The EXPERIENCE Guide

TUCSON ARIZONA

CanyonRanch.
healthy living FEELS GREAT
Welcome to Canyon Ranch, where HEALTH, JOY and POSSIBILITY are always in the air.

Each day you get to choose from about 40 classes and activities plus the nearly 200 wellness and spa services listed in this Experience Guide. And, yes, we know that’s a lot. You might not know where to start. My favorite tip: Set an intention for your stay and go from there. You could decide to retool your fitness program, have a nutrition makeover, begin a spiritual journey or take an in-depth look at your health – follow the path that calls to you. And do talk it over with one of our expert Program Advisors. They’ll make suggestions, help you prioritize, schedule appointments and plan an experience that’s perfect for you. I know they’ve steered me right – indoor cycling is my new passion!

Remember, you have a rare opportunity at Canyon Ranch. Beyond being a fabulous vacation, your stay can lead to transformational wellness. Every experience here remains true to the trailblazing vision of Canyon Ranch Founder Mel Zuckerman. He was an overweight, sedentary 50-year-old when he visited a spa and discovered how great healthy living feels. That’s why he opened Canyon Ranch in 1979. He sparked a health and fitness revolution that’s still going strong. I’m proud to be carrying on Mel’s tradition and thrilled that you’re part of it.

To your good health!

Susan E. Docherty
Canyon Ranch Chief Executive Officer
Still To Come
THE MANY SIDES OF YOU
While you’re enjoying your Canyon Ranch vacation, you can seize the opportunity to explore personal goals and wellness. Our mission is to help you live healthier – and we make it low stress, high impact and meaningful.

We understand that your health history, lifestyle habits and mind-body balance are profoundly connected – a 360-degree reflection of the one and only you. That’s why this Experience Guide features such diverse experiences. They are opportunities to dig into life’s treasures. To see with fresh eyes. To learn about yourself, embrace all your interests and bring it all together.

MEET OUR EXPERTS
Our professional team offers services and expertise as multifaceted as you are:

- Board-certified physicians
- Healing energy practitioners
- Spiritual wellness experts
- Licensed behavioral therapists
- Acupuncturists
- Registered Dietician and nutritionists
- Certified athletic trainers
- Outdoor sports guides
- Massage and bodywork therapists
- Creative arts instructors
- Exercise physiologists
- Metaphysical guides

Experienced specialists will spend unhurried time with you in private consultations. They’ll work with you to meet your goals. They work with each other, too, which makes all the difference.

THE INTEGRATIVE APPROACH
Canyon Ranch wellness professionals understand one another’s fields and share their expertise on your behalf. That’s the cumulative power of our integrative approach.

So, your physician may recommend yoga classes or a spiritual consult. An exercise physiologist might suggest a nutrition revamp. A fitness expert and behavioral therapist might team up to help you prepare for a marathon. By honoring you as a whole person, all pathways are open to you.

We encourage you to explore various disciplines while you’re here. Your integrative team will be with you all the way!
Find your **BALANCE**
FITNESS

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Prevention through ATTENTION to LIFESTYLE.

— Canyon Ranch Founder Mel Zuckerman
Obviously, you have many choices at Canyon Ranch. There’s no way you can explore everything during one stay. Or a dozen. That’s why it helps to have an overall goal for your visit – so you can choose experiences that will mean the most to you. So – what’s your interest right now?

**NO HIKE TOO TOUGH, no training you won’t try.**
Challenge yourself each day. Update your regimen. Fine-tune the mental discipline for peak performance. Now add nutrition to your arsenal. Our pros will meet you at your level and raise you to the next.

**FITNESS**

Comprehensive Exercise Assessment Muscle Melt for Road Warriors Nutrition for Sports Performance Private Fitness Training Squash, Racquetball, Tennis Aquatic Training Mountain Biking Advanced Hikes High-Intensity Interval Training (H.I.I.T.) High Ropes Challenge Course Archery Event Training
Aquatic Center & Pools
The Aquatic Center features indoor therapy pools, a hot tub, pools for Watsu®, an underwater treadmill, aquatic therapy, pool classes and swimming.

Group classes are held year-round in the Indoor Pool and T-Pool; both provide showers and changing rooms. Water shoes are welcome but not required for classes. Please note that there is no lifeguard on duty.

- **Indoor Pool**: located in the Aquatic Center; includes an underwater treadmill and is heated to a comfortable 90°F. This pool is not recommended for extended lap swimming or intense exercise.
- **Indoor Therapy Pool**: located in the Aquatic Center; heated to 92°F.
- **Flagstone Pool**: next to the Double U Café; not heated.
- **L-Pool**: located near the tennis courts. Features two shaded underwater treadmills. Maintained at 84°F.
- **T-Pool**: off Canyon Ranch Drive, near the Life Enhancement Center®; features 25-yard lap swimming. Maintained at 82°F.

**BURDENKO WATER EXERCISE**
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. The Burdenko method can be used to help recover from injuries or surgery – regaining function is the goal.

50 minutes.

*Note: Burdenko Land Exercise (page 12)*

**SWIM LESSON**
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.

Fitness Facilities

**CARDIO & STRENGTH GYM**
Our workout facilities are equipped with stationary bicycles, treadmills, Life Fitness® weight machines, Precor® EFX® machines, Functional Fitness System, free weights, stair machines, rowing machines, recumbent elliptical machines and more. Headsets are available. 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. As a courtesy, please no perfume or cologne in the gym.

**PILATES STUDIO**
This beautiful space features all the equipment you need for a total-body Pilates workout: reformers, barrels, Wunda chair, GYROTONIC® Tower and more. Take advantage of clinics, private sessions and our complimentary Pilates classes.

**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, heartrate monitor or pickleball paddles. Table tennis equipment is also available. Inquire at the Spa Reception Desk.

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

**TENNIS COURTS**
Use of our 3 hard courts and 2 Omni Courts (AstroTurf and sand) is complimentary.
Complimentary Classes & Activities
Canyon Ranch offers more than 400 fitness, educational and fun activities every week. That includes exciting classes, presentations, outdoor adventures, creative arts, cooking demos and more. Most are complimentary. Check This Week at Canyon Ranch or the activity boards in the Spa for a complete listing.

Fitness Classes
Choose from dozens of complimentary classes daily for all ages and fitness levels. Classes are 45 minutes unless otherwise noted; please arrive promptly.

Note: Our group cycling class bikes have pedals with toe cages or SPD® compatible clips.
Note: Any of our fitness classes may be reserved privately for your group of three or more, or customized as a private training session. Fees apply.

Fitness Walks, Hikes, Biking
The perfect opportunity to experience the beauty and tranquility of the Sonoran Desert. Group walks are for all fitness levels. Private walks, runs, hikes and biking are available for a fee. Sign up at Outdoor Sports.

Assessments
Balance Assessment
Using state-of-the art Biodex® equipment, an exercise physiologist will assess your fall risk, balance, proprioception (your sense of where you are in space). You’ll take home a targeted prescription plan to improve balance and mind-body communication. 50 minutes.

Body Composition Screening
With a quick and easy test, our Bod Pod® device will accurately measure your body fat percentage and lean body mass. An exercise physiologist will review and explain your results. Please bring tight-fitting sports clothes or a bathing suit. 25 minutes.

Comprehensive Exercise Assessment
Part I – Begin with an extensive assessment of your fitness. Tests include a Bod Pod® body composition analysis, flexibility testing, upper- and lower-body strength assessment, and a submaximal treadmill test to estimate aerobic capacity.

Note: For body composition testing, please bring tight-fitting sports clothes or a bathing suit.

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 fitness in areas important to you. 50 minutes.
DISCOVER YOUR FITNESS AGE

How old you are and how old you feel may be two different things. Your fitness age is an indication of how well your body is performing 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.

Note: For body composition testing, please bring tight-fitting sports clothes or a bathing suit.

Part I – An exercise physiologist will administer the following tests:
- Bod Pod® body composition to assess fat and lean muscle mass.
- Submaximal exercise test to estimate aerobic fitness level and VO2 max.
- 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 consults with you to design a personalized fitness plan to improve your fitness age.

50 minutes.

METABOLIC EXERCISE ASSESSMENT

Determine your aerobic fitness level (VO2 max) and learn how many calories you really burn when you work out. Recommended if you want to change body composition, learn the most effective way to burn body fat, determine anaerobic 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 equipment: treadmill, elliptical trainer, rowing machine or stationary bike. 50 minutes.

Note: This test cannot be performed in a pool.

Part II – Your exercise physiologist will explain your results and design an exercise program to maximize your workout and enhance your training program. 50 minutes.

Note: We suggest that you book these assessments 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. You may need to take a Cardiacmetabolic Stress Test first with a physician (see page 25).

Customized Program Design

ADVANCED TRAINING

This service is appropriate for all abilities, from rehabilitating post-injury or surgery to advanced-level training for athletic events. We can help you improve at virtually any activity, including:
- Cardiovascular training ■ Cycling ■ Distance running ■ Distance walking
- Endurance training ■ Strength training ■ Swimming ■ Triathlon

50 minutes.

BURDENKO LAND EXERCISE

Learn how to improve the essential qualities of fitness: balance, coordination, flexibility, endurance, speed and strength. People at beginning fitness levels benefit from improved coordination and balance, while athletes can hone efficient movement for performance. 50 minutes.

Note: Burdenko Water Exercise (page 10) is an excellent precursor or follow-up to this service.

EXERCISE FOR WEIGHT LOSS & BODY DEFINITION

Meet with an exercise physiologist to design a customized fitness program that will optimize your exercise time, maximize metabolism, increase lean body mass, enhance muscle and promote weight loss. 50 minutes.

FITNESS AFTER 50

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.

RX FOR EXERCISE

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
If you have a condition that limits you, this session can help you safely become more active. Common concerns include diabetes, arthritis, circulation problems, neuromuscular disease, recovery from surgery, stroke, injury, heart disease and joint replacement. *50 minutes.*

ATHLETIC CONDITIONING IN THE WATER
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.*

TARGET HEART RATE DETERMINATION
Forget the charts and tables. Get an accurate determination of your target heart rate to be sure that you’re getting the most out of your workout time. An exercise physiologist takes you through a submaximal exercise test that determines your target zone, which will be incorporated into your customized exercise prescription. *50 minutes.*

Personal Training

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

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

Small Group (three to five people) or Large Group (six or more) Session – Customize your group private session to include the many different class modalities offered.

MIND-BODY TRAINING
- Breathing practice
- Meditation
- Qi Gong
- Tai Chi
- Yoga
*50 minutes.*

PRIVATE FITNESS TRAINING
- Balance & Agility
- Boot Camp (Indoor/Outdoor)
- Flexibility
- High-Intensity Interval
- Indoor Cycling
- Sport-specific
- Strength
- Tabata
- Triathlon
*50 minutes.*

FUNCTIONAL TRAINING
Using your body weight as resistance along with specialized equipment, you’ll work with your trainer to build strength through full-body natural movements that carry over to real world activities. This advanced body workout is not recommended for those with limitations and/or injuries. *50 minutes.*

- Battle Ropes
- Box Jumps
- Heavy Bag
- Medicine Balls
- Skillmill
- TRX Suspension Training®
Pilates, Yoga & Dance

AERIAL YOGA
In this nontraditional yoga practice, the hammock helps support your body in traditional yoga poses. In contact with both the hammock and the floor, you immediately feel the improvement in flexibility, strength and alignment. You’ll achieve greater benefits from your yoga classes and other physical activities. 50 minutes.

AERIAL PILATES
This playful Pilates session incorporates a fabric hammock suspended from the ceiling. Creative variations of reformer and mat exercises will strengthen and lengthen your entire body. 50 minutes.

DANCE
From ballet to funk, our pros can teach you something new! No matter what your skill level, you’ll get a great workout and have a ball. Your instructor will work with you on technique, progressions, and on choreography – and will tailor the session just for you. 50 minutes.

GOOD POSTURE FOR LIFE
Your posture affects how you think and feel and how others perceive you. Good posture expresses 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.

GYROTONIC EXPANSION SYSTEM®
This revolutionary system of exercise 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.

Note: GYROTONIC® and GYROTONIC EXPANSION SYSTEM® are registered trademarks of Gyrotonic Sales Corp. and are used with their permission.

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, 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.

PRESCRIPTION FOR YOGA
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 and adapts 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.
Let the sights and sounds of nature renew your spirit while you get a great workout. Our knowledgeable guides lead the way every day. Many of our outdoor adventure activities are complimentary; please check to see if fees apply.

**Biking & Hiking**
A variety of bikes – comfort, hybrid, road and mountain – are available for our rides. Guided rides take you down quiet local roads or on unpaved backcountry trails. Helmets are provided and required, and various pedals are available to clip in. Biking and hiking levels are based on mileage, elevation gain and pace. Please contact Outdoor Sports at Ext. 4355 for more information.

**BICYCLE CONFIDENCE CLASS – COMPLIMENTARY**
If you’ve ever hesitated to go on a ride because you don’t feel fully comfortable with the basics, this class is for you. Review balance, braking, shifting and road safety. You must have previous riding experience. 120 minutes.

**BIKE RIDES: GROUP – COMPLIMENTARY**
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. Times vary. Bring warm gloves, a hat and a windbreaker in fall and winter.

**BIKE RIDES & HIKES: PRIVATE – CRAFT YOUR OWN JOURNEY**
Private bike rides or hikes tailored to your own interest may be scheduled through the Outdoor Sports department. Whether for a small group or a one-on-one experience, we customize for focus, length, level/intensity, terrain and duration. Times vary. 24 hours advance notice required.

**BIRD WALKS – COMPLIMENTARY**
Guided, on-property bird walks are offered each week. We cover approximately two miles around the Ranch and Sabino Creek area. Binoculars are provided. 120 minutes.

**HIKES: GROUP – 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.

**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. 4 to 5 hours.

**HIKING & BIKING INFORMATION**
The daily hiking and biking schedule and sign-up boards are outside the Outdoor Sports area in the Spa. The sign-up board lists length, terrain, elevation gain and altitude of all activities. Our staff will be happy to make recommendations to suit your interests and level of experience.

Food, water, backpack and poles are provided. Please dress for the weather and wear hiking boots.

**What Level Am I?**
Our hike and bike levels are based on the combination of distance, elevation gained and pace. All three come together to provide an outdoor fitness experience. If you are unsure of your ability on any of these criteria, we encourage you to contact Outdoor Sports for expert guidance.
NIGHT VISION GOGGLES 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. 2 hours.

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 digital copies of your images to take home. 4 hours.

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. 5 hours.

High Adventure Experiences

CLIMBING FOR FITNESS
Scale our climbing 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.

HIGH ROPE CHALLENGE COURSE
Under the guidance of our knowledgeable staff, stretch your limits and discover new things about yourself and how you perceive risk. The challenges you’ll face on the ropes course connect to daily life: You’ll learn about your communication skills, performance under pressure and your ability to give and receive support. The course offers two levels and is highly interactive, whether you traverse it one-on-one or with a group. From start to finish, you’ll make all the decisions about your safe, thrilling adventure. Two to eight people. 2 to 4 hours.

ZIPLINE
Your adventure begins as you gear up and climb a pole to our platform. Our staff will guide you safely through this high-flying adventure. When time permits, you may choose to go again. Some even accept our “Blindfold Challenge”! All fitness levels welcome. 90 minutes.

Survival Skills

ANIMAL TRACKING – COMPLIMENTARY
Which creature made those tracks – and what was it doing? Learn how to follow and interpret animal tracks in the desert and to spot other signs of wildlife passing through. 3 hours.

INTUITIVE ARCHERY
Technical knowledge isn’t the only thing required to move an arrow from your bow to the target. Develop the present-moment awareness skills that can help you begin or enhance your archery practice. 120 minutes.

NATIVE AWARENESS – COMPLIMENTARY
Develop your outdoor senses. Learn awareness techniques, mobile meditation exercises and how to sharpen your visual senses as you hone your awareness skills in a natural setting. 90 minutes.

PRIMITIVE FIRE-MAKING – COMPLIMENTARY
Learn how to coax a hot coal from hand-hewn sticks with this most exciting of outdoors skills. Experience a true Aha! moment as you connect with the primal thrill of creating fire. 120 minutes.

PRIMITIVE STONE KNIFE – COMPLIMENTARY
Make a basic knife using a stone flake and a yucca string you’ll create yourself. This tool is a replication of actual archeological finds. 3 hours.
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 professionals at Ext. 4627 to learn about special packages and programming. Golf clubs will be provided for clinics and services.

INDIVIDUAL OR SEMIPRIVATE GOLF LESSON
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.

Also available as a group clinic opportunity. Clinics focus on Novice Boot Camp Workout, Bunkers, Chipping, Driving, Irons, Putting and Pitching. See This Week at Canyon Ranch.

BOOT CAMP GOLF
A PGA golf professional works one-on-one with you in this six-hour, intensive golf learning system that works through repetition to hone skills and develop muscle memory. Excellent for beginners to advanced golfers. Choose any six sessions during your stay from the following options:

- **Novice** – Learn the basics from our experts – grip, posture and one supercool basics swing drill – over and over. There’s no better way to get your game underway. **50 minutes.**

- **Full Swing** – Have your set-up, back swing and through swing scrutinized, learning one to three concerns that are holding you back. Then, the training begins! Informative and game-enhancing. **50 minutes.**

- **Short Game** – Putting, chipping, pitching and bunker play comprise over 60 percent of your golf shots. Muscle memory instruction is applied in these areas, accelerating the learning process. **50 minutes.**

GOLF PACKAGES
Make golf the center of your Canyon Ranch stay.

**4-Night Golf Package**
- 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**
- Three rounds of golf at 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.
**Racquet Sports**

**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. *Racquets are available.*

**INDIVIDUAL OR SEMIPRIVATE PICKLEBALL LESSON***
Beginning basics to advanced instruction. *50 minutes.*

**TENNIS**
Our skilled USPTA®-certified tennis pros offer fun and constructive ways to improve all aspects of your game with beginning to advanced instruction. You may also use our complimentary courts and racquets for your personal enjoyment.

**INDIVIDUAL OR SEMIPRIVATE TENNIS LESSON***
Beginning to advanced instruction, hitting lesson or workout drills. *50 minutes.*

* Available as a group clinic opportunity. See *This Week at Canyon Ranch.*

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**Sign up:** 800.729.8090 • Service prices are listed on a separate Fee for Services menu.
HAD ENOUGH of fad diets?
The all-healthy Canyon Ranch approach works for life. It's based in science and set in motion by you, with positive food, exercise and lifestyle choices. Sustainable choices that make you feel great. So when you lose weight, it stays lost.
LIFE MANAGEMENT

BIOFEEDBACK
This proven technology uses many techniques to reduce tension, redirect negative thoughts and improve performance and other mind-body interactions. With a licensed therapist, 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 service allows you to actually see the 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 an enjoyable method for looking at the harmony between mind and body. **50 minutes.**

BUILDING BETTER RELATIONSHIPS
Healthy, loving relationships are a source of joy and well-being. They 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.)

COGNITIVE ASSESSMENT
Learn how stress, sleep and other variables can affect your cognitive abilities, and how specific lifestyle practices can enhance them. Computer-based exercises will help assess your brain function. **Two sessions, 50 minutes each.**

Note: Please see Program Advising to complete a short questionnaire 24 hours prior to your first appointment.

EMOTIONAL INTELLIGENCE
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, in which you indicate how well various statements describe you. **25 minutes.**

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

HEALTHY LIFESTYLE
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 and gain a fresh perspective. Frequently addressed areas include:

- Communication
- Grief & loss
- Transitions
- Work in balance
- Alcohol & health
- Sexuality & intimacy
- Smoking cessation

**50 minutes.**

HYPNOTHERAPY
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. Some common applications include:

- Pain management
- Sleep improvement
- Weight loss
- Relaxation
- Stress reduction

**50 minutes.**
MEDITATION FOR CHANGE
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 a licensed therapist to determine which techniques are right for you. Then, learn to use techniques to promote healing, serenity and self-awareness. 50 minutes.

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

SLEEP ENHANCEMENT
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. A licensed therapist examines the nature and degree of your problem and looks at techniques to improve your sleep hygiene. 50 minutes.

Note: For Medical Sleep Disorders, see page 27.

STRESS MANAGEMENT
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.

UNDERSTANDING YOURSELF
The DiSC® (Dominance, Influence, Steadiness and Conscientiousness) profile is a nonjudgmental questionnaire used for discussion of people's behavioral differences. Your therapist will review the detailed report with you, helping you to better understand yourself and adapt your behaviors with others. This guidance can help with motivation, stress, conflict and cultivating the best in you.

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

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

12-Step Recovery Meetings
Held daily at 5 pm in the Mesquite Room. The meetings are open to members of all 12-step fellowships, their families and anyone who is interested.
Canyon Ranch Medicine is a new paradigm of health care. It's personalized care, focused on you as a whole person.

A board-certified physician will work closely with you and with experts in nutrition, fitness, stress reduction and complementary specialties. Which means you could wind up with a revised hormone regimen, new pain management techniques or a recommendation to try meditation. Whatever will benefit you most.

Ranch physicians specialize in weight loss, nutrition, sleep medicine, cognitive wellness, gut health, fitness, hormonal health, optimal performance, longevity and lifestyle medicine. Upon your request, they'll communicate with your physician at home, too.

Canyon Ranch is the perfect place for a low-stress exploration of your health potential. The special attention and unhurried consultations can help you reach your goals.

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

Our team of experts provides access to many standard and innovative 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 show how well you digest food and absorb nutrients and measure the good and bad bacteria, yeast and parasites in your body.

**Healthy Weight:** Many factors aside from diet and exercise can influence body weight. Our physicians will help you find any contributing factors.

**Heart Health:** Simple assessments can determine a plan for prevention or treatment of heart disease. Select lab tests developed in concert with the Cleveland HeartLab® may include basic lipid panels, blood glucose levels or advanced analysis to evaluate biomarkers and measures of inflammation.

**Insulin Resistance/Metabolic Syndrome:** Find out about how efficiently you process glucose, and other factors that influence your risk of heart disease, stroke or diabetes.

**Nutritional Health:** Learn your status as it relates to antioxidants, B vitamins, digestive support, essential fatty acids and minerals.

**Thyroid Dysfunction:** This can detect an undiagnosed thyroid problem that may be contributing to a range of symptoms and health risks.

**Women’s or Men’s Health:** Find out how your hormone levels can play a role in your health and happiness.

An initial consultation with a Canyon Ranch physician is required to determine your clinical needs. Additional fees for lab tests apply.
Personalized Medicine

CARDIOMETABOLIC STRESS TEST WITH PULMONARY FUNCTION TESTING
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 is also a state-of-the-art test for determining the safety of your participation in exercise: You’ll be screened for arrhythmias, EKG changes, exercise-induced asthma, obstructive lung disorders and blood pressure tolerance during exercise. Whether you’re training for a triathlon or just getting started exercising, this service will help you work out safely and efficiently – 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
Determine your cardiovascular disease risk with this one-of-a-kind, noninvasive diagnostic test. The elasticity of your small and large arteries is assessed by collecting blood pressure waveform data produced with each heartbeat. The results can be useful if you have diabetes, hypertension or a family history of these conditions. A physician will assess any cardiovascular risk, develop treatment strategies, and determine whether you need more in-depth testing and follow-up. You’ll 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.

VASCULAR ULTRASOUND
This noninvasive test evaluates blood flow in the arteries and veins outside the heart. It can detect plaque, narrowing, blockages, blood clots, incompetent valves and aneurysms, and provide information regarding cardiovascular and stroke risk level. You’ll discuss your results with a follow-up consultation (required with this service). 25, 50 or 150 minutes.

PREVENTIVE CARDIOLOGY
The number one cause of death in men and women is heart disease. Your Canyon Ranch physician has a full spectrum of services available to determine your risk factors, such as blood lipid levels, biomarkers for diabetes and pre-diabetes, blood pressure, elevated inflammatory markers and lifestyle choices. Existing plaque can be measured with leading-edge diagnostics including CVProfiler®, vascular ultrasound, cardiac stress testing and heart-rate variability testing. With this information, your physician will design a personalized approach to your health care.
WELLNESS  |  Medical

**PERSONALIZED MEDICINE**

Customize 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 design a lifestyle prescription with recommendations meant for you alone.

**NATUROPATHIC MEDICINE CONSULTATION**

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 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.

**OPTIMAL HEALTH CONSULTATION**

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 Eastern medicine. Address your overall health and specific concerns, such as cardiovascular risk factors, and get a plan to help you prevent disease and possibly reverse existing conditions. Ask about any issues that concern you. You may receive recommendations for laboratory tests that 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.

**DEXA BODY COMPOSITION AND BONE DENSITY EVALUATION**

The state-of-the-art DEXA (Dual Energy X-Ray Absorptiometry) scan provides a diagnostic measurement of not only total body fat but also lean tissue (muscle), visceral fat and bone density. This will help your Canyon Ranch providers to work with you in developing a plan to reach and maintain a healthy body weight and maintain bone health.

**Part I** – A physician administers the test, interprets your results and advises you about reducing your risk for disease. **50 minutes**.

**Part II** – In a follow-up session, meet with an exercise physiologist who will interpret the test results and, based on that data, design a personalized exercise program. **50 minutes**.

**NOT YOUR TYPICAL ANNUAL PHYSICAL**

Lab testing is evolving quickly. Canyon Ranch physicians have expertise in leading-edge blood tests that can provide an in-depth understanding of how your body is functioning, well before the disease process begins. Some examples:

- Your biomarkers and their impact on your health
- Your ability to metabolize toxins in the environment
- Your tendency toward inflammation
- Your adrenal and hormonal function
- Vitamin and mineral levels in your body

Sign up: 800.729.8090 • Service prices are listed on a separate Fee for Services menu.
Sexuality & Intimacy

**SEXUAL HEALTH CONSULTATIONS**

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

- **Physical Factors** – Coping with disabilities, effects of medication and menopause. 50 minutes.

- **Sexual Health for Men & Women** – Discuss approaches to help improve your sexual functioning and enjoyment. 50 minutes.

Sleep Medicine

Emerging evidence supports a link between disrupted sleep and risk of heart disease, diabetes, atrial fibrillation, ADHD, cognitive decline and chronic pain. Treating sleep disorders may improve management of these conditions and contribute to better overall health and well-being.

**ALL-NIGHT SLEEP STUDY (POLYSOMNOGRAPHY)**

An overnight sleep study is helpful for assessing multiple awakenings, snoring, possible sleep apnea and unexplained daytime sleepiness. This formal 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. **Study review 50 minutes.**

*Note: Polysomnography may be covered by your medical insurance plan.*

**MEDICAL SLEEP DISORDER CONSULTATION**

Have a Canyon Ranch physician 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, in-your-room sleep screening to check for common sleep disorders – including apnea, hypopnea (abnormally slower, shallow breathing) 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 consultation.*

**Complementary Medicine**

**CHIROPRACTIC SERVICES**

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. **45 minutes initial visit. 15 minutes follow-up visit.**

**MASSAGE FOLLOW-UP TO CHIROPRACTIC CARE**

Your chiropractor may recommend our specifically designed massage to complement your chiropractic treatment. **50, 80 or 100 minutes.**
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. This includes 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 bunions, corns, hammertoes, sore arches, plantar fasciitis, sore ankles, shin splints and more. 25 minutes.

MUSCULOSKELETAL & JOINT ASSESSMENT
The easiest injury to treat is the one that is prevented; optimizing your movement gets you there. If you’re experiencing limitations or musculoskeletal pain that disrupts daily living, or if you’d like to become more active, meeting with a certified athletic trainer can help. You’ll have a full musculoskeletal evaluation to identify areas of impaired movement, function, mobility or pain. And you’ll receive a customized therapeutic exercise program, including home care plans for a return to optimal function and injury prevention. 50 minutes.

PHYSICAL THERAPY
Learn to use your body more efficiently and comfortably. A physical therapist evaluates your muscle length, strength, posture and alignment. Take home therapeutic exercises to improve functional strength, recover from injury or surgery, reduce chronic pain, or rehabilitate chronic neurological or orthopedic conditions. 50 minutes.

SHOCKWAVE & LASER THERAPY
By applying sound waves to an injured site on the body, this treatment can help relieve musculoskeletal pain or injury. The sound therapy breaks up scarring that has penetrated tendons, ligaments and other soft tissues, and reactivates the natural healing process. Laser may be combined with shockwave to enhance healing – it’s noninvasive and nonsurgical, with virtually no side effects – or used individually. A Musculoskeletal & Joint Assessment is required prior to treatment. Number of Shockwave and/or Laser Therapy sessions varies according to need. 25 minutes.

Energy Therapies

ACUTONICS
This 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 your meridians and energy centers, bringing them into balance. Your acutonics treatment takes place in a healing sound environment created with bells and gongs. Please wear comfortable clothing. 50 minutes.

BALANCED ENERGY
Experience deep relaxation as a Canyon Ranch massage 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, with profound effects on your well-being. Please wear comfortable clothing. 50, 80 or 100 minutes.

CRANIOSACRAL THERAPY
This soothing treatment adjusts the subtle rhythm of the cerebrospinal fluid as it circulates around the brain and spinal cord. Using very light, sensitive touch, your massage therapist monitors the flow to determine where restrictions are located and gently releases them. This encourages optimal fluid movement throughout the body. The result is a deep sense of calm. Please wear comfortable clothing. 50, 80 or 100 minutes.
HEALING TOUCH
This deeply 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, and promoting physical, emotional, mental and spiritual well-being. You may feel a sense of relaxation, lightness, calm and peacefulness. 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.

Traditional Chinese Medicine

ACUPHORIA
Get a head start on your vacation. Begin 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.

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:
- Arthritis
- Asthma
- Depression
- Fatigue
- Headache
- Longevity
- Illness prevention
- Sleep
- Musculoskeletal pain
- Smoking cessation
- Stress relief
- Fibromyalgia
- Pain
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
This therapy can help you establish healthier nutritional and exercise habits. This session features specialized acupuncture that’s used extensively in China for decreasing food cravings while increasing energy and digestive efficiency. The technique employs abdominal needles with mild electrical stimulation, and includes an extensive health consultation. This full body/mind-balancing treatment can jumpstart the body’s ability to move toward a healthier weight. 100 minutes.

Note: Two or more Acupuncture for Healthy Weight Loss 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 Chinese medicine practitioner 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.

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.
**Personalized Nutrition Consultations**

**COMPREHENSIVE NUTRITION EVALUATION**
Get a complete picture of your nutrition status and receive the highest level of personalized nutrition information in a customized plan for your optimal health.

**Part I** – Complete assessment questionnaire. 25 minutes.

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

**Part III** – You’ll receive a personal report from your registered dietitian/nutritionist, based on 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 Part II service; however, be sure to hydrate well.*

**DIGESTIVE WELLNESS**
Your gut health – how well you digest, absorb and metabolize nutrients and eliminate waste products – is essential to your overall health and vitality. Meet with a registered dietitian/nutritionist to assess your diet and identify potential toxins or irritants. You’ll get personalized strategies to treat digestive conditions or problems, including recommendations about healing foods, supporting your microbiome, any supplementation and avenues toward achieving optimal gut health.

Conditions often significantly improved by optimal eating patterns include:
- Constipation
- Diverticulosis
- Food allergies
- GERD/heartburn
- Gluten intolerance/celiac disease
- Inflammatory bowel disease
- Irritable bowel syndrome (two sessions required)

50 minutes.

**DINE WITH A NUTRITIONIST**
Practice is the path to perfect. In this add-on service to any nutrition consult, you’ll practice your personal food and nutrition recommendations in the Canyon Ranch dining venue of your choice, accompanied by your nutritionist. The emphasis is on balanced eating and nutrient-dense menu planning to help you meet your goals. 50 minutes.

**FASTEST MEALS IMAGINABLE**
Want to feed yourself and/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 cookbook 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.

**HEALING FOODS**
The food you eat sends powerful messages to your body. Your eating patterns, food choices, intake of vitamins, minerals and other nutrients can positively affect prevention and management of chronic and other conditions. Areas of focus may include:
- Anti-inflammatory eating
- Arthritis
- Cancer prevention
- Chronic fatigue & fibromyalgia
- Detox your diet
- High blood pressure
- High cholesterol & heart disease
- Insulin resistance
- Managing menopause
- Neuronutrition
- Osteoporosis
- Polycystic ovarian syndrome
- Pregnancy & breastfeeding
- Premenstrual syndrome
- Stress
- Thyroid health
- Type 1 & Type 2 diabetes (two sessions required for Type 1)

Meet with a nutritionist who will assess your needs and preferences, and provide therapeutic recommendations for your health concerns. 50 minutes.
HEALTHY EATING CONSULTATION
Get expert advice on 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, including:
- Practical portions
- Dining on the go
- Eating for energy
- Eating well at college
- Feeding healthy kids
- Plant-based eating
- Sleep
- Underweight
50 minutes.
Note: This service is not intended to address health issues or weight management. If you have health concerns, please schedule a Healing Foods consultation or Weight Loss Your Way (page 32).

MANAGING FOOD CRAVINGS
Many people struggle with food cravings. Our nutrition experts can help you manage this biological pleasure trap. Learn about the biology of food cravings, and strategies on how to overcome and reduce them.
50 minutes.

NUTRITION FOR SPORTS PERFORMANCE
An expert sports nutritionist can show you how to eat for optimal performance, support metabolism and promote muscle growth. Learn about the dynamics of hydration, food combinations, blood sugar and energy support. Take home a personal dietary plan focused on eating before, during and after exercise.
50 minutes.
Note: This session may be taken alone, or as a follow-up to the Exercise Physiology Metabolic Assessment.

VITAMIN & MINERAL EVALUATION
Finally – objective, expert advice about supplements based on your age, health risks, history and dietary patterns. A registered dietitian/nutritionist will answer your questions about using vitamins and minerals. Learn about optimal dosages and the best forms of supplements, and get customized recommendations. Please bring a list of any supplements your currently take. Lab evaluation of key nutrients is available to further guide supplement recommendations.
50 minutes.
Note: For herbal recommendations, schedule a Naturopathic or Traditional Chinese Medicine consultation.

CANYON RANCH SUPPLEMENTS
Developed by Canyon Ranch physicians and nutritionists. Because our professionals couldn’t find a line of supplements that met all their high standards, they spent more than two years researching and developing one that they could unequivocally recommend. Canyon Ranch supplements offer:
- Superior formulations, supported by the latest research
- Highest quality: ingredients, naturally sourced whenever possible
- The most bioavailable and valuable forms of nutrients for your body
- Unique combinations of potent nutrients
- Ongoing independent lab testing to assure purity and potency
- Ongoing reformulation of products to remain on the cutting edge of nutrition research
Nutritional Lab Evaluations
To provide you with recommendations regarding preventive medicine, optimal foods and nutritional supplements, we offer:

- Celiac disease testing
- Digestive analysis
- Personalized nutrition lab analysis
- Weight-focused genetic testing

WEIGHT LOSS YOUR WAY
Many strategies can produce quick results; the key to success is finding a method to generate lasting weight loss. The best approach for you depends on your personal history, food preferences and lifestyle. Our experts will spend time getting to know you and create a customized weight loss program.

Part I – Spend time with a nutritionist to discuss your weight history, eating patterns, food preferences and health goals. Are you interested in new topics such as intermittent fasting, a low-carb diet, meal timing or how your microbiome influences weight? We’ll customize your weight loss plan with the best strategies for you. 50 minutes.

Part II – Regroup with your nutritionist, who will integrate all your experiences. Together you’ll create a Personalized Eating Plan. You’ll leave with well-defined direction on how to change your weight forever! 50 minutes.

To complement Weight Loss Your Way, your nutritionist or Program Advisor may recommend services such as:

- **Resting Metabolic Rate.** Our FDA-approved calorimetry evaluation is the gold-standard test to determine how many calories your body burns each day, which helps determine personal your calorie goal.
- **Exercise** is crucial for lasting weight change. Talk to your Program Advisor or an exercise physiologist to see which service is best for you:
  - Metabolic Exercise Assessment
  - Exercise for Weight Loss and Body Definition
  - Strength and Conditioning
- **Weight-Focused Genetic Testing.** This innovative service provides a genetic basis for personalized nutrition and exercise recommendations.
- **Relationships with Food:** our Life Management therapists are experts in addressing emotional connections to eating, weight and food.

Cooking for Fun, Pleasure & Health
Learn from Ranch chefs. Check *This Week at Canyon Ranch* for details.

HANDS-ON COOKING
No matter what your skill level, you’ll have fun and take home practical skills and techniques you can use every day to make simple, healthy, great-tasting dishes. A different class every day! 120 minutes.

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

IF HEALTHY WEIGHT IS AN IMPORTANT GOAL FOR YOU …
Ask a Program Advisor about the New Approaches to Weight Management Focused Package – or the 7-night Canyon Ranch Weight Loss Program at the Life Enhancement Center®. You may also benefit from services such as the Acupuncture for Weight Loss, Sacred Body and Bod Pod® Body Composition Analysis.

Sign up: 800.729.8090 • Service prices are listed on a separate Fee for Services menu.
SPIRITUAL WELLNESS

For many of us, cultivating a spiritual existence is vital to a balanced and healthy life. Spirituality contributes significantly to health and healing, contentment of mind and heart, improved relationships and connection with community. Allow our experienced spiritual wellness providers to help you connect more deeply with what brings meaning, value and purpose to your life. This requires no religious affiliation, nor does it encourage giving up any particular faith.

Enhance your stay with a visit to our Meditation Garden at the Spiritual Wellness Center.

CRYSTAL SOUND ACTIVATION
This sound-focused treatment is designed to bring mind, body and spirit into balance. High-frequency, gemstone-infused Alchemy Crystal Singing Bowls™ are placed directly on your body, gently delivering deep resonance and profound healing frequencies to restore harmony.

50 minutes.

LOSS, GRIEF & REMEMBRANCE
Loss is an inevitable part of life, and sometimes it’s hard to know how to move forward. Our spiritual wellness team can provide support for individuals or families. We’ll explore 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 for you.

50 minutes.

RITE OF PASSAGE
This powerful session will help you move through a significant life change, choice or transition. Through dialogue and ceremony, your personalized Rite of Passage will help you celebrate, commemorate, release, unite or reconcile. Adaptable to any event, intention or milestone, your rite can involve one or more people. You may focus on:

- Birthday
- Breakup
- Career change
- Empty nesting
- Life transition
- New habits
- New parenthood
- Retirement
- Weight loss

50 minutes.

SACRED BODY
Explore how your lifestyle and beliefs can support your body in being a vehicle for the soul and spirit. Through centering and awareness, learn to step into alignment of body, mind, heart and spirit. This session may include the creation of a daily ritual for the expression of sacredness in your life. Your experience might focus on:

- Body image
- Physical changes (decreased mobility, recent surgery or diagnosis)
- Physical healing

50 minutes.

SOUL JOURNEY
Take a guided inner journey to explore 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.

SPIRITUAL DIALOGUE
Through conversation, intuitive tools and guidance, a spiritual wellness provider will help you explore your path and find new ways to integrate spirituality into life. No matter what your faith, experience or belief, you can deepen your personal spiritual practice.

50 minutes.

COUPLES & PRIVATE GROUP SESSIONS
Spiritual work is not only an individual journey. We encourage couples and private group sessions. These services work well in this setting:

- Loss, Grief & Remembrance
- Rite of Passage
- Spiritual Dialogue
Let us **TAKE CARE OF YOU.**
You do so much for everyone. Every day. Time to turn the tables. Have an expert rub your feet. Confide in a professional who’s always on your side. Linger over meals made the way you like them. Enjoy the quiet. Take a nap. Be you.

**SPA**

- Euphoria Ritual
- Sleep Consultation
- Yoga & Pilates
- Drumming Circle
- Creative Arts
- Inner Journey
- Facials & Body Treatments
- Stress Management
- Healthy Eating Consultation
- Dance Classes
- Nutritious Dining
MASSAGE and BODYWORK

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, we recommend that you 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 multitalented massage staff is devoted to giving you a massage that satisfies your specific 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 docking stations available in our massage rooms.

Massage

A SLICE OF HEAVEN ... THE ULTIMATE MASSAGE!

Four hands work in opposing motions to double your relaxation and create a beautifully customized massage. As you experience the unique sensation, your mind has no choice but to surrender to this ultimate indulgence. 50 or 80 minutes.

ARTHROITIS MASSAGE

This targeted massage is geared to your comfort. Your therapist will use a special blend of essential oils of ginger, eucalyptus and birch to warm and soothe achy muscles and joints, and combine massage techniques with stimulation of arthritis-relief acupressure points to strengthen joints and ease pain. 50, 80 or 100 minutes.

AROMATHERAPY MASSAGE

Essential oils are able to penetrate into the bloodstream and through the olfactory system, for a profound effect on mind and body. Our aromatherapy expert will help you choose the most effective essential oil blend for your specific intention. This treatment employs a variety of massage modalities including: lymphatic, acupressure, reflex points and soft tissue (Swedish) techniques. 50 or 80 minutes.

BLISSFUL FLOATING MASSAGE

Feel stress and tension float away. 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 RANCH MASSAGE

Our signature full-body massage stimulates circulation and soothes tight muscles. Your gifted therapist adapts eclectic techniques to your particular needs and preferences. Tension dissolves, leaving only comfort and well-being. 50, 80 or 100 minutes. Prenatal Massage also available; 50 minutes only.
CANYON STONE MASSAGE
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.**

CONNECTIVE TISSUE REBALANCING
Your therapist uses percussion massage and advanced bodywork techniques, softening fascia and releasing adhesions throughout your body, which may be restricting function and gait. This allows the whole musculoskeletal system to find a more comfortable, balanced state. Deeper tissue is addressed without discomfort or pain. Please wear comfortable clothing. **50, 80 or 100 minutes.**

DEEP TISSUE MASSAGE
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. **50, 80 or 100 minutes.**

HANDS, FEET & SCALP MASSAGE
This is a relaxing alternative to full-body massage. The hands, feet and scalp are rich in nerve endings and acupressure points, yet they are often neglected. Begin with an aromatherapy scalp massage, followed by massage for your hardworking hands and feet. **50 minutes.**

HEAD, NECK & SHOULDERS MASSAGE
Give your stiff neck and tight shoulders a break – you’ll feel better all over. This focused massage releases tension and restores comfort to this typically tense area. **50 minutes.**

HYDROMASSAGE
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 specialized hydrotherapy tub using powerful water pressure, special massage techniques and aromatherapy oils to encourage muscle relaxation. Swimwear required. **45 minutes.**

LYMPHATIC TREATMENT
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.**

NEUROMUSCULAR THERAPY
Excellent for the reduction of chronic complaints and other painful conditions. 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. Please wear comfortable clothing. **75 minutes.**

REJUVENATING WATERS
In Native traditions the sweat lodge is a place of cleansing and healing for tribal members. When effects of the sweat lodge are combined with bodywork, it produces a profound effect. Your journey begins in our hydrotherapy tub as you’re 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.**

Sign up: 800.729.8090 • Service prices are listed on a separate Fee for Services menu.
SOLE REJUVENATION
Your overworked feet will be cleansed and softened with a relaxing scrub, preparing them for a dedicated massage to soothe aches and melt away tension. Perfect for anyone who craves serious relief for feet and lower legs. 50 minutes.

TRANQUIL SLEEP TREATMENT
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 specialized massage techniques 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. 50 or 100 minutes.

Watsu – Aquatic Massage
Float comfortably and fully supported in a pool of warm water while a therapist uses massage techniques to soften muscles, stretch tissues and open energy pathways. As your body moves through the water, it reaches a state of relaxation so deep that the mind can follow. A freedom of awareness encourages healing to occur. Watsu® can address stress, chronic back pain, orthopedic limitations, arthritis, sleep disorders, fibromyalgia, range of motion issues and emotional release. This is a profound 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.

Optional Enhancements
Maximize your Canyon Ranch, Deep Tissue, Slice of Heaven or Head, Neck & Shoulders Massage by selecting one of these effective blends:
- Balancing Aromatherapy Oil – Lavender, ylang ylang, ginger, eucalyptus
- Relaxing Aromatherapy Oil – Roman chamomile, marjoram, lavender, tangerine, cedar wood
- Muscle & Joint Relief Aromatherapy Oil – Rosemary, black pepper, eucalyptus, cajeput, birch
- Coconut Milk & Honey Lotion – Exotic blend of coconut milk, raw honey and nut extracts rich in natural antioxidants to revitalize, moisturize and balance the skin

Massage for Two
Share the relaxing, therapeutic benefits of the massage experience with someone special. Ask about receiving your massages together. Times and fees vary.
Ayurvedic Treatments

**ABHYANGA**
This full-body ayurvedic-style massage is performed by two therapists in synchronistic rhythm using warm sesame oil. 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 a sense of well-being. *50 minutes.*

*Combine with a Shirodhara for a truly memorable experience.*

**BINDI-SHIRODHARA**
Based on traditional principles, this treatment is designed to restore balance to body and mind. Special oils corresponding to your body type (dosha) and an herbal masque prepare you for the Shirodhara – warm oil over the third eye and scalp. Then, an Indian balancing bowl is rolled along the soles of your feet, restoring harmony. The powerful combination of herbal infusions, light ayurvedic massage and energy work cleanses your skin, invigorates your spirit and rejuvenates your energy. *100 minutes.*

**SHIRODHARA**
This classic treatment induces a light state of meditation as a stream of warm, herb-infused oil is poured over the third eye. Feel the serenity as the warm oils nourish your hair and scalp. An Indian balancing bowl, used on the soles of your feet, soothes the spirit and helps balance your body’s energies. *50 minutes.*

Body Treatments

**COCONUT MELT**
This intoxicating experience evokes the feeling of the tropics, using warm coconut poultices. A bundle of pure coconut is steamed and applied to the skin using techniques that relax the body and help the oil penetrate the skin. Coconut oil is known for its antioxidant and anti-aging properties, leaving skin soft, smooth and supple. *50 minutes.*

**CONDITIONING BODY SCRUB**
Renew your skin with a scrub that leaves it feeling soft and velvety smooth regardless of your skin type. Enjoy the many features of water and warmth from our experiential spa treatment table. *50 minutes.*

Choose from:
- Salt
- Seasonal
- Sugar

**DETOXIFYING HERBAL WRAP**
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 energy point and scalp massage. *25 minutes for one, or allow 40-45 minutes for a two-person, side-by-side experience.*

**DETOXIFYING RITUAL**
Retreat into a ritual of heat and pure scent for an intense therapeutic transformation. You’ll be deeply cleansed with Moroccan mint tea and silt purifier, and vigorously scrubbed with coffee, olive stones and lemon. A rich rhassoul clay will then be applied to draw out impurities. You’ll recharge with quince and orange blossoms, then have all this goodness sealed in with essences of cardamom, jasmine, bergamot, amber and clove. Concludes with a massage. *100 minutes.*
EARTH & SEA COCOON
Long recognized for its ability to calm, soothe and balance, this mineral- and trace element-rich masque uses earth and sea products to ease aching muscles and nurture skin. The warmed masque penetrates while you enjoy a relaxing scalp or foot massage – your choice. Your replenishing session concludes with an application of a rich body lotion. 50 minutes.

EUPHORIA – DEEP CALMING RITUAL
Enter into a euphoric state with 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, then gently buffs it away, you’ll be immersed in a soaking tub with our special aromatherapy blend. Concludes with a massage. 100 minutes.

HYDRATING DESERT RITUAL
Rejuvenate your skin and serenade your senses with native resources from the Sonoran Desert. You’ll 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.

MUSCLE RESCUE RITUAL
This purposeful ritual is devoted to relieving muscle aches, pain and stiffness. Tension dissolves as you’re exfoliated with a salt scrub enriched with essential oils. An aromatic mineral bath soak detoxifies, soothes and relieves tension while preparing your muscles for a deep-tissue, full-body or focused-area massage. 100 minutes.

OMEGA BODY BUFF
Buff away your stress with this effective scrub designed to promote circulation, exfoliate dry skin and moisturize. Omega-3 anti-inflammatory oils will keep your skin nourished all day long. It’s the superfood your skin needs to stay firm and elastic. Suitable for all skin types. 50 minutes, or 80 minutes for our maternity guests.

TREE OF LIFE PURIFYING RITUAL
The restorative properties of the forest are brought to you in this powerful treatment. Tree oils and resins combine with citrus and sandalwood to reduce stress levels and inspire vitality. Grounding blends of essences offer a renewed sense of well-being that complements the exfoliation and massage in this multi-step treatment. 100 minutes.

ULTRA-MOISTURIZING COCOON
Dare to let go completely as you float weightlessly in our cocoon envelopment bed. Enjoy a light exfoliation followed by an application of a luxurious moisturizer. Choose from:

- Goat Butter Cream
- Seasonal
- Warm Vanilla

50 minutes or 100 minutes for couples.
**Eastern Therapies**

**ASHIATSU – BAREFOOT MASSAGE**
From the Japanese words “ashi,” meaning foot, and “atsu,” meaning pressure, this is an incredibly relaxing and deep massage therapy. The therapist uses overhead bars for balance while using foot pressure to bring about release and structural change in chronically sore, tight tissues, and to stimulate circulation. **50, 80 or 100 minutes.**

**BAREFOOT TABLE THAI**
Flowing and rhythmic, this treatment is a fusion of traditional Thai stretching and Ashiatsu compression massage techniques. It’s for anyone seeking help with flexibility, training for sporting events, relief from back and hip pain or deep relaxation. Table 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.**

**MUSCLE MELT FOR ROAD WARRIORS**
A powerful 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.**

**REFLEXOLOGY**
A treat for your feet with whole-body benefits. A specially trained therapist works on reflex points in the feet that correlate to the individual organs and parts of the body. Activating these reflexes helps improve circulation and promotes relaxation. Please wear comfortable clothing. **50, 80 or 100 minutes.**

**SHIATSU**
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. A deeply pleasurable, whole-body tune-up. Please wear comfortable clothing. **50, 80 or 100 minutes.**

**THAI MASSAGE**
Sometimes called “yoga massage,” Thai 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 yoga or workout-type clothing. **100 minutes.**

**Energy Therapies**
Please see pages 28-29 for services.
Healthy Hair Care

Color
Let our design team create a shade to enhance your style. Blow-dry included.

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

Highlights
Customize the perfect dimension and depth of color with highlights or lowlights to bring vibrancy to your hair. Blow-dry included.

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

RESTORATIVE HAIR TREATMENT
An effective reconstructive treatment that conditions and soothes the scalp, while deeply conditioning over-processed and damaged hair. Includes a relaxing scalp massage. 50 minutes; 80 minutes with blow-dry.

Makeup

BROW DESIGN
Focus on the eyes. Enjoy a lesson in shaping and tweezing your brows to create the perfect look. A specially trained professional will teach you to enhance one of your most important features. 25 minutes.

COMPLIMENTARY MAKEUP APPLICATION
Look as great as Canyon Ranch makes you feel. Receive a complimentary makeup application by a trained professional. Limited availability. 30 to 45 minutes.

MAKEUP CONSULTATION
Learn to use makeup like a pro. Let a professional create a look for you and teach you valuable techniques, trends and tricks. 50 minutes.
Manicures

**AGE-DEFYING MANICURE**
Features vitamins A, C and E, plus alpha hydroxyl acids (AHAs) to turn dry, rough and chapped skin smooth and soft. **45 minutes.**

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

**GENTLEMEN’S MANICURE**
This treatment provides hydration and exfoliation using products that appeal to a gentleman’s senses. Includes a file, soak, groom, massage, paraffin and buff. **45 minutes.**

**SHELLAC MANICURE**
Say goodbye to nicks, chips and smudges. Enjoy all the essentials of a perfect Canyon Ranch manicure finished with a breakthrough gel polish that combines the ease of polish with the permanence of gels. **50 minutes.**

Pedicures

**AGE-DEFYING PEDICURE**
Features vitamins A, C and E, plus alpha hydroxyl acids (AHAs) to turn dry, rough and chapped skin smooth and soft. **50 minutes.**

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

**FOOT RESCUE! PEDICURE**
This therapeutic, invigorating treatment 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.**

**GENTLEMEN’S PEDICURE**
A delightful and relaxing experience. Includes a file, soak, groom, massage and buff to renew and re-energize your feet. **50 minutes.**

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

**ROAD WARRIOR PEDICURE**
A special treat for hardworking feet, this aromatic pedicure begins with the soothing warmth of steamed muslin pouches of Thai herbs and essential oils, which are applied to the legs and feet in a kneading motion. Used for centuries to heal and purify the body, this treatment helps eliminate sluggishness, ease aching feet, release toxins and alleviate stress. **80 minutes.**
SKIN CARE

**ALPHA BETA™ FIRMING FACIAL**
This anti-aging facial using the Alpha Beta Peel System by Dennis Gross, MD, is rejuvenating and powerful yet gentle and exfoliating to help repair signs of aging and sun damage, fade dark spots and reduce the appearance of pores. *50 minutes.*

**AGELESS OXYGEN FACIAL**
Build collagen and elastin, increase cell turnover and hydrate with this advanced technology facial featuring Luzern® skincare products. *50 minutes; 80 minutes with microcurrent technology.*

**ANTI-AGING VITAMIN BODY TREATMENT**
This exfoliating and deeply hydrating body treatment features Environ® skin care products and focuses on signs of aging, using lactic acid and vitamins A, C, E and beta-carotene. *50 minutes.*

**BRIGHTENING FACIAL**
Designed to address hyperpigmentation, this facial uses revolutionary technology and Environ products with vitamins and antioxidants to unveil your brightest and most radiant skin. *Both 50 minutes and 80 minutes include DF technology.*

**DEEP CLEANING FACIAL**
Purify, soothe and balance the look of problematic skin. This deep cleanse with Environ products will prevent and eliminate the appearance of blackheads, whiteheads and congestion while leaving the skin calm and refreshed. *50 minutes; 80 minutes with DF technology.*

**GENTLEMEN’S FACIAL**
Specially tailored to a man’s skin, this facial using Environ products will address concerns such as irritation, ingrown hairs and breakouts, while reducing the appearance of sun damage and fine lines. *50 minutes; 80 minutes with DF technology.*

**HYDRATING HYALURONIC FACIAL**
This ultra-hydrating facial that gives skin a plumper, smoother appearance. Hyaluronic acid quenches parched skin instantly and holds up to 1,000 times its weight in water so it can bind moisture to skin, cushioning your skin from environmental stress and dehydration. Facial includes clinical-strength Retinol Peel from Dennis Gross, MD. *50 minutes.*

**OVERNIGHT WRINKLE RECOVERY FACIAL**
Redefine beauty sleep by delivering clinical-doses of reparative nutrients at the skin’s optimal time for repair using a highly effective combination of retinol and ferulic acid by Dennis Gross, MD. *50 minutes.*

**OXY-DERMABRASION FACIAL**
Experience the ultimate noninvasive skin resurfacing treatment featuring Luzern skin care products. First, outer layers of skin cells will be gently exfoliated, stimulating collagen production and cellular renewal. An infusion of oxygen and application of carefully selected serums will enhance rejuvenation effects. *80 minutes.*
**PREMIER AGE-DEFYING FACIAL**
Diminish the look of fine lines, lax skin, pigmentation, sun damage and scarring with Environ products. 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 reduce frown lines. Includes DF technology and a Focus-CIT® (Collagen Induction Therapy) device, a take-home tool for targeting mouth and eye areas. **80 minutes.**

**PURE ANTI-AGING FACIAL**
Featuring the unique Tata Harper skin care line, this rejuvenating facial is designed to support the production of collagen to firm, lift and smooth the appearance of wrinkles. A beta hydroxy 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; 80 minutes includes triple masque and eye treatment.**

**SENSITIVE FACIAL**
Calming and healing for those who experience redness and irritation. Environ’s vitamins, antioxidants and growth factors will gently begin to rebalance and restore your skin’s integrity. **50 minutes; 80 minutes with DF technology.**

**TOTAL ELEGANCE AGE-MINIMIZING FACIAL**
This facial uses the Sisley product collection and delivers the ultimate anti-aging indulgence. Powerful botanicals help skin appear rested, less stressed, luminous, firmer and more hydrated. **50 minutes; 80 minutes with microcurrent technology.**

DF Technology incorporates the revolutionary Ionzyme DF II Machine which uses Iontophoresis, an electrical current that is passed through the skin, allowing greater absorption of vitamin applications, along with Sonophoresis, which uses sound waves to promote deep penetration of vitamin molecules providing greater penetration resulting in faster, more effective results.

Optional Enhancements – customize your treatment with one of these services:
- Bright Eyes
- Neck & Décolleté Repair Treatment
- Peel
- Waxing

Sign up: 800.729.8090 • Service prices are listed on a separate Fee for Services menu.
PURSUE a passion.
The world is your playground – and you love to explore. Expand your mind and try new things. Go after a dream. Make each day an adventure.
CREATIVE ARTS

Creativity has been correlated with improved health and wellness. It allows you to delve into your inner resources in a joyful and natural way. Our talented experts will inspire and guide you: Pick up a paintbrush, design and make beautiful jewelry or discover the meditative qualities of coloring. The possibilities are endless. Our studio instruction includes pottery, jewelry making, painting, eco-arts, fabric arts, meditative and intuitive art and poetry. Scheduled classes are limited to allow for personal attention. Note: Fees may apply.

Contact Program Advising to arrange individual instruction with one of our professional artists, to schedule a private or semiprivate session, or view our full menu of creative arts offerings.

CULINARY EVENTS

Ask about our interactive culinary experiences and special events – you can check This Week at Canyon Ranch for details. Also, you’ll find delicious, easy-to-make recipes at canyonranch.com/blog/recipes.
**HEALTHY FEET**

**Give your feet the care they deserve.** Ease pain and address problems with Canyon Ranch Healthy Feet® services. Your feet – and the rest of your body – will thank you. Please wear comfortable, loose-fitting clothing.

**HEALTHY FEET CENTER**
The right shoes keep you safer and more comfortable in all your activities. Our experts will help you select your ideal athletic shoe and, if necessary, Foot Doctor Orthotics for alignment correction. Located in the Spa, across from Program Advising.

**FOOT RESCUE! PEDICURE**
This therapeutic, invigorating pedicure begins with a soothing foot bath in herbal salts to refresh and relax the feet. Your 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.

**GAIT ANALYSIS & ORTHOTICS**
When it comes to your gait, even small irregularities can lead to big problems, resulting in pain or injury. Get an expert evaluation for your hardworking feet. Your service will include a complete four-point video analysis, computerized biomechanics assessment, shoe recommendation for fit and support and an orthotics assessment. 25 minutes.

**REFLEXOLOGY**
A treat for your feet with whole-body benefits. A specially trained therapist works on reflex points in the feet that correlate to the individual organs and parts of the body. Activating these reflexes helps improve circulation and promotes relaxation. Please wear comfortable, loose-fitting clothing. 50, 80 or 100 minutes.

**SOLE REJUVENATION**
Your overworked feet will be cleansed and softened with a relaxing scrub, preparing them for a dedicated massage to soothe aches and melt away tension. Perfect for anyone who craves serious relief for feet and lower legs. 50 minutes.
Mothers-to-be and new moms need special nurturing. Let us care for you with comforting spa services suitable for you in massage, bodywork, skin care and the salon. Our caring team is eager to help you prepare for the joys and challenges ahead.

Staying fit and healthy in body, mind and spirit is especially important for you at this time. Our 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 through a complete list of suggested services for mothers-to-be and those that would be the most valuable for you. You may call 800.729.8090 before your stay or Ext. 4338 any time while you’re here.
METAPHYSICAL

ANGEL CARD READING
Access the energies of angelic beings. When you’re facing challenges, angel messages offer encouragement and positive affirmations. An angel card reading is useful for seeking guidance with your life path. The cards’ gentle messages help soothe and calm emotions. 50 minutes.

ASTRO-GEMOLOGY | CRYSTAL ENERGY
Gain personal insight, transformation, emotional growth and healing using crystal alchemy. Astro-Gemology uses your natal astrological chart to inspire your astro-gemology mandala, incorporating gemstones and crystals. Analysis of the astrological wheel will reveal the unique birthstones for each of your planets. A metaphysical provider will help you focus crystal energy with your own intention and meditation. A Crystal Energy 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 each.

ASTROLOGY | ASTROCARTOGRAPHY
Based on your date, time and place of birth, an astrology session will offer practical insight about your path, your personality and issues such as love, career, health, wealth, travel and spirituality. Astrocartography, a locational astrology system, helps you find the best places for relocation, travel, love, career or financial success by revealing your “power spots.” 50 minutes each.

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

DEVELOPING YOUR SIXTH SENSE
A one-on-one experience with our Canyon Ranch clairvoyant can help develop your personal intuitive process. Learn how to cultivate and expand your intuition to use in everyday life. 50 minutes.

GENEALOGY
Connect with your roots. 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. Take home 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 needs.

GENEALOGY EXPANDED RESEARCH
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. Post-stay follow-up sessions are available.
HANDWRITING ANALYSIS
Explore this fascinating pathway into your conscious and unconscious beliefs, and learn more about 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 in your life. Conducted by a certified handwriting analyst and based upon a rich scientific history. 50 minutes.

NUMEROLOGY | NUMEROLOGY SYMBOL CARD
According to numerologists, all things can be viewed as vibrating energy formed into organized patterns. Those patterns have a harmonic resonance with numbers that reveal qualities about any living thing. In a Numerology session, numbers corresponding to your full birth name and birth date can give insight into your soul’s mission and your life’s path, as well as current and future trends. You may also choose to create your own Numerology Symbol Card highlighting your destiny, path or power number using symbolic placement techniques and contemplative intention. Our numerologist will give a brief overview of your numerology chart, then guide you in this creative and introspective process. 50 minutes each.

TAROT CARD READING
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.

You’ll receive a recording of your metaphysical session, or you may choose to use a recording app on your phone. Connect with our providers by telephone between Canyon Ranch visits. Please contact your Program Advisor for more information.
YOUR MOST AMAZING, BEST-EVER VACATION

Canyon Ranch welcomes guests ages 14-17 when accompanied by a parent or guardian.

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 and abilities. View and download the Teen Services Menu on our website. And don’t forget to check out This Week at Canyon Ranch – our daily schedule of classes, special events and activities. These are posted online four weeks in advance.

Choose from an incredible array of services and activities available to teens:
- Bodywork
- Cooking workshops
- Creative arts classes
- Energy therapies
- Fitness
- Hairstyling
- Life management
- Makeup
- Nail services
- Nutrition
- Skin care
- Spiritual wellness

We require that all guests ages 14-17, 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 on our Teen Services Menu.
- 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.
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.

Home consultation experts include:
- Chinese medicine practitioners
- Exercise physiologists
- Life management therapists
- Metaphysical service providers
- Nutritionists
- Board-Certified Physicians
- Spiritual wellness providers

Anytime during your stay, you can arrange at-home coaching in advance through Program Advising or at the Health & Healing reception desk. To schedule an appointment from home, please call 888.873.0333.

Canyon Ranch Online Store
Stay in touch with the Canyon Ranch lifestyle and frame of mind with exclusive products from our online store. In addition to the Canyon Ranch Bath & Body Collection of hair and skin products, you’ll find our foot therapy devices, apparel and a range of wellness item.

Be sure to check out books by Canyon Ranch professionals, too. Build your library of at-home expertise.

Visit us at shop.canyonranch.com. Or, simply click on “Shop” at the top of the Canyon Ranch homepage. Come back often to see all the exciting new products.

Keep on track with your Ranch app
Sticking with a fitness plan takes discipline, motivation and a great app. Canyon Ranch Energy™ syncs with most fitness trackers and calculates your caloric burn, heart rate and other details. Your workouts are automatically loaded to Energy; so, if you’re using a wearable fitness tracker, you don’t have to fuss with entering data. You also get still shots and a 10-second video of each exercise, showing perfect form.

While you’re at the Ranch, our fitness team can link to your app. An expert will create an exercise plan for you, track your workouts and modify your routine according to progress.

Simply download your free Canyon Ranch Energy app to any device. You’ll be on track to greater fitness!
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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.

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, snacks and year-round poolside and indoor dining.
- Flagstone Pool

F Golf Performance Center
Leading-edge facility, featuring:
- 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
- Basketball
- Pickleball

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 & Strength Gym
- Exercise Physiology
- Fitness Gyms/Exercise Studios
- Guest Computers
- Hair & Nail Salon
- Indoor Cycling Studio
- Information Desk
- Massage & Body Treatment Rooms
- Memberships
- Men’s & Women’s Locker Rooms, complete with Steam & Inhalation Rooms, Sauna, Cold Dip, Sunbathing Decks & Whirlpools
- Movement Therapy, Gyrotonic & Pilates Studio
- Outdoor Sports – Hiking & Biking
- Program Advising
- Skin Care
- Wallyball, Racquetball & Squash Courts
- Yoga Studio

Outside the Spa Complex
- Archery
- Golf Sand Instruction
- Creative Arts
- Demonstration Kitchen
- High Ropes Challenge Course
- Labyrinth
- L-Pool (with underwater treadmill)
- Mesquite Room
- Metaphysical Services
- Pavilion
- Ranch Store
- Sabino Room
- T-Pool
YOUR HEALTH & LIFESTYLE QUESTIONNAIRE

is your opportunity to reacquaint yourself with your health status and allow Ranch professionals to help you 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.
IMPORTANT PHONE NUMBERS

Reservations 800.742.9000
Program Advising 800.729.8090
LEC Program Advising 800.726.3335
Calling a Guest 520.749.9000
Guest Fax 520.749.1646
Health & Lifestyle Questionnaire Fax 520.239.8515

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.