARASOTA: A luxury landmark on Florida's central Gulf coast, The Ritz-Carlton, Sarasota is conveniently located near the city center overlooking Sarasota Bay, just minutes from premier art venues, nature sanctuaries, distinctive shopping, fishing and watersports. Named one of the Top Golf Resorts in the World by *Conde*

The Ritz-Carlton Spa, Sarasota Introduces Aerial Silk Massage

Written by Australian Business

Nast Traveler

, this destination resort is also home to The Ritz-Carlton Spa, Sarasota

, named the #3 Spa in the U.S. and Canada

by the readers of

Travel + Leisure

magazine. In addition to a Gulf-front Beach Club,

Tom Fazio

-designed Golf Club, Spa and Wellness Center, children's recreation programs and 266 guest rooms with Ritz-Carlton Club Level accommodations, The Ritz-Carlton,

Sarasota

offers 218 Residences and a private country club-style Membership. For reservations, please call The Ritz-Carlton toll-free at (800) 241-3333 or visit

ritzcarlton.com/sarasota

. For information on The Ritz-Carlton Hotel Company visit

<http://www.ritzcarlton.com>

ABOUT THE RITZ-CARLTON HOTEL COMPANY L.L.C.: The Ritz-Carlton Hotel Company, L.L.C. of Chevy Chase, Md., currently operates 80 hotels in the Americas, Europe

, Asia

, the

Middle East

, Africa

, and the

Caribbean

. More than 30 hotel and residential projects are under development around the globe. The Ritz-Carlton is the only service company to have twice earned the prestigious Malcolm Baldrige National Quality Award which recognizes outstanding customer service. For more information, or reservations, contact a travel professional, call toll free in the U.S. 1-800-241-3333, or visit the company website at

www.ritzcarlton.com

. The Ritz-Carlton Hotel Company, L.L.C. is a wholly owned subsidiary of Marriott International, Inc. (NYSE:

[MAR](#)

)

The Ritz-Carlton Spa, Sarasota Introduces Aerial Silk Massage

Written by Australian Business

SOURCE The Ritz-Carlton Spa, Sarasota