

CANYON RANCH®

The Power of Possibility®

CANYON RANCH SPA CLUB® ON OCEANIA CRUISES

Canyon Ranch SpaClub® is now on-board Oceania Cruises' ships Regatta, Insignia and Nautica, and was recently unveiled on-board its newest ship, the Marina, in early 2011.

The state-of-the-art SpaClub offers an assortment of unique treatments and indulgent services that are sure to enhance each guest's voyage.

Canyon Ranch SpaClub joined the original Canyon Ranch Health Resort, founded by Mel and Enid Zuckerman in 1979 in Tucson, Ariz., and Canyon Ranch in Lenox, Mass., which the Zuckermans opened in 1989. 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 three ships that make up Regent Seven Seas Cruises, as well as on-board Cunard's Queen Mary 2 luxury ocean liner.

Canyon Ranch SpaClub offers a rich sampling of the programs and services that have made Canyon Ranch the overwhelming choice for best spa according to the readers of *Travel + Leisure*, *Condé Nast Traveler* and *Departures* magazines.



FACILITIES

- ◆ The visually stunning SpaClub features a fitness and wellness facility comprised of 16 treatment rooms, gym/weight room with more than 50 state-of-the-art pieces of cardio and weight training equipment, juice bar, men's and women's locker rooms, thalassotherapy pool, two whirlpools, a Thermal Suite, a private sundeck, and a full-service salon.
- ◆ Comprehensive gym & weight room featuring more than 50 pieces of cardio and weight-training equipment.
- ◆ Daily offerings at SpaClub include fitness activities for all levels, massage and body treatments, personal fitness training, acupuncture and nutrition counseling, skin care and beauty salon services and healthy gourmet cuisine at the onboard restaurants.
- ◆ SpaClub is open daily from 6 a.m. to 8 p.m.
- ◆ Guests of Canyon Ranch SpaClub must be at least 18 years old.
- ◆ SpaClub is a nonsmoking facility and alcohol is not served or permitted.

SPA TREATMENTS & PACKAGES

- ◆ Canyon Ranch SpaClub offers an impressive menu of rejuvenating spa and body treatments including massage and therapeutic bodywork, mud, aromatherapy, ayurvedic and seaweed treatments, facials and masks, conditioning body scrubs and rejuvenating body cocoons.
- ◆ SpaClub signature services include an Ageless Oxygen Boost, Euphoria, Voya Seaweed Treatments, Ocean Scrub, Canyon Stone Massage and Sea-Esta!
- ◆ SpaClub daily pass, which give access to the fitness and thermal environment centers, locker rooms, and fitness classes, are complimentary on the day of any SpaClub service or treatment or may be purchased for 1, 3 or 5 days.

(more)

FITNESS CLASSES & ACTIVITIES

- ◆ Daily offerings include a full range of fitness classes and activities, ranging from aerobics to yoga and Pilates.
- ◆ SpaClub has more than 50 pieces of cardio and weight training equipment available for use in the fitness center.
- ◆ The fitness center is open daily from 6 a.m. to 8 p.m.

HEALTH & WELLNESS CONSULTATIONS

- ◆ SpaClub offers wellness consultations and guidance in lifestyle change from basic fitness assessments and exercise prescriptions, to body composition analysis and orthotic services.
- ◆ Complimentary lectures, presented by Canyon Ranch wellness professionals, are offered daily.

CANYON RANCH SALON

- ◆ Canyon Ranch's Salon offers a full menu of services for men and women including sophisticated hair design, luxurious spa manicures and pedicures, plus makeup consultations and makeovers.
- ◆ The beautifully appointed salon is open daily from 8 a.m. to 8 p.m.

CANYON RANCH CUISINE

A visit to Canyon Ranch wouldn't be complete without sampling its world-famous healthy cuisine.

- ◆ Canyon Ranch is a pioneer in developing spa cuisine – food that is both nutritious and created with the highest gourmet standards.
- ◆ Canyon Ranch cuisine has been available onboard the Oceania Cruises since Spring 2010.

CONTACT

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