think beyond spa

GUIDE TO SERVICES
spaclub® experience
THE POWER OF SERENITY

Discover a legendary spa experience on Celebrity Cruises.® Award-winning Canyon Ranch® – with its family of destination wellness resorts, Canyon Ranch Living® communities and SpaClub® luxury spas – has been the acknowledged world leader in healthy living expertise, and a haven of tranquility, comfort and warmth since 1979.

Experience the profound pleasures of Canyon Ranch in a spectacular setting. Enhance your voyage with a Persian Garden pass to our inspiring health and fitness oasis, and with services, presentations and selected exercise classes that increase resilience, restore serenity and feel fantastic. Enjoy!
ABOUT CANYON RANCH

Since we created our first wellness resort in 1979, the Canyon Ranch experience has focused on pursuing optimal health – learning how to feel your best every day. We encourage people to become active, informed participants in their health care, because wellness is largely based on everyday lifestyle choices about nutrition, stress management, preventive care and staying fit.

Whether you stay at one of our all-inclusive resorts for a week or two, visit Canyon Ranch SpaClub® in Las Vegas, or enjoy a SpaClub® experience for a day or more during your voyage, you’ll find a place where you can relax, reduce stress and have a great time ... and it can also mean much more. This is a chance to explore your potential, learn about yourself and begin the lifestyle changes that lead to a healthier, more fulfilling life.

To your good health!

Enid and Mel Zuckerman
Canyon Ranch founders
CANYON RANCH SPACLUB®
LAS VEGAS
Canyon Ranch SpaClub® is a haven of health and serenity in the heart of exciting Las Vegas. Our award-winning luxury day spa features everything you need to relax, refresh and re-energize.

CANYON RANCH WELLNESS RESORT
TUCSON, ARIZONA
Legendary Canyon Ranch in Tucson, nestled in the spectacular Sonoran Desert of Southern Arizona, has inspired thousands of guests to “live younger longer” – and enjoy the healthy vacation of a lifetime.

CANYON RANCH WELLNESS RESORT
LENOX, MASSACHUSETTS
In a classic, four-season New England setting, the second award-winning Canyon Ranch wellness resort in Lenox offers all the resources, warmth and possibility that have made Canyon Ranch world-renowned.

CANYON RANCH WELLNESS RESORT
KAPLANKAYA, TURKEY
Nestled in the breathtaking beauty that characterizes the spectacular Aegean coast of southern Turkey, Canyon Ranch Wellness Resort at Kaplankaya brings the celebrated integrative wellness philosophies of Canyon Ranch to new shores. Opening in summer 2016. Info: canyonranch.com/kaplankaya
Enjoy SpaClub® facilities with the purchase of a Persian Garden pass, which includes use of the aquatherapy environments, relaxation lounge (on Solstice Class ships only) and locker rooms. We provide robes, towels and refreshments.

Passes are valid from 8 am to 8 pm. Ask about our multiday passes. Facilities may be enjoyed by guests 16 years of age and older. Passes are not transferable or refundable.
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For thousands of years, people have found that moving water and temperature variations provide relief for muscle and joint issues, speed toxins from the body and promote deep relaxation. From billows of aromatic steam to tropical rain showers, you’ll find a full range of rejuvenating aquatic experiences.

Access to the Persian Garden is included with a SpaClub® Persian Garden pass – unwind before a massage, facial or body treatment, relax after a class or workout, rejuvenate before a big night, or simply enjoy this unique, healthy experience at your leisure. (Bathing suit required; robe and towels are provided.)

*Persian Garden designs and amenities vary on each vessel.*
AROMATIC STEAM ROOM
Breathe deep and soak in the benefits of penetrating steam infused with pure plant essences in our temperature-regulated aromatic steam room.

FINNISH SAUNA
Enjoy the health benefits of nurturing heat. Our traditional Finnish sauna with a classic hot and dry cabin is lined with aromatic Nordic cedar and heated by a hidden stove. It promotes increased circulation, relaxes muscles and soothes aches.

HERBAL SAUNA
The perfect start to the total spa experience, this sauna is a gentle, relaxing heated environment. Unwind in an average temperature of 140 degrees Fahrenheit and 60 percent humidity.

SENSORY SHOWERS
Cool off after a heat treatment or sauna with this stimulating shower – featuring six water jets and an overhead spray – and enjoy cool fog in combination with a fresh scent and cool blue fiber-optic light. Or unwind with a warm tropical rain shower infused with exotic natural aromas.

Thermal experiences are available on selected vessels.
WHY HURRY?
Your purchase of a Persian Garden Pass will allow you to enjoy this delightful experience before your spa treatment. Be sure to arrive at least 45 minutes before your scheduled service. Then, relax and enjoy!
Nothing feels better than a facial, and our facials – which range from classic to exotic – are the ultimate pleasure. Pamper yourself – you’ll love the way you look and feel.

ADVANCED-AGE MANAGEMENT FACIAL
80 minutes $254 $190*
This extraordinary facial uses vitamins A, C and E to reduce the look of fine lines, lax skin, sun damage and scarring. We add a special eye treatment to diminish crow's feet.

AGELESS OXYGEN BOOST
50 minutes $203 $153*
Medical-grade bioactives and certified Bio Suisse extracts are perfectly blended to visibly correct sun conditions associated with aging, such as lines, wrinkles, discoloration and loss of elasticity. This next-generation oxygen treatment builds collagen and elastin, hydrates and increases cell turnover, and restores your skin’s youthful glow.

Note: Extractions are performed as necessary.

AGELESS OXYGEN BOOST … THE ULTIMATE!
80 minutes $264 $198*
Enjoy our Ageless Oxygen Facial, but with an added boost. This “ultimate” treatment also includes a collagen masque and a 20-minute oxygen infusion.

Note: Extractions are performed as necessary.

OPTIONAL FACIAL ENHANCEMENTS
- Anti-Aging Neck & Décolleté Treatment
- Anti-Aging Therapeutic Masque
- Eyelash & Brow Tinting
- Masque Add-Ons
- Specialized Eye Treatments
CLEANSE & POLISH BACK TREATMENT  
50 minutes $135 $102*  
This treatment focuses on an often overlooked area and helps purify, soothe and balance the look of oily and problematic skin. A deep cleansing and exfoliation prevents and eliminates blackheads, whiteheads, breakouts and congestion – reducing the look of inflammation and irritation and leaving your skin clean and refreshed.

DEEP-CLEANSING FACIAL  
50/80 minutes $135/200 $102/150*  
Specifically blended products exfoliate and deeply cleanse skin to eliminate the appearance of blackheads, whiteheads and congestion. Your newly cleansed skin will feel – and look – clear, calm and refreshed.

SENSITIVE SKIN FACIAL  
50 minutes $145 $109*  
A soothing combination of vitamins, antioxidants and growth factors helps rebalance and restore your skin’s integrity, alleviates any irritation or dryness, and leaves your face looking smooth, healthy and hydrated.

VITAMIN INFUSION FACIAL  
50/80 minutes $153/220 $115/165*  
Restore your skin’s radiance as you combat signs of environmental damage from the sun, pollution and stress. This soothing facial features powerful vitamins and antioxidants that help foster a smooth, youthful look of clarity and firmness.

YOUR “TOTAL” TRANSFORMATION FACIAL  
80 minutes $290 $218*  
Enjoy all the benefits of our Your Transformation Facial plus an amazing oxygen infusion technology. Your skin deeply absorbs a nourishing blend of botanical extracts that will leave your complexion smooth, youthful and glowing with health. This is truly the facial of a lifetime.

YOUR TRANSFORMATION FACIAL  
50/80 minutes $150/215 $113/162*  
Defy the effects of the sun and repair damaged skin starting at the deepest level. ProNAD™ and other cutting-edge Canyon Ranch ingredients strengthen and moisturize skin and stimulate cell growth – with no artificial or harmful ingredients. The visible results will astonish you.

FACIAL & BODY WAXING  
Facial and body waxing is available. Please inquire when making your appointment.

* Offered only when the vessel is in port, 8 am to 1 pm.
ADVANCED COSMECEUTICAL FACIALS
Your skin is one of your most precious assets. Environ® facial therapies are tailored to treat your individual concerns and to nurture and restore your skin. The ultimate in vitamin therapies, Environ facials combine scientifically advanced skin care products with the revolutionary Ionzyme DF Machine to enhance nutrient absorption and ensure visible results that last.

ENHANCING VITAMIN THERAPY
60 minutes $234 $176*
Developed to intensively focus on several key areas of concern, this targeted skin care treatment includes a penetrant-enhancing masque for amazing results.

MEDICAL-GRADE PEEL
60 minutes $200 $150*
These tailored peels help promote a healthier, firmer, smoother appearance of the skin. Our certified therapist will determine which peel option is the best choice for your skin. Afterward, application of a vitamin-enriched masque will soothe, hydrate and nourish your skin. Limited sun exposure and sunscreen application is a must following this treatment.

• Option 1 – The lactic peel helps refine the look of sun-damaged skin, leaving it smoother and healthy-looking.
• Option 2 – The TCA peels can be layered to treat acne, texture issues or skin pigmentation concerns.

PRECISION VITAMIN THERAPY
30 minutes $115 $87*
This treatment targets specific areas of concern using the best skin care techniques to ensure quick, effective results. It’s perfect for when your time is limited.

PURIFYING VITAMIN THERAPY
80 minutes $275 $207*
Created to purify, micro-exfoliate and rehydrate your skin, this therapy greatly assists with the treatment of acne, scarring and deep skin congestion. The combination of scientifically advanced products and techniques revives and refreshes your skin, leaving it feeling and looking like new.

ULTIMATE VITAMIN THERAPY
80 minutes $295 $222*
Designed to effectively treat a wide range of skin care concerns, this luxurious treatment improves the appearance of fine lines, wrinkles and lax skin. It brightens and evens out skin tone for outstanding visible results.
OPTIONAL UPGRADES
Enhance the results of our treatments by adding one or both of the following:

- **Iontophoresis** involves the use of an electrical current to facilitate greater penetration of vitamins into the skin. Choose two treatment areas (eyes, pigmentation, breakouts, scarring, etc.).
  $48 $36*

- **Sonophoresis** involves the use of sound waves to transport vitamin molecules through the skin. It upgrades the effectiveness of the soothing Alginate Masque.
  $38 $29*

GENTLEMEN’S FACIALS

**ANTI-AGING MEN’S FACIAL**
50 minutes $135 $102*
Using the best ingredients formulated for men, this treatment helps maintain an energized, youthful appearance. Scientifically developed, nonirritating skin care products help smooth wrinkles and strengthen skin around the eyes while reducing puffiness and dark circles.

**ESSENTIAL MEN’S FACIAL**
50 minutes $135 $102*
Designed to address a man’s skin care needs, this treatment uses powerful coconut- and aloe-based products, removing skin impurities that are deeper and harder to reach. A gentle scrub eliminates dead skin buildup, and moisturizers give a firm, energized look.

**HIGH-PERFORMANCE MEN’S FACIAL MASSAGE**
80 minutes $200 $150*
Enjoy the combined benefits of a relaxing cranial massage followed by a deep-cleansing facial and exfoliation. We finish with five-point pressure to dispel the last bit of tension. You’ll look relaxed, refreshed and youthful.

* Offered only when the vessel is in port, 8 am to 1 pm.
CANYON RANCH® AESTHETICS

These advanced, nonsurgical facial treatments, performed by a physician trained in aesthetic medicine, feature the finest skin care products and gold-standard nonsurgical procedures using FDA-approved BOTOX® Cosmetic to relax wrinkles and JUVÉDERM® XC to lift and smooth your skin.

Our signature plans provide optimal assessment and recommended pre- and post-care treatment, starting with a complimentary, no-obligation consultation with the physician. Services include a professional follow-up.
REJUVENATION PLAN
– smoother, firmer & glowing again

Pre-Treatment Options, Day 1 or 2 of Treatment Plan

• ULTIMATE VITAMIN THERAPY FACIAL
  80 minutes $295
  Designed to effectively address a wide range of skin care concerns, this luxurious treatment improves the appearance of fine lines, wrinkles and lax skin. It brightens and evens out skin tone for outstanding visible results.

• DEEP-CLEANSING FACIAL
  50/80 minutes $135/200
  Specially blended products exfoliate and deeply cleanse skin to eliminate the appearance of blackheads, whiteheads and congestion. Your newly cleaned skin will feel – and look – clear, calm and refreshed.

Cleanse & Advanced Treatment

• SIMPLY CLEANSE
  25 minutes $70
  A thorough cleansing treatment that leaves your skin supple, hydrated and perfectly prepared to receive advanced treatment benefits.

• BOTOX® COSMETIC OR JUVÉDERM® XC
  Prices vary
  Based on your physician consultation, you’ll receive BOTOX® Cosmetic to relax wrinkles and/or JUVÉDERM® XC to lift and smooth facial folds or lines.

Post-Treatment, 24 Hours or More After Advanced Treatment

• VITAMIN INFUSION FACIAL
  50/80 minutes $153/200
  Restore your skin’s radiance as you combat signs of environmental damage from the sun, pollution and stress. This soothing facial features powerful vitamins and antioxidants that help foster a smooth, youthful look of clarity and firmness.

* Canyon Ranch Aesthetics Services must be booked while on board. These services are not available in port.
ANTI-AGING TREATMENT PLAN  
– nurture your youthful appearance

Pre-Treatment Options, Day 1 or 2 of Treatment Plan

<table>
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<tr>
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ADVANCED AGE MANAGEMENT FACIAL
This extraordinary facial uses vitamins A, C and E to reduce the look of fine lines, lax skin, sun damage and scarring. We add a special eye treatment to diminish crow’s feet. You’ll be all set to enjoy maximum benefits from the rest of your treatments!

AGELESS OXYGEN BOOST
Medical-grade bioactives and certified Bio Suisse extracts are perfectly blended to visibly correct sun conditions associated with aging, such as lines, wrinkles, discoloration and loss of elasticity. A next-generation oxygen treatment builds collagen and elastin, hydrates and increases cell turnover, and restores your skin’s youthful glow.

AGELESS OXYGEN BOOST … THE ULTIMATE!
Enjoy the service above, plus a collagen masque and 20-minute oxygen infusion. You’ll love your fresh, glowing results!

Cleanse & Advanced Treatment

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SIMPLY CLEANSE
A thorough cleansing service that leaves your skin supple, hydrated and perfectly prepared to receive advanced treatment benefits.

BOTOX® Cosmetic or JUVÉDERM® XC
Based on your physician consultation, you’ll receive BOTOX® Cosmetic to relax wrinkles and/or JUVÉDERM® XC to lift and smooth facial folds or lines.

Post-Treatment, 24 Hours or More After Advanced Treatment

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SENSITIVE SKIN FACIAL
A soothing combination of vitamins, antioxidants and growth factors helps rebalance and restore your skin’s integrity, alleviate any irritation or dryness, and leaves your face looking smooth, healthy and hydrated.
MEN’S RECHARGE PLAN
– take charge, look great

Pre-Treatment Options, Day 1 or 2 of Treatment Plan

• ESSENTIAL MEN’S FACIAL
  50 minutes  $135
Designed to address a man’s skin care needs, this treatment uses powerful coconut- and aloe-based products, removing skin impurities that are deeper and harder to reach. A gentle scrub eliminates dead skin buildup, and moisturizers give a firm, energized look.

• HIGH-PERFORMANCE MEN’S FACIAL MASSAGE
  80 minutes  $200
Enjoy the combined benefits of a relaxing cranial massage followed by a deep-cleansing facial and exfoliation. We finish with five point pressures to dispel the last bit of tension. You’ll look relaxed, refreshed and youthful.

Cleanse & Advanced Treatment

• SIMPLY CLEANSE
  25 minutes  $70
A thorough cleansing treatment that leaves your skin supple, hydrated and perfectly prepared to receive advanced treatment benefits.

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Based on your physician consultation, you’ll receive BOTOX® Cosmetic to relax wrinkles and/or JUVÉDERM® XC to lift and smooth facial folds or lines.

Post-Treatment, 24 Hours or More After Advanced Treatment

• ANTI-AGING MEN’S FACIAL
  50 minutes  $135
Using the best ingredients formulated for men, this treatment helps maintain an energized, youthful appearance. Scientifically developed, nonirritating skin care products help smooth wrinkles and strengthen skin around the eyes while reducing puffiness and dark circles.

• HIGH-PERFORMANCE MEN’S FACIAL MASSAGE
  80 minutes  $200
Enjoy the combined benefits of a relaxing cranial massage followed by a deep-cleansing facial and exfoliation. We finish with five point pressures to dispel the last bit of tension. You’ll look relaxed, refreshed and youthful.

* Canyon Ranch Aesthetics Services must be booked while on board. These services are not available in port.
MASSAGE
GET THE MOST FROM YOUR MASSAGE

Take time
Give yourself plenty of time before or after your massage so you can enjoy the steam room, sauna or heated loungers. Warm muscles benefit most from bodywork.

Shower
A warm shower just before your massage is relaxing and washes away any salts, minerals or chemicals that could clog pores when mixed with massage oils. Then put on your robe and meet your therapist.

Un(dress) the part
Unless the service description specifies that your massage will be received clothed, undress completely and wear just a robe to your massage. You will be able to take your robe off and cover yourself in privacy, and you will be draped with a sheet throughout the service. For services that are received clothed, shorts and a T-shirt are ideal.

Talk with your therapist
Before your massage, tell your therapist which areas you would like to focus on, and any areas to be avoided. During your massage, let your therapist know if you feel any discomfort. Communication is the key to getting the massage you want.

Relax
Close your eyes and allow your mind and body to enjoy the quiet. Focus on how you feel. Breathe deeply and let tension slip away with each breath. Remember, this time is for you.
AROMATHERAPY MASSAGE
50/80 minutes  $145/195  $109/147*
Enjoy an all-natural, sense-seducing escape from the everyday world. Nourish the skin and support immune function while restoring equilibrium to mind, body and spirit. This fragrant, full-body treatment is the ultimate healthy pleasure. Just breathe.

AROMATHERAPY MUSCLE SOOTHER
80 minutes  $200  $150*
A focused, all-over body massage designed to release tight, fatigued muscles and joints. The use of a calming anti-inflammatory oil will gently oxygenate, stimulate circulation and provide healing nutrients to aching muscles.

AWAKENING MASSAGE
50 minutes  $145  $109*
Awaken your body, mind and spirit with this energizing Red Flower® experience! Begin with a massage using cold-pressed Arctic berry seed oils to deliver a boost of regeneration to your whole being. Optimal health and a positive state of mind are restored with an awakening eucalyptus and laurel foot massage. An uplifting flower mist returns you to the world fully refreshed.

CANYON RANCH MASSAGE
50/80 minutes  $140/195  $105/147*
Indulgent and uniquely relaxing, our signature full-body massage stimulates circulation and soothes tight muscles. Our gifted therapists adapt their eclectic techniques to your particular needs and preferences. Tension dissolves, leaving only comfort and well-being behind.

CANYON STONE MASSAGE
80 minutes  $209  $157*
Smooth, rounded basalt stones are gently heated and used by the therapist as extensions of his or her hands. The weight and radiant heat of the stones combined with a calming essential oil penetrates muscle tissue, inducing deep relaxation without overheating.

DEEP TISSUE MASSAGE
50/80 minutes  $164/236  $123/177*
Feel the need for a really deep massage? Put yourself in an expert therapist’s hands for an intensive massage experience focused on releasing deep muscle layers. This is the ultimate muscle meltdown.

* Offered only when the vessel is in port, 8 am to 1 pm.
LYMPHATIC TREATMENT
50 minutes $149 $112*
Extremely light, sequenced strokes stimulate the movement of lymphatic fluid, thereby cleansing the body. Excellent for reducing pain, fluid retention, chronic inflammation, sinus conditions, headaches and sprains.

MUSCLE RELEASE MASSAGE & SOAK*
80 minutes $275 $207*
Feel restored and ready to take on the day with this exclusive Red Flower body treatment. Begin by soaking in Epsom salts blended with birch to reduce inflammation and induce relaxation. Release and soothe sore muscles with a deep-tissue sports massage with cardamom and amber.

SOLE REJUVENATION
50 minutes $145 $109*
Every aspect of wellness is connected, from head to hardworking toes. This deliciously relaxing foot scrub and massage relieves tension, soothes aches and puts the spring back in your step.

Note: You are welcome to wear loose-fitting clothing.

TENSION ZONE MASSAGE
50 minutes $140 $105*
Tight neck? Tense shoulders? Your therapist will relieve the tension in your head, neck and shoulders with a focused treatment employing a variety of highly effective techniques. Get that weight off your shoulders and prepare to relax.

Note: Not a full-body massage.

TWO-BY-TWO MASSAGE
On Selected vessels
Share the Canyon Ranch experience with someone special with side-by-side massages. You can book two therapists and two tables for your choice of:

- AROMATHERAPY MASSAGE
  50/80 minutes $290/390 $218/293
- CANYON RANCH MASSAGE
  50/80 minutes $280/390 $210/293
- CANYON STONE MASSAGE
  80 minutes $418 $314
- DEEP TISSUE MASSAGE
  50/80 minutes $328/472 $246/354
- TENSION ZONE MASSAGE
  50 minutes $280 $210
OPTIONAL MASSAGE ENHANCEMENTS
Make your Canyon Ranch massage even more unforgettable.

DRY-NO-MORE SCALP TREATMENT $32 $24*
A restorative treatment that protects and moisturizes the scalp and revitalizes the hair. Moroccanoil® combats scalp dryness and benefits the hair follicle at the root while enhancing the healthy appearance of hair, leaving it full and shiny.

OILY-NO-MORE SCALP TREATMENT $32 $24*
This relaxing treatment protects and moisturizes the scalp while helping to control dandruff caused by excess oil and inflammation of the hair follicle. Moroccanoil also stimulates circulation, leaving hair balanced, healthy-looking and lustrous.

PEPPERMINT SCALP REFRESHER $32 $24*
This delicious aromatherapy scalp treatment complements any massage. The refreshing blend of essential oils on your scalp stimulates circulation from head to toe.

REVITALIZING FOOT TREATMENT $32 $24*
A great addition to any massage, this luscious treatment provides a mild exfoliation with gentle buffing grains that remove dry, flaky skin while nourishing your body. A peppermint and tea tree foot balm is then massaged in to energize and restore circulation.

TREATMENTS FROM THE EAST
Asian therapies focus on restoring balance to body and spirit. Please wear light, loose-fitting clothing for these services.

5 POINT STAR 50 minutes $177 $133*
This traditional ayurvedic practice brings the focus on healing, in a five-point treatment, through the scalp, hands and feet. This Shankara® treatment nourishes, replenishes and promotes harmony throughout the body through the use of herbs, medicated oils, a balancing bowl and marma therapy.

ABHYANGA MASSAGE 50 minutes $169/225 $127/169*
This specialized massage from India combines touch therapy with aromatherapy. Fragrant essential oils chosen to balance your dosha (constitution) are applied with light pressure to the energy points on the skin where, according to ayurvedic thought, your subconscious mind communicates with your body. Profoundly relaxing and energetically balancing.

* Offered only when the vessel is in port, 8 am to 1 pm.
**AYURVEDIC SIGNATURE BODY WRAPS**

50 minutes $177 $133*

Avarna – Sanskrit for “envelopment” – is a beautiful description of the enveloping and cocooning effect of the Shankara body wraps. The treatments are dosha-specific (corresponding to your ayurvedic type) and designed to nourish, hydrate, tone, ground and revitalize your being. You may select from the following:

- **Herbal Rejuvenation** – a tri-dosha experience for whole-body nourishment, purification and hydration.
- **Cucumber and Aloe** – a soothing treatment designed to balance the fiery nature of *pitta* dosha (a perfect treatment for overexposure to the sun).
- **Lymphatic Detoxification** – to stimulate lymph flow and eliminate toxins.
- **Herbal Cellulite Wrap** – helps reduce the appearance of cellulite, tightens skin and helps alleviate the sluggishness of kapha dosha types.

**REIKI on selected vessels**

50 minutes $145 $109*

Harmonize your body through methods rooted in spiritual tradition. The therapist balances and restores nature’s energy flow with a calm, light, nurturing touch.

**SHIRODHARA**

50 minutes $160 $120*

This is a Shankara treatment designed to induce a state of meditation as it profoundly calms the nervous system. Your forearms, hands, lower legs and feet are massaged in traditional ayurvedic fashion. An Indian balancing bowl is used on your feet, and marma points are addressed to balance the energies of the body. The therapist directs a stream of warm herb-infused oil over the third eye and forehead to de-stress the mind and emotions, then massages the oil into hair and scalp, which nourishes as it soothes.

**THAI MASSAGE on selected vessels**

50/80 minutes $149/200 $112/150*

Harmonize your vital life energy with graceful, nurturing bodywork that promotes physical flexibility and ease. Using slow, focused movements and compressions to guide the body through stretches, Thai massage creates a feeling of lightness and comfort while encouraging a serene yet buoyant state of mind. Given on a traditional floor mat.

**REFLEXOLOGY**

50 minutes $145 $109*

Release life’s tensions through the energy meridians on the soles of your feet. Delight in a relaxing therapeutic foot massage that improves circulation and restores energy flow through the entire body.
ACUPUNCTURE

ACUPUNCTURE
50 minutes $163 $123*
This ancient Chinese modality, endorsed by the National Institutes of Health, is useful in addressing problems such as musculoskeletal pain, arthritis, migraines, tension headaches, asthma, tendonitis and fatigue. A session with an acupuncturist helps balance the body’s energy (chi), stimulates natural healing processes and provides a deep state of relaxation.

ACUPUNCTURE MASSAGE
50/80 minutes $163/200 $123/150*
Balance and heal your body with the combination of holistic acupuncture and a therapeutic massage – this combination is particularly good for relieving musculoskeletal pain and stress-related problems. Gain immediate, long-lasting benefits.

BODY TREATMENTS

AFTER-SUN THERAPY
50 minutes $150 $113*
Reduce the effects of too many rays – redness, heat and pain – with this exclusive Red Flower therapy. Your skin is gently purified and hydrated, then a lymphatic phytopower masque is applied to the body and face to reduce inflammation and skin irritation, and encourage healing and cellular regeneration. A soothing application of ocean lotion will seal in softness.

DEPARTURE DETOX
80 minutes $275 $207*
Before you leave us, ease your transition back into reality by detoxifying and energizing with this exclusive Red Flower therapy treatment. An exfoliation with sea salt, mint and berry seeds awakens the mind, and a masque of rhassoul clay detoxifies the body. Next, you’ll be cleansed with blood oranges to tone the skin before a massage with Arctic berries to reduce inflammation and encourage balance.

DETOXIFYING RITUAL
100 minutes $288 $216*
Retreat into a ritual of heat and pure scent for an intense therapeutic transformation based on the skin care practices of the traditional hamam bathhouse. You’ll be intensely cleansed with Moroccan mint tea and silt purifier, and vigorously scrubbed with coffee, olive stones and fresh lemons. A rich rhassoul clay will then be applied to draw out impurities. You’ll recharge with quince and orange blossoms and then have all this goodness sealed in with warming curative essences of cardamom, jasmine, bergamot, amber and clove. Concludes with a massage.

* Offered only when the vessel is in port, 8 am to 1 pm.
DREAM RITUAL
80 minutes $275 $207*
Transform your state of mind with this exclusive Red Flower aromatherapy body ritual. Begin with a softening exfoliation of sea crystals, aloe, sea algae and berry seeds, followed by a cleansing with tea of ginger, aloe, apple, chamomile and green tea extracts blended with the pure essences of freesia and grassy boronia. An ion-filled flower mist transports your senses before a dreamy full-body massage.

EUPHORIA RITUAL
100 minutes $288 $216*
Enter into a euphoric state of being in this elegant body treatment designed to calm the nervous system and relax the mind. Your journey begins with a sage compress for your face and an aromatherapy scalp massage. A warm botanical body masque is applied and gently buffed, then you are immersed in a soaking tub with our specially designed aromatherapy blend. Your ritual concludes with a soothing massage using warm herb-infused oil.

Note: Soaking tubs not available on all vessels.

INTENSIVE BODY PROFILE TREATMENT
50 minutes $195 $147*
Targeted Environ treatment with iontophoresis increases the effectiveness of the medical-grade ingredients to help firm, condition and smooth the skin on the thighs.

NATURALLY NOURISHING RITUAL
100 minutes $288 $216*
Return to your natural essence and feel the exhilaration of being alive in a powerful six-part ritual based on Finnish traditions. Be invigorated and purified by the spirit of the icy sea, northern lights and physical elation. The skin is nourished and cleansed with organic milk, exfoliated with bioactive peat enzymes and ripe, antioxidant-rich Arctic cloudberries. Then your lymphatic system is stimulated by a mushroom and phytonutrient wrap followed by an oxygenated ionizing mist. Your treatment finishes with a Canyon Ranch Massage using Arctic berry extracts and oils of cypress and birch to increase circulation and vitality.
RADIANT BEAUTY RITUAL
50 minutes $150 $113*
Lessen the appearance of cellulite and varicose veins and help decrease water retention with this Red Flower therapy ritual. A scrub with coffee, sugar, lemon and olive oil smoothes and tones. Next, a wrap in phytopower nutrients helps reduce toxicity and bloating and evens the skin tone, while a facial massage with rose and aloe supports collagen. The finishing touch for overall radiance: kinmoxei and lime layered with plum blossom cream.

REVITALIZING RITUAL
100 minutes $288 $216*
A luscious six-part massage and body ritual combines the therapeutic properties of flower oils and fruit essences with rich minerals from the earth and sea to bring your body into balance and harmony. First, be purified with yuzu mimosa sea algae, deeply scrubbed with warming gingergrass, polished with nutrient-rich rice bran and hydrated with rose camellia water. Next, quench your whole body with wild lime silk oil and a Canyon Ranch Massage to energize and restore. Complete your journey with a plum wine cream to seal in the healing benefits.

TROPICAL BAMBOO & LIME RITUAL
80 minutes $275 $207*
Escape to paradise with this exclusive Red Flower tropical aromatherapy ritual. You’ll experience complete renewal with a therapeutic massage to awaken the senses, release tension and improve circulation. Next, you’ll be buffed and toned with crushed bamboo and ginger oil, followed by the application of nutrient-rich shea butter, vitamin E, beeswax and honey. Finally, enjoy a soothing scalp massage.

WELCOME VOYAGE
80 minutes $275 $207*
Leave the stress of travel behind and reveal a vibrant new you with this blissful Red Flower treatment, beginning with an Indian jasmine revitalizing sea salt scrub. Next, a Swedish massage with French lavender to banish jet lag. The finishing touch is a hand and foot treatment with Italian blood orange to soothe calluses.

* Offered only when the vessel is in port, 8 am to 1 pm.
TREATMENT JOURNEYS

BALANCED JOURNEY CYCLE

260 minutes $740 $555*

This collection of treatments was designed to enhance the stages of sea travel. Treatments may be booked at any time or in any order during your voyage.

- Welcome Voyage to combat jet lag.
  80 minutes

- After-Sun Therapy to heal skin after overexposure.
  50 minutes

- Awakening Massage for a boost of energy; perfect mid-voyage.
  50 minutes

- Departure Detox to flush toxins and prepare for your journey home.
  80 minutes

BEAUTY CYCLE

From $550 $413*

Cultivate health and beauty from the inside out with this cycle of treatments that includes a personal training session as well as time at the salon. Treatments may be booked at any time, or in any order during your voyage.

- Muscle Release Massage & Soak to soothe and release tension.
  80 minutes

- Personal training session to maximize workout potential.
  50 minutes

- Radiant Beauty Ritual to tone and smooth cellulite.
  50 minutes

- Salon service of choice for those finishing touches.

WORLD RITUAL VOYAGE CYCLE

From $760 $570*

Indulge in three fabulous Red Flower ritual treatments designed to create sustained health and energy throughout your voyage. Treatments may be booked at any time or in any order.

- Detoxifying Ritual to flush toxins and leave you feeling euphoric.
  100 minutes

- Naturally Nourishing Ritual to create a youthful glow.
  100 minutes

- Revitalizing Ritual to maintain balanced energy.
  100 minutes
CONDITIONING BODY SCRUBS

Treat your skin to a scrub that leaves it feeling soft and velvety smooth. Choose from a variety of scrubs with natural ingredients to accommodate sensitive, normal or dry skin.

FIRMING SEA SALT BODY SCRUB

50 minutes $135 $102*
Your choice of organic essential oils combined with organic Dead Sea salts and a thorough dry brushing stimulates and exfoliates. A finishing application of biodynamic honey and essential oils – choose from any of seven luscious aromatherapeutic Red Flower botanicals – hydrates and nourishes.

ORGANIC SEA SALT SCRUB

50 minutes $135 $102*
A wonderfully restorative, exfoliating body treatment that cools skin on contact. Antibacterial essence of laurel opens the lungs while spirulina intensely hydrates. Dry brushing with organic Dead Sea salts stimulates the lymphatic system, while an application of biodynamic honey and Red Flower Ocean essential oil leaves skin supple and calm.

KINMOXEI ENERGIZING BODY GLOW

50 minutes $135 $102*
Rough, dry skin is removed and circulation throughout the body is stimulated by a powerful exfoliation with crushed bamboo, bamboo sap and oils of ginger and fir. End with your choice of a warming rubdown with intensely moisturizing wild lime oil, or a cooling application of a protective cream made with plum blossoms and silk.

* Offered only when the vessel is in port, 8 am to 1 pm.
ORGANIC BODY WRAPS
Experience the warm, muscle-melting embrace of a wrap.

SEAWEED LEAF WRAP
80 minutes $245 $184*
Imagine being wrapped from head to toe in hand-harvested seaweed from the wild northwest coast of Ireland. You’re then wrapped and cocooned in a thermal blanket. This amazing, all-organic Voya™ treatment detoxifies, firms and softens skin.

SEAWEED PEAT WRAP
50 minutes $153 $115*
Peat wraps have long been used in Eastern Europe to treat a variety of skin and rheumatic conditions. This wrap, which mixes Voya organic seaweed extracts with micronized peat, increases detoxification because it’s richly infused with trace elements, vitamins, carbohydrates, polyphenols, lipids, and, especially, humic acid, which has been shown to have an astringent effect and to help drain toxic substances from the body.

TANGLE ME UP WRAP
50 minutes $153 $115*
This soothing body wrap contains ground Laminaria digitata algae, which helps relax tired muscles, relieve stress and banish fatigue. The powerful antioxidants in Voya compounds work to firm and tone your skin, alleviate the appearance of cellulite and signs of aging, and help protect against cell damage from environmental toxins. Your treatment includes a full-body brushing to increase circulation and aid infusion of the potent seaweed gel.

THERMAL THERAPIES

RASUL CEREMONY
50 minutes (on selected vessels) $129 $97* per couple: $149 $112*
Cleanse and purify your body in our exquisite, ornately tiled steam chamber designed for your comfort and pleasure. Smooth rare, purifying muds on your skin (or your partner’s) and relax in gently warmed thrones as bursts of herbal steam surround you. Indulge your senses with this unique experience – alone or with someone special.
CANYON RANCH
HEALTHY FEET®
All treatments incorporate GEHWOL® therapeutic products to relieve, soothe and revitalize sore and aching feet.

FOOT RESCUE!
50 minutes $100 $75*
This therapeutic, invigorating treatment begins with a soothing foot bath in herbal salts that will refresh and relax your feet. Our technicians will focus on the three C’s of wear and tear – calluses, corns and cracked dry skin – restoring health to your feet and nails.

GAIT ANALYSIS
25 minutes $85 $64*
This service offers video analysis of your gait using a computerized assessment of the biomechanics of your feet as you walk across an orthotics mat. Includes review and recommendations for orthotics, if indicated. (Off-the-shelf orthotics are available and will fit most types of shoes.)

Note: This service is not appropriate for evaluating prescription orthotics you are already using.

HEALTHY ON YOUR FEET
50 minutes $130 $98*
If you experience foot, ankle or knee pain related to long periods of standing, this focused foot and lower leg massage may enhance blood flow to your muscles, reduce inflammation around the joints, and relax your entire lower body. Enjoy relief from muscle soreness and fatigue.

INSTANT RELIEF
50 minutes $130 $98*
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.

* Offered only when the vessel is in port, 8 am to 1 pm.
HAIR SERVICES

HAIR DESIGN

- Bang/Fringe Trim  $15  $12*
- Blow-Dry Enhancement (extra-long/super curly hair/ add-ons)  $24/24/33  $18/18/25*
- Comb Out  $42  $32*
- Shampoo, Cut & Blow-Dry (short/medium/long hair)  $78/87/96  $59/66/72*
- Shampoo, Rollerset & Blow-Dry (short/medium/long hair)  $51/60/69  $39/45/52*
- Updo/Upstyle (medium/long hair)  $69/78  $52/59*

BARBER SERVICES

- Beard Trim Express  $45  $34*
- Beard Trim/Shave  $85  $64*
- Haircut  $33  $25*
- Head Shave  $55  $42*
- Mustache Outline  $15  $12*
- Straight Razor Shave  $65  $49*

COLOR & HIGHLIGHTING

- Bleach  $68  $51*
- Full Highlights  $150  $113*
- Highlights - 2 to 4 foils  $42  $32*
- Partial Highlights  $105  $79*
- Tint-Roots only  $78  $59*
- Tint, Toner or Semipermanent Color (short/medium/long hair)  $87/96/105  $66/72/79*

HAIR & SCALP TREATMENT

80 minutes  $150  $113*

Restore your hair’s natural vitality with custom hair care and scalp treatments.

Look as beautiful as you feel! Let our creative salon professionals give you a look you’ll love.
**MANICURES**

**AGE-DEFYING MANICURE**
45 minutes $90 $68*
This treatment features vitamins A, C and E plus alpha hydroxy acids to soften dry, rough, chapped skin, unveiling smooth-as-silk hands.

**GEL MANICURE**
50 minutes $90 $68*
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.

**GENTLEMEN’S MANICURE**
30 minutes $35 $27*
This treatment provides hydration and exfoliation using products that appeal to a gentleman’s senses. Includes a file, soak, groom, massage and buff to enhance a man’s hands.

**HANDS SO SOFT MANICURE**
45 minutes $85 $64*
Warm paraffin hydrates dry skin, softens cuticles and soothes aching joints like nothing else – this is the manicure for hands in need of comfort.

**NAILS**

**Acrylics**
- Fills $69 $52*
- Full Set $96 $72*
- Full Set with French Polish $105 $79*
- Full Set Pink & White $123 $93*
- Overlay $78 $59*

**File & Polish**
- $24 $18*

**Nail Repair**
- $24 $18*

**Paraffin Treatment**
- $33 $25*

**Polish Change**
(fingers or toes/french/gel)
- $24/33/39 $18/25/30*

**Soak off**
- $33 $25*

**SPA ESSENTIALS MANICURE**
45 minutes $42 $32*
Condition hands with our special blend of minerals and aromatherapy oils. Gentle exfoliation, aromatic soak and soothing lotions leave skin silky smooth.

**PEDICURES**

**AGE-DEFYING PEDICURE**
50 minutes $120 $90*
This treatment features vitamins A, C and E plus alpha hydroxy acids to soften dry, rough, chapped skin, unveiling smooth-as-silk feet.

* Offered only when the vessel is in port, 8 am to 1 pm.
CANYON STONE PEDICURE
80 minutes $114 $86*
Prepare to experience the ultimate. Allow us to nurture your senses as your technician massages your feet and lower legs using warm basalt stones and fragrant essential oils. This pampering delight is followed by warm paraffin.

FEET SO SOFT PEDICURE
50 minutes $115 $87*
Warm paraffin hydrates dry skin and soothes aching joints like nothing else. Say goodbye to painful joints and dried-out cuticles with this comforting, complete treatment for feet.

GEL PEDICURE
50 minutes $95 $71*
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.

GENTLEMEN’S PEDICURE
30 minutes $69 $52*
A delightful treatment that provides hydration and exfoliation using products that appeal to a gentleman’s senses. Includes a file, soak, groom, massage and buff to renew the feet.

GROUNDING PEDICURE
50 minutes $115 $87*
Reconnect to the natural energy of the Earth with this revitalizing, refreshing new pedicure by PluggzSpa. Custom formulas of organic peppermint, jojoba and aloe vera help soothe, hydrate and restore your hardworking feet, leaving them feeling grounded and nourished. Take home a pair of Pluggz™ grounding flip-flops to keep the spring in your step long after your pedicure!

SPA ESSENTIALS PEDICURE
50 minutes $69 $52*
Maintain healthy and refreshed feet with a gentle exfoliation, an aromatic soak and moisturizing essential lotions.

SPORTS PEDICURE
50 minutes $78 $59*
Smooth and cool your active feet. Self-heating oil relieves aches and increases blood circulation; a final cooling gel leaves your feet feeling like new.
BEAUTY ESSENTIALS

GLAMOROUS LASHES
IN 30 MINUTES
110 minutes $125 $94*
Perfect for a holiday, special occasion or just for fun, La La Express individual eyelash extensions will provide you with a fabulous flutter that lasts two to three weeks. Professional removal is required.

GROOMED, GLOSSY & UTTERLY PERFECT BROWS
80 minutes $145 $109*
Shape, color and style your brows to create the perfect look. Hi Brow Professional instantly transforms thin, pale and poorly maintained brows into perfect, face-shaping, streamlined statements.

LUXURIOUS SEMIPERMANENT LASHES
110 minutes $269 $202*
Make your eyes appear larger, brighter and more alluring with Lash Perfect semi-permanent eyelash extensions. These individual lashes are applied to each natural lash and can last up to eight weeks with regular maintenance.

TEETH WHITENING
IN 20 MINUTES
20 minutes $199 $150*
Brighten your smile today! Megawhite Express is a peroxide-free laser teeth-whitening system that provides immediate results in less than half an hour. It causes no structural or enamel change, and your experience will be painless. This process is recommended by dentists for all ages, as long as your teeth and gums are healthy.

* Offered only when the vessel is in port, 8 am to 1 pm.
EDUCATIONAL PRESENTATIONS & WORKSHOPS
Learn, be inspired and have fun during complimentary presentations and workshops offered by Canyon Ranch professionals. Consult your daily program for topics, times and locations.

EXERCISE & WELLNESS

BASIC FITNESS ASSESSMENT
80 minutes $149 $112*
Assess your fitness level through five tests: cardiovascular endurance, muscular strength, muscular endurance, flexibility and body composition. A Canyon Ranch exercise professional will use your results to design a safe and effective exercise program.

BODY COMPOSITION ANALYSIS
25 minutes $25 $19*
Know your number! Using calipers to measure skinfold thickness at four sites, we can determine your body's percentage of fat in relation to lean body mass. We'll then use the results to determine a realistic body-weight target range.

EXERCISE FOR WEIGHT LOSS
50 minutes $95 $72*
Want to get real about losing weight and keeping it off? Whether you are beginning a program or are an avid exerciser, we can create an effective exercise program based on your goals, fitness level and abilities with a focus on stimulating metabolism and reducing body fat.
FITNESS CLASSES
45 minutes
From aerobics to yoga, Pilates to indoor cycling, our schedule of daily classes offers nearly endless opportunities to learn, get fit and have fun. Consult your daily program for times, locations and descriptions.

Please note that select classes require a registration fee.

PERSONAL PILATES SESSION
50 minutes $95 $72*
A private Pilates session on the mat.

PERSONAL TRAINING SESSION
25/50 minutes $65/95 $49/72*
A private session with a trainer. Develop or fine-tune a fitness program tailored to your specific needs, preferences and goals. Popular areas of focus include:
• Blood Pressure
• Body Sculpting
• Bone Health
• Cardiovascular Fitness
• Exercise for Travel
• Pregnancy
• Strength

PERSONAL TRAINING SESSION
(2 PEOPLE)
50 minutes $145 $109*
A private session for two people with a trainer. Focus on any of the topics above, or on another interest you share.

* Offered only when the vessel is in port, 8 am to 1 pm.

SPACLUB® EXERCISE PRESCRIPTION
50 minutes $95 $72*
A Canyon Ranch exercise professional creates a customized exercise program to help you achieve your fitness goals, whether you’re a novice or an experienced exerciser.

YOGA CLASSES
50 minutes $11 $9*
Looking for an excellent way to reduce stress, improve flexibility and introduce mindfulness into your life? Yoga is a mind-body practice with origins in ancient Indian philosophy. With its quiet, precise movements and focus, yoga draws your attention away from chaos toward calm. Depending on which style you choose, you’ll learn different combinations of postures and deep breathing techniques for meditation, relaxation, strength and balance. Choose from our menu of classes where all levels, from beginner to advanced, are welcome.

• Breathing
• Buff Buddha
• Centering Meditation
• Meditation
• Rock Your Flow
• Sunrise Yoga
• Yoga for a Good Night’s Sleep
GENERAL INFORMATION

• SpaClub® guests must be at least 16 years of age. Inquire about our special teen menu for ages 13 and over.
• No smoking allowed.
• Alcoholic beverages are not served or permitted.
• Mobile phones or laptops are not allowed.

HOURS
At sea: 8 am to 8 pm
In port: 8 am to 9 pm

GRATUITIES
An 18% service charge will be added to all listed prices. Any additional gratuities for exceptional service are appreciated, but not expected.

AT YOUR SERVICE
Our friendly and knowledgeable staff is here to help recommend and book SpaClub experiences that will be beneficial and enjoyable.

PERSIAN GARDEN PASS
Must be 16 years or older to use facilities. Passes are valid per voyage only and are nonrefundable and nontransferable.

WHAT TO BRING
Please bring your own fitness wear and bathing suit – we do not provide clothing. Shirts and closed-toed athletic shoes must be worn in the fitness area. We suggest leaving valuables in your stateroom, not in your locker.

AVAILABILITY OF TREATMENTS, SERVICES & FACILITIES
All treatments, services and facilities are subject to availability. Certain promotional treatments are only available during limited periods of the voyage; for example, on a specified port day. While every effort is made to ensure the full availability of spa services, ongoing maintenance, refurbishment or unforeseen circumstances may result in some of the facilities being withdrawn at short notice.

PRICES
Rates are subject to change. Please ask one of our staff members for the price of your treatment before you book.

TEEN SERVICES
Canyon Ranch SpaClub® welcomes guests ages 13-17 when accompanied by a parent or guardian. Please note that the accompanying parent or guardian must sign a consent form and book all services for guests under 18, and an adult must be present for most services. Teens must wear lightweight, loose clothing or swimwear for all services. For details, please contact the Spa Concierge.

APPOINTMENTS
For more information or to book an appointment, please contact the Spa Concierge on board.
REFUNDS POLICY
Our goal is to provide you with professional services and products that exceed your expectations and increase your feeling of well-being. If you are not completely satisfied, please contact the Spa Concierge. We will happily make exchanges or refunds of retail products, if the products are unopened and the request is made in good time before the end of the voyage.

CANCELLATION POLICY
SpaClub cancellations must be received at least 6 hours before scheduled Spa appointments, 3 hours before scheduled Salon appointments, or the full service fee is charged. Thank you for your understanding. Please visit SpaClub or press the Spa button on your stateroom phone to cancel appointments.

CANYON RANCH SPA CLUB®
The SpaClub experience offers a rich sampling of the programs and services that have made Canyon Ranch famous worldwide. Experience a touch of Canyon Ranch, right down to the unsurpassed service, remarkable settings and quality staff.

SPA CLUB® ON CELEBRITY CRUISES
Reservations: 844-860-4662
celebrity@canyonranch.com

Recharge your spirit and renew your energy at our other SpaClub location:

SPA CLUB® AT THE VENETIAN® AND THE PALAZZO®
3355 Las Vegas Boulevard South Suite 1159 Las Vegas, Nevada 89109 USA Reservations: 877-220-2688

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CANYON RANCH STORE
Browse the Canyon Ranch online store to find the premium hair care and skin care products used in your favorite SpaClub services. You’ll also discover books and DVDs by Canyon Ranch professionals, our signature line of nutritional supplements, logo activewear and much more!

Visit: celebritycruises.com/canyon-ranch-spacclub