

CANYON RANCH®

The Power of Possibility®

CANYON RANCH SPA CLUB® ON THE QUEEN MARY 2

Canyon Ranch SpaClub® on-board Cunard's Queen Mary 2 luxury ocean liner features 20,000 square feet of state-of-the-art spa, wellness and fitness facilities, plus a luxurious full-service beauty salon.

SpaClub offers an inspiring oasis on decks 7 and 8 of Cunard's Queen Mary 2, the grandest passenger vessel ever built.

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 seven ships that make up Oceania Cruises and Regent Seven Seas Cruises and Oceania Cruises.



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. Recently Canyon Ranch SpaClub on-board Queen Mary 2 was honored in the Best Spa on a Cruise Ship category by *SpaFinder, Inc.* (2009).

FACILITIES

- ◆ State-of-the-art 20,000 square-foot SpaClub facilities including 24 massage, skin care and body treatment rooms, fitness center, men's and women's locker rooms, Aqua Therapy Centre with whirlpools, saunas, steam rooms, sensory showers and reflexology basin, coed relaxation lounge, beauty salon, juice bar, and Living Essentials Boutique.
- ◆ SpaClub's daily offerings include fitness activities for all levels, massage and body treatments, personal training, acupuncture and nutrition counseling, skin care and beauty salon services and healthy gourmet cuisine at the on-board restaurants.
- ◆ SpaClub is open daily from 8 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.
- ◆ Comprehensive gym & weight room featuring more than 50 pieces of cardio and weight-training equipment

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 Rasul Ceremony, an ancient mud and steam treatment, Euphoria, Mango Sugar Glo, Revitalizing Waters, Canyon Stone Massage and Sea-Esta!
- ◆ SpaClub passports, which give access to the fitness and aqua therapy centres, 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 centre.

HEALTH & WELLNESS CONSULTATIONS

- ◆ SpaClub offers wellness consultations and guidance in lifestyle change from basic fitness assessments and exercise prescriptions, to body composition analysis and back care.
- ◆ 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 9 a.m. to 7 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 is available in all restaurants onboard the Queen Mary 2.

CONTACT

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