the vacation of a lifetime
It’s our pleasure to welcome you to Canyon Ranch® Wellness Resort in Lenox.

In the 36 years since we set out to bring our dream of a health, fitness and wellness resort into existence, we have seen it become the gold standard for healthy living vacations. We are confident in saying that a stay with us offers a range of opportunity for discovery, renewal, pleasure, and yes, even transformation, that is absolutely unique in all the world.

Whether you intend to get on track with a fitness routine, lose a few pounds, get a handle on stress, deal with a health issue or just have a great time, you can do it here. Surrounded by the beauty of nature and the kindness of our expert staff – who express a generosity of self that makes this a place like no other – our guests are able to feel the full power of healthy living. Hike all day with an expert guide or delve into your inner world with our life management professionals. Awaken your mind and heart – explore what brings meaning, value and purpose to your life with the guidance of one of our spiritual counselors. Work out hard or let go completely with our fantastic spa services – every choice is a healthy one here.

As you can see from this Guide, you’re coming to a place where choice abounds. To help you get the most out of your time with us, we have an expert advising staff – Program Advisors and Nurse Educators – to help you plan your perfect stay. If your goal is to explore your potential for optimal health, we urge you to talk with them about our remarkable medical services: Canyon Ranch Medicine is an advanced, preventive practice offering a depth of knowledge and level of personal attention you simply will not find anywhere else.

And if you need to heal – physically, emotionally or spiritually – you will find an environment where everything is geared toward helping you become more resilient. Week after week, month after month, year after year, we hear from guests who have experienced profound healing and discovered new sources of joy while at the Ranch.

This is a chance to explore your potential, learn about yourself and begin lifestyle changes that lead to a healthier, more fulfilling life. We’re so glad you’ve decided to come to Canyon Ranch.

To your good health!

Enid and Mel Zuckerman
Canyon Ranch Founders
planning your stay

YOUR BEST BET FOR AN UNFORGETTABLE CANYON RANCH EXPERIENCE … MEET WITH AN EXPERT PROGRAM ADVISOR

Whether you’re a newcomer or a frequent return guest, it helps to have a “personal assistant” to guide you through the many, many choices at Canyon Ranch. That’s because we’re constantly updating our class offerings and menu of services, and often there are brand-new facilities to discover and amenities to enjoy! Happily, our Program Advising staff is always at your service.

Tell us what you want most from your stay. Are you longing to relax, de-stress and be pampered? Interested in getting on a track for lifelong healthy weight? Perhaps you’re looking to ramp up your workout (personal training), challenge your limits (High Ropes Challenge Course) or try something entirely new (Aerial Hammock Yoga). Or, you may be open to possibilities for inner exploration that could spark a life transformation. A knowledgeable Program Advisor will recommend the services and experiences with the greatest potential for helping you fulfill your intentions.
OUR STAFF OF PROFESSIONALS

Our warm, highly qualified staff is the key to the comfort, pleasure and transformative potential of your stay at Canyon Ranch.

**Board-certified physicians, nurses and health care practitioners** with specialties ranging from women’s health, personalized integrative medicine and sleep medicine to weight loss, brain health, disease prevention/management and integrative approaches to pain management.

**Healing energy practitioners** with expertise in acupuncture, Acutonics®, Chinese medicine, Reiki and many other modalities.

**Spiritual wellness experts** who are educated and deeply knowledgeable about world spiritual traditions and practices.

**Lifestyle coaches and licensed therapists** with advanced degrees and a wide range of specialties and experience.

**Nutritionists** are all registered dietitians with extensive nutrition counseling experience and advanced degrees.

**Fitness specialists**, including **exercise physiologists** with advanced degrees and specialized education and **fitness instructors** with a vast array of sports-specific training: from creative dance to weight training, and from tennis to Pilates.

**Certified athletic trainers** who specialize in injury and range-of-motion issues.

**Outdoor Sports guides**, including staff members who can coach you on the High Ropes Challenge Course, as well as experienced guides for hiking, biking, snow sports and activities at beautiful Berkshires lakes such as canoeing, kayaking and stand-up paddle boarding. They can accompany you on outdoor adventures you’ll never forget.

**Massage and bodywork therapists** with a refined and sensitive touch, who bring years of experience and caring to their practice.

**Aestheticians and salon specialists** who’ll help you look as good as Canyon Ranch makes you feel.

**Creative arts instructors** who can help you explore your creative side with a range of intriguing projects and activities.

**Educational speakers** to provide information on all of these topics and more.

Continuing Medical Education for Physicians

Experience truly modern medicine at Canyon Ranch and take the best of leading-edge preventive and integrative care practices home to benefit your patients. Physicians can earn up to 36 credits* in Lenox (12 credits on the average stay of three or four nights).

*Subject to change; please call 800-742-9000 for information.
Check out canyonranch.com

You’ll find a wealth of useful information on our website. If you have a question, click on Contact Us to send an email or request a phone call. We’ll get back to you within 24 hours.

At canyonranch.com you can view or download the Guide to Services, as well as current and advance copies of This Week at Canyon Ranch – our schedule of classes, presentations, workshops and programs. This Week is published four weeks in advance, so when the time for your arrival draws near, you’ll be able to see what will be happening on the days that you’re here.

The website also provides convenient links to our Connection newsletter, social media, online store, Canyon Ranch Institute® and more.
CHECK YOUR RESERVATION CONFIRMATION
If you have any questions, please call Reservations at 800-742-9000. Hours: 5 am to 8 pm weekdays, 5 am to 6:30 pm weekends Mountain Standard Time (Pacific Time during Daylight Savings).

PROVIDE YOUR TRANSPORTATION INFORMATION
If you are arriving by plane, train or bus, please call 800-742-9000 at least 72 hours in advance to let us know your arrival time. Our driver will meet you in the baggage claim at Albany International Airport, Bradley International Airport (Windsor Locks, Connecticut), the Albany (Rensselaer, New York) train station, or the Lenox bus stop.

If you are arriving by car, please provide us with an estimated time of arrival. Your confirmation packet has detailed directions – or visit our website, canyonranch.com, for a map and written instructions.

Road conditions and flight delays may alter travel plans. Please provide a cell phone number so we may contact you regarding delays that affect your travel plans. Please remember to notify us if your travel plans change.

ARRIVE EARLY TO MAKE THE MOST OF YOUR STAY
To get the most from your stay, you’ll want to arrive early in the day. You may arrive as early as 8 am. Please keep in mind that your room may not be ready until 3 pm, so if you plan to arrive earlier, we suggest you pack exercise wear and appropriate shoes in your carry-on bag. You can use the locker room to change and get an early start on the day’s activities. It’s also the perfect time to meet with our Program Advising and nursing staff. Lunch is included with early arrival; breakfast is not.

getting ready

Pre-arrival checklist

- Review this Guide to Services to get a sense of how much opportunity awaits you. You can also find the Guide to Services online at canyonranch.com.
- Please check the pocket facing page 15 for important materials, including a sample copy of This Week at Canyon Ranch and information about Canyon Ranch Health Packages, or click the link on your confirmation email.
- View This Week at Canyon Ranch online to help you plan your activities. Issues are posted four weeks in advance.
- To ensure that your experience is optimal, complete the Health & Lifestyle Questionnaire, either electronically or as hard copy. Please mail or fax it to 413-881-5631 if you choose to complete the hard copy.
- If you are interested in communicating health information via email, please complete the email consent form.
- During your pre-arrival phone call, we recommend scheduling an appointment with our Program Advising staff. New guests are encouraged to schedule a Canyon Ranch orientation appointment.
- With the help of a Program Advisor, determine if a Health Package may be appropriate for you.
- Communicate your transportation needs – 800-742-9000. Select option 1.
- Schedule dinner reservations. Our Program Advising staff can discuss dining options with you.
WE PROVIDE

In the locker rooms
- Canyon Ranch Bath & Body products (Gentle Shampoo, Nourishing Conditioner, Revitalizing Body Wash, Soothing Moisturizer, SPF 30 UVA/UVB Sunscreen and After-Sun Cooling Gel), combs, hair ties and other sundries. Please check with a locker room attendant for other amenities.
- Complimentary Wi-Fi
- Curling and flat irons (in the women’s locker room)
- Deodorant
- Hair dryers
- Moisturizer and body lotions with SPF 25 and 30 sunscreen (also available in pool areas)
- Plastic tote bags
- Razors and shaving cream
- Rubber sandals
- Terry cloth robes

In your room
- Canyon Ranch Bath & Body products (Gentle Shampoo, Nourishing Conditioner, Revitalizing Body Wash, Soothing Moisturizer, After-Sun Cooling Gel, Body Soap Bar and Face Soap Bar), shower caps and dental floss
- Complimentary Wi-Fi
- Digital alarm clock
- DVD player
- Filtered water
- Hair dryer
- HDTV with accessible digital input
- In-room coffee and tea service
- In-room safe
- iPod® docking station
- Iron and ironing board
- Mini-refrigerator
- Pillow menu
- Sound machine
- Terry cloth robes

If you have hearing difficulties, ask for a telephone and television with amplifiers for your room.

From Guest Services
- DVDs, books and games to borrow
- Umbrellas
- Assistive Listening Devices available upon request (24 hours in advance)

Also available
- Complimentary self-service laundry facilities and supplies
- Complimentary guest computers and printers
- Complimentary guest fax (413-637-0057)
- Dry cleaning service, for a fee

Need anything?

The Showcase Boutique in the Spa carries exercise and leisure wear, sundries, magazines, gifts and other incidentals. You’ll also find a complete selection of Canyon Ranch logo clothing, Canyon Ranch supplements, books, DVDs and CDs, aromatherapy products and more. Much of the special equipment used in fitness classes is available for purchase.

Canyon Ranch and other spa products are available for sale at the Salon and in the Skin Care department.
Packing for your stay

All you really need at Canyon Ranch is comfortable workout wear, outdoor and casual clothes, practical footwear and a hat.

From late spring through mid-fall, weather in Lenox is mostly beautiful, but can be brisk and sometimes wet. Winters are cold and snowy. If you plan to be active outdoors, plan to dress in layers that you can put on and take off as necessary to stay warm and dry.

Because of our active and informal environment, we suggest you leave your valuable jewelry at home. Canyon Ranch does not provide safe deposit for items valued over $500.

When you check in, you’ll receive a water bottle, T-shirt and tote bag to use around the Ranch and take home with you. You’ll also receive a copy of This Week at Canyon Ranch, a schedule of activities in which you can record appointments, and a folder for your presentation notes and handouts.

Don’t forget your swimsuit and hiking boots!
guidelines for your stay

GUEST SERVICES
Guest Services is your connection to local cultural events, sightseeing, golf, shopping, etc. They can also assist you with car rental and lend you DVDs. We encourage guests to take an orientation tour, which departs from Guest Services in the Pavilion.

OTHER THINGS TO KNOW
We have a few requests to help everyone enjoy a safe and pleasant vacation:

- Muscle shirts and bathing suits are not permitted in the dining areas.
- Bathrobes are not permitted in the Dining Room at dinner time, and shoes and shirts must be worn at all times.
- Smoking cigarettes and e-cigarettes is permitted only in designated outdoor, nonpublic areas. Smoking cigars or pipes is prohibited. No tobacco products are available for purchase. If you smoke in your room, you will be assessed a cleaning and deodorizing charge.
- Alcohol is not served or permitted in any public areas and is not available for purchase.
- Children must be at least 14 years old to stay at Canyon Ranch and 18 years old to participate in Health Packages. Additional age restrictions may apply to specific services. Ask your Reservations Specialist or Program Advisor (see page 63).
- If you plan to bring your dog, you must make arrangements in advance by calling 800-742-9000. Canyon Ranch does not permit dogs weighing more than 35 pounds, except for service animals.
- For your safety and as a courtesy to other guests, please do not enter classes more than five minutes late.
- Please avoid wearing perfume or cologne in the Spa and Integrative Health Center, and during outdoor activities.
- There is an eight-hour cancellation policy for all services. You must cancel eight hours or more before any appointment to avoid being charged in full. Please call Program Advising at Ext. 5522 from any Ranch phone to cancel services.
- Sometimes services and activities must be cancelled due to inclement weather. Please call Program Advising to check that your service is still scheduled during these times.

Canyon Ranch is a cellphone-free zone
As a courtesy to all guests, talking on cellphones is permitted only in your private room, in the Pavilion and in the Mansion Courtyard. Texting is permitted in public areas, but not during presentations, outdoor activities or classes. Please keep all mobile devices on “silent” and be mindful of others when using them.
dining at canyon ranch

You’ll discover a joyful adventure in eating at Canyon Ranch. Our dedicated kitchen staff and nutritionists work together – and work very hard – to nourish you with our award-winning food featuring clean, wholesome, seasonal, fresh and sustainable ingredients. Our chefs expertly prepare these great meals for exceptional flavor and superb nutrition. We are committed to helping you learn to live a healthier life every day through better nutrition, without giving up any of the joy of food.

HEALTHY, TASTY, ABUNDANT
During your stay, enjoy our signature cuisine, prepared using only carefully selected ingredients from trusted suppliers. We love “clean” foods, which for us means seasonal and locally grown produce, humanely raised hormone- and antibiotic-free meats and sustainably caught or raised seafood. We’re proud to partner with the Monterey Bay Aquarium Seafood Watch® program to support healthy oceans. All of the seafood we serve is fished or farmed in ways that minimize environmental impact. Learn more at seafoodwatch.org.

We use organic ingredients where appropriate, and constantly monitor the latest research on wholesome ingredients and healthy eating. We do our best to ensure that there are no additives, gums, artificial colors or flavors, preservatives, or highly processed sweeteners or fats in the wonderful meals you enjoy here.

Personal dietary concerns?
You’re coming to the right place – we offer a delicious selection of vegan and gluten-free dishes. We can accommodate some kosher food requests; however, our kitchen, dinnerware and utensils are not kosher, nor is our kitchen certified allergen-free.

If you have specific dietary requests, food allergies or sensitivities, please call our Personal Dietary Needs hotline before you arrive at 888-708-0769, or email PDN@canyonranch.com.
DELICIOUS & NUTRITIOUS
Your best health is our greatest concern. Through independent laboratory testing, we self-monitor for nutritional accuracy and to ensure we serve the “cleanest” foods – free from harmful additives or contaminants. Everything that comes out of our kitchens meets an exacting set of nutritional standards, and everything is on your plate for a reason. You’ll savor a healthy balance of vegetables and fruits, legumes, whole grains, lean proteins, nuts and healthy oils at every meal. And on our menu, you’ll find the complete nutritional information for every dish.

Our menu features not only familiar foods, recipes and flavors, but also fun and different ones. Canyon Ranch is the perfect place to try new things. Our food philosophy is “moderation, not deprivation.” Bon appétit!

DINING VENUES
Dining Room – Please make your dinner reservations with the Dining Room host during breakfast or lunch, or by calling Ext. 5310. You may make dinner reservations for your entire stay before you arrive by calling Program Advising at 800-877-0404.

Cafe – Enjoy Mediterranean cuisine Canyon Ranch style at this intimate farm-to-table café – the best dining option for a quick meal or snack.

Café Jardin – Seasonal outdoor lunch, weather permitting.

DEMONSTRATION KITCHEN
Exciting things happen in our Demonstration Kitchen, where you can watch our chefs at work and learn cooking techniques and recipes to take home.

- Lunch & Learn – Monday through Saturday.
  Lunch begins promptly at noon and lasts 60 minutes.
- Join our chefs to cook and learn in Hands-On Cooking.

<table>
<thead>
<tr>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>BREAKFAST (please allow 45 minutes)</td>
</tr>
<tr>
<td>- Dining Room – 7:30 to 9:30 am</td>
</tr>
<tr>
<td>- Cafe – 6:30 to 10 am</td>
</tr>
<tr>
<td>LUNCH (please allow 60 minutes)</td>
</tr>
<tr>
<td>- Dining Room – 11:45 am to 2:15 pm</td>
</tr>
<tr>
<td>- Cafe – 11:30 am to 2 pm</td>
</tr>
<tr>
<td>- Café Jardin – 11:30 am to 2 pm (in season)</td>
</tr>
<tr>
<td>BRUNCH</td>
</tr>
<tr>
<td>- Cafe – 11 am to 2 pm</td>
</tr>
<tr>
<td>- Sunday</td>
</tr>
<tr>
<td>DINNER (please allow 90 minutes)</td>
</tr>
<tr>
<td>- Dining Room – 5:30 to 8:30 pm</td>
</tr>
<tr>
<td>- Seatings every 15 minutes; full menu and salad bar</td>
</tr>
<tr>
<td>- Cafe – 5 to 8 pm</td>
</tr>
<tr>
<td>- Wednesday through Sunday</td>
</tr>
</tbody>
</table>

Fruit and beverages are available in the Spa.
Espresso drinks, smoothies and snacks are available in the Cafe.
6:30 am to 5:30 pm – Monday and Tuesday
6:30 am to 8 pm – Wednesday through Sunday
YOUR HEALTH & LIFESTYLE QUESTIONNAIRE

is your opportunity to reacquaint yourself with your health status and allow Ranch professionals to plan your perfect experience. Please return the confidential questionnaire by mail to the address on the form, fax 413-881-5631, or submit the electronic version of the questionnaire that was emailed to you with your confirmation letter.
the integrative approach ......................................................... 16-17
What It Means to You

■ creative arts ........................................................................... 18
Tap into your inner resources in a joyful, natural way.

■ exercise & movement ...................................................... 19-25
Develop or refine your workout with the advice of an exercise professional.
Fitness Facilities .............................................. 19
Complimentary Classes & Activities .................. 20
Assessment & Performance .......................... 20
Customized Program Design .......................... 22
Mind-Body Private Training .............................. 23
Movement for Life ........................................ 24
Personal Training ....................................... 25

■ healthy feet ........................................................................ 26
Treat your feet right; feel better all over.

■ life management .................................................................. 27-30
Get a new perspective and tools for life balance with the help of a lifestyle coach or licensed therapist.
Brain Health Assessments .............................. 29
Mind-Body Connection ................................ 29
Self Awareness .............................................. 30

■ massage & bodywork ...................................................... 31-37
Breathe deep, relax and soothe away aches and pains. Pamper your body with luscious, hydrating treatments.
Advanced Restorative
  Touch Therapies ........................................ 31
  Asian Therapies ........................................ 32
  Ayurvedic Treatments .............................. 33
  Body Wraps ............................................. 34
  Exfoliate & Renew .................................. 35
  Optional Massage Enhancements ............... 35
  Restorative Touch Therapies ..................... 36
  Rituals ...................................................... 37
  Tanning Treatments .................................. 37

■ maternity ............................................................................ 38
Mothers-to-be and new moms – enjoy services designed just for you.

■ medical & complementary services ..................... 39-46
Address any health issues with the help of our board-certified physicians and specialists.
  Preventive & Integrative
    Physician Consultations ............................ 40
  Chinese Medicine .................................. 41
  Diagnostic Services ................................ 43
  Energy Therapies .................................... 44
  Genomics ............................................... 45
  Musculoskeletal Health ......................... 45
  Sleep Medicine ....................................... 46

■ metaphysical .................................................................... 47
Delve into your inner world with astrology, numerology, tarot and more.

■ nutrition & food ............................................................... 48-51
Get personalized advice from a highly qualified licensed dietitian/nutritionist.
  Prevention & Healing ................................ 48
  Healthy Weight ....................................... 49
  Lifetime Nutrition ................................... 50
  Personal Dietary Needs During
    Your Stay ............................................... 51
  Cooking for Fun, Pleasure & Health .......... 51

■ outdoor sports ................................................................. 52-55
Explore the great outdoors and challenge yourself.
  Biking ...................................................... 52
  High Ropes Adventures ............................ 52
  Hiking ..................................................... 53
  Outdoor Experiences ............................... 53
  In the Snow ............................................. 54
  On the Water ........................................... 54
  Racquet Sports ..................................... 55

■ salon .............................................................................. 56-57
Feel great, look fantastic.
  Hair ......................................................... 56
  Manicures .............................................. 56
  Pedicures ............................................. 57
  Gentlemen’s Menu ................................. 57
  Custom Enhancements ............................ 57
  Makeup .................................................. 57

■ skin care ........................................................................... 58-60
Care for your skin with luxurious facials & treatments.
  Advanced Cosmeceuticals ....................... 58
  Bio Suisse Organics ................................ 59
  Luxury Botanicals .................................. 59
  Natural Facials ....................................... 60
  Optional Enhancements ........................... 60

■ spiritual wellness ............................................................ 61-62
Explore your inner life and spiritual direction with the help of experts.

■ teen services .................................................................. 63
Fun, healthy services for younger guests.

■ after you leave ................................................................. 64
Benefit from one-on-one support and advice from our professionals between visits.
the integrative approach
– what it means to YOU

YOUR WHOLE BEING
Nowhere else on earth will you find such a range of expertise or such comprehensive assessment, treatment and planning for healthier living all in one location. Our diverse staff of dedicated professionals will treat you as a whole person and use their expertise to enrich your healthy vacation – and your life.

YOUR CHOICES, YOUR GOALS
Your health depends largely on the way you live every day. Our professional staff can help you establish healthy new habits and patterns, while the ease and relaxation you’ll find here will allow you to feel all the pleasures of healthy and balanced living. Our experts can help you improve every important aspect of life – mind, body and spirit. You’ll find a respectful, collaborative approach, and professionals who have ample time to work with you. Where else can you enjoy 50 uninterrupted minutes with a physician?

YOUR EXPANDED POTENTIAL
Our board-certified, open-minded practitioners and physicians draw freely on both Western science and complementary approaches to prevention, healing and transformation. Canyon Ranch experts offer you the best practices from around the world, so you can confidently explore things you might not try at home.

YOUR TEAM
Our staff members understand one another’s fields of expertise and appreciate the power of diverse disciplines. Your Program Advisor or Nurse Educator will gladly help you find the professionals, activities and experiences that will best meet your needs and support your goals. Advanced medical assessments, nurturing body treatments and joyful discoveries all work together to enhance your health.

YOUR VACATION!
While your health deserves serious attention, your Canyon Ranch experience should always feel like a vacation – relaxing, engaging and fun. You’ll have plenty of time for enjoying the things you love to do and discovering new passions, all of which contribute to the healthiest, happiest you.

HEALTH PACKAGES
Adding a Canyon Ranch Health Package to your stay may be the single most powerful commitment you can make to achieving your highest wellness potential for mind, body and spirit – and the key to a healthier future. A Health Package represents the core essence of the Canyon Ranch integrative health mission, and requires an in-depth, collaborative effort among you and your team of experts.

Why consider a Health Package?

■ It’s an expertly customized group of services addressing a topic of interest to you.
■ You’ll benefit from a team of Canyon Ranch professionals in various disciplines who will work together to help you reach your health goals.
■ Our experts draw on the depth of their experience in Western and Eastern medicine, as well as nutrition, exercise physiology, life management, spiritual wellness, energy medicine and alternative healing traditions.
■ Your team can help you improve your fitness, diet, stress, mood, sleep patterns – every important aspect of your life.

To learn more about the value of a Health Package and how it can be customized to meet any wellness challenge or area of interest, look for the separate guide to Health Packages in the pocket opposite page 15.
Since the doors opened at Canyon Ranch in 1979, we have embraced an integrative approach to wellness – including mind, body and spirit – in which professionals in various disciplines help you achieve your goals, create greater balance in your life and feel your very best.

A WORLD OF DISCOVERY, ADVENTURE AND HEALTHY POSSIBILITY AWAITS.

Are you ready?
The creative process has been correlated with improved cognitive function – and it allows you to delve into your inner resources in a joyful and natural way. Our experts will inspire and guide you: Pick up a paintbrush, design and make beautiful jewelry or discover the meditative qualities of collage – the possibilities are endless! Classes are limited to allow for personalized attention at all levels. Note: Fees may apply.

Contact Program Advising to arrange advanced instruction, schedule a private or semiprivate session, or view our full menu of creative arts offerings.

Here’s just a sample of our exciting creative offerings:

**BEAD WELL: BRACELETS**
Relax and create your own beautiful beaded bracelet. Optional upgrade to semiprecious gems.

**COLLAGE: ART FOR THE SOUL**
Learn to create beautiful mementos and expressions of self though this soothing, intuitive process. Simple steps and tools are all you need to master the essential techniques of collage.

**EAR CANDY**
It’s fun and easy to create your own earrings. A Canyon Ranch artist will guide you through the process and you’ll have the opportunity to make two pairs of drop or cluster earrings to take home as souvenirs of your stay.

**EVERYONE CAN PAINT**
Enjoy a hands-on workshop in which you’ll learn to paint with acrylics. Follow along with a Canyon Ranch artist while receiving step-by-step instructions to create your own work of art.

**FLEECE HAT FUN**
Get creative and stay warm this winter season. Using a simple “no-sew” technique, make your own fleece hat in this hands-on workshop led by a Canyon Ranch artist. Take your cozy creation home to wear, or give it to a friend.

**HAND-DIPPED CANDLES**
Bring light, warmth and positive affirmation into your home with handmade beeswax tapers. While dipping the wick into melted beeswax, mindfully infuse the candles with your best intentions. Light your candles at home to release the energy of your intentions.

**KNITTING FOR BEGINNERS**
Learn to cast on, knit and purl in this relaxing class focused on the basics of knitting.

**SUNSET SILK SCARVES**
In this easy and fun class, you’ll use tissue paper saturated with water to transfer color to a silk scarf. A variety of techniques can be used to apply the papers, and the effects are stunning and professional looking. You’ll leave with a beautiful new scarf, ready to wear.

**WATERCOLOR LANDSCAPES**
Take your watercolor skills to the next level. Our artist will teach you basic watercolor techniques, before exploring more complex methods of variegated washes, mixing colors and shadowing to create picturesque landscapes.

**WHIMSICAL PAPER FLOWERS**
Learn centuries-old techniques to make beautiful art paper flowers using colorful paint, papers and glitter.
Besides being fun, a well-rounded program of physical activities makes you more energetic, boosts your brain power, helps you handle stress, increases your chance of longevity and good health and makes physical tasks easier. Try something new or polish an old skill at Canyon Ranch.

Fitness Facilities

**Please make use of any of our spectacular facilities during your stay.**

**BASKETBALL COURT**
Enjoy friendly competition and an excellent aerobic workout. Coed pickup games are held one or two times a week.

**CARDIO & STRENGTH GYM**
Our workout facilities are equipped with computerized stationary bicycles, Technogym® treadmills, Gravitron® equipment, Life Fitness® weight machines, Precor® EFX® machines, free weights, stair machine, rowing machines and more. Treadmills and some other aerobic machines feature personal TVs. Headsets are available. For your safety, please feel free to ask for help or information from the fitness specialists who supervise these facilities from 8 am to 1 pm and 2 to 6 pm daily. Shoes and shirts are required.

**INDOOR & OUTDOOR TENNIS COURTS**
Play year-round on our indoor Plexicushion® or outdoor Har-Tru® Green Clay tennis courts.

**POOLS**
For your convenience and year-round use, our 25-yard heated indoor lap pool (70 lengths = 1 mile) featuring an underwater treadmill is located inside the Spa. Average water temperature is 82 degrees Fahrenheit. This pool is available for open-lap swimming except during scheduled aqua class times. The 50-foot heated outdoor pool (105 lengths = 1 mile) is located just next to the Spa for use on a seasonal basis.

**SPORTS EQUIPMENT**
We will be delighted to lend you a bike, racquets or basketball.

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

---

**Class information**

- For your safety, no admittance five minutes after the class begins.
- Pace yourself, and choose classes appropriate to your fitness level.
- As a courtesy, please no perfume or cologne in the gyms.
- We advise the use of aqua socks or aqua shoes in the pool.
- Our group cycling class bikes have pedals with toe cages or SPD® compatible clips.
- Please dress for activity.
Complimentary Classes & Activities
Choose from more than 400 fitness, educational and fun activities every week including classes, presentations, outdoor adventures, creative arts, cooking demos and more – most are complimentary. Check This Week at Canyon Ranch or the activity boards in the Spa for a complete list of activities, with times and locations.

BODY COMPOSITION ANALYSIS
Using calipers to measure skinfold thickness at four sites, we can determine your body’s percentage of fat in relation to lean body mass. Wear a loose-fitting shirt and shorts. Not appropriate for guests under 18 years of age. 15 minutes.

FITNESS CLASSES
Movement and fitness are essential for your health and well-being. Choose from dozens of complimentary fitness classes daily for all ages and fitness levels. Classes are 45 minutes unless otherwise noted; please arrive promptly.

Note: Any of our fitness classes may be reserved privately for your group of three or more, or customized as a private training session. Fees apply.

FITNESS WALKS, HIKING & BIKING
Get outside and enjoy some fresh air. We have walks for every level and interest. Private guided walks, hikes and biking are available for a fee. In case of inclement weather, please call Ext. 5567 for cancellation information.

Assessment & Performance
Canyon Ranch exercise professionals are among the best in the world, and they can be invaluable in helping you establish or refine a customized exercise routine – no matter what your current fitness level. Graduate-degreed exercise physiologists can assess your preferences, health history, goals and needs and design a program just for you. Certified personal trainers can work through your program with coaching and demonstration, so you experience each movement and exercise to take home. Note: Dress for exercise, including footwear.

AGILITY & BALANCE EVALUATION & TRAINING
Good balance and agility are essential to fitness and safety. Whether you want to improve athletic performance, prevent falls or would simply like to move with sureness and grace, our experts can help. An exercise physiologist will evaluate your balance and agility and design a take-home plan. 50 minutes.

BUILD A STRONGER BACK
If you suffer from a low-back condition stemming from poor posture, injury, scoliosis, overuse or sprains and strains, these sessions with a physical therapist can be invaluable. Learn how to improve the stability of your back and resume normal movement patterns without pain through a series of exercises. Two 50-minute sessions.

Get maximum benefit from an assessment by an exercise physiologist – then …
We recommend that you book a follow-up session with a fitness instructor to practice your new exercise routine. You’ll get a great workout while practicing correct form and getting tips that will optimize your exercise results. After you return home, phone coaching sessions can keep you on track and answer any questions that may come up as you progress.
DISCOVER YOUR FITNESS AGE
How old you are and how old you feel may be two different things. Your fitness age is an indication of how well your body is holding up with the passage of time. By learning your fitness age in each of five areas, you’ll discover which areas stand to benefit most from your attention.

**Part I** – An exercise physiologist will administer the following tests:
- Body composition to assess fat and lean muscle mass
- Submaximal exercise test to estimate aerobic capacity and VO₂ maximum
- Muscle strength and power testing, including upper and lower body
- Evaluation of balance
50 minutes.

**Part II** – An exercise physiologist reviews your test results and designs an individual fitness plan to improve your fitness age. 50 minutes.

ENHANCED POSTURE ANALYSIS
Poor posture may contribute to acute or chronic conditions that interfere with an active lifestyle, so it’s important to maintain correct alignment and balance in the way you sit, stand, walk and run. In this service, an exercise physiologist will use video analysis to evaluate your biomechanics, and recommend specific stretches or strengtheners to help you comfortably perform the activities that mean the most to you. 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 can help you reach your goals.

**Part I** – Complete a short questionnaire outlining your personal fitness preferences. 25 minutes.

**Part II** – With a lifestyle coach or licensed therapist, review your entire exercise history to identify keys to your past periods of success and vulnerability. 50 minutes.

**Part III** – Meet with an exercise physiologist or certified fitness instructor to design a customized program that “fits.” Together you’ll create a program that balances exercise for health and longevity with activities that suit your personality and work with your personal style. 50 minutes.

HEALTHY FLEXIBILITY
Work directly with an exercise physiologist who will identify your specific needs and develop a customized stretching program to improve your posture, mitigate injuries, enhance freedom of movement or improve functionality. 50 minutes.
METABOLIC EXERCISE ASSESSMENT
Determine your aerobic fitness level (VO₂ max) and learn how many calories you really burn when you work out. This service is recommended for people who want to change body composition, learn the most effective way to burn body fat, determine aerobic threshold, increase stamina and fitness or improve sports performance.

Optional – For the most comprehensive view of your fitness, complete a Pulmonary Function Test (lung evaluation) prior to the exercise test. 25 minutes.

Part I – An exercise physiologist administers a submaximal exercise test while you exercise on your choice of cardiovascular exercise equipment: elliptical trainer, rowing machine, stationary bike or treadmill. 50 minutes.

Note: This test cannot be performed in a pool.

Part II – After analyzing the data, your exercise physiologist will explain your results and design an exercise program to maximize your workout and enhance your training program. 50 minutes.

Customized Program Design
Would you like a workout program designed by an exercise physiologist and tailored to your preferences, skills, limitations and goals? Whether you’re looking for a program that can fit into your busy work or school schedule, help you maximize your sports performance with speed, strength and agility, or just make you feel more youthful and energetic – you’re in the right place.

ADVANCED TRAINING
Train under the expert guidance of our master’s-level exercise physiologists. This service is appropriate for all abilities, from rehabilitating post-injury or -surgery to advanced-level training for athletic events. Sessions are in the Canyon Ranch strength training gym. We can help you improve at virtually any activity, including:

- Cardiovascular training
- Cycling
- Distance running
- Distance walking
- Endurance training
- Strength training
- Swimming
- Triathlon

Please dress for exercise. 50 minutes.

AQUATIC THERAPY
Water exercise is an excellent way to improve strength, mobility, endurance and flexibility. It can be gentle enough to reduce pain and allow injuries to heal, yet powerful enough to improve cardiorespiratory fitness and muscle function. Your session with a licensed physical therapist can focus on: upper or lower body, trunk/spine, specific areas of weakness, balance, deep-water conditioning (seasonal), or any type of rehabilitation exercise. 50 minutes.

EXERCISE FOR WEIGHT LOSS & BODY DEFINITION
Fat reduction and muscle definition are achievable goals. Meet with an exercise physiologist to design a customized exercise program that will optimize your exercise time, maximize metabolism, increase lean body mass, enhance muscle and promote weight loss. 50 minutes.

EXERCISE PHYSIOLOGY EXPERIENCE
This is an extended service to get real-time feedback during your endurance fitness program. An exercise physiologist will coach and guide you on your long workout, whether it’s a walk, hike, bike ride, swim or run. You’ll learn more about your body’s needs, environmental factors and conditioning – valuable information as you train for your next event or personal goal. 100 minutes.

FITNESS AFTER 50
Learn to thrive – not just survive – through your later years by becoming and staying active. An exercise physiologist focuses on improving your fitness in areas that may include cardiovascular fitness/stamina, muscle mass and strength, core stability, balance, bone density, flexibility and body composition. 50 minutes.

Rx FOR EXERCISE
Whether you’re looking to kick-start a regular exercise program or you’re already active and want to increase fitness, strength or endurance, our experts can help. An exercise physiologist designs a take-home program based on your goals, interests, time, physical limitations and facilities available. 50 minutes.
SPECIALIZED NEEDS CONSULTATION
If you live with a chronic condition like osteoporosis, arthritis, fibromyalgia, scoliosis, orthopedic problems, neurological disease, balance disorders or stroke, a specially designed fitness program can improve your quality of life. Meet with a physical therapist and learn exercises and activity guidelines appropriate for you. 50 minutes.
Note: If you experience limitations in more than one area, we recommend two sessions.

WOMEN’S HEALTH & EXERCISE
Because women’s bodies undergo so many changes throughout life, their fitness routines need to change. An exercise physiologist can help you establish the proper exercise program for your present needs. Issues may include safe prenatal and postnatal exercise, pelvic-floor strengthening, bone health and osteoporosis prevention, body composition and cardiovascular risk control. 50 minutes.

Mind-Body Private Training
Find greater balance in life through personalized instruction in calming self-care practices from around the world. Whether you’re just getting started or wish to enhance your current practice, explore any of the following one-on-one sessions.

AERIAL HAMMOCK YOGA
In this nontraditional yoga, the hammock helps support your body in traditional yoga poses. In contact with both the hammock and the floor, you will immediately feel the improvement in flexibility, strength and alignment, and you’ll achieve greater benefits from your yoga classes and other physical activities. A prior Aerial Yoga Skills class is recommended. 50 minutes.

Also available as a group clinic opportunity. See This Week at Canyon Ranch.

AYURVEDIC YOGA
Ayurveda and yoga are complementary systems of human development. Discover your basic dosha or constitutional type – vata, pitta or kapha – and receive a customized program that will bring greater well-being to your life. 50 minutes.

BREATHING PRACTICE
Proper breathing is vital for good health. Learn breathing and relaxation techniques to reduce muscular tension, improve circulation, relieve stress and foster overall well-being. 50 minutes.

MEDITATION
A mind-body instructor teaches and leads you through techniques to develop your ability to let go and be in the moment. In addition, you’ll learn strategies for applying meditation to daily life. 50 minutes.

QI GONG
This gentle Chinese mind-body practice integrates physical movements, coordinated breathing and meditation. Your instructor will teach you a series of movements that restore and balance chi – the life force – and release unhealthy inner tension and stress. A great tool for daily life. 90 minutes.

TAI CHI
This form of Chinese mind-body exercise builds unity of mind, body and breath through slow, controlled martial arts movements. Tai chi serves to heighten chi – the essence of your being. 50 minutes.

YOGA
A skilled yoga instructor corrects or enhances your poses, and provides tips on alignment, breathing and intention. A great way to perfect your practice whether you are a beginner, intermediate or advanced practitioner. 50 minutes.
Movement for Life

Get stronger, leaner and more flexible – in both mind and body. Our specialized equipment includes:

- Balanced Body Reformer
- GYROTONIC® Tower
- Ladder Barrel
- Split-Pedal Stability Chair
- STOTT Pilates® Rehab Reformer
- Trapeze Table (Cadillac)

BALANCE FOR LIFE
Balance is a dynamic process of stabilization that allows us to move freely and confidently through the world. Work one-on-one with a movement therapist to develop skills to enhance your stability, safety and grace by strengthening your sense of your body as you move through space. 50 minutes.

GOOD POSTURE FOR LIFE
Your posture affects how you think and feel and how others perceive you. Good posture is an expression of intrinsic confidence and grace, and it prevents muscular tightness and pain. In this session, your posture and gait are assessed and you receive practical tips and simple movements to practice at home. Your movement therapist may use Pilates to find the right approach for you. The result: more comfort, less tension, deeper breathing, greater mental clarity and a new spring in your step. 50 minutes.

GYROTONIC EXPANSION SYSTEM®
The Gyrotonic method is a revolutionary system of exercise that unlocks the rejuvenating powers of the body. The Gyrotonic machine guides and supports the whole body through a series of spiraling and undulating movements designed to systematically open the joints, integrate the spine and strengthen the muscles. 50 minutes.

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

PILATES
This mental and physical conditioning system uses specially designed equipment to strengthen and stretch the whole physique. It reshapes and aligns, builds true core strength, increases flexibility, improves posture and coordination and promotes a healthy, focused mind. Everyone from athletes to those with chronic pain or limitations can benefit from expert instruction in Pilates. Sessions can be booked individually, with a partner (duet) or in a small group (three to four people). 50 minutes.

PILATES REFORMER JUMPBOARD*
Challenge yourself to a Pilates cardio interval workout. Increase your heart rate, burn fat, improve bone density and create a long, lean, strong body. Reformer experience required. 50 minutes.

PILATES REFORMER VINYASA FLOW*
In this fusion workout using the Pilates Reformer, develop a high level of fitness and mind-body awareness as you hold traditional yoga postures against the resistance of the spring-loaded Reformer. Yoga and Reformer experience required. 50 minutes.

* Also available as a group clinic opportunity. See This Week at Canyon Ranch.
Personal Training

Our personal trainers are recognized by the industry’s top certifying bodies and many hold multiple certifications. No matter what your level or limitations, our knowledgeable professional trainers will design a workout that is motivating, innovative and current within the fitness industry. Try one of these focuses or create your own:

- Balance & Agility
- Boot Camp
- Flexibility
- High-Intensity Interval Training
- Sport Specific
- Strength
- Tabata
- TRX Rip® Training

All sessions are 50 minutes.

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

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

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

**AQUATIC TRAINING**

Personal training in the water provides a variable level of resistance and aerobic conditioning, making it perfect for athletes of all levels, moms-to-be or those with joint sensitivities. In this personalized session you will improve mobility, balance, power and strength. (You need not be able to swim.) 50 minutes.

**DANCE**

From ballet to funk, we can teach you something new! No matter what your skill level and experience, you’ll get a great workout, have a ball and emerge a better dancer. Your instructor will work with you on technique, progressions and choreography, and will tailor the session to your desires and needs. 50 minutes.

**REBOUND JUMP BOOTS**

With springs on your feet – picture inline roller skates with a spring in place of wheels – enjoy this fun rebound activity with reduced impact on joints. Improve stability and prepare for an amazing cardio workout. 50 minutes.

**SWIM LESSON**

Private lessons are valuable for beginning, intermediate and advanced swimmers. Learn basic skills, correct your stroke for lap swimming, improve efficiency, achieve better breath control, work on advanced strokes, or set up a training program for competition. 50 minutes.

**THE ART OF FENCING: SWORDPLAY**

En garde! Satisfy the dream of exploring the art of fencing as you challenge your legs and glutes in this fun workout. 50 minutes.

**TRX RIP TRAINING**

Learn how to incorporate the concept of producing and resisting rotational force to improve your core and total body strength. The Rip Trainer provides a mix of rotation, core stability, control, power, balance and coordination, to mimic the stresses placed on the body in everyday life. 50 minutes.

**TRX TRAINING**

Take your workout to the next level. TRX® Suspension Training is a revolutionary method of leveraged body weight exercise. Safely perform exercises that build power, flexibility, balance and mobility. 50 minutes.

* Also available as a group clinic opportunity. See This Week at Canyon Ranch.
Give your feet the care they deserve, ease pain and find solutions to problems with Canyon Ranch Healthy Feet® services. Your feet – and the rest of your body – will thank you. Please wear comfortable, loose-fitting clothing.

FOOT RESCUE! PEDICURE
This therapeutic, invigorating pedicure begins with a soothing foot bath in herbal salts to refresh and relax the feet. Our technician will focus on calluses and cracked dry skin. The health of your feet and nails will be restored. Includes polish, if desired. 50 minutes.

GAIT ANALYSIS & ORTHOTICS
This service includes video analysis of your gait using a specially equipped treadmill, and a precise, computerized assessment of the biomechanics of your feet. Includes review and recommendations for orthotics, if indicated. Foot Doctor off-the-shelf and custom orthotics are available, as well as Canyon Ranch foot therapy devices to promote healthy feet. 25 minutes.

REFLEXOLOGY
A treat for your feet with whole-body benefits. A specially trained therapist works on reflex points in the feet using thumb pressure. These points correlate to the individual organs and parts of the body, and activating these reflexes helps improve circulation and promote relaxation. Please wear comfortable clothing. 50 minutes.

SOLE REJUVENATION
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. 50 minutes.
Meet with a lifestyle coach or licensed therapist to gain insights and develop new strategies and practices to bring greater health, vitality and happiness into your life. We can easily arrange for follow-up phone consultations with your Canyon Ranch lifestyle coach or licensed therapist to support you in maintaining your progress.

BUILDING BETTER RELATIONSHIPS
Healthy, loving relationships are a source of joy and well-being, but your closest relationships can also be challenging. Clarify the underlying issues, identify alternative communication strategies and develop skills to enhance any relationship. 50 minutes.

Note: You may take this service alone, or with a partner, spouse, parent, sibling or other family members. (Additional fee will apply for more than one guest.)

EMDR: RELEASING THE PAST & EMBRACING THE FUTURE
Eye Movement Desensitization and Reprocessing is a cognitive technique used to transform negative emotions, memories, physical sensations and self-defeating beliefs resulting from painful life experiences. In addition, it can enhance your positive sense of self by identifying and fortifying inner strengths, resources and competencies. When scheduling this service, please select either:

EMDR: Trauma Reduction – This three-part consultation consists of a 50-minute assessment and educational session, a 100-minute EMDR process, and a 50-minute follow-up and planning session. You may focus on a single episode of trauma (car accident, loss, mugging, etc.) or cumulative trauma (for example, intrusive medical procedures, prolonged caregiving, effects of violence).

EMDR: Resource Enhancement – This single-session EMDR process seeks to first identify, then reinforce existing personal strengths and positive learning experiences in order to provide present-time change in the areas of self-esteem, confidence and personal empowerment. 100 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 can help you reach your goals.

Part I – Complete a short questionnaire outlining your personal fitness preferences. 25 minutes.

Part II – With a lifestyle coach or licensed therapist, review your entire exercise history to identify keys to your past periods of success and vulnerability. 50 minutes.

Part III – Meet with an exercise physiologist or certified fitness instructor to design a customized program that “fits.” Together you’ll create a program that balances exercise for health and longevity with activities that suit your personality and work with your personal style. 50 minutes.

HEALTHY FAMILY BUSINESS
Running a successful family business requires knowledge, skill and vision. Take this time to review your business and family relationships and learn ways to increase the likelihood of success. This consultation can be done alone, as a couple or as a family. 50 minutes.

Twelve-step recovery meetings
Held daily at 5 pm in the Lenox Room. The meetings are open to members of all 12-step fellowships, their families, and anyone who is interested.
HEALTHY LIFESTYLE
A lifestyle consultation is an opportunity to examine any issue in your life, although you need not identify a specific concern to benefit from a consultation. Use this time to explore your thoughts and attitudes, gain a fresh perspective or develop a personal action plan. Frequently addressed areas include:

- Alcohol & health
- Anger management
- Body image
- Caregiving
- Communication
- Conflict resolution
- Coping with change
- Coping with illness
- Couples & family relationships
- Grief & loss
- Life transitions
- Motivation
- Retirement
- Self-esteem
- Smoking cessation
- Sports performance
- Work in balance

50 minutes.

PERSONAL MINDFULNESS PRACTICE
A clear, compassionate mind promotes happiness, productivity, satisfying relationships and good health. Mindfulness, the practice of nonjudgmentally paying attention to your present moment experience, strengthens your ability to focus and participate wholeheartedly in life. Whether you’re eating, walking, answering emails, or connecting with a loved one, life is richer, healthier and more joyful when you are present. In this session, you will be given tools and guidance for developing your personal mindfulness practice. 50 minutes.

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

SEXUALITY & INTIMACY
Enhance your sexual function and your enjoyment of this important part of life. A lifestyle coach or licensed therapist answers your questions and helps you explore your concerns regarding sexual satisfaction, decreased libido, problems with orgasm, comfort and fulfillment. 50 minutes, or 100 minutes for two people.

SLEEP ENHANCEMENT
Sleep problems may be the most common health concern today. Untreated, they can slowly erode mental and physical well-being, leading to serious consequences. A consultation may be helpful if you suffer from insomnia or if you regularly need pills to sleep. A lifestyle coach or licensed therapist examines the nature and degree of your problem and looks at techniques to improve your sleep hygiene. 50 minutes.

Note: For medical sleep disorders, see page 46.

STRESS MANAGEMENT
Stress overlooked can erode your health and quality of life. Stress managed well can be empowering and even exciting. In this session, learn ways to perceive and respond to stressful situations with greater clarity and effectiveness. 50 minutes.
Brain Health Assessments

Modern assessment tools provide insights that can help you improve your life.

ATTENTION & MEMORY
Your ability to focus attention and remember important details is essential to functioning at your peak. Many factors affect these capacities, including aging, emotions and lifestyle habits. Research indicates that you can improve brain function with lifestyle changes and carefully selected cognitive strategies and stimulation. In this two-session consultation, you will learn how to improve your ability to process and remember new information.

100 minutes.

Part II – Receive a comprehensive report detailing your test results and recommendations for improving your attention and memory skills.
50 minutes.

COGNITIVE ASSESSMENT
Learn how stress, sleep and other variables can affect your cognitive abilities, and how specific lifestyle practices can enhance them. Engage in a series of computer-based exercises designed to assess your brain function. Two sessions, 50 minutes each.

Note: Please see Program Advising, as a short questionnaire must be completed prior to your first appointment.

Mind-Body Connection

Body and mind are inextricably linked – our experts offer a number of innovative tools for bringing them into balance.

BIOFEEDBACK
Biofeedback is a proven technology with many uses. Our equipment provides instant feedback on your physiological state that can help you tap into your capacity for managing stress, improving cardiovascular health and achieving optimal health. You’ll learn to recognize the interplay between your mind and body, and discover breathing and thought-management techniques for handling stress. You’ll receive an individualized plan with relaxation guidance and stress-management tools, plus specific recommendations for incorporating them into your lifestyle.

100 minutes.

HEART RHYTHM BIOFEEDBACK
Learning to observe and regulate your heart rhythm is a powerful method for modulating your response to stressors. In this session, a lifestyle coach or licensed therapist teaches you to moderate your breathing and emotions to smooth and harmonize your heart rhythms, enhancing your emotional and physical well-being. To support your at-home practice, you may purchase a portable heart rate variability biofeedback program (including sensor and software) that installs as an app on your iPhone or iPad.

50 minutes.

MEDITATION, VISUALIZATION & RELAXATION
Calm your mind and body. Meditation, visualization and conscious relaxation have a long history in the promotion of physical health, mental clarity and spiritual development. These practices often bring about improvements in stress-related conditions such as anxiety, insomnia and hypertension. Work with a lifestyle coach or licensed therapist to determine which techniques are right for you. Then, learn to use one or more of these techniques to promote healing, serenity and self-awareness.

50 minutes.
Self-Awareness

We offer a variety of fascinating ways to explore your inner world.

EXPLORING YOUR PERSONALITY

Your personality plays a major role in determining success in your career and relationships. Find out more about yourself with this in-depth analysis.

Part I – Work with a lifestyle coach or licensed therapist to discuss your purpose for this exploration and complete a personality assessment questionnaire (DiSC®). 50 minutes.

Part II – With your lifestyle coach or licensed therapist, review a comprehensive report providing you with specific, personal feedback and recommendations about handling emotions, relating to others and achieving your goals. 50 minutes.

HYPNOTHERAPY

Hypnosis is a natural phenomenon of the mind that increases openness to positive change. The session may include physical and mental relaxation, imagery and suggestions for healthy transformation. Some common applications include:

- Athletic and work performance
- Attitude change
- Habit management

50 or 100 minutes.

INNER JOURNEY

Gain access to the rich reservoir of memories, images and feelings within. Using hypnosis, a lifestyle coach or licensed therapist helps you explore past messages and beliefs still operating in your life, as well as symbolism suggesting what may lie ahead. This insight can free you from limiting patterns of behavior, deepen your connection to the sacred and enhance your capacity to consciously direct your life. 100 minutes.

LIFEMAPPING: A TRAINING IN HOLISTIC THINKING & PROBLEM SOLVING

Gain fluency in mind mapping, a practical and exciting take-home tool for identifying needs, dreams and new possibilities. Learn to access your innermost wisdom and chart a new course of action or bring clarity to an old one using a creative, whole-brain technique. 50 minutes.
Advanced Restorative Touch Therapies

These modern therapies use knowledge and techniques that have been around for centuries. Consider these modalities if you experience chronic shoulder, neck or back pain, restricted range of motion or soreness in joints, carpal tunnel syndrome, TMJ dysfunction or other conditions resulting from repetitive stress.

DEEP TISSUE MASSAGE
This treatment is recommended for those who regularly receive massage and who enjoy intense bodywork. Specialized, focused techniques reach deep muscle layers and address points of attachment as well as the belly of the muscles. These techniques tend to be slow and coordinated with deep breathing. 50 minutes for addressing two or three areas; 80 minutes for full-body massage. 100 minutes also available.

NEUROMUSCULAR THERAPY
Neuromuscular Therapy (NMT) is excellent for the reduction of chronic complaints such as sciatica, headaches, shoulder pain and other painful conditions that aren’t responding to traditional therapy. NMT is precise therapy for the purpose of releasing hyper-contraction and spasms in soft tissue, eliminating trigger points that cause pain and restoring postural alignment and flexibility. You will be provided with information to help you continue the process of positive change at home. Please wear comfortable clothing. 100 minutes.

SOLE REJUVENATION
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. 50 minutes.

Get the most from your massage

- Give yourself plenty of time before your massage so you can enjoy the steam room, sauna or whirlpool. Warm muscles benefit most from bodywork.
- A warm shower just before your massage is relaxing and washes away any salts, minerals or chemicals that could clog pores when mixed with massage oils. Then, put on your robe and meet your therapist in the locker room waiting area.
- Unless the service description specifies that your massage will be received clothed, we recommend that you undress completely and wear a robe to your massage. You will be able to take your robe off and cover yourself in privacy. You will be draped with a sheet throughout the service to preserve modesty. For services that are received clothed, light, loose-fitting clothes are ideal.
- We use fragrance-free massage oil; lotion is available on request.
- Communication is the key to getting the massage you want. During your massage, let your therapist know if you feel any discomfort.
- Because every body is different, our superb massage staff is eclectic, multi-talented and devoted to giving you a massage that satisfies your needs. Please communicate with your therapist and listen to your body.
- Close your eyes and allow your mind and body to be quiet. Focus on how you feel. Breathe deeply and let tension slip away with each breath. Remember, this time is for you.

massage & bodywork | 31
Asian Therapies

Traditional and modern Asian massage and bodywork techniques focus on the energy pathways in the body known in China as meridians. Therapists are able to feel the energy, or chi, the life-force within the body. Some therapies include stretching and deep palming while others are extremely light, using holding techniques to calm and restore balance. Asian therapies are well suited for people with chronic fatigue, fibromyalgia and stress, and those experiencing symptoms of menopause.

ASHIATSU – DEEP BAREFOOT MASSAGE
From the Japanese words “ashi,” meaning foot, and “atsu,” meaning pressure, this is the ultimate deep-massage therapy. In this compression massage, the therapist uses overhead bars for balance while using the feet to bring about release and structural change in chronically sore, tight tissues. Ashiatsu stimulates the circulatory system and provides deep relaxation. 50, 80 or 100 minutes.

ASHI-THAI
A flowing and rhythmic approach to massage, Ashi-Thai is a fusion of traditional Ashiatsu, Thai stretching and massage techniques. It is suitable for anyone seeking help with increased flexibility, training for sporting events, relief from back and hip pain or simply deep relaxation. Ashi-Thai revitalizes energy lines to relieve muscular tension and improve range of motion. This massage is performed fully clothed, without oils or creams. Please wear yoga or workout-type clothing. 50 minutes.

MUSCLE MELT FOR ROAD WARRIORS
Unwind completely with a treatment developed in Thailand to ease aches and pains of battle-weary warriors. Warm herbal pouches are firmly pressed into muscles to ease every inch of your body. Traditional Thai massage with lemongrass oil, combined with other massage techniques, releases any lingering tension, resulting in a calmed mind and a body that’s ready to go out and conquer the world. 50, 80 or 100 minutes.

REFLEXOLOGY
A treat for your feet with whole-body benefits. A specially trained therapist works on reflex points in the feet using thumb pressure. These points correlate to the individual organs and parts of the body, and activating these reflexes helps improve circulation and promote relaxation. Please wear comfortable clothing. 50 minutes.

SHIATSU
Relax, energize, awaken. Your therapist will use 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. Please wear comfortable clothing. 50, 80 or 100 minutes.

THAI MASSAGE
Thai massage, sometimes called yoga massage, originated in Buddhist monasteries as preventive health care for the monks. Using slow, gentle rocking movements, the therapist applies compression with thumbs, palms, elbows, knees and feet to stretch soft tissues and harmonize vital energies. This graceful therapy, which is given on a futon, leaves you relaxed, energized and more flexible. Please wear comfortable clothing. 100 minutes.
Ayurvedic Treatments

Ayurveda is the traditional healing system of India — one of the world’s oldest. Like traditional Chinese practice, ayurveda is based on the idea of restoring balance to the whole person.

5 POINT STAR
Steepled 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. Experience the tranquility of this simple rejuvenating service. 50 minutes.

ABHYANGA
Abhyanga, loosely translated, means “attending to a part of the body in the present moment.” A therapist performs this full-body ayurvedic-style massage using warm oil. Marmas, or subtle points of energy, are addressed on the face and feet to balance body, mind and spirit. This traditional therapy releases toxins, enhances immunity, nourishes the skin and creates a sense of well-being. 50 minutes.

AYURVEDIC HERBAL REJUVENATION
Traditionally used to strengthen the immune system and reduce tension and stress, this healing treatment begins with an application of a warm, exfoliating herbal masque. Then, you’ll continue with a light, brisk massage with warmed, herb-infused oils, selected for your dosha or body type. This powerful combination of herbs and oils cleanses, detoxifies and nourishes the skin and body. 80 minutes.

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

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

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

DETOXIFYING HERBAL WRAP
Herbal therapies help relieve muscle stiffness and joint soreness, promote relaxation and aid in detoxification. In this treatment, you’ll be wrapped in warm, steamy sheets soaked in herbs and receive a brief marma point and scalp massage. For the ultimate experience, combine with a massage or schedule multiple treatments during your stay. 25 minutes.

DETOXIFYING SEAWEED MUD WRAP
A warm, rich application of mud and seaweed leaves you in a state of pure relaxation. This treatment combines a dry, gentle exfoliation and a nourishing mud and seaweed full-body masque. The combination of warm, nutrient-rich seaweed and mud will detoxify and nourish the body while improving skin tone and elasticity. The finishing touch: a blissful scalp and foot massage. 80 minutes.

HYDRATING SHEA BUTTER BODY WRAP
Revive and rehydrate skin with this luxurious head-to-toe body quench in your choice of fragrance. Warm organic shea butter is painted onto your body, then you’re wrapped in a luscious cocoon, soaking in potent antioxidant vitamin E to soothe, plump, and smooth skin. A therapeutic scalp massage and deep conditioning hot oil treatment follows. Your treatment concludes with a full-body massage and application of a soothing botanical cream. 80 minutes.

LAVENDER RELAX
The calming properties of lavender create a powerfully soothing effect, while shea butter intensely moisturizes the skin, creating deep relaxation and promoting restful sleep. Includes a micro-buff exfoliation infused with lavender essential oil. Available as a 50-minute service with a light application of the shea butter, or treat yourself to a 100-minute service, which includes a 50-minute massage.

PARAFANGO WRAP
This nourishing treatment detoxifies and softens the skin. Parafango combines mineral-rich sea mud and warm paraffin in a powerful, restorative body masque that stimulates circulation and helps the body release toxins. Emerge from this treatment feeling refreshed, renewed, and silky soft. 80 minutes.

Energy Therapies
Please see page 44 for services.
Exfoliate & Renew
Luxurious products and soothing techniques bring lasting health and beauty benefits to your skin. These treatments exfoliate, replenish moisture, supply vital nutrients and leave your skin rejuvenated.

ANTI-AGING BODY TREATMENT
This hydrating and exfoliating body treatment focuses on signs of aging and enhances the appearance of the skin. A gentle removal of dead cells using lactic acid is followed by an application of lotions containing vitamins A, C, E and beta-carotene. A seaweed masque helps remineralize, tone and smooth. 50 minutes.

HYDRATING SUGAR & SALT SCRUB
This gentle and highly effective hydrating scrub draws upon the healing elements of organic shea butter to invigorate and replenish your skin. The treatment begins with a soothing application of antioxidant-rich vitamin E and jojoba oil in your choice of scent, followed by a shea butter polish. Sugar and salt gently bring skin back to its softest and smoothest state. Skin is then lavished with a botanical cream rich in soothing chamomile and antioxidant green tea. 50 minutes.

SEA SALT SCRUB
Experience this luxurious, exfoliating body treatment that nourishes and refines skin tone, maintains skin’s moisture level and improves suppleness. This full-body exfoliation treatment includes melting balms, refreshing gels and herbal sprays, topped off with a glorious body butter to seal in the hydrating benefits. 50 minutes.

Optional Massage Enhancements
Make your Canyon Ranch massage even more unforgettable by selecting one of these enticing aromatherapy blends:

- **De-stress** – A therapeutic blend of arnica and lavender combined with rosemary and ginger will help support healthy circulation and revive tired, overworked muscles.
- **Inner Strength** – A unique blend of rose, clary sage, frankincense and cardamom will help focus the mind and calm the thoughts, balance emotions and provide strength and comfort.
- **Revive** – The refreshing and invigorating blend of grapefruit, rosemary and juniper are designed to restore confidence and security, leaving you refreshed and emotionally balanced.
- **Support** – Eucalyptus, peppermint and lavender lend their soothing properties to combat winter colds, soothe irritated and sensitive skin or balance the effect of hormonal pressures.

Sign up: 800-877-0404 • Service prices are listed on a separate menu of Fees for Services.
Restorative Touch Therapies

Not simply an indulgence of the senses, massage therapy is a valuable component of a well-rounded health care regimen. It can relieve chronic pain, elevate mood, boost fitness recovery and reduce the negative effects of stress.

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

AUTHENTIC AROMATHERAPY
Essential oils have been used all over the world for health and well-being. Made up of very small molecules, these oils are able to penetrate into the bloodstream and through the olfactory system, for a profound effect on mind and body. Our aromatherapy expert will help you choose the most effective essential oil blend for deep relaxation, emotional balance, relief of aches and pains, or other concerns. This treatment employs three modalities: shiatsu, lymphatic and soft tissue (Swedish) massage. Please do not wear makeup. 50 or 80 minutes.

CANYON RANCH MASSAGE
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. 50, 80 or 100 minutes.

CANYON STONE MASSAGE
Smooth, rounded basalt stones are gently heated and used by the therapist as extensions of his or her hands. The weight and radiant heat of the stones combined with a calming essential oil penetrates muscle tissue, inducing deep relaxation without overheating. 75 minutes.

HANDS, FEET & SCALP
If a full-body massage is not for you, try this relaxing treatment. The hands, feet and scalp are rich in nerve endings and acupressure points, yet they are often neglected. Begin with a luscious aromatherapy scalp massage, followed by nurturing massage for your hardworking hands and feet. 50 minutes.

HEAD, NECK & SHOULDERS
Give your stiff neck and tight shoulders a break and you’ll feel better all over. This focused massage releases tension and restores comfort to this typically knotted-up area. (Not a full-body massage.) 50 minutes.

LYMPHATIC TREATMENT
Extremely light, sequenced strokes stimulate the movement of lymphatic fluid, thereby cleansing the body. Excellent for reducing pain, fluid retention, chronic inflammation, sinus conditions, headaches and sprains. 50 or 100 minutes.

PRENATAL MASSAGE
Our classic Canyon Ranch Massage is adapted to provide complete comfort and safety for both of you. Your therapist will massage your muscles with a refreshing blend of oils formulated especially for pregnant women. 50 minutes.

RESTORATIVE MASSAGE
If you suffer from lack of sleep, insomnia, irregular sleep patterns or a sense of fatigue upon waking, this massage treatment will transport you into a state of profound peace and tranquility. Your therapist will use certified organic ingredients and techniques specially designed to quiet the brain. You’ll feel your whole body and mind relax, preparing you for a full night of deep, restorative sleep. 80 minutes.
Rituals

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

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

EUPHORIA RITUAL
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. After your therapist applies a warm botanical body masque and then gently buffs it away, you’ll be immersed in a soaking tub with our specially designed aromatherapy blend. Concludes with a massage. 100 minutes.

NATURE’S ANTI-AGING RITUAL
In this powerful treatment based on Finnish traditions, your 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 phytonutrient wrap followed by an ionizing mist. Your treatment gets to the depth of the muscles using Arctic berry extracts and oils of cypress and birch to increase circulation and vitality. Your ritual concludes with a massage. 100 minutes.

ULTIMATE HYDRATION RITUAL
This ultra-pampering treatment includes a full-body exfoliation, deeply hydrating wrap and massage. Relax as you’re gently scrubbed with your choice of scented oil mixed with our sugar-and-salt combination. You’ll then be wrapped in a cocoon of warmth, promoting the absorption of skin-nourishing shea butter and jojoba. As you enjoy your wrap, your therapist will massage warm oils into your hair and scalp before massaging your feet with soothing mud. A full-body massage follows. 100 minutes.

Tanning Treatments

Get the glow of health without sun damage.

TANNING TREATMENT
A full-body exfoliation is followed by a self-tanning cream that hydrates your skin while creating a deep bronze tan. You’ll emerge radiant! 80 minutes. Follow-up treatment: 50 minutes.
Our caring Health & Wellness professionals – including physicians, nutritionists, exercise physiologists, licensed therapists and more – have a wealth of expertise about every aspect of pregnancy, new motherhood and raising healthy children. A Program Advisor can guide you to the services that would be the most valuable for you.

Mothers-to-be and new moms need special nurturing. Let us care for you with personalized guidance from our Program Advising staff on the many comforting services available to you. Make your selections from this Guide and we’ll be happy to answer any questions.

---

Staying fit and healthy in body, mind and spirit is especially important for moms-to-be – and our team of experts stands ready to help you prepare for the exciting joys and challenges ahead. Choose from an array of services tailored to your needs. Some suggestions to consider:

<table>
<thead>
<tr>
<th>FITNESS &amp; MOVEMENT</th>
<th>NUTRITION &amp; FOOD</th>
<th>MIND &amp; SPIRIT</th>
<th>SPA &amp; BEAUTY</th>
<th>HEALTH &amp; HEALING</th>
</tr>
</thead>
<tbody>
<tr>
<td>■ Personal Training</td>
<td>■ Healing Foods</td>
<td>■ Healthy Lifestyle</td>
<td>■ Prenatal Massage</td>
<td>■ Craniosacral Therapy</td>
</tr>
<tr>
<td>■ Rx for Exercise</td>
<td></td>
<td>■ Rite of Passage</td>
<td>■ Ritual Spa Manicure</td>
<td>■ Healing Energy</td>
</tr>
<tr>
<td></td>
<td></td>
<td>■ Sacred Body</td>
<td>■ Ritual Spa Pedicure</td>
<td>■ Healing Touch</td>
</tr>
<tr>
<td></td>
<td></td>
<td>■ Spiritual Dialogue</td>
<td>■ Total Radiance Facial</td>
<td>■ Medical Gait Analysis</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>■ Musculoskeletal &amp; Joint Assessment</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>■ Reiki</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>■ Sleep Medicine</td>
</tr>
</tbody>
</table>

Please speak with a Program Advisor for a complete list of suggested services for mothers-to-be. You may call 800-877-0404 before your stay, or Ext. 5522 any time while you’re here.
Canyon Ranch Medicine is a new paradigm of health care, featuring personalized integrative medicine. Our board-certified physicians include experts in lifestyle and integrative medicine, including weight loss, nutrition, sleep medicine, cognitive wellness, gut health, fitness, hormonal health, optimal performance and healthy longevity. Bringing innovative approaches to a wide range of health conditions, our physicians address issues as challenging as sleep disorders, autoimmune diseases and cancer and employ proven alternative methods of pain management. Treatment programs are designed to fit you as an individual, complementing and enhancing any treatment you are currently receiving.

After your visit, our doctors will provide detailed recommendations and, upon your request, will communicate with your physician at home. Follow-up consultations are also available. Canyon Ranch is the perfect place for a truly comprehensive checkup under one roof. You’ll appreciate the expertise, thoughtful approach and attention to detail – not to mention the luxury of an unhurried medical consultation.

Note: We suggest you book medical services early in your stay, so you’ll have time for testing and follow-up care as necessary.

At Canyon Ranch, our team of experts will provide access to many standard and innovative lab offerings. You may choose to concentrate on one or more of the following:

- **Biomarker Health Status**: Identify your current state of wellness, or your risk for serious health conditions.
- **Genomics**: Most disease processes are caused by an interaction between genetics, lifestyle and environment. It’s now possible to accurately determine some of the genetic differences that may indicate a predisposition to disease.
- **Gut Health/Digestive Wellness**: Tests will show how well you are digesting food and absorbing nutrients, and measure the presence of good and bad bacteria, yeast and parasites in your body.
- **Healthy Weight**: Many factors aside from diet and exercise – lack of rejuvenating sleep, stress, hormone imbalances and high cortisol levels, for example – can influence body weight. Our physicians will help you find any contributing factors in your case.
- **Heart Health**: Simple assessments can determine an optimal plan for prevention or treatment of heart disease. Select labs developed in concert with the Cleveland HeartLab® and Boston Heart Diagnostics® may include basic lipid panels, blood glucose levels, or advanced analysis to evaluate biomarkers and measures of inflammation.
- **Insulin Resistance/Metabolic Syndrome**: You’ll be assessed on how efficiently you process glucose, and other factors that influence your risk of heart disease, stroke or diabetes.
- **Nutritional Health**: This test will evaluate your nutritional status in five key areas: antioxidants, B vitamins, digestive support, essential fatty acids and minerals.
- **Thyroid Dysfunction**: Our diagnostic function tests can detect if you have an undiagnosed thyroid problem that may be contributing to a range of symptoms and potential health risks.
- **Women’s or Men’s Health**: Explore laboratory options with one of our physicians to determine how your hormone levels may play a role in your ability to live a happier, healthier life.

An initial consultation with a Canyon Ranch physician is required to determine your clinical needs. Additional fees for lab tests apply.
Preventive & Integrative Physician Consultations

Meet with a board-certified physician trained in integrative medicine for an unhurried, uninterrupted, personalized assessment and find the health care you’ve been looking for.

INTEGRATIVE MEDICINE CONSULTATION
Integrative medicine is a comprehensive approach that addresses the underlying causes of conditions such as arthritis, digestive problems, autoimmune disorders, cancer, allergies, heart disease, chronic fatigue, fibromyalgia and chronic pain. Your physician will advise you about how to manage these and other chronic conditions by addressing nutritional, metabolic and psychological factors through diet and lifestyle. 50 minutes.

NATUROPATHIC DETOXIFICATION CONSULTATION
A naturopathic physician will evaluate your diet, health, medical history and current symptoms, then develop a personalized detoxification program for you to follow at home. The consultation may require lab tests (for an additional fee) and may result in the prescribing of lifestyle changes, botanicals and specific cleanse supplements. 50 minutes.

Note: A follow-up consultation with a nutritionist is recommended if dietary changes are prescribed.

NATUROPATHIC MEDICINE CONSULTATION
Focus on natural ways of preventing illness and addressing chronic health conditions. A comprehensive discussion of your health history, a review of your body’s systems and nontraditional laboratory testing help the naturopathic physician to evaluate you from a natural perspective. Food allergies or intolerances, impaired detoxification, nutritional deficiencies and hormonal imbalances are just a few of the problems that may contribute to chronic conditions such as arthritis, asthma, eczema, allergies, fatigue and lingering infections. Your naturopathic physician can prescribe a treatment plan that may include diet and lifestyle changes, nutritional supplements, herbs, homeopathy and acupuncture. This approach is complementary to traditional treatments. 50 minutes.

OPTIMAL HEALTH CONSULTATION
Experience truly modern medicine. Integrating the best conventional and complementary approaches, a Canyon Ranch physician guides you toward optimal health using the insights of both Western and Eastern medicine. Address your overall health and specific concerns, such as cardiovascular risk factors, to help you prevent heart disease and possibly reverse existing conditions. In addition, you may discuss other health issues and be provided with recommendations about laboratory tests that will provide a comprehensive view of your health. For an initial consultation, 50 minutes is recommended. A 25-minute consultation is available for limited, specific health issues.

Not your typical annual physical ...
Like many areas in medicine, lab testing is evolving quickly. Canyon Ranch physicians have expertise in sophisticated, cutting-edge blood tests that can provide an in-depth understanding of how your body is functioning, well before the disease process begins. Some examples:

- Tests that reveal biomarkers and their impact on your health.
- Tests that evaluate your ability to metabolize toxins in the environment.
- Tests that tell us about your tendency toward inflammation.
- Tests that reveal your adrenal and hormonal function.
- Tests for vitamin and mineral levels in your body.

In collaboration with you, your Canyon Ranch physician will determine which tests are appropriate for you.
PERSONALIZED PHYSICAL
This evaluation emphasizes health maintenance and disease prevention. A physician will perform a physical exam and consult with you to review findings and provide recommendations for better health. 50 minutes.

Note: Optional lab tests and additional tests such as Pap Test, Cardiac Stress Test or Osteoporosis Prevention & Bone Density Evaluation may be added for an additional fee.

WOMEN’S HEALTH CONSULTATION
A women’s health physician answers your questions about sexuality, fertility, cognitive health, exercise and weight control – and addresses risks, preventive approaches and treatment options for concerns such as heart disease, metabolic syndrome, osteoporosis, breast issues, PMS, menopause, stress and depression. Includes recommendations about hormone evaluation and cancer screening. 50 minutes.

Chinese Medicine
Chinese medicine is an ancient body of knowledge and practice that offers widely respected complementary approaches to holistically maintaining wellness and promoting life balance.

ACU-MASSAGE
The combination of acupressure, a therapeutic massage and acupuncture helps to balance and heal your body. This treatment is particularly good for musculoskeletal pain and stress-related problems. The effects are usually immediate and can be long-lasting. This service typically involves the use of needles. 50 minutes.

ACUPHORIA
Get a head start on your vacation. If it usually takes you a few days to unwind, consider beginning your stay with a calming, de-stressing acupuncture treatment that centers the heart and mind and establishes a natural state of euphoria. This is a delightful introduction to an ancient healing art. 50 minutes.

ACUPUNCTURE
Experience enhanced healing and a more balanced state of being. This Traditional Chinese Medicine modality, endorsed by the National Institutes of Health, is useful in addressing problems as varied as:

- Arthritis
- Headaches
- Musculoskeletal pain
- Asthma
- Healthy longevity
- Smoking cessation
- Depression
- Illness prevention
- Stress relief
- Fatigue
- Insomnia

A session with a licensed acupuncturist helps balance your body’s energy (chi), stimulates natural healing processes and aids in relaxation. 50 minutes.

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.

ACUPUNCTURE FOR HEALTHY WEIGHT
This therapy is for individuals who are developing healthy nutritional and exercise habits. This session delivers a specialized type of acupuncture that’s used extensively in China for decreasing food cravings while increasing energy and digestive efficiency. The technique employs abdominal needles with mild electrical stimulation and includes an extensive health consultation. This is a full body/mind-balancing treatment that can jump-start the body’s ability to move toward a healthier weight. 100 minutes.

ACUPUNCTURE FOR HEALTHY WEIGHT FOLLOW-UP
Two or more Acupuncture for Healthy Weight Follow-Up sessions close together are recommended for maximum benefit. 50 minutes per session.
CHINESE HERBAL CONSULTATION
The world’s oldest continuously practiced form of herbal medicine uses potent healing formulas to treat arthritis, fatigue, high cholesterol, insomnia, symptoms of menopause, PMS, migraines, asthma, stress and more. After a traditional evaluation that includes pulse and tongue diagnosis, a Chinese medicine practitioner offers herbal, dietary and lifestyle recommendations that address your needs. A detailed report on the herbs recommended will be sent to you. 50 minutes.
Note: Follow-up can be provided by phone for an additional fee.

CHINESE MEDICINE NUTRITION CONSULTATION
According to Chinese medicine, food is essence, and all foods have bioenergetic or yin and yang qualities, in part determined by their flavor and innate warming or cooling properties. Emphasizing foods that promote balance in your system can greatly enhance your health and sense of well-being. This is a comprehensive service useful for learning how to select foods based on individual constitutional needs, how to eat seasonally, and facilitate optimal digestion and energy.

Part I – A licensed Chinese medicine practitioner will evaluate you for subtle imbalances in your energetic system. 50 minutes.

Part II – Using Chinese medicine diagnosis from Part I, a nutritionist identifies which foods will help to bring your body back into balance. 50 minutes.

CHINESE VITALITY
Explore and address the patterns of disharmony that may be keeping you from optimal health. This session allows for a comprehensive evaluation, acupuncture treatment, Chinese herbal recommendation and lifestyle consultation to help you achieve heightened vitality. Use this session to address all aspects of your health from musculoskeletal pain to internal health and emotional issues. 110 minutes.
Note: Follow-up can be provided by phone for an additional fee.

THERAPEUTIC QI GONG
Take home skills for better health and longevity. Therapeutic qi gong, an ancient meditative exercise system, is a foundation of all Traditional Chinese Medicine (TCM) and has been shown to help with osteoarthritis, depression, insomnia and hypertension. A TCM practitioner will evaluate and assess how best to harmonize and rebalance your vital energy, known as chi. Your customized qi gong exercises enable you to feel, cleanse, strengthen and integrate chi and may include work with posture, breath, touch, sound vibration and visualization. 50 minutes.

Personalized medicine
Personalized medicine is a customization of your health care. A thorough evaluation and diagnostic testing will help determine your medical needs and risks. Your physician will use biomarker evaluation plus genetic studies to help design a personalized lifestyle prescription and provide other recommendations.
Diagnostic Services

Nowhere else will you find as integrated an approach to complete diagnostic testing.

CARDIAC STRESS TEST
This test detects heart and blood pressure problems and helps the physician evaluate the safety and efficiency of your exercise program. Consider taking it if you are starting an exercise program, need to find a personal target heart rate, have a family history of heart disease or are over 50. Performed by a preventive medicine physician and includes a cardiac risk history, a heart exam and physician’s recommendations. 50 minutes.

CARDIOMETABOLIC STRESS TEST WITH PULMONARY FUNCTION TESTING
This service will give you a complete picture of your current cardiac and lung function, exercise efficiency and performance. While you walk or run on a treadmill or ride a stationary bike, a physician uses advanced testing equipment to determine your aerobic fitness level (VO2 maximum), optimal exercise heart rates, anaerobic threshold and accurate calories burned at any given heart rate. This test is also the state of the art for determining the safety of your participation in an exercise program: You will be screened for heart arrhythmias, EKG changes, exercise-induced asthma, obstructive lung disorders and blood pressure tolerance during exercise. Whether you’re training for a triathlon or just getting started exercising, this service will help you work out with safety and efficiency – and get maximum results.

Part I – A physician uses an EKG and metabolic test equipment to measure your oxygen consumption, carbon dioxide production, and cardiac and lung function during exercise. This test can be performed on a treadmill or bicycle. 80 minutes.

Part II – In a follow-up session, an exercise physiologist will interpret your test and create an exercise prescription to meet your health and fitness goals. 50 minutes.

DEXA BODY COMPOSITION
This accurate assessment of body composition will help your physician, nutritionist and exercise physiologist to work with you in developing a plan to reach and maintain a healthy body weight. It measures not only total body fat but also lean tissue and visceral fat. DEXA (Dual Energy X-Ray Absorptiometry) is the same technology used for bone density measurement (may be arranged as a separate test for those interested). Although this test uses radiation, the amount is minimal. The radiation from 135 DEXA body composition measurements is equivalent to that from one chest X-ray.

Part I – A physician administers the test, interprets your results and advises you about reducing your risk for disease. Note: This test requires removal of metal objects from your person. 25 minutes.

Part II – In a follow-up session, meet with an exercise physiologist who will interpret the test data and help you set realistic goals for muscle mass and body fat levels. 25 minutes.

HEARING TEST
Audiogram screening can measure hearing across the frequency spectrum and detect hearing loss. Our Canyon Ranch physician will talk with you about your results and ways to improve hearing. Please allow 25 minutes for the test and 15 minutes for follow-up with a Canyon Ranch physician.

HEART RATE VARIABILITY TESTING
This sophisticated test is helpful for anyone concerned about stress, depression or anxiety, and for people living with diabetes. Using a computerized recording of your heart rhythm, your heart rate variability – an indicator of stress and heart attack risk – is assessed.

Part I – Testing. 25 minutes.

Part II – Your Canyon Ranch physician reviews the results with you and recommends techniques to improve your heart rate variability. 25 minutes.

Note: Recommended as a standard annual test for people with diabetes.
OSTEOPOROSIS PREVENTION & BONE DENSITY EVALUATION

Bone loss (osteopenia or osteoporosis) puts both men and women at risk for spine and hip fractures, a common cause of late-life pain and immobility. Your physician evaluates your bone mineral density using DEXA technology and then explains your results and offers recommendations. For women, this can help in making decisions about hormone-replacement therapy, other medications and exercise programs. Younger women at risk for osteoporosis because of chronic dieting, compulsive over-exercising, family history or low dietary calcium can use these test results as a baseline in overall health planning. Men at risk, smokers, and people over 60 should also consider this service – at-risk individuals receive valuable advice about exercise and calcium replacement. 50 minutes.

Note: Can be combined with DEXA Body Composition.

PULMONARY FUNCTION

The pulmonary function or spirometry test measures lung capacity and flow rate, and can be helpful in diagnosing asthma, smoking-related lung disease and other breathing problems. Please allow 25 minutes for the test and 15 minutes for follow-up with a Canyon Ranch physician.

Energy Therapies

While energy medicine is relatively new to Western culture, its origins in Asia are thousands of years old. Healing energy is based on the theory that energy imbalances can cause physical disease and pain. Just as negative changes in the body’s energy can cause disease and discomfort, positive changes can support healing.

ACUTONICS

The Acutonics system of sound healing uses the power of vibration, intention and light touch to bring body and mind into greater harmony. Tuning forks applied to acupuncture points, chakras and trigger points awaken and align the meridians and energy centers of your body, bringing them into balance. The treatment takes place in a healing sound-environment created by bells and gongs. Please wear comfortable clothing. 50 minutes.

BALANCED ENERGY

Experience deep relaxation and calm as a Canyon Ranch massage therapist creates a treatment to balance mind, body and spirit. In this balanced state, your body is able to access its natural healing ability. You may experience decreased anxiety and fatigue and improved circulation, concentration and sleep quality, creating a profound effect on your well-being. Please wear comfortable clothing. 50 minutes.

CRANIOSACRAL THERAPY

Craniosacral therapy adjusts the subtle pulses of the cerebrospinal fluid as it circulates around the brain and spinal cord. Using very light, sensitive touch, your massage therapist monitors the flow to determine where restrictions are located and gently releases them. This delicate, soothing therapy encourages optimal fluid movement throughout the body. The result is a deep sense of calm. Please wear comfortable clothing. 50 minutes.
HEALING ENERGY
This heart-centered, energy-based therapy clears, aligns and balances mind and body as well as detects and corrects imbalances in the energy field. A healing energy practitioner will enhance the natural healing process of body, mind and spirit by influencing the chakras and the human energy field. Healing energy is especially useful for stress reduction, anxiety, fatigue, grief, transitions, and for encouraging general well-being and spiritual and personal growth. You will remain fully clothed during this treatment. 80 minutes.

HEALING TOUCH
This deeply relaxing, calming energy therapy is provided by practitioners certified in Healing Touch with a focus on holistic care. The nurturing approach uses gentle touch to enhance your natural restorative processes by clearing, aligning and balancing your energy and promoting physical, emotional, mental and spiritual well-being while creating a sense of peace. Healing Touch is especially useful for stress reduction, anxiety, depression, injuries, grief, sleep issues, transitions, acute and chronic illnesses, headaches, cancer care, pain, post-surgical procedures, addictions, spiritual growth and awareness. Self-care suggestions specific to your concerns are included. You will remain fully clothed during this treatment. 80 minutes.

REIKI
Reiki promotes healing through methods rooted in Eastern spiritual tradition. Your massage 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. Please wear comfortable clothing. 50 minutes.

Genomics
Most disease processes are caused by an interaction between genetics, lifestyle and environment. We are now able to accurately determine some of the genetic differences that may predispose us to disease.

GENOMICS CONSULTATION
Genomics testing is particularly helpful for people with a family history of significant disease, those wishing to take a proactive stance on their health, and anyone with challenging medical issues. Using information about your genetic inheritance, you can optimize your health through lifestyle, dietary and medical therapies. In this preliminary consultation, a physician will review medical, family and lifestyle history, and determine which tests are right for you. 50 minutes.

Musculoskeletal Health
Our superb staff is here to help you feel better and move more freely.

MEDICAL GAIT & ORTHOTIC ANALYSIS
If you experience discomfort when you walk, visit a Canyon Ranch certified athletic trainer for a complete biomechanical assessment of your feet and legs, including a gait analysis and foot scan. Foot Doctor custom orthotics may be recommended as a noninvasive treatment of foot-related problems such as knee, hip and back pain. They also may be helpful in treating conditions such as bunions, corns, hammertoes, sore arches, plantar fasciitis, sore ankles, shin splints and more. 25 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.
PHYSICAL THERAPY
Learn to use the body you were born with more efficiently and comfortably. A physical therapist evaluates your muscle length, strength, posture and alignment. Learn therapeutic exercises that help you improve functional strength and posture, recover from injury or surgery, reduce chronic pain, or rehabilitate chronic neurological or orthopedic conditions. If you’ve been told to just live with it, or you think you should be better by now, try this. A home exercise program and self-correcting techniques will be provided if appropriate. 50 minutes.

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

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

ALL-NIGHT SLEEP STUDY (POLYSOMNOGRAPHY)
An overnight sleep study is helpful for assessing multiple awakenings, snoring, possible sleep apnea and unexplained daytime sleepiness. This formal overnight study is performed by a certified technician in the on-site Canyon Ranch sleep lab, which has all the comforts of our resort rooms. A physician who is board-certified as a sleep specialist will review the results with you and make recommendations for treatment.

MEDICAL SLEEP DISORDERS
Our physicians will assess the nature of your sleep problems and recommend diagnostic and treatment options. If you have daytime sleepiness, wake up often during the night, wake up tired or if you snore, schedule this consultation early in your stay to allow time for additional testing. If appropriate, an unmonitored in-your-room sleep screening to check for common sleep disorders – including apnea, hypopnea and respiratory-related arousals – is available overnight. 50 minutes.

You also may wish to consider these services, which can help improve sleep:

- Acupuncture
- Euphoria Ritual
- Healing Energy
- Hypnotherapy
- Meditation, Visualization & Relaxation
- Restorative Massage
- Soul Journey
- Spiritual Dialogue
- Stress Management

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

SLEEP ENHANCEMENT
If you suffer from insomnia or regularly need pills to sleep, this consultation can help. Chronic lack of sleep is an extremely widespread problem that slowly erodes mental and physical well-being, often leading to serious consequences. A lifestyle coach or licensed therapist assesses the nature and degree of your problem and offers suggestions to overcome it. 50 minutes.
Inner wisdom is available to each of us; learning how to find it is part of the journey. Metaphysical consultations provide insight and offer intriguing alternate pathways to self-awareness. You will receive a recording of your session, or you may choose to use a recording app on your phone. Connect with our caring providers via telephone between Canyon Ranch visits. Please contact your Program Advisor for more information.

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

ASTROLOGY
A reading of your birth chart offers practical insight about you and your path, while considering changes for the upcoming year. Your natal chart – based on date, time and place of birth – contains information about your personality and issues such as love, career, health, wealth, travel and spirituality. Each reading includes a 12-month forecast. 50 minutes.

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

NUMEROLOGY
Numerology is founded on the belief that all things can be viewed as vibrating energy formed into organized patterns. These patterns have a harmonic resonance with numbers that reveal qualities about any living thing. Numbers corresponding to your full birth name and birth date can give insight into your soul’s mission and your life path, as well as current and future trends. 50 minutes.

TAROT CARD READING
The archetypal images of the tarot cards reflect our collective unconscious. A tarot reading can offer practical guidance by opening up deeper, nonverbal levels of self-awareness. Insights gained can offer possible alternatives to your present questions. During the session, you will be guided through several interactions with the cards and given an interpretation of their meaning. 50 minutes.
Food is one of life’s greatest pleasures and a powerful tool for health and wellness. Have all your questions about eating well and current nutritional trends answered in an individualized consultation with a Canyon Ranch licensed expert.

Prevention & Healing

*Food is more than fuel; it’s also a way of communicating with your body. Learn to improve your health through the foods you choose.*

CHINESE MEDICINE NUTRITION CONSULTATION

According to Chinese medicine, food is essence, and all foods have bioenergetic or yin and yang qualities, in part determined by their flavor and innate warming or cooling properties. Emphasizing foods that promote balance in your system can greatly enhance your health and sense of well-being. This is a comprehensive service useful for learning how to select foods based on individual constitutional needs, how to eat seasonally, and facilitate optimal digestion and energy.

**Part I** – A licensed Chinese medicine practitioner will evaluate you for subtle imbalances in your energy system. 50 minutes.

**Part II** – Using Chinese medicine diagnosis from Part I, a nutritionist identifies which foods will help to bring your body back into balance. 50 minutes.

DIGESTIVE WELLNESS

Your gut health – how you digest, absorb and metabolize nutrients, and eliminate waste products – is essential to your health and vitality. Conditions often significantly improved by optimal eating patterns include:

- Colitis
- Constipation
- Crohn’s disease
- Diverticulosis
- Food allergies
- GERD/heartburn
- Gluten intolerance/celiac disease
- Irritable bowel syndrome

A Canyon Ranch licensed dietitian/nutritionist will assess your diet and other factors that may be contributing to your digestive problems, and will advise you about guidelines for improving digestive function, including customized recommendations about healing foods, supplements and laboratory testing. 50 minutes.

Canyon Ranch supplements

**Developed by the physicians and nutritionists of Canyon Ranch**

Our professionals couldn’t find a line of supplements that met all their high standards, so they spent more than two years researching and developing one that they could unequivocally recommend to our guests. Canyon Ranch supplements offer:

<table>
<thead>
<tr>
<th>Superior formulations, supported by the latest research.</th>
<th>Unique combinations of potent nutrients you won’t find anywhere else.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Highest quality ingredients, naturally sourced whenever possible.</td>
<td>Ongoing independent lab testing to assure purity and potency.</td>
</tr>
<tr>
<td>The most bioavailable and valuable forms of nutrients for your body.</td>
<td>Ongoing reformulation of products to remain on the cutting edge of nutrition research.</td>
</tr>
</tbody>
</table>
HEALING FOODS
Good nutrition is vital to overall health – the food you eat sends powerful messages to your body. Your eating patterns, vitamins, minerals and other nutrients can positively affect prevention and management of chronic and other conditions. Areas of focus may include:

+ Arthritis
+ Cancer prevention
+ Chronic fatigue & fibromyalgia
+ High blood pressure
+ High cholesterol & heart disease
+ Inflammation
+ Insulin resistance
+ Managing menopause

Nutrition & Food

Meet with a licensed dietitian/nutritionist who will assess your needs and preferences and provide therapeutic recommendations for your health concerns. 50 minutes.

VITAMIN & MINERAL EVALUATION
Finally – objective, expert advice about supplements based on your age, health risks, history and dietary patterns. A licensed dietitian/nutritionist answers your questions about vitamins and minerals, including optimal dosages and the best forms of supplements, and provides customized recommendations. If you are currently taking supplements, please bring a list of specific products. 50 minutes.

Healthy Weight
Get personalized insight and advice about successful weight management from a licensed dietitian/nutritionist.

MAXIMIZE YOUR METABOLISM
Weight loss is a complex issue. Could it be your metabolism? Now you can find out. Your resting metabolism rate (RMR) calculates the energy needed to fuel your body while you are at rest. In this three-part service, a noninvasive RMR assessment determines the number of calories you require for daily living – information that will be used to create a customized nutrition plan. In combination with a strength and conditioning consultation, you’ll be able to maximize your efforts to reduce body fat or gain lean muscle.

Part I – Resting metabolic rate (RMR) testing. 25 minutes.
Part II – Meet with an exercise physiologist to review your RMR results and calorie output per day based on activity level. 50 minutes.
Part III – You and your licensed dietitian/nutritionist work together to develop your personalized eating plan. 50 minutes.

NUTRITION FOR WEIGHT LOSS
This consultation gives you nutrition strategies for achieving and sustaining a healthy weight. Your weight may also influence risk factors for certain diseases. Even a small reduction in weight can improve many of the health concerns associated with being overweight.

Part I – A licensed dietitian/nutritionist assesses your weight history, eating patterns, lifestyle factors and health issues that influence your weight. 50 minutes.
Part II – You receive individualized recommendations and menu suggestions, including tips for hunger management and portion control. Includes an estimate of your calorie needs. 50 minutes.
Lifetime Nutrition

It’s easy to eat right at the Ranch, but what happens after you leave? Our nutritionists can show you how to make great food choices every day.

HEALTHY EATING CONSULTATION

Get expert advice on the basics of everyday nutrition, and how best to feed yourself and your family for optimal health and well-being. This entry-level consultation may be customized to suit your needs and interest, including:

- Detox your diet
- Dining on the go
- Eating for exercise
- Eating well at college
- Feeding healthy kids
- Plant-based eating
- Practical portions
- Sleep
- Stress
- Underweight

50 minutes.

Note: This service is not intended to address health issues or weight management. If you have health issues, please schedule a Healing Foods consultation. Your Program Advisor can also discuss an appropriate weight management service for you.

MIND OVER MEALTIME

There is growing scientific evidence that your diet influences your mood and behavior. In this two-part session, discover how the foods you eat affect your emotions and daily actions, and learn practical tips for overcoming complex issues to create a healthier diet and a happier life.

Part I – A licensed dietitian/nutritionist will meet with you to assess your current diet and recommend ways to optimize your nutrient intake and transition to a more mindful, balanced diet. You’ll review weight loss, meal timing, triggers of emotional eating, relationship with food, and information about the role of proteins, fats and carbohydrates. 50 minutes.

Part II – A Life Management practitioner will address the emotional dynamics underlying your approach to food. You’ll receive practical skills to transform the negative cycle of complicated triggers, compulsions and guilt about eating into a balanced experience of peaceful anticipation, mindfulness and satisfaction. 50 minutes.

NOURISH YOUR STRENGTH

Strengthen and maintain your muscle mass with the best mix of macronutrients. In particular, the type and amount of protein in your diet can make a significant difference on your ability to build muscle. Whether you are looking to gain overall strength, prevent osteoporosis, age more gracefully, improve athletic performance or all of the above, this session will help you formulate a detailed nutritional plan to meet your goals. 50 minutes.

Note: This session may be taken singly, or as a follow-up to the Exercise Physiology Metabolic Assessment.

NUTRITION FOR INNER BEAUTY

Your skin is a true reflection of the adage “You are what you eat.” Antioxidants and other healing components in foods provide key nutrients to keep your skin vibrant. In this session, a licensed dietitian/nutritionist will assess your skin, hair and nails to determine any nutrients you may be missing. 50 minutes.
Personal Dietary Needs During Your Stay

MENU PLANNING FOR YOUR STAY
Would you like to know exactly what to order at each meal without having to think about it? Do you want guidance on how to maintain a certain caloric intake during your stay? This consultation with an expert in nutrition will provide you with a meal-by-meal, day-by-day plan for eating while you’re at the Ranch. 50 minutes.

If you have significant food allergies or complex dietary restrictions, please contact Personal Dietary Needs Staff prior to your arrival at 888-708-0769, or email PDN@canyonranch.com.

Cooking for Fun, Pleasure & Health

Learn from Canyon Ranch chefs. Check This Week at Canyon Ranch for details.

HANDS-ON COOKING
Learn and grow as a cook! No matter what your skill level, you’ll have fun and take home the whole concept of healthy cooking – plus practical skills and techniques you can use every day to make simple, healthy, great-tasting dishes. With a different class every day, there’s something for everyone. Also available as a private class. 50 and 90 minutes.

LUNCH & LEARN – COMPLIMENTARY
Learn easy, time-saving techniques for creating tasty, healthy meals. Watch a Canyon Ranch chef prepare guest favorites Monday through Saturday at noon in our Demonstration Kitchen, then enjoy the results. Take-home recipes are available. No sign-up is necessary, but space is limited. 60 minutes.

Visit canyonranch.com for Canyon Ranch recipes.
outdoor sports

Hiking, biking, canoeing, kayaking, cross-country skiing, snowshoeing and just being out in the lovely Berkshire Hills are among our guests’ most treasured experiences at Canyon Ranch. Reap the rewards of health and fitness by letting the sights and sounds of nature renew your spirit while you get a great workout in the company of our knowledgeable guides. Many of our Outdoor Sports activities are complimentary; please check to see whether fees apply.

Biking

*Helmets are provided, and required, and SPD pedals are available to clip in.*

**BIKING ON YOUR OWN – COMPLIMENTARY**
A variety of hybrid and mountain bikes are available for your use from May through October. (Availability varies subject to the needs of scheduled rides.) Inquire at the Outdoor Sports Desk or call Ext. 5535 between 8 am and 2 pm.

**GROUP BIKE RIDES – COMPLIMENTARY**
Whether it’s an aerobic workout you’re looking for or just a casual road ride, our high-quality hybrid bikes feature upright handlebars and easy gearing to make your ride more enjoyable while you view the scenic Berkshires. Our guided tours feature rides of various levels with distances anywhere from 5 to 25 miles.

**GROUP MOUNTAIN BIKING – COMPLIMENTARY**
There’s no better view of the Berkshire woods than from the seat of a mountain bike. We offer rides from beginner to advanced.

**PRIVATE BIKE TOURS**
Personalized bike tours with a knowledgeable guide may be arranged.

---

**High Ropes Adventures**

**AERIAL ADVENTURE**
Try something new, push your boundaries, improve your self-confidence and just plain have fun as our staff guides you safely through a high-flying adventure on the two most popular features of the High Ropes Challenge Course – the zipline and giant swing.

**CLIMBING FOR FITNESS**
Climb our rock wall for a great workout! It’s fun, burns mega-calories and builds functional strength as you work every major muscle group. And it’s great for beginning to intermediate climbers – challenge yourself on a variety of routes.

**HIGH ROPE CHALLENGE COURSE**
On our High Ropes Challenge Course – under the guidance of our knowledgeable staff – you’ll discover new things about yourself and how you perceive risk. The challenges you’ll face on the course will connect to daily life: You’ll learn about your communication skills, performance under pressure and your ability to give and receive support. The course offers many routes and is highly interactive, whether you traverse it one-on-one or with a group. From start to finish, you make all the decisions about your adventure. Limit six people.

**LOOPS & LADDERS CHALLENGE**
Test yourself with these two physically demanding challenges on our Ropes Course. Work on your own or with a partner to succeed in scaling the Giant’s Ladder and move on to the Space Loops, where coordination and strength of mind and body will prevail.
Hiking

GROUP HIKES – COMPLIMENTARY
Hikes vary in length and terrain to accommodate all levels of fitness and experience. Guide service, packs, water, a meal or snack and transportation to trailheads are provided. Bring your hiking boots (preferably broken-in), a hat, sunblock and extra layers of clothing in the fall and winter. Don’t forget your appetite for adventure – even if you have never hiked before, you’re in for a great experience. Sign up: Spa Activity Board.

PRIVATE HIKES: CRAFT YOUR OWN JOURNEY
What’s your ideal hike? Private hikes tailored to your interests may be scheduled through the Outdoor Sports department. Hikes can be customized for any focus, length, level of intensity, terrain and duration you prefer. 24 hours advance notice required.

Outdoor Experiences

CAMP ARCHERY
This is outdoor archery for beginners. You’ll learn the 10 basic steps of shooting an arrow. Then, after some practice, you’ll have the opportunity to participate in archery games.

NIGHT VISION GOGGLE EXPERIENCE
Observe our surroundings and the night sky in a whole new light. Join us on a walk and we’ll view nature through night vision goggles.

PAINT & HIKE
Explore the connection between nature and art. Enjoy a watercolor painting lesson with a beautiful backdrop.

PHOTOGRAPHY HIKE
Celebrate the beauty of New England and learn techniques for taking memorable photos of nature, art and architecture. Our photographer will share tricks of the trade, then you’ll get a chance to practice your skills at one of our local natural areas or historic estates. Digital cameras will be provided and you’ll receive a flash drive with your images to take home.

SHINRIN YOKU
Shinrin Yoku is the Japanese practice of taking in the forest atmosphere, or “forest bathing.” Join your guide on a slow, intentional walk in the woods to de-stress and connect with nature. You’ll find a meditative spot and relax as you are led into a conscious meditation. The ambient sounds, elemental scents and warmth of the earth will soothe you as you re-form bonds with the great outdoors.

TAI CHI HIKE
Experience tai chi in an outdoor setting. Guides will lead you on a meditative hike with reflective pauses to learn controlled martial arts movements and heighten your chi – the life force or essence of your being.
In the Snow  *(Equipment is provided.)*

**CROSS-COUNTRY SKI LESSONS**
Individual and group cross-country skiing lessons are available for beginning through intermediate skiers, conditions permitting. A great aerobic workout.

**GROUP CROSS-COUNTRY SKI TOURS – COMPLIMENTARY**
Enjoy cross-country skiing on beautifully groomed trails.

**POLE HIKING, SNOWSHOEING & WINTER HIKING – COMPLIMENTARY**
Shake off the winter doldrums by getting into nature. Pole hiking is an aerobic preparation for cross-country skiing and a perfect activity when snow is scant. For winter hiking, be sure to bring a warm hat, gloves and strong waterproof hiking boots.

**SNOWSHOE LESSON – TAKE THE SNOWSHOES HOME**
Snowshoeing is a great way to explore the brilliance of a winter day – and an exhilarating cardiovascular workout. Come out with one of our knowledgeable guides and learn the basics of snowshoeing. After a trip around our historic and beautiful property, you’ll be ready to snowshoe on your own. At the end of the lesson, the snowshoes are yours to take home. 60 minutes.

**SNOWSHOE YOGA**
Join a Canyon Ranch yogi/guide on a snow and yoga adventure! Come into the brilliance of a winter day and enjoy these two serene activities as one. Dress for the weather, but expect to get warm as you practice standing yoga poses from the stable platform of snowshoes.

**WINTER SNOW ADVENTURE**
A double-peak experience for advanced skiers who are wild at heart. Cross-country ski up Saddleback Mountain, snowshoe to the summit of Mount Greylock, then it’s back on your skis and down to the trailhead. Join us for 11 to 17 exhilarating miles and six memorable hours.

On the Water

**CANOE & HIKE – COMPLIMENTARY**
Enjoy the best of both worlds – a 2-mile hike along the Appalachian Trail combined with scenic canoeing. The group is split into two – half hiking and half canoeing – and switches off at Goose Pond. Able swimmers only. Mid-June through early October.

**GROUP CANOE ADVENTURES – COMPLIMENTARY**
Try flat-water canoeing mid-June through early October on Berkshire lakes and ponds. Able swimmers only.

**GROUP KAYAKING**
Our experts teach you the basics of this relaxing water sport on scenic Berkshire ponds and rivers. Able swimmers only.

**PRIVATE KAYAKING, CANOEING OR STAND-UP PADDLE BOARDING LESSONS & TOURS**
You or your group can develop your skills or take the tour of your dreams with an expert guide. 120 minutes & up.

**SCULLING**
The most elegant form of rowing. Scullers enjoy placid waters in the quiet of early morning and develop precise bladework and fluidity of motion. Sculling joins body, mind and nature in a way that satisfies the soul. May through September. Also available as a private session.

**STAND-UP PADDLE BOARDING**
Try the fastest growing water sport in America! Stand-Up Paddle Boarding is fun and easy to learn. In this group experience, you’ll effectively work your core while challenging your balance. Able swimmers only.
Racquet Sports

Put the enjoyment back into your game! Our skilled USPTA®-certified tennis pros offer fun and constructive ways to improve all aspects of your tennis game with beginning to advanced instruction. Play on our outdoor courts is seasonal; racquets are available. For clinics, round-robin tournaments, equipment and lessons, call Ext. 5535.

CARDIO TENNIS CLINIC: HIT YOUR HEART RATE
Turn your love of tennis into a cardio workout. A tennis pro will fit you with a heart rate monitor – yours to keep – and show you how to reach the zones you need to play, improve and compete. 50 minutes.

RACQUETBALL – INDIVIDUAL LESSON
Whether you’re a beginner or an ace, you can sharpen your game with the help of a fitness professional – and have a ball. Please note that advanced notice is required for scheduling. 50 minutes.

SQUASH – INDIVIDUAL LESSON
No matter what your level of play, you’ll improve your game and get a great workout. Please note that advance notice is required for scheduling. 50 minutes.

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

Scheduled activities are posted on the Spa Activity Board. It is important to sign up on the activity card and be at the Outdoor Sports Desk 10 minutes prior to departure.

- If you plan to hike, and we hope you do, please bring hiking boots or snow boots, preferably broken-in. We do not furnish boots, which are required.
- Necessary equipment is provided (except footwear and clothing).
- Be sure to bring your water bottle and keep yourself properly hydrated. If you have any questions, call Outdoor Sports at Ext. 5535 between 8 am and 2 pm.

Note: In Massachusetts, deer hunting season starts the Monday after Thanksgiving and lasts two weeks. Hiking during that time is limited and restricted. We apologize for any inconvenience.
Look as beautiful as you feel! Let our creative salon professionals give you a look you’ll love.

Hair

HEALTHY HAIR CARE
Our design team offers a full spectrum of hair care services. We invite you to enjoy a complimentary consultation.

Color – Let our design team create a color shade to enhance your style and overall look. Blow-dry not included.

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

Highlights – Customize the perfect dimension and depth of color with highlights or lowlights to bring vibrancy to your hair. Blow-dry not included.

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

DEEP CONDITIONING TREATMENT
Indulge in an effective reconstructive treatment that conditions and soothes the scalp, while deeply conditioning over-processed and environmentally stressed hair, combined with a relaxing scalp massage. Blow-dry not included. 45 minutes.

HAIR ENHANCEMENTS
Masque – A concentrated masque treatment deeply nourishes your hair.

Luxury Boost – A highly concentrated blend of the most active ingredients instantly penetrates your hair for a profound transformation.

Manicures

GEL EFFECTS MANICURE
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. 50 minutes.

MANI ON THE GO
This convenient treatment will have you on the go pronto with beautifully polished and groomed nails. 25 minutes.

RITUAL SPA MANICURE
Experience a personalized fragrance journey as you indulge in this hand and nail treatment. Enjoy a soak to restore and revitalize hands, as hydrating shea butter and gently exfoliating fruit extracts replenish and cleanse the skin. Dry skin disappears during a hydrating exfoliation and intensive shea butter cuticle and skin treatment. Your nails are impeccably groomed and polished. 45 minutes.
Pedicures

FOOT RESCUE! PEDICURE
This therapeutic, invigorating pedicure begins with a soothing foot bath in herbal salts to refresh and relax the feet. Our technician will focus on calluses and cracked dry skin. The health of your feet and nails will be restored. Includes polish if desired. 50 minutes.

RITUAL SPA PEDICURE
You’ll select your favorite scent to accompany you throughout this relaxing foot and nail treatment. It begins with a foot-soothing salt soak, hydrating shea butter scrub, and an intensive cuticle and skin treatment that smooths, plumps and transforms skin, leaving a beautiful glow. Choose the perfect polish to complete your ritual. 50 minutes.

THE ULTIMATE STONE PEDICURE
This ultra-hydrating pedicure begins with a muscle-soothing Epsom salt soak, followed by a smoothing and nourishing scrub. Nails are perfectly groomed with organic shea butter and vitamin E oil in your preferred fragrance. Relax as warm and cool basalt stones are used to massage your feet and legs. Warm paraffin envelops and seals in moisture, followed by your choice of polish. 80 minutes.

TOES ON THE GO
A classic groom and polish for feet in a hurry. 25 minutes.

Gentlemen’s Menu

GENTLEMEN’S MANICURE
This treatment provides hydration and exfoliation using products that appeal to a gentleman’s senses. Includes a file, soak, groom, massage and buff. 25 minutes.

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

Custom enhancements

AGE-DEFYING GLYCOLIC TREATMENT
Features vitamins A, C and E, plus alpha hydroxy acids (AHAs) to turn dry, rough and chapped skin smooth and soft.

SO SOFT PARAFFIN
Warm paraffin hydrates dry skin and soothes aching joints.

Makeup

BROW DESIGN
Focus on the eyes. Enjoy a lesson on shaping and tweezing your brows to create the perfect look. A specially trained professional will teach you to enhance one of your most important features. 15 minutes.

MAKEUP CONSULTATION
Learn to use makeup like a pro. Let a professional create a look for you and teach you valuable techniques, trends and tricks. Up to 50 minutes.
There’s nothing lovelier than healthy, cared-for skin. Our expert aestheticians will select the perfect formulations for you from a range of the finest, most luxurious products available anywhere. Our treatments are designed to protect your skin from the environment and combat fine lines, wrinkles and uneven tone. Our facials nurture and brighten your skin, making you feel wonderful and look terrific.

Advanced Cosmeceuticals

*Maintain beautiful skin for a lifetime, using pharmaceutical-grade products backed by science and clinical studies to provide the platinum standard for extraordinary skin care. The revolutionary Ionzyme DF II Machine incorporates the simultaneous use of iontophoresis and sonophoresis to provide maximum penetration of active ingredients for an intensive skin treatment. Iontophoresis is an electrical current that is passed through the skin, allowing greater absorption of vitamin applications. Sonophoresis involves the use of sound waves to promote deep penetration of vitamin molecules and is more effective than conventional ultrasound.*

**BRIGHTENING FACIAL**

This facial is designed to address and correct hyperpigmentation and uneven skin tone. Vitamins and antioxidants boost brightness, fading discoloration and dark spots while repairing collagen and elastin. Skin’s cellular health is improved, and radiance is revealed. **50 minutes,** or **80 minutes with DF technology.**

**DEEP CLEANSING FACIAL**

This treatment helps purify, soothe and balance the look of problematic skin. Deep cleansing helps prevent and eliminate the appearance of blackheads, whiteheads and congestion. Your newly exfoliated and smoothed skin will feel clean, calm and refreshed. **50 minutes,** or **80 minutes with DF technology.**

**GENTLEMEN’S FACIAL**

Tailored to a man’s skin, this facial provides relief from irritation caused by breakouts, ingrown hairs and razor burn, while replenishing vitamins and nutrients to help reduce the appearance of sun damage, lines and discoloration. You’ll look and feel relaxed and revitalized, ready for an active day. **50 minutes.**

**HYDRAFACIAL MD**

HydraFacial MD® is a noninvasive, multistep treatment that combines the benefits of next-level hydrafibrasion, 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.**

*Note: HydraFacial MD® is a trademark of Edge Systems, LLC.*

**PREMIER AGE-DEFYING FACIAL**

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 a serum to help diminish frown lines. Attention is also given to neck, décolleté, hands and arms. **Includes DF technology and a Focus-CIT® (Collagen Induction Therapy) device, a take-home tool for targeting mouth and eye areas. 80 minutes.**

**SENSITIVE FACIAL**

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. **50 minutes,** or **80 minutes with DF technology.**
VITAMIN INFUSION FACIAL
To restore radiance, this treatment delivers nutrients to the skin to improve the signs of environmental damage from sun, pollution and stress. Powerful vitamins A and C help to re-establish the look of clarity and firmness and help guard against further damage. Skin appears brighter, smoother and more youthful. 50 minutes, or 80 minutes with DF technology.

Bio Suisse Organics
These super-charged products contain active ingredients such as oxygen, pure vitamin C, Coenzyme Q10 and Bio Suisse organic botanicals, blended into pure, powerful, clean formulas to help keep your skin looking and feeling radiant.

AGELESS OXYGEN BOOST FACIAL
The next generation of skin care – pharmaceutical results in pure, preservative-free formulas. This 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 especially chosen for your skin’s needs, and ends with an oxygen infusion. (Extractions performed as necessary.) 50 minutes.

AGELESS OXYGEN BOOST FACIAL ... THE ULTIMATE!
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. (Extractions are performed as necessary.) 80 minutes.

TOTAL RADIANCE FACIAL
Your skin will be treated and polished to a radiant, youthful glow using a specialized cleansing system combined with Bio Suisse cosmeceuticals chosen for your skin type. These nutrients promote healthy skin and a youthful glow by improving your skin’s texture and boosting moisture. Your facial will include a massage, extractions (if needed) and a masque. 50 minutes.

Luxury Botanicals
This collection of products is unique in its use of natural plant extracts and botanical aromatic essential oils. Suitable for all skin types, each product contains targeted active ingredients and anti-aging formulas to prolong your skin’s youthful look.

BLACK ROSE FACIAL
Restore youthful radiance by smoothing skin and reducing signs of fatigue and aging. Your facial begins with a botanical rose essential oil, followed by a thorough cleansing and gentle exfoliation to balance and renew your skin’s natural elasticity while stimulating cell renewal. Each facial includes a manual lymphatic drainage massage using rose quartz stones to reduce puffiness and leave you with a more youthful, radiant appearance. In addition, microcurrent technology is used for toning, lifting and firming. 80 minutes.

TOTAL ELEGANCE AGE-MINIMIZING FACIAL
This indulgent facial delivers the ultimate anti-aging treatment for the face. Your skin will receive targeted messages to restart the natural mechanisms and reflexes of young skin. With the use of vitamins A, B5, E and F, skin appears rested, less stressed, luminous, firmer and more hydrated. The results are spectacular! 50 minutes, or 80 minutes with microcurrent technology.
Natural Facials

Using scientific technology to provide 100 percent natural and nontoxic premium anti-aging skin care, these products were created with the belief that you deserve products that deliver the dramatic results you want without synthetics, chemicals or toxins.

INTENSIVE PURE ANTI-AGING FACIAL
This luxurious treatment immediately lifts, firms and repairs skin, reducing signs of aging to reveal a new radiance. The triple-masque system includes raw honey to promote antioxidant benefits; minerals and antibacterial ingredients for increased hydration; and muscle-relaxing neuropeptides to instantly reduce the appearance of wrinkles, reinforce collagen and help restore the skin’s elasticity. This treatment also features a proprietary anti-aging thermal eye therapy to provide a rested look. 80 minutes.

PURE ANTI-AGING FACIAL
This rejuvenating facial is designed to support the production of collagen to firm, lift and smooth the appearance of wrinkles. A beta hydroxy treatment exfoliates, minimizes pores and instantly brightens your complexion. A final infusion of botanical vitamins, minerals, omega fatty acids and antioxidants nourishes your skin and protects it from environmental stresses. 50 minutes.

Optional Enhancements

Make your facial even more special with one of these add-ons.

ANTI-AGING NECK & DÉCOLLETÉ TREATMENT
A unique treatment for an often-neglected area that provides a targeted approach to the visible signs of aging. Topical vitamins, antioxidants and lactic acids repair, rejuvenate and restore tone to this delicate area.

PEEL
This highly effective peel smoothes, softens and brightens the complexion, while helping diminish the look of fine lines and wrinkles. Your aesthetician will choose a glycolic or lactic acid peel suitable for your skin type.

PUMPKIN ENZYME TREATMENT
Enzymatic therapy speeds the natural exfoliation process, unveiling smoother, softer, more refined skin. Brings new radiance to all skin types.

REVITAL EYES
A beautifying treatment that hydrates the delicate eye area, minimizes fine lines, reduces puffiness, increases circulation and diminishes dark circles.

WAXING
Gently remove unwanted hair.
For many of us, cultivating a spiritual existence is vital to living a balanced and healthy life. Spirituality contributes significantly to health and healing, contentment of mind and heart, improved relationships and connection with community. It’s about looking beneath the surface of things and finding ways to be in touch with the beauty and subtlety of life. During your Canyon Ranch stay, allow our experienced spiritual wellness providers to help you explore and connect more deeply with what brings meaning, value and purpose to your life. Embarking upon your spiritual journey at Canyon Ranch requires no religious affiliation, nor does it encourage giving up any particular path. Wherever you are along this path, we will be there as guides and companions.

Drawing from both Eastern and Western spiritual traditions, our caring team employs transformative, mindful and sacred practices to enhance this connection – such as spiritual guidance and dialogue, ritual and ceremony, affirmation, contemplation, meditation and healing. Find out what resonates with you and rediscover the joy of life!

While you’re here, be sure to visit the inspiring locations along our Spirit Walk, including the labyrinth. It’s a peaceful, meditative experience and the ideal way to begin or end an active day at the Ranch.

BUILDING SPIRITUAL CHARACTER
With guidance from a spiritual wellness provider, explore your character for the purpose of making an honest assessment of how you can arrive at greater spiritual balance. Your ultimate goal: to reach greater levels of contentment and happiness by coming into greater alignment with spiritual values. 50 minutes.

CONTEMPLATIVE CIRCLE
Immerse yourself in the contemplative power of the circle. Deepen your spiritual practice and intuitive awareness through learning how to work with the four directions, the five elements, and invocation. The contemplative circle is a simple yet powerful tool you’ll continue using at home to enhance your daily life. 50 minutes.

GRIEF, LOSS & REMEMBRANCE
Loss and grief are an inevitable part of life, but sometimes it’s hard to know how to move forward. Our spiritual wellness team is available to provide spiritual support for grieving individuals or families. We’ll offer resources to call upon when sadness overwhelms, encourage you to talk about your loss, and help you create a practice of remembrance. Whether you’re dealing with the loss of a loved one, a cherished pet or a sense of personal identity, we are here to assist and guide you. 50 minutes.

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

- Birthday
- Breakup
- Career change

50 minutes.

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

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

50 minutes.

SOUL JOURNEY
Allow yourself to be guided on an inner journey and experience your spiritual nature. Develop insight and intuition that can create healing as it transports you to a higher state of consciousness, awareness and understanding. Your Soul Journey takes place in a sophisticated sound-enhanced environment and uses imagery, music and breath to create a sacred space in which to receive these emotional, mental and spiritual gifts. 50 minutes.

SPIRITUAL DIALOGUE
This service focuses on the human quest for a spiritually meaningful life. Through conversation, intuitive tools and guidance, a spiritual wellness provider will help you explore your spiritual path, and find new ways to integrate spirituality into your daily life. No matter what your faith or level of spiritual experience or belief, this session can help you deepen your personal spiritual practice. 50 minutes.

THE SOULFUL FAMILY
Cultivating a deep, collective sense of purpose for your family will guide you through the challenges and disruptions that exist at every stage of contemporary family life. In this service, you’ll review your beliefs and values to create a family “spiritual mission statement,” and design a meaningful spiritual practice your family can follow at home. 50 minutes.

Couples & private group sessions
Spiritual work is not only an individual journey; we encourage couples and private group sessions. The following services work well in this setting:

- Building Spiritual Character
- Grief, Loss & Remembrance
- Guided Labyrinth Experience
- Rite of Passage
- Spiritual Dialogue
- The Soulful Family

Connect with us from home
As you continue your spiritual work in between your Canyon Ranch visits, connect with our caring team via telephone, video chat or any other preferred method of communication. Please contact Program Advising for more information.
teen services (ages 14 to 17)

YOUR MOST AMAZING, BEST-EVER VACATION

Get ready to step outside your limits, feel great and have fun! As you experience all the exciting activities at Canyon Ranch – from dance classes, creative arts and yoga to refreshing pools and luxurious spa services – you can look forward to the vacation of a lifetime.

Canyon Ranch welcomes guests ages 14-17 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.

Take some time to review your choices and start planning the perfect stay. Fitness and outdoor sports activities are available, based on your fitness level as well as your physical size and abilities. View and download the Teen Services Menu at our website, and don’t forget to check out This Week at Canyon Ranch – issues are posted online four weeks in advance, so you can preview the entire list of classes, special events and activities as you plan your itinerary.

Choose from an incredible array of services and activities available to teens:

- Bodywork
- Cooking workshops
- Creative arts classes
- Fitness
- Hairstyling
- Life management
- Makeup
- Nail services
- Nutrition
- Skin care
- Spiritual wellness

We require that all guests between the ages of 14 and 17, along with the parent or guardian, meet with a Canyon Ranch Program Advisor or Nurse Educator at the beginning of each stay for guidance and suggestions on making the most of your experience.

Guidelines for teens

- Lightweight, loose clothing must be worn for teen services (or swimwear for water activities).
- The parent or guardian must be present for teen services unless otherwise indicated on our Teen Services Menu.
- If a teen is the only one who signs up for a group workshop, he or she must be accompanied by a parent or guardian.
- All teen services must be booked by the parent or guardian.
after you leave...

À La Carte Wellness Services

Between visits, we’re here for you! You can follow up with any of our staff via phone, email or video chat, and booking appointments is easy. Find answers to your questions, report on progress, receive encouragement and get expert advice and coaching at your convenience.

Home consultation experts include:

- Chinese medicine practitioners
- Exercise physiologists
- Life management therapists
- Metaphysical service providers
- Nutritionists
- Physicians
- Spiritual wellness providers

Anytime during your stay, you can arrange at-home coaching in advance with individual staff members through Program Advising or at the Health & Healing reception desk. To schedule an appointment from home, please call 888-225-9878.

Keep in touch with us!

Engage with Canyon Ranch on social media.

Canyon Ranch Online Store

Stay in touch with the Canyon Ranch lifestyle and frame of mind with exclusive products from our online store. In addition to Canyon Ranch supplements, hair and skin care products, foot therapy devices and DVDs, you can now shop online for Canyon Ranch signature coffee blends, apparel, mugs and more.

New this year is the Canyon Ranch Bath & Body Collection. These specially formulated, luxurious products feature natural ingredients and are free of harsh chemicals including sulfates and parabens, making them perfect for sensitive skin. Customized blends of emollient oils and botanical extracts, including dilo oil and chia seed oil, deliver exceptional skin and hair care benefits.

The store also features books by Canyon Ranch fitness and wellness experts.

Visit the store at canyonranch.com. Simply click on “Store” at the top of the homepage, or go directly to shop.canyonranch.com
# Services Index

<table>
<thead>
<tr>
<th>Index Item</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 Point Star</td>
<td>33</td>
</tr>
<tr>
<td>Abhyanga</td>
<td>33</td>
</tr>
<tr>
<td>Acu-Massage</td>
<td>41</td>
</tr>
<tr>
<td>Acuphoria</td>
<td>41</td>
</tr>
<tr>
<td>Acupuncture</td>
<td>41</td>
</tr>
<tr>
<td>Acupuncture Detox Ritual</td>
<td>41</td>
</tr>
<tr>
<td>Acupuncture for Healthy Weight</td>
<td>41</td>
</tr>
<tr>
<td>Acutonics</td>
<td>44</td>
</tr>
<tr>
<td>Advanced Training</td>
<td>22</td>
</tr>
<tr>
<td>Aerial Adventure</td>
<td>52</td>
</tr>
<tr>
<td>Aerial Hammock Yoga</td>
<td>23</td>
</tr>
<tr>
<td>After You Leave</td>
<td>64</td>
</tr>
<tr>
<td>Age-Defying Glycolic Treatment</td>
<td>57</td>
</tr>
<tr>
<td>Ageless Oxygen Boost Facial</td>
<td>59</td>
</tr>
<tr>
<td>Ageless Oxygen Boost Facial ... The Ultimate!</td>
<td>59</td>
</tr>
<tr>
<td>Agility &amp; Balance Evaluation &amp; Training</td>
<td>20</td>
</tr>
<tr>
<td>All-Night Sleep Study</td>
<td>46</td>
</tr>
<tr>
<td>Angel Card Reading</td>
<td>47</td>
</tr>
<tr>
<td>Anti-Aging Body Treatment</td>
<td>35</td>
</tr>
<tr>
<td>Anti-Aging Neck &amp; Décolleté Treatment</td>
<td>60</td>
</tr>
<tr>
<td>Aquatic Therapy</td>
<td>22</td>
</tr>
<tr>
<td>Aquatic Training</td>
<td>25</td>
</tr>
<tr>
<td>Archery</td>
<td>53</td>
</tr>
<tr>
<td>Ashiatsu – Deep Barefoot Massage</td>
<td>32</td>
</tr>
<tr>
<td>Ashi-Thai</td>
<td>32</td>
</tr>
<tr>
<td>Astrology</td>
<td>47</td>
</tr>
<tr>
<td>Attention &amp; Memory</td>
<td>29</td>
</tr>
<tr>
<td>Authentic Aromatherapy</td>
<td>36</td>
</tr>
<tr>
<td>Ayurvedic Herbal Rejuvenation</td>
<td>33</td>
</tr>
<tr>
<td>Ayurvedic Yoga</td>
<td>23</td>
</tr>
<tr>
<td>Balance for Life</td>
<td>24</td>
</tr>
<tr>
<td>Balanced Energy</td>
<td>44</td>
</tr>
<tr>
<td>Biking</td>
<td>20, 52</td>
</tr>
<tr>
<td>Bindi-Shirodhara</td>
<td>33</td>
</tr>
<tr>
<td>Biofeedback</td>
<td>29</td>
</tr>
<tr>
<td>Black Rose Facial</td>
<td>59</td>
</tr>
<tr>
<td>Body Composition Analysis</td>
<td>20</td>
</tr>
<tr>
<td>Breathing Practice</td>
<td>23</td>
</tr>
<tr>
<td>Brightening Facial</td>
<td>58</td>
</tr>
<tr>
<td>Brow Design</td>
<td>57</td>
</tr>
<tr>
<td>Build a Stronger Back</td>
<td>20</td>
</tr>
<tr>
<td>Building Better Relationships</td>
<td>27</td>
</tr>
<tr>
<td>Building Spiritual Character</td>
<td>61</td>
</tr>
<tr>
<td>Canoeing</td>
<td>54</td>
</tr>
<tr>
<td>Camp Archery</td>
<td>53</td>
</tr>
<tr>
<td>Canyon Ranch Massage</td>
<td>36</td>
</tr>
<tr>
<td>Canyon Ranch Online Store</td>
<td>64</td>
</tr>
<tr>
<td>Canyon Stone Massage</td>
<td>36</td>
</tr>
<tr>
<td>Cardiac Stress Test</td>
<td>43</td>
</tr>
<tr>
<td>Cardio Tennis Clinic: Hit Your Heart Rate</td>
<td>55</td>
</tr>
<tr>
<td>Cardiometabolic Stress Test with Pulmonary Function Testing</td>
<td>43</td>
</tr>
<tr>
<td>Chinese Herbal Consultation</td>
<td>42</td>
</tr>
<tr>
<td>Chinese Medicine Nutrition Consultation</td>
<td>42, 48</td>
</tr>
<tr>
<td>Chinese Vitality</td>
<td>42</td>
</tr>
<tr>
<td>Clairvoyant Reading</td>
<td>47</td>
</tr>
<tr>
<td>Climbing for Fitness</td>
<td>52</td>
</tr>
<tr>
<td>Cognitive Assessment</td>
<td>29</td>
</tr>
<tr>
<td>Complimentary Classes &amp; Activities</td>
<td>20</td>
</tr>
<tr>
<td>Contemplative Circle</td>
<td>61</td>
</tr>
<tr>
<td>Craniosacral Therapy</td>
<td>44</td>
</tr>
<tr>
<td>Creative Arts</td>
<td>18</td>
</tr>
<tr>
<td>Cross-Country Skiing</td>
<td>54</td>
</tr>
<tr>
<td>Dance</td>
<td>25</td>
</tr>
<tr>
<td>Deep Cleansing Facial</td>
<td>58</td>
</tr>
<tr>
<td>Deep Conditioning Treatment</td>
<td>56</td>
</tr>
<tr>
<td>Deep Tissue Massage</td>
<td>31</td>
</tr>
<tr>
<td>Detoxifying Herbal Wrap</td>
<td>34</td>
</tr>
<tr>
<td>Detoxifying Seaweed Mud Wrap</td>
<td>34</td>
</tr>
<tr>
<td>Detoxifying Ritual</td>
<td>37</td>
</tr>
<tr>
<td>DEXA Body Composition</td>
<td>43</td>
</tr>
<tr>
<td>Diagnostic Laboratory Testing</td>
<td>39</td>
</tr>
<tr>
<td>Diagnostic Services</td>
<td>43</td>
</tr>
<tr>
<td>Digestive Wellness</td>
<td>39, 48</td>
</tr>
<tr>
<td>Discover Your Fitness Age</td>
<td>21</td>
</tr>
<tr>
<td>EMDR: Releasing the Past &amp; Embracing the Future</td>
<td>27</td>
</tr>
<tr>
<td>Enhanced Posture Analysis</td>
<td>21</td>
</tr>
<tr>
<td>Euphoria Ritual</td>
<td>37</td>
</tr>
<tr>
<td>Exercise for Weight Loss &amp; Body Definition</td>
<td>22</td>
</tr>
<tr>
<td>Exercise &amp; Motivation</td>
<td>21, 27</td>
</tr>
<tr>
<td>Exercise Physiology Experience</td>
<td>22</td>
</tr>
<tr>
<td>Exploring Your Personality</td>
<td>30</td>
</tr>
<tr>
<td>Facials</td>
<td>58-60</td>
</tr>
<tr>
<td>Fitness After 50</td>
<td>22</td>
</tr>
<tr>
<td>Fitness Classes</td>
<td>20</td>
</tr>
<tr>
<td>Fitness Facilities</td>
<td>19</td>
</tr>
<tr>
<td>Fitness Walks</td>
<td>20</td>
</tr>
<tr>
<td>Foot Rescue! Pedicure</td>
<td>26, 57</td>
</tr>
<tr>
<td>Gait Analysis &amp; Orthotics</td>
<td>26</td>
</tr>
<tr>
<td>Gel Effects Manicure</td>
<td>56</td>
</tr>
<tr>
<td>Genomics Consultation</td>
<td>39, 45</td>
</tr>
<tr>
<td>Gentlemen’s Facial</td>
<td>58</td>
</tr>
<tr>
<td>Gentlemen’s Manicure</td>
<td>57</td>
</tr>
<tr>
<td>Gentlemen’s Pedicure</td>
<td>57</td>
</tr>
<tr>
<td>Good Posture for Life</td>
<td>24</td>
</tr>
<tr>
<td>Grief, Loss &amp; Remembrance</td>
<td>61</td>
</tr>
<tr>
<td>Guided Labyrinth Experience</td>
<td>61</td>
</tr>
<tr>
<td>Gyrotonic Expansion System</td>
<td>24</td>
</tr>
<tr>
<td>Hair Care</td>
<td>56</td>
</tr>
<tr>
<td>Hair Enhancements</td>
<td>56</td>
</tr>
<tr>
<td>Hands, Feet &amp; Scalp</td>
<td>36</td>
</tr>
<tr>
<td>Hands-On Cooking</td>
<td>11, 51</td>
</tr>
<tr>
<td>Head, Neck &amp; Shoulders</td>
<td>36</td>
</tr>
<tr>
<td>Healing Energy</td>
<td>45</td>
</tr>
<tr>
<td>Healing Foods</td>
<td>49</td>
</tr>
<tr>
<td>Healing Touch</td>
<td>45</td>
</tr>
<tr>
<td>Healthy Flexibility</td>
<td>21</td>
</tr>
<tr>
<td>Health Packages</td>
<td>16</td>
</tr>
<tr>
<td>Healthy Eating Consultation</td>
<td>50</td>
</tr>
<tr>
<td>Healthy Family Business</td>
<td>27</td>
</tr>
<tr>
<td>Healthy Flexibility</td>
<td>21</td>
</tr>
<tr>
<td>Healthy Lifestyle</td>
<td>28</td>
</tr>
<tr>
<td>Hearing Test</td>
<td>43</td>
</tr>
<tr>
<td>Heart Rate Variability Testing</td>
<td>43</td>
</tr>
<tr>
<td>Heart Rhythm Biofeedback</td>
<td>29</td>
</tr>
<tr>
<td>High Ropes Challenge Course</td>
<td>52</td>
</tr>
<tr>
<td>Hiking</td>
<td>20, 53-54</td>
</tr>
<tr>
<td>Hydrafacial MD</td>
<td>58</td>
</tr>
<tr>
<td>Hydrating Shea Butter Body Wrap</td>
<td>34</td>
</tr>
<tr>
<td>Hydrating Sugar &amp; Salt Scrub</td>
<td>35</td>
</tr>
<tr>
<td>Hypnotherapy</td>
<td>30</td>
</tr>
<tr>
<td>Service Description</td>
<td>Page</td>
</tr>
<tr>
<td>----------------------------------------------------------</td>
<td>------</td>
</tr>
<tr>
<td>Inner Journey</td>
<td>30</td>
</tr>
<tr>
<td>Integrative Medicine Consultation</td>
<td>40</td>
</tr>
<tr>
<td>Intensive Pure Anti-Aging Facial</td>
<td>60</td>
</tr>
<tr>
<td>Kayaking</td>
<td>54</td>
</tr>
<tr>
<td>Lavender Relax</td>
<td>34</td>
</tr>
<tr>
<td>Lifemapping: A Training in Holistic Thinking &amp; Problem Solving</td>
<td>30</td>
</tr>
<tr>
<td>Loops &amp; Ladders Challenge</td>
<td>52</td>
</tr>
<tr>
<td>Lunch &amp; Learn</td>
<td>51</td>
</tr>
<tr>
<td>Lymphatic Treatment</td>
<td>36</td>
</tr>
<tr>
<td>Makeup Consultation</td>
<td>57</td>
</tr>
<tr>
<td>Manicures</td>
<td>56</td>
</tr>
<tr>
<td>Massage &amp; Bodywork</td>
<td>31</td>
</tr>
<tr>
<td>Massage Enhancements</td>
<td>35</td>
</tr>
<tr>
<td>Maternity Services</td>
<td>38</td>
</tr>
<tr>
<td>Maximize Your Metabolism</td>
<td>49</td>
</tr>
<tr>
<td>Medical &amp; Complementary Services</td>
<td>39</td>
</tr>
<tr>
<td>Medical Gait &amp; Orthotic Analysis</td>
<td>45</td>
</tr>
<tr>
<td>Medical Sleep Disorders</td>
<td>46</td>
</tr>
<tr>
<td>Meditation</td>
<td>23 ,29</td>
</tr>
<tr>
<td>Meditation, Visualization &amp; Relaxation</td>
<td>29</td>
</tr>
<tr>
<td>Menu Planning for Your Stay</td>
<td>51</td>
</tr>
<tr>
<td>Metabolic Exercise Assessment</td>
<td>22</td>
</tr>
<tr>
<td>Mind-Body Private Training</td>
<td>23</td>
</tr>
<tr>
<td>Mind Over Mealtine</td>
<td>50</td>
</tr>
<tr>
<td>Muscle Melt for Road Warriors</td>
<td>32</td>
</tr>
<tr>
<td>Musculoskeletal &amp; Joint Assessment</td>
<td>45</td>
</tr>
<tr>
<td>Nature's Anti-Aging Ritual</td>
<td>37</td>
</tr>
<tr>
<td>Naturopathic Detoxification Consultation</td>
<td>40</td>
</tr>
<tr>
<td>Naturopathic Medicine Consultation</td>
<td>40</td>
</tr>
<tr>
<td>Neuromuscular Therapy</td>
<td>31</td>
</tr>
<tr>
<td>Night Vision Goggle Experience</td>
<td>53</td>
</tr>
<tr>
<td>Nourish Your Strength</td>
<td>50</td>
</tr>
<tr>
<td>Numerology</td>
<td>47</td>
</tr>
<tr>
<td>Nutrition for Inner Beauty</td>
<td>50</td>
</tr>
<tr>
<td>Nutrition for Weight Loss</td>
<td>49</td>
</tr>
<tr>
<td>Optimal Health Consultation</td>
<td>40</td>
</tr>
<tr>
<td>Osteoporosis Prevention &amp; Bone Density Evaluation</td>
<td>44</td>
</tr>
<tr>
<td>Paint &amp; Hike</td>
<td>53</td>
</tr>
<tr>
<td>Parafango Wrap</td>
<td>34</td>
</tr>
<tr>
<td>Pedicures</td>
<td>57</td>
</tr>
<tr>
<td>Peel</td>
<td>60</td>
</tr>
<tr>
<td>Personal Mindfulness Practice</td>
<td>28</td>
</tr>
<tr>
<td>Personal Training</td>
<td>25</td>
</tr>
<tr>
<td>Personalized Physical</td>
<td>41</td>
</tr>
<tr>
<td>Photography Hike</td>
<td>53</td>
</tr>
<tr>
<td>Physical Therapy</td>
<td>46</td>
</tr>
<tr>
<td>Pilates</td>
<td>24</td>
</tr>
<tr>
<td>Pilates Reformer Jumpboard</td>
<td>24</td>
</tr>
<tr>
<td>Pilates Reformer Vinyasa Flow</td>
<td>24</td>
</tr>
<tr>
<td>Pole Hiking</td>
<td>54</td>
</tr>
<tr>
<td>Premier Age-Defying Facial</td>
<td>58</td>
</tr>
<tr>
<td>Prenatal Massage</td>
<td>36</td>
</tr>
<tr>
<td>Pulmonary Function</td>
<td>44</td>
</tr>
<tr>
<td>Pumpkin Enzyme Treatment</td>
<td>60</td>
</tr>
<tr>
<td>Pure Anti-Aging Facial</td>
<td>60</td>
</tr>
<tr>
<td>Qi Gong</td>
<td>23</td>
</tr>
<tr>
<td>Racquetball</td>
<td>19 ,55</td>
</tr>
<tr>
<td>Racquet Sports</td>
<td>19 ,55</td>
</tr>
<tr>
<td>Rebound Jump Boots</td>
<td>25</td>
</tr>
<tr>
<td>Reflexology</td>
<td>26 ,32</td>
</tr>
<tr>
<td>Reiki</td>
<td>45</td>
</tr>
<tr>
<td>Relationships with Food</td>
<td>28</td>
</tr>
<tr>
<td>Restorative Massage</td>
<td>36</td>
</tr>
<tr>
<td>Revital Eyes</td>
<td>60</td>
</tr>
<tr>
<td>Rite of Passage</td>
<td>62</td>
</tr>
<tr>
<td>Ritual Spa Manicure</td>
<td>56</td>
</tr>
<tr>
<td>Ritual Spa Pedicure</td>
<td>57</td>
</tr>
<tr>
<td>Rx for Exercise</td>
<td>22</td>
</tr>
<tr>
<td>Sacred Body</td>
<td>62</td>
</tr>
<tr>
<td>Sculling</td>
<td>54</td>
</tr>
<tr>
<td>Sea Salt Scrub</td>
<td>35</td>
</tr>
<tr>
<td>Sensitive Facial</td>
<td>58</td>
</tr>
<tr>
<td>Sexuality &amp; Intimacy</td>
<td>28</td>
</tr>
<tr>
<td>Shiatsu</td>
<td>32</td>
</tr>
<tr>
<td>Shinrin Yoku</td>
<td>53</td>
</tr>
<tr>
<td>Shirodhara</td>
<td>33</td>
</tr>
<tr>
<td>Shockwave &amp; Laser Therapy</td>
<td>46</td>
</tr>
<tr>
<td>Sleep Enhancement</td>
<td>28 ,46</td>
</tr>
<tr>
<td>Snowshoeing</td>
<td>54</td>
</tr>
<tr>
<td>Snowshoe Yoga</td>
<td>54</td>
</tr>
<tr>
<td>So Soft Paraffin</td>
<td>57</td>
</tr>
<tr>
<td>Sole Rejuvenation</td>
<td>26 ,31</td>
</tr>
<tr>
<td>Soul Journey</td>
<td>62</td>
</tr>
<tr>
<td>Specialized Needs Consultation</td>
<td>23</td>
</tr>
<tr>
<td>Spiritual Dialogue</td>
<td>62</td>
</tr>
<tr>
<td>Sports Facilities &amp; Equipment</td>
<td>19</td>
</tr>
<tr>
<td>Squash</td>
<td>19 ,55</td>
</tr>
<tr>
<td>Stand-Up Paddle Boarding</td>
<td>54</td>
</tr>
<tr>
<td>Stress Management</td>
<td>28</td>
</tr>
<tr>
<td>Supplements</td>
<td>48</td>
</tr>
<tr>
<td>Swim Lesson</td>
<td>25</td>
</tr>
<tr>
<td>Tai Chi</td>
<td>23</td>
</tr>
<tr>
<td>Tai Chi Hike</td>
<td>53</td>
</tr>
<tr>
<td>Tanning Treatment</td>
<td>37</td>
</tr>
<tr>
<td>Tarot Card Reading</td>
<td>47</td>
</tr>
<tr>
<td>Teen Services</td>
<td>63</td>
</tr>
<tr>
<td>Tennis</td>
<td>19 ,55</td>
</tr>
<tr>
<td>Thai Massage</td>
<td>32</td>
</tr>
<tr>
<td>The Art of Fencing: Swordplay</td>
<td>25</td>
</tr>
<tr>
<td>The Soulful Family</td>
<td>62</td>
</tr>
<tr>
<td>The Ultimate Stone Pedicure</td>
<td>57</td>
</tr>
<tr>
<td>Therapeutic Qi Gong</td>
<td>42</td>
</tr>
<tr>
<td>Toes on the Go</td>
<td>57</td>
</tr>
<tr>
<td>Total Elegance Age-Minimizing Facial</td>
<td>59</td>
</tr>
<tr>
<td>Total Radiance Facial</td>
<td>59</td>
</tr>
<tr>
<td>TRX Rip Training</td>
<td>25</td>
</tr>
<tr>
<td>TRX Training</td>
<td>25</td>
</tr>
<tr>
<td>Twelve-Step Recovery Meeting</td>
<td>27</td>
</tr>
<tr>
<td>Ultimate Hydration Ritual</td>
<td>37</td>
</tr>
<tr>
<td>Vitamin &amp; Mineral Evaluation</td>
<td>49</td>
</tr>
<tr>
<td>Vitamin Infusion Facial</td>
<td>59</td>
</tr>
<tr>
<td>Wallyball</td>
<td>19</td>
</tr>
<tr>
<td>Waxing</td>
<td>60</td>
</tr>
<tr>
<td>Wellness Services at Home</td>
<td>64</td>
</tr>
<tr>
<td>Winter Snow Adventure</td>
<td>54</td>
</tr>
<tr>
<td>Women's Health &amp; Exercise</td>
<td>23</td>
</tr>
<tr>
<td>Women's Health Consultation</td>
<td>41</td>
</tr>
<tr>
<td>Yoga</td>
<td>23 ,54</td>
</tr>
</tbody>
</table>
IMPORTANT PHONE NUMBERS

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reservations</td>
<td>800-742-9000</td>
</tr>
<tr>
<td>Program Advising</td>
<td>800-877-0404</td>
</tr>
<tr>
<td>Calling a Guest</td>
<td>413-637-4100</td>
</tr>
<tr>
<td>Guest Fax</td>
<td>413-637-0057</td>
</tr>
<tr>
<td>Health &amp; Lifestyle</td>
<td></td>
</tr>
<tr>
<td>Questionnaire Fax</td>
<td>413-881-5631</td>
</tr>
</tbody>
</table>

TRAVEL CHECKLIST

☐ Check your confirmation letter.

☐ Return your Health & Lifestyle Questionnaire.

☐ Speak with a Program Advisor.

☐ Inform Canyon Ranch Reservations of your arrival schedule.

☐ Pack some workout clothes in your carry-on luggage if you are arriving before 3 pm.