

CANYONRANCH
SpaClub[®]

think beyond spa

GUIDE TO SERVICES
on Seven Seas Explorer






spaclub[®] experience

THE POWER OF SERENITY

Discover a legendary spa experience on Regent Seven Seas Cruises[®]. Award-winning Canyon Ranch[®] – with its family of destination wellness resorts, 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 – Regent Seven Seas Cruises ultra- luxury ships. Enhance your voyage with services, presentations and exercise classes that increase resilience, restore serenity and feel fantastic. And discover just how good “good for you” can taste. The Canyon Ranch culinary staff has worked with the chefs of Regent Seven Seas Cruises to bring our signature delicious, healthy cuisine to your Compass Rose Restaurant experience. Choose the Canyon Ranch Balanced Selection at each meal and you’ll eat well – without regret – even on the high seas. 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 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

Enid and Mel Zuckerman
Canyon Ranch founders



AWARD-WINNING Canyon Ranch Locations



CANYON RANCH WELLNESS RESORT TUCSON, ARIZONA

Legendary Canyon Ranch in Tucson, 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 offers all the resources, warmth and possibility that have made Canyon Ranch world-renowned.



CANYON RANCH SPA CLUB® LAS VEGAS

Canyon Ranch SpaClub® is a haven of health and serenity in the heart of exciting Las Vegas. Our award-winning luxury 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. Opening Summer 2016.
Info: canyonranch.com/kaplankaya





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ABOUT THE
aquavana® hydrothermal experience



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. Unwind before a massage, facial or body treatment, relax after a class or workout, rejuvenate or simply enjoy this unique, healthy environment at your leisure. (Bathing suit not required – environments are single-sex. Robe and slippers are provided.)

INFRARED SAUNA (200°F/93°C)

Relax and treat yourself to the detoxifying and healing benefits of infrared technology. Infrared is a comfortable and safe way to warm yourself inside and out. Emerge feeling clearer, healthier and in better balance.

COLD ROOM (50–54°F/10°–12°C)

Cool air, heated seating and lighting effects help relieve fatigue and re-energize your body, mind and spirit. Cool therapy also improves muscle and joint function, blood circulation and oxygenation throughout the body.

EXPERIENTIAL SHOWER

Invigorating warming and cooling showers with environmental effects delight the senses. Choose your favorite immersive experience: tropical monsoon, Atlantic storm, gentle spring rain ... or experience all three in turn.

AROMATIC STEAM ROOM (160°F/71°C)

This cleansing and fragrant therapeutic environment provides steam infused with essential oils for a multisensory healing and mood-enhancing experience.

RELAXATION LOUNGE

Unwind and let go of all stress in your heated lounger, enveloped in comfort.

body TREATMENTS

Relax, enjoy, and know that our opulent body treatments are good not just for your skin, but for your whole body, mind and spirit.

CONDITIONING BODY SCRUBS

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

OCEAN SCRUB

50 minutes

A wonderfully restorative, exfoliating body treatment that cools skin on contact. Antibacterial essence of laurel opens the airways 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.

SOUTH ATLANTIC COFFEE SCRUB

50 minutes

Smooth and tone with this invigorating express body treatment. Begin with an intensely vitalizing sugar scrub, enriched with South Atlantic coffee to firm skin. Then, your skin will be deeply hydrated with cardamom amber oil blended with pure shea butter for a healthy glow.

SOUTH PACIFIC OHANA CIRCULATION POLISH

50 minutes

The bright, tropical scents of the South Pacific lift your spirit in this express body treatment. Your vibrant, smooth skin will be revealed with a stimulating exfoliation of crushed bamboo, bamboo sap and oils of ginger and fir. An application of wild lime oil and Plum Blossom Silk Cream will seal in moisture for petal-soft skin.

WORLD OF RELIEF BODY BUFF

50 minutes

Your choice of organic essential oils from around the world combined with organic Dead Sea salts and a thorough dry brushing stimulates and exfoliates. A finishing application of biodynamic honey and essential oils – choose from any of seven luscious aromatherapeutic botanicals – hydrates and nourishes.

ORGANIC BODY WRAPS

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

EUPHORIC DETOX WRAP

50 minutes

This purifying wrap uses pure essence of rose – loaded with vitamin C and other natural antioxidants – and natural rhassoul clay to bind with impurities, leaving skin supple, clean and glowing. A touch of moisturizing tangerine fig cream seals the deal.

SEAWEED LEAF WRAP

80 minutes

Imagine being wrapped from head to toe in hand-harvested seaweed from the unspoiled northwest coast of Ireland. You're then 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 body wrap contains ground *Laminaria digitata* algae, which helps relax tired muscles, relieve stress and banish fatigue. The 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.

RITUALS

Experience a multifaceted approach to well-being, blending therapeutic and healing properties that nourish the skin, soothe muscles and awaken the senses.

ARCTIC SEA NOURISHING RITUAL

100 minutes

Experience a rush of wellness inspired by the spirit of the icy sea. Potent and vibrant ingredients, rich in antioxidants and omegas sourced directly from the Arctic Circle, restore and reveal radiance throughout your body. A mushroom and phytonutrient wrap stimulates your lymphatic system. Next, an organic birch and mineral hydrotherapy soak releases muscle tension, preparing you to relax into a deep-tissue massage with Arctic berry and evergreen oils.

EUPHORIA RITUAL

100 minutes

This elegant body treatment is 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. Your ritual concludes with a soothing massage using warm herb-infused oil.

INDIAN OCEAN DETOXIFYING RITUAL

100 minutes

Retreat into a ritual of deep detoxification, rich textures and enticing fragrance. This healing ritual begins with a vigorous scrub with a blend of coffee, olive stones and fresh lemons, followed by a rich rhassoul clay body wrap to help speed the removal of toxins. Cleanse with Moroccan mint tea and silt, and recharge with quince and orange blossoms. You'll receive a warm Turkish massage and then an application of shea butter and fig cream to protect, heal and restore your skin.

NORTH ATLANTIC JOURNEY

80 minutes

Travel the currents of the North Atlantic with an aromatherapeutic body ritual. Your body is exfoliated with organic sea salts harvested from the Atlantic Ocean, enriched with sea algae and aloe vera and scented with Icelandic moonflower to transport the senses. Then, you'll be enveloped in a toning and hydrating wrap of Italian blood orange, before a restorative massage with balancing French lavender.

REVITALIZING NORTH PACIFIC RITUAL

100 minutes

Bring your body to an energized and balanced state with this six-part massage body ritual, perfected in Japan. You'll be vigorously scrubbed with warming gingergrass and bamboo before an awakening poultice stimulates the meridian lines. While wrapped in nutrient-rich rice bran, you'll receive an acupressure facial massage with rose oil. Soak in infused mineral waters before a shiatsu-inspired massage with Kinmoxei Wild Lime Silk Oil. Complete your journey with a plum wine cream to seal in the healing benefits.

SOUTHERN OCEAN THERAPY

80 minutes

Breathe deeply, clear the mind and bask in the power of the pure, icy sea. Begin with dry brushing to encourage the flow of lymph throughout your body. An exfoliation with organic sea salts will fortify your skin, while refreshing essence of laurel leaf opens your airways. Then, awaken your senses with a deeply therapeutic massage.

health & WELLNESS

Here's your chance to consult one-on-one with one of our fitness experts about how to achieve your optimal health, fitness and lifestyle goals.

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 just for you.

BODY COMPOSITION ANALYSIS

25 minutes

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

COMPLIMENTARY FITNESS CLASSES

45 minutes

From yoga to aerobics, 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. Sign up in the gym or at Spa Reception.

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.

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

In this session for two, a trainer will focus on any of the topics above, 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.

SPECIALIZED WELLNESS SERVICES

BACK CARE

50 minutes

Do something about that aching back. Our fitness specialists, skilled in addressing musculoskeletal problems, make a professional assessment, providing you with practical preventive care recommendations.

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 Foot Doctor orthotics are available.)

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

massage & BODYWORK

Massage feels incredibly good, which is one of the many reasons it's so good for you: When the body lets go, it heals. And when the body is comfortable, mind and spirit settle. Experience the power of informed, caring touch.

MASSAGE

GET THE MOST FROM YOUR MASSAGE

TAKE TIME

Give yourself plenty of time before your massage so you can enjoy the Aquavana® hydrothermal experience. 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.

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 massage 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.

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.



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
- AROMATHERAPY MUSCLE SOOTHER
80 minutes
- CANYON RANCH MASSAGE
50/80 minutes
- CANYON STONE MASSAGE
80 minutes
- DEEP TISSUE MASSAGE
50/80 minutes
- TENSION ZONE MASSAGE
50 minutes

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.

SOLE REJUVENATION

50 minutes

Your tired, overworked feet will be cleansed and softened with a relaxing scrub, preparing them for a dedicated massage to soothe aches and melt away tension. You'll enjoy serious relief from muscle soreness and fatigue. Perfect for weary hikers and dancers.

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.

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 benefit 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.

AYURVEDA

Ayurveda is an ancient healing tradition that's considered to be one of the treasures of India.

5 POINT STAR

50 minutes

Steeped in ayurvedic tradition, this service is intended to connect body and mind, promoting harmony through the application of herbal infusions to the five points of the body: head, hands and feet. The body's natural elements are realigned as the Indian balancing bowl is applied to special marma points on the feet.

AYURVEDIC SIGNATURE

BODY WRAPS

50 minutes

Avarna – Sanskrit for “envelopment” – is a beautiful description of the cocooning effect of 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 & 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, tighten skin and alleviate the sluggishness of kapha dosha types.

SHIRODHARA

50 minutes

This classic treatment induces a light state of meditation as a stream of warm, herb-infused oil is poured over the third eye and marma points along your forehead. Feel the serenity as the warm oils nurture 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.

ENERGY THERAPY

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. You may experience decreased anxiety and fatigue, and improved circulation, concentration and sleep quality.

Note: Please wear light, loose-fitting clothing.

TREATMENTS FROM THE EAST

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

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.

SHIATSU*

50/80/100 minutes

Relax, energize, awaken. In this active, rhythmic Asian technique, the therapist uses thumbs, fingers and palms to stimulate the body's energy system, applying pressure to acupoints and along meridians to balance yin and yang. Shiatsu is a deeply pleasurable whole-body tune-up.

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.

**Subject to provider availability*

salon

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

HAIR SERVICES

HAIR DESIGN

- Bang/Fringe Trim
- Blow-Dry Enhancements (extra long/super curly hair)
- Comb Out
- Cut & Style (short/medium-length/long hair)
- Men's Haircut
- Mustache & Beard Trim
- 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 – Roots Only
- Tint, Toner or Semipermanent Color

HAIR & SCALP TREATMENT

80 minutes

Restore your hair's natural vitality with custom hair care and scalp treatments. Clean, soothe and moisturize for easy styling, ultimate shine and healthy, beautiful hair. A designer style completes the treatment.

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

You'll find complimentary Canyon Ranch Bath & Body products in the Spa. They are available for purchase at the Spa and from our online store, shop.canyonranch.com.



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.

FRENCH MANICURE

50 minutes

Your Spa Essentials Manicure with an added elegant nail varnish finish. A classic white tip look suitable for all occasions.

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.

SPA ESSENTIALS MANICURE

45 minutes

Condition hands with our special blend of minerals and aromatherapy oils. Gentle exfoliation, aromatic soak and lotions leave skin silky smooth.

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

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

No more 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.

MAKEUP

MAKEUP CONSULTATION

Let our professional makeup artists create a new look for you.

FACIALS

Nothing feels better than a facial, and our facials – which range from classic to high-tech – are the ultimate pleasure. Pamper yourself – you’ll love the way you look and feel.

ADVANCED AGE-MANAGEMENT FACIAL

80 minutes

One of the most advanced approaches to signs of premature aging, this extraordinary facial diminishes the look of fine lines, lax skin, pigmentation, sun damage and scarring. High levels of vitamins A, C, E and growth factors nourish the skin. You’ll receive a special eye treatment and serum to help diminish frown lines. Attention is also given to neck, décolleté, hands and arms.

AGELESS OXYGEN BOOST FACIAL

50 minutes

The next generation of skin care – pharmaceutical results in pure, preservative-free formulas. This oxygen treatment builds collagen and elastin, increases cell turnover and hydrates, restoring the skin’s youthful glow. Includes a double cleanse, deeply hydrating massage and application of a serum specially chosen for your skin’s needs, and ends with an oxygen infusion.

Note: Extractions are performed as necessary.

AGELESS OXYGEN BOOST FACIAL ... THE ULTIMATE!

80 minutes

Enjoy our Ageless Oxygen Boost 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 the skin clean and refreshed.

DEEP CLEANSING FACIAL

50/80 minutes

This treatment helps purify, soothe and balance the look of problematic skin. Deep cleansing helps eliminate the appearance of blackheads, whiteheads and congestion. Your newly exfoliated and smoothed skin will feel clean, calm and refreshed.

FACIAL & BODY WAXING

Gentle facial and body hair removal is available. Please inquire when scheduling your appointment.

GEMSTONE ANTI-AGING FACIAL

80 minutes

Experience a luxurious facial treatment featuring products enriched by gemstones, precious minerals, amino acids, botanicals, peptides, vitamins and algae for complete nutrition and anti-aging benefits. Skin is nourished with an exfoliating masque and a rose quartz wand massage for lymphatic drainage. Arm, hand, foot and leg pressure-point massage using amethyst wands for healing and clearing will leave you totally relaxed, and your skin balanced and rejuvenated.

OPTIONAL FACIAL ENHANCEMENTS

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

REVITALIZING HYDRATION FACIAL

50 minutes

This facial provides the ultimate in hydration and revitalization of the skin using luxurious gemstone-based products. Includes exfoliation, purification and hydration with rejuvenating massage techniques for perfectly glowing and balanced skin.

SENSITIVE FACIAL

50 minutes

This calming and restorative skin treatment is for those who experience redness, irritation and dryness. A combination of vitamins, antioxidants and growth factors will gently begin to rebalance and restore your skin's integrity, leaving it looking soothed, smoothed, healthy and hydrated.

VITAMIN INFUSION FACIAL

50 minutes

To restore radiance, this superb treatment delivers nutrients to the skin to reduce the signs of environmental damage from the sun, pollution and stress. Powerful vitamins A and C plus antioxidants help to re-establish the look of clarity and firmness and help guard against further damage. Skin appears brighter, smoother and more youthful.

OPTIONAL FACIAL 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 our soothing anti-aging masque.

GENTLEMEN'S FACIALS

- ANTI-AGING MEN'S FACIAL

50 minutes

Using the best ingredients formulated for men, this treatment will help maintain an energized, youthful appearance. Scientifically developed, non-irritating 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 will eliminate 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. A five-point pressure will dispel the last bit of tension. You'll look relaxed, refreshed and youthful.

GENERAL INFORMATION

- SpaClub® guests must be at least 18 years of age.
- No smoking allowed.
- Alcoholic beverages are not served or permitted.

HOURS

Fitness Center: 7 am to 9 pm daily
Spa, Beauty Center & Skin Care:
8 am to 8 pm daily

GRATUITIES

An 18% service charge has been included in all prices for your convenience. 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 schedule SpaClub experiences that will be beneficial and enjoyable.

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 locking 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 service before you book.

REFUND POLICY

Our goal is to provide you with professional services and products that exceed your expectations and increase your feeling of well-being. If you are not completely satisfied, please contact the Spa Director.

CANCELLATION POLICY

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

COMPLAINT POLICY

We aim to promptly address any issues. However, if it has not been possible to deal with your complaint to your satisfaction while on board, please email spaclubatsea@canyonranch.com or call 855-206-6655, or, to dial internationally, 520-239-3283.

APPOINTMENTS

For more information or to book an appointment, please contact the spa onboard.

CANYON RANCH STORE

Visit the Canyon Ranch online store to purchase the premium skin care products used in your favorite SpaClub® services. You'll also find books and DVDs by Ranch professionals, our signature line of nutritional supplements, logo activewear and more at shop.canyonranch.com.

CANYON RANCH SPA CLUB®

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

SPA CLUB REGENT SEVEN SEAS CRUISES Reservations: 877-329-1924

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

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

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