

CANYON RANCH.

The Power of Possibility.

CANYON RANCH

Tucson, Arizona

Founded by Mel and Enid Zuckerman in 1979, Canyon Ranch in Tucson is a year-round luxury vacation destination dedicated to life enhancement. It is located on 150 lush desert acres in the foothills of Tucson's Santa Catalina Mountains.



- ◆ Canyon Ranch can accommodate 240 guests in single-story, Southwestern-style accommodations. The interior grounds are richly landscaped with flowers, cactus gardens, streams, pools and fountains. The remaining acreage is natural desert vegetation crisscrossed by walking and jogging trails.
- ◆ Guest registration, guest services, meeting rooms, computer center, a boutique and a spacious dining room are all located in the Spanish Colonial-style Clubhouse. The Demonstration Kitchen and Creative Arts Center are located nearby.
- ◆ Complimentary van transportation is provided for guests who arrive through Tucson International Airport, 21 miles from the Ranch.

The internationally renowned health resort is consistently named among the best spas by *Travel + Leisure* and *Condé Nast Traveler* magazines. Most recently, *Travel + Leisure* named Canyon Ranch in Tucson 5th on the list of Top Ten Destination Spas as voted on by readers for the 2010 World's Best Awards. Canyon Ranch in Tucson was named among the top five favorite destination spas by readers of *Condé Nast Traveler* magazine (2009) – and received SpaFinder, Inc.'s Crystal Award for Favorite Spa in North America (2009) and American Airlines *Celebrated Living* magazine's 'Top Spa in the U.S.' award for the seventh consecutive year (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.

SPA & FACILITIES

- ◆ The climate controlled, 80,000-square-foot Spa complex includes six gymnasiums, a spacious Pilates and Gyrotonic studio, exercise and weight training rooms, squash and racquetball courts, a yoga/meditation dome, and men's and women's locker rooms with sauna, steam and inhalation rooms, whirlpools, private sunbathing areas, a comfortable relaxation lounge and fully-equipped vanities. Also in the Spa are skin care and beauty salons and massage and body treatment rooms.
- ◆ Additional facilities include seven lighted tennis courts, basketball court and three outdoor pools. The biking and hiking programs use resort property as well as nearby mountain and canyon trails.
- ◆ A newly opened High Ropes Challenge Course is an adventure for anyone seeking thrills during their stay. The fun-filled course includes a climbing wall and high-flying Zipline.
- ◆ Canyon Ranch's Golf Performance Center has professional staff and equipment for golf instruction and fitness training. The 3,400-square-foot facility includes strength-training equipment, practice areas and computer technology for swing analysis and video feedback.

- ◆ The 11,000-square-foot Aquatic Center features three Watsu pools, a cross-training pool with conditioning equipment, an aquatic therapy pool and a whirlpool. Aqua exercise classes are offered daily.

INTEGRATIVE PROGRAMS

- ◆ Canyon Ranch offers more than 40 fitness classes and activities daily, including tennis, swimming, hiking and biking programs, and a variety of spiritual fitness classes such as yoga, tai chi, qi gong and meditation.
- ◆ Canyon Ranch also offers full preventive health care assessments and guidance. Guests may choose private consultations or workshops in stress management, disease prevention, smoking cessation or weight loss. For guests interested in food planning, both healthy cooking classes and nutrition consultations are offered.
- ◆ Canyon Ranch has an impressive menu of rejuvenating skin care and body treatments, including massage and therapeutic bodywork; mud, salt, aromatherapy, ayurvedic and seaweed 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 golf pros, aestheticians, massage and bodywork 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

- ◆ Medical and professional wellness staff helps people learn to take responsibility for their health and well-being in the 14,000-square-foot Health & Healing Center.
- ◆ Health and healing staff include 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.
- ◆ Treatment rooms and offices surround the center's tranquil courtyard. Guests may select services such as bone density assessments, physical examinations, lifestyle counseling (including stress reduction, weight management and smoking cessation), nutrition consultations, movement therapy, sleep assessments and more.

LIFE ENHANCEMENT CENTER

- ◆ The weeklong Life Enhancement Program takes place in The Life Enhancement Center – a separate 17,000-square-foot spa and health center designed to provide a supportive setting for small groups of people who share common life-improvement goals.
- ◆ The Canyon Ranch Weight Loss Program, available in schedules of one or two weeks, is a science-based program for healthy weight loss and lifelong optimal weight, under the guidance of caring Canyon Ranch physicians and committed health professionals.
- ◆ Periodic group programs are available, such as *Focus on Women's Health* and *Focus on Brain Fitness and Longevity*, targeting shared medical, wellness and lifestyle concerns.

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, transport to and from Tucson International Airport, taxes and resort amenities fees, and a selection of spa and health services based on length of stay.

CONTACT

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