think beyond spa
GUIDE TO SERVICES
spaclub® experience
THE POWER OF SERENITY

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

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

Since we created our first wellness resort in 1979, the Canyon Ranch experience has focused on pursuing optimal health – learning how to feel your best every day. We encourage people to become active, informed participants in their health care, because wellness is largely based on everyday lifestyle choices about nutrition, stress management, preventive care and staying fit. Whether you stay at one of our all-inclusive resorts for a week or two, visit Canyon Ranch SpaClub® in Las Vegas, or enjoy a SpaClub® experience for a day or more during your voyage, you’ll find a place where you can relax, reduce stress and have a great time ... and it can also mean much more. This is a chance to explore your potential, learn about yourself and begin the lifestyle changes that lead to a healthier, more fulfilling life.

To your good health!

Enid and Mel Zuckerman
Canyon Ranch founders
Canyon Ranch® Locations

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

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

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

**CANYON RANCH WELLNESS RESORT**
**KAPLANKAYA, TURKEY**
Nestled in the breathtaking beauty that characterizes the spectacular Aegean coast of southern Turkey, Canyon Ranch Wellness Resort at Kaplankaya brings the celebrated integrative wellness philosophies of Canyon Ranch to new shores.
Info: canyonranch.com/kaplankaya
PERSIAN GARDEN PASS

Enjoy SpaClub® facilities with the purchase of a Persian Garden pass, which includes use of the aquatherapy environments, relaxation lounge (on Solstice Class ships only) and locker rooms. We provide robes, towels and refreshments.

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

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

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

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

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

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

Thermal experiences are available on selected vessels.
WHY HURRY?
Your purchase of a Persian Garden Pass will allow you to enjoy this delightful experience before your spa treatment. Be sure to arrive at least 45 minutes before your scheduled service. Then, relax and enjoy!
RITUALS

DETOXIFYING RITUAL
80/100 minutes**
Retreat into a ritual of heat and pure scent for an intense therapeutic transformation based on the skin care practices of the traditional hamam bathhouse. You’ll be intensely cleansed with Moroccan mint tea and silt purifier, and vigorously scrubbed with coffee, olive stones and fresh lemons. A rich rhassoul clay will then be applied to draw out impurities. You’ll recharge with quince and orange blossoms and then have all this goodness sealed in with warming curative essences of cardamom, jasmine, bergamot, amber and clove. Concludes with a massage.

EUPHORIA RITUAL
80/100** minutes
Enter into a euphoric state of being in this elegant body treatment designed to calm the nervous system and relax the mind. Your journey begins with a sage compress for your face and an aromatherapy scalp massage. A warm botanical body masque is applied and gently buffed, then you are immersed in a soaking tub with our specially designed aromatherapy blend. Your ritual concludes with a soothing massage using warm herb-infused oil.

**100-minute services include a bath soak, and are available only on selected vessels.
NATURALLY NOURISHING RITUAL  
80/100** minutes  
Return to your natural essence and feel the exhilaration of being alive in a powerful six-part ritual based on Finnish traditions. Be invigorated and purified by the spirit of the icy sea, northern lights and physical elation. The skin is nourished and cleansed with organic milk, exfoliated with bioactive peat enzymes and ripe, antioxidant-rich Arctic cloudberries. Then your lymphatic system is stimulated by a mushroom and phytonutrient wrap followed by an oxygenated ionizing mist. Your treatment finishes with a Canyon Ranch Massage using Arctic berry extracts and oils of cypress and birch to increase circulation and vitality.

REVITALIZING RITUAL  
80/100** minutes  
A luscious six-part massage and body ritual combines the therapeutic properties of flower oils and fruit essences with rich minerals from the earth and sea to bring your body into balance and harmony. First, be purified with yuzu mimosa sea algae, deeply scrubbed with warming gingergrass, polished with nutrient-rich rice bran and hydrated with rose camellia water. Next, quench your whole body with wild lime silk oil and a Canyon Ranch Massage to energize and restore. Complete your journey with a plum wine cream to seal in the healing benefits.

SCRUB, BODY TREATMENT & WRAPS

INTENSIVE BODY PROFILE TREATMENT  
50 minutes  
This targeted treatment using iontophoresis increases the effectiveness of medical-grade ingredients to help firm, condition and smooth the skin on the thighs.

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

SEAWEED LEAF WRAP  
80 minutes  
Imagine being wrapped from head to toe in hand-harvested seaweed from the wild northwest coast of Ireland. You’re then wrapped and cocooned in a thermal blanket. This amazing, all-organic treatment detoxifies, firms and softens skin.
SEAWEED PEAT WRAP
50 minutes
Peat wraps have long been used in Eastern Europe to treat a variety of skin and rheumatic conditions. This wrap, which mixes organic seaweed extracts with micronized peat, offers potent detoxification because it’s richly infused with trace elements, vitamins, carbohydrates, polyphenols, lipids, and, especially, humic acid. Research has shown that humic acid has an astringent effect and helps drain toxic substances from the body.

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

THERMAL THERAPY

RASUL CEREMONY
50 minutes (on selected vessels)
Cleanse and purify your body in our exquisite, ornately tiled steam chamber designed for your comfort and pleasure. Smooth rare, purifying muds on your skin (or your partner’s) and relax in gently warmed thrones as bursts of herbal steam surround you. Indulge your senses with this unique experience—alone or with someone special.
CANYON RANCH® AESTHETICS

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

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

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

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

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

Cleanse & Advanced Treatment

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

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

Post-Treatment, 24 Hours or More After Advanced Treatment

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

• FINISHING TOUCH MAKEUP Complimentary 30 minutes
  After your Canyon Ranch Aesthetics service, our makeup artist will complete your look with just the right touch, leaving you with a healthy polished glow.

• FOLLOW-UP
  Your physician will answer any questions you may have, and your aesthetician will give you a take-home plan for healthy skin, including recommendations for safe and effective products.

*Services are available only on selected vessels, and must be booked onboard. Services are not available when the vessel is in port.*
ANTI-AGING TREATMENT PLAN
– nurture your youthful appearance

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

• **ADVANCED AGE MANAGEMENT FACIAL** 80 minutes
  This extraordinary facial uses vitamins A, C and E to reduce the look of fine lines, lax skin, sun damage and scarring. We add a special eye treatment to diminish crow’s feet. You’ll be all set to enjoy maximum benefits from the rest of your treatments!

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

• **AGELESS OXYGEN BOOST FACIAL… THE ULTIMATE!** 80 minutes
  Enjoy the service above, plus a collagen masque and 20-minute oxygen infusion. You’ll love your fresh, glowing results!

Cleanse & Advanced Treatment

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

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

Post-Treatment, 24 Hours or More After Advanced Treatment

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

• **FINISHING TOUCH MAKEUP  Complimentary** 30 minutes
  After your Canyon Ranch Aesthetics service, our makeup artist will complete your look with just the right touch, leaving you with a healthy polished glow.

• **FOLLOW-UP**
  Your physician will answer any questions you may have, and your aesthetician will give you a take-home plan for healthy skin, including recommendations for safe and effective products.
MEN’S RECHARGE PLAN
– take charge, look great

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

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

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

Cleanse & Advanced Treatment

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

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

Post-Treatment Options, 24 Hours or More After Advanced Treatment

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

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

• **FOLLOW-UP**
  Your physician will answer any questions you may have, and your aesthetician will give you a take-home plan for healthy skin, including recommendations for safe and effective products.

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HEALTHY FEET
All treatments incorporate therapeutic products to relieve, soothe and revitalize sore and aching feet.

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

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

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

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

INSTANT RELIEF
50 minutes
This treatment is designed to help alleviate painful symptoms associated with conditions such as plantar fasciitis (heel or arch pain), sore Achilles tendons, Morton’s neuroma, shin splints or pain in the ball of the foot. Your therapist will tailor your massage to meet your individual needs, improve circulation, reduce inflammation and increase mobility.
COMPLIMENTARY EDUCATIONAL PRESENTATIONS & WORKSHOPS

Learn, be inspired and have fun during complimentary presentations and workshops offered by Canyon Ranch professionals.

Consult your daily program for topics, times and locations.

EXERCISE & WELLNESS

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

BODYSTAT BODY COMPOSITION ANALYSIS
25 minutes
Quick, comprehensive and noninvasive, the Bodystat® Body Composition Analysis provides a complete picture of your body make up and hydration level. You’ll learn how much of your total body weight is fat, and how much is lean tissue (including muscle and bone). With this information, your fitness professional will determine your personal exercise prescription for cardio and strength training. Afterwards, you’ll receive a full report to help you understand your current body composition and track any changes over time.
EXERCISE FOR WEIGHT LOSS
50 minutes
Want to get real about losing weight and keeping it off? Whether you are beginning a program or are an avid exerciser, we can create an effective exercise program based on your goals, fitness level and abilities with a focus on stimulating metabolism and reducing body fat.

FITNESS CLASSES
45 minutes
From aerobics to yoga, Pilates to indoor cycling, our schedule of daily classes offers nearly endless opportunities to learn, get fit and have fun. Consult your daily program for times, locations and descriptions.

Please note that select classes require a registration fee.

PERSONAL PILATES SESSION
50 minutes
A private Pilates session on the mat.

PERSONAL TRAINING SESSION
25/50 minutes
In this private session, a trainer will develop or fine-tune a fitness program tailored to your specific needs, preferences and goals. Popular areas of focus include:

- Blood pressure
- Body sculpting
- Bone health
- Cardiovascular fitness
- Exercise for travel
- Pregnancy
- Strength

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

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

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

- Breathing
- Buff Buddha
- Centering Meditation
- Meditation
- Rock Your Flow
- Sunrise Yoga
- Yoga for a Good Night’s Sleep
MASSAGE
GET THE MOST FROM YOUR MASSAGE

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

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

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

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

Relax
Close your eyes and allow your mind and body to enjoy the quiet. Focus on how you feel. Breathe deeply and let tension slip away with each breath. Remember, this time is for you.

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

- AROMATHERAPY MASSAGE
  50/80 minutes

- CANYON RANCH MASSAGE
  50/80 minutes

- CANYON STONE MASSAGE
  80 minutes

- DEEP TISSUE MASSAGE
  50/80 minutes

- TENSION ZONE MASSAGE
  50 minutes

* on selected vessels
AROMATHERAPY MASSAGE  
50/80 minutes  
Enjoy an all-natural, sense-seducing escape from the everyday world. Nourish the skin, eliminate toxins and strengthen the immune system while restoring equilibrium to mind, body and spirit. This fragrant, full-body treatment is the ultimate healthy pleasure. Just breathe.

AROMATHERAPY MUSCLE SOOTHER  
80 minutes  
A focused, all-over body massage designed to release tight, fatigued muscles and joints. The use of a calming gel and oil of rosemary and ginger in this penetrating massage provides stimulation, invigoration and release of tension.

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

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

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

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

LYMPHATIC TREATMENT  
50 minutes  
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.

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

Note: You are welcome to wear loose-fitting clothing.
TENSION ZONE MASSAGE
50 minutes
Tight neck? Tense shoulders? Your therapist will relieve the tension in your head, neck and shoulders with a focused treatment employing a variety of highly effective techniques. Get that weight off your shoulders and prepare to relax.

Note: Not a full-body massage.

ACUPUNCTURE

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

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

TREATMENTS FROM THE EAST

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

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

ABHYANGA MASSAGE
50/80 minutes
This specialized massage from India combines touch therapy with aromatherapy. Fragrant essential oils chosen to balance your dosha (constitution) are applied with light pressure to the energy points on the skin where, according to ayurvedic thought, your subconscious mind communicates with your body. Profoundly relaxing and energetically balancing.
AYURVEDIC SIGNATURE BODY WRAPS
50 minutes
Avarna – Sanskrit for “envelopment” – is a beautiful description of the enveloping and cocooning effect of these body wraps. The treatments are dosha-specific (corresponding to your ayurvedic type) and designed to nourish, hydrate, tone, ground and revitalize your being. You may select from the following:

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

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

REIKI*
50 minutes
Reiki promotes healing through methods rooted in Eastern spiritual tradition. The therapist gently places his or her hands over your head, chest, abdomen and back, producing a calming effect. In this balanced state, your body is able to access its own natural healing ability. You may experience decreased anxiety and fatigue and improved circulation, concentration and sleep quality, creating a profound effect on your well-being.

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

THAI MASSAGE*
50/80 minutes
Harmonize your vital life energy with graceful, nurturing bodywork that promotes physical flexibility and ease. Using slow, focused movements and compressions to guide the body through stretches, Thai massage creates a feeling of lightness and comfort while encouraging a serene yet buoyant state of mind. Given on a traditional floor mat.

* on selected vessels
OPTIONAL MASSAGE ENHANCEMENTS
Make your Canyon Ranch massage even more unforgettable.

DRY-NO-MORE SCALP TREATMENT
A restorative treatment that protects and moisturizes the scalp and revitalizes the hair. Targeted products combat scalp dryness and benefits the hair follicle at the root while enhancing the healthy appearance of hair, leaving it full and shiny.

OILY-NO-MORE SCALP TREATMENT
This relaxing treatment protects and moisturizes the scalp while helping to control dandruff caused by excess oil and inflammation of the hair follicle. Targeted products stimulate circulation, leaving hair balanced, healthy-looking and lustrous.

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

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

BARBER SERVICES
• Beard Trim Express
• Beard Trim/Shave
• Haircut
• Head Shave
• Mustache Outline
• Straight Razor Shave

HAIR SERVICES

HAIR DESIGN
• Bang/Fringe Trim
• Blow Dry Enhancement (add-ons/extra curly hair/super curly hair)
• Comb Out
• Cut & Style
• Shampoo, Cut & Blow-Dry (short/medium-length/long hair)
• Shampoo, Rollerset & Blow-Dry (short/medium-length/long hair)
• Updo/Upstyle (medium length/long hair)

COLOR & HIGHLIGHTING
• Bleach
• Full Highlights
• Highlights – 2 to 4 Foils
• Partial Highlights
• Tint, Toner or Semipermanent Color
• Tint – Roots Only

HAIR & SCALP TREATMENT
80 minutes
Restore your hair’s natural vitality with a custom hair care and scalp treatment. Clean, soothe and moisturize for easy styling, ultimate shine and healthy, beautiful hair. A designer style completes the treatment.
MAKEUP

Service fee is waived with the purchase of makeup upon conclusion of service.

FACE ON
15/30 minutes
After your Canyon Ranch facial has left your skin clean, nourished and glowing with health, let our makeup artist enhance your natural beauty. You’ll turn heads and feel fabulous.

MAKEUP CREATION & LESSON
50 minutes
Become your own makeup artist. A professional makeup artist will show you how to make the most of your bone structure, complexion, skin type and lifestyle.

WEDDING MAKEUP
50 minutes
Be your beautiful best on your big day. Our makeup artist will create the look you’ll love for your picture-perfect occasion.

MANICURES

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

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

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

HANDS SO SOFT MANICURE
45 minutes
Warm paraffin hydrates dry skin, softens cuticles and soothes aching joints like nothing else – this is the manicure for hands in need of comfort.
NAILS
• Acrylic Fills
• File & Polish
• Full-Set Acrylics
• Full-Set/French Polish
• Full-Set Pink & White Acrylics
• Full-Set Pink & White/Rebalance/Fill
• Nail Repair
• Overlay with Acrylics
• Paraffin Treatment
• Polish Change
• Soak-Off

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

PEDICURES

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

CANYON STONE PEDICURE
80 minutes
Prepare to experience the ultimate. Allow us to nurture your senses as your technician massages your feet and lower legs using warm basalt stones and fragrant essential oils. This pampering delight is followed by warm paraffin.

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

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

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

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

SPORTS PEDICURE
50 minutes
Smooth and cool your active feet. Self-heating oil relieves aches and increases blood circulation; a final cooling gel leaves your feet feeling like new.
CANYON RANCH BATH & BODY PRODUCTS

Gentle, replenishing and suitable for the most sensitive skin – the Canyon Ranch Bath & Body products line is all you’d expect from the most trusted name in health and wellness.

We created these products with all-natural ingredients, a refreshing signature scent, rich, creamy textures and – naturally – no parabens, sulfates or propylene glycol. Rich dilo oil and chia seed oil, the key ingredients in our skin care and hair care products, unite nature’s powerful health-enhancers to cleanse, nurture and protect, day after active day.

Start your day with a fresh outlook – and enjoy the feeling all day long!

- Revitalizing Body Wash
- Gentle Shampoo
- Soothing Body Scrub
- Soothing Moisturizer
- Sun Defense Lotion
- After-Sun Cooling Gel
- Nourishing Conditioner
- Lip Shield
- Uplifting Candle

Products available for purchase at the Spa and from our online store, shop.canyonranch.com.
FACIALS

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

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

Note: Extractions are performed as necessary.

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

Note: Extractions are performed as necessary.

CLEANSE & POLISH BACK TREATMENT
50 minutes
This treatment focuses on an often overlooked area and helps purify, soothe and balance the look of oily and problematic skin. A deep cleansing and exfoliation prevents and eliminates blackheads, whiteheads, breakouts and congestion – reducing the look of inflammation and irritation and leaving your skin clean and refreshed.
DEEP-CLEANSING FACIAL
50/80 minutes
Specifically blended products exfoliate and deeply cleanse skin to eliminate the appearance of blackheads, whiteheads and congestion. Your newly cleansed skin will feel – and look – clear, calm and refreshed.

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

MEDICAL-GRADE PEEL
60 minutes
These tailored peels help promote a healthier, firmer, smoother appearance of the skin. Our certified therapist will determine which peel option is the best choice for your skin. Afterward, application of a vitamin-enriched masque will soothe, hydrate and nourish your skin. Limited sun exposure and sunscreen application is a must following this treatment.
- **Option 1** – The lactic acid peel helps refine the look of sun-damaged skin, leaving it smoother and healthy-looking.
- **Option 2** – The trichloroacetic acid peels can be layered to treat acne, texture issues or skin pigmentation concerns.

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

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

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

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

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

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

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

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

OPTIONAL FACIAL ENHANCEMENTS

• Anti-Aging Neck & Décolleté Treatment
• Anti-Aging Therapeutic Masque
• Brow Tinting
• Eyelash Tinting
• Masque Add-Ons
• Specialized Eye Treatments

OPTIONAL UPGRADES
Enhance the results of our treatments by adding one or both of the following:

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

• Sonophoresis involves the use of sound waves to transport vitamin molecules through the skin. It upgrades the effectiveness of the soothing Alginate Masque.

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

- Guests must be at least 16 years of age to use SpaClub® facilities. Inquire about our special teen menu of services for ages 13-17.
- No smoking allowed.
- Alcoholic beverages are not served or permitted.
- Mobile devices must be switched to silent mode.

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

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

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

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

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

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

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

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

APPOINTMENTS
For more information or to book an appointment, please contact the Spa Concierge on board.