

# HOTEL PROFILE

Canyon Ranch Hotel & Spa in Miami Beach  
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Located at the historic Carillon

CANYONRANCH.  
HOTEL & SPA  
MIAMI BEACH



## A HOTEL LIKE NO OTHER

Canyon Ranch Hotel & Spa in Miami Beach is a beachfront destination like no other, uniting the convenience and flexibility of a great à la carte boutique hotel with the serenity, warmth and boundless possibility of renowned Canyon Ranch® health resorts. Acclaimed for its unique integration of healthy lifestyle, educational opportunities, personal consultations, incomparable spa and fitness facilities, spiritual guidance, stress management expertise and caring staff, Canyon Ranch brings an experience of unparalleled richness and depth to Miami Beach.

## SERENITY & SURF

The hotel and spacious Wellness Spa, both located in the lovingly restored Carillon Hotel – a classic of Miami Modern Architecture – are the centerpiece of Canyon Ranch Living® – Miami Beach, which also includes two condominium towers. Canyon Ranch Living – Miami Beach is the nation's first residential community dedicated to an integrative approach to wellness and healthy living.

The Carillon Hotel Tower includes 150 beautifully appointed one- and two-bedroom luxury suites ranging from 720 to 1,200 square feet.

As you enter the hotel, a two-story, wide-open porte cochère provides a sense of arrival. Centered on a large fountain and enhanced by views of the Palm Court and glimpses of the ocean, this is a true portal to tranquility. Guests are welcomed with the smiles and personal hospitality of the 24-hour valet attendant and welcoming staff. As you walk into the soaring Mangrove Lobby with its coral-stone walls, a four-story mangrove sculpture, teak ceilings and abalone shell terrazzo floors, the serenity and warmth of Canyon Ranch surrounds you. The lobby spaces, designed by David Rockwell, are inspired by a deep respect for nature, particularly surf and sea. The touch of native stone beneath your feet, the soothing sound of a tropical waterfall and aromatic scents permeating the air bring the wonders of South Florida inside.

## EVERYTHING YOU WANT, EVERYTHING YOU NEED

Sensual and experiential dining venues include Canyon Ranch Grill™, with its expo kitchen, oceanfront terrace and chic indoor spaces, the casual Carillon Café, with its tasting area and private dining room, The Cabana at poolside, and featuring Canyon Ranch's award-winning healthy gourmet cuisine. Enjoy any or all of the two outdoor pools, or kick back in the rooftop Atlantic Spa with its panoramic view.

The 70,000-square-foot Wellness Spa is the real heart of Canyon Ranch Hotel & Spa. Here you'll find 54 tranquil treatment rooms, state-of-the-art gyms, two-story indoor climbing wall with ocean views, the Salon, and Aquavana® thermal suite, a spectacular collection of European-style healing environments. All of this is yours to experience throughout your stay.

The Wellness Spa is also home to our staff of Canyon Ranch health professionals – physicians, nutritionists, exercise physiologists, certified fitness instructors and more, who offer integrative healing services and packages that can take your health to a whole new level.

Whether you want to play in the surf, take a yoga class, have a massage or get a complete annual physical in our fully equipped health and healing facility, you can do it at Canyon Ranch Hotel & Spa in Miami Beach.

## HOTEL AMENITIES

The epitome of Miami style in the 50s, the Carillon Hotel has been restored to surpass its celebrated past. It is home to 150 spacious guest suites, all offering spectacular views and with access to:

- 750 linear feet of unspoiled beach
- 70,000-square-foot Wellness Spa with 54 tranquil treatment areas
- Two outdoor pools, Atlantic Spa and The Cabana
- Canyon Ranch Grill™ – award-winning oceanfront restaurant with indoor and outdoor seating, offering nutritionally balanced gourmet cuisine; located adjacent to a cocktail terrace seating area
- Carillon Café for casual dining, offering creative cuisine, a tasting room and fine wines
- Peaceful Palm Court – a great gathering area for reading, meditation, yoga and more
- Canyon Ranch Living Essentials® boutique
- Intimate and relaxing gathering spaces (Conservatory, Library and more)
- Aquavana® thermal suite – an oasis of water therapies including state-of-the-art hot and cold experiences
- Unparalleled fitness center, including two-story cardio studio with unobstructed ocean view, weight machines and free weights
- Daily fitness activities, wellness presentations and classes (yoga, Pilates, tai chi, indoor cycling and many more)
- Two-story, indoor rock-climbing wall with ocean view
- Full-time physicians and wellness practitioners offering integrative medical consultations
- Concierge and 24-hour staff

## HOTEL SUITES

Ten types of one- and two-bedroom suites, from 720 square feet to 1,200 square feet, are elegant and luxurious sanctuaries of tranquility with modern touches, including:

- 400-thread-count linens
- Pillow menu
- Complimentary wireless, high-speed internet access
- HDTV system with integrated internet access
- Bose® Wave Sound system radio
- Multi-line telephones, cordless phones
- CD & DVD player
- Kitchenette with small refrigerator
- Twice-daily housekeeping, including turn-down service
- In-room safe
- Plush bathrobes and slippers
- Lighted makeup/shaving mirror
- Bathroom scale and hairdryer
- Iron & ironing board
- Umbrella and emergency flashlight
- Complimentary daily newspaper

## DINING VENUES

Celebrated Canyon Ranch chefs and nutritionists share their talents to serve such delights as classic french toast, grass-fed beef burgers, grilled calamari salad, lamb chops, hot-fudge sundaes and a host of regional delectables that are celebrations in healthy eating.

- Canyon Ranch Grill™ – Open for breakfast, lunch and dinner daily, the restaurant sits adjacent to the hotel lobby, bordering the beach. The terrace offers dining areas with unforgettable ocean views. Sensual and experiential dining choices include the expo kitchen, Palm Court, tapas seating and private dining for up to 40 guests – all featuring signature Canyon Ranch cuisine made with nutritious local, organic ingredients. Winner of the 2009 Santé Spirits Hospitality Award. Lobby level.
- Carillon Café – A multi-use area that serves as a comfortable gathering space. A large community table accommodates tastings of all types, including tea, wine and cheese. Retail wine displays surround the communal table. This area flows naturally into the Library, creating the feel of a cordial social area. Lobby level.
- Conservatory – Share the morning's experiences over a cup of delicious organic tea, or participate in a tea ritual in this serene sitting area, surrounded by white wooden shutters and exotic greenery. Lobby level.
- The Cabana – Serving healthy meals, juices, smoothies and organic cocktails by the pool – for Canyon Ranch guests and residents only.

## WELLNESS SPA

- Luxurious facilities include Aquavana® thermal suite, an oasis of hot and cold water therapies, including a Finnish sauna, hydrospace, herbal sauna, crystal steam room, igloo, reflexology basins, heated lounges and experiential shower cabins.
- 54 treatment rooms designed by David Rockwell serenely reflect the massage, body and skin treatments performed within. Treatments include therapeutic massage and bodywork; mud, salt, aromatherapy, seaweed and ayurvedic treatments; facials; full-body cocoons and scrubs; and signature Canyon Ranch spa services.
- The Canyon Ranch wellness center offers medical and wellness services including private consultations and workshops with experts in disease prevention, weight loss, stress reduction and smoking cessation, healthy cooking classes and nutrition.
- The fitness facility offers breathtaking ocean views from its weight-training area, a rock-climbing wall, Pilates, yoga and aerobics studios, and the most modern cardio equipment and technology anywhere. A walking and biking path along the beach is just outside the door.
- Common areas are available for play, sports and relaxation.

## CANYON RANCH LIVING ESSENTIALS® BOUTIQUE

Discover logo merchandise, distinctive gifts and informational books, DVDs, aromatherapy products, videos and CDs on healthy living and life enhancement.

## SALON

Canyon Ranch's full-service, eco-friendly beauty salon provides everything needed to look and feel your best.

# GUIDE TO CANYON RANCH SERVICES

You have the opportunity to consult and work with renowned leaders in various wellness disciplines. You always have an extensive choice of life-enhancing services to choose from at Canyon Ranch.

## PERSONALIZED MEDICINE

- Cardiac Stress Test
- Chinese Medicine Consultation
- DEXA Body Composition
- Genomics Testing & Evaluation
- Healthy Skin Consultation
- Musculoskeletal Sports Medicine Consultation
- Optimal Health Consultation
- Osteoporosis Prevention
- Preventive Health Evaluation

## HEALING ENERGY

- Acupuncture
- Healing Energy Session
- Reiki

## LIFE MANAGEMENT

- Healthy Lifestyle
- Rite of Passage
- Stress Management

## EXERCISE AND MOVEMENT

- Aquatic Therapy
- Beach Boot Camp
- Beach Walks
- Cardiometabolic Stress Test
- Dance
- Kinesis®
- Metabolic Exercise Assessment
- Meditation
- Personal Training Sessions
- Pilates
- Posture Analysis
- Qi Gong
- Rock-Climbing Wall
- Strength Basics
- Stretch and Relaxation
- Tai Chi
- Target Heart Rate Determination
- Water Workouts
- Yoga

## NUTRITION AND FOOD

- Healing Foods
- Lifetime Nutrition
- Maximize Your Metabolism
- Nutrition for Weight Loss

## BODYWORK

- Advanced Hydrotherapy
- Ashiatsu
- Authentic Aromatherapy
- Ayurvedic Therapy
- Body Rituals
- Canyon Ranch Massage
- Canyon Stone Massage
- Couples Treatments
- Exfoliation and Hydration Therapies
- Hamam Treatments
- Healing Sound Treatments
- Neuromuscular Therapy
- Reflexology
- Shiatsu
- Thai Massage
- Thalassotherapy
- Thermal Experiences

## HEALTHY SKIN

- Balancing Facial Veil
- Cleanse & Polish Back Treatment
- Clinical Age-Management Facial
- Contour and Lift Facial
- Deep-Cleansing Facial
- Gentlemen's Facial
- Sensitive Skin Facial
- Skin Refinishing Facial
- Vitamin Infusion Facial

## HEALTHY HAIR AND NAILS

- Hair Design
- Manicure and Pedicure Rituals

## LEARNING WORKSHOPS

- Chinese Mind-Body Tradition
- Healing Energy
- Life Transitions
- Living Younger Longer
- Nutritional Intelligence
- Self-Mastery

# GENERAL HOTEL POLICIES

**Check-in Time:** 3 PM

**Check-out Time:** Noon

**Early Arrivals & Late Departures:** Based on availability, we will make every attempt to accommodate early arrival and late departures. If you arrive early in the day and you prefer access to your room, we recommend reserving it for the prior night to guarantee immediate access. Similarly, for late departures, reserving your room for an additional night will guarantee access to your room past check-out time. If you choose not to reserve, we will be glad to store your bags and make our fitness facilities available for you to freshen up.

**Credit Cards:** American Express, Visa, MasterCard, Diners, and Discover are accepted. AMEX Travelers checks in U.S. currency are also accepted. Company and personal checks are accepted and must be issued by a U.S. bank.

**Guaranteed Reservations & Deposits:** All reservations require a one-night deposit and must be guaranteed with a valid credit card. The credit card used to make the booking must be presented upon arrival. Minimum stay requirements may apply for certain weekends and peak periods. Reservations for peak periods will be charged the full amount at the time of booking; you will be notified of this policy at the time of confirming your reservation.

**Cancellation Policy:** Cancellation of your reservation must be received by 3 PM the day prior to your arrival to avoid forfeiture of the one-night deposit. The hotel reserves the right to change the cancellation policy, as required during certain peak and blackout periods. You will be notified of any changes in our cancellation policy at the time of confirming your reservation.

**Non-Smoking:** Canyon Ranch is a non-smoking facility. Florida law also prohibits indoor smoking in work areas. Tobacco products are not sold on property. Guests who smoke in their room or balcony will be charged a minimum \$650 deodorizing fee.

**Cell Phones:** In order to provide a tranquil experience, Canyon Ranch Hotel & Spa in Miami Beach prohibits cell phone use in the following areas:

- Spa (includes fitness area)
- Salon
- Treatment area
- Health & Wellness
- Atlantic Pool

**Teens:** Canyon Ranch Hotel & Spa in Miami Beach is a family-friendly facility. A selection of wellness services for guests 14 to 17 years of age is listed in the *Guide to Services*. The minimum age for use of spa and fitness facilities is 14.

**Valet Parking:** Valet parking only. No self-parking is available. Overnight rate is \$35 inclusive of tax. Visitor rate is \$15 inclusive of tax.

**Maximum Occupancy:**

- One Bedroom – 3 guests (see terms below for 3rd guest)
- Two Bedroom – 5 guests (see terms below for 4th and 5th guests)

The 3rd guest in a one bedroom and the 4th and 5th guests in a two bedroom, age 14 and older, will incur an additional charge of \$60 per person (plus applicable taxes) per day. This charge covers the spa and fitness facilities access fee. Rental of a rollaway bed, which must be requested at the time of booking, will incur a charge of \$90 (plus applicable taxes) per day.

**Pet Policy:** Canyon Ranch Hotel & Spa in Miami Beach does not permit hotel guests to have pets; only accredited service animals are allowed. Only three condo hotel units have been designated to allow for service animals. Requests for these will be honored in the order they are received.

Guest must stay in one of the three approved rooms that are “service animal friendly.”

Guest must provide, at check-in, current copy of vaccines.

- Exceptions: Restrictions apply for residents regarding the weight of dog and the type of pet allowed in their condo units, as detailed in the condominium documents.
- Residents must abide by the restrictions as to where dogs are permitted. Dogs are not permitted in any public area (spa, treatment areas, pools, restaurants). Dogs are permitted in hotel lobby area and elevator banks.

**Tippling & Service Charge:** Canyon Ranch Hotel & Spa in Miami Beach is not an all-inclusive hotel. Service charges are applicable in certain instances. Tipping is left to the discretion of our guests.

# CANYON RANCH HOTEL & SPA KEY PERSONNEL

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