

fees for services
2011

Tucson

Effective: January 5, 2011

CANYONRANCH®
The Power of Possibility®

TRY SOMETHING NEW AT CANYON RANCH

ACUPUNCTURE FOR HEALTHY WEIGHT

This complementary therapy is for individuals who are developing healthy nutritional and exercise habits. This session delivers a specialized type of acupuncture that’s used extensively in China for decreasing food cravings while increasing energy and digestive efficiency. The technique employs abdominal needles with mild electrical stimulation of body and ear points. This is a full body/mind-balancing treatment that can jump-start the body’s ability to move toward a healthier weight. Two or more sessions close together are recommended for maximum benefit.

100 minutes.....\$395

MUSCLE MELT FOR “ROAD WARRIORS”

Unwind completely with a treatment developed by the people of Thailand to ease aches and pains of warriors returning from battle. Warm herbal pouches are firmly pressed into muscles to ease and melt aches and pains out of every inch of your body. Traditional Thai massage with lemongrass oil, combined with other massage techniques, releases any lingering tension, resulting in a calmer state of mind and a body that’s ready to go out and conquer the world. (The pressure of this massage will be altered to suit your body’s needs.)

50 minutes.....\$160

100 minutes.....\$270

SOUL COACHING

Soul Coaching focuses on the human quest for a spiritually meaningful life. Through dialogue, intuitive tools and guidance, this session will help you explore your spiritual path, and find new ways to integrate spirituality into your daily life. No matter what your faith or level of spiritual experience or belief, this session can help you deepen your personal spiritual practice.

50 minutes.....\$210

HEALTH PACKAGES

Fees are in addition to standard package rates

Brain Fitness, 4 nights or longer	\$2,100
Inspired Living, 4 nights or longer.....	\$1,475
New Approaches to Weight Management, 4 nights or longer	\$2,000
Optimal Living: Specialty Focus, 4 nights or longer.....	\$1,510
<i>(Fees will vary when package is customized)</i>	
Optimal Stress & Mood Management, 4 nights or longer	\$1,695
Peak Performance, 4 nights or longer Core.....	\$2,260
Biking	\$2,870
Golf	\$3,580
Running.....	\$2,870
Swimming.....	\$2,870
Tennis.....	\$2,920
Triathlon.....	\$3,000

CLEVELAND CLINIC – CANYON RANCH

EXECUTIVE HEALTH PROGRAM

Fees are in addition to standard package rates

Executive Health Program, 4 nights or longer.....	\$3,700
Enhanced Executive Health Program, 5 nights or longer.....	\$5,860

AQUATIC EXPERIENCES

Aquatic Training	50 min.	\$120
Athletic Conditioning in the Water.....	50 min.	\$130
Burdenko Water Exercise.....	50 min.	\$130
Healing Waters	50 min.	\$130
Hydromassage.....	45 min.	\$145
Rejuvenating Waters	100 min.	\$325
Swim Lesson.....	50 min.	\$120
Watsu® – Aquatic Massage.....	50 min.	\$150
Watsu® – Aquatic Massage Duet	50 min.	\$300

BODY TREATMENTS

Anti-Aging Body Treatment	50 min.	\$175
Cleanse & Polish Back Treatment.....	50 min.	\$165
Conditioning Body Scrubs		
Grape Seed Scrub.....	50 min.	\$160
Mango Sugar Glo.....	50 min.	\$160
Salt Scrub	50 min.	\$160
Crystal Body Treatment	50 min.	\$280
Detoxifying Herbal Wrap	25 min.	\$80
Detoxifying Herbal Wrap for Two	45 min.	\$160
Detoxifying Ritual	100 min.	\$270
Euphoria Ritual	100 min.	\$270
Moor Mud Wrap.....	50 min.	\$160
Nature Ritual	100 min.	\$270
Revitalizing Ritual	100 min.	\$270
Tanning Treatment	80 min.	\$190
Follow-up Tanning Treatment.....	50 min.	\$130
Ultra-Moisturizing Treatment		
Goat Butter Crème	50 min.	\$165
Warm Vanilla Float.....	50 min.	\$165
Ultra-Moisturizing Treatment for Two	100 min.	\$540
Your Transformation Body Rejuvenation.....	50 min.	\$160
Your Transformation Head to Toe.....	100 min.	\$280

CANYON RANCH MEDICINE

All-Night Sleep Study (Polysomnography)		\$2,375
Biomarker Health Status.....	times vary	\$3,715
Cardiac Stress Test	50 min.	\$585
Cardiometabolic Stress Test		
with Pulmonary Function Testing.....	2 sessions	\$830
Cardiovascular Profile Assessment.....	(2) 25 min.	\$445
Chiropractic Services	times & fees vary	
CT Heart Scan for Coronary Calcifications.....	25 min.	\$230
	<i>(Fee for test separate and performed off-site)</i>	
DEXA Body Composition	(2) 25 min.	\$420
DEXA Body Composition with Bone Density	(2) 50 min.	\$780
Genomics		
Part I Consultation	50 min.	\$425
Part II Nutrigenomics.....	50 min.	\$235
Heart-Rate Variability Testing	(2) 25 min.	\$345
Integrative Medicine Consultation	50 min.	\$425
Expanded Integrative Medicine Consultation... ..	75 min.	\$655
Medical Sleep Disorders.....	25 min.	\$230
	50 min.	\$425
Musculoskeletal/Sports Medicine Consultation.....	25 min.	\$230
	50 min.	\$425
Optimal Health Consultation	25 min.	\$230
	50 min.	\$425
Osteoporosis Prevention &		
Bone Density Evaluation	(2) 25 min.	\$585
Personalized Physical	50 min.	\$425
	75 min.	\$655
Physical Therapy.....	50 min.	\$190
Podiatry.....	25 min.	\$165
	50 min.	\$325
Sexual Health Consultation.....	50 min.	\$425
Vision/Hearing/Spirometry	50 min.	\$500
Women’s Health Consultation	50 min.	\$425

TUCSON FEES FOR SERVICES 2011

EXERCISE/MOVEMENT

Advanced Training.....	50 min.....	\$130
Aquatic Training.....	50 min.....	\$120
Athletic Footwear Analysis.....	15 min.....	\$40
Biking		
Biking on Your Own.....	times vary.....	Comp.
Group Bike Rides.....	times vary.....	Comp.
Private Bike Tours.....	times & fees vary	
Bike Lessons.....	50 min.....	\$120
Body Composition Test.....	15 min.....	Comp.
Burdenko Land Exercise.....	50 min.....	\$130
Climbing Wall.....	120 min.....	\$125
Comprehensive Exercise Assessment.....	(2) 50 min.....	\$260
Comprehensive Exercise Assessment		
Follow-Up.....	50 min.....	\$130
Coordination & Balance Testing.....	50 min.....	\$175
Core Conditioning.....	50 min.....	\$120
Dance.....	50 min.....	\$120
Exercise for Bone Health.....	50 min.....	\$130
Exercise for Healthy Aging.....	50 min.....	\$130
Exercise for Weight Loss		
& Body Definition.....	50 min.....	\$130
Fitness Classes.....	45 min.....	Comp.
Fitness Walks.....	times vary.....	Comp.
Flexibility/Stretching.....	50 min.....	\$120
Golf		
Boot Camp Golf – Conditioning.....	6 hrs.....	\$810
Boot Camp Golf – Full Swing.....	6 hrs.....	\$810
Boot Camp Golf – Short Game.....	6 hrs.....	\$810
Golf Clinics.....	50 min.....	\$95
Golf Physical.....	(2) 50 min.....	\$300
Half-Day Partners Golf School.....	(3) 50 min.....	\$285
Individual Golf Lesson.....	50 min.....	\$150
Pilates for Golf.....	50 min.....	\$120
Semi-Private Golf Lesson.....	50 min.....	\$95
Good Posture for Life.....	50 min.....	\$120
Gyrotonic Expansion System®.....	50 min.....	\$120
Gyrotonic Expansion System Duet.....	50 min.....	\$90

Hikes

Group Hikes.....	times vary.....	Comp.
Nature Discovery Hike.....	times vary.....	\$90
Hike & Paint.....	times vary.....	\$90
Hike & Photography.....	times vary.....	\$90
Private Hike.....	times & fees vary	
Injury Prevention Assessment.....	50 min.....	\$160
McKenzie Exercise Prescription.....	(2) 50 min.....	\$320
Metabolic Exercise Assessment.....	(2) 50 min.....	\$350
Mind-Body Private Training		
Breathing Practice.....	50 min.....	\$120
Meditation.....	50 min.....	\$120
Qi Gong.....	50 min.....	\$120
Tai Chi.....	50 min.....	\$120
Yoga Lesson.....	50 min.....	\$120
Muscle Function Assessment.....	50 min.....	\$175
Performance Orthotics Assessment.....	20 min.....	\$85
<i>(Cost of orthotic inserts is in addition to service fee)</i>		
Personal Training With our Fitness Team.....	50 min.....	\$120
<i>(Any fitness activity may be booked as a Private Session)</i>		
Pilates		
Pilates Duet.....	50 min.....	\$90
Pilates for Golf.....	50 min.....	\$120
Pilates for Tennis.....	50 min.....	\$120
Pilates Individual.....	50 min.....	\$120
Pilates Matwork with Take-Home DVD.....	50 min.....	\$170
Prescription for Yoga.....	(2) 50 min.....	\$240
Ropes		
Aerial Adventure.....	80 min.....	\$90
Climbing Wall.....	2 hrs.....	\$125
High Ropes Challenge Course.....	2-4 hrs.....	\$220
R _x For Exercise.....	50 min.....	\$130
Specialized Needs Training.....	50 min.....	\$130
Sports/Athletic Conditioning.....	50 min.....	\$120
Strength Training.....	50 min.....	\$120
Swim Lesson.....	50 min.....	\$120
Target Heart-Rate Determination.....	50 min.....	\$130

Tennis

Ball Machine.....	times & fees vary	
DVD Video Lesson	50 min.	\$165
Pilates for Tennis.....	50 min.	\$120
Private Tennis Lesson	25 min.	\$70
	50 min.	\$125
Round-Robin Doubles Tennis Mixer.....	times vary	Comp.
Semi-Private Tennis Lesson	50 min.	\$75
Tennis Clinic	50 min.	\$60
TRX® Training	50 min.	\$120
Yamuna® Body Rolling Personal Training & Taking it Home	50 min.	\$120
		<i>(Additional fee for kit)</i>

HEALING ENERGY

Acuphoria.....	50 min.	\$185
Acupuncture.....	50 min.	\$185
Acupuncture for Healthy Weight	100 min.	\$395
Acutonics®.....	50 min.	\$185
Canyon Ranch Energy Renewal.....	50 min.	\$150
Chinese Herbal Consultation.....	50 min.	\$200
Craniosacral Therapy	50 min.	\$130
	80 min.	\$200
	100 min.	\$250
Healing Touch	75 min.	\$185
Jin Shin Jyutsu®.....	50 min.	\$130
	80 min.	\$200
	100 min.	\$250
Oriental Facial Rejuvenation.....	110 min.	\$335
Oriental Vitality.....	110 min.	\$365
Polarity.....	50 min.	\$130
	80 min.	\$200
	100 min.	\$250
Reiki.....	50 min.	\$130
	80 min.	\$200

LIFE MANAGEMENT

* These Life Management services are available with a Ph.D. for an additional fee

Anger & the Health of Your

Heart Assessment.....	2 sessions.	\$225 *
Attention & Memory Enhancement.....	2 sessions.	\$635
Biofeedback.....	50 min.	\$175
Building Better Relationships		
Individuals	50 min.	\$150
Couples	50 min.	\$230
Charting Your Inner Life.....	50 min.	\$150
Emotional Intelligence	(2) 50 min.	\$175 *
Exploring Your Personality	(2) 50 min.	\$415
Healthy Lifestyle.....	50 min.	\$150 *
Heart-Mind Connection: Secrets for		
Transforming Stress	50 min.	\$175
Hypnotherapy	50 min.	\$175
	100 min.	\$350
Look Into Your Psyche.....	50 min.	\$150
Meditation, Visualization & Relaxation.....	50 min.	\$150
Performance Enhancement:		
Embracing the Future	100 min.	\$350
Relationships With Food	50 min.	\$150 *
Sexuality, Intimacy & Passion.....	50 min.	\$150
Sleep Enhancement/Insomnia.....	50 min.	\$150 *
Smoking & Your Health:		
Readiness, Choices, Plans.....	50 min.	\$150 *
Sound & Harmony	50 min.	\$190
Stress Management.....	50 min.	\$150 *

TUCSON FEES FOR SERVICES 2011

MASSAGE & BODY WORK

Abhyanga.....	50 min.....	\$220
Abhyanga-Shirodhara	100 min.....	\$380
Arthritis Massage	50 min.....	\$130
	80 min.....	\$200
	100 min.....	\$250
Ashiatsu – Deep Barefoot Massage.....	50 min.....	\$150
	80 min.....	\$230
	100 min.....	\$270
Authentic Aromatherapy Treatment.....	50 min.....	\$160
	80 min.....	\$230
Ayurvedic Herbal Rejuvenation	80 min.....	\$200
Bindi-Shirodhara.....	100 min.....	\$270
Canyon Ranch Massage.....	50 min.....	\$130
	80 min.....	\$200
	100 min.....	\$250
Canyon Stone Massage.....	100 min.....	\$270
Connective Tissue Rebalancing	80 min.....	\$240
Deep Tissue Massage.....	50 min.....	\$150
	80 min.....	\$230
	100 min.....	\$270
Hands, Feet & Scalp	50 min.....	\$130
Head, Neck & Shoulders.....	50 min.....	\$130
Hydromassage.....	45 min.....	\$145
In-Room Massage.....	90 min.....	fees vary
Lymphatic Treatment.....	50 min.....	\$130
	80 min.....	\$200
	100 min.....	\$250
Massage for Two	times & fees vary	
Muscle Melt for “Road Warriors”	50 min.....	\$160
	100 min.....	\$270
Neuromuscular Therapy	75 min.....	\$240
Prenatal Massage.....	50 min.....	\$130
Reflexology.....	50 min.....	\$130
	80 min.....	\$200
	100 min.....	\$250

Rejuvenating Waters	100 min.....	\$325
Shiatsu.....	50 min.....	\$130
	80 min.....	\$200
	100 min.....	\$250
Shirodhara.....	50 min.....	\$160
Spring in Your Step.....	50 min.....	\$160
Thai Massage.....	100 min.....	\$270
Watsu® – Aquatic Massage	50 min.....	\$150
Watsu Duet.....	50 min.....	\$300
Yamuna® Hands-on Treatment.....	50 min.....	\$150

METAPHYSICAL

Astrology	50 min.....	\$210
Master Astrology	50 min.....	\$310
Clairvoyant Reading.....	50 min.....	\$210
Genealogy: Researching Family History.....	50 min.....	\$150
Handwriting Analysis	50 min.....	\$210
Numerology	50 min.....	\$210
Tarot Card Reading.....	50 min.....	\$210

NUTRITION & FOOD

Comprehensive Digestive Analysis	50 min.....	\$150
Detox Your Diet.....	50 min.....	\$130
Digestive Wellness	50 min.....	\$150
Eating for Energy	50 min.....	\$130
Fastest Meals Imaginable	50 min.....	\$130
Food Allergy/Sensitivity Testing	50 min.....	fees vary
Hands-On Cooking.....	120 min.....	\$125
Healing Foods.....	50 min.....	\$150
Healthy Eating Consultation.....	50 min.....	\$130
Individual Nutrition Lab Analysis.....	50 min.....	\$150
Insulin Resistance/Type 2 Diabetes.....(2)	50 min.....	\$300
Lunch & Learn.....	50 min.....	Comp.
Maximize Your Metabolism	3 sessions.....	\$485
Menu Planning for Your Stay	50 min.....	\$130
Menus by Design.....	50 min.....	fees vary

Neuronutrition: Food for Thought	50 min.....	\$150
Nutrition for Weight Loss.....(2)	50 min.....	\$260
Vitamin & Mineral Evaluation	50 min.....	\$150

SALON

Healthy Hair

Color	times & fees vary	
Custom Blend Hair & Scalp Treatments	50 min.....	\$115
Cut for Men.....	30 min.....	\$55
Cut for Women.....	45 min.....	\$105
Gentlemen’s Scalp Renewal	30 min.....	\$85
Highlights.....	times & fees vary	
Style	times & fees vary	

Nail Services

Canyon Stone Pedicure	80 min.....	\$145
Feet So Soft Pedicure	50 min.....	\$115
Gentlemen’s Manicure.....	30 min.....	\$45
Gentlemen’s Pedicure.....	45 min.....	\$75
Hands So Soft Manicure	45 min.....	\$85
Ice Cream Pedicure.....	50 min.....	\$95
Radiance Peel Manicure.....	45 min.....	\$90
Radiance Peel Pedicure	50 min.....	\$120
Spa Manicure	45 min.....	\$50
Spa Pedicure.....	50 min.....	\$75

Specialty Services

Makeup Consultation & Lesson	50 min.....	\$125
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SKIN CARE

Advanced Age-Management Facial.....	80 min.....	\$250
Ageless Oxygen Boost	50 min.....	\$220
Crystal Facial	50 min.....	\$220
Deep Cleansing Facial.....	50 min.....	\$165
Gentlemen’s Facial.....	50 min.....	\$130

Optional Enhancements

Anti-Aging Neck & Décolleté Treatment	times vary	\$65
Enzyme Treatment.....	times vary	\$60
Revital Eyes.....	times vary	\$60
Waxing/Hair Removal	times & fees vary	

Restoring Radiance Peel Facial	50 min.....	\$220
Sensitive Skin Facial	50 min.....	\$165
Total Elegance Age-Minimizing Facial	50 min.....	\$165
Total Elegance Facial.....	50 min.....	\$130
Vitamin Infusion Facial	50 min.....	\$165
Your Transformation Body Rejuvenation.....	50 min.....	\$160
Your Transformation Head to Toe.....	100 min.....	\$280
Your Transformation Facial.....	50 min.....	\$130
Your “Total” Transformation Facial with Oxygen Infusion	80 min.....	\$280

SPIRITUALITY

Rite of Passage.....	50 min.....	\$210
Shamanic Journey: Accessing Inner Wisdom	50 min.....	\$210
Soul Coaching	50 min.....	\$210
Spirit Lodge..... (2-day session).....		\$375
Introduction – Day 1	50 min.	
Experience – Day 2.....	3 hrs.	

WELLNESS SERVICES AT HOME

Exercise Coaching.....	25 min.....	\$85
	50 min.....	\$130
Life Management Coaching.....	25 min.....	\$90
	50 min.....	\$150
Nutritional Coaching.....	25 min.....	\$85
	50 min.....	\$130
Optimal Health Follow-Up with an M.D.	25 min.....	\$230
	50 min.....	\$425

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