

Fees for Services | 2016

Effective: October 1, 2016

Lenox, Massachusetts



CANYONRANCH®

Have You Tried These?

ACUPUNCTURE DETOX RITUAL

This is a blend of two ancient healing methods that come together in the form of a soothing, cleansing and incredibly relaxing treatment. A Traditional Chinese Medicine practitioner will combine a personalized acupuncture treatment with a warm abdominal castor oil pack for a uniquely healing and detoxifying experience. *50 minutes.*

EXERCISE & MOTIVATION

Have you ever said, “I know what to do, but I just don’t do it”? To get the results you want, you may need to explore how your personality promotes or inhibits exercise. This focused, three-part service (questionnaire, lifestyle coach or licensed therapist and an exercise physiologist) can help you reach your goals.

GUIDED LABYRINTH EXPERIENCE

The labyrinth is an ancient symbol for the journey of life that reflects the sacred design of nature and the process of all of creation. As a walking meditation, it provides an archetypal blueprint for your spiritual path. With your provider, you’ll discover the sacred gifts of the labyrinth, design your own intention for a guided walk, and learn how you can use labyrinths at home. In this deeply personalized service, you’ll use journaling, creative expression and reflective conversation for a powerful experience in balancing thinking with the pure presence of being. Appropriate for individuals, couples or groups. *100 minutes.*

HYDRAFACIAL MD

HydraFacial MD® is a noninvasive, multistep treatment that combines the benefits of next-level hydradermabrasion, a mild chemical peel, automated painless extractions (no pinching) and a special delivery of antioxidants, hyaluronic acid and peptides. It does all of this in one quick treatment that delivers real results without downtime or irritation. *50 minutes.*

MUSCULOSKELETAL & JOINT ASSESSMENT

Exercise and movement have been shown to prevent injury and disease. If you’re experiencing limitations or musculoskeletal pain that disrupt daily living, or you’d like to become more active, this service may be for you. A certified athletic trainer will complete a full musculoskeletal evaluation identifying areas of impaired movement, function, mobility or pain, create a treatment plan and deliver therapy if appropriate. You’ll receive recommendations for therapeutic exercises and home care plans for a return to optimal comfort and range of activity. *50 minutes.*

HEALTH PACKAGES

Fees are in addition to standard package rates.

Back in the Game of Life: Gearing Up for Surgery, 4 nights or longer.....	\$1,645
New Approaches to Weight Management, 4 nights or longer	2,275
Optimal Living®: Specialty Focus, 3 nights.....	1,170
<i>(Fees will vary when package is customized)</i>	
Optimal Living: Specialty Focus, 4 nights or longer.....	1,645
<i>(Fees will vary when package is customized)</i>	
Spiritual Health, 4 nights or longer.....	1,785
Stress Management & Resiliency, 4 nights or longer	1,925
Therapeutic Detoxification, 2 days.....	970

CANYON RANCH EXECUTIVE HEALTH PROGRAM

Fees are in addition to standard package rates.

Executive Health Program, 4 nights or longer	\$5,575
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CREATIVE ARTS

Check *This Week at Canyon Ranch*..... Times vary: fees may apply

EXERCISE/MOVEMENT

Advanced Training	50 min.....	\$165
Agility & Balance Evaluation & Training	50 min.....	165
Balancing for Life	50 min.....	140
Body Composition Analysis.....	15 min.....	comp.
Discover Your Fitness Age	(2) 50 min.....	395
Enhanced Posture Analysis	50 min.....	165
Exercise & Motivation	3 sessions.....	345
Exercise for Weight Loss & Body Definition.....	50 min.....	165
Exercise Physiology Experience.....	100 min.....	330

Fitness After 50	50 min.....	\$165
Fitness Classes	45 min.....	comp.
Fitness Walks.....	times vary.....	comp.
Good Posture for Life.....	50 min.....	140
Gyrotonic Expansion System®.....	50 min.....	140
Healthy Flexibility.....	50 min.....	165
Metabolic Exercise Assessment.....	(2) 50 min.....	395
Personal Training with a Canyon Ranch fitness expert		

Try one of these focuses or create your own: Aerial Hammock Yoga, Aquatic Training, Ayurvedic Yoga, Balance & Agility, Boot Camp, Breathing Practice, Dance, Flexibility, High-Intensity Interval Training, Meditation, Qi Gong, Rebound Jump Boots, Sport Specific, Strength, Swim Lesson, Tabata, Tai Chi, The Art of Fencing: Swordplay, TRX® Training, TRX Rip® Training, or Yoga

Individual Session	50 min.....	140
Duet Session.....	50 min.....	220
Small Group Session (3-5 people).....	50 min	95**
Large Group Session (6+ people)	50 min.....	510
Pilates		
Individual Session	50 min.....	140
Duet Session.....	50 min.....	220
Small Group Session (3-5 people).....	50 min	95**
Pilates Reformer Jumpboard	50 min.....	140
Pilates Reformer Vinyasa Flow	50 min.....	140

Rx for Exercise	50 min.....	165
Women’s Health & Exercise	50 min.....	165

HEALTHY FEET

Foot Rescue! Pedicure	50 min.....	\$85
Gait Analysis & Orthotics	25 min.....	55
Reflexology	50 min.....	155
Sole Rejuvenation	50 min.....	155

LIFE MANAGEMENT

Attention & Memory	2 sessions.....	\$725
Biofeedback	100 min.....	440
Building Better Relationships		
Individual	50 min.....	180 *
Couples.....	50 min.....	290 *
Cognitive Assessment.....	(2) 50 min.....	560 *
EMDR: Releasing the Past & Embracing the Future		
EMDR: Trauma Reduction	3 sessions.....	780
EMDR: Resource Enhancement	100 min.....	390
Exercise & Motivation	3 sessions.....	345
Exploring Your Personality	(2) 50 min.....	410
Healthy Family Business.....	50 min.....	220
Healthy Lifestyle	50 min.....	180 *
Heart Rhythm Biofeedback.....	50 min.....	210
Hypnotherapy	50 min.....	205 *
	100 min.....	410
Inner Journey	100 min.....	390
Lifemapping: A Training in Holistic		
Thinking & Problem Solving.....	50 min.....	180
Meditation, Visualization & Relaxation	50 min.....	180 *
Personal Mindfulness Practice.....	50 min.....	180 *
Relationships with Food.....	50 min.....	180 *
Sexuality & Intimacy		
Individuals.....	50 min.....	195
Couples.....	100 min.....	390
Sleep Enhancement.....	50 min.....	180 *
Stress Management	50 min.....	180 *

MASSAGE & BODYWORK

5 Point Star.....	50 min.....	\$180
Abhyanga	50 min.....	180
Arthritis Massage	50 min.....	155
	80 min.....	245
	100 min.....	310
Ashiatsu – Deep Barefoot Massage.....	50 min.....	180
	80 min.....	275
	100 min.....	330
Ashi-Thai	50 min.....	180
Authentic Aromatherapy.....	50 min.....	180
	80 min.....	275

Ayurvedic Herbal Rejuvenation	80 min.....	\$235
Bindi-Shirodhara.....	100 min.....	330
Canyon Ranch Massage.....	50 min.....	155
	80 min.....	245
	100 min.....	310
Canyon Stone Massage	75 min.....	260
Deep Tissue Massage	50 min.....	180
	80 min.....	275
	100 min.....	330
Hands, Feet, & Scalp	50 min.....	155
Head, Neck & Shoulders.....	50 min.....	155
Lymphatic Treatment	50 min.....	155
	100 min.....	310
Muscle Melt for Road Warriors.....	50 min.....	180
	80 min.....	275
	100 min.....	330
Neuromuscular Therapy.....	100 min.....	340
Prenatal Massage.....	50 min.....	155
Reflexology	50 min.....	155
Restorative Massage	80 min.....	275
Shiatsu	50 min.....	155
	80 min.....	245
	100 min.....	310
Shirodhara	50 min.....	180
Sole Rejuvenation	50 min.....	155
Thai Massage	100 min.....	330
Optional Enhancements		
Aromatherapy		
De-stress		20
Inner Strength.....		20
Revive		20
Support.....		20

BODY TREATMENTS

Anti-Aging Body Treatment.....	50 min.....	\$195
Detoxifying Herbal Wrap	25 min.....	95
Detoxifying Seaweed Mud Wrap.....	80 min.....	275
Detoxifying Ritual.....	100 min.....	330
Euphoria Ritual.....	100 min.....	330
Hydrating Shea Butter Body Wrap	80 min.....	275
Hydrating Sugar & Salt Scrub	50 min.....	155

Lavender Relax	50 min.....	\$180
	100 min.....	330
Nature’s Anti-Aging Ritual.....	100 min.....	330
Parafango Wrap	80 min.....	210
Sea Salt Scrub	50 min.....	180
Tanning Treatment	80 min.....	245
Follow-Up Tanning Treatment	50 min.....	155
Ultimate Hydration Ritual.....	100 min.....	330

MEDICAL & COMPLEMENTARY SERVICES

Acu-Massage.....	50 min.....	\$200
Acuphoria.....	50 min.....	200
Acupuncture.....	50 min.....	200
Acupuncture Detox Ritual.....	50 min.....	215
Acupuncture for Healthy Weight.....	100 min.....	420
Acupuncture for Healthy Weight Follow-Up.....	50 min.....	210
Acutonics®.....	50 min.....	200
All Night Sleep Study (Polysomnography)		2,950
Aquatic Therapy.....	50 min.....	205
Balanced Energy	50 min.....	155
Build a Stronger Back.....	(2) 50 min.....	410
Cardiac Stress Test	50 min.....	670
Cardiometabolic Stress Test		
with Pulmonary Function Testing	2 sessions.....	985
Chinese Herbal Consultation	50 min.....	215
Chinese Medicine Nutrition Consultation.....	(2) 50 min.....	365
Chinese Vitality	110 min.....	390
Craniosacral Therapy	50 min.....	155
DEXA Body Composition	(2) 25 min.....	490
Genomics Consultation	50 min.....	500
Healing Energy.....	80 min.....	220
Healing Touch	80 min.....	240
Hearing Test	2 sessions	260
Heart Rate Variability Testing.....	(2) 25 min.....	405
Integrative Medicine Consultation	50 min.....	500
Medical Gait & Orthotic Analysis.....	25 min.....	65
Medical Sleep Disorders	50 min.....	500
Musculoskeletal & Joint Assessment.....	50 min.....	195
Naturopathic Detoxification Consultation	50 min.....	320

Naturopathic Medicine Consultation	50 min.....	\$320
Optimal Health Consultation	25 min.....	265
	50 min.....	500

Osteoporosis Prevention & Bone Density Evaluation	50 min.....	680
Personalized Physical	50 min.....	500
Physical Therapy	50 min.....	205
Pulmonary Function	2 sessions.....	260
Reiki	50 min.....	155
Shockwave & Laser Therapy	25 min.....	fees vary
Sleep Enhancement.....	50 min.....	180 *
Specialized Needs Consultation.....	50 min.....	205
Therapeutic Qi Gong	50 min.....	200
Women’s Health Consultation	50 min.....	500

METAPHYSICAL

Angel Card Reading	50 min.	\$195
Astrology	50 min.	195
Clairvoyant Reading.....	50 min.....	195
Numerology	50 min.....	195
Tarot Card Reading	50 min.....	195

NUTRITION & FOOD

Chinese Medicine Nutrition Consultation.....	(2) 50 min.....	\$365
Digestive Wellness.....	50 min.....	165
Hands-On Cooking	50 min.....	110
	90 min.....	160
Healing Foods.....	50 min.....	165
Healthy Eating Consultation	50 min.....	155
Lunch & Learn	60 min.....	comp.
Maximize Your Metabolism.....	3 sessions.....	540
Menu Planning for Your Stay.....	50 min.....	155
Mind Over Mealtime.....	(2) 50 min.....	335
Nourish Your Strength.....	50 min.....	165
Nutrition for Inner Beauty	50 min.....	165
Nutrition for Weight Loss.....	(2) 50 min.....	310
Vitamin & Mineral Evaluation.....	50 min.....	165

OUTDOOR SPORTS

Biking – Hiking – In the Snow – On the Water

Daily Group Biking, Hiking, Canoeing, Cross-Country Skiing
 Pole Hiking and Snowshoeing times vary comp.

Private Adventures

Biking, Hiking, Ski, Snowshoe
 First HourUp to 3 guests.....\$135
 Each Additional Hour.....Up to 3 guests..... 75
 Kayak, Canoe, Stand-Up Paddle Boarding
 First Two Hours.....Up to 2 guests.....200
 Each Additional Hour.....Up to 2 guests..... 75
 Larger Group Private Adventures (3-hour minimum)
 Biking.....4-7 guests..... 35**
 Hiking, Ski, Snowshoe4-12 guests..... 35**
 Canoe, Kayak, Paddle Board3-6 guests..... 35**

Specialty Outdoor Experiences

Camp Archery times vary.....comp.
 Canoe & Hike times vary.....comp.
 Kayaking Lesson..... times vary..... 110
 Night Vision Goggle Experience times vary..... 140
 Paint & Hike..... times vary..... 110
 Photography Hike times vary..... 110
 Sculling times vary..... 190
 Shinrin Yoku times vary.....comp.
 Snowshoe Lesson –
 Take the Snowshoes Home 60 min.....275
 Snowshoe Yoga times vary.....comp.
 Stand-Up Paddle Boarding Lesson times vary..... 110
 Tai Chi Hike..... times vary.....comp.
 Winter Snow Adventure6 hrs.....475

Racquet Sports

Cardio Tennis Clinic: Hit Your Heart Rate 50 min..... 85
 Racquetball, Squash or Tennis
 Private..... 50 min..... 150
 Semiprivate 50 min.....210

High Ropes Adventures

Aerial Adventure times vary..... 110
 Climbing for Fitness times vary..... 110
 High Ropes Challenge Course..... times vary.....235
 Loops & Ladders Challenge..... times vary..... 110

SALON

Healthy Hair

Color times & fees vary
 Cut for Men 25 min..... \$60
 Cut for Women 45 min..... 110
 Deep Conditioning Treatment 45 min..... 120
 Highlights..... times & fees vary
 Luxury Smoothing Treatment..... 50 min..... 120
 Shampoo & Blow-Dry times & fees vary
 Hair Enhancements
 Masque 20
 Luxury Boost 40

Makeup

Brow Design 15 min..... 50
 Makeup Consultationup to 50 min..... 135

Nail Services

Foot Rescue! Pedicure..... 50 min..... 85
 Gel Effects Manicure 50 min..... 85
 Gentlemen’s Manicure..... 25 min..... 55
 Gentlemen’s Pedicure..... 50 min..... 85
 Mani on the Go 25 min..... 55
 Ritual Spa Manicure..... 45 min..... 65
 Ritual Spa Pedicure..... 50 min..... 85
 The Ultimate Stone Pedicure 80 min..... 155
 Toes on the Go 25 min..... 65
 Custom Enhancements
 Age-Defying Glycolic Treatment
 Manicure 40
 Pedicure 50
 So Soft Paraffin 40

SKIN CARE

Ask about additional seasonal services.

Ageless Oxygen Boost Facial..... 50 min..... \$240
 Ageless Oxygen Boost Facial ...The Ultimate!..... 80 min..... 315
 Black Rose Facial 80 min..... 275
 Brightening Facial 50 min..... 185
 Deep Cleansing Facial 50 min..... 185
 80 min..... 275
 Gentlemen’s Facial 50 min..... 155
 Hydrafacial MD® 50 min..... 240
 Intensive Pure Anti-Aging Facial..... 80 min..... 275
 Premier Age Defying Facial 80 min..... 315
 Pure Anti-Aging Facial 50 min..... 185
 Sensitive Facial..... 50 min..... 185
 80 min..... 275
 Total Elegance Age-Minimizing Facial 50 min..... 185
 80 min..... 275
 Total Radiance Facial 50 min..... 155
 Vitamin Infusion Facial 50 min..... 185
 80 min..... 275
 Waxing times & fees vary
 Optional Enhancements
 Anti-Aging Neck & Décolleté Treatment 65
 Peel 65
 Pumpkin Enzyme Treatment..... 65
 Revital Eyes..... 65

SPIRITUAL WELLNESS

Building Spiritual Character..... 50 min..... \$230
 Contemplative Circle..... 50 min..... 230
 Grief, Loss & Remembrance 50 min..... 230
 Guided Labyrinth Experience (individual) 100 min..... 345
 Rite of Passage 50 min..... 230
 Sacred Body 50 min..... 230
 Soul Journey 50 min..... 230
 Spiritual Dialogue..... 50 min..... 230
 The Soulful Family..... 50 min..... 230

AFTER YOU LEAVE ... WELLNESS SERVICES AT HOME

Chinese Medicine Follow-Up..... 25 min..... \$150
 50 min..... 215
 Exercise Physiology Follow-Up 25 min..... 110
 50 min..... 165
 Life Management Follow-Up 25 min..... 110
 50 min..... 180
 with a PhD..... 25 min..... 130
 50 min..... 220
 Metaphysical Follow-Up 50 min..... 195
 Nutritional Follow-Up..... 25 min..... 105
 50 min..... 155
 Physician Follow-Up..... 25 min..... 265
 50 min..... 500
 Spiritual Wellness Follow-Up 25 min..... 155
 50 min..... 230

CANYONRANCH®

165 Kemble Street, PO Box 2170 | Lenox, Massachusetts 01240-5170 | 800-742-9000 | canyonranch.com