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

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 experts. Explore a spiritual path at our beautiful Spiritual Wellness Center and Meditation Garden. 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 sports medicine, weight loss, brain health, disease prevention/management, and integrative approaches to pain management.

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

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

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 golf and tennis to Pilates.

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

Outdoor sports guides, including staff members who can guide you on the High Ropes Challenge Course, Climbing Wall and Native American experiences, and seasoned Hiking and Biking guides. They can accompany you on 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.

Speakers to provide education on these topics and more.

Continuing Medical Education
Experience truly modern medicine at Canyon Ranch and take the best of leading-edge preventive and integrative care practices home to benefit your patients:

■ CME – Continuing Medical Education: Physicians can earn up to 78* credits (12 credits on average with a four-night stay; 25 with a seven-night stay).

■ CNE – Continuing Nurses’ Education: Nurses can earn up to 14* Continuing Nursing Education contact hours in a seven-night program at the Life Enhancement Center.

*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.
getting ready

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
Please call 800-742-9000 at least 48 hours in advance with your arrival information: airline, flight number and scheduled arrival time. You’ll be met in baggage claim at Tucson International Airport and driven to Canyon Ranch. If you plan to arrive at Phoenix Sky Harbor International Airport, let us know and a shuttle or private town car can be arranged for a fee.

Driving? Visit canyonranch.com for a map and directions. Please provide us with an estimated time of arrival, and 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. Your Reservations Specialist can advise you of your options.

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.

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 17 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 email confirmation.
- 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. If you choose to complete the hard copy, please mail it to the address on the form or fax it to 520-239-8515.
- 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 Life Enhancement Program® stay or Health Package may be appropriate for you.
- Communicate your transportation needs: call 800-742-9000 and 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 irons and flat irons (in the women’s locker room)
- Deodorant
- Hair dryers
- Plastic tote bags
- Razors and shaving cream
- Rubber sandals
- Terry cloth robes
- Waterproof SPF 30 sunscreen (also available in pool areas)

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 with iPod® docking station
- DVD, stereo/CD player
- Filtered water
- Hair dryer
- HDTV with accessible digital input
- In-room coffee and tea service
- In-room safe
- Iron and ironing board
- Mini-refrigerator
- Pillow menu
- Sound machine
- Terry cloth robes
- Umbrellas

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

From Guest Services
- CDs, DVDs, games and books to borrow
- 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 (520-749-1646)
- Dry cleaning service, for a fee

Need anything?

The Showcase Boutique in the Clubhouse carries exercise and leisure wear, sundries, magazines, gifts and other incidentals. The Ranch Store has a complete selection of Canyon Ranch logo clothing, Canyon Ranch supplements, books, DVDs and CDs, Southwestern gifts, aromatherapy products and more. Special equipment used in fitness classes can also be purchased at the Ranch Store.

You’ll also find Canyon Ranch and other premium spa products at the Salon and in the Skin Care department.

Our Canyon Ranch Healthy Feet® center in the Spa complex carries a selection of athletic footwear and Canyon Ranch foot therapy devices to promote healthy feet for life.
Packing for your stay

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

Tucson is mostly sunny year-round. The summer months are hot, spring and fall are mostly temperate, and winter, while typically clear and bright, can be brisk. Nights are generally 20 to 40 degrees cooler than days. When packing, you might also consider that you may be hiking and biking at altitudes well above the desert floor.

Because of our active and informal environment, we suggest that 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!
GUIDE SERVICES
Guest Services, located in the Clubhouse, is open daily to assist you with tours of Southern Arizona, car rentals, taxis, limousines, mail, faxes and airline changes and confirmations.

PROPERTY TOUR
We encourage guests to take an orientation tour of the property with a Program Advisor. Please stop by Program Advising or call Ext. 4338 to schedule.

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 allowed in the Main Dining Room.
- Bathrobes are not allowed in the Main 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 the Life Enhancement Program® and Health Packages. Additional age restrictions may apply to specific services. Ask your Reservations Specialist or Program Advisor (see page 70).
- 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 Health & Healing complex 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. 4338, or cancel services at the Program Advising Express Desk in the Spa, 7 am to 7 pm.
- 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, on your patio, under the Gazebo in front of the Ranch Store, in the phone booths in the Clubhouse and Spa, and on the patio outside Gyms 2 and 3. 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 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.
DELECTABLE & 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— that is, free from harmful additives. 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. And on our menu, you’ll find 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
Main Dining Room – Located in the Clubhouse; features full-service dining for breakfast, lunch and dinner daily. Reservations for dinner are required. Please make your dinner reservation with a host at breakfast or lunch, or by calling Ext. 4313. If you like, you may make dinner reservations for your entire stay before you arrive by calling your Program Advisor (800-729-8090). No tank tops or swimsuits, please, and no robes at dinner.

Double U Café – Located by the Flagstone Pool; offers refreshing light fare for breakfast, lunch and dinner. Espresso, cappuccinos, smoothies and snacks available all day. Year-round indoor and outdoor dining. No reservations needed. Shirt and shoes are required.

Demonstration Kitchen – Located by the Double U Café; features daily complimentary Lunch & Learn demonstrations at noon and afternoon for-fee Hands-On Cooking classes.

Wicker Room – Located outside the Main Dining Room; serving creative nonalcoholic beverages from 5:30 to 8 pm.

Fruit and beverages are available in the Spa and Clubhouse.
Espresso drinks, smoothies and snacks are available throughout the day at the Double U Café.
COMING TO THE RANCH FOR A WEEK OR LONGER?
Consider a stay at the beautiful Life Enhancement Center®. During a Sunday-to-Sunday program at the comfortable, retreat-like Center, you’ll have complete access to all Ranch facilities, activities, services and programs, in addition to exclusive use of the Center’s well-equipped gyms, locker rooms, lounge and meditation garden. The intimacy, small-group environment, caring staff and personalization of the Center’s structured programs make it perfect for solo travelers, first-time guests and return guests who want to take their health and vitality to a whole new level.

THE LIFE ENHANCEMENT PROGRAM®
The week that will change your life.
In an enlightening, structured week wholly devoted to discovery, exploration and healthy living, thousands of guests have bridged the gap between what they know about living healthy and what they actually do. You can, too.

You’ll enjoy a lively, engaging schedule including exercise classes, educational forums, workshops and group discussions, plus the camaraderie and support of your fellow participants and individual attention from staff. You’ll explore your personal potential for greater health and vitality, learn practical habit management and chart a permanent course for optimal living.

CANYON RANCH WEIGHT LOSS PROGRAM
Offered many times a year at the Life Enhancement Center®, this science-based, integrative program will provide you with everything you need for healthy weight loss and long-term success. State-of-the-art DEXA Body Composition testing and counseling, plus detailed advice from Canyon Ranch physicians, nutritionists, exercise physiologists, licensed therapists and other integrative healing experts will help you create a comprehensive, personalized plan that really works.

SPECIALTY WEEKS
Topics for upcoming focused weeks may include:

Focus on Brain Health – Boost your brain power and increase your vitality for life!

Focus on Mindfulness – Live with greater ease and less distraction by discovering what research has taught us about the important health benefits of daily mindfulness practices.

Focus on Women: The Journey to Wisdom – Celebrate the challenges and joys of being a woman – and the journey from innocence to wisdom.

Renew Your Spirit – Explore the role of spirituality in your life and discover how to live a balanced life with purpose and joy.

Please call 800-742-9000 for all Life Enhancement Program dates and details, or visit our website, canyonranch.com.
YOUR HEALTH & LIFESTYLE QUESTIONNAIRE

is your opportunity to reacquaint yourself with your health status and allow Ranch professionals to help you plan your perfect experience. Please return the confidential questionnaire by mail to the address on the form, fax 520-239-8515, or submit the electronic version of the questionnaire that was emailed to you with your confirmation letter.
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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 physicians and practitioners 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 17.
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?
aquatic experiences

Water heals. Movement in the water is great for all people, but is especially beneficial for those with any type of pain or discomfort. People recovering from injuries, surgeries or joint replacement surgery in particular find aquatic services at Canyon Ranch invaluable.

Exercise in chest-deep water reduces body weight by 80 percent, freeing you from the compressive, pain-causing forces of gravity. Movement in deep water eliminates joint compression.

Aquatic Center & Pools

The Aquatic Center features indoor therapy pools, hot tub and pools for Watsu®, an underwater treadmill, aquatic therapy, cross-training, pool classes and swimming.

Pools – Canyon Ranch has four swimming pools:
- Indoor Pool: located in the Aquatic Center; heated to a comfortable 90°F.
- L-Pool: located near the tennis courts. Features two shaded underwater treadmills. Heated to 84°F.
- T-Pool: off Canyon Ranch Drive, near the Life Enhancement Center®, features 25-yard lap swimming. Heated to 82°F.

The heated Indoor Pool is not recommended for extended lap swimming or intense cardiovascular activities. Group classes are held year-round in the Indoor Pool and T-Pool, both of which provide showers and changing rooms. Water shoes are suggested for classes. Please note that there is no lifeguard on duty.

Aquatic Exercise

Let one of our certified instructors help you develop an exercise routine with unique benefits.

AQUATIC TRAINING

The water provides safe resistance and assistance for aerobic conditioning. Personal training in the water with a certified fitness instructor is perfect for the advanced athlete, as well as for the beginning exerciser, moms-to-be and those with joint sensitivity issues. In this personalized session you will improve mobility, balance, power and strength. (You need not be able to swim.) 50 minutes.

ATHLETIC CONDITIONING IN THE WATER

Conditioning in the water offers unique benefits for all fitness levels. Cardiovascular conditioning, muscular strength, power and endurance can be safely improved through activities like water walking and running, aquatic jump-training, tethering, resistance training and deep-water work. An exercise physiologist will show you how to train for a specific sport or increase your overall fitness level – while decreasing your risk of injury. 50 minutes.

BURDENKO WATER EXERCISE

An innovative water exercise program that helps you improve the six essential qualities of fitness: balance, coordination, flexibility, endurance, speed and strength. No swimming skills are necessary, as you use a flotation vest and water barbells. You can even keep your hair dry. The rehabilitation aspect of the Burdenko method can be used to help recover from injuries or surgery – regaining function is the goal. The conditioning and training aspect is perfect for those interested in improving quality of life and sports performance. 50 minutes.

SWIM LESSON

Private lessons are valuable for beginning, intermediate and advanced swimmers. Learn basic swimming skills, correct your stroke for improved lap swimming, become a more efficient swimmer, learn better breath control, work on advanced strokes, or set up a training program for competition. 50 minutes.

Feel free to feel comfortable

We encourage you to wear the comfortable clothing of your choice, such as bathing suits, shorts, T-shirts or athletic shorts when enjoying our aquatic offerings.
**Water Treatments/Massages**

*Experience the comforting and freeing power of bodywork in an aquatic environment.*

**BLISSFUL FLOATING MASSAGE**
Feel stress and tension float away with a treatment to quiet the mind and soothe the body. This fully supported warm-water experience takes place in a Watsu pool. You’ll receive gentle massage, energy balancing and range-of-motion therapy for your joints. You may experience a deep, dreamlike meditative state that will leave you feeling rested, relaxed and renewed. Swimwear required. 50 minutes.

**HYDROMASSAGE**
Experience a classic revitalizing therapy that stimulates the lymphatic and circulatory systems using the natural effects of water on the body. This treatment is performed in our highly specialized tub using powerful water pressure, special massage techniques and aromatherapy oils to encourage muscle relaxation. Swimwear required. 45 minutes.

**REJUVENATING WATERS (TÓ BEE HÁÁJIDÁÁH)**
In native traditions, the sweat lodge is a place of cleansing and healing for tribal members. When the effects of the sweat lodge are combined with bodywork, it produces a profound response. Your journey (pronounced twa-ba-ha-ji-dah) begins in our hydrotherapy tub as you are massaged in warm water from head to toe. Then, in a steam-filled room, your already-warm, relaxed body is massaged again. This treatment is tailored to your needs, and may incorporate massage techniques using the therapist’s hands and feet, deep stretching and hot and cold towels. Swimwear required. 100 minutes.

**WATSU – AQUATIC MASSAGE**
Float comfortably in a pool of warm water while a therapist uses massage techniques to soften muscles, stretch tissues and open energy pathways. As your body dances and sways through the water, it reaches a state of relaxation so deep that the mind can follow. From this space, a freedom of awareness encourages and allows healing to occur. Watsu is exceptionally effective in addressing stress, chronic back pain, orthopedic limitations, arthritis, sleep disorders, fibromyalgia, range-of-motion issues and therapies involving emotional release. This is a profound, holistic body experience unlike any other. Swimwear required. 50 minutes.

**Watsu Duet** – Share the relaxing therapeutic benefits of Watsu with someone special. Two practitioners provide a customized treatment for both of you. 50 minutes.
creative arts

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 coloring – 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:

**BEADED MALA ART**
Malas aren’t just beautiful pieces of jewelry – they’re also important mediums for peace and enlightenment. You’ll be introduced to the meditative use of malas for calming the mind and enhancing inner peace.

**CLAY CONNECTION**
Learn sculpting skills using self-hardening terra-cotta clay. Make a piece of art inspired by this beautiful material, ubiquitous throughout the Southwest.

**CRYSTALIZE IT!**
Add sparkle to your Canyon Ranch T-shirt by hot-fixing colorful Swarovski® crystals onto the material.

**DON’T WORRY, BEAD HAPPY**
Create a unique bracelet from a treasure trove of beads and clasps – then wear it as a reminder of your Canyon Ranch experience.

**FREE-FORM MANDALA DRAWING**
Create your own meaningful imagery in a beautiful mandala to take home with you, using colored pencils on black paper for a striking, luminous effect.

**KUMIHIMO**
Learn the ancient art of Japanese braiding using colorful threads and a braiding disk. Make a stunning piece of jewelry.

**MEDITATION IN PATTERNS**
Discover the meditative power of patterns drawn in ink. Create your own beautiful designs on smooth river stones using colorful pens. The results are true works of art!

**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.

**TERRARIUM EXPRESSIONS**
Decorate a 3½-inch terrarium with desert plants, sand, crystal glass and rocks. This expressive art form, whether simple or intricate, inspires meditative attention while enhancing your environment. Tending a miniature indoor garden can be rewarding, and feeds a primordial desire to nurture living things.

**WHIMSICAL PAPER FLOWERS**
Learn centuries-old techniques to make beautiful art paper flowers using colorful paints, papers and glitter.

**WRIST CANDY**
Create a fashionable leather wrap bracelet by channeling beautiful beads between leather cords – our instructor will show you how! Take home an artistic memento of your Canyon Ranch stay.
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.*

**CARDIO & STRENGTH GYM**
Our workout facilities are equipped with computerized stationary bicycles, treadmills, Life Fitness® weight machines, Precor® EFX® machines, MoveStrong™ Functional Fitness System, free weights, stair machines, 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 from the fitness instructors who supervise these facilities from 6:30 am to 6 pm daily. Shoes and shirts are required.

**POOLS**
Enjoy any of our four beautiful pools. See page 20 for pool information.

**PRIVATE PERSONAL TRAINING & YOGA STUDIO**
We provide dedicated spaces for private training, one-on-one yoga and mind-body lessons. Our peaceful Yoga Studio is used for group classes.

**SPORTS EQUIPMENT**
We will be delighted to lend you a bike, racquet, basketball or pickleball paddles. Table tennis equipment is also available.

**SQUASH, RACQUETBALL, PICKLEBALL & WALLYBALL**
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, pickleball and racquetball. Check *This Week at Canyon Ranch* for wallyball times.

**TENNIS COURTS**
Racquets and balls are available at the Spa Reception Desk and at the Tennis Center during hours of operation.

**UNDERWATER TREADMILLS**
Everyone from highly conditioned athletes to people with impaired mobility can benefit from using one of the underwater treadmills in the Aquatic Center and L-Pool.

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**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 for a 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 approximately 40 complimentary 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, HIKES, BIKING
A perfect opportunity to experience the beauty and tranquility of the Sonoran Desert, group walks are for all fitness levels. Private walks, runs, hikes and biking are available for a fee.

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.

BALANCE ASSESSMENT
Using state-of-the-art Biodex® equipment, an exercise physiologist will assess your fall risk, balance, proprioception (your sense of where you are in space) and help you improve mind-body communication.

Part I – The Biodex Balance System SD will determine:

■ Fall Risk Assessment – are you at medical risk of falling?
■ Clinical Test of Sensory Integration and Balance – are certain areas in need of balance skills improvement?
■ Single Leg Assessment – is one leg better than the other at balancing?

50 minutes.

Part II – An exercise physiologist will review your test results and prescribe a targeted exercise plan to help you improve your balance, using equipment available to you at home. 50 minutes.
COMPREHENSIVE EXERCISE ASSESSMENT
Get the type of evaluation and advice that professional athletes enjoy.

**Part I** – Begin with an extensive assessment of your fitness. Tests include a body composition analysis, flexibility testing, upper- and lower-body strength assessment, and a submaximal treadmill test to estimate aerobic capacity and determine your optimal target heart-rate training zone. 

50 minutes.

**Part II** – An exercise physiologist reviews your test results with you and compares them to norms for your age. Together, you’ll develop an exercise prescription for improving your fitness in areas important to you.

50 minutes.

COMPREHENSIVE EXERCISE ASSESSMENT FOLLOW-UP
If you previously had a Comprehensive Fitness Assessment and wish to track fitness changes and compare your test results then and now, this is the recommended service. 80 minutes.

*Note: We suggest that you book these assessments prior to arrival. This service is for apparently healthy people with no major risk factors for vascular or heart disease. Men over 45 and women over 55 should speak with a Program Advisor about American College of Sports Medicine® guidelines for taking this test. If you are an experienced exerciser or competitive athlete, you may want to explore ways to improve your peak performance by doing a Metabolic Exercise Assessment.*

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.

DISCOVER YOUR FITNESS AGE FOLLOW-UP
A great opportunity if you have had the Discover Your Fitness Age service on a prior visit. Compare your fitness scores to see if you have become younger physically. 80 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.

**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, limitation 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 PhD- and 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
- Distance walking
- Swimming
- Cycling
- Endurance training
- Triathlon
- Distance running
- Strength training

Please dress for exercise. 50 minutes.

BURDENKO LAND EXERCISE

Learn how to improve the six essential qualities of fitness: balance, coordination, flexibility, endurance, speed and strength. People at beginning fitness levels benefit from improved coordination and balance while athletic-level individuals can hone efficient movement for performance. The rehabilitation aspect of the Burdenko method can be used to help recover from injuries or surgery – regaining function is the goal. 50 minutes.

Note: Burdenko Water Exercise (page 20) is an excellent follow-up to this service.

EXERCISE FOR BONE HEALTH

If you want to prevent bone loss (osteopenia or osteoporosis), appropriate exercise can help. An exercise physiologist recommends safe, effective exercises based on the results of your body composition or bone density evaluation (pages 48 & 49), or on your risk factors. You’ll receive a personal exercise prescription including cardiovascular exercise, resistance training and balance/agility work to promote bone health. 50 minutes.

Note: A recent bone density scan is recommended.

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.

FITNESS AFTER 50

Learn to thrive – not just survive – through your later years by becoming and staying active. An exercise physiologist focuses on 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.

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 can 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.
SPECIALIZED NEEDS TRAINING
If you have a condition that limits you, this session can help you safely become more active. Common concerns include diabetes, arthritis, circulation problems, neuromuscular disease, recovery from surgery, stroke, injury, heart disease and joint replacement. Other possible topics include pre- or postnatal exercise and exercise for travel. 50 minutes.

TARGET HEART RATE DETERMINATION
Forget those charts in magazines – get an accurate, personalized determination of your target heart rate and be sure that you’re making the most efficient use of your workout time. An exercise physiologist takes you through a submaximal exercise test that determines your target heart-rate zone, then incorporates this information into a customized exercise prescription. 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 services:

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. 50 minutes.

Also available as a group clinic opportunity; Aerial Yoga Skills class is a recommended prerequisite. See This Week at Canyon Ranch.

BREATHING PRACTICE
Proper breathing is vital for good health. Learn breathing and relaxation techniques to reduce muscular tension, improve circulation, reduce 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.

PRESCRIPTION FOR YOGA
In these sessions, formulate goals specific to your dosha (physical constitution) and find balance through pranayama (breathing practices), asanas (poses), meditation, mudras (hand gestures) and other techniques.

Part I – Using classic evaluative techniques, including body-awareness scans and breath-awareness exercises, your instructor will guide you through a journey of self-discovery. 50 minutes.

Part II – Your instructor selects, adapts and modifies the basic tools of yoga for an experience customized to your ayurvedic constitution and goals. Your session may include centering techniques, breathing practices, mudras, asanas, relaxation exercises and meditation techniques. 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. 50 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, 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 equipment includes:

- Back system
- Clara Step Barrel®
- Combo Chair
- GYROTONIC® Tower
- Gyrokinesis® chairs
- Ladder Barrel
- Ped-O-Pull
- Ron Fletcher Reformers with boxes
- Split-Pedal Combo chairs
- Trapeze Table (Cadillac)
- Wunda Chair

AERIAL PILATES
This playful Pilates session incorporates a fabric hammock suspended from the ceiling. Experience creative variations of Reformer and mat exercises designed to strengthen and lengthen your entire body. 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, the GYROTONIC® method, yoga or dance 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.

Sessions can be booked individually or with a partner (duet).

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

PILATES
This famous 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 small group (three to five people). 50 minutes.

Also available as a group clinic opportunity for all levels, along with specialized clinics in Aerial Pilates, Combo and Reformer.
See This Week at Canyon Ranch.

Sign up: 800-729-8090 • Service prices are listed on a separate menu of Fees for Services.
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

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, beneficial for moms-to-be and those with joint sensitivities. In this personalized session you will learn how to 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.

MOVESTRONG FUNCTIONAL FITNESS TRAINING*

Challenge your body with the MoveStrong Functional Training System. Using your weight as resistance along with specialized equipment, you’ll work with your trainer to build strength that carries over to real-world activities. This advanced total body workout is not recommended for those with limitations and/or injuries. 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.

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.

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.

* 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.

ENERGIZE YOUR SOLES® – FITNESS FOR YOUR FEET®
Keeping your feet healthy and pain free is a step toward foot fitness. A personal trainer will guide you in using our Canyon Ranch foot therapy devices and discuss the importance of alignment and foot strength. 50 minutes.

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 the three C’s of wear and tear – calluses, corns and cracked dry skin. The health of your feet and nails will be restored. Includes polish, if desired. 50 minutes.

GAIT ANALYSIS & ORTHOTICS
When it comes to your gait, even small irregularities can lead to big problems, resulting in pain or injury. Get in step today with expert evaluation and advice for your hardworking feet. Your service will include a complete four-point video analysis, computerized biomechanics assessment, shoe recommendation for fit and support and an orthotics assessment. 25 minutes.

HOW IS YOUR GAIT – TODAY?
Have you experienced changes to your gait or feet? If you have had an injury, weight or stature change since your last gait analysis, you may need a reassessment of your biomechanics for the continuous health of your 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, loose-fitting clothing. 50, 80 or 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.

SPRING IN YOUR STEP
Restore the natural spring in the arches of your feet with a combination of hands-on techniques and percussion vibration. This session will focus on both legs from foot to hip and may be felt throughout your body. (For a full-body treatment, see Connective Tissue Rebalancing, page 35.) Please wear loose, comfortable clothing. 50 minutes.
Meet with a 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 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. (An additional fee will apply for more than one guest.)

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 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 that creates health and longevity with activities that suit your personality and work with your personal style. 50 minutes.

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 and health
- Anger management
- Caregiving
- Communication
- Conflict resolution
- Coping with change
- Grief and loss
- Motivation
- Retirement
- Self-esteem
- Smoking cessation
- Sports performance
- Transitions
- Work in balance

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 licensed therapist answers your questions and helps you explore your concerns regarding sexual satisfaction, decreased libido, problems with orgasm, comfort and fulfillment. 50 minutes.

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 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 51.

Twelve-step recovery meetings
Held daily at 5 pm in the Clubhouse. The meetings are open to members of all 12-step fellowships, their families, and anyone who is interested.
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.

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

ANGER & THE HEALTH OF YOUR HEART
Resentment, irritability and anger can have serious long-term effects on your cardiovascular health. Find out how angry you are compared with others, and learn strategies and techniques to improve your emotional balance.

Part I – Complete a questionnaire about psychological experiences that promote or hinder your cardiovascular health – including how you experience anger and to what extent you do things in a Type-A manner. 25 minutes.

Part II – A licensed therapist will meet with you, and will help you develop your responses to pressure, stress, time and more. 50 minutes.

Note: Pre-arrival booking is required.

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 certain specific cognitive strategies and stimulation. In this two-session consultation with a PhD therapist, you will learn how to improve your ability to process and remember new information.

Part I – Engage in a series of attention and memory assessments. 100 minutes.

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

Note: Pre-arrival booking is required.

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.

EMOTIONAL INTELLIGENCE
How self-aware, empathetic and socially adept are you? The Emotional Intelligence Assessment, which measures a range of key strengths and vulnerabilities in handling emotion, is a proven predictor of success in the workplace.

Part I – First, complete a written questionnaire. This is a series of statements – you are asked to indicate how well each statement describes you. 25 minutes.

Part II – Receive a personal profile and recommendations in a follow-up session with a licensed therapist. 50 minutes.

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 licensed therapist to discuss your purpose for this exploration and complete a Personality Profile questionnaire (DiSC®). 50 minutes.

Part II – Review a comprehensive report providing you with specific, personal feedback and recommendations about handling emotions, relating to others and achieving your goals. 50 minutes.

Note: Pre-arrival booking is required.
TIME MASTERY
The way you relate to time and set priorities in a work setting helps
determine your success and reduce stress levels. Find out more about
yourself and your patterns.

Part I – Work with a licensed therapist to discuss your purpose for this
exploration and complete a DiSC Personality Profile questionnaire.
50 minutes.

Part II – Review the comprehensive report providing you with specific,
personal feedback and recommendations for handling emotions, relating
to others and achieving your goals. 50 minutes.

YOU IN THE WORKPLACE
Do you feel stressed at work? Understanding how you relate to others,
especially those who are different from you, can translate into success or
failure in the workplace. Gain more knowledge about yourself to build
more effective working relationships in this two-part service.

Part I – Work with a therapist to discuss your purpose for this evaluation
and complete a DiSC Personality Profile questionnaire. 50 minutes.

Part II – Review the comprehensive report providing you with specific,
personal feedback and recommendations for improving relationships
within the workplace. 50 minutes.

Mind-Body Connection
Body and mind are inextricably linked. Our experts offer a number of
innovative ways to bring them into balance.

BIOFEEDBACK: A TOOL FOR COPING WITH STRESS
Biofeedback is a proven technology that uses many techniques to reduce
tension, redirect negative thoughts and improve performance and other
mind-body interactions. With a licensed therapist, you’ll choose between:

- Biofeedback to assess the level of stress across five parameters (breath,
muscle tension, temperature, heart rate and skin response) and consider
ways to reduce these responses. This is a great service to see the actual
stress response as you experience it, and provides excellent data for
feedback on physiological reactions. 50 minutes.

- Biofeedback focusing on your heart rate variability measurement with
techniques for effective stress reduction and ease of use. This can be
an enjoyable method for looking at the harmony between mind and
body. 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 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.

PERFORMANCE ENHANCEMENT
Using techniques based on anchoring, visualization, affirmative response
and cognitive enhancements, a licensed therapist helps you boost your
sense of self by recognizing and fortifying inner strengths, resources and
competencies. First identify and then reinforce existing personal strengths
and positive learning experiences. This service promotes self-esteem,
confidence and personal empowerment. 100 minutes.
SOUND & HARMONY
Music and the sounds of nature evoke memory, emotion, awareness and relaxation, and science has shown that specially designed sound programs can gently and powerfully assist you in attaining optimal states of clarity and calm. Our vibroacoustic sound chair allows you to both hear and feel scientifically composed soundscapes that will harmonize your inner world. Your session will be personalized to evoke the mental state you desire, and you will receive a take-home CD. Focus on one of the following:
- **Creativity** – Experience clarity and heightened power to create.
- **Relaxation** – Melt into a state of serene, meditative calm.
- **Sleep** – Slip into deep relaxation leading to restful sleep.
50 minutes.

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

CHARTING YOUR INNER LIFE
Putting your inner world into visual form can be a surprisingly powerful exercise that can yield far-reaching insights. We offer several types of “mapping” that can enhance your understanding of where you came from, where you are and where you’re headed. Use this service to explore family dynamics and emotional patterns, and/or brainstorm during life transitions. 50 minutes.

EQUINE INSPIRATIONS
Experience the energy of the deep spiritual connection between horse and human in this immersive program through groundwork with horses. By engaging right-brain function in your interactions with the horse, you’ll experience enhanced intuitive power and creativity. This program involves no horseback riding and requires no experience with horses. Please wear closed-toed shoes and long pants. 2.5 hours including travel time to Rancho Bosque.

GENEALOGY
Have you ever wanted to connect with your ancestors? An expert genealogist will guide you in creating your family tree or finding a specific ancestor. You’ll also learn how to chart, prove and share your genealogy, and you will receive a detailed folder with copies of all documentation found.

**Part I** – 25-minute consultation to discuss your goals and the scope of your search.

**Part II** – The genealogist conducts your research (you need not attend).

**Part III** – 25-minute follow-up to discuss results.

*Note: These session times can be modified to accommodate your specific genealogy needs.*

GENEALOGY EXPANDED RESEARCH
Delve deeper into your genealogy with an additional session. 50 minutes.

*Note: This session is available only to guests who have had a Genealogy service in the past 12 months. Post-stay follow-up sessions are available.*

HYPNOTHERAPY
Hypnosis is a natural phenomenon of the mind that increases openness to positive change. The session includes physical and mental relaxation, imagery and suggestions for healthy transformation. Some common applications include:
- **Athletic and work performance**
- **Attitude change**
- **Habit management**
- **Sleep improvement**
- **Smoking cessation**
- **Stress reduction**

50 minutes.

Sign up: 800-729-8090 • Service prices are listed on a separate menu of Fees for Services.
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.

CONNECTIVE TISSUE REBALANCING
Therapists use percussion massage and advanced bodywork techniques, softening fascia and releasing adhesions throughout your body that may be restricting function and gait. This allows the whole musculoskeletal system to find a more comfortable, balanced state. Connective Tissue Rebalancing addresses deeper tissue without discomfort or pain. Please wear comfortable clothing. (For a specialized treatment for the hips, legs and feet, see Spring in Your Step, on this page.) 80 or 100 minutes.

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, headache, shoulder pain and other painful conditions that aren’t responding to traditional therapy. NMT is precise soft-tissue therapy with the purpose of releasing hyper-contraction and spasms in the 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. 75 minutes.

REJUVENATING WATERS (TÓ BEE HÁÁJIDÁÁH)
In native traditions, the sweat lodge is a place of cleansing and healing for tribal members. When the effects of the sweat lodge are combined with bodywork, it produces a profound response. Your journey (pronounced twa-ba-ha-ji-dah) begins in our hydrotherapy tub as you are massaged in warm water from head to toe. Then, in a steam-filled room, your already-warm, relaxed body is massaged again. This treatment is tailored to your needs, and may incorporate massage techniques using the therapist’s hands and feet, deep stretching and hot and cold towels. Swimsuit required. 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.

SPRING IN YOUR STEP
Restore the natural spring in the arches of your feet with a combination of hands-on techniques and percussion vibration. This session will focus on both legs from foot to hip and may be felt throughout your body. Please wear comfortable clothing. (For a full-body treatment, see Connective Tissue Rebalancing, on this page.) 50 minutes.

In-room massage
Enjoy a variety of bodywork services from a same-gender therapist in the comfort of your room. Call your Program Advisor at Ext. 4338 for details. 90 minutes.
WATSU – AQUATIC MASSAGE
Float comfortably in a pool of warm water while a therapist uses massage techniques to soften muscles, stretch tissues and open energy pathways. As your body dances and sways through the water, it reaches a state of relaxation so deep that the mind can follow. From this space, a freedom of awareness encourages and allows healing to occur. Watsu is exceptionally effective in addressing stress, chronic back pain, orthopedic limitations, arthritis, sleep disorders, fibromyalgia, range of motion issues and therapies involving emotional release. This is a profound, holistic body experience unlike any other. Swimwear required. 50 minutes.

Watsu Duet – Share the relaxing therapeutic benefits of Watsu with someone special. Two practitioners provide a customized treatment for both of you. 50 minutes.

WAVEMOTION BODYWORK
Our signature treatment is delivered on the innovative WaveMotion™ table, which allows for three-dimensional movement and a feeling of weightlessness. The unique features of the table, combined with a variety of massage techniques tailored to your needs, can help improve muscle relaxation, flexibility and blood and lymph flow. Not recommended for anyone prone to motion sickness. Please wear comfortable yoga or workout-type clothing. 50 or 100 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 enjoy the quiet. Focus on how you feel. Breathe deeply and let tension slip away with each breath. Remember, this time is for you.
- Enjoy our music selection or bring in your own tunes. We have MP3 docking stations available in our massage rooms.
Asian Therapies

Traditional and modern Asian massage and bodywork techniques focus on the energetic pathways in the body known in China as meridians. Therapists are able to feel the energy known as 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 or 100 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, 80 or 100 minutes.

SHIATSU

Relax, energize, awaken. Your therapist uses thumbs, fingers and palms to stimulate the body’s energy system, applying pressure to acupoints and along meridians to balance yin and yang. Shiatsu is a deeply pleasurable whole-body tune-up. 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 yoga or workout-type 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
Steeped in ayurvedic tradition, this service is intended to connect body and mind, promoting harmony through the application of herbal infusions to the five points of the body: head, hands and feet. The body’s natural elements are realigned as the Indian balancing bowl is applied to special marma points on the feet. 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.” This full-body ayurvedic-style massage will be performed by two therapists in synchronistic rhythm using warm sesame oil. Marmas, or subtle points of energy, are addressed on the face and feet simultaneously 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.

ABHYANGA-SHIRODHARA
A truly memorable experience, this treatment is a combination of the Abhyanga and the Shirodhara. 100 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, relaxing embrace of a therapeutic body wrap designed to help speed the removal of toxins, condition skin, stimulate circulation and refresh your spirit.

DESERt DRENCH
Indulge in this hydrating body wrap to quench your skin’s deepest thirst. The desert’s natural moisturizers – soothing aloe and nourishing saguaro blossoms – blend with jojoba oil to drench your skin in comfort. Then, comfortably warm, you’ll relax into a blissful marma point and scalp massage. 25 minutes.

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 for one, or allow 40-45 minutes for a two-person, side-by-side experience.
MOOR MUD WRAP
Long recognized for its ability to calm, soothe and balance, this mineral and trace element-rich Austrian mud eases aching muscles and nurtures skin. Warm mud is applied and allowed to penetrate while the head, neck and feet are massaged and our scalp-conditioning treatment is applied. After a rinse, your replenishing session concludes with an application of a rich body lotion. 50 minutes.

SEAWEED COCOON
This nutrient-rich seaweed wrap deeply detoxifies, increases circulation, moisturizes and supports skin regeneration and renewal. Your treatment begins with gentle compressions using an essential oil blend designed to calm the mind, followed by a refreshing foot-cleanse. After an exfoliation, you are wrapped in seaweed and enjoy a relaxing scalp massage while you float weightlessly in our blissful envelopment bed. Your treatment concludes with the application of a blend of essentials to help improve skin tone and elasticity. 100 minutes.

ULTRA-MOISTURIZING COCOON
Delight in the soothing, therapeutic effects of one of these memorable body treatments performed in our Spa Suite. Your treatment begins with light exfoliation followed by the application of a luxurious moisturizer. Finally, you float weightlessly in our blissful envelopment bed while your skin’s thirst is quenched by the pure, softening crème of your choice: Goat Butter Crème, our Seasonal Special or Warm Vanilla Float. 50 minutes, or 100 minutes for couples.

Exfoliate & Renew
Luxurious products and soothing techniques bring lasting health and beauty benefits to your skin. These treatments exfoliate, replenish, moisturize, 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. Interested in body sculpting? Upgrade this service to include body contouring: an application of body sculpting gel, smoothing the look of skin to promote a more youthful, vibrant appearance. 50 minutes.

COCONUT MELT
This intoxicating experience evokes the feeling of the tropics, using warm coconut poultices. Coconut oil is known for its antioxidant and anti-aging properties leading to soft, smooth and supple skin. A bundle of pure coconut is steamed and applied to the skin using techniques that relax the body and aid in the penetration of this amazing oil into the skin. 50 minutes.

CONDITIONING BODY SCRUB
This full-body exfoliating treatment leaves your skin feeling soft and velvety smooth all over. Scrub includes an exfoliation, a refreshing shower and an application of moisturizer. Choose the natural ingredients most beneficial to your skin – seasonal, sugar or salt. 50 minutes.

OMEGA BODY BUFF
Buff away your stress with this gentle yet effective scrub designed to promote circulation, exfoliate dry skin and moisturize with powerful omega-3 anti-inflammatory oils, keeping your skin nourished all day long. It’s the superfood your skin needs to keep it firm and elastic. 50 minutes, or 80 minutes for our maternity guests.

Energy Therapies
Please see page 49 for services.
Optional Enhancements
Make your Canyon Ranch massage even more unforgettable by selecting one of these enticing blends:
- Balancing Aromatherapy Oil – Lavender, ylang ylang, ginger, eucalyptus
- Relaxing Aromatherapy Oil – Roman chamomile, marjoram, lavender, tangerine, cedar wood
- Muscle & Joint Relief Aromatherapy Oil – Rosemary, black pepper, eucalyptus, cajeput, birch
- Coconut Milk & Honey Lotion – Exotic blend of coconut milk, raw honey and nut extracts rich in natural antioxidants to revitalize, moisturize and balance the skin

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.

A SLICE OF HEAVEN … THE ULTIMATE MASSAGE!
Four hands work in opposing motions to double your relaxation and create a beautifully customized massage. As you experience the unique sensation, your mind has no choice but to surrender to this ultimate massage indulgence. 50 or 80 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.

BLISSFUL FLOATING MASSAGE
Feel stress and tension float away with a treatment to quiet the mind and soothe the body. This fully supported warm-water experience takes place in a Watsu pool. You’ll receive gentle massage, energy balancing and range-of-motion therapy for your joints. You may experience a deep, dreamlike meditative state that will leave you feeling rested, relaxed and renewed. Swimwear required. 50 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. 100 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 tense area. (Not a full-body massage.) 50 minutes.

HYDROMASSAGE
Experience a classic revitalizing therapy that stimulates the lymphatic and circulatory systems using the natural physical effects of water on the body. This treatment is performed in our highly specialized hydrotherapy tub using powerful water pressure, special massage techniques and aromatherapy oils to encourage muscle relaxation. Swimwear required. 45 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, 80 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.

TAKE-HOME TECHNIQUES FOR TWO
Discover how to treat each other to massage. You’ll learn simple techniques and proper body mechanics, so you and your partner can share the nurturing, relaxing, therapeutic benefits of massage anytime, anywhere. 100 minutes.

TRANQUIL SLEEP TREATMENT
Quiet your mind, calm your nerves and soothe your senses in this relaxing experience designed to help prepare you for restful sleep. Serene sounds and sleep-inducing aromas are combined with breathing techniques and a variety of massage styles to transform tension into tranquility. Extra attention is given to your feet and head to create a state of ease, allowing body and mind to rest soundly. 100 minutes.

 Massage for two
Ask about receiving your massages together. Share the relaxing, therapeutic benefits of the massage experience with someone special. Times and fees vary.
Rituals

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

DESERT RITUAL
Treat yourself to this all-inclusive indulgence. Rejuvenate your skin and serenade your senses with these native resources from the Sonoran Desert. Cleanse, exfoliate and hydrate with white sage, prickly pear and honey. Soak in a bath infused with saguaro blossoms, aloe and jojoba. A perfect blend of indulgence and therapeutic benefit, this treatment concludes with a full-body massage to leave you refreshed and softened. 100 minutes.

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.

MUSCLE RESCUE RITUAL
This purposeful ritual is devoted to relieving muscle aches, pain and stiffness. Tension dissolves as you are exfoliated with a salt scrub enriched with essential oils. An aromatic mineral bath soak detoxifies, soothes and relieves tension while preparing your muscles for a deep-tissue, full-body or focused-area massage. 100 minutes.

TREE OF LIFE PURIFYING RITUAL
The restorative properties of the forest are brought to you in this powerful treatment. Tree oils and resins combine with citrus and sandalwood to reduce stress levels and inspire vitality. Grounding blends of essences offer a renewed sense of well-being that complement the experience of exfoliation and massage in this multi-step treatment. 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.
maternity

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:

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Please speak with a Program Advisor for a complete list of suggested services for mothers-to-be. You may call 800-729-8090 before your stay, or Ext. 4338 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.

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. Expanded 75-minute physician consultation recommended for multiple or complex issues.

Diagnostic laboratory testing

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.
- **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 lab tests developed in concert with the Cleveland HeartLab® 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.
MEN’S HEALTH CONSULTATION
Concerned about health issues specific to men? One of our Canyon Ranch physicians answers your questions and addresses risks, preventive approaches and treatment for heart disease, osteoporosis, exercise and weight control, andropause, stress management, depression and anxiety, cognitive health, sexual health and erectile dysfunction, and prostate and testicular health. This service includes recommendations for hormone evaluation, cancer screening and a multitude of other laboratory tests based on your personal health status. 50 minutes.

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. 25 or 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, and get a plan 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.

PERSONALIZED 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.

PREVENTIVE CARDIOLOGY EVALUATION
The number one cause of death in men and women is heart disease. Your Canyon Ranch physician has a full spectrum of services available for your cardiac evaluation. He or she can determine your risk factors for developing heart disease, evaluating for blood lipid levels, biomarkers for diabetes and pre-diabetes, high blood pressure, elevated inflammatory markers and lifestyle choices. With additional advanced blood testing, your Canyon Ranch physician can determine if active plaque formation is taking place – or, with leading-edge diagnostic testing including CVProfilor®, vascular ultrasound, cardiac stress testing and CT heart scan, the extent of any existing plaque formation. With this information, your physician will design and prescribe a personalized approach to your health care. Times vary.
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.

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

A session with a licensed acupuncturist helps balance your body’s energy (chi), stimulates natural healing processes and aids in relaxation. 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 used extensively in China for decreasing food cravings while increasing energy and digestive efficiency. The technique employs abdominal needles with mild electrical stimulation, includes an extensive health consultation, and may include herbal recommendations. 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.

AURICULAR (EAR) ACUPOINTS FOR SELF-CARE
The ear may be viewed as a microcosm of the entire body, and its acupoints are used to diagnose and treat conditions such as pain, digestive imbalances, sleep disturbances, hormone imbalances and generalized fatigue. Ear treatments may also help modulate immune function, and are especially effective for mood disorders and addictions. Treatments may be done with or without needles. You’ll be instructed in self-massage of ear points to extend treatment benefits at home. This is a stand-alone service, or an add-on to Acupuncture. 25 minutes.

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. 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 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.

ESSENTIAL OILS & GEMSTONES ON ACUPIONTS
The 6,000-year-old practice of Chinese medicine has long embraced the use of flowers, plants and stones for their healing properties. This service addresses acupoints with a combination of organic essential oils and/or blends with semiprecious stones to balance your body’s energies. The floral fragrances enhance the experience, while the stones are used for clearing, cleansing and recharging, bringing you into a state of harmony and peace. This is a stand-alone session, or an add-on to Acupuncture or Acutonics. 50 minutes, or 25 minutes as an add-on.

FACIAL REJUVENATION ACUPUNCTURE
Facial Rejuvenation Acupuncture is believed to have originated during the Song Dynasty (circa 900 AD) to enhance the beauty of the empress. The comprehensive experience employs Chinese medicine techniques to revitalize and rejuvenate facial tissue at the cellular and energetic level using massage, herbal poultice, facial acupuncture, and sometimes, body acupuncture. Several treatments are recommended. 50 minutes.

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 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.

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 other recommendations.
CARDIOVASCULAR PROFILE ASSESSMENT
Determine your cardiovascular disease risk with this one-of-a-kind, noninvasive diagnostic test, which assesses the elasticity or flexibility of your small and large arteries by collecting blood pressure waveform data produced with each heartbeat. Men and women with diabetes, hypertension or a family history of these diseases may benefit from this test. Our physicians will assess the cardiovascular risk you may have, develop treatment strategies, and determine whether you are in need of more in-depth testing and follow-up. You will be provided with a printout of the results. You may add this test to your routine or comprehensive physical or schedule it after a discussion with your Canyon Ranch physician during an Optimal Health Consultation.

**Part I** – Testing. 25 minutes.

**Part II** – Review of results and treatment options with your Canyon Ranch physician. 25 minutes.

CT HEART SCAN FOR CORONARY CALCIFICATIONS
Identify early heart disease long before it shows up on a stress test, and create a plan to optimize your heart health.

**Part I** – Your noninvasive diagnostic scan is performed at a local testing facility. (Payment or insurance information should be provided directly to the testing facility.) 50 minutes.

**Part II** – A Canyon Ranch physician interprets your CT scan, assesses your cardiovascular risk status, and, in partnership with you, establishes any required treatment plan. 25 minutes.

Note: Initial physician appointment is required to establish need and orders for testing. Additional fees apply.

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 are 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
Audiogram screening can measure hearing across the frequency spectrum and detect hearing loss. Our Canyon Ranch physician will talk with you about the 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, 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.

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 the included follow-up consultation. 25, 50 or 150 minutes.

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, 80 or 100 minutes.

CRANIOSACRAL THERAPY
Craniosacral therapy adjusts the subtle rhythm 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 soothing therapy encourages optimal fluid movement throughout the body. The result is a deep sense of calm. Please wear comfortable clothing. 50, 80 or 100 minutes.

HEALING TOUCH
This deeply relaxing, calming energy therapy is provided by nurses 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, 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, fatigue, 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.
JIN SHIN JYUTSU
This Japanese rejuvenation method connects and balances energy pulses to relieve tension in body, mind and spirit. Your Jin Shin Jyutsu® massage therapist guides the session according to your body’s individual needs, exploring and holding various energy locks until harmony is restored to your entire being. Please wear comfortable clothing. 50, 80 or 100 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 or 80 minutes.

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

CHIROPRACTIC SERVICES
Our doctors of chiropractic medicine can help with neck and back pain, extremity and joint disorders, and sports-related injuries. Initial visit includes a history and brief examination before treatment. *Times and fees vary.*

MASSAGE FOLLOW-UP TO CHIROPRACTIC CARE
Your chiropractor may recommend our specifically designed massage to complement your chiropractic treatment. 50, 80 or 100 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 a therapeutic exercise program with 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.
Sexuality & Intimacy

Sometimes it’s difficult to talk about this vital part of life – one of our compassionate Canyon Ranch physicians can help.

SEXUAL HEALTH CONSULTATION
Enhance your sexual function and your enjoyment of this important part of life. Choose a private consultation in one of the following areas:

Physical Factors – Areas of focus may include postoperative concerns, coping with disabilities, effects of medication and menopause. 50 minutes.

Sexual Health for Men & Women – A physician can answer personal questions and may suggest approaches to help improve your sexual functioning and enjoyment. 50 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 board-certified as a sleep specialist reviews the results with you and makes recommendations for treatment. 50 minutes.

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

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. 25 or 50 minutes.

Note: If you are unable to fall asleep, or wake up too early, we recommend a Sleep Enhancement consultation.

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 licensed therapist assesses the nature and degree of your problem and offers suggestions to overcome it. 50 minutes.

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

- Acuphoria
- Acupuncture
- Blissful Floating Massage
- Cognitive Assessment
- Euphoria Ritual
- Feng Shui
- Healing Touch
- Hypnotherapy
- Meditation, Visualization & Relaxation
- Soul Journey
- Spiritual Dialogue
- Stress Management
- Tranquil Sleep Treatment

Review and choose your preference from our in-room Pillow Menu during your stay.
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’ll 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 in 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.

**ASTRO-CARTOGRAPHY**
Astrocartography is a locational astrology system that focuses on elements of your natal chart – the date, time and place of your birth – and how these factors correlate on a world astrocartography map. Find the best places for relocation, travel, love, career or financial success by revealing your “power spots.” 50 minutes.

**ASTRO-GEMOLOGY**
Gain personal insight, transformation, emotional growth and healing using crystal alchemy. Your natal astrological chart inspires your astro-gemology mandala, incorporating gemstones and crystals. Analysis of the astrological wheel will reveal the unique birthstones for each of your planets. A metaphysical provider will help you focus crystal energy with your own intention and meditation. 50 minutes.

**CHINESE ASTROLOGY**
Discover new insights that will guide you on your path, based on information from your day, month and year of birth that reveal details about your personal characteristics, traits and development. Chinese astrology is based on the five elements (earth, fire, water, metal, wood), yin and yang, chi and the cycles of time. 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 reading may reveal future events and past lives. 50 minutes.

CRYSTAL ENERGY
Gems, crystals and minerals have been used for insight and healing for thousands of years. Learn about the magic and lore associated with precious gems and rare earth minerals. This service will show you how to listen to messages from rocks and crystals, and how to harness their subtle energies for emotional and spiritual healing. 50 minutes.

FENG SHUI
Each space you occupy – your home, office, yard – has a flow of energy (chi). By learning to manipulate chi, you can become more peaceful as well as powerful. Our feng shui practitioner will review your floor plan with you and suggest how simple changes in your space can effect significant changes in your life. 50 minutes.

HANDWRITING ANALYSIS
Handwriting analysis allows you to look deeper into your conscious and unconscious beliefs and understand what makes you think and behave the way you do. Through an in-depth analysis of your personality and mental, emotional and physical states, you can make changes to alter your life. Conducted by a certified handwriting analyst and based upon a rich scientific history. 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 registered dietitian/nutritionist.

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.

ANTI-INFLAMMATORY EATING
Food choices play an important role in shifting the balance of inflammation throughout your body. Learn how to incorporate anti-inflammatory foods and supplements to support healthy immune function, balance inflammation and decrease your risk of heart disease and cancer. 50 minutes.

COMPREHENSIVE NUTRITION EVALUATION
Get a complete picture of your nutritional status and a customized plan for optimal nutrition.
Part I – Complete assessment questionnaire prior to Part II. 25 minutes.
Part II – Your nutritional status is assessed using a variety of tools, including biometric measurements; a nutrition-focused physical examination for signs and symptoms of nutrient deficiencies; complete nutritional and family history and questionnaire; and measurement of body composition, hydration and cellular health status. 25 minutes.
Part III – You’ll receive a personal report from your licensed dietitian/nutritionist, based upon your collated data, recommending specific foods, patterns of eating and supplements. You’ll have a chance to discuss the findings and develop a plan for the future. 50 minutes.

Note: Please do not eat, consume caffeine or exercise within two hours of Part II service; however, be sure to hydrate.

DIGESTIVE WELLNESS
Your gut health – how well you digest, absorb and metabolize nutrients, and eliminate waste products – is essential to your overall 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 (two sessions required)

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:

- Superior formulations, supported by the latest research.
- Highest quality ingredients, naturally sourced whenever possible.
- The most bioavailable and valuable forms of nutrients for your body.
- Unique combinations of potent nutrients you won’t find anywhere else.
- Ongoing independent lab testing to assure purity and potency.
- Ongoing reformulation of products to remain on the cutting edge of nutrition research.
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
- Detoxing your diet
- High blood pressure
- High cholesterol & heart disease
- Insulin resistance
- Managing menopause
- Neuronutrition: brain function
- Osteoporosis
- Polycystic ovarian syndrome
- Pregnancy & breastfeeding
- Premenstrual syndrome
- Thyroid health
- Type 1 & Type 2 diabetes (two sessions for Type 2)

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

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

Note: For herbal recommendations, schedule a consultation with our Traditional Chinese Medicine or Naturopathic practitioners.

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 metabolic 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.

Part I – Resting metabolic rate (RMR) testing. 25 minutes.
Part II – Meet with a licensed dietitian/nutritionist to review your RMR results, health and diet history and weight loss goals and assess your daily calorie needs. 50 minutes.
Part III – You and your licensed dietitian/nutritionist will work together to develop your personalized eating plan. You’ll receive individualized recommendations, menu suggestions, and tips for hunger management and portion control. 50 minutes.

Note: We also recommend a strength and conditioning consultation so you’ll be able to maximize your efforts to reduce body fat or gain lean muscle.

Sign up: 800-729-8090 • Service prices are listed on a separate menu of Fees for Services.
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, menu suggestions, and tips for hunger management and portion control. Includes an estimate of your caloric needs. 50 minutes.

TARGETING BODY FAT
Weight gain and increased body fat often occur with age in both men and women, and may require an integrative approach to weight management. In this combination service, you’ll receive state-of-the-science exercise and eating recommendations designed to achieve a healthy weight and decrease overall body fat.

Part I – Meet with an exercise physiologist to determine your target heart rate for maximum calorie burn during exercise. This consultation also includes a skinfold body composition analysis, measurement of waist circumference and exercise program design. 50 minutes.

Part II – A licensed dietitian/nutritionist will use your body composition to determine your ideal calorie level for weight loss, and recommend strategies to help you achieve and maintain a healthy weight. 50 minutes.

Note: If you would like a calorie-controlled personal eating plan, a second nutrition consultation will be necessary.

If healthy weight is an important goal for you ...
Consider the New Approaches to Weight Management Health Package – see the enclosed Health Packages brochure – or the Canyon Ranch Weight Loss Program at the Life Enhancement Center, page 13.
NUTRITION FOR SPORTS PERFORMANCE
Optimizing your protein intake to support metabolism is critical to performance and muscle growth. Meet with a licensed dietitian/nutritionist to develop a dietary plan focused on eating before, during and after exercise. Learn about the dynamics of hydration, food combinations, blood sugar and energy support. 50 minutes.
Note: this session may be taken alone, or as a follow-up to the Exercise Physiology Metabolic Assessment.

Nutritional Lab Evaluations
Note: An initial consultation with a physician is required to best determine your clinical needs and health outcomes. Laboratory fees and physician consultations are priced separately and are in addition to the services with our nutritionists. Your Canyon Ranch physician and nutritionist will collaborate to create personal recommendations regarding preventive medicine, optimal foods and nutritional supplements for you. These services encompass:
- Celiac Disease testing
- Digestive analysis
- Individual nutrition lab analysis

Personal Dietary Needs During Your Stay
Consider this service when you first arrive or as a phone consultation before your stay. Contact us at 888-708-0769 or email PDN@canyonranch.com.

MENU PLANNING FOR YOUR STAY
Do you have very specific dietary needs or goals? Would you like to know exactly what to order at each meal without having to think about it? 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 to get the most out of your stay. 50 minutes.

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. 120 minutes.

LUNCH & LEARN – COMPLIMENTARY
Learn easy, time-saving techniques for creating tasty, healthy meals. Watch a Canyon Ranch chef prepare guest favorites any day at noon in our Demonstration Kitchen near the Double U Café, then enjoy the results. Take-home recipes are available. No sign-up is necessary, but space is limited. 50 minutes.

Visit canyonranch.com for Canyon Ranch recipes.
outdoor sports

Hiking, biking and just being out in the gorgeous Sonoran Desert 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**

A variety of bikes – comfort, hybrid, road and mountain – are available for our rides. Rides are conducted on quiet local roads or on unpaved backcountry trails. Helmets are provided, and required, and various pedals are available to clip in. Biking levels are based on mileage, elevation and pace. Please contact Outdoor Sports at Ext. 4355 for more information.

**BICYCLE CONFIDENCE CLASS – COMPLIMENTARY**

If you have ever hesitated to go on a ride because you don’t feel fully comfortable with the basics required to feel safe and relaxed, this class is for you. Review balance, braking, shifting and road safety. You must have previous riding experience. 120 minutes.

**GROUP BIKE RIDES – COMPLIMENTARY**

Ride through the dramatic desert terrain of the nearby Santa Catalina foothills or Saguaro National Park on a 24-speed bike. Complimentary guided tours are offered daily for beginning to advanced riders. Distances range from four to 33 miles. Bring warm gloves, a hat and a windbreaker in fall and winter. Sign up: Outdoor Sports Activity Board or Program Advising.

**PRIVATE BIKE TOURS**

If you’re looking for new adventures, greater challenges, or in-depth instruction, a private, guided bike tour may be just the ticket. Tours can be of any length, and suited to any skill or fitness level. Options include half-century rides on the rural outskirts of Tucson, ascending the nearby Santa Catalina mountains and more. Shorter private tours, lessons and private group rides are also available.

**Golf**

Discover exciting learning opportunities with indoor training, analysis through state-of-the-art technology, and PGA® personalized instruction. Lessons and clinics are held at our leading-edge Golf Performance Center. Call our PGA professionals at Ext. 4627 to learn about special packages and programming. Golf clubs will be provided for clinics and services.

**INDIVIDUAL OR SEMIPRIVATE GOLF LESSON**

Our PGA golf professionals work with you to develop your natural ability and help you reach your goals, no matter what your current skill level. Does technology excite you? It’s here. Interested in training aids? We’ve got them. Take-home materials? You bet. Add “fun” and what more could you possibly want? Try our semiprivate option with a friend, partner, parent or child. 50 minutes.

Also available as a group clinic opportunity. Clinics focus on Novice Boot Camp Workout, Bunkers, Putting and Pitching. See This Week at Canyon Ranch.
BOOT CAMP GOLF
A PGA golf professional works one-on-one with you in this six-hour, intensive golf learning system that works through repetition to hone skills and develop muscle memory. Excellent for beginners to the advanced golfer. Choose any six sessions during your stay from the following options:

**Novice** – Learn the basics from our experts – grip, posture and one super-cool basics swing drill – over and over. There’s no better way to get your game underway. 50 minutes.

**Conditioning** – Gain instruction in the elements of an athletic swing: balance, tempo, relaxation and awareness. You’ll then practice your swing and improve the shape you’re in with the help of various golf-conditioning training aids. 50 minutes.

**Full Swing** – Have your set-up, back swing and through swing scrutinized, learning one to three concerns that are holding you back. Then, the training begins! It will be both informative and game enhancing. 50 minutes.

**Short Game** – Putting, chipping, pitching and bunker play comprise over 60 percent of your golf shots. Muscle memory instruction is applied in these areas, thus accelerating the learning process. 50 minutes.

GOLF FITNESS ASSESSMENT
**Part I** – In the first session, our PGA professionals provide an assessment of four important fitness aspects as they relate to your game: strength (swing speed), flexibility (golf-specific rotation), posture (angles and athleticism) and balance. 50 minutes.

**Part II** – Using your first-session test results, we will provide you with a swing exercise program designed specifically for you. A summary video file of your program will be emailed to you so you can continue polishing your game at home. 50 minutes.

GOLF PACKAGES
Is golf your game? Make it the center of your Canyon Ranch stay.

**4-Night Golf Package**
- Two rounds of golf at nearby Ventana Canyon
- One Private Golf Lesson in the Canyon Ranch Golf Performance Center with a PGA professional

**7-Night Golf Package**
- Three rounds of golf at nearby Ventana Canyon
- Two Private Golf Lessons in the Canyon Ranch Golf Performance Center with a PGA professional

Every Golf Package includes an allowance for Canyon Ranch services and consultations, transportation to the course, cart, green fee and driving range.

HALF-DAY PARTNERS GOLF SCHOOL
You design a semiprivate golf school for two. Target a specific area of interest (full swing, short game, mental game, conditioning) and our PGA professionals will help you develop the skills necessary to move you forward with your game. 3 hours.
High Ropes Adventures

AERIAL ADVENTURE/ZIPLINE
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 our zipline. 90 minutes.

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. Clinics and private sessions available. 120 minutes.

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 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 three separate activities and is highly interactive, whether you traverse it one-on-one or with a group. From start to finish, you’ll make all the decisions about your adventure. Two to eight people. 2 to 4 hours.

Hiking

Hiking is an ideal way to pursue fitness while enjoying the strikingly diverse natural beauty that surrounds Canyon Ranch. Please, no cellphones. Hiking levels are based on mileage, elevation gain and pace. Please contact Outdoor Sports at Ext. 4355 for more information.

BIRD WALKS – COMPLIMENTARY
On-property bird walks are available each week, and cover approximately 2 miles around the Ranch and Sabino Creek area. Binoculars are provided. Sign up at the Outdoor Sports Activity Board or Program Advising. Bird walks meet in the Spa lobby and are led by a staff naturalist. 120 minutes.

DIGITAL PHOTO EDITING
Join an Outdoor Sports photographer to learn the fundamentals of photo manipulation through a digital editing program. You’ll learn the basic techniques for enhancing the artistry of your photos. You may bring your own electronic photos, or use one of ours. 50 minutes.

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: Outdoor Sports Activity Board or Program Advising.

PRIVATE HIKES: CRAFT YOUR OWN JOURNEY
What’s your ideal hike? Private hikes tailored to your own interests may be scheduled through the Hiking department. Enjoy the desert by night, or take a mindful walk along a scenic trail. Hikes can be customized for any focus, length, level or intensity, terrain and duration you choose. 24 hours advance notice required.

Sign up: 800-729-8090 • Service prices are listed on a separate menu of Fees for Services.
SPECIALTY HIKES
Interested in outdoor activities with a special focus? Look for specialty programs listed on the Outdoor Sports Activity Board.

**Nature Discovery Hike** – The Sonoran Desert is an environment like no other. Join a Canyon Ranch naturalist to learn all about this unique landscape on an interpretive hike into the world of towering saguaro cacti, gregarious cactus wrens and countless desert discoveries. 4 to 5 hours.

**Night Vision Goggle Experience** – Join us on a night walk in nearby Sabino Canyon and learn how to use night vision technology to explore the desert and the night sky. 3 hours.

**Photography Hike** – Celebrate the beauty of the desert and learn techniques for taking memorable nature photos on this easy, inspiring hike. You’ll have a high-quality digital camera to use and will receive digital copies of your images to take home. 4 hours.

**Sketch & Paint the Sonoran Desert** – Take a short walk at daybreak in a beautiful desert setting. Learn new techniques as you sketch and paint at the nearby DeGrazia® Gallery. Instructions and supplies are provided; no art experience is necessary. While you’re there, view the iconic artwork of the legendary Ted DeGrazia. 5 hours.

The daily hiking and biking schedule and sign-up boards are outside the Outdoor Sports area in the Spa. The sign-up board lists length, terrain, elevation gain and altitude of all activities offered. Our staff will be happy to make recommendations to suit your interests, acclimation and level of experience.

If you plan to hike, and we hope you do, please bring boots. Most trails require them; athletic shoes with a good tread are acceptable on some trails. Necessary equipment is provided (except for footwear and clothing).
Primitive Technology

ANIMAL TRACKING
Which creature made those tracks – and what was it doing? Learn how to follow and interpret animal tracks in the desert, and discover which other signs can show you that critters have passed through the area. 3 hours.

INTUITIVE ARCHERY
Technical knowledge isn’t the only thing required to move an arrow from your bow to the target. Develop the present-moment awareness skills that can help you begin or enhance your archery practice. 120 minutes.

MAKE A PRIMITIVE STONE KNIFE
Construct a basic knife using a stone flake and a yucca string you’ll create yourself. This tool is a replication of actual archeological finds. 3 hours.

NATIVE AWARENESS
Develop your outdoor senses. You’ll learn awareness exercises and mobile meditation techniques and discover how to sharpen your visual senses as you hone your awareness skills in a natural setting. 90 minutes.

PRIMITIVE FIRE-MAKING – COMPLIMENTARY
Learn how to coax a hot coal from hand-hewn sticks with this most exciting of outdoors skills. Experience a true Aha! moment as you connect with the primal thrill of creating fire. 120 minutes.

Racquet Sports

Swing a racquet, have fun and hone your technique in the popular, fast-paced sports of tennis or pickleball. Our skilled USPTA®-certified tennis pros offer fun and constructive ways to improve all aspects of your game with beginning to advanced instruction. Racquets are available.

Pickleball
The fastest-growing sport in the nation, this competitive, easy-to-learn game is a fun combination of ping-pong, tennis and badminton. Played on a court smaller than a tennis court, using paddles and plastic balls, pickleball focuses on shot placement and accuracy rather than speed or athletic ability.

INDIVIDUAL OR SEMIPRIVATE PICKLEBALL LESSON*
Beginning basics to advanced instruction. 50 minutes.

Tennis
Put the enjoyment back into your game! Play on our outdoor courts is complimentary; racquets are available. Lights are available for night play.

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

* Available as a group clinic opportunity. See This Week at Canyon Ranch.
Look as beautiful as you feel! Let our creative salon professionals give you a look you’ll love.

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. Blow-dry not included.

Cut – Consult with our expert stylist 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.

LUXURY SMOOTHING TREATMENT
Discover a new approach to long-lasting hair management for all hair types that shaves minutes off every blow-dry. This treatment uses products that banish frizz and promote movement and shine, making it easier to style and control your hair with results that last up to 21 shampoos. Blow-dry not included. 50 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.

SPA MANICURE
Enjoy a luxurious manicure that promotes healthy nails using products that make your nails strong, flexible and resilient. 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 the three C’s of wear and tear – calluses, corns and cracked dry skin. The health of your feet and nails will be restored. *Includes polish, if desired.*  **50 minutes.**

**PRICKLY PEAR PEDICURE**
Experience what the Sonoran Desert has to offer. Enjoy a nurturing and hydrating pedicure that uses native local products. Combinations of cactus flower, local jojoba, prickly pear and desert aloe will leave your feet and skin feeling renewed, soft and rejuvenated.  **50 minutes.**

**ROAD WARRIOR PEDICURE**
A special treat for hardworking feet, this aromatic pedicure begins with the soothing warmth of steamed muslin pouches of Thai herbs and essential oils, which are applied to the legs and feet in a kneading motion. Used for centuries to heal and purify the body, this treatment helps eliminate sluggishness, ease aching feet, release toxins and alleviate stress.  **80 minutes.**

**SPA PEDICURE**
Enjoy a luxurious pedicure that promotes healthy nails and feet. This treatment deep cleans, rejuvenates and exfoliates for healthier, softer skin.  **50 minutes.**

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**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.  **30 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 in 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.  **25 minutes.**

**COMPLIMENTARY MAKEUP APPLICATION**
Look as great as Canyon Ranch makes you feel. Receive a complimentary makeup application by our trained professionals. Limited availability.  **30 to 45 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.  **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 with the aid of DF technology. Vitamins and antioxidants boost brightness, combat discoloration and dark spots while repairing collagen and elastin. Skin’s cellular health is improved, and radiance is revealed. **50 or 80 minutes.**

**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.**

**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.**

**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 superb 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 oxygen treatment builds collagen and elastin, increases cell turnover and hydrates, restoring the skin’s youthful glow. Includes a double cleanse, deeply hydrating massage, and application of a serum specially chosen for your skin’s needs, concluding with an oxygen infusion. (Extractions are performed as necessary.) 50 minutes.

AGELESS OXYGEN BOOST FACIAL ... THE ULTIMATE!
Enjoy our Ageless Oxygen Boost Facial, with an added bonus. This “ultimate” treatment also includes a collagen masque and a 20-minute oxygen infusion. In addition, microcurrent technology can help tone, lift and firm your skin. (Extractions are performed as necessary.) 80 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 in the belief that you deserve high-quality ingredients that deliver dramatic results 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. In addition, microcurrent technology can help tone, lift and firm your skin. 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

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 acid repair, rejuvenate and restore tone to this delicate area.

LIP SERVICE
Hydrates, repairs and enhances natural fullness and contour of lips.

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
Gentle facial and body hair removal.

Specialty Treatments & Facials

Radiant skin is always in style – no matter your style. Our skin care facial treatments will give you glowing results, purifying your skin and allowing you to see a difference in your overall appearance.

CLEANSE & POLISH BACK TREATMENT
This treatment helps purify, soothe and balance the look of oily and problematic skin. A deep cleansing and exfoliation prevents and eliminates blackheads, whiteheads, breakouts and congestion – reducing the look of inflammation and irritation and leaving the skin clean and refreshed. 50 minutes.

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.

TOTAL RADIANCE FACIAL
Your skin will be treated and polished to a radiant, youthful glow using a specialized cleansing system combined with targeted ingredients chosen for your skin type. These nutrients promote healthy skin by improving your skin’s texture and boosting moisture. Your facial will include a massage, extractions (if needed) and a masque. 50 minutes.
We invite you to enhance your stay with a visit to our beautiful Meditation Garden at the Spiritual Wellness Center.

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 faith. 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!

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.

CRYSTAL SOUND ACTIVATION
This sound-focused treatment is designed to bring mind, body and spirit into balance. High-frequency, gemstone-infused Alchemy Crystal Singing Bowls™ are placed directly on your body, gently delivering deep resonance and profound healing frequencies to restore harmony in all areas of your life. 50 minutes.

DISCOVER YOUR CREATIVE SPIRIT
Creative expression is a powerful way to get in touch with your inner self and can foster a spiritual connection. Discover (or rediscover) the creativity you were born with by exploring an avenue of expression that resonates with you. Learn how to use it as a tool to bring awareness, presence and transformation into your life. Areas of creative exploration may include:

- Drawing
- Music
- Movement
- Writing

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.

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.
RIOTE OF PASSAGE
Are you ready to move on? This powerful session will help you 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.

SPIRITUAL FITNESS & MOVEMENT
A spiritual wellness provider will guide you in exploring your relationship to fitness and movement from a spiritual perspective, and teach you to apply spiritual principles to your daily fitness practice. Learn to let go of beliefs, perceptions and judgments that impede your physical and spiritual progress in life. 50 minutes.

YOUR SOUL SONG
This powerful service is a pivotal sound exercise that opens a gateway to your deepest being: the song of your healing heart. Guided by a spiritual wellness provider, access your inner soul sounds through your body and voice. Discover frequencies of love, health, forgiveness and rejuvenation. Learn to activate essence and light from within using this vibrational connection. 50 minutes.

As you continue your spiritual work between your Canyon Ranch visits, connect with our caring team via telephone, or any other preferred method of communication. Please contact your Program Advisor for more information.

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:
- Grief, Loss & Remembrance
- Rite of Passage
- Spiritual Dialogue
- Spiritual Fitness & Movement

Connect with us from home
As you continue your spiritual work between your Canyon Ranch visits, connect with our caring team via telephone, or any other preferred method of communication. Please contact your Program Advisor for more information.

Sign up: 800-729-8090 • Service prices are listed on a separate menu of Fees for Services.
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 on 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
- Energy therapies
- 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.

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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 888-873-0333.

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 our 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 shop.canyonranch.com. Or, simply click on “Store” at the top of the Canyon Ranch homepage.
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facilities

A Clubhouse
This is your first stop at Canyon Ranch and the place you’ll go for most meals and presentations. The old heart of the Double U Ranch is also a great place to relax.
- Bell Desk/Transportation
- Cactus & Catalina Rooms
- Dining Room/Dinner Reservations
- Guest Computers
- Guest Services Center/Concierge
- Library (books, games, DVDs and CDs)
- Media Room
- Memberships
- Registration
- Showcase Boutique

B Life Enhancement Center®
Home of the Life Enhancement Program,® an in-depth experience in healthy living. The retreat-like Center is also the site for a variety of other special programs. It has meeting rooms, gyms, a dining room, locker rooms, a living room and massage rooms – all for the use of program participants.

C Health & Healing Center
Caring, knowledgeable professionals offer personal attention, advanced diagnostic testing and resources in an unhurried atmosphere.
- Canyon Ranch Medicine
- Healing Energy
- Life Management
- Nutrition

D Spiritual Wellness Center
- Meditation Garden
- Sanctuary

E Double U Café
Featuring express meals, espresso & smoothie bar, snacks and year-round poolside and indoor dining.
- Flagstone Pool

F Golf Performance Center
Leading-edge facility, featuring:
- Golf-Specific Exercise Equipment
- High-Tech Video Analysis
- Nearby Outdoor Practice Area
- Separate Room for Private Lessons

G Aquatic Center
This state-of-the-art facility is home to our healing aquatic services.
- Aquatic Therapy Pools
- Changing Area
- Indoor Fitness Pool
- Underwater Treadmill
- Watsu Pools

H Tennis Center
- 2 Soft Omni Courts
- 4 Hard Courts
- Basketball
- Pickleball

I Spa Complex
Cutting-edge equipment, fitness and mind-body classes and world-class services are offered in a sparkling 80,000-square-foot complex.
- Canyon Ranch Healthy Feet Center
- Cardio & Strength Gym
- Exercise Physiology
- Fitness Gyms/Exercise Studios
- Guest Computers
- Hair & Nail Salon
- Indoor Cycling Studio
- Information Desk
- Massage & Body Treatment Rooms
- Memberships
- Men’s & Women’s Locker Rooms, complete with Steam & Inhalation Rooms, Sauna, Cold Dip, Sunbathing Decks & Whirlpools
- Movement Therapy, Gymtonic & Pilates Studio
- Outdoor Sports – Hiking & Biking
- Program Advising
- Skin Care
- Wallyball, Racquetball & Squash Courts
- Yoga Studio

Outside the Spa Complex
- Archery
- Chip & Putt
- Creative Arts
- Demonstration Kitchen
- High Ropes Challenge Course
- Labyrinth
- L-Pool (with underwater treadmill)
- Mesquite Room
- Metaphysical Services
- Pavilion
- Ranch Store
- Sabino Room
- T-Pool
IMPORTANT PHONE NUMBERS

- Reservations: 800-742-9000
- Program Advising: 800-729-8090
- LEC Program Advising: 800-726-3335
- Calling a Guest: 520-749-9000
- Guest Fax: 520-749-1646
- Health & Lifestyle Questionnaire Fax: 520-239-8515

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.