

Fees for Services | 2016

Effective: September 18, 2016

Tucson, Arizona



CANYONRANCH®

Have You Tried These?

IMPARTING YOUR SPIRITUAL LEGACY

Creating a spiritual legacy gift for others is a way to be remembered for what matters most to you, celebrate your life, heal regrets, and make a positive difference in others' lives. Guided by a spiritual wellness provider, you'll reflect upon and clarify the wisdom, beliefs, stories, life lessons, history, love and blessings you want to share with your family and future generations. You'll then consider a plan to express this legacy of the heart in a way that brings greater peace, meaning and purpose to your life. *50 minutes.*

OXY-DERMABRASION FACIAL

Experience the ultimate noninvasive skin resurfacing treatment. First, outer layers of skin cells will be gently exfoliated, stimulating collagen production and cellular renewal. An infusion of oxygen and application of carefully selected serums will enhance rejuvenation effects. Additionally, microcurrent technology will help tone, lift and firm your skin. *80 minutes.*

SUPPORTING YOUR MICROBIOME

The microbiome is a vast collection of bacteria that inhabits the bowel and other tissues. There are trillions of these microorganisms throughout your body. Some species are beneficial, while others can be harmful; an imbalance can affect the state of your health. Your nutritionist will discuss specific foods and supplements that can help create a healthy microbiome. *50 minutes.*

VASCULAR ULTRASOUND

This is a noninvasive test used to evaluate blood flow in the arteries and veins outside the heart. It can detect abnormalities such as plaque, narrowing, blockages, blood clots, incompetent valves and aneurysms, and provide information regarding cardiovascular and stroke risk level. You'll discuss your results with a physician during a follow-up consultation. *25, 50 or 150 minutes.*

HEALTH PACKAGES

Fees are in addition to standard package rates. Four-night minimum stay required.

Back in the Game of Life:

Gearing Up Before or After Surgery	\$1,645
New Approaches to Weight Management	2,275
Optimal Living®: Specialty Focus.....	1,645
(Fees will vary when package is customized)	
Spiritual Health	1,785
Stress Management & Resiliency.....	1,925

CANYON RANCH EXECUTIVE HEALTH PROGRAM

Fees are in addition to standard package rates. Four-night minimum stay required.

Executive Health Program	\$5,575
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AQUATIC EXPERIENCES

Aquatic Training	50 min.....	\$140
Athletic Conditioning in the Water	50 min.....	165
Blissful Floating Massage.....	50 min.....	180
Burdenko Water Exercise.....	50 min.....	165
Hydromassage	45 min.....	180
Rejuvenating Waters (Tó Bee Háájidááh).....	100 min.....	370
Swim Lesson.....	50 min.....	140
Watsu® – Aquatic Massage.....	50 min.....	180
Watsu – Aquatic Massage Duet.....	50 min.....	360

CREATIVE ARTS

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

EXERCISE/MOVEMENT

Advanced Training	50 min.....	\$165
Balance Assessment.....(2)	50 min.....	370
Body Composition Analysis.....	15 min.	comp.
Burdenko Land Exercise	50 min.....	165
Comprehensive Exercise Assessment	(2) 50 min.....	380
Comprehensive Exercise Assessment Follow-Up	80 min.....	240
Discover Your Fitness Age	(2) 50 min.....	395
Discover Your Fitness Age Follow-up.....	80 min.....	260
Exercise for Bone Health.....	50 min.....	165

Exercise for Weight Loss & Body Definition	50 min.....	\$165
Fitness After 50	50 min.....	165
Fitness Classes	45 min.....	comp.
Fitness Walks.....	times vary.....	comp.
Good Posture for Life.....	50 min.....	140
Gyrotonic Expansion System®.....	50 min.....	140
Gyrotonic Expansion System Duet.....	50 min.....	220
Metabolic Exercise Assessment.....(2)	50 min.....	395

Personal Training with a Canyon Ranch fitness expert

Try one of these focuses or customize your own: <i>Aerial Hammock Yoga, Aquatic Training, Balance & Agility, Breathing Practice, Boot Camp, Dance, Flexibility, High-Intensity Interval Training, Meditation, MoveStrong™ Functional Fitness Training, Qi Gong, Rebound Jump Boots, Sport Specific, Strength, Swim Lesson, Tabata, Tai Chi, TRX® Training, TRX Rip® Training or Yoga</i>	
Individual Session	50 min..... 140
Duet Session.....	50 min..... 220
Small Group Session (3-5 people).....	50 min..... 95**
Large Group Session (6+ people).....	50 min..... 510

Private Walk.....	50 min..... 55
Pilates	
Aerial Pilates	50 min..... 140
Individual Session	50 min..... 140
Duet Session.....	50 min..... 220
Small Group Session (3-5 people).....	50 min..... 95**

Prescription for Yoga.....(2)	50 min..... 280
Rx for Exercise.....	50 min..... 165
Specialized Needs Training.....	50 min..... 165
Target Heart Rate Determination.....	50 min..... 165

HEALTHY FEET

Energize Your Soles® – Fitness for Your Feet®	50 min.....	\$140
Foot Rescue! Pedicure	50 min.....	85
Gait Analysis & Orthotics	25 min.....	55
How Is Your Gait Today?.....	25 min.....	50
Reflexology	50 min.....	155
	80 min.....	245
	100 min.....	310
Sole Rejuvenation	50 min.....	155
Spring in Your Step	50 min.....	185

LIFE MANAGEMENT

Anger & the Health of Your Heart.....	2 sessions.....	\$265 *
Attention & Memory	2 sessions.....	695
Biofeedback: A Tool for Coping with Stress.....	50 min.....	195 *
Building Better Relationships		
Individual	50 min.....	170 *
Couple	50 min.....	270 *
Charting Your Inner Life	50 min.....	170
Cognitive Assessment.....(2)	50 min.....	540 *
Emotional Intelligence	2 sessions.....	195 *
Exercise & Motivation	3 sessions.....	335
Exploring Your Personality	(2) 50 min.....	390
Genealogy.....(2)	25 min.....	235
Genealogy Expanded Research	50 min.....	130
Healthy Lifestyle	50 min.....	170 *
Hypnotherapy	50 min.....	195
Meditation, Visualization & Relaxation	50 min.....	170
Performance Enhancement	100 min.....	390
Relationships with Food.....	50 min.....	170 *
Sexuality & Intimacy.....	50 min.....	185
Sleep Enhancement.....	50 min.....	170 *
Sound & Harmony	50 min.....	210
Stress Management	50 min.....	170 *
Time Mastery	(2) 50 min.....	390
You in the Workplace	(2) 50 min.....	390

MASSAGE & BODYWORK

5 Point Star.....	50 min.....	\$180
A Slice of Heaven ... The Ultimate Massage!	50 min.....	275
	80 min.....	470
Abhyanga.....	50 min.....	275
Abhyanga-Shirodhara	100 min.....	455
Arthritis Massage	50 min.....	155
	80 min.....	245
	100 min.....	310
Ashiatsu – Deep Barefoot Massage.....	50 min.....	180
	80 min.....	275
	100 min.....	330

Ashi-Thai	50 min.....	\$180
	100 min.....	330
Authentic Aromatherapy.....	50 min.....	180
	80 min.....	275
Bindi-Shirodhara.....	100 min.....	330
Blissful Floating Massage.....	50 min.....	180
Canyon Ranch Massage.....	50 min.....	155
	80 min.....	245
	100 min.....	310
Canyon Stone Massage.....	100 min.....	310
Connective Tissue Rebalancing.....	80 min.....	285
	100 min.....	340
Deep Tissue Massage.....	50 min.....	180
	80 min.....	275
	100 min.....	330
Hands, Feet & Scalp	50 min.....	155
Head, Neck & Shoulders.....	50 min.....	155
Hydromassage	45 min.....	180
In-Room Massage	90 min.....	fees vary
Lymphatic Treatment	50 min.....	155
	80 min.....	245
	100 min.....	310
Massage for Two	times & fees vary	
Muscle Melt for Road Warriors	50 min.....	180
	80 min.....	275
	100 min.....	330
Neuromuscular Therapy.....	75 min.....	285
Prenatal Massage.....	50 min.....	155
Reflexology	50 min.....	155
	80 min.....	245
	100 min.....	310
Rejuvenating Waters (Tó Bee Háájidááh).....	100 min.....	370
Shiatsu	50 min.....	155
	80 min.....	245
	100 min.....	310
Shirodhara	50 min.....	180
Sole Rejuvenation	50 min.....	155
Spring in Your Step	50 min.....	185
Take-Home Techniques for Two.....	100 min.....	310
Thai Massage	100 min.....	330
Tranquil Sleep Treatment.....	100 min.....	330

Watsu® – Aquatic Massage	50 min.....	\$180
Watsu – Aquatic Massage Duet.....	50 min.....	360
WaveMotion™ Bodywork.....	50 min.....	180
	100 min.....	330

Optional Enhancements		
Aromatherapy Oil		
Balancing		20
Relaxing		20
Muscle & Joint Relief.....		20
Coconut Milk & Honey Lotion.....		20

BODY TREATMENTS

Anti-Aging Body Treatment.....	50 min.....	\$195
Coconut Melt	50 min.....	180
Conditioning Body Scrubs		
Salt	50 min.....	180
Seasonal.....	50 min.....	180
Sugar.....	50 min.....	180
Desert Drench	25 min.....	95
Desert Ritual.....	100 min.....	330
Detoxifying Herbal Wrap	25 min.....	95
Detoxifying Herbal Wrap for Two	40-45 min.....	190
Detoxifying Ritual.....	100 min.....	330
Euphoria Ritual.....	100 min.....	330
Moor Mud Wrap	50 min.....	180
Muscle Rescue Ritual	100 min.....	330
Omega Body Buff	50 min.....	180
Omega Body Buff (Maternity).....	80 min.....	275
Seaweed Cocoon.....	100 min.....	350
Tanning Treatment	80 min.....	245
Follow-Up Tanning Treatment.....	50 min.....	155
Tree of Life Purifying Ritual	100 min.....	330
Ultra-Moisturizing Cocoon		
Goat Butter Crème.....	50 min.....	185
Seasonal Special.....	50 min.....	185
Warm Vanilla Float.....	50 min.....	185
Ultra-Moisturizing Cocoon for Two.....	100 min.....	680

MEDICAL & COMPLEMENTARY

Acuphoria.....	50 min.....	\$200
Acupuncture.....	50 min.....	200
Acupuncture for Healthy Weight	100 min.....	420
Acupuncture for Healthy Weight Follow-Up	50 min.....	210
Acutonics®.....	50 min.....	200
All-Night Sleep Study (Polysomnography)		2,950
Auricular (Ear) Acupoints for Self-Care	25 min.....	115
Balanced Energy	50 min.....	155
	80 min.....	245
	100 min.....	310
Cardiac Stress Test	50 min.....	670
Cardiomatabolic Stress Test		
with Pulmonary Function Testing	2 sessions.....	985
Cardiovascular Profile Assessment	(2) 25 min.....	505
Chinese Herbal Consultation.....	50 min.....	215
Chinese Vitality	110 min.....	390
Chiropractic Services.....	times & fees vary	
Craniosacral Therapy	50 min.....	155
	80 min.....	245
	100 min.....	310
CT Heart Scan for Coronary Calcifications		
Physician Assessment.....	25 min.....	265
<i>(Fee for test separate; test performed off-site)</i>		
DEXA Body Composition	(2) 25 min.....	490
Essential Oils & Gemstones on Acupoints	50 min.....	200
	25 min add on.....	115
Facial Rejuvenation Acupuncture	50 min.....	215
Hearing.....	2 sessions.....	260
Healing Touch	80 min.....	250
Heart Rate Variability Testing	(2) 25 min.....	405
Integrative Medicine Consultation	50 min.....	500
Expanded Integrative Medicine Consultation ...	75 min.....	755
Jin Shin Jyutsu.....	50 min.....	155
	80 min.....	245
	100 min.....	310
Massage Follow-Up to Chiropractic Care.....	50 min.....	180
	80 min.....	275
	100 min.....	330
Medical Gait & Orthotic Analysis.....	25 min.....	70
Medical Sleep Disorders.....	25 min.....	265
	50 min.....	500

Men’s Health Consultation.....	50 min.....	\$500
Musculoskeletal & Joint Assessment.....	50 min.....	205
Naturopathic Medicine Consultation	25 min.....	165
	50 min.....	320
Optimal Health Consultation	25 min.....	265
	50 min.....	500
Osteoporosis Prevention & Bone Density Evaluation	50 min.....	680
Personalized Physical	50 min.....	500
	75 min.....	755
Physical Therapy	50 min.....	205
Preventive Cardiology Evaluation.....	times & fees vary	
Pulmonary Function	2 sessions.....	260
Reiki.....	50 min.....	155
	80 min.....	245
Sexual Health Consultation.....	50 min.....	500
Shockwave & Laser Therapy	25 min.....	fees vary
Sleep Enhancement.....	50 min.....	170*
Vascular Ultrasound.....	25 min.....	500
	50 min.....	850
	150 min.....	2,735
Vascular Ultrasound MD Follow-Up.....	25 min.....	265
Women’s Health Consultation	50 min.....	500

METAPHYSICAL

Angel Card Reading	50 min.....	\$235
Astrocartography	50 min.....	235
Astrogemology	50 min.....	235
Astrology.....	50 min.....	235
Chinese Astrology.....	50 min.....	235
Clairvoyant Reading.....	50 min.....	235
Crystal Energy	50 min.....	235
Feng Shui	50 min.....	235
Handwriting Analysis.....	50 min.....	235
Numerology	50 min.....	235
Tarot Card Reading	50 min.....	235

NUTRITION & FOOD

Anti-Inflammatory Eating.....	50 min.....	\$165
Comprehensive Nutrition Evaluation	3 sessions.....	330
Digestive Wellness.....	50 min.....	165
Eating for Energy	50 min.....	155
Fastest Meals Imaginable	50 min.....	155

Hands-On Cooking Class.....	120 min.....	\$160
Hands-On Cooking Private.....	50 min.....	175
Healing Foods.....	50 min.....	165
Healthy Eating Consultation.....	50 min.....	155
Lunch & Learn	50 min.....	comp.
Maximize Your Metabolism.....	3 sessions.....	540
Menu Planning for Your Stay.....	50 min.....	155
Nutrition for Sports Performance.....	50 min.....	165
Nutritional for Weight Loss	(2) 50 min.....	310
Nutritional Lab Evaluations.....	50 min.....	fees vary
Supporting Your Microbiome	50 min.....	165
Targeting Body Fat.....	(2) 50 min.....	320
Vitamin & Mineral Evaluation.....	50 min.....	165

OUTDOOR SPORTS

Biking & Hiking		
Daily Group Bike Rides & Hikes	times vary	comp.
Private Bike Tours & Hikes		
1-3 guests		
First Hour		\$135
Additional Hour		75
4-12 guests.....	3 hrs. minimum.....	35**
Bicycle Confidence Class	2 hrs.....	comp.
Bird Walk.....	times vary.....	comp.
Digital Photo Editing	50 min.....	140
Hike: Craft Your Own Journey.....	times vary	fees vary
Nature Discovery Hike.....	4-5 hrs.....	110
Night Vision Goggle Experience.....	3 hrs.....	140
Photography Hike.....	4 hrs.....	110
Sketch & Paint the Sonoran Desert.....	5 hrs.....	110
Golf		
Boot Camp Golf		
Conditioning (individual)	6 hrs.....	900
Full Swing (individual)	6 hrs.....	900
Novice (individual)	6 hrs.....	900
Short Game (individual)	6 hrs.....	900
Golf Fitness Assessment.....	(2) 50 min.....	320
Half-Day Partners Golf School.....	3 hrs.....	300
Lessons		
Individual	50 min.....	160
Semiprivate (2 guests)	50 min.....	210

Golf Packages		
4-night.....		\$725
7-night.....		1,290
High Ropes Adventures		
Aerial Adventure/Zipline	90 min.....	110
Climbing for Fitness.....	2 hrs.....	155
High Ropes Challenge Course	2 to 4 hrs.....	235
Primitive Technology		
Animal Tracking	3 hrs.....	comp.
Intuitive Archery.....	2 hrs.....	110
Make a Primitive Stone Knife	3 hrs.....	comp.
Native Awareness	90 min.....	comp.
Primitive Fire-Making.....	2 hrs.....	comp.
Racquet Sports		
Tennis or Pickleball Lesson		
Individual.....	50 min.....	150
Semiprivate (2 guests).....	50 min.....	210

SALON

Healthy Hair Care		
Color	times & fees vary	
Cut for Men	30 min.....	\$70
Cut for Women	45 min.....	120
Deep Conditioning Treatment	50 min.....	125
Highlights.....	times & fees vary	
Luxury Smoothing Treatment	50 min.....	125
Shampoo & Blow-Dry.....	times & fees vary	
Hair Enhancements		
Masque.....		20
Luxury Boost.....		40
Makeup		
Brow Design	25 min.....	65
Complimentary Makeup Application	30-45 min.....	comp.
Makeup Consultation	50 min.....	135
Nail Services		
Foot Rescue! Pedicure.....	50 min.....	85
Gel Effects Manicure	50 min.....	85
Gentlemen’s Manicure.....	30 min.....	60
Gentlemen’s Pedicure.....	50 min.....	85
Prickly Pear Pedicure	50 min.....	85
Road Warrior Pedicure	80 min.....	160

Spa Manicure.....	45 min.....	\$70
Spa Pedicure.....	50 min.....	85
Custom Enhancements		
Age-Defying Glycolic Treatment		
Hands.....		40
Feet.....		50
So Soft Paraffin.....		40

SKIN CARE

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

SPIRITUAL WELLNESS

Building Spiritual Character	50 min.....	\$235
Crystal Sound Activation.....	50 min.....	235
Discover Your Creative Spirit	50 min.....	235
Grief, Loss & Remembrance	50 min.....	235
Imparting Your Spiritual Legacy	50 min.....	235
Rite of Passage.....	50 min.....	235
Sacred Body	50 min.....	235
Soul Journey	50 min.....	235
Spiritual Dialogue.....	50 min.....	235
Spiritual Fitness & Movement.....	50 min.....	235
Your Soul Song.....	50 min.....	235

AFTER YOU LEAVE ... WELLNESS SERVICES AT HOME

Chinese Medicine Follow-Up.....	25 min.....	\$150
	50 min.....	215
Exercise Physiology Follow-Up	25 min.....	110
	50 min.....	165
Life Management Follow-Up	25 min.....	105*
	50 min.....	170*
Metaphysical Follow-Up	50 min.....	235
Nutritional Follow-Up.....	25 min.....	105
	50 min.....	155
Physician Follow-Up	25 min.....	265
	50 min.....	500
Spiritual Wellness Follow-Up	25 min.....	160
	50 min.....	235

