

CANYON RANCH.

The Power of Possibility.

CANYON RANCH

Lenox, Massachusetts

Canyon Ranch in Lenox opened in 1989 and is world-renowned for its life-enhancing vacations. Situated on 120 woodland acres, Canyon Ranch is 150 miles from New York City and 130 miles from Boston.

- ◆ The main buildings are the Inn, Spa and Bellefontaine Mansion – all connected by climate-controlled, glass-enclosed walkways and arranged around the reflecting pool and formal gardens. Guests enjoy the sweeping view of rolling lawns and surrounding woods.
- ◆ Canyon Ranch can accommodate 200 guests in the modern, two-story Inn with 126 newly remodeled guest rooms and suites. Registration, guest services, a meditation room, meeting rooms, computer center and the Demonstration Kitchen are also located at the Inn.
- ◆ Complimentary van transportation for guests is provided to and from Albany Airport and Albany train station in New York and Bradley International Airport in Hartford, Connecticut.



In 2011, *Travel + Leisure* placed Canyon Ranch in Lenox on the list of Top Ten Destination Spas as voted on by readers for the 2011 World's Best Awards. Canyon Ranch in Lenox received distinction among the top 150 resorts in the Best in the World Readers' Choice Awards for *Condé Nast Traveler* (2011), and placed in the top 10 for U.S. spas in American Airlines *Celebrated Living* magazine's Readers' Choice Platinum List (2011).

In addition to the two health resorts in Lenox, Mass., and Tucson, Ariz., Canyon Ranch introduced Canyon Ranch Hotel & Spa in Miami Beach and Canyon Ranch Living Miami Beach, the nation's first luxury wellness hotel and residential community, in 2008. Canyon Ranch SpaClub® facilities are located at The Venetian and The Palazzo in Las Vegas, Nev., and the newest Canyon Ranch venture, Canyon Ranch SpaClub® at Sea, features facilities on-board the seven ships that make up Oceania Cruises and Regent Seven Seas Cruises, as well as on-board Cunard's Queen Mary 2 luxury ocean liner.

THE MANSION

- ◆ The architectural focal point of Canyon Ranch in Lenox is the historic marble and brick Bellefontaine Mansion.
- ◆ Built in 1897, the mansion is a replica of Louis XVI's Petit Trianon and was built by the architects who designed the New York City Public Library.
- ◆ The Mansion exterior has been restored to its original grandeur while the interior has been fully renovated and contains the original library wing with its wood and marble-trimmed fireplace, 10-foot-high bookcases, a gracious Dining Room and Café Tasse. The Mansion also boasts a two-story solarium with conference facilities and two spacious guest lounges with fireplaces.

SPA & FACILITIES

- ◆ The heart of Ranch activities is the 100,000-square-foot Spa complex with exercise, weight training and cycling gyms, yoga and Pilates studios, indoor tennis, racquetball, basketball and squash courts, indoor swimming pool, indoor running track, massage and bodywork rooms, and skin care and beauty salons.
- ◆ Men's and women's locker rooms feature saunas, steam and inhalation rooms, whirlpools, a comfortable relaxation lounge and fully-equipped vanities.
- ◆ Outdoor facilities include a 50-foot swimming pool, tennis courts and a ropes challenge course. Miles of walking, hiking, biking and cross-country ski trails are available both on Canyon Ranch grounds and in surrounding areas.

INTEGRATIVE PROGRAMS

- ◆ Canyon Ranch offers more than 40 fitness classes and activities daily, including an extensive outdoor sports program that features group hiking, biking, tennis, canoeing, kayaking, sculling, snowshoeing, and downhill and cross-country skiing. A variety of spiritual fitness classes, such as yoga, tai chi, qi gong and meditation are also offered daily.
- ◆ Canyon Ranch offers in-depth preventive health care assessments and guidance. Guests may choose private consultations or workshops in lifestyle change, transition and stress management. Professional staff can prescribe personalized programs for disease prevention, weight loss or smoking cessation. Guests interested in food planning may select healthy cooking classes and nutrition consultations.
- ◆ Canyon Ranch has an impressive menu of rejuvenating skin care and body treatments including massage and therapeutic bodywork; mud, salt, aromatherapy, seaweed and ayurvedic treatments; facials and masks. Program Advisors help guests plan their days and schedule personal services, workshops and activities.

STAFF

- ◆ Canyon Ranch maintains a 3:1 staff-to-guest ratio. This includes physicians, nurses, psychologists and counselors, exercise physiologists, nutritionists, movement therapists, acupuncturists, fitness instructors, tennis and racquetball pros, aestheticians, massage and bodywork therapists, art and music therapists, hiking and biking guides and support staff.

DINING

- ◆ For more than 30 years, Canyon Ranch has been celebrated as a leader in healthy gourmet cuisine. The Canyon Ranch kitchens, overseen by Corporate Chef Scott Uehlein, are legendary for continual innovation, quality and freshness of all ingredients, and great tastes.
- ◆ Guests can learn to cook healthy meals at home by attending daily Lunch & Learn demonstrations.

HEALTH & HEALING CENTER

- ◆ The hallmark of Canyon Ranch in Lenox is its fully staffed Health & Healing Center, located on the second and third floors of Bellefontaine Mansion.
- ◆ Health and healing staff include seven board-certified physicians with degrees from Harvard, Yale, Stanford, NYU and other superior institutions, that also serve as faculty members and lecturers at major universities and Canyon Ranch medical programs affiliated with accredited universities.
- ◆ Physicians, nurses, exercise physiologists, behavioral health professionals, movement therapists, acupuncturists and nutritionists provide guests with guidance in all areas of wellness. The goal is to help each person live healthier every day through exercise, nutrition, stress reduction and preventive care.
- ◆ Special Health Packages are available for guests interested in: Ultralongevity, Optimal Living, arthritis/chronic pain management, weight management, smoking cessation, stress management, pregnancy health and ayurvedic health.

PACKAGES

- ◆ Canyon Ranch guests may select from a variety of comprehensive vacation packages that include accommodations, three nutritionally balanced, gourmet meals per day, use of spa and resort facilities, fitness classes and sports activities, educational wellness presentations, transportation to and from the local train station and airports, a resort amenities fee and a selection of spa and health services based on length of stay.

CONTACT

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