

## Drift Away

**The newest addition to the menu at The Ritz-Carlton Spa, Naples is the highly anticipated *Drift Away* treatment.**

Drift Away is a specialized journey that is designed to help guests let go and takes them through a ritual that will promote sleep at a deep state of sub-consciousness. This ultimate relaxation therapy is designed for an overactive mind, or sleep deprived individual who has trouble falling asleep and staying asleep.

The ritual begins with a feathery, aromatic milk bath where guests are submerged into a cloud-like sensation of soothing bubbles and is followed by sipping aromatic herbal tea, infused with specialized essential oils like lavender and St. John's Wort to assist in slowing the body's internal rhythms. Guests will then experience a peaceful body massage, including warm aromatherapy oils, Reiki, Cranial Sacral holds, lymphatic drainage and other polarity techniques specialized to transition one into the alpha state of sleep. The Spa's sleep therapists will allow a 30-minute "power nap" on a warmed, down duvet, atop an oversized, massage table. Awaken refreshed, renewed and ready to take on the remainder of the day!

Guests will also receive a guide to better sleep and health to help them re-create the Drift Away experience at home.

**\*\*120 minutes - \$280\*\***