It’s our pleasure to welcome you to Canyon Ranch® in Tucson.

In the 35 years since we set out to bring our dream of a health, fitness and wellness resort into existence, we have seen it become the gold standard for healthy living vacations. We are confident in saying that a stay with us offers a range of opportunity for discovery, renewal and pleasure that is absolutely unique in all the world.

Whether you intend to get on track with a fitness routine, lose a few pounds, get a handle on stress, deal with a health issue or just have a great time, you can do it here. Surrounded by the beauty of nature and the kindness of our expert staff – who express a generosity of self that makes this a place like no other – our guests are able to feel the full power of healthy living. Hike all day with an expert guide or delve into your inner world with our life management experts. Explore a spiritual path at our beautiful Spiritual Wellness Center and Meditation Garden. Work out hard or let go completely with our fantastic spa services – every choice is a healthy one here.

As you can see from this Guide, you’re coming to a place where choice abounds. To help you get the most out of your time with us, we have an expert advising staff – Program Advisors and Nurse Educators – to help you plan your perfect stay. If your goal is to explore your potential for optimal health, we urge you to talk with them about our remarkable medical services: Canyon Ranch Medicine is an advanced, preventive practice offering a depth of knowledge and level of personal attention you simply will not find anywhere else.

And if you need to heal – physically, emotionally or spiritually – you will find an environment where everything is geared toward helping you become more resilient. Week after week, month after month, year after year, we hear from guests who have experienced profound healing and discovered new sources of joy while at the Ranch.

This is a chance to explore your potential, learn about yourself and begin lifestyle changes that lead to a healthier, more fulfilling life. We’re so glad you’ve decided to come to Canyon Ranch.

To your good health!

Enid and Mel Zuckerman
Canyon Ranch Founders
OUR PROGRAM ADVISORS WILL HELP YOU CUSTOMIZE YOUR EXPERIENCE
You can see from this Guide to Services that you’ll have many, many choices at Canyon Ranch. The fun will be to choose how to make the most of your time here. Happily, our Program Advising staff is always at your service.

Two to four weeks before your arrival, one of our knowledgeable Program Advisors will call to offer assistance in planning your stay. We urge you to book a face-to-face appointment soon after you arrive, so you can fine-tune your schedule.

Questions? Call Program Advising before your stay at 800-729-8090, or anytime while you’re at the Ranch at Ext. 4338.

TELL US WHAT YOU WANT MOST FROM YOUR STAY – WE’LL MAKE IT HAPPEN!

Restoration
Do you want to be cared for and even pampered in a beautiful, comfortable, safe environment? Are you longing to de-stress, unwind and rest? Our advising staff will help you find the services you want, and probably urge you not to over-schedule.

Exploration
Would you like to try new things and grow, experience and learn? Are you ready to push your limits, physically, mentally and spiritually? Our advising staff can guide you to the activities, presentations and services that will excite and engage you.

Transformation
Are you seeking personal experiences that lead to lifelong change? Would you be open to possibilities that can significantly influence your life? Our advising staff will recommend the services and experiences with the greatest potential for helping you achieve your goals.
OUR STAFF OF PROFESSIONALS
Our warm, highly qualified staff is the key to the comfort, pleasure and transformative potential of your stay at Canyon Ranch.

Physicians, nurses and integrative health care practitioners with specialties ranging from women’s health, personalized integrative medicine and sleep medicine to sports medicine, weight loss, brain health and integrative approaches to pain management.

Healing energy practitioners with expertise in acupuncture, Acutonics®, Reiki, Chinese medicine and many other modalities.

Spiritual wellness staff who are educated and deeply knowledgeable about world spiritual traditions and practices.

Licensed therapist/coaches with advanced degrees and a wide range of specialties and experience.

Nutritionists with extensive nutrition counseling experience.

Fitness specialists, including exercise physiologists with advanced degrees and specialized education, and certified fitness instructors with a vast array of sports-specific training: from creative dance to weight training, and from golf and tennis to Pilates.

Outdoor sports guides, including staff members who can guide you on the High Ropes Challenge Course and Climbing Wall, and experienced Hiking and Biking guides. They can accompany you on adventures you’ll never forget.

Massage and bodywork therapists with a refined and sensitive touch, who bring years of experience and caring to their practice.

Aestheticians and salon specialists who’ll help you look as good as Canyon Ranch makes you feel.

Creative arts instructors who can help you explore your creative side with a range of intriguing projects and activities.

Continuing Medical Education
Experience truly modern medicine at Canyon Ranch and take the best of leading-edge preventive and integrative care practices home to benefit your patients:

- Physicians can earn up to 85* credits (12 credits on average with a four-night stay; 25 with a seven-night stay).
- Nurses can earn up to 15* Continuing Nursing Education contact hours in a seven-night program at the Life Enhancement Center®.

*Subject to change; please call 800-742-9000 for information.
Check out canyonranch.com

You’ll find a wealth of useful information on our website. If you have a question, click on Contact Us to send an email or request a phone call. We’ll get back to you within 24 hours.

At canyonranch.com you can view or download the Guide to Services, as well as current and advance copies of This Week at Canyon Ranch – our schedule of classes, presentations, workshops and programs. This Week is published four weeks in advance, so when the time for your arrival draws near, you’ll be able to see what will be happening on the days that you’re here.

The website also provides convenient links to our Connection newsletter, social media, online store, Canyon Ranch Institute® and more.
CHECK YOUR RESERVATION CONFIRMATION
If you have any questions, please call Reservations at 800-742-9000. Hours: 5 am to 8 pm weekdays, 5 am to 6:30 pm weekends, Mountain Standard Time (Pacific Time during Daylight Savings).

PROVIDE YOUR TRANSPORTATION INFORMATION
Please call 800-742-9000 at least 48 hours in advance with your arrival information: airline, flight number and scheduled arrival time. You’ll be met in baggage claim at Tucson International Airport and driven to Canyon Ranch. If you plan to arrive at Phoenix Sky Harbor International Airport, let us know and a shuttle or private town car can be arranged for a fee.

Driving? Visit canyonranch.com for a map and written instructions. Please provide us with an estimated time of arrival, and remember to notify us if your travel plans change.

ARRIVE EARLY TO MAKE THE MOST OF YOUR STAY
To get the most from your stay, you’ll want to arrive early in the day. Your Reservations Specialist can advise you of your options.

You may check into your room after 3 pm. However, you may arrive as early as 8 am. Please keep in mind that your room may not be ready until 3 pm, so if you plan to arrive earlier, we suggest that you pack exercise wear and appropriate shoes in your carry-on bag. You can use the locker room to change and get an early start on the day. It’s also the perfect time to meet with our Program Advising and nursing staff. Lunch is included with early arrival; breakfast is not.

GETTING ready

Pre-arrival checklist

- Review this Guide to Services to get a sense of how much opportunity awaits you. You can also find the Guide to Services online at canyonranch.com.
- Please check the pocket facing page 17 for important materials, including a sample copy of This Week at Canyon Ranch and information about Canyon Ranch Health Packages.
- View This Week at Canyon Ranch online to help you plan your activities. Issues are posted four weeks in advance.
- To ensure that your experience is optimal, complete the Health & Lifestyle Questionnaire, either electronically or as hard copy. If you choose to complete the hard copy, please mail it to the address on the form or fax it to 520-239-8515.
- If you are interested in communicating health information via email, please complete the email consent form.
- During your pre-arrival phone call, discuss scheduling an appointment with our Program Advising and nursing staff.
- Communicate your transportation needs: call: 800-742-9000 and select option 1.
- Schedule dinner reservations. Our Program Advising staff can discuss dining options with you.
FOR YOUR
convenience

WE PROVIDE

In the locker rooms
■ Amenity products – shampoo, conditioner, shower gel, hand
lotion, combs, hair ties and other sundries (Please check with
locker room attendants for other amenities.)
■ Curling irons and flat irons (in the women’s locker room)
■ Deodorant
■ Hair dryers
■ Moisturizer and body lotions with 25 SPF and waterproof
30 SPF sunscreen (also available in pool areas)
■ Plastic tote bags
■ Razors and shaving cream
■ Rubber sandals
■ Terry cloth robes

In your room
■ Amenity products – shampoo, conditioner, hand lotion,
shower gel, cleansing bar, shower caps and dental floss
■ Complimentary wireless Internet access
■ Digital alarm clock with iPod docking station
■ DVD, stereo/CD player
■ Filtered water
■ Hair dryer
■ In-room coffee and tea service
■ In-room safe
■ Iron and ironing board
■ Mini-refrigerator
■ Pillow menu
■ Sound machine
■ Terry cloth robes
■ TV
■ Umbrellas

If you have hearing difficulties, ask for a telephone and television
with amplifiers for your room.

From Guest Services
■ Complimentary CDs, DVDs, games and books to borrow

Also available
■ Complimentary self-service laundry facilities and supplies
■ Complimentary guest computers and printers
■ Complimentary guest fax (520-749-1646)
■ Dry cleaning service, for a fee

Need anything?

The Showcase Boutique in the Clubhouse carries exercise and
leisure wear, sundries, magazines, gifts and other incidentals.
The Ranch Store has a complete selection of Canyon Ranch logo
clothing, Canyon Ranch supplements, books, DVDs and CDs,
Southwestern gifts, aromatherapy products and more. Special
equipment used in fitness classes can also be purchased at the
Ranch Store.

You’ll also find wonderful spa products at the Salon and in the
Skin Care department.

Our Canyon Ranch Healthy Feet® center in the Spa complex
carries a selection of athletic footwear and Sole Energizers®
foot therapy devices to promote healthy feet for life.
Packing for your stay

All you really need at Canyon Ranch is comfortable workout wear, outdoor and casual clothes, practical footwear and a hat.

Tucson is mostly sunny year-round. The summer months are hot, spring and fall are mostly temperate, and winter, while typically clear and bright, can be brisk. Nights are generally 20 to 40 degrees cooler than days. When packing, you might also consider that you may be hiking and biking at altitudes well above the desert floor.

Because of our active and informal environment, we suggest that you leave your valuable jewelry at home. Canyon Ranch does not provide safe deposit for items valued over $500.

When you check in, you’ll receive a water bottle and tote bag to use around the Ranch and take home with you. You’ll also receive a copy of *This Week at Canyon Ranch* – a schedule of activities in which you can record appointments – and a folder for your presentation notes and handouts.

Don’t forget your swimsuit and hiking boots!
GUIDELINES for your stay

GUEST SERVICES
Guest Services, located in the Clubhouse, is open daily to assist you with tours of the Ranch and of Southern Arizona, car rentals, taxis, limousines, mail, faxes and airline changes and confirmations. We encourage guests to take a 45-minute orientation tour of the property. Please stop by Guest Services or call Ext. 4312 to schedule.

OTHER THINGS TO KNOW
*We have a few requests to help everyone enjoy a safe and pleasant vacation.*

- Muscle shirts and bathing suits are not allowed in the Dining Room.
- Bathrobes are not allowed in the Dining Room at dinner time, and shoes and shirts must be worn at all times.
- Smoking cigarettes and e-cigarettes is permitted only in designated outdoor, nonpublic areas. Smoking cigars or pipes is prohibited. No tobacco products are available for purchase. If you smoke in your room, you will be assessed a cleaning and deodorizing charge.
- Alcohol is not served or permitted in any public areas and is not available for purchase.
- Children must be at least 14 years old to stay at Canyon Ranch and 18 years old to participate in the Life Enhancement Program® and Health Packages. **Additional age restrictions may apply to specific services.** Ask your Reservations Specialist or Program Advisor. See pages 76-77 for details.
- If you plan to bring your dog, you must make arrangements in advance by calling 800-742-9000. Canyon Ranch does not permit dogs weighing more than 35 pounds, except for service animals.
- For your safety and as a courtesy to other guests, please do not enter classes more than five minutes late.
- Please avoid wearing perfume or cologne in the Spa and Health & Healing complex and during outdoor activities.
- **There is an eight-hour cancellation policy for all services:** You must cancel eight hours or more before any appointment to avoid being charged in full. Please call Program Advising at Ext. 4338, or cancel services at the Program Advising Express Desk in the Spa, 7 am to 7 pm.
- Sometimes services and activities must be cancelled due to inclement weather; please call Program Advising to check that your service is still scheduled during these times.

Canyon Ranch is a cell phone-free zone

As a courtesy to all guests, talking on cell phones is permitted only in your private room, on your patio, under the Gazebo in front of the Ranch Store, in the phone booths in the Clubhouse and on the patio outside Gyms 2 and 3. Texting is permitted in public areas, but not during presentations, outdoor activities or classes. Please keep all mobile devices on “silent” and be mindful of others when using them.
You’ll discover a joyful adventure in eating at Canyon Ranch. Our dedicated kitchen staff and nutritionists work together – and work very hard – to nourish you with our award-winning food featuring clean, wholesome, seasonal, fresh and sustainable ingredients. Our chefs expertly prepare these great meals for exceptional flavor and superb nutrition. We are committed to helping you learn to live a healthier life every day through better nutrition, without giving up any of the joy of food.

HEALTHY, TASTY, ABUNDANT
During your stay, enjoy our signature healthy gourmet cuisine, prepared using only carefully selected ingredients from trusted suppliers. We love “clean” foods, which for us means seasonal and locally grown produce, humanely raised hormone- and antibiotic-free meats and sustainably caught or raised seafood. We’re proud to partner with the Monterey Bay Aquarium Seafood Watch® program to support healthy oceans. All of the seafood we serve is fished or farmed in ways that minimize environmental impact. Learn more at seafoodwatch.org.

We use organic ingredients where appropriate, and constantly monitor the latest research on wholesome ingredients and healthy eating. We do our best to ensure that there are no additives, gums, artificial colors or flavors, preservatives, or highly processed sweeteners or fats in the wonderful meals you enjoy here.

Personal dietary concerns?
You’re coming to the right place – we offer a delicious selection of vegan and gluten-free dishes. We can accommodate some kosher food requests; however, our kitchen, dinnerware and utensils are not kosher, nor is our kitchen certified allergen-free.

If you have specific dietary requests, food allergies or sensitivities, please call our Personal Dietary Needs hotline before you arrive at 888-708-0769, or email PDN@canyonranch.com.
DELICIOUS & NUTRITIOUS
Your best health is our greatest concern. Through independent laboratory testing, we self-monitor for nutritional accuracy and to ensure we serve the “cleanest” foods – that is, free from harmful additives. Everything that comes out of our kitchens meets an exacting set of nutritional standards, and everything is on your plate for a reason. You’ll savor a healthy balance of vegetables and fruits, legumes, whole grains, lean proteins, nuts and healthy oils at every meal. And on our menu, you’ll find complete nutritional information on every dish.

Our menu features not only familiar foods, recipes and flavors, but also fun and different ones. Canyon Ranch is the perfect place to try new things. Our food philosophy is “moderation, not deprivation.” Bon Appétit!

DINING VENUES & HOURS
Main Dining Room – Located in the Clubhouse; features full-service dining for breakfast, lunch and dinner daily. Reservations for dinner are required. Please make your dinner reservation with a host at breakfast or lunch, or by calling Ext. 4313. If you like, you may make dinner reservations for your entire stay before you arrive, by calling your Program Advisor (800-729-8090). No tank tops or swimsuits, please, and no robes at dinner.

Double U Café – Located by the Flagstone Pool; features refreshing light fare for breakfast, lunch and dinner. Espresso, cappuccinos, smoothies and snacks available all day. Year-round indoor and outdoor dining. No reservations needed. Shirt and shoes are required.

Demonstration Kitchen – Located by the Double U Café; features daily complimentary Lunch & Learn demonstrations at noon and afternoon for-fee Hands-On Cooking classes. Please contact Program Advising or see This Week at Canyon Ranch for class information.

Wicker Room – Located outside the Main Dining Room; features creative nonalcoholic beverages from 5:30 to 8 pm.

Espresso drinks, smoothies and snacks are available throughout the day at the Double U Café.

Hours

BREAKFAST (please allow 45 minutes)
- Main Dining Room – 7 to 9 am
  Full breakfast menu and omelet station.
- Double U Café – 6 to 9:30 am Full menu.

LUNCH (please allow 60 minutes)
- Main Dining Room – 11:30 am to 2 pm
  Full menu and sandwich station.
- Double U Café – 11:30 am to 1:30 pm Full menu.
- Demonstration Kitchen – Noon
  Lunch & Learn Demonstration.

DINNER (please allow 60 minutes, or 90 minutes for parties of four or more)
- Main Dining Room – 5:30 to 8 pm
  Full menu and pasta station. Reservations required.
- Double U Café – 5:30 to 7:30 pm Full menu.
COMING TO THE RANCH FOR A WEEK OR LONGER?
Consider a stay at the beautiful Life Enhancement Center®. During a Sunday-to-Sunday program at the comfortable, retreat-like Center, you’ll have complete access to all Ranch facilities, activities, services and programs, in addition to exclusive use of the Center’s well-equipped gyms, locker rooms, lounge and meditation garden. The intimacy, warm camaraderie, caring staff and personalization of the Center’s structured programs make it perfect for solo travelers, first-time guests and return guests who want to take their health and vitality to a whole new level.

CANYON RANCH WEIGHT LOSS PROGRAM
Offered many times a year at the Life Enhancement Center®, this science-based, integrative program will provide you with everything you need for healthy weight loss and long-term success. State-of-the-art DEXA Body Composition testing and counseling, plus detailed advice from Canyon Ranch physicians, nutritionists, exercise physiologists, licensed therapists and other integrative healing experts will help you create a comprehensive, personalized plan that really works.

THE LIFE ENHANCEMENT PROGRAM®
The week that will change your life
In an enlightening, structured week wholly devoted to discovery, exploration and healthy living, thousands of guests have bridged the gap between what they know about living healthy and what they actually do. You can, too.

You’ll enjoy a lively, engaging schedule including exercise classes, educational forums, workshops and group discussions, plus the camaraderie and support of your fellow participants and individual attention from staff. You’ll explore your personal potential for greater health and vitality, learn practical habit management and chart a permanent course for optimal living.

SPECIALTY WEEKS
Topics for upcoming focused weeks may include:

Focus on Brain Health – Boost your brain power and increase your vitality for life!

Focus on Women: The Journey to Wisdom – Celebrate the challenges and joys of being a woman – and the journey from innocence to wisdom.

Renew Your Spirit – Discover how to live your life with purpose, balance and joy.

“I got down here and I took one look at this place, and I thought: This is a Disneyland of health and fitness! Five months later I came back … and as a physician, I was able to get my CME credits, which was wonderful.”
– DeeDee, Saskatoon, Saskatchewan

Please call 800-742-9000 for all Life Enhancement Program® dates and details, or visit our website, canyonranch.com.
YOUR HEALTH & LIFESTYLE QUESTIONNAIRE is your opportunity to reacquaint yourself with your health status and allow Ranch professionals to plan your perfect experience. Please return the confidential questionnaire by mail or fax (520-239-8515).
YOUR HEALTH & LIFESTYLE QUESTIONNAIRE

is your opportunity to reacquaint yourself with your health status and allow Ranch professionals to plan your perfect experience. Please return the confidential questionnaire by mail to the address on the form, fax 520-239-8515, or submit the electronic version of the questionnaire that was emailed to you with your confirmation letter.
AQUATIC EXPERIENCES

Discover the comfort and power of movement in the water.

Aquatic Center & Pools
Aquatic Exercise
Water Treatments/Massages

CREATIVE ARTS

Tap into your inner resources in a joyful, natural way.

EXERCISE & MOVEMENT

Develop or refine your workout with the advice of an exercise professional.

Class Information
Amenities
Complimentary Classes & Activities
Assessment & Performance
Musculoskeletal Health
Customized Program Design
Personal Training
Movement for Life
Mind-Body Private Training

HEALING ENERGY

Experience the power of energy healing to restore balance.

Chinese Medicine

HEALTHY FEET

Treat your feet right; feel better all over.

LIFE MANAGEMENT

Get a new perspective and tools for life balance with the help of a licensed therapist.

Lifestyle Management
Coaching Services
Mind-Body Connection
Self-Awareness
Assessments

MASSAGE & BODYWORK

Breathe deep, relax and soothe away aches and pains. Pamper your body with luscious, hydrating treatments.

Asian Therapies
Advanced Restorative Touch Therapies
Ayurvedic Treatments
Restorative Touch Therapies
Optional Enhancements
Rituals
Exfoliate & Renew
Body Wraps
Tanning Treatments

MATERNITY

Mothers-to-be and new moms – enjoy services designed just for you.

MEDICAL

Address any health issues with the help of our board-certified physicians.

Preventive & Integrative Physician Consultations
Sleep Medicine
Sexuality & Intimacy
Specialty Services
Diagnostic Services

METAPHYSICAL

Delve into your inner world with astrology, handwriting analysis, tarot and more.

NUTRITION & FOOD

Get personalized advice from a highly qualified nutritionist.

Healthy Weight
Prevention & Healing
Lifetime Nutrition
Nutritional Lab Evaluations
Cooking for Fun, Pleasure & Health
Personal Dietary Needs During Your Stay

OUTDOOR SPORTS

Explore the great outdoors and challenge yourself.

Biking
Hiking
High Ropes Adventures
Horseback Riding
Primitive Technology
Racquet Sports
Golf

SALON

Feel great, look fantastic.

Manicures
Pedicures
Gentlemen’s Menu
Custom Enhancements
Hair
Makeup

SKIN CARE

Care for your skin with luxurious facials & treatments.

Luxury Botanicals
Advanced Cosmeceutical
Bio Suisse Organics
Specialty
Optional Enhancements

SPIRITUAL WELLNESS

Explore your inner life and spiritual direction with the help of experts.

AFTER YOU LEAVE

Benefit from one-on-one support and advice from our professionals in between visits.

TEEN SERVICES

Fun, healthy services for younger guests.
THE INTEGRATIVE APPROACH

what it means to YOU

YOUR WHOLE BEING
Nowhere else on earth will you find such a range of expertise or such comprehensive assessment, treatment and planning for healthier living. Our diverse staff of dedicated professionals will treat you as a whole person and use their expertise to enrich your healthy vacation – and your life.

YOUR CHOICES, YOUR GOALS
Your health depends largely on the way you live every day. Our professional staff can help you establish healthy new habits and patterns, while the ease and relaxation you’ll find here will allow you to feel all the pleasures of healthy and balanced living. Our experts can help you improve every important aspect of life – mind, body and spirit. You’ll find a respectful, collaborative approach, and professionals who have ample time to work with you. Where else can you enjoy 50 uninterrupted minutes with a physician?

YOUR EXPANDED POTENTIAL
Our rigorously trained, open-minded practitioners and physicians draw freely on both Western science and complementary approaches to prevention, healing and transformation. Canyon Ranch experts offer you the best practices from around the world, so you can confidently explore things you might not try at home.

YOUR TEAM
Our staff members understand one another’s fields of expertise and appreciate the power of diverse disciplines. Your Program Advisor or Nurse Educator will gladly help you find the professionals, activities and experiences that will best meet your needs and support your goals. Advanced medical assessments, nurturing body treatments and joyful discoveries all work together to enhance your health.

YOUR VACATION!
While your health deserves serious attention, your Canyon Ranch experience should always feel like a vacation – relaxing, engaging and fun. You’ll have plenty of time for enjoying the things you love to do and discovering new passions, all of which contribute to the healthiest, happiest you.

HEALTH PACKAGES
Adding a Canyon Ranch Health Package to your stay may be the single most powerful commitment you can make to achieving your highest wellness potential for mind, body and spirit – and the key to a healthier future. A Health Package represents the core essence of the Canyon Ranch integrative health mission, and requires an in-depth, collaborative effort among you and your team of experts.

Why consider a Health Package?
■ It’s an expertly customized group of services addressing a topic of interest to you.
■ You’ll benefit from a team of Canyon Ranch professionals in various disciplines who will work together to help you reach your health goals.
■ Our experts draw on the depth of their experience in Western and Eastern medicine, as well as nutrition, exercise physiology, life management, spiritual wellness, energy medicine and alternative healing traditions.
■ Your team can help you improve your fitness, diet, stress, mood, sleep patterns – every important aspect of your life.

To learn more about the value of a Health Package and how it can be customized to meet any wellness challenge or area of interest, look for the separate guide to Health Packages in the pocket opposite page 17.
Since the doors opened at Canyon Ranch in 1979, we have embraced an integrative approach to wellness – including mind, body and spirit – in which professionals in various disciplines help you achieve your goals, create greater balance in your life and feel your very best.

A WORLD OF DISCOVERY, ADVENTURE AND HEALTHY POSSIBILITY AWAITS.

Are you ready?
AQUATIC experiences

Water heals. Movement in the water is great for all people, but is especially beneficial for those with any type of pain or discomfort. People recovering from injuries, surgeries or joint replacement surgery in particular find aquatic services at Canyon Ranch invaluable.

Exercise in chest-deep water reduces body weight by 80 percent, freeing you from the compressive, pain-causing forces of gravity. Movement in deep water eliminates joint compression.

AQUATIC CENTER & POOLS

The Aquatic Center features indoor pools for Watsu®, an underwater treadmill, aquatic therapy, cross-training, pool classes and swimming.

Pools – Canyon Ranch has four swimming pools:

- Indoor Pool: located in the Aquatic Center; heated to a comfortable 90°F.
- L-Pool: located near the tennis courts. Features three shaded underwater treadmills. Heated.
- T-Pool: off Canyon Ranch Drive, near the Life Enhancement Center® features 25-yard lap swimming. Heated.

The heated Indoor Pool is not recommended for extended lap swimming or intense cardiovascular activities. Group classes are held year-round in the Indoor Pool and T-Pool, both of which provide showers and changing rooms. Pool classes are listed in This Week at Canyon Ranch and on the Spa Activity Boards. Water shoes are suggested for classes. Please note that there is no lifeguard on duty.

AQUATIC EXERCISE

Let one of our certified instructors help you develop an exercise routine with unique benefits.

AQUATIC TRAINING $135

The water provides safe resistance and assistance for aerobic conditioning. Personal training in the water with a certified fitness instructor is perfect for the advanced athlete, as well as for the beginning exerciser, moms-to-be and those with joint sensitivity issues. In this personalized session you will improve mobility, balance, power and strength. (You need not be able to swim.) 50 minutes.

ATHLETIC CONDITIONING IN THE WATER $155

Conditioning in the water offers unique benefits for all fitness levels. Cardiovascular conditioning, muscular strength, power and endurance can be safely improved through activities like water walking and running, aquatic jump-training, tethering, resistance training and deep-water work. An exercise physiologist will show you how to train for a specific sport or increase your overall fitness level – while decreasing your risk of injury. 50 minutes.

Feel free to feel comfortable

We encourage you to wear the comfortable clothing of your choice, such as bathing suits, shorts, T-shirts or athletic shorts when enjoying our aquatic offerings.
**BURDENKO WATER EXERCISE**  $155
An innovative water exercise program that helps you improve the six essential qualities of fitness: balance, coordination, flexibility, endurance, speed and strength. No swimming skills are necessary, as you use a flotation vest and water barbells. You can even keep your hair dry. The rehabilitation aspect of the Burdenko method can be used to help recover from injuries or surgery – regaining function is the goal. The conditioning and training aspect is perfect for those interested in improving quality of life and sports performance. 50 minutes.

**SWIM LESSON**  $135
Private lessons are valuable for beginning, intermediate and advanced swimmers. Learn basic swimming skills, correct your stroke for improved lap swimming, become a more efficient swimmer, learn better breath control, work on advanced strokes, or set up a training program for competition. 50 minutes.

**WATER TREATMENTS/MASSAGES**
*Experience the comforting and freeing power of bodywork in an aquatic environment.*

**BLISSFUL FLOATING MASSAGE**  $175
Feel stress and tension float away with a treatment to quiet the mind and soothe the body. This fully supported warm-water experience takes place in a Watsu pool. You’ll receive gentle massage, energy balancing and range-of-motion therapy for your joints. You may experience a deep, dreamlike meditative state that will leave you feeling rested, relaxed and renewed. Swimwear required. 50 minutes.

**HEALING WATERS**  $155
If you have pain or movement limitations, acute joint injuries, arthritis, fibromyalgia or weight issues, there is no better place to heal than in the warm pools of our Aquatic Center. Immersion in the water aids in strengthening the entire body, improving flexibility, enhancing posture, balance and alignment, refining coordination and conditioning the cardiovascular system. This is also the perfect service if you’d like to feel safer and more comfortable in the water. Our therapists can help you gain strength and freedom that will benefit you when you return to land. Swimwear required. 50 minutes.

**HYDOMASSAGE**  $175
Experience a classic revitalizing therapy that stimulates the lymphatic and circulatory systems using the natural effects of water on the body. This treatment is performed in our highly specialized tub using powerful water pressure, special massage techniques and aromatherapy oils to encourage muscle relaxation. Swimwear required. 45 minutes.

**ROYAL BATH**  $135
Take time for yourself to melt away tension, soothe tired muscles and immerse yourself in the hydrating benefits of this bathing experience available exclusively to women. Customize your soak with the choice of a “bath boost” selected to meet your needs. Allow the water to de-stress, unwind and revitalize tired muscles and joints while you relax in your own private sanctuary. Great as preparation for a massage, or any time you need a peaceful interlude. Swimwear required. 45 minutes.

**REJUVENATING WATERS (TÓ BEE HÁÁJIDÁÁH)**  $360
In native traditions, the sweat lodge is a place of cleansing and healing for tribal members. When the effects of the sweat lodge are combined with bodywork, it produces a profound response. Your journey (pronounced twa-ba-ha-ji-dah) begins in our hydrotherapy tub as you are massaged in warm water from head to toe. Then, in a steam-filled room, your already-warm, relaxed body is massaged again. This 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. Swimwear required. 100 minutes.

**WATSU – AQUATIC MASSAGE**  $175/350
Float comfortably in a pool of warm water while a therapist uses massage techniques to soften muscles, stretch tissues and open energy pathways. As your body dances and sways through the water, it reaches a state of relaxation so deep that the mind can follow. From this space, a freedom of awareness encourages and allows healing to occur. Watsu is exceptionally effective in addressing stress, chronic back pain, orthopedic limitations, arthritis, sleep disorders, fibromyalgia, range-of-motion issues and therapies involving emotional release. This is a profound, holistic body experience unlike any other. Swimwear required. 50 minutes.

**Watsu Duet** – Share the relaxing therapeutic benefits of Watsu with someone special. Two practitioners provide a customized treatment for both of you. 50 minutes.

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Sign up: 800-729-8090 • Service prices are listed on a separate menu of Fees for Services.
The creative arts allow you to delve into your inner resources in a joyful and natural way. Our experts will inspire and guide you: Pick up a paintbrush, design and make beautiful jewelry or blend your own personal bath products – the possibilities are endless! Check *This Week at Canyon Ranch* for complete listings, days, times and length of workshops and classes. *Note: Fees may apply.*

If you prefer one-on-one instruction, want to develop your skills further or if you missed a weekly offering that interests you, contact Program Advising to arrange a private or semiprivate session.

**Here’s just a sample of our exciting creative offerings:**

**KUMIHIMO**
Learn the ancient art of Japanese braiding using colorful threads and a braiding disk. Make a stunning piece of jewelry.

**BURNOUT SILK SCARVES**
In this easy and fun class, you’ll dye a beautiful silk scarf using elegant burnout fabric. This stunning work of art can be worn year-round. The material reflects light and adds dimension to the colors you select to transfer onto the blank scarf.

**CRYSTALIZE IT!**
Add sparkle to your Canyon Ranch T-shirt by hot-fixing colorful Swarovski® crystals onto the material.

**BATHING RITUAL ESSENTIALS**
Learn to blend sea salts, essential oils and herbs for a soothing bath experience. Your new knowledge will enable you to create a variety of fragrant blends for elegant bathing rituals at home.

**CLAY CONNECTION**
Learn sculpting skills using self-hardening terra-cotta clay. Make a piece of art inspired by this beautiful material, ubiquitous throughout the Southwest.

**VERTICAL GARDENS**
Experience the joy of working with live plants. Learn how to create a lovely vertical succulent garden to display inside or outside your home.

**WRIST CANDY**
Create a beautiful bracelet in the hottest current fashion – either a beaded wrap style, channeled between leather cords, or a crocheted wired and woven bracelet. Take home an artistic memento of your Canyon Ranch stay.

**MEDITATION IN PATTERNS**
Discover the meditative power of patterns drawn in ink. Create your own beautiful designs on smooth river stones using colorful pens. The results are true works of art!
Besides being fun, a well-rounded program of physical activities makes you more energetic, boosts your brain power, helps you handle stress, increases your chance of longevity and good health and makes physical tasks easier. Try something new or polish an old skill at Canyon Ranch.

AMENITIES
*Please make use of any of our spectacular facilities during your stay.*

POOLS
Enjoy any of our four beautiful pools. See page 20 for pool information.

PRIVATE PERSONAL TRAINING & YOGA STUDIO
We provide dedicated spaces for private training, one-on-one yoga and mind-body lessons. Our peaceful Yoga Studio is used for group classes.

SPORTS EQUIPMENT
We will be delighted to lend you a bike, racquet, basketball or pickleball paddles.

SQUASH, RACQUETBALL, PICKLEBALL & WALLYBALL
Play any of these fast-paced sports to burn calories and to get a good workout. Equipment, including protective eyewear, is provided. Use of our indoor hard courts is complimentary. Sign up at the Spa Activity Board for squash, pickleball and racquetball. Check *This Week at Canyon Ranch* for wallyball times.

STRENGTH & CARDIO TRAINING ROOM
Our workout facilities are equipped with computerized stationary bicycles, treadmills, Life Fitness® weight machines, Precor® EFX® machines, free weights, stair machines, rowing machines and more. Treadmills and some other aerobic machines feature personal TVs. Headsets are available. For your safety, please feel free to ask for help from the fitness instructors who supervise these facilities from 6:30 am to 6 pm daily. Shoes and shirts are required.

Class information
- For your safety, no admittance five minutes after the class begins.
- Pace yourself, and choose classes appropriate to your fitness level.
- As a courtesy, please no perfume or cologne in the gyms.
- We advise the use of aqua socks or aqua shoes in the pool.
- Our group cycling class bikes have dual-sided pedals with toe cages or SPD® compatible clips.
- Please dress for activity.
TENNIS COURTS
Racquets and balls are available at the Spa Reception Desk and at the Tennis Center during hours of operation.

UNDERWATER TREADMILLS
Everyone from highly conditioned athletes to people with impaired mobility can benefit from using one of the underwater treadmills in the Aquatic Center and L-pool.

COMPLIMENTARY CLASSES & ACTIVITIES
Choose from more than 400 fitness, educational and fun activities every week including classes, presentations, outdoor adventures, arts and crafts, cooking demos and more – most are complimentary. Check This Week at Canyon Ranch or the activity boards in the Spa for a complete list of activities, with times and locations.

BODY COMPOSITION ANALYSIS
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 range. Wear a loose-fitting shirt and shorts. Not appropriate for guests under 18 years of age. 15 minutes.

FITNESS CLASSES
Movement and fitness are essential for a long and healthy life. Choose from approximately 40 complimentary fitness classes daily. All fitness classes are 45 minutes unless otherwise noted; please arrive promptly. Check This Week at Canyon Ranch for times, locations, descriptions and recommendations.

FITNESS WALKS
Walking is excellent low-impact conditioning for the cardiovascular system and provides a perfect opportunity to experience the beauty and tranquility of the Sonoran Desert. Group walks for all fitness levels are scheduled each morning and at additional times seasonally. Times and routes vary with the seasons. Check This Week at Canyon Ranch and the Spa Activity Boards for times and locations. Private walks are available for a fee. $55

ASSESSMENT & PERFORMANCE
Canyon Ranch exercise professionals are among the best in the world, and they can be invaluable in helping you establish or refine a customized exercise routine – no matter what your current fitness level. Book a consultation to get your exercise questions answered by true experts.

Note: Dress for exercise, including footwear.

“What should I do?”
Our graduate-trained exercise physiologists are knowledgeable in the science of exercise and can assess your preferences, health history, goals and needs and design a program just for you.

“Am I doing this right?”
Our highly trained and certified personal trainers can work through your program with coaching and demonstration, so you can experience each movement and exercise to take home.

COMPREHENSIVE EXERCISE ASSESSMENT $300
Get the type of evaluation and advice that professional athletes enjoy.

Part I – Begin with an extensive assessment of your fitness. Tests include a body composition analysis, flexibility testing, upper- and lower-body strength assessment, and a submaximal treadmill test to estimate aerobic capacity and determine your optimal target heart-rate training zone. 50 minutes.

Part II – An exercise physiologist reviews your test results with you and compares them to norms for your age. Together, you’ll develop an exercise prescription for improving your fitness in areas important to you. 50 minutes.

Follow-Up – Recommended if you have completed the Comprehensive Exercise Assessment in prior years and want to track fitness changes and update your exercise program. 50 minutes. $155

Note: We recommend that you book this service prior to arrival. This service is for apparently healthy people with no major risk factors for vascular or heart disease. Men over 45 and women over 55 should speak with a Program Advisor about American College of Sports Medicine® guidelines for taking this test. You may need to take a Cardiac Stress Test first with a physician (see page 52). If you are an experienced exerciser or competitive athlete, you may want to explore ways to improve your peak performance by doing a Metabolic Exercise Assessment.
COORDINATION & BALANCE TESTING  $195
Using state-of-the-art Monitored Rehab Systems (MRS) equipment, an exercise physiologist will assess coordination, balance, reaction time, proprioception (your sense of where you are in space) and help you improve mind-body communication. You will receive a printed report and a customized training program to take home. 50 minutes.

Note: Burdenko Water Exercise (page 21) or Burdenko Land Exercise (page 26) is an excellent follow-up to this service.

DISCOVER YOUR FITNESS AGE  $390
How old you are and how old you feel may be two different things. Your physiological age is an indication of how well your body is holding up with the passage of time. By learning your fitness age in each of five areas, you’ll discover which areas stand to benefit most from your attention.

Part I – An exercise physiologist will administer the following tests:
■ Body composition to assess fat and lean muscle mass.
■ Submaximal exercise test to determine aerobic capacity and VO2 maximum.
■ Muscle strength and power testing, including upper and lower body.
■ Evaluation of balance.
50 minutes.

Part II – An exercise physiologist reviews your test results and what they reveal about your fitness age. An exercise prescription for improvement will be provided. 50 minutes.

METABOLIC EXERCISE ASSESSMENT  $390
Discover your aerobic fitness level (VO2 max) and learn how many calories you really burn when you work out. This service is recommended for people who want to change body composition, learn the most effective way to burn body fat, determine aerobic threshold, increase stamina and fitness or improve sports performance.

Part I – An exercise physiologist administers a submaximal exercise test while you exercise on your choice of cardiovascular exercise equipment: elliptical trainer, rowing machine, stationary bike or treadmill. 50 minutes.

Note: This test cannot be performed in a pool.

Part II – After analyzing the data, your exercise physiologist will explain your results and design an exercise program to maximize your workout and enhance your training program. 50 minutes.

MUSCULOSKELETAL HEALTH
Get an expert assessment and an individualized program to improve the strength and density of your bones, muscles and joints from one of our highly experienced exercise physiologists.

EXERCISE FOR BONE HEALTH  $155
If you want to prevent bone loss (osteopenia or osteoporosis), appropriate exercise can help. An exercise physiologist recommends safe, effective exercises based on the results of your bone density or body composition evaluation (page 54), or on your risk factors. You’ll receive a personal exercise prescription including cardiovascular exercise, resistance training and balance/agility work to promote bone health. 50 minutes.
CUSTOMIZED PROGRAM DESIGN

Would you like an exercise program designed by an exercise physiologist and tailored to your preferences, skills, limitations and goals? You’re in the right place!

ADVANCED ENDURANCE TRAINING $155
This is the perfect service if you are training for a competition or event. Get custom advice from an exercise physiologist who will assess your training program, take you through appropriate exercises and give you precise, written instructions to take with you. We can help you improve at virtually any activity – sessions include:

- Cardiovascular training
- Distance running
- Cycling
- Distance walking
- Swimming
- Triathlon

Please dress for exercise. 50 minutes.

ADVANCED STRENGTH TRAINING $155
Train under the expert guidance of our PhD- and masters-level exercise physiologists. This service is appropriate for all abilities, from rehabilitating post injury/surgery to highly fit individuals looking to enhance their fitness programs. Sessions are in the Canyon Ranch strength training gym. 50 minutes.

BURDENKO LAND EXERCISE $155
Learn how to improve the six essential qualities of fitness: balance, coordination, flexibility, endurance, speed and strength. People at beginning fitness levels benefit from improved coordination and balance while athletic-level individuals can hone efficient movement for performance. The rehabilitation aspect of the Burdenko method can be used to help recover from injuries or surgery – regaining function is the goal. 50 minutes.

Note: Burdenko Water Exercise (page 21) is an excellent follow-up to this service.

FITNESS AFTER 50 $155
Learn to thrive – not just survive – through your later years by becoming and staying active. An exercise physiologist focuses on areas that may include cardiovascular fitness/stamina, muscle mass and strength, core stability, balance, bone density, flexibility and body composition. 50 minutes.
EXERCISE FOR WEIGHT LOSS & BODY DEFINITION  $155
Fat reduction and muscle definition are achievable goals. Meet with an exercise physiologist to design a customized exercise program that will optimize your exercise time, maximize metabolism, increase lean body mass, enhance muscle and promote weight loss. 50 minutes.

Rx FOR EXERCISE  $155
Whether you’re looking to kick-start a regular exercise program or you’re already active and want to increase fitness, strength or endurance, our experts can help. An exercise physiologist designs a take-home program based on your goals, interests, time, physical limitations and facilities available. 50 minutes.

SPECIALIZED NEEDS TRAINING  $155
If you have a condition that limits you, this session can help you safely become more active. Common concerns include diabetes, recovery from stroke, arthritis, circulation problems, neuromuscular disease, recovery from surgery, joint replacement, and balance and agility issues. Other possible topics include pre- or postnatal exercise, exercise for women at various stages of life and exercise for travel. 50 minutes.

TARGET-HEART RATE DETERMINATION  $155
Forget those charts in magazines – get an accurate, personalized determination of your target heart rate and be sure that you’re making the most efficient use of your workout time. An exercise physiologist takes you through a submaximal exercise test that determines your target heart-rate zone, then incorporates this information into a customized exercise prescription. 50 minutes.

“[I Googled ‘marathon training’ and found Canyon Ranch, and it intrigued me … so I came for marathon training, but you can use it for any personal goal you’ve got. It’s really all about realizing whatever your goal may be.”
– Roberta, Arlington, Virginia

Get maximum benefit from an assessment by an exercise physiologist – then …

We recommend that you book a follow-up session with a fitness instructor to practice your new exercise routine. You’ll get a great workout while practicing correct form and getting tips that will optimize your exercise results.
PERSONAL TRAINING

Our personal trainers are recognized by the industry’s top certifying bodies and many hold multiple certifications. No matter what your level or limitations, our knowledgeable professional trainers will design a workout that is motivating, innovative and current within the fitness industry. Try one of these focuses or create your own: Boot Camp, Strength, Balance & Agility, Flexibility, Tabata, High-Intensity Interval Training or Sport Specific. 50 minutes.

**Individual Session – $135** – One-on-one attention is essential for beginners, people with restrictions and/or limitations and those who desire in-depth, customized work.

**Duet Session – $210** – Share a session with a friend, partner, parent or child (ideally, you should be at the same level of fitness).

**Small Group ($90 per person, per hour – three to five people) or Large Group ($495 – six or more) Session** – Customize your group private session to include the many different class modalities offered in This Week at Canyon Ranch.

**SWIM LESSON**

Private lessons are valuable for beginning, intermediate and advanced swimmers. Learn basic skills, correct your stroke for lap swimming, improve efficiency, achieve better breath control, work on advanced strokes, or set up a training program for competition.

**TRX TRAINING**

Are you looking to take your workout to the next level? TRX® Suspension Training is a revolutionary method of leveraged body-weight exercise. Safely perform exercises that build power, flexibility, balance and mobility.

**TRX RIP TRAINING**

Learn how to incorporate the concept of producing and resisting rotational force to improve your core and total body strength. The Rip® Trainer, made by TRX, provides a mix of rotation, core stability, control, power, balance and coordination, to mimic the stresses placed on the body in everyday life. See This Week at Canyon Ranch for group clinic opportunities.

**AQUATIC TRAINING**

Personal training in the water provides a variable level of resistance and aerobic conditioning, making it perfect for athletes of all levels, moms-to-be and those with joint sensitivities. In this personalized session you will learn how to improve mobility, balance, power and strength. (You need not be able to swim.)

**DANCE**

From ballet to funk, we can teach you something new! No matter what your skill level and experience, you’ll get a great workout, have a ball and emerge a better dancer. Your instructor will work with you on technique, progressions and choreography, and will tailor the session to your desires and needs.

**REBOUND JUMP BOOTS**

With springs on your feet – picture inline roller skates with a spring in place of wheels – enjoy this fun rebound activity with reduced impact on joints. Improve stability and prepare for an amazing cardio workout. See This Week at Canyon Ranch for group clinic opportunities.
MOVEMENT FOR LIFE

Get stronger, leaner and more flexible – in both mind and body.

AERIAL PILATES $135
This playful Pilates session incorporates a fabric hammock suspended from the ceiling. Experience creative variations of Reformer and mat exercises designed to strengthen and lengthen your entire body. See This Week at Canyon Ranch for group clinic opportunities. 50 minutes.

PILATES
This famous mental and physical conditioning system uses specially designed equipment to strengthen and stretch the whole physique. It reshapes and aligns, builds true core strength (fast!), increases flexibility, improves posture and coordination and promotes a healthy, focused mind. Everyone from athletes to those with chronic pain or limitations can benefit from expert instruction in Pilates. 50 minutes.

Sessions can be booked individually – $135, with a partner (duet) – $210 or in small (three to five people) – $90 per person, per hour or large groups (six or more) – $495.

PILATES CLINICS $85
Take your Pilates practice to a new level – or experience Pilates for the first time in an exciting group setting. Various clinics are offered throughout the week, focusing on beginning, intermediate or advanced practitioners, or even activities such as Jump Boards and Wunda Chairs. Please call or stop by Program Advising for more information or to sign up. 50 minutes.

GYROTONIC EXPANSION SYSTEM® $135/210
The word GYROTONIC® is derived from the words “gyro” (meaning spiral or circle) and “tonic” (meaning toning or invigorating). The Gyrotonic method is a revolutionary system of exercise that unlocks the rejuvenating powers of the body. The Gyrotonic machine guides and supports the whole body through a series of spiraling and undulating movements designed to systematically open the joints, integrate the spine and strengthen the muscles. 50 minutes.

Sessions can be booked individually or with a partner (duet).

GOOD POSTURE FOR LIFE $135
Your posture affects how you think and feel and how others perceive you. Good posture is an expression of intrinsic confidence and grace, and it prevents muscular tightness and pain. In this session, your posture and gait are assessed and you receive practical tips and simple movements to practice at home. Your movement therapist may use Pilates, the Gyrotonic method, yoga or dance to find the right approach for you. The result: more comfort, less tension, deeper breathing, greater mental clarity and a new spring in your step. 50 minutes.

Note: GYROTONIC® and GYROTONIC EXPANSION SYSTEM® are registered trademarks of Gyrotonic Sales Corp. and are used with their permission.
MIND-BODY PRIVATE TRAINING
Find greater balance in life through personalized instruction in calming self-care practices from around the world. Whether you’re just getting started or wish to enhance your current practice, explore any of the following one-on-one services:

PRESCRIPTION FOR YOGA $270
In these sessions, formulate goals specific to your dosha (physical constitution) and find balance through pranayama (breathing practices), asanas (poses), meditation, mudras (hand gestures) and other techniques.

Part I – Using classic evaluative techniques, including body-awareness scans and breath-awareness exercises, your instructor will guide you through a journey of self-discovery. 50 minutes.

Part II – Your instructor selects, adapts and modifies the basic tools of yoga for an experience customized to your ayurvedic constitution and goals. Your session may include centering techniques, breathing practices, mudras, asanas, relaxation exercises and meditation techniques. 50 minutes.

AERIAL HAMMOCK YOGA $135
In this nontraditional yoga, the hammock helps support your body in traditional yoga poses. In contact with both the hammock and the floor, you will immediately feel the improvement in flexibility, strength and alignment, and you’ll achieve greater benefits from your yoga classes and other physical activities. See This Week at Canyon Ranch for group clinic opportunities.

BREATHING PRACTICE $135
Proper breathing is vital for good health. Learn breathing and relaxation techniques to reduce muscular tension, improve circulation, reduce stress and foster overall well-being. 50 minutes.

MEDITATION $135
A mind-body trainer teaches and leads you through techniques to develop your ability to let go and be in the moment. In addition, you’ll learn strategies for applying meditation to daily life. 50 minutes.

QI GONG $135
This gentle Chinese mind-body practice integrates physical movements, coordinated breathing and meditation. Your trainer will teach you a series of movements that restore and balance chi – the life force – and release unhealthy inner tension and stress. A great tool for daily life. 50 minutes.

TAI CHI $135
This form of Chinese mind-body exercise builds unity of mind, body and breath through slow, controlled martial arts movements. Tai chi serves to heighten chi – the essence of your being. 50 minutes.

YOGA $135
A skilled yoga teacher corrects or enhances your poses, provides tips on alignment, breathing and intention. A great way to perfect your practice whether you are a beginner, intermediate or advanced practitioner. 50 minutes.
While energy medicine is relatively new to Western culture, its origins in Asia are thousands of years old. Healing energy is based on the theory that energy imbalances can cause physical disease and pain. Just as negative changes in the body's energy can cause disease and discomfort, positive changes can support healing.

**CRANIOSACRAL THERAPY $150/240/300**
Craniosacral therapy adjuststhe subtle rhythm of the cerebrospinal fluid as it circulates around the brain and spinal cord. Using very light, sensitive touch, the therapist monitors the flow to determine where restrictions are located and gently releases them. This soothing therapy encourages optimal fluid movement throughout the body. The result is a deep sense of calm. Please wear loose-fitting, lightweight clothing. 50, 80 or 100 minutes.

**ACUTONICS $195**
The Acutonics® system of sound healing uses the power of vibration, intention and light touch to bring body and mind into greater harmony. Tuning forks applied to acupuncture points, chakras and trigger points awaken and align the meridians and energy centers of your body, bringing them into balance. The treatment takes place in a healing sound environment created by bells, gongs and drums. Please wear loose-fitting, lightweight clothing. 50 minutes.

**BALANCED ENERGY $150/240/300**
Experience deep relaxation and calm as a Canyon Ranch energy therapist creates a treatment to balance mind, body and spirit. In this balanced state, your body is able to access its natural healing ability. You may experience decreased anxiety and fatigue and improved circulation, concentration and sleep quality, creating a profound effect on your well-being. Please wear loose-fitting, lightweight clothing. 50, 80 or 100 minutes.

**JIN SHIN JYUTSU $150/240/300**
This ancient Japanese rejuvenation method connects and balances energy pulses to relieve tension in body, mind and spirit. Your Jin Shin Jyutsu® therapist guides the session according to your body's individual needs, exploring and holding various energy locks until harmony is restored to your entire being. Please wear loose-fitting, lightweight clothing. 50, 80 or 100 minutes.
HEALING TOUCH
This deeply relaxing, calming energy therapy is provided by nurses certified in Healing Touch with a focus on holistic care. The nurturing approach uses gentle touch to enhance your natural restorative processes by clearing, aligning and balancing your energy, promoting physical, emotional, mental and spiritual well-being, while creating a sense of peace. Healing Touch is especially useful for stress reduction, anxiety, depression, injuries, fatigue, grief, sleep issues, transitions, acute and chronic illnesses, headaches, cancer care, pain, post-surgical procedures, addictions, spiritual growth and awareness. Self-care suggestions specific to your concerns are included. You will remain fully clothed during this treatment. 80 minutes.

ACUPUNCTURE
Experience enhanced healing and a more balanced state of being. This Traditional Chinese Medicine modality, endorsed by the National Institutes of Health, is useful in addressing problems as varied as musculoskeletal pain, arthritis, headaches, depression, insomnia, asthma and fatigue, and can aid in smoking cessation, stress relief, illness prevention and healthy longevity. A session with a licensed acupuncturist helps balance your body's energy (chi), stimulates natural healing processes and aids in relaxation. 50 minutes.

ACUPUNCTURE FOR HEALTHY WEIGHT
The session begins with an extensive health consultation that includes herbal recommendations. In the second portion, a specialized acupuncture technique is used that employs abdominal needles with mild electrical stimulation – a therapy used extensively in China for decreasing food cravings while increasing energy and digestive efficiency. This is a body/mind-balancing treatment that can jumpstart the body’s ability to move toward a healthier weight. 100 minutes.

ACUPUNCTURE FOR HEALTHY WEIGHT FOLLOW-UP
Two or more Acupuncture for Healthy Weight Follow-Up sessions close together are recommended for maximum benefit. 50 minutes per session.

CHINESE HERBAL CONSULTATION
The world’s oldest continuously practiced form of herbal medicine uses potent healing formulas to treat arthritis, fatigue, high cholesterol, insomnia, symptoms of menopause, PMS, migraines, asthma, stress and more. After a traditional evaluation that includes pulse and tongue diagnosis, a specialist in Chinese medicine offers herbal, dietary and lifestyle recommendations. A detailed report on the herbs recommended will be sent to you. 50 minutes.

Note: Follow-up can be provided by phone for an additional fee.

ACUPHORIA
Get a head start on your vacation. If it usually takes you a few days to unwind, consider beginning your stay with a calming, de-stressing acupuncture treatment that centers the heart and mind and establishes a natural state of euphoria. This is a delightful introduction to an ancient healing art. 50 minutes.

Note: Follow-up can be provided by phone for an additional fee.

CHINESE VITALITY
Explore and address the patterns of disharmony that may be keeping you from optimal health. This session allows for a comprehensive evaluation, acupuncture treatment, Chinese herbal recommendation and lifestyle consultation to help you achieve heightened vitality. Use this session to address all aspects of your health, from musculoskeletal pain to internal health and emotional issues. 110 minutes.

Note: Follow-up can be provided by phone for an additional fee.
Give your feet the care they deserve, ease pain, and find solutions to problems with Canyon Ranch Healthy Feet® services. Your feet – and the rest of your body – will thank you. Please wear comfortable, loose-fitting clothing.

**ENERGIZE YOUR SOLES® – FITNESS FOR YOUR FEET® $135**
Keeping your feet healthy and pain free is a step toward foot fitness. A personal trainer will guide you in using our Sole Energizers® foot therapy device and discuss the importance of alignment and foot strength. *50 minutes.*

**FOOT RESCUE! PEDICURE $85**
This therapeutic, invigorating pedicure begins with a soothing foot bath in herbal salts to refresh and relax the feet. Our technician will focus on the three C's of wear and tear – calluses, corns and cracked dry skin. The health of your feet and nails will be restored. *Includes polish, if desired. 50 minutes.*

**INSTANT RELIEF $175**
This touch therapy treatment is designed to help ease 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. *50 minutes.*

**SPRING IN YOUR STEP $180**
Restore the natural spring in the arches of your feet with a combination of hands-on techniques and percussion vibration. This session will focus on both legs from foot to hip and may be felt throughout your body. *(For a full-body treatment, see Connective Tissue Rebalancing, page 40.)* Please wear loose, comfortable clothing. *50 minutes.*

**REFLEXOLOGY $150/240/300**
A treat for your feet with whole-body benefits. A specially trained therapist works on reflex points in the feet using thumb pressure. These points correlate to the individual organs and parts of the body, and activating these reflexes helps improve circulation and promote relaxation. Please wear comfortable, loose-fitting clothing. *50, 80 or 100 minutes.*

**GAIT ANALYSIS & ORTHOTICS $50**
This service includes video analysis of your gait using a specially equipped treadmill, and a precise, computerized assessment of the biomechanics of your feet. Includes review and recommendations for orthotics, if indicated. Foot Doctor off-the-shelf or custom orthotics are available, as well as Sole Energizers foot therapy devices to promote healthy feet. Custom orthotics are also available with the Medical Gait & Orthotic Analysis (see page 51). *25 minutes.*
Our experienced team can help you develop insights, tools and strategies to bring greater health, vitality and happiness into your life. We can easily arrange for follow-up phone consultations with your Canyon Ranch therapist/coach to support you in maintaining your progress.

Our Life Management staff offers many complimentary presentations and for-fee workshops – please check This Week at Canyon Ranch for these intriguing talks on topics of interest.

**LIFESTYLE MANAGEMENT**

Get professional, objective advice from a licensed therapist/coach.

**HEALTHY LIFESTYLE**

$170

A lifestyle consultation is an opportunity to examine any issue in your life, although you need not identify a specific concern to benefit from a consultation. Use this time to explore your thoughts and attitudes, gain a fresh perspective or develop a personal action plan. Frequently addressed areas include:

- Self-esteem  
- Communication  
- Body image  
- Work in balance  
- Alcohol and health  
- Anger management  
- Caregiving  
- Conflict resolution  
- Coping with illness  
- Grief and bereavement  
- Transitions  
- Parenting/Stepparenting  
- Retirement  
- Sports performance  
- Motivation  
- Health coaching

50 minutes.

**STRESS MANAGEMENT**

$170

Stress overlooked can erode your health and quality of life. Stress managed well can be empowering and even exciting. In this session, learn ways to perceive and respond to stressful situations with greater clarity and effectiveness. 50 minutes.

**BUILDING BETTER RELATIONSHIPS**

$170/270

Healthy, loving relationships are a source of joy and well-being, but your closest relationships can also be challenging. Clarify the underlying issues, identify alternative communication strategies and develop skills to enhance any relationship. 50 minutes.

*Note: You may take this service alone, or with a partner, spouse, parent, sibling or other family members.*

*(An additional fee will apply for more than one guest.)*
EXERCISE & MOTIVATION $325
Have you ever said, “I know what to do, but I just don’t do it”? To get the results you want, you may need to explore how your personality promotes or inhibits exercise. This focused, two-part service can help you reach your goals.

Part I – Complete a short questionnaire outlining your personal fitness preferences. 25 minutes.

Part II – With a licensed therapist/coach, review your entire exercise history to identify keys to your past periods of success and vulnerability. 50 minutes.

Part III – Meet with an exercise physiologist or certified fitness instructor to design a customized program that “fits.” Together, you’ll create a program that balances exercise that creates health and longevity with activities that suit your personality and work with your personal style. 50 minutes.

RELATIONSHIPS WITH FOOD $170
Gain a clearer understanding of the psychology, biology and emotions that determine your eating habits. Learn to deal more successfully with motivational setbacks, frustration and confusion with practical tools and strategies. Topics may include the effect of past experiences on your eating patterns, stress, body image, changing habits and mindfulness. 50 minutes.

SEXUALITY, INTIMACY & PASSION $185
Psychological factors and lifestyle may contribute to loss of sexual desire, difficulty in achieving orgasm and other sexual problems. A licensed therapist will help you explore your struggles and concerns regarding sexual satisfaction, comfort and fulfillment. The goal of this consultation is to improve your understanding of your individual sexual mosaic, and thus your sexual function and enjoyment. Common areas of focus include: body image and sexual fulfillment, coping with disabilities, menopause and sex, sexual boredom and inhibitions. 50 minutes.

Note: Additional fee for partner to attend

SLEEP ENHANCEMENT/INSOMNIA $170
Sleep problems may be the most common health concern today. Untreated, they can slowly erode mental and physical well-being, leading to serious consequences. A consultation may be helpful if you suffer from insomnia or if you regularly need pills to sleep. Examine the nature and degree of your problem and look at techniques to improve your sleep hygiene. 50 minutes.

SMOKING CESSION $170
If you are a smoker and you’re ready to address this problem, we can help you develop concepts and action plans for cessation of smoking. An initial complimentary consultation is available. 50 minutes.

Note: If smoking cessation is one of your main goals, we encourage you to consider one or more of the following services: Hypnotherapy, Acupuncture, Stress Management, Detoxifying Herbal Wraps and breathing classes, or an Optimal Living® package (see the Health Packages brochure in the pocket facing page 17).

COACHING SERVICES

COACHING FOR OPTIMAL LIFESTYLE $170
Many people have goals and aspirations, but what turns dreams into reality is the level of concerted effort you spend to clearly define your goals and create a realistic plan for reaching them. During this session, you’ll work with an experienced therapist/coach to explore ways to add more success and deep satisfaction to all aspects of your life. 50 minutes.

COPING WITH STRESS $460
Create a comprehensive plan for dealing with stress.

Part I – Work with a therapist/coach to discuss your purpose for this exploration and complete a DiSC® Personality Profile questionnaire. 50 minutes.

Part II – Receive a comprehensive report providing personal feedback and specific recommendations about handling emotions, relating to others and achieving your goals. 50 minutes.

TIME MASTERY $460
The way you relate to time and set priorities in a work setting helps determine your success and reduce stress levels. Find out more about yourself and your patterns.

Part I – Work with a therapist/coach to discuss your purpose for this exploration and complete a DiSC Personalty Profile questionnaire. 50 minutes.

Part II – Review the comprehensive report providing you with specific, personal feedback and recommendations for handling emotions, relating to others and achieving your goals. 50 minutes.
EMOTIONAL INTELLIGENCE  $195
How self-aware, empathetic and socially adept are you? The Emotional Intelligence Assessment, which measures a range of key strengths and vulnerabilities in handling emotion, is a proven predictor of success in the workplace.

Part I – First, complete a written questionnaire. This is a series of statements – you are asked to indicate how well each statement describes you. 25 minutes.

Part II – Receive a personal profile and recommendations in a follow-up session with a therapist/coach. 50 minutes.

EXPLORING YOUR PERSONALITY  $460
Your personality plays a major role in determining success in your career and relationships. Find out more about yourself with this in-depth analysis.

Part I – Work with a therapist/coach to discuss your purpose for this exploration and complete a personality assessment questionnaire (DiSC). 50 minutes.

Part II – Receive a comprehensive report providing you with specific, personal feedback and recommendations about handling emotions, relating to others and achieving your goals. 50 minutes.

MIND-BODY CONNECTION
Body and mind are inextricably linked: Our experts offer a number of innovative ways to bring them into balance.

BIOFEEDBACK: A TOOL FOR COPING WITH STRESS  $195
Biofeedback is a proven technology that uses many techniques to reduce tension, redirect negative thoughts and improve performance and other mind-body interactions. With a trained practitioner, you’ll choose between:

- Biofeedback to assess the level of stress across five parameters (breath, muscle tension, temperature, heart rate and skin response) and consider ways to reduce these responses. This is a great service to see the actual stress response as you experience it, and provides excellent data for feedback on physiological reactions. 50 minutes.

- Biofeedback focusing on your heart rate variability measurement with techniques for effective stress reduction and ease of use. This can be a fun method for looking at the harmony between mind and body. 50 minutes.

MEDITATION, VISUALIZATION & RELAXATION  $170
Calm your mind and body. Meditation, visualization and conscious relaxation have a long history in the promotion of physical health, mental clarity and spiritual development. These practices often bring about improvements in stress-related conditions such as anxiety, insomnia and hypertension. Work with an expert to determine which techniques are right for you. Then, learn to use one or more of these techniques to promote healing, serenity and self awareness. 50 minutes.

PERFORMANCE ENHANCEMENT  $390
Using techniques based on anchoring, visualization, affirmative response and cognitive enhancements, a therapist/coach helps you boost your sense of self by recognizing and fortifying inner strengths, resources and competencies. First identify and then reinforce existing personal strengths and positive learning experiences. This service promotes self-esteem, confidence and personal empowerment. 100 minutes.

“When my wife first brought me here, I was just amazed at how much I loved it. I didn’t expect it to be as challenging athletically – or that I would fall in love with the Health & Healing services.”

– Alan, Englewood, New Jersey
SELF AWARENESS
We offer a variety of fascinating ways to explore your inner world.

CHARTING YOUR INNER LIFE $170
Putting your inner world into visual form can be a surprisingly powerful exercise that can yield far-reaching insight. We offer several types of “mapping” that can enhance your understanding of where you came from, where you are and where you’re headed. Use this service to explore family dynamics and emotional patterns, and/or brainstorm during life transitions. Available techniques include life maps, journaling techniques, archetype exploration and creative timelining tools. 50 minutes.

HYPNOTHERAPY $195
Hypnosis is a natural phenomenon of the mind that increases openness to positive change. The session includes physical and mental relaxation, imagery and suggestions for healthy transformation. Multiple sessions may be useful in achieving specific goals. Some common applications include:

- Athletic and work performance
- Attitude change
- Habit management
- Smoking cessation
- Sleep improvement
- Stress reduction
50 minutes.

EQUINE INSPIRATIONS $250
Experience the energy of the deep spiritual connection between horse and human in this immersive program through groundwork with horses. By engaging right-brain function in your interactions with the horse, you’ll experience enhanced intuitive power and creativity. This program involves no horseback riding and requires no experience with horses. Please wear closed-toed shoes and long pants. 2.5 hours including travel time to Rancho Bosque.

GENEALOGY $230
Have you ever wanted to connect with your ancestors? An expert genealogist will guide you in creating your family tree or finding a specific ancestor. You’ll also learn how to chart, prove and share your genealogy, and you will receive a detailed folder with copies of all documentation found.

Part I – 25-minute consultation to discuss your goals and the scope of your search.
Part II – The genealogist conducts your research (you need not attend).
Part III – 25-minute follow-up to discuss results.
Note: These session times can be modified to accommodate your specific genealogy needs.

GENEALOGY EXPANDED RESEARCH $125
Delve deeper into your genealogy with an additional session. 50 minutes.
Note: This session is available only to guests who have had a genealogy service in the past 12 months.
ASSESSMENTS

Modern assessment tools provide insights that can help you improve your life.

ANGER & THE HEALTH OF YOUR HEART $265
Resentment, irritability and anger can have serious long-term effects on your cardiovascular health. Find out how angry you are compared with others, and learn strategies and techniques to improve your emotional balance.

Part I – Complete a questionnaire about psychological experiences that promote or hinder your cardiovascular health – including how you experience anger and to what extent you do things in a Type-A manner. 25 minutes.

Part II – A therapist will meet with you, and will help you develop your responses to pressure, stress, time and more. 50 minutes.

Note: Pre-arrival booking is required.

ATTENTION & MEMORY $695
Your ability to focus attention and remember important details is essential to functioning at your peak. Many factors affect these capacities, including aging, emotions and lifestyle habits. Research indicates that you can improve brain function with lifestyle changes, cognitive strategies and stimulation. In this two-session consultation, you will learn how to improve your ability to process and remember new information.

Part I – Engage in a series of attention and memory assessments. 100 minutes.

Part II – Receive a comprehensive report detailing your test results and recommendations for improving your attention and memory skills. 50 minutes.

Note: Pre-arrival booking is required.

COGNITIVE ASSESSMENT $570
When you understand your cognitive abilities and skills, you can align a strategy for brain longevity and vitality. You may choose this service to learn how stress, sleep and other variables can affect your cognitive abilities and lifestyle. Engage in a series of computer-based exercises designed to assess your cognitive function. At the conclusion of the sessions you’ll receive a detailed plan for maintaining or improving your cognitive ability. Two sessions, 50 minutes each.

Sign up: 800-729-8090 • Service prices are listed on a separate menu of Fees for Services.
MASSAGE & bodywork

ASIAN THERAPIES

Traditional and modern Asian massage and bodywork techniques utilize the energetic pathways in the body known in China as meridians. Therapists are able to feel the energy known as chi, the life-force within the body. Some therapies include stretching and deep palming while others are extremely light, using holding techniques to calm and restore balance. Asian therapies are well suited for people with chronic fatigue, fibromyalgia and stress, and those experiencing symptoms of menopause.

ASHI-THAI $175/320
A flowing and rhythmic approach to massage, Ashi-Thai is a fusion of traditional Ashiatsu complemented by Thai stretching and massage techniques. It is suitable for anyone seeking help with increased flexibility, training for sporting events, relief from back and hip pain or simply deep relaxation. Ashi-Thai revitalizes energy lines to relieve muscular tension and improve range of motion. This massage is performed fully clothed, without oils or creams. Please wear yoga or workout-type clothing. 50 or 100 minutes.

ASHIATSU – DEEP BAREFOOT MASSAGE $175/270/320
From the Japanese words “ashi,” meaning foot, and “atsu,” meaning pressure, this is the ultimate deep-massage therapy. In this compression massage, the therapist uses overhead bars for balance while using the feet to bring about release and structural change in chronically sore, tight tissues. Ashiatsu stimulates the circulatory system and provides deep relaxation. 50, 80 or 100 minutes.

MUSCLE MELT FOR ROAD WARRIORS $175/270/320
Unwind completely with a treatment developed in Thailand to ease aches and pains of battle-weary warriors. Warm herbal pouches are firmly pressed into muscles to ease every inch of your body. Traditional Thai massage with lemongrass oil, combined with other massage techniques, releases any lingering tension, resulting in a calmed mind and a body that’s ready to go out and conquer the world. 50, 80 or 100 minutes.

SHIATSU $150/240/300
Relax, energize, awaken. Your therapist uses thumbs, fingers and palms to stimulate the body’s energy system, applying pressure to acupoints and along meridians to balance yin and yang. Shiatsu is a deeply pleasurable whole-body tune-up. Please wear loose, comfortable clothing. 50, 80 or 100 minutes.

In-room massage

Enjoy a variety of bodywork services from a same-gender therapist in the comfort of your room. Call your Program Advisor at Ext. 4338 for details. 90 minutes.
REFLEXOLOGY $150/240/300
A treat for your feet with whole-body benefits. A specially trained therapist works on reflex points in the feet using thumb pressure. These points correlate to the individual organs and parts of the body, and activating these reflexes helps improve circulation and promote relaxation. Please wear loose-fitting, comfortable clothing. 50, 80 or 100 minutes.

THAI MASSAGE $320
Thai massage, sometimes called “yoga massage,” originated in Buddhist monasteries as preventive health care for the monks. Using slow, gentle rocking movements, the therapist applies compression with thumbs, palms, elbows, knees and feet to stretch soft tissues and harmonize vital energies. This graceful therapy, which is given on a futon, leaves you relaxed, energized and more flexible. Please wear loose-fitting clothing. 100 minutes.

ADVANCED RESTORATIVE TOUCH THERAPIES
These modern therapies utilize knowledge and techniques that have been around for centuries. Consider these modalities if you experience chronic shoulder, neck or back pain, restricted range of motion or soreness in joints, carpal tunnel syndrome, TMJ dysfunction or other conditions resulting from repetitive stress.

CONNECTIVE TISSUE REBALANCING $280/330
Using a specially designed vibrational instrument, this treatment encourages the connective tissue that encloses and attaches muscles to relax and release harmful patterns, allowing the whole musculoskeletal system to return to a more comfortable, balanced state. As the body accumulates stress, sustains injury or suffers trauma from birth to the present moment, connective tissue adapts to compensate for often-dysfunctional movement and posture habits. This compensation pulls the body out of alignment and can lead to pain and restricted motion. Connective Tissue Rebalancing eases these problems without discomfort. Please wear loose, comfortable clothing. (For a specialized treatment for hips, legs and feet, see Spring in Your Step, page 41.) 80 or 100 minutes.

Get the most from your massage

- Give yourself plenty of time before your massage so you can enjoy the steam room, sauna or whirlpool. Warm muscles benefit most from bodywork.
- 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 in the locker room waiting area.
- Unless the service description specifies that your massage will be received clothed, undress completely and wear a robe to your massage. You will be able to take your robe off and cover yourself in privacy. You will be draped with a sheet throughout the service to preserve modesty. For services that are received clothed, light, loose-fitting clothes are ideal.
- We use fragrance-free massage oil; lotion is available on request.
- Communication is the key to getting the massage you want. During your massage, let your therapist know if you feel any discomfort.
- Because every body is different, our superb massage staff is eclectic, multi-talented and devoted to giving you a massage that satisfies your needs. Please communicate with your therapist and listen to your body.
- 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.
- Enjoy our music selection or bring in your own tunes. We have MP3 docking stations available in our massage rooms.
DEEP TISSUE MASSAGE $175/270/320
This treatment is recommended for those who regularly receive massage and who enjoy intense bodywork. Specialized, focused techniques reach deep muscle layers and address points of attachment as well as the belly of the muscles. These techniques tend to be slow and coordinated with deep breathing. 50 minutes for addressing two or three areas; 80 minutes for full-body massage. 100 minutes also available.

INSTANT RELIEF $175
You may choose this massage 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. 50 minutes.

NEUROMUSCULAR THERAPY $280
Neuromuscular Therapy (NMT) is excellent for the reduction of chronic complaints such as sciatica, headaches, shoulder pain and other painful conditions that aren’t responding to traditional therapy. NMT is precise soft-tissue therapy with the purpose of releasing hyper-contraction and spasms in the soft tissue, eliminating trigger points that cause pain and restoring postural alignment and flexibility. Each service includes a measurement of the skeletal frame and an assessment of postural patterns with specific manual therapy to the problem areas. You will be provided with information to help you continue the process of positive change at home. Please wear loose, comfortable clothing. 75 minutes.

REJUVENATING WATERS (TÓ BEE HÃÁJIDÁÁH) $360
In native traditions, the sweat lodge is a place of cleansing and healing for tribal members. When the effects of the sweat lodge are combined with bodywork, it produces a profound response. Your journey (pronounced twa-ba-ha-ji-dah) begins in our hydrotherapy tub as you are massaged in warm water from head to toe. Then, in a steam-filled room, your already-warm, relaxed body is massaged again. This 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. Swimsuit required. 100 minutes.

SPRING IN YOUR STEP $180
Restore the natural spring in the arches of your feet with a combination of hands-on techniques and percussion vibration. This session will focus on both legs from foot to hip and may be felt throughout your body. Please wear loose-fitting clothing. (For a full-body treatment, see Connective Tissue Rebalancing, page 40.) 50 minutes.

WAVEMOTION BODYWORK $175/320
Our signature treatment is delivered on the innovative WaveMotion™ table, which allows for three-dimensional movement and a feeling of weightlessness. The unique features of the table, combined with a variety of massage techniques tailored to your needs, can help improve muscle relaxation, flexibility and blood and lymph flow. Not recommended for anyone prone to motion sickness. Please wear comfortable yoga or workout-type clothing. 50 or 100 minutes.

WATSU – AQUATIC MASSAGE $175
Float comfortably in a pool of warm water while a therapist uses massage techniques to soften muscles, stretch tissues and open energy pathways. As your body dances and sways through the water, it reaches a state of relaxation so deep that the mind can follow. From this space, a freedom of awareness encourages and allows healing to occur. Watsu is exceptionally effective in addressing stress, chronic back pain, orthopedic limitations, arthritis, sleep disorders, fibromyalgia, range of motion issues and therapies involving emotional release. This is a profound, holistic body experience unlike any other. Swimwear required. 50 minutes.

Watsu Duet – Share the relaxing therapeutic benefits of Watsu with someone special. Two practitioners provide a customized treatment for both of you. 50 minutes. $350
AYURVEDIC TREATMENTS

Ayurveda is the traditional healing system of India – one of the world’s oldest. Like traditional Chinese practice, ayurveda is based on the idea of restoring balance to the whole person.

ABHYANGA $270
Abhyanga, loosely translated, means “attending to a part of the body in the present moment.” This full-body ayurvedic-style massage will be performed by two therapists in synchronistic rhythm using warm sesame oil. Marmas, or subtle points of energy, are addressed on the face and feet simultaneously to balance body, mind and spirit. This traditional therapy releases toxins, enhances immunity, nourishes the skin and creates deep relaxation. 50 minutes.

ABHYANGA-SHIRODHARA $445
A truly memorable experience, this treatment is a combination of the Abhyanga and the Shirodhara. 100 minutes.

BINDI-SHIRODHARA $320
Traditional ayurvedic oils, herbs, salt masque and massage are chosen according to your body type (dosha). The body’s energy systems are rebalanced by activating traditional marma points on the face and head. An Indian balancing bowl used on the soles of your feet brings your body into balance. The therapist then pours a gentle stream of warm oil over the third eye and forehead in a soothing pattern, and lightly massages the oil into hair and scalp. This powerful combination of herbal infusions, massage and energy work cleanses and detoxifies, enhancing immune function while rejuvenating the skin and spirit. 100 minutes.

5 POINT STAR $175
This traditional ayurvedic practice focuses on healing in a five-point treatment of the scalp, hands and feet. This treatment connects the body and mind, promoting harmony throughout the body using traditional herbal infusions and oils. A balancing bowl is used to realign the body’s natural elements and stimulate marma points. 50 minutes.

SHIRODHARA $175
This is a classic ayurvedic 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 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. 50 minutes.

RESTORATIVE TOUCH THERAPIES

Ahh, massage. When the body relaxes, it heals – so enjoy!

CANYON RANCH MASSAGE $150/240/300
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. 50, 80 or 100 minutes.

A SLICE OF HEAVEN … THE ULTIMATE MASSAGE! $270/460
Four hands work in opposing motions to double your relaxation and create a beautifully customized experience. As you experience the unique sensation, your mind has no choice but to surrender to this ultimate massage indulgence. 50 or 80 minutes.

AUTHENTIC AROMATHERAPY TREATMENT $175/270
Experience the subtle yet profound effects of this customized treatment through pure botanical essences. Combined with a choreographed massage designed to enhance the benefits, this unique service uses clinically proven oils to address your every need. Please do not wear makeup. 50 or 80 minutes.

BLISSFUL FLOATING MASSAGE $175
Feel stress and tension float away with a treatment to quiet the mind and soothe the body. This fully supported warm-water experience takes place in a Watsu pool. You’ll receive gentle massage, energy balancing and range-of-motion therapy for your joints. You may experience a deep, dreamlike meditative state that will leave you feeling rested, relaxed and renewed. Swimwear required. 50 minutes.
CANYON STONE MASSAGE $300
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. 100 minutes.

HANDS, FEET & SCALP $150
If a full-body massage is not for you, try this relaxing treatment. The hands, feet and scalp are rich in nerve endings and acupressure points, yet they are often neglected. Begin with a luscious aromatherapy scalp massage, followed by nurturing massage for your hardworking hands and feet. 50 minutes.

HEAD, NECK & SHOULDERS $150
Give your stiff neck and tight shoulders a break and you’ll feel better all over. This focused massage releases tension and restores comfort to this typically tense area. (Not a full-body massage.) 50 minutes.

HYDROMASSAGE $175
Experience a classic revitalizing therapy that stimulates the lymphatic and circulatory systems using the natural physical effects of water on the body. This treatment is performed in our highly specialized hydrotherapy tub using powerful water pressure and special massage techniques. Appropriate oils and sea products are dissolved in the water to stimulate and encourage muscle relaxation. Swimwear required. 45 minutes.

LYMPHATIC TREATMENT $150/240/300
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. 50, 80 or 100 minutes.

PRENATAL MASSAGE $150
Our classic Canyon Ranch Massage is adapted to provide complete comfort and safety for both of you. Your therapist will massage your muscles with a refreshing blend of oils formulated especially for pregnant women. 50 minutes.

TRANQUIL SLEEP TREATMENT $320
Quiet your mind, calm your nerves and soothe your senses in this relaxing experience designed to help prepare you for restful sleep. Serene sounds and sleep-inducing aromas are combined with breathing techniques and a variety of massage styles to transform tension into tranquility. Extra attention is given to your feet and head to create a state of ease, allowing body and mind to rest soundly. 100 minutes.

TAKE-HOME TECHNIQUES FOR TWO $300
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.

OPTIONAL ENHANCEMENTS
Make your Canyon Ranch Massage even more unforgettable.

AROMATHERAPY $20
Take your Canyon Ranch Massage up a notch and indulge in the therapeutic bliss of aromatherapy. Select your choice of these fragrant blends:
- Balancing – Lavender, ylang ylang, ginger, eucalyptus
- Relaxing – Roman chamomile, marjoram, lavender, tangerine, cedar wood, rose absolute, geranium
- Therapeutic – Rosemary, black pepper, eucalyptus, cajeput, birch

COCONUT MILK & HONEY LOTION $20
Enhance your Canyon Ranch Massage with this exotic blend of coconut milk, raw honey and exotic nut extracts rich in natural antioxidants, with a bounty of nutrients to revitalize, moisturize and balance the skin. This luxurious formula is enriched with Royal Jelly, known as one of nature’s prime nutrients, to enhance elasticity and tone skin.
Experience a multifaceted approach to well-being, blending therapeutic and healing properties that nourish the skin, soothe muscles and awaken the senses.

**DESERT RITUAL** $320
Treat yourself to this all-inclusive indulgence. Rejuvenate your skin and serenade your senses with these native resources from the Sonoran Desert. Cleanse, exfoliate and hydrate with white sage, prickly pear and honey. Soak in a bath infused with saguaro blossoms, aloe and jojoba. A perfect blend of indulgence and therapeutic benefit, this treatment concludes with a full-body massage to leave you refreshed and softened. 100 minutes.

**DETOXIFYING RITUAL** $320
Retreat into a ritual of heat and pure scent for an intense therapeutic transformation based on the skin care practices of the traditional hammam 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. 100 minutes.

**EUPHORIA RITUAL** $320
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. After your therapist applies a warm botanical body masque and then gently buffs it away, you’ll be immersed in a soaking tub with our specially designed aromatherapy blend. Concludes with a massage. 100 minutes.

**NATURE’S ANTI-AGING RITUAL** $320
In this powerful treatment based on Finnish traditions, your 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 phytonutrient wrap followed by an ionizing mist. Your treatment gets to the depth of the muscles using Arctic berry extracts and oils of cypress and birch to increase circulation and vitality. Concludes with a massage. 100 minutes.
EXFOLIATE & RENEW
Luxurious products and soothing techniques create the ultimate treatment for your skin.

ANTI-AGING BODY TREATMENT $190
This hydrating and exfoliating body treatment focuses on signs of aging and enhances the appearance of the skin. A gentle removal of dead cells using lactic acid is followed by an application of lotions containing vitamins A, C, E and beta-carotene. A seaweed masque helps remineralize, tone and smooth. Your skin will take on a more vibrant, youthful appearance. 50 minutes.

BODY CONTOURING TREATMENT $190
This powerful treatment smoothes the look of skin and helps reduce the appearance of cellulite. Infused with minerals and vitamins, botanical oils and clay will cleanse, exfoliate and soften your skin. Firm pressure and application of a body sculpting gel will promote a more youthful appearance. For best results, follow-up care at home is recommended. 50 minutes.

CONDITIONING BODY SCRUBS $175
These full-body exfoliating treatments leave your skin feeling soft and velvety smooth all over. Each scrub includes an exfoliation, a refreshing shower and an application of moisturizer. Choose the natural ingredients most beneficial to your skin – seasonal, sugar or salt. 50 minutes.

OMEGA BODY BUFF $175
Buff away your stress with this gentle yet effective scrub designed to promote circulation, exfoliate dry skin and moisturize with powerful omega-3 anti-inflammatory oils, keeping your skin nourished all day long. It’s the superfood your skin needs to keep it firm and elastic. 50 minutes.

REPLENISHING BODY TREATMENT $270
Especially for moms-to-be, this gentle yet effective treatment gives you all the benefits of our Omega Body Buff (above), with additional comfort measures. Your dry skin will be exfoliated, then soothed with a nutrient-rich formula for the ultimate pampering experience. 80 minutes.

BODY WRAPS
Experience the warm, muscle-melting embrace of a therapeutic body wrap.

DESERT DRENCH $90
Indulge in this hydrating body wrap to quench your skin’s deepest thirst. The desert’s natural moisturizers – soothing aloe and nourishing saguaro blossoms – blend with jojoba oil to drench your skin in comfort. Then, comfortably warm, you’ll relax into a blissful scalp and face massage. 25 minutes.

DETOXIFYING HERBAL WRAP $90/180
Herbal therapies help relieve muscle stiffness and joint soreness, promote relaxation and aid in detoxification. In this treatment, you’ll be wrapped in warm, steamy sheets soaked in herbs and receive a brief, calming massage of the face and scalp. For the ultimate experience, combine with a massage or schedule multiple treatments during your stay. 25 minutes for one, or allow 40-45 minutes for a two-person, side-by-side experience.
MOOR MUD WRAP  $175
Long recognized for its ability to calm, soothe and balance, this mineral and trace element-rich Austrian mud eases aching muscles and nurtures skin. Warm mud is applied and allowed to penetrate while the head, neck and feet are massaged and our scalp-conditioning treatment is applied. After a rinse, your replenishing session concludes with an application of a rich body lotion. 50 minutes.

ORGANIC SEAWEED LEAF COCOON  $340
This nutrient-rich seaweed wrap deeply detoxifies, increases circulation, moisturizes and supports skin regeneration and renewal. Your treatment begins with gentle compressions using an essential oil blend designed to calm the mind, followed by a refreshing foot-cleanse. After a kelp exfoliation, you are wrapped in seaweed leaves and enjoy a relaxing scalp massage while you float weightlessly in our blissful envelopment bed. Your treatment concludes with the application of a blend of wild seaweed extract and organic essentials to help improve skin tone and elasticity. 100 minutes.

ULTRA-MOISTURIZING COCOON  $180
Delight in the soothing, therapeutic effects of these memorable body treatments performed in our Spa Suite. Both treatments begin with light exfoliation followed by the application of a luxurious moisturizer. Finally, you float weightlessly in our blissful envelopment bed while your skin’s thirst is quenched by the pure, softening crème of your choice: Goat Butter Crème, our Seasonal Special or Warm Vanilla Float. 50 minutes.

ULTRA-MOISTURIZING COCOON FOR TWO  $660
Indulge in an unforgettable couples treatment with two therapists. While one of you receives a relaxing massage, the other is lavished with either Goat Butter Crème, our Seasonal Special or Warm Vanilla Float – whichever you prefer – and cradled in our amazing envelopment bed. Then you trade places. 100 minutes.

TANNING TREATMENTS
Get the glow of health without sun damage.

TANNING TREATMENT  $240/150
A full-body exfoliation is followed by a self-tanning cream that hydrates your skin while creating a deep bronze tan. You’ll emerge radiant! 80 minutes. Follow-up treatment 50 minutes.
Our caring Health & Wellness professionals – including physicians, nutritionists, exercise physiologists, licensed therapists and more – have a wealth of expertise about every aspect of pregnancy, new motherhood and raising healthy children. A Program Advisor can guide you to the services that would be the most valuable for you.

Mothers-to-be and new moms need special nurturing. Let us care for you with personalized guidance from our Program Advising staff on the many comforting services available to you. Make your selections from this Guide and we’ll be happy to answer any questions.

Some suggestions to consider include:
- Authentic Aromatherapy Treatment
- Comprehensive Exercise Assessment
- Craniosacral Therapy
- Deep Tissue Massage
- Head, Neck & Shoulders
- Healthy Eating
- Healthy Lifestyle
- Personal Training
- Prenatal Massage
- Reiki
- Replenishing Body Treatment
- Rite of Passage
- Sacred Body
- Sensitive Facial
- Sleep Medicine
- Spiritual Dialogue
- Treat Your Feet Pedicure
- You Glow Girl Facial

Please speak with a Program Advisor for a complete list of suggested services for mothers-to-be. You are welcome to call Program Advising before your stay at 800-729-8090, or any time while you are here at Ext. 4338.
Canyon Ranch Medicine is a new paradigm of health care, featuring personalized integrative medicine. Our board-certified doctors include experts in lifestyle and integrative medicine, including weight loss, nutrition, sleep medicine, cognitive wellness, gut health, fitness, optimal performance and healthy longevity. Bringing innovative approaches to a wide range of health conditions, our physicians address issues as challenging as sleep disorders, autoimmune diseases and cancer – employing proven alternative methods of pain management. Treatment programs are designed to fit you as an individual, complementing and enhancing any treatment you are currently receiving.

After your visit, our doctors will provide detailed recommendations and, upon your request, will communicate with your physician at home. Follow-up consultations are also available. Canyon Ranch is the perfect place for a truly comprehensive checkup under one roof. You’ll appreciate the expertise, thoughtful approach and attention to detail – not to mention the luxury of an unhurried medical consultation.

Note: We suggest you book medical services early in your stay, so you’ll have time for testing and follow-up care as necessary.

Diagnostic laboratory testing

At Canyon Ranch, our team of experts will provide access to many standard and less common lab offerings. You may choose to concentrate on one or more of the following:

- **Biomarker Health Status**: Identify your current state of wellness, or your risk for serious health conditions.
- **Gut Health/Digestive Wellness**: Tests will show how well you are digesting food and absorbing nutrients, and measure the presence of good and bad bacteria, yeast and parasites in your body.
- **Healthy Weight**: Many factors aside from diet and exercise – lack of rejuvenating sleep, stress, hormone imbalances and high cortisol levels, for example – can influence body weight. Our physicians will help you find any contributing factors in your case.
- **Heart Health**: Simple assessments can determine an optimal plan for prevention or treatment of heart disease. Select labs developed in concert with the Cleveland HeartLab® and Boston Heart Diagnostics® may include basic lipid panels, blood glucose levels, or advanced analysis to evaluate biomarkers and measures of inflammation.
- **Metabolic Syndrome**: You’ll be assessed on factors that influence your risk of heart disease, stroke or diabetes.
- **Nutritional Health**: This test will evaluate your nutritional status in five key areas: antioxidants, B vitamins, digestive support, essential fatty acids and minerals.
- **Thyroid Dysfunction**: Our diagnostic tests can detect if you have an undiagnosed thyroid problem that may be contributing to a range of symptoms and potential health risks.
- **Women’s or Men’s Health**: Explore laboratory options with one of our physicians to determine how your hormone levels may play a role in your ability to live a happier, healthier life.

An initial consultation with a Canyon Ranch physician is required to determine your clinical needs. Fees for lab tests and physician consultations are in addition to any other services you may choose during your stay.
PREVENTIVE & INTEGRATIVE PHYSICIAN CONSULTATIONS

Meet with a board-certified physician trained in integrative medicine for an unhurried, uninterrupted, personalized assessment – and find the health care you’ve been looking for.

OPTIMAL HEALTH CONSULTATION $255/480
Experience truly modern medicine. Integrating the best conventional and complementary approaches, a Canyon Ranch physician guides you toward optimal health using the insights of both Western and non-Western medicine. Address your overall health and specific concerns, such as cardiovascular risk factors, and get a plan to help you prevent heart disease and possibly reverse existing conditions. In addition, you may discuss other health issues and be provided with recommendations about laboratory tests that will provide a comprehensive view of your health. For an initial consultation, 50 minutes is recommended. A 25-minute consultation is available for limited, specific health issues.

WOMEN’S HEALTH CONSULTATION $480
A women’s health physician answers questions and addresses risks, preventive approaches and treatment options for heart disease, metabolic syndrome, breast wellness, osteoporosis, PMS, menopause, stress management, depression, cognitive health, sexuality, exercise and weight control. Includes recommendations about hormone evaluation and cancer screening. 50 minutes.

MEN’S HEALTH CONSULTATION $480
Concerned about health issues specific to men? One of our Canyon Ranch physicians answers your questions and addresses risks, preventive approaches and treatment for heart disease, osteoporosis, exercise and weight control, andropause, stress management, depression and anxiety, cognitive health, sexual health and erectile dysfunction, and prostate and testicular health. This service includes recommendations for hormone evaluation, cancer screening and a multitude of other laboratory tests based on your personal health status. 50 minutes.

INTEGRATIVE MEDICINE CONSULTATION $480/725
Integrative medicine is a comprehensive approach that addresses the underlying causes of conditions such as arthritis, digestive problems, autoimmune disorders, cancer, allergies, heart disease, chronic fatigue, fibromyalgia and chronic pain. Your physician advises you about how to manage these and other chronic conditions by addressing nutritional, metabolic and psychological factors through diet and lifestyle. 50 minutes. Expanded 75-minute physician consultation recommended for multiple or complex issues.

PERSONALIZED PHYSICAL $480/725
This evaluation emphasizes health maintenance and disease prevention. A physician will perform a physical exam and consult with you to review findings and provide recommendations for better health. 50 or 75 minutes.

Note: Optional lab tests and additional tests such as Pap Test, Cardiac Stress Test or Osteoporosis Prevention & Bone Density Evaluation may be added for an additional fee.

Personalized medicine

Personalized medicine is a customization of your health care. A thorough evaluation and diagnostic testing will help determine your medical needs and risks. Your physician will use biomarker evaluation plus genetic studies to help design a personalized lifestyle prescription and other recommendations.
PREVENTIVE CARDIOLOGY EVALUATION
The number one cause of death in men and women is heart disease. Your Canyon Ranch physician has a full spectrum of services available for your cardiac evaluation. He or she can determine your risk factors for developing heart disease, evaluating for blood lipid levels, biomarkers for diabetes and pre-diabetes, high blood pressure, elevated inflammatory markers and lifestyle choices. With additional advanced blood testing, your Canyon Ranch physician can determine if active plaque formation is taking place or, with leading-edge diagnostic testing including CVProfilor®, cardiac stress testing and CT heart scan, the extent of any existing plaque formation. With this information, your physician will design and prescribe a personalized approach to your health care. Times vary.

NATUROPATHIC MEDICINE CONSULTATION $160/310
Focus on natural ways of preventing illness and addressing chronic health conditions. A comprehensive discussion of your health history, a review of your body’s systems and nontraditional laboratory testing help the naturopathic physician to evaluate you from a natural perspective. Food allergies or intolerances, impaired detoxification, nutritional deficiencies and hormonal imbalances are just a few of the problems that may contribute to chronic conditions such as arthritis, asthma, eczema, allergies, fatigue and lingering infections. Your naturopathic physician can prescribe a treatment plan that may include diet and lifestyle changes, nutritional supplements, herbs, homeopathy and acupuncture. This approach is complementary to traditional treatments. 25 or 50 minutes.

SLEEP MEDICINE
Adequate, restful sleep is one of the foundations of health. Sleep better with the help of an expert.

ALL-NIGHT SLEEP STUDY (POLYSOMNOGRAPHY) $2,900
An overnight sleep study is helpful for assessing multiple awakenings, snoring, possible sleep apnea and unexplained daytime sleepiness. This formal overnight study is performed by a certified technician in the on-site Canyon Ranch sleep lab, which has all the comforts of our resort rooms. A physician board-certified as a sleep specialist reviews the results with you and makes recommendations for treatment. 50 minutes.
Note: Polysomnography may be covered by your medical insurance plan.

MEDICAL SLEEP DISORDERS $255/480
Our physicians will assess the nature of your sleep problems and recommend diagnostic and treatment options. If you have daytime sleepiness, wake up often during the night, wake up tired, or if you snore, schedule this consultation early in your stay to allow time for additional testing. If appropriate, an unmonitored, instrumented, in-your-room sleep screening to check for common sleep disorders – including apnea, hypopnea and respiratory-related arousals – is available overnight. 25 or 50 minutes.
Note: If you are unable to fall asleep or wake up too early, we recommend a Sleep Enhancement/Insomnia consultation.
The best-kept secret about Canyon Ranch is the quality of the health care – even that there IS health care here – and a range of physicians and practitioners. The quality of care is unparalleled, as far as I’m concerned. I’ve lived in Boston, San Francisco – cities where there’s the best health care available. And I choose to come here for my health care.”

– Jeanne, San Francisco, California

**SLEEP ENHANCEMENT/INSOMNIA**

If you suffer from insomnia or regularly need pills to sleep, this consultation can help. Chronic lack of sleep is an extremely widespread problem that slowly erodes mental and physical well-being, often leading to serious consequences. A licensed therapist assesses the nature and degree of your problem and offers suggestions to overcome it. **50 minutes.**

You also may wish to consider these services, which can help improve sleep:

- Acupuncture
- Blissful Floating Massage
- Cognitive Assessment
- Hypnotherapy
- Meditation, Visualization & Relaxation
- Soul Journey
- Spiritual Dialogue
- Stress Management
- Tranquil Sleep Treatment

**SEXUALITY & INTIMACY**

Sometimes it’s difficult to talk about this vital part of life – a caring Canyon Ranch expert can help.

**SEXUAL HEALTH CONSULTATION**

Enhance your sexual function and your enjoyment of this important part of life. Choose a private consultation in one of the following areas:

- **Sexual Health for Men & Women** – A physician can answer personal questions and may suggest approaches to help improve your sexual functioning and enjoyment. **50 minutes.**
- **Physical Factors** – Areas of focus may include postoperative concerns, coping with disabilities, effects of medication and menopause. **50 minutes.**

**SPECIALTY SERVICES**

Our superb staff is here to help you feel better and move more freely.

<table>
<thead>
<tr>
<th>CHIROPRACTIC SERVICES</th>
<th>TIMES &amp; FEES VARY</th>
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<tr>
<td>Our doctors of chiropractic medicine can help with neck and back pain, extremity and joint disorders, and sports-related injuries. Initial visit includes a history and brief examination before treatment. <strong>Times and fees vary.</strong></td>
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**MEDICAL GAIT & ORTHOTIC ANALYSIS**

If you experience discomfort when you walk, visit a Canyon Ranch certified athletic trainer for a complete biomechanical assessment of your feet and legs, including a gait analysis and foot scan. Foot Doctor custom orthotics may be recommended as a noninvasive treatment of foot-related problems such as knee, hip and back pain. They also may be helpful in treating conditions such as bunions, corns, hammertoes, sore arches, planter fasciitis, sore ankles, shin splints and more. **25 minutes.**

**MUSCULOSKELETAL CONSULTATION**

Do you have pain or a problem with the function and range of motion in a joint or muscle? Have you been injured? Do you have a question about how exercise or sports may affect a pre-existing medical condition? A physician evaluates your condition using a history and targeted physical examination, and directs you to the activities and services that best restore your body to normal mechanics. A 25-minute session is recommended for single-joint problems, **50 minutes for more complex issues. The physician will advise you about any diagnostic tests that may be necessary.**

**MUSCULOSKELETAL & JOINT ASSESSMENT**

Exercise and movement have been shown to prevent injury and disease. If you’re experiencing limitations or musculoskeletal pain that disrupt daily living, or you’d like to become more active, this service may be for you. A certified athletic trainer will complete a full musculoskeletal evaluation identifying areas of impaired movement, function, mobility or pain, create a treatment plan and deliver therapy. You’ll receive a therapeutic exercise plan, including home care and a follow-up plan for a return to optimal comfort and range of activity. **50 minutes.**
PHYSICAL THERAPY
Learn to use the body you were born with more efficiently and comfortably. A physical therapist evaluates your muscle length, strength, posture and alignment. Learn therapeutic exercises that help you improve functional strength and posture, recover from injury or surgery, reduce chronic pain, or rehabilitate chronic neurological or orthopedic conditions. If you’ve been told to just live with it, or you think you should be better by now, try this. A home exercise program and self-correcting techniques will be provided if appropriate. More than one session may be helpful. 50 minutes.

PODIATRY
Address concerns about your feet. Have an evaluation and treatment and get a take-home plan for foot problems related to bones, joints, ligaments, tendons, muscles, circulation, nerves and skin (including corns, calluses, warts and blisters). 25 or 50 minutes.

SHOCKWAVE & LASER THERAPY
Shockwave therapy is a series of sound waves applied to an injured site on the body – a nonsurgical treatment that can help relieve musculoskeletal pain or injury. The sound therapy breaks up any scarring that has penetrated tendons, ligaments and other soft tissues in the body, and reactivates the body’s natural healing process. Laser may be combined with shockwave to enhance the healing effect – it is noninvasive and nonsurgical, with virtually no side effects.

Part I – Meet with a certified athletic trainer who will conduct a clinical evaluation and develop a treatment plan for therapy sessions and follow-up home care. The goals are to help you manage discomfort and promote long-term healing. 50 minutes. $195

Part II – Shockwave and/or Laser Therapy. Number of sessions varies according to need. 25 minutes. FEES VARY

DIAGNOSTIC SERVICES
Nowhere else will you find as integrated an approach to complete diagnostic testing.

CARDIAC STRESS TEST
This test detects heart and blood pressure problems and helps the physician evaluate the safety and efficiency of your exercise program. Consider taking it if you are starting an exercise program, need to find a personal target heart rate, have a family history of heart disease or are over 50. Performed by a physician and includes a cardiac-risk history, a heart exam and physician’s recommendations. 50 minutes.

CARDIOMETABOLIC STRESS TEST WITH PULMONARY FUNCTION TESTING
This service will give you a complete picture of your current cardiac and lung function, exercise efficiency and performance. While you walk or run on a treadmill or ride a stationary bike, a physician uses advanced testing equipment to determine your aerobic fitness level (VO₂ maximum), optimal exercise heart rates, anaerobic threshold and accurate calories burned at any given heart rate. This test is also the state of the art for determining the safety of your participation in an exercise program: You will be screened for arrhythmias, EKG changes, exercise-induced asthma, obstructive lung disorders and blood pressure tolerance of exercise. Whether you’re training for a triathlon or just getting started exercising, this service will help you work out with maximum safety and efficiency – and get maximum results.

Part I – A physician uses an EKG and metabolic test equipment to measure your oxygen consumption, carbon dioxide production, and cardiac and lung function during exercise. This test can be performed on a treadmill or bicycle. 80 minutes.

Part II – In a follow-up session, an exercise physiologist will interpret your test and create an exercise prescription to meet your health and fitness goals. 50 minutes.
CARDIOVASCULAR PROFILE ASSESSMENT $490
Determine your cardiovascular disease risk with this one-of-a-kind, noninvasive diagnostic test, which assesses the elasticity or flexibility of your small and large arteries by collecting blood pressure waveform data produced with each heartbeat. Men and women with diabetes, hypertension or a family history of these diseases may benefit from this test. Our physicians will assess the cardiovascular risk you may have, develop treatment strategies, and determine whether you are in need of more in-depth testing and follow-up. You will be provided with a printout of the results. You may add this test to your routine or comprehensive physical or schedule it after a discussion with your Canyon Ranch physician during an Optimal Health Consultation.

Part I – Testing. 25 minutes.
Part II – Review of results and treatment options with your Canyon Ranch physician. 25 minutes.

CT HEART SCAN FOR CORONARY CALCIFICATIONS $255
Identify early heart disease long before it shows up on a stress test, and create a plan to optimize your heart health.

Part I – Your noninvasive diagnostic scan is performed at a local testing facility. (Payment or insurance information should be provided directly to the testing facility.) 50 minutes.

Part II – A Canyon Ranch physician interprets your CT scan, assesses your cardiovascular risk status, and, in partnership with you, establishes any required treatment plan. 25 minutes.

Note: Initial physician appointment is required to establish need and orders for testing. Additional fees apply.

HEART RATE VARIABILITY TESTING $390
This sophisticated test is helpful for anyone concerned about stress, depression or anxiety, and for people living with diabetes. Using a computerized recording of your heart rhythm, your heart rate variability – an indicator of stress and heart attack risk – is assessed.

Part I – Testing. 25 minutes.

Part II – Your Canyon Ranch physician reviews the results with you and recommends techniques to improve your heart rate variability. 25 minutes.

Note: Recommended as a standard annual test for people with diabetes.

BIOMARKER HEALTH STATUS $3,820
The Biophysical® Biomarker assessment can identify your risk for serious conditions and disease at their earliest, most treatable stage – or let you know about your current state of wellness and what you can do to prevent disease. Biomarkers are “stackable,” allowing physicians to see multiple risk factors for a single disease at a glance. Times vary.

Optional blood profiles include: $300 – 1,585

- **Biophysical250®** – a blood assessment that provides a comprehensive health evaluation.
- **BiophysicalCV™** – assesses cardiovascular disease including risk for heart attack and stroke.
- **BiophysicalCA™** – assesses cancer risks including breast, colon, liver, ovarian, prostate and pancreatic.
- **BiophysicalSex&Energy™** – assesses hormonal imbalances including menopause, testosterone deficiency and thyroid deficiency.
- **BiophysicalPreD™** – identifies biomarkers associated with Type 2 diabetes and insulin resistance.

This service includes:

- Initial assessment with a Canyon Ranch physician.
- Nursing assessment and questionnaire completion, with standard blood-test draw.
- Comprehensive report and interpretive finding of your biomarker results.
- Follow-up phone consultation with your Canyon Ranch physician to discuss results and develop treatment plans as necessary. Times vary.
DEXA BODY COMPOSITION

This accurate assessment of body composition will help your physician, nutritionist and exercise physiologist to work with you in developing a plan to reach and maintain a healthy body weight. It measures not only total body fat but also lean tissue. DEXA (Dual Energy X-Ray Absorptiometry) is the same technology used for bone density measurement (may be arranged as a separate test for those interested). Although this test uses radiation, the amount is minimal. The radiation from 135 DEXA body composition measurements are equivalent to that from one chest X-ray.

**Part I** – A physician administers the test, interprets your results and advises you about reducing your risk for disease. Note: This test requires removal of metal objects from your person. **25 minutes.**

**Part II** – In a follow-up session, meet with an exercise physiologist who will interpret the test data and help you plan an exercise program for changing body composition. **25 minutes.**

OSTEOPOROSIS PREVENTION & BONE DENSITY EVALUATION

Bone loss (osteopenia or osteoporosis) puts both men and women at risk for spine and hip fractures, a common cause of late-life pain and immobility. Your physician evaluates your bone mineral density using DEXA technology, then explains your results and offers recommendations. For women, this can help in making decisions about hormone replacement therapy, other medications and exercise programs. Younger women at risk for osteoporosis because of chronic dieting, compulsive over-exercising, family history or low dietary calcium can use these test results as a baseline in overall health planning. Men at risk, smokers and people over 60 should also consider this service – at-risk individuals receive valuable advice about exercise and calcium replacement. **50 minutes.**

*Note: Can be combined with DEXA Body Composition.*

HEARING

Audiogram screening can measure hearing across the frequency spectrum and detect hearing loss. Our Canyon Ranch physician will talk with you about the results and ways to improve hearing. **Please allow 25 minutes for the test and 15 minutes for follow-up with a Canyon Ranch physician.**

PULMONARY FUNCTION

The pulmonary function or spirometry test measures lung capacity and flow rate, and can be helpful in diagnosing asthma, smoking-related lung disease and other breathing problems. **Please allow 25 minutes for the test and 15 minutes for follow-up with a Canyon Ranch physician.**
Inner wisdom is available to each of us; learning how to find it is part of the journey. Metaphysical consultations provide insight and offer intriguing alternate pathways to self-awareness. You’ll receive a recording of your session. Connect with our caring providers via telephone in between Canyon Ranch visits. Please contact your Program Advisor for more information.

**ASTROLOGY** $230
A reading of your birth chart offers practical insight about you and your path, while considering changes for the upcoming year. Your natal chart – based on date, time and place of birth – contains information about your personality and issues such as love, career, health, wealth, travel and spirituality. Each reading includes a 12-month forecast. **50 minutes.**

**ASTROCARTOGRAPHY** $230
Astrocartography is a locational astrology system that focuses on elements of your natal chart – the date, time and place of your birth – and how these factors correlate on a world astrocartography map. Find the best places for relocation, travel, love, career or financial success by revealing your “power spots.” **50 minutes.**

**CHINESE ASTROLOGY** $230
Discover new insights that will guide you on your path, based on information from your day, month and year of birth that reveal details about your personal characteristics, traits and development. Chinese astrology is based on the five elements (earth, fire, water, metal, wood), yin and yang, chi and the cycles of time. **50 minutes.**

**CLAIRVOYANT READING** $230
A safe, secure way to gain more insight into decisions and changes. Reading the energies of your aura can illuminate life experiences and provide clarity and understanding. Clairvoyants have been sharing their intuitive gifts since ancient times. A reading may reveal future events and past lives. **50 minutes.**

**CRYSTAL ENERGY** $230
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** $230
Each space you occupy – your home, office, yard – has a flow of energy (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 affect significant changes in your life. **50 minutes.**

**HANDWRITING ANALYSIS** $230
Handwriting analysis allows you to look deeper into your conscious and unconscious beliefs and understand what makes you think and behave the way you do. Through an in-depth analysis of your personality and mental, emotional and physical states, you can make changes to alter your life. Conducted by a certified handwriting analyst and based upon a rich scientific history. **50 minutes.**

**NUMEROLOGY** $230
Numerology is founded on the belief that all things can be viewed as vibrating energy formed into organized patterns. These patterns have a harmonic resonance with numbers that reveal qualities about any living thing. Numbers corresponding to your full birth name and birth date can give insight into your soul’s mission and your life path, as well as current and future trends. Lucky numbers and compatible numbers can also be determined. **50 minutes.**

**TAROT CARD READING** $230
The archetypal images of the tarot cards reflect our collective unconscious. A tarot reading can offer practical guidance by opening up deeper, nonverbal levels of self-awareness. Insights gained can offer possible alternatives to your present questions. During the session, you will be guided through several interactions with the cards and given an interpretation of their meaning. **50 minutes.**
Food is one of life’s greatest pleasures. Have all your questions about eating well and current nutritional trends answered in an individualized consultation with a Canyon Ranch nutritionist.

HEALTHY WEIGHT
Get personalized insight and advice about successful weight management from a nutritionist.

MAXIMIZE YOUR METABOLISM $535
Weight loss is a difficult issue. Could it be your metabolism? Now you can find out. Your resting metabolic rate (RMR) calculates the energy needed to fuel your body while you are at rest. In this three-part service, a noninvasive RMR assessment determines the number of calories you require for daily living – information that will be used to create a customized nutrition plan. We also recommend a strength and conditioning program so you’ll be able to maximize your efforts to reduce body fat or gain lean muscle.

Part I – Resting metabolic rate (RMR) testing. 25 minutes.
Part II – Meet with a nutritionist to review your RMR results, diet history and weight loss goals and assess your calorie needs and calorie output based on activity level. 50 minutes.
Part III – You and your nutritionist will work together to develop your personalized eating plan. You’ll receive recommendations, menu suggestions, and tips for hunger management and portion control. 50 minutes.

NUTRITION FOR WEIGHT LOSS $310
This consultation gives you nutrition strategies for achieving and sustaining a healthy weight. Your weight may also influence risk factors for certain diseases. Even a small reduction in weight can improve many of the health concerns associated with being overweight.

Part I – A nutritionist assesses your weight history, current diet, eating patterns, lifestyle factors and health issues that influence your weight. 50 minutes.
Part II – You receive individualized recommendations, menu suggestions, and tips for hunger management and portion control. Includes an estimate of your calorie needs. 50 minutes.

If healthy weight is an important goal for you ...
Consider the New Approaches to Weight Management health package – see the enclosed Health Packages brochure – or the Canyon Ranch Weight Loss Program at the Life Enhancement Center, page 13.
TARGETING BODY FAT $310
Weight gain and increased body fat often occur with age in both men and women, and may require an integrative approach to weight management. In this combination service, you’ll receive state-of-the-science exercise and eating recommendations designed to achieve a healthy weight and decrease overall body fat.

Part I – Meet with an exercise physiologist to determine your target heart rate for maximum calorie burn during exercise. This consultation also includes a skinfold body composition analysis, measurement of waist circumference and exercise program design. 50 minutes.

Part II – A nutritionist will use your body composition and waist circumference data to determine your ideal calorie level for weight loss, and recommend strategies to help you achieve and maintain a healthy weight. 50 minutes.

Note: If you would like a calorie-controlled personal eating plan, a second nutrition consultation will be needed.

PREVENTION & HEALING

Food is more than fuel; it’s also a way of communicating with your body. Learn to improve your health through the foods you choose.

COMPREHENSIVE NUTRITION EVALUATION $330
Get a complete picture of your nutritional status and a customized plan for optimal nutrition.

Part I – Complete assessment questionnaire prior to Part II. 25 minutes.

Part II – Your nutritional status is assessed using a variety of tools, including biometric measurements; a nutrition-focused examination for signs and symptoms of nutrient deficiencies; complete nutritional and family history and questionnaire; and measurement of body composition, hydration and cellular health status. 25 minutes.

Part III – You’ll receive a personal report from your nutritionist, based upon your collated data, recommending specific foods, patterns of eating and supplements. You’ll have a chance to discuss the findings and develop a plan for the future. 50 minutes.

Note: Please do not eat, consume caffeine or exercise within two hours of service; however, be sure to hydrate.

DIGESTIVE WELLNESS $165
Your gut health — how well you digest, absorb and metabolize nutrients, and eliminate waste products — is essential to your overall health and vitality. Conditions often significantly improved by optimal eating patterns include:

- Colitis
- Constipation
- Crohn’s disease
- Diverticulosis
- Food allergies
- GERD/heartburn
- Gluten intolerance/ceeliac disease
- Irritable bowel syndrome (two sessions required)

A Canyon Ranch nutritionist will assess your diet and other factors that may be contributing to your digestive problems, and will advise you about guidelines for improving digestive function, including customized recommendations about healing foods, supplements and laboratory testing. Your nutritionist may recommend lab evaluations at an additional fee. 50 minutes.

Note: A second session may be recommended depending on your individual needs.

HEALING FOODS $165
Good nutrition is vital to overall health, and the food you eat sends powerful messages to your body. Your eating patterns, vitamins, minerals and other nutrients can positively affect prevention and management of chronic and other conditions. Areas of focus may include:

- Arthritis
- Cancer prevention
- Chronic fatigue & fibromyalgia
- High blood pressure
- High cholesterol & heart disease
- Inflammation
- Managing menopause
- Osteoporosis
- Polycystic ovarian syndrome
- Pregnancy & breastfeeding
- Premenstrual syndrome
- Type 1 & Type 2 diabetes
  (2 sessions required for Type 2 diabetes)
- Thyroid health

Meet with a nutritionist who will assess your needs and preferences, and provide therapeutic recommendations for your health concerns. 50 minutes.

Note: A second session may be recommended depending on your individual needs.
INSULIN RESISTANCE MANAGEMENT
Insulin resistance, which may be a precursor to Type 2 diabetes, can be controlled with healthy lifestyle changes including good nutrition. A nutritionist will provide education about insulin resistance syndrome and diabetes and assesses your current dietary patterns. You’ll receive personalized nutritional recommendations to help you manage your blood sugar and reduce your health risks. **50 minutes.**

NEURONUTRITION: FEEDING THE BRAIN
It’s no surprise that the mind-body connection exists. Feeding the body includes nourishing the brain. This session will teach you what you need to eat to keep your intellectual acuity at its sharpest and promote long-term cognitive health. **50 minutes.**

VITAMIN & MINERAL EVALUATION
Finally – objective, expert advice about supplements based on your age, health risks, history and dietary patterns. A nutritionist will answer your questions about using vitamins and minerals, including optimal dosages and the best forms of supplements, and provides customized recommendations. If you are currently taking supplements, please bring the original containers. Your nutritionist may recommend lab evaluations of your nutritional status at an additional fee. **50 minutes.**

Note: For herbal recommendations, schedule a consultation with our Traditional Chinese Medicine or Naturopathic practitioners.
LIFETIME NUTRITION

It’s easy to eat right at the Ranch, but what happens after you leave? Our nutritionists can show you how to make great food choices every day.

EATING FOR ENERGY

Your energy level is directly linked to your eating patterns and food choices. If you don’t have the energy you need, your diet may be one reason. Learn strategies to boost your energy level and vitality. 50 minutes.

Note: If you have health issues, please schedule a Healing Foods consultation.

FASTEST MEALS IMAGINABLE

Do you want to feed yourself or your family well, but have little time to cook? This idea-packed session will help you create a repertoire of fast, easy, delicious and well-balanced meals. You’ll take home a workbook filled with quick meal and snack ideas, shopping lists and recipes created with convenience, flavor and nutrition in mind. (This is not a cooking class.) 50 minutes.

HEALTHY EATING CONSULTATION

Get expert advice on the basics and foundational aspects of everyday nutrition, and how best to feed yourself and your family for optimal health and well-being. This entry-level consultation may be customized to suit your needs and interests:

Clean eating, Feeding healthy kids, Sleep
Dining on the go, Plant-based eating, Stress
Eating well at college, Practical portions, Underweight

50 minutes.

Note: This service is not intended to address health issues or weight management. If you have health issues, please schedule a Healing Foods consultation.

NUTRITION FOR INNER BEAUTY

Your skin is a true reflection of the adage “You are what you eat.” Antioxidants and other healing components in foods provide key nutrients to keep your skin vibrant. In this session, a nutritionist will assess your skin, hair and nails to determine any nutrients you may be missing. 50 minutes.

NOURISH YOUR STRENGTH

Optimizing your protein intake to support metabolism is critical to performance and muscle growth. Meet with a nutritionist to develop a dietary plan focused on eating before, during and after exercise. Learn about the dynamics of hydration, food combinations, blood sugar and energy support. 50 minutes.

Note: this session may be taken alone, or as a follow-up to the Exercise Physiology Metabolic Assessment.

MENUS BY DESIGN

A Canyon Ranch nutritionist assesses your needs, lifestyle and goals, then creates personalized menu suggestions to meet your individual requirements and preferences. Your personalized menus may address health issues, food allergies, healthy weight management, eating for optimal health and well-being, or any other concern you may have. 50 minutes.

Note: Includes only initial consultation with a nutritionist. Final cost varies depending on the length and complexity of menus. Suggested menus will be delivered to you.
NUTRITIONAL LAB EVALUATIONS
Note: An initial consultation with a physician is required to best determine your clinical needs and health outcomes. Laboratory fees and physician consultations are priced separately and are in addition to the services with our nutritionists. Your Canyon Ranch physician and nutritionist will collaborate to create personal recommendations regarding preventive medicine, optimal foods and nutritional supplements for you. These services encompass:

- Physician assessment and follow-up (fees vary).
- Laboratory testing (additional cost).
- Nutrition assessment and follow-up (fees vary).

DIGESTIVE ANALYSIS  FEES VARY
This test evaluates several components of bowel function, including digestion, nutrient absorption and bowel ecology. It can be useful for people with irritable-bowel symptoms, and for those with autoimmune disorders, inflammatory diseases or energy-deficit conditions such as chronic fatigue syndrome or fibromyalgia. A Canyon Ranch physician and nutritionist follow-up by phone to assess your symptoms, evaluate your lab results and make food and supplement recommendations to rebalance and restore healthy function. 50 minutes.

FOOD ALLERGY TESTING  FEES VARY
Food allergies can cause problems ranging from poor digestion, gas and bloating to headaches, joint pain and lack of energy. This lab evaluation assesses your response to many common foods. After you have met with a Canyon Ranch physician, a nutritionist evaluates your lab results and creates an effective eating plan to manage your food sensitivities. 50 minutes.

INDIVIDUAL NUTRITION LAB ANALYSIS  FEES VARY
This comprehensive blood analysis evaluates indicators of nutritional status and function, including amino acids, fatty acids, vitamins, minerals, toxic metals, oxidative stress, energy-cycle metabolites and bowel-ecology markers, and assesses intake, absorption, metabolism and elimination of nutrients. You’ll receive food and supplement recommendations based on your lab results. 50 minutes.

COOKING FOR FUN, PLEASURE & HEALTH
Learn from Canyon Ranch chefs. Check This Week at Canyon Ranch for details.

HANDS-ON COOKING  $155
Learn and grow as a cook! No matter what your skill level, you’ll have fun and take home the whole concept of healthy cooking – plus practical skills and techniques you can use every day to make simple, healthy, great-tasting dishes. With a different class every day, there’s something for everyone. 120 minutes.

LUNCH & LEARN  COMPLIMENTARY
Learn easy, time-saving techniques for creating tasty, healthy meals. Watch a Canyon Ranch chef prepare guest favorites any day at noon in our Demonstration Kitchen near the Double U Café, then enjoy the results. Take-home recipes are available. No sign-up is necessary, but space is limited. 50 minutes.

PERSONAL DIETARY NEEDS DURING YOUR STAY
Consider these services when you first arrive or as a phone consultation before your stay. Contact us at 888-708-0769 or email PDN@canyonranch.com.

MENU PLANNING FOR YOUR STAY  $155
Do you have very specific dietary needs or goals? Would you like to know exactly what to order at each meal without having to think about it? This consultation with a nutritionist will provide you with a meal-by-meal, day-by-day plan for eating while you’re at the Ranch, and may include special preparation of some menu items by the kitchen. To get the most out of your stay, consider doing this in person when you first arrive, or as a phone consultation before your stay. 50 minutes.

5-MEAL-A-DAY MENU PLAN  $155
If you’ve discovered that eating more often works better for you, a nutritionist will create a five-meal-a-day menu for your Canyon Ranch stay, tailoring it to your activity level with the goal of maintaining balanced blood glucose levels. You’ll select menu choices from the Dining Room and a variety of small meals at the Double U Café, with plenty of options available. 50 minutes.
Hiking, biking and just being out in the gorgeous Sonoran Desert are among our guests’ most treasured experiences at Canyon Ranch. Reap the rewards of health and fitness by letting the sights and sounds of nature renew your spirit while you get a great workout in the company of our knowledgeable guides. Many of our outdoor activities are complimentary; please check to see whether fees apply.

BIKING

A variety of bikes – comfort, hybrid, road and mountain – are available for complimentary use. (Availability varies subject to the needs of scheduled rides). Inquire at the Hiking/Biking office in the Spa between 8 am and 4 pm. Biking staff can provide maps and suggested routes. Rides are conducted on quiet local roads or on unpaved backcountry trails. Helmets are provided, and required, and various pedals are available to clip in. Biking levels are based on mileage, elevation and pace. Please contact Outdoor Sports at Ext. 4355 for more information.

GROUP BIKE RIDES

Ride through the dramatic desert terrain of the nearby Santa Catalina foothills or Saguaro National Park on a 24-speed bike. Complimentary guided tours are offered daily for beginning to advanced riders. Distances range from four to 33 miles. Bring warm gloves, a hat and a windbreaker in fall and winter. (An additional fee applies for some group rides.) Sign up: Outdoor Sports Activity Board or Program Advising.

PRIVATE BIKE TOURS

If you’re looking for new adventures, greater challenges, or in-depth instruction, a private, guided bike tour may be just the ticket. Tours can be of any length, and suited to any skill or fitness level. Options include half-century rides on the rural outskirts of Tucson, ascending the nearby Santa Catalina mountains and more. Shorter private tours, lessons and private group rides are also available.
**Hiking**

Hiking is an ideal way to pursue fitness while enjoying the strikingly diverse natural beauty that surrounds Canyon Ranch. Please, no cellphones. Hiking levels are based on mileage, elevation gain and pace. Please contact Outdoor Sports at Ext. 4355 for more information. Fees may apply.

**Group Hikes**

Complimentary hikes vary in length and terrain to accommodate all levels of fitness and experience. Guide service, packs, water, a meal or snack and transportation to trailheads are provided. Bring your hiking boots (preferably broken-in), a hat, sunblock and extra layers of clothing in the fall and winter. Don’t forget your appetite for adventure – even if you have never hiked before, you’re in for a great experience. Sign up: Outdoor Sports Activity Board or Program Advising.

**Bird Walks**

Complimentary on-property bird walks are available each week, and cover approximately 2 miles around the Ranch and Sabino Creek area. Binoculars and breakfast snacks are provided. Sign up at the Spa Activity Board or Program Advising. Bird walks meet in the Spa lobby and are led by a staff naturalist. See This Week at Canyon Ranch for days and times.

**Private Hikes: Craft Your Own Journey**

What’s your ideal hike? Private hikes tailored to your own interests may be scheduled through the Hiking department. Enjoy the desert by night, or take a mindful walk along a scenic trail. Hikes can be customized for any focus, length, level or intensity, terrain and duration you choose. 24 hours advance notice required.

**Digital Photo Editing**

Join an Outdoor Sports photographer to learn the fundamentals of photo manipulation through a digital editing program. You’ll learn the basic techniques for enhancing the artistry of your photos. You may bring your own electronic photos, or use one of ours. 50 minutes.

**Specialty Hikes**

Interested in outdoor activities with a special focus? Look for specialty programs listed on the Outdoor Activity Board in the Outdoor Sports sign-up area.

- **Nature Discovery Hike** – The Sonoran Desert is an environment like no other. Join a Canyon Ranch naturalist to learn all about this unique landscape on an interpretive hike into the world of towering saguaro cacti, gregarious cactus wrens and countless desert discoveries. $105

- **Night Vision Goggle Experience** – Join us on a night walk in nearby Sabino Canyon and learn how to use night vision technology to explore the desert and the night sky. $135

- **Photography Hike** – Celebrate the beauty of the desert and learn techniques for taking memorable nature photos on this easy, inspiring hike. You’ll have a high-quality digital camera to use and will receive a CD of your images to take home. $105

- **Sketch & Paint the Sonoran Desert** – Take a short walk at daybreak in a beautiful desert setting. Learn new techniques as you sketch and paint at the nearby DeGrazia® Gallery. Instructions and supplies are provided; no art experience is necessary. While you’re there, view the iconic artwork of the legendary Ted DeGrazia. $105

**Please join us for a unique experience**

If you plan to hike, and we hope you do, please bring boots. Most trails require them; athletic shoes with a good tread are acceptable on some trails.

- The daily hiking and biking schedule and sign-up are outside the Outdoor Sports area in the Spa. The sign-up board lists length, terrain, elevation gain and altitude of all activities offered. Our staff will be happy to make recommendations to suit your interests, acclimation and level of experience.
- Necessary equipment is provided (except for footwear and clothing).
- Look for new programs on the Outdoor Activity Board, located in the Outdoor Sports area, or sign up through Program Advising.
HIGH ROPE ADVENTURES
Discover new things about yourself and how you perceive risk. Three separate activities are offered, and the challenges you face on the course will connect to daily life: You’ll learn about your performance under pressure, communication skills, and your ability to give and receive support. And you’ll have a blast! Fees apply.

HIGH ROPE CHALLENGE COURSE
Tackle our High Ropes Challenge Course – with the guidance of our knowledgeable staff. The course, which includes a giant swing, offers many routes and is highly interactive. You make all the decisions about starting, engaging and ending your adventure. Minimum two, maximum eight people. 2 to 4 hours.

AERIAL ADVENTURE/ziPLINE
Try something new, push your boundaries, improve your self-confidence and just plain have fun as our staff guides you safely through a high-flying adventure on our zipline. 80 minutes.

CLIMBING FOR FITNESS
Climb our rock wall for a great workout! It’s fun, burns mega-calories and builds functional strength as you work every major muscle group. And it’s great for beginning to intermediate climbers – challenge yourself on a variety of routes. Clinics and private sessions available. 120 minutes.

HORSEBACK RIDING
Horseback riding activities are based off property at nearby Rancho Bosque, scheduled by appointment and held throughout the day during the cooler times of year and in the early morning hours during the summer. Fees apply.

RIDING LESSONS
The professional riding instructors at Rancho Bosque will match you with a horse that fits your experience level and interest. First-time riders will receive a safety orientation to ensure a solid foundation for enjoying riding and trail rides. More accomplished riders will attain higher levels of horsemanship. Instructors can help with endurance, competitive trail riding, barrel racing, Western pleasure and more. 60 minutes.
RACQUET SPORTS

Swing a racquet, have fun and hone your technique in the popular fast-paced sports of tennis or pickleball. Fees may apply.

Pickleball
The fastest-growing sport in the nation, this competitive, easy-to-learn game is a fun combination of ping-pong, tennis and badminton. Played on a court smaller than a tennis court, using paddles and plastic balls, pickleball focuses on shot placement and accuracy rather than speed or athletic ability.

PICKLEBALL CLINIC
$85
Group instruction with separate clinics for beginners and intermediate/advanced. Weekdays. Sign-up and fee information: Spa Activity Board. Check This Week at Canyon Ranch for days and times. 50 minutes.

PRIVATE PICKLEBALL LESSON
$90/150
Beginning basics to advanced instruction. 25 or 50 minutes.

SEMIPRIVATE PICKLEBALL LESSON
$210
Sign up with another person for an instructional session. 50 minutes.

Tennis
Put the enjoyment back into your game! Our skilled United States Professional Tennis Association-certified tennis pros offer fun and constructive ways to improve all aspects of your tennis game with beginning to advanced instruction. Play on our outdoor courts is complimentary; racquets are available. Lights are available for night play. For clinics, round-robin tournaments and video analysis of your game, call Ext. 4338.

PILATES FOR TENNIS
$135
Improve the ease, accuracy and efficiency of your game the way many professional athletes do – with the core conditioning techniques of the Pilates method. Learn the basics and take home illustrated instructions for exercises that develop trunk and shoulder stability and improve flexibility and spinal rotation. In addition, the body-mind focus of Pilates helps foster the flow state that great sports performance requires. 50 minutes.
GOLF
Discover exciting learning opportunities with indoor training, analysis through state-of-the-art technology, and PGA® personalized instruction. Lessons and clinics are held at our leading-edge Golf Performance Center. Call our PGA Golf professionals at Ext. 4627 to learn about special packages and programming. Golf clubs will be provided for clinics and services. Fees apply.

INDIVIDUAL OR SEMIPRIVATE GOLF LESSON $160/210
Our PGA golf professionals work with you to develop your natural ability and help you reach your goals, no matter what your current skill level. Does technology excite you? It’s here. Interested in training aids? We’ve got them. Take-home materials? You bet. Add “fun” and what more could you possibly want? Try our semiprivate option with a friend, partner, parent or child. 50 minutes.

BOOT CAMP GOLF – CONDITIONING $900
A PGA golf professional instructs you in the elements of an athletic swing: balance, tempo, relaxation and awareness. You’ll then practice your swing and improve the shape you’re in with the help of various golf-conditioning training aids. 6 hours.

BOOT CAMP GOLF – FULL SWING $900
This six-hour, three-day golf learning system works through repetition to hone skills and develop muscle memory.

BOOT CAMP GOLF – SHORT GAME $900
Putting, chipping, pitching and bunker play comprise over 60 percent of your golf shots. Boot Camp Golf’s muscle memory instruction is applied in these areas, thus accelerating the learning process. 6 hours.

Note: Boot Camps are for any level and consist of one-on-one instruction unless you request otherwise. Choose any 6 hours during your stay.

PRIVATE TENNIS LESSON $90/150
Beginning basics to advanced instruction, hitting lesson or workout drills. 25 or 50 minutes.

SEMIPRIVATE TENNIS LESSON $210
Sign up with another person for an instructional session or a great workout. 50 minutes.

TENNIS CLINIC $85
Group instruction with separate clinics for beginners and intermediate/advanced. Weekdays. Sign up and fee information: Spa Activity Board. Check This Week at Canyon Ranch for days and times. 50 minutes.

DVD VIDEO LESSON $190
Get a DVD video analysis of your game. Take it home and benefit for a lifetime. 50 minutes.

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Sign up: 800-729-8090 • Service prices are listed on a separate menu of Fees for Services.
GOLF FITNESS ASSESSMENT

$320

**Part I** – In the first session of this state-of-the-art offering, our PGA professionals use the latest technology to provide a focused assessment of four aspects of fitness as they relate to your game. Strength: swing speed is measured via precise sensor computerization. Flexibility: golf-specific rotation is measured. Posture: our video technology reviews critical aspects of posture. Balance: the latest force-plate technology analyzes swing balance/imbalance from beginning to end. You’ll take home detailed test results. **50 minutes.**

**Part II** – Using your first-session test results, we will provide you with a swing exercise program designed specifically for you. A summary video file of your program will be emailed to you so you can continue polishing your game at home. **50 minutes.**

GOLF PACKAGES

Is golf your game? Make it the center of your Canyon Ranch stay.

**4-Night Golf Package – $670**
- Two rounds of golf at nearby Ventana Canyon
- One Private Golf Lesson in the Canyon Ranch Golf Performance Center with a PGA professional

**7-Night Golf Package – $1,200**
- Three rounds of golf at nearby Ventana Canyon
- Two Private Golf Lessons in the Canyon Ranch Golf Performance Center with a PGA professional

Every golf package includes an allowance for Canyon Ranch services and consultations, transportation to the course, cart, green fee and driving range.

GOLF CLINICS

$105

Our PGA professionals offer group clinics targeting chipping, pitching, putting and bunkers. Check *This Week at Canyon Ranch* for days and times. **50 minutes.**

HALF-DAY PARTNERS GOLF SCHOOL

$300

You design a semiprivate golf school for two. Target a specific area of interest (full swing, short game, mental game, conditioning) and our PGA professionals will help you develop the skills necessary to move you forward with your game. **3 hours.**
Look as beautiful as you feel! Let our creative salon professionals give you a look you’ll love.

**MANICURES**
*Treat yourself to perfectly groomed hands and nails.*

**SPA MANICURE**
$70
Enjoy a luxurious manicure that promotes healthy nails using products that make your nails strong, flexible and resilient. *45 minutes.*

**GEL EFFECTS MANICURE**
$85
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.*

**PEDICURES**
*Total comfort and beauty for hard-working feet.*

**SPA PEDICURE**
$85
Enjoy a luxurious pedicure that promotes healthy nails and feet. This treatment deep cleans, rejuvenates and exfoliates for healthier, softer skin. *50 minutes.*

**CANYON STONE PEDICURE**
$160
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. *80 minutes.*

**FOOT RESCUE! PEDICURE**
$85
This therapeutic, invigorating pedicure begins with a soothing foot bath in herbal salts to refresh and relax the feet. Our technician will focus on the three C’s of wear and tear – calluses, corns and cracked dry skin. The health of your feet and nails will be restored. *Includes polish, if desired. 50 minutes.*

**PRICKLY PEAR PEDICURE**
$85
Experience what the Sonoran Desert has to offer. Enjoy a nurturing and hydrating pedicure that uses native local products. Combinations of cactus flower, local jojoba, prickly pear and desert aloe will leave your feet and skin feeling renewed, soft and rejuvenated. *50 minutes.*

**TREAT YOUR FEET PEDICURE**
$85
This amazing pedicure, especially helpful for mothers-to-be or anyone with sore, achy feet and legs, includes an energizing, warm and fragrant mineral salt wrap or soak. Soothing, expert massage for feet and lower legs further reduces puffiness and stimulates circulation. Your feet and ankles will feel and look great. *50 minutes.*

**GENTLEMEN’S MENU**
*Specially selected products make these services ideal for guys.*

**GENTLEMEN’S MANICURE**
$60
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. *30 minutes.*

**GENTLEMEN’S PEDICURE**
$85
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. *50 minutes.*

**CUSTOM ENHANCEMENTS**
*Make your nail service even better with one of these special add-ons.*

**AGE-DEFYING GLYCOLIC TREATMENT**
Features vitamins A, C and E, plus alpha hydroxy acids (AHAs) to turn dry, rough and chapped skin smooth and soft. **Hands – $40, Feet – $50**

**SO SOFT PARAFFIN**
$40
Warm paraffin hydrates dry skin and soothes aching joints.
HAIR
Our talented stylists can give you the look you want.

HEALTHY HAIR CARE
Our design team offers a full spectrum of hair care services. We invite you to enjoy a complimentary consultation.

Color – Let our design team create a color shade to enhance your style and overall look. Times & Fees Vary

Cut – Consult with our expert stylist to achieve a look that will suit your lifestyle and enhance your overall look. Includes blow-dry.

Men – 30 minutes – $70
Women – 45 minutes – $120

Highlights – Customize the perfect dimension and depth of color with highlights or lowlights to bring vibrancy to your hair. Times & Fees Vary

Shampoo & Blow-Dry – Let us do the work: Enjoy a luxurious shampoo and blow-dry to achieve the maximum look for your current style. Times & Fees Vary

DEEP CONDITIONING TREATMENT $125
Experience and indulge in this effective reconstructive treatment that conditions and soothes the scalp while restoring and repairing overprocessed and environmentally stressed hair. 50 minutes.

HAIR ENHANCEMENTS
Masque – A concentrated masque treatment deeply nourishes your hair. $20

Luxury Boost – A highly concentrated blend of the most active ingredients instantly penetrates your hair for a profound transformation. $40

LUXURY SMOOTHING TREATMENT $125
Discover a new approach to long-lasting hair management for all hair types that shaves minutes off every blow-dry. This treatment uses products that banish frizz and promote movement and shine, making it easier to style and control your hair with results that last up to 21 shampoos. Blow-dry not included. 50 minutes.

MAKEUP
Enhance your natural beauty.

MAKEUP CONSULTATION $140
Learn to use makeup like a pro. Let a professional create a look for you and teach you valuable techniques, trends and tricks. You’ll receive a gift at the conclusion of your service. 50 minutes.

COMPLIMENTARY MAKEUP APPLICATION
Look as great as Canyon Ranch makes you feel. Stop by Skin Care or call Ext. 4411 to receive a complimentary makeup application by our trained professionals. Limited availability. 30 to 45 minutes.

BROW DESIGN $60
Meet with one of our experts for a brow shaping and lesson. 25 minutes.
There’s nothing lovelier than healthy, cared-for skin. Our expert aestheticians will select the perfect formulations for you from a range of the finest, most luxurious products available anywhere. Our facials nurture skin, feel wonderful and make you look terrific. What’s not to love?

LUXURY BOTANICALS

This collection of products is unique in its use of natural plant extracts and botanical aromatic essential oils. Suitable for all skin types, each product contains targeted active ingredients and anti-aging formulas to prolong your skin’s youthful look.

BLACK ROSE FACIAL $270

Restore youthful radiance by smoothing skin and reducing signs of fatigue and aging. Your facial begins with a relaxing aromatic breathing ritual with a botanical rose essential oil, followed by a thorough cleansing and gentle exfoliation to balance and renew your skin’s elasticity while stimulating cell renewal. Each facial includes a manual lymphatic drainage massage and a 20-minute sculpting using rose quartz stones to reduce puffiness and firm your skin for immediate results and a more youthful, radiant appearance. 80 minutes.

TOTAL ELEGANCE AGE-MINIMIZING FACIAL $180/270

This indulgent facial delivers the ultimate anti-age treatment for the face. Your skin will receive targeted messages to restart the natural mechanisms and reflexes of young skin with the use of vitamins A, B5, E and F. Skin appears rested, less stressed, luminous, firmer and more hydrated. The results are spectacular! 50 minutes, or 80 minutes with microcurrent technology.

ADVANCED COSMECEUTICAL

Maintain beautiful skin for a lifetime, using pharmaceutical-grade products backed by science and clinical studies to provide the platinum standard for extraordinary skin care. The revolutionary Ionzyme® DF II Machine incorporates the simultaneous use of iontophoresis and sonophoresis to provide maximum penetration of active ingredients for an intensive skin treatment. Iontophoresis is an electrical current that is passed through the skin, allowing greater absorption of vitamin applications. Sonophoresis involves the use of sound waves to promote deep penetration of vitamin molecules and is more effective than conventional ultrasound.

PREMIER AGE-DEFYING FACIAL $305

One of the most advanced approaches to signs of premature aging, this extraordinary facial diminishes the look of fine lines, lax skin, pigmentation, sun damage and scarring. High levels of vitamins A, C, E and growth factors nourish the skin. You’ll receive a special eye treatment and a serum to help diminish frown lines. Attention is also given to neck, décolleté, hands and arms. Includes DF technology and a Focus-CIT® (Collagen Induction Therapy) device, a take-home tool for targeting mouth and eye areas. 80 minutes.

CLEANSE & POLISH BACK TREATMENT $180

This treatment 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 the skin clean and refreshed. 50 minutes.

CRYSTAL FACIAL $235

This scientifically advanced facial delivers antioxidant vitamins and microcrystals to deeply exfoliate and stimulate. Manual microdermabrasion instantly reveals smoother, healthier, more beautiful skin. Ideal for men and women, and beneficial for both dry and oily skin. 50 minutes.

Note: This treatment may not be suitable for people with rosacea, eczema, psoriasis, dermatitis or sunburn, depending on the severity of the condition.

DEEP CLEANSING FACIAL $180/270

This treatment helps purify, soothe and balance the look of problematic skin. Deep cleansing helps prevent and eliminate the appearance of blackheads, whiteheads and congestion. Your newly exfoliated and smoothed skin will feel clean, calm and refreshed. 50 minutes, or 80 minutes with DF technology.

GENTLEMEN’S FACIAL $150

Tailored to a man’s skin, this facial provides relief from irritation caused by breakouts, ingrown hairs and razor burn, while replenishing vitamins and nutrients to help reduce the appearance of sun damage, lines and discoloration. You’ll look and feel relaxed and revitalized, ready for an active day. 50 minutes.
SENSITIVE FACIAL $180/270
This calming and restorative skin treatment is for those who experience redness, irritation and dryness. A combination of vitamins, antioxidants and growth factors will gently begin to rebalance and restore your skin’s integrity, leaving it looking soothed, smoothed, healthy and hydrated. 50 minutes, or 80 minutes with DF technology.

VITAMIN INFUSION FACIAL $180/270
To restore radiance, this superb treatment delivers nutrients to the skin to improve the signs of environmental damage from sun, pollution and stress. Powerful vitamins A and C help to re-establish the look of clarity and firmness and help guard against further damage. Skin appears brighter, smoother and more youthful. 50 minutes, or 80 minutes with DF technology.

TOTAL RADIANCE FACIAL $150
Your skin will be treated and polished to a radiant, youthful glow using a specialized cleansing system combined with Bio Suisse cosmeceuticals chosen for your skin type. These nutrients promote healthy skin and a youthful glow by improving your skin’s texture and boosting moisture. Your facial will include a massage, extractions (if needed) and a masque. 50 minutes.

YOU GLOW GIRL FACIAL $180
Our delightful pampering facial is designed especially for mommies-to-be and new mothers. During this special time, allow us to take care of your skin as it changes through the trimesters and after delivery. Whether you’re experiencing dryness, hyperpigmentation, sensitivities or acne, we will customize this service to meet your needs and leave you feeling recharged, beautiful and ready for your new addition. 50 minutes.

BIO SUISSE ORGANICS
These super-charged products contain active ingredients such as oxygen, pure vitamin C, Coenzyme Q10 and Bio Suisse organic botanicals, blended into pure, powerful, clean formulas to help keep your skin looking and feeling radiant.

AGELESS OXYGEN BOOST $235
The next generation of skin care – pharmaceutical results in pure, preservative-free formulas. This oxygen treatment builds collagen and elastin, increases cell turnover, and hydrates, restoring the skin’s youthful glow. Includes a double cleanse, deeply hydrating massage, and application of a serum specially chosen for your skin’s needs, and ends with an oxygen infusion. (Extractions are performed as necessary.) 50 minutes.

AGELESS OXYGEN BOOST ... THE ULTIMATE! $305
Enjoy our Ageless Oxygen Facial, but with an added boost. This “ultimate” treatment also includes a collagen masque and a 20-minute oxygen infusion. (Extractions are performed as necessary.) 80 minutes.

SEASONAL FACIAL $180
Like the natural world around you, your skin changes with the rhythms of the seasons. In order to provide all the essential elements that your skin needs to perform at its peak, each season will feature a cocktail of original ingredients and memorable fragrances to create a perfect experience in tune with nature. 50 minutes.

PURE ANTI-AGING FACIAL $180
This rejuvenating facial is designed to support the production of collagen to firm, lift and smooth the appearance of wrinkles. A triple beta hydroxy acid treatment exfoliates, minimizes pores and instantly brightens your complexion. A final infusion of botanical vitamins, minerals, omega fatty acids and antioxidants nourishes your skin and protects it from environmental stresses. 50 minutes.
OPTIONAL ENHANCEMENTS

Make your facial even more special with one of these add-ons.

PEEL $65
This highly effective peel smoothes, softens and brightens the complexion, while helping diminish the look of fine lines and wrinkles. Your aesthethician will choose a glycolic or lactic acid peel suitable for your skin type.

ANTI-AGING NECK & DÉCOLLETÉ TREATMENT $65
A unique treatment for an often-neglected area that provides a targeted approach to the visible signs of aging. Topical vitamins, antioxidants and fruit acids repair, rejuvenate and restore tone to this delicate area.

LIP SERVICE $65
Hydrates, repairs and enhances natural fullness and contour of lips.

PUMPKIN ENZYME TREATMENT $65
Enzymatic therapy speeds the natural exfoliation process, unveiling smoother, softer, more refined skin. Brings new radiance to all skin types.

REVITAL EYES $65
A beautifying treatment that hydrates the delicate eye area, minimizes fine lines, reduces puffiness, increases circulation and diminishes dark circles.

WAXING FEES VARY
Gentle hair removal.
For many of us, cultivating a spiritual existence is vital to living a balanced and healthy life. Spirituality contributes significantly to health and healing, contentment of mind and heart, improved relationships and connection with community. It’s about looking beneath the surface of things and finding ways to be in touch with the beauty and subtlety of life. During your Canyon Ranch stay, allow our experienced spiritual wellness providers to help you explore and connect more deeply with what brings meaning, value and purpose to your life. Embarking upon your spiritual journey at Canyon Ranch requires no religious affiliation, nor does it encourage giving up any particular faith. Wherever you are along this path, we will be there as guides and companions.

Drawing from both Eastern and Western spiritual traditions, our caring team employs transformative, mindful and sacred practices to enhance this connection – such as spiritual guidance and dialogue, ritual and ceremony, affirmation, contemplation, meditation and healing. Find out what resonates with you and rediscover the joy of life!

We invite you to enhance your stay with a visit to our beautiful Meditation Garden at the Spiritual Wellness Center.

**SPIRITUAL DIALOGUE** $230
This service focuses on the human quest for a spiritually meaningful life. Through conversation, 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.*

**SOUL JOURNEY** $230
Allow yourself to be guided on an inner journey and experience your spiritual nature. Develop insight and intuition that can create healing as it transports you to a higher state of consciousness, awareness and understanding. Your Soul Journey takes place in a sophisticated sound-enhanced environment and uses imagery, music and breath to create a sacred space in which to receive these emotional, mental and spiritual gifts. *50 minutes.*
RITE OF PASSAGE $230
Are you ready to move on? This powerful session will help you create or move through a significant life change, choice, passage or transition. Through dialogue and ceremony, your Rite of Passage will help you celebrate, commemorate, release, unite or reconcile. Adaptable to virtually any event, intention or milestone, your personalized rite can involve one or more people. You may choose to focus on:
- Birthday
- Breakup
- Career change
- Empty nesting
- Life transition
- New habits
- New parenthood
- Retirement
- Weight loss
50 minutes.

BUILDING SPIRITUAL CHARACTER $230
With guidance from a spiritual wellness provider, explore your character for the purpose of making an honest assessment of how you can arrive at greater spiritual balance. Your ultimate goal: to reach greater levels of contentment and happiness by coming into greater alignment with spiritual values. 50 minutes.

RENEWAL OF VOWS $1,000
This service gives couples a unique opportunity to recommit their love to each other and celebrate their lives together. Whether you’re commemorating an anniversary, marking a milestone or celebrating the end of a difficult time, you can reaffirm love at any stage of life.
Part I – Set your intentions for the next chapter of your lives together. 50 minutes.
Part II – The ceremony. 50 minutes.

GRIEF, LOSS, & REMEMBRANCE $230
Loss and grief are an inevitable part of life, but sometimes it’s hard to know how to move forward. Our spiritual wellness team is available to provide spiritual support for grieving individuals or families. We’ll offer resources to call upon when sadness overwhelms, encourage you to talk about your loss, and help you create a practice of remembrance. Whether you’re dealing with the loss of a loved one, a cherished pet or a sense of personal identity, we are here to assist and guide you. 50 minutes.

NUPTURING YOUR SOUL THROUGH CREATIVITY $230
Creative expression is a powerful way to get in touch with your inner self and can foster a spiritual connection. Discover (or rediscover) the creativity you were born with by exploring an avenue of expression that resonates with you. Learn how to use it as a tool to bring awareness, presence and transformation into your life. Areas of creative exploration may include:
- Drawing
- Movement
- Music
- Writing
50 minutes.

AWAKENING YOUR FEMININE SPIRIT $230
Celebrate and learn to cultivate the feminine gifts of intuition, passion, nurturing, receptivity and more. This celebration combines dialogue and ritual to help you explore and embrace where you are in life. Areas of focus can include, but are not limited to:
- Menopause
- Motherhood
- Parent/child relationships
- Sisterhood/friendship
50 minutes.
SACRED BODY $230
Explore how your lifestyle and beliefs can support your body in being a vehicle for the soul and spirit. Through centering and awareness, you will learn to step into personal alignment of body, mind, heart and spirit. This session may include dialogue and the possibility for creating a daily ritual that can be the foundation for the expression of sacredness in your life. Your experience can focus on one of these areas:
- Body image
- Physical changes (decreased mobility, recent surgery or diagnosis)
- Physical healing
50 minutes.

SPIRIT LODGE $390
The Spirit Lodge can help wash away the stresses of life, create a sense of renewal, prepare you for a significant transition, and foster healing. Afterward, most participants describe feeling a new sense of peace, vitality, clarity and connection. For thousands of years, people have purified themselves and sought connection to nature and to the realm of the spirit through sweat lodges. The Spirit Lodge is a powerful, three-part spiritual experience that draws upon and honors rich, ancient traditions that promote spiritual and personal growth as well as physical well-being. Offered September through June, weather permitting.

Part I – An informative talk about the Spirit Lodge, followed by a ceremony to help prepare you for the experience. 50 minutes.

Part II – The Spirit Lodge ceremony. 3 hours.

Sign up: 800-729-8090 • Service prices are listed on a separate menu of Fees for Services.

Couples & private group sessions
Spiritual work is not only an individual journey; we encourage couples and private group sessions. The following services work well in this setting:
- Awakening Your Feminine Spirit
- Loss, Grief & Remembrance
- Rite of Passage
- Spiritual Dialogue

Connect with us from home
As you continue your spiritual work in between your Canyon Ranch visits, connect with our caring team via telephone, video chat or any other preferred method of communication. Please contact your Program Advisor for more information.
after you leave…

À LA CARTE WELLNESS SERVICES

Between visits, we’re here for you! You can follow up with any of our staff via phone, email or video chat, and booking appointments is easy. Find answers to your questions, report on progress, receive encouragement and get expert advice and coaching at your convenience. Times & Fees Vary

Anytime during your stay, you can arrange at-home coaching in advance with individual staff members through Program Advising or at the Health & Healing reception desk. To schedule an appointment from home, please call 888-873-0333.

KEEP IN TOUCH WITH US!

Engage with Canyon Ranch on social media.

THE WISDOM OF OUR FOUNDER, MEL ZUCKERMAN

Take the words of our founder home.

THE RESTLESS VISIONARY
Mel tells his inspiring life story, and the story of Canyon Ranch and the wellness revolution it sparked. $25

MEL’S TIPS FOR HEALTHY LIVING
This sturdy little handbook contains his personal trove of tips for staying on the path to optimal health and vitality. $15

Both books are available at all Canyon Ranch properties and our online store (shop.canyonranch.com). Separately or as a set, they make wonderful gifts.

CANYON RANCH @HOME™ WEIGHT LOSS

If you’d prefer a structured program of personalized support as you continue working toward your weight loss goals, consider a subscription to Canyon Ranch @Home™: Weight Loss. In this six-month online program, you’ll benefit from the guidance and support of Ranch experts, delivered conveniently to your home, office or anywhere with Internet access.

Through live, one-on-one video coaching sessions, you’ll stay in touch with your team of professionals in three areas: nutrition, exercise physiology and life coaching. Track your weight, exercise, sleep and calories on your private online dashboard. You’ll also have access to daily advice, wellness tips and recipes from the Ranch. For information or to subscribe, visit canyonranchathome.com or call 888-872-5533.

“How many places can you go in life that will change your life forever? I can tell you, Canyon Ranch will have a positive effect on my life, going forward.”

– Ed, Palm City, Florida
YOUR MOST AMAZING, BEST-EVER VACATION
Get ready to step outside your limits, feel great and have fun! As you experience all the exciting activities at Canyon Ranch – from dance classes, creative arts and yoga to refreshing pools and luxurious spa services – you can look forward to the vacation of a lifetime.

Take some time to review your choices and start planning the perfect stay. Fitness and outdoor sports activities are available, based on your fitness level as well as your physical size and abilities. Don’t forget to check out This Week at Canyon Ranch – issues are posted online four weeks in advance, so you can preview the entire list of classes, special events and activities as you plan your itinerary.

Canyon Ranch welcomes guests ages 14-17 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.

Choose from an incredible array of spa services available to teens, including fitness, bodywork, skin care treatments, makeup, hair styling and nail services. Address lifestyle concerns with our caring specialists in life management and nutrition.

We require that all guests between the ages of 14 and 17, along with the parent or guardian, meet with a Canyon Ranch Program Advisor or Nurse Educator at the beginning of each stay for guidance and suggestions on making the most of your experience.

Guidelines for teens

- Lightweight, loose clothing must be worn for teen services (or swimwear for water activities).
- The parent or guardian must be present for teen services unless otherwise indicated (see opposite page).
- If a teen is the only one who signs up for a group workshop, he or she must be accompanied by a parent or guardian.
- All teen services must be booked by the parent or guardian.
We invite our young guests to enjoy any of these services.

**Parent or guardian must be present for all teen services listed below. Ask your Program Advisor for details.**

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**EXERCISE & MOVEMENT**
- All Personal Training Services
- All Pilates Services
- Good Posture for Life
- Gyrotonic Expansion System – Individual & Duet

**GOLF**
- Golf Clinic

**HEALTHY FEET**
- Foot Rescue! Pedicure
- Gait Analysis & Orthotic Assessment

**OUTDOOR SPORTS**
- Private Tennis Lesson
- Specialty Hikes – Group
- Tennis Clinic
- Tennis – DVD Video Lesson

**SALON**
- Gentlemen’s Services
- Hair Services
- Makeup Services
- Manicures & Pedicures

All Creative Arts and cooking workshops are open to teens.

“My daughter and I were so impressed with everything. It was a great learning experience for both of us, particularly for her as she heads off to college … I am very grateful that she will be so much better equipped with these life skills as she leaves home and embarks on the next important and formative stage of her life.”

– Sheilagh, Toronto, Ontario
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facilities

A CLUBHOUSE
This is your first stop at Canyon Ranch and the place you’ll go for most meals and presentations. The old heart of the Double U Ranch is also a great place to relax.

- Bell Desk/Transportation
- Cactus & Catalina Rooms
- Dining Room/Dinner Reservations
- Guest Computers
- Guest Services Center/Concierge
- Library (books, games, DVDs and CDs)
- Media Room
- Memberships
- Registration
- Showcase Boutique

B LIFE ENHANCEMENT CENTER®
Home of the Life Enhancement Program,® an in-depth experience in healthy living. The retreat-like Center is also the site for a variety of other special programs. It has meeting rooms, gyms, a dining room, locker rooms, a living room and massage rooms – all for the use of program participants. Near the Life Enhancement Center®:

- Spirit Lodge
- T-Pool

C HEALTH & HEALING CENTER
Caring, knowledgeable professionals offer personal attention, advanced diagnostic testing and resources in an unhurried atmosphere.

- Canyon Ranch Medicine
- Healing Energy
- Life Management
- Nutrition

D SPIRITUAL WELLNESS CENTER
- Meditation Garden
- Sanctuary

E DOUBLE U CAFÉ
Featuring express meals, espresso & smoothie bar and year-round poolside and indoor dining.

- Flagstone Pool

F GOLF PERFORMANCE CENTER
Leading-edge facility, featuring:

- Full-Swing Area
- Golf-Specific Exercise Equipment
- High-Tech Video Analysis
- Nearby Outdoor Practice Area
- Separate Room for Private Lessons

G AQUATIC CENTER
This state-of-the-art facility is home to our healing aquatic services.

- Aquatic Therapy Pools
- Changing Area
- Indoor Fitness Pool
- Underwater Treadmill
- Watsu Pools

H TENNIS CENTER

- 2 Soft Omni Courts
- 4 Hard Courts
- Pickleball Courts
- Video Analysis

I SPA COMPLEX
Cutting-edge equipment, fitness and mind-body classes and world-class services are offered in a sparkling 80,000-square-foot complex.

- Canyon Ranch Healthy Feet® Center
- Cardio/Weight Room
- Exercise Physiology
- Fitness Gyms/Exercise Studios
- Guest Computers
- Hair & Nail Salon
- Indoor Cycling Studio
- Information Desk
- Massage, Body Treatments & Skin Care Rooms
- Men’s & Women’s Locker Rooms, complete with Steam & Inhalation Rooms, Sauna, Cold Dip, Sunbathing Decks & Whirlpools
- Monitored Rehab Systems Room
- Movement Therapy, Gyrotonic & Pilates Studio
- Outdoor Sports – Hiking & Biking
- Program Advising
- Skin Care Retail
- Wallyball, Racquetball & Squash Courts
- Yoga Studio

OUTSIDE THE SPA COMPLEX
You’ll find various spots for activities and dining along the eastern edge of the Ranch.

- Basketball Hoop
- Chip & Putt
- Creative Arts
- Demonstration Kitchen
- Double U Café
- Golf Full Swing
- High Ropes Challenge Course
- Labyrinth
- L-Pool (with underwater treadmills)
- Mesquite Room
- Metaphysical Services
- Pavilion
IMPORTANT PHONE NUMBERS

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reservations</td>
<td>800-742-9000</td>
</tr>
<tr>
<td>Program Advising</td>
<td>800-729-8090</td>
</tr>
<tr>
<td>LEC Program Advising</td>
<td>800-726-3335</td>
</tr>
<tr>
<td>Calling a Guest</td>
<td>520-749-9000</td>
</tr>
<tr>
<td>Guest Fax</td>
<td>520-749-1646</td>
</tr>
<tr>
<td>Health &amp; Lifestyle Questionnaire Fax</td>
<td>520-239-8515</td>
</tr>
</tbody>
</table>

TRAVEL CHECKLIST

- Check your confirmation letter.
- Return your Health & Lifestyle Questionnaire.
- Speak with a Program Advisor.
- Inform Canyon Ranch Reservations of your arrival schedule.
- Pack some workout clothes in your carry-on luggage if you are arriving before 3 pm.

CanyonRanch.

The Power of Possibility.

8600 E. Rockcliff Road | Tucson, Arizona 85750 | 800-742-9000 | canyonranch.com

DESTINATION HEALTH RESORTS  Tucson, Arizona  | Lenox, Massachusetts

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