

# CANYON RANCH.

## FOUR REASONS CANYON RANCH IS A PREFERRED VACATION DESTINATION FOR MEN



**LENOX, MA – August 8, 2017** – More men are frequenting spas than ever before and Canyon Ranch in Lenox offers an extensive menu of and services and activities to appeal to the varied needs and interests of male guests. From hiking and biking to Personalized High Intensity Training sessions, medical and nutrition lectures, and of course our world-class massages, the possibilities are endless. “Men have many of the same wellness concerns as women and are increasingly realizing the value of a spa vacation,” said Canyon Ranch General Manager, Mindi Morin. “Whether you want to destress, unplug, change up your fitness routine or power up your nutrition, your experience at Canyon Ranch can be whatever you want it to be.”

### **Fitness and Outdoor Sports Galore!**

Choose from dozens of complimentary classes daily for all fitness levels including Kettlebells, Boxing, Yoga and more. If the great outdoors is your playground, let the sights and sounds of nature renew your spirit while you get a great workout in the company of our knowledgeable guides. Try activities from favorites, such as hiking, biking, and cross country skiing to newer offerings including Stand-Up Paddle Boarding, Archery, or our 40 foot climbing wall!

### **360-Degree Approach to Wellness**

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. Our professional team includes Board-certified physicians, exercise physiologists, nutritionists, acupuncturists, spiritual wellness practitioners and more, who all work together to provide a powerful highly personalized integrative approach you won't find anywhere else.

### **World-Class Spa Services**

You work hard and play hard! Following your days filled with classes, lectures and activities, relax and rejuvenate with one of our incredible massages, body treatments or facials, featuring our Turo men's skincare line, to reduce stress and relax your muscles.

### **Gourmet Cuisine**

This is NOT your typical spa cuisine. Crafted from locally sourced and authentic ingredients our talented chefs create fresh, bold flavors using clean, organic foods. Your dining experience will leave you feeling satisfied and fulfilled! We even offer cooking tips, recipes and take-home techniques to motivate your own commitment to healthy eating.

### **About Canyon Ranch®**

Canyon Ranch® has been a pioneer and an industry-leading proponent of the wellness lifestyle for nearly 40 years, operating the world's most celebrated collection of life-enhancement properties. Canyon Ranch has wellness destinations in Tucson, Arizona and Lenox, Massachusetts. In addition, Canyon Ranch operates a SpaClub® day spa at The Venetian® & The Palazzo® hotels in Las Vegas, Nev., Canyon Ranch SpaClub at Sea® facilities onboard Cunard's Queen Mary 2® luxury ocean liner, Oceania® and Regent Seven Seas Cruises®, and on Celebrity Cruises®. Canyon Ranch is a 14-time winner of Travel + Leisure's Best Spa Award and an 11-time recipient of the Condé Nast Traveler Best Destination Spa Award.