

NEW YEAR new services

These services are so new they're not even in the *Guide to Services* yet. This winter, try something new and fabulous.

CANYONRANCH.
The Power of Possibility.

EXERCISE & MOVEMENT

UNDERWATER TREADMILL TRAINING \$125
Because the body is buoyant in water, people who find exercise on land difficult due to physical limitations can achieve immediate results in the pool. A personal trainer helps you get started on an underwater treadmill exercise program. *50 minutes.*

HEALTHY FEET

GAIT & FOOTWEAR ANALYSIS \$45
Your feet are subject to enormous forces every day, so small abnormalities can cause big problems. In addition, the wrong shoes can cause pain or injury. Meet with a highly trained foot expert for a complete evaluation of your needs. The review will include a complete video analysis of your gait and a precise assessment of the biomechanics of your feet as you walk across an orthotics mat. Upon completion of the analysis, your foot expert will make recommendations for orthotics, if indicated, and for the right shoe for you. *25 minutes.*

INSTANT RELIEF \$165
This treatment is designed to help alleviate painful symptoms associated with conditions such as plantar fasciitis (heel or arch pain), sore Achilles tendons, Morton's neuroma, shin splints or pain in the ball of the foot. Your therapist will tailor your massage to meet your individual needs, improve circulation, reduce inflammation and increase mobility. Relief is on the way! *50 minutes.*

MASSAGE & BODY WORK

A SLICE OF HEAVEN \$230
The ultimate massage! Two professional massage therapists create a customized massage experience for you. You receive double the relaxation and tension-relief in half the time. *50 minutes.*

REJUVENATING MASSAGE \$180
This treatment begins when you choose music for your experience and your muscles begin to relax in the warmth of a steam-filled massage room. Your treatment is tailored to your needs and may incorporate massage techniques using the therapist's hands and feet, deep stretching, and hot and cold towels. *50 minutes.*

TAKE-HOME TECHNIQUES FOR TWO \$270
Learn how to treat each other to massage. You'll learn simple, easy-to-learn techniques and proper body mechanics, so you and your partner can share the nurturing, relaxing, therapeutic benefits of massage anytime, anywhere. *100 minutes.*

METAPHYSICAL

CRYSTAL ENERGY \$210
Gems, crystals and minerals have been used for insight and healing for thousands of years. Learn about the magic and lore associated with precious gems and rare earth minerals. This service will show you how to listen to messages from rocks and crystals, and how to harness their subtle energies for emotional and spiritual healing. *50 minutes.*

FENG SHUI \$210
Each space you occupy – your home, office, yard – has a flow of energy called chi. By learning to manipulate chi, you can become more peaceful as well as powerful. Our Feng Shui practitioner will review your floor plan with you and suggest how simple changes in your space can effect significant changes in your life. Other areas that can be addressed include learning to deal with clutter, how to be in a position of power, and how best to use colors, shapes and materials. *50 minutes.*

SALON

GEL EFFECTS MANICURE \$70
Say goodbye to nicks, chips and smudges. Enjoy all the essentials of a perfect spa manicure finished with a breakthrough gel polish that combines the ease of polish with the permanence of gels. *50 minutes.*

GEL EFFECTS PEDICURE \$95
Say goodbye to nicks, chips and smudges. Enjoy all the essentials of a perfect spa pedicure finished with a breakthrough gel polish that combines the ease of polish with the permanence of gels. *50 minutes.*

TOES ON THE GO \$50
A classic groom and polish for feet in a hurry. *30 minutes.*

QUICK HAIR CONDITIONING \$50
Nourish your hair and indulge your senses with this "on the go" treatment designed to combat hair stresses ranging from dryness to environmental or chemical damage. Your hair will feel lustrous and rejuvenated. (Blowdry not included.) *15 minutes.*

SKIN CARE

AGELESS OXYGEN BOOST – THE ULTIMATE! \$285
Enjoy all the amazing benefits of the Ageless Oxygen Boost facial but with an added "boost." This treatment offers a luxurious massage with one of the following formulas:

- Detox Massage Fluid, to decongest and detoxify the skin's surface layer
- Hydrating Massage Fluid, a formula that increases the skin's ability to naturally regenerate, nourish, hydrate and protect itself.

Additionally, you will enjoy a custom-blended Pure Molecular Oxygen Treatment Mask that will infuse your skin with CoQ10, vitamins, minerals and anti-irritant serums selected especially for you. (Extractions are performed as necessary.) *80 minutes.*

