Explore the singular Wellness Spa + Fitness experience that perfectly complements your Celebrity Cruises® experience. Canyon Ranch elevates every spa treatment, environment and activity to unprecedented levels. Worthy of your Celebrity voyage. Worthy of you.

Enhance your cruise with spa services, fitness classes and presentations – all geared toward your well-being.
ABOUT CANYON RANCH
Welcome to Canyon Ranch® Wellness Spa + Fitness, where we’ve reimagined what a day spa can be. Here you can complement your voyage with life-enhancing experiences that are enduring and can inspire lasting lifestyle change.

Every offering is infused with the vision of our Canyon Ranch founders, Enid and Mel Zuckerman. In 1979, they sparked a worldwide health and fitness revolution, creating wellness resorts, luxury day spas and a healthy living philosophy that has inspired countless people to exercise, eat better and make positive lifestyle choices. I’m honored to be responsible for growing this brand’s global influence, and to share our mission of transformative wellness to live your fullest life.

Enjoy!

Susan Docherty
Canyon Ranch CEO
WELLNESS SPA + FITNESS
LAS VEGAS

Canyon Ranch® is a haven of health and serenity in the heart of exciting Las Vegas. Our award-winning luxury day spa features everything you need to relax, refresh and re-energize.

WELLNESS RESORT
LENOX, MASSACHUSETTS

In a classic New England setting, nestled in the Berkshires, you’ll soothe your spirit, ignite your imagination and nurture the best version of you.

WELLNESS RESORT
TUCSON, ARIZONA

Legendary Canyon Ranch in Tucson, in the spectacular Sonoran Desert of Southern Arizona, has inspired thousands of guests to “live younger longer” – and enjoy the healthy vacation of a lifetime.

WELLNESS RESORT
LAS VEGAS

Canyon Ranch® is a haven of health and serenity in the heart of exciting Las Vegas. Our award-winning luxury day spa features everything you need to relax, refresh and re-energize.
DESTINATION: HEALTH + WELLNESS

Your perfect voyage is exciting, relaxing and filled with wonders. And you want to go home feeling better than ever. That’s what Canyon Ranch® is all about – nourishing the healthiest, best version of you.

We understand how easy it is to “overdo” on a cruise, and we’re all for it: Indulge in a luxurious body treatment that heals the body and vanquishes stress. Indulge yourself twice. Take that extra yoga class, or spend another hour in the gym. Why not?

Indulge in the things that make you feel your best – treat yourself well at Canyon Ranch.
Persian Garden Pass

Enjoy Canyon Ranch® facilities with the purchase of a Persian Garden pass, which includes use of the aquatherapy environments, relaxation lounge (on Solstice Class ships only) and locker rooms. We provide robes, towels and refreshments.

Passes are valid from 8 am to 8 pm. Ask about our multi-day passes. Facilities may be enjoyed by guests 16 years of age and older. Passes are not transferable or refundable.
PERSIAN GARDEN
Explore our aquatic suite – where the pleasures are rivaled only by the benefits. From billows of aromatic steam to tropical rain showers, you’ll find a full range of rejuvenating aquatic experiences. Unwind before a spa treatment, relax after a class or workout, rejuvenate before a big night, or simply enjoy this unique, therapeutic environment at your leisure.

Access to the Persian Garden is included with a Persian Garden pass. (Bathing suit required; robe and towels are provided.)

Persian Garden designs and amenities vary on each vessel.

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

FINNISH SAUNA
Enjoy the health benefits of nurturing heat. Our traditional Finnish sauna with a classic hot and dry cabin is lined with aromatic Nordic cedar and heated by a hidden stove. It promotes increased circulation, relaxes muscles and soothes aches.

HERBAL SAUNA
The perfect start to the total spa experience, this sauna is a gentle, relaxing heated environment. Unwind in an average temperature of 140 degrees Fahrenheit and 60 percent humidity.

SENSORY SHOWERS
Cool off after a heat treatment or sauna with this stimulating shower – featuring six water jets and an overhead spray – and enjoy cool fog in combination with a fresh scent and cool blue fiber-optic light. Or unwind with a warm tropical rain shower infused with exotic natural aromas.

Thermal experiences are available on selected vessels.

WHY HURRY?
Your purchase of a Persian Garden Pass will allow you to enjoy this delightful experience before your spa treatment. Be sure to arrive at least 45 minutes before your scheduled service. Then, relax and enjoy!
MINDFUL DREAMS PROGRAM

Start better tomorrows today. Partake in a curated program of treatments, products and sleeping aids, as well as dining menu advisement, expert lectures and special instructional classes that complement our holistic approach to mindful sleep.

ORGANIC LAVENDER + SEAWEED SUGAR GLOW
50 min $140 | $105*  
Gently removes dead skin cells with sugar, and heals with seaweed extracts and lavender essential oil.

AGE-DEFYING RESTORATIVE FACIAL
50 min $145 | $109*  
A mix of seaweed and botanical ingredients to help stimulate collagen production and reduce the appearance of fine lines and wrinkles. This facial results in instantly firmed and tightened skin with a natural and more radiant glow.

ADD ON
Hair + Scalp Treatment – relaxing and restorative 20 min $32 | $24*  
Foot Treatment – soothing and nourishing 20 min $32 | $24*

MINDFUL DREAMS RITUAL
75 min $250 | $199*  
This relaxing treatment creates an incomparable sleep-encouraging experience. Incorporating specially designed soothing products alongside sleep-inducing cultural massage and meditation techniques, this wellbeing-focused treatment evokes instant tranquility and fosters inner wellbeing, calmness and serenity.

ENHANCEMENTS
Mindful Shower Moment – A Red Flower Shower Moment™ is a conscious point of time taken to reconnect and restore, designed specifically to instantly decompress and promote a restful night’s sleep. This self-guided shower ritual envelops with essences of lavender and steam to calm the mind, ease tension and deeply relax the system.

Wellness Talks – Breathing / Meditation / Low-Impact Yoga
Aromaflage sleep spray with notes of French lavender, Brazilian rose and Madagascar vanilla to relax and induce sleep.

VOYA Chamomile Tea to instill calmness
VOYA Tranquil Body Care range

* Offered only when the vessel is in port, from 8 am to 1 pm
FACIALS

ADVANCED AGE-MANAGEMENT FACIAL
80 min  $260 | $195*
One of the most advanced approaches to reduce signs of premature aging, this extraordinary facial diminishes the look of fine lines, lax skin, pigmentation, sun damage and scarring. Attention is also given to neck, décolleté, hands and arms.

AGELESS OXYGEN BOOST FACIAL
50 min  $207 | $155*
The next generation of skin care – pharmaceutical results using pure, preservative-free formulas. This oxygen treatment builds collagen and elastin, increases cell turnover and hydrates, restoring the skin’s youthful glow. Note: Extractions are performed as necessary.

AGELESS OXYGEN BOOST FACIAL... THE ULTIMATE!
80 min  $270 | $203*
Enjoy our Ageless Oxygen Boost Facial with an added bonus. This “ultimate” treatment also includes a collagen masque and 20-minute oxygen infusion. Note: Extractions are performed as necessary.

CLEANSE + POLISH BACK TREATMENT
50 min  $140 | $105*
This treatment focuses on an often often-overlooked area and helps balance oily and problematic skin. A deep cleansing and exfoliation reduces the look of inflammation and irritation, and leaves the skin clean and refreshed.

DEEP-CLEANSING FACIAL
50 min  $140 | $105*
80 min  $205 | $154*
This facial purifies and soothes skin. Deep cleansing helps eliminate the appearance of blackheads, whiteheads and congestion. Your newly exfoliated and smoothed skin will look bright.

ENHANCING VITAMIN THERAPY
50 min  $240 | $180*
Developed to intensively focus on several key areas of concern, this targeted skin care treatment includes a penetrant-enhancing masque for amazing results.

* Offered only when the vessel is in port, from 8 am to 1 pm
## FACIALS

### MEDICAL-GRADE PEEL
**50 min**  $205 | $154*
These tailored peels help promote a healthier, firmer, smoother appearance of the skin. A post-peel application of a vitamin-enriched masque will soothe, hydrate and nourish. Limited sun exposure and sunscreen application is a must following this treatment.

**Option 1** – The lactic acid peel helps refine the look of sun-damaged skin, leaving it smoother and looking healthy.

**Option 2** – The trichloroacetic acid peels can be layered to treat acne, texture issues or skin pigmentation concerns.

### PRECISION VITAMIN THERAPY
**30 min**  $120 | $90*
This treatment targets specific areas of concern using the best skin care techniques to ensure quick, effective results. It’s perfect for when your time is limited.

### PURIFYING VITAMIN THERAPY
**80 min**  $280 | $210*
Created to purify, micro-exfoliate and rehydrate your skin, this therapy greatly assists with the treatment of acne, scarring and deep skin congestion. The combination of scientifically advanced products and techniques revives and refreshes.

### SENSITIVE FACIAL
**50 min**  $150 | $113*
A calming and restorative skin treatment for anyone who experiences redness, irritation and dryness. A combination of vitamins, antioxidants and growth factors begin to rebalance and restore your skin’s integrity.

### ULTIMATE VITAMIN THERAPY
**80 min**  $305 | $229*
This luxurious treatment improves the appearance of fine lines, wrinkles and lax skin. It brightens and evens out skin tone for outstanding visible results.

### VITAMIN INFUSION FACIAL
**50 min**  $160 | $120*
**80 min**  $225 | $169*
Powerful vitamins A and C plus antioxidants help re-establish your skin’s clarity and firmness and help guard against further damage. You’ll have a brighter, smoother and more youthful look.
GENTLEMEN’S FACIALS

ANTI-AGING MEN’S FACIAL
50 min $140 | $105*
Using the best ingredients formulated for men, this treatment will help maintain an energized, youthful appearance. Smooth wrinkles, strengthen skin around the eyes and reduce puffiness and dark circles.

ESSENTIAL MEN’S FACIAL
50 min $140 | $105*
Designed to address a man’s skin care needs, this treatment uses powerful coconut- and aloe-based products, removing skin impurities that are deeper and harder to reach.

HIGH-PERFORMANCE MEN’S FACIAL MASSAGE
80 min $205 | $154*
Enjoy the combined benefits of a relaxing cranial massage followed by a deep-cleansing facial and exfoliation.

OPTIONAL FACIAL ENHANCEMENTS

ALGAE LIFTING + CONTOURING EYE ENHANCEMENT $45 | $34*
AGE-DEFYING NECK + DÉCOLLETÉ TREATMENT $45 | $34*
AGE-DEFYING THERAPEUTIC MASQUE $45 | $34*
BROW TINTING $36 | $27*
EYELASH TINTING $45 | $34*
MASQUE ADD-ONS $45 | $34*

OPTIONAL UPGRADES
Enhance the results of our treatments by adding one or both of the following:

Iontophoresis – involves the use of an electric current to facilitate greater penetration of vitamins into the skin. It upgrades the effectiveness of your soothing age-defying masque. $50 | $38*

Sonophoresis – uses sound waves to transport vitamin molecules through the skin. Choose two treatment areas (eyes, pigmentation, breakouts scarring, etc.). $40 | $30*

WAXING

Back $75 | $56*
Bikini $45 | $34*
Brazilian $95 | $71*
Chin $26 | $20*
Eyebrow $36 | $27*
Forearm $45 | $34*
Full Arm $55 | $41*
Full Body $205 | $154*
Full Leg $95 | $71*
Full Leg + Bikini $135 | $101*
Half Leg $45 | $34*
Hollywood $105 | $79*
Lip $27 | $20*
Underarm $36 | $27*

* Offered only when the vessel is in port, from 8 am to 1 pm
CANYON RANCH® AESTHETICS
These advanced, nonsurgical facial treatments, performed by a physician trained in aesthetic medicine, feature the finest skin care products and gold-standard nonsurgical procedures using FDA-approved BOTOX® Cosmetic to relax wrinkles and JUVÉDERM® XC to lift and smooth your skin.

Services are available only on selected vessels, and must be booked onboard. Services are not available when the vessel is in port.

BOTOX® COSMETIC
Botulinum toxin that temporarily relaxes the muscles that cause facial wrinkles. Most common cosmetic treatment in the world. Multiple other uses. Prices vary

JUVÉDERM® XC
Injectable hyaluronic acid dermal filler. Each filler lasts between 9 months and 2 years. Prices vary

Lip enhancement
Filling marionette lines
Softening fine lines around the mouth
Lifting corners of the mouth
Filling nasolabial folds (between nose and mouth)

Cheek lift or enhancement
Jawline lift
Chin
Acne scars
Filling sunken area under the eyes to hide dark circles and bags

Between brows
Brow lift
Temples
Hands
BODY TREATMENTS

Rituals    Scrubs    Wraps    Thermal Therapy
BODY TREATMENTS
RITUALS

DETOXIFYING RITUAL
80 min  $295 | $221*
100** min  $295 | $221*
An intense therapeutic transformation based on the skin care practices of the traditional hamam bathhouse. You’ll be cleansed with a Moroccan mint tea and silt purifier, then scrubbed with coffee, olive stones and fresh lemons. A rich rhassoul clay then draws out impurities. Finally, recharge with quince and orange blossoms, sealed in with warming curative essences of cardamom, jasmine, bergamot, amber and clove. Concludes with a massage.

NATURALLY NOURISHING RITUAL
80 min  $295 | $221*
100** min  $295 | $221*
A powerful six-part ritual based on Finnish traditions. Skin is nourished and cleansed with organic milk, exfoliated with bioactive peat enzymes and ripe, antioxidant-rich Arctic cloudberrys. Then your lymphatic system is stimulated by a mushroom and phytonutrient wrap followed by an oxygenated ionizing mist. Your treatment finishes with a Canyon Ranch Massage using Arctic berry extracts and oils of cypress and birch to increase circulation and vitality.

EUPHORIA RITUAL
80 min  $295 | $221*
100** min  $295 | $221*
Designed to calm the nervous system and relax the mind. Your journey begins with a sage compress for your face and an aromatherapy scalp massage. A warm botanical body masque is applied and gently buffed, then you are immersed in a soaking tub with a specially designed aromatherapy blend. Your ritual concludes with a soothing massage using warm, herb-infused oil.

REVITALIZING RITUAL
80 min  $295 | $221*
100** min  $295 | $221*
A luscious six-part massage and body ritual that brings your body into balance and harmony. Be purified with yuzu mimosa sea algae, deeply scrubbed with warming gingergrass, polished with nutrient-rich rice bran and hydrated with rose camellia water. Next, quench your whole body with wild lime silk oil and a Canyon Ranch Massage to energize and restore. Complete your journey with a plum wine cream to seal in the healing benefits.

* Offered only when the vessel is in port, from 8 am to 1 pm
**100-minute services include a bath soak, and are available only on selected vessels.
INTENSIVE BODY PROFILE TREATMENT
50 min $200 | $150*
This targeted treatment using iontophoresis increases the effectiveness of medical-grade ingredients to help firm, condition and smooth the skin on the thighs.

ORGANIC SEA SALT SCRUB
50 min $140 | $105*
Dry brushing with organic Dead Sea salts stimulates the lymphatic system, while an application of biodynamic honey, spirulina and essential oil leaves skin supple and calm.

SEAWEED LEAF WRAP
80 min $250 | $188*
You'll be warmly wrapped from head to toe in hand-harvested seaweed. This amazing, all-organic treatment detoxifies, firms and softens skin.

SEaweD PEaT WRAP
50 min $160 | $120*
Peat wraps have long been used in Eastern Europe to treat skin and rheumatic conditions. This wrap, which mixes organic seaweed extracts with micronized peat, offers potent detoxification.

TANGLE ME UP WRAP
50 min $160 | $120*
Ground Laminaria digitata algae helps relax your tired muscles, relieve stress and banish fatigue. The powerful antioxidant compounds work to firm and tone your skin, and alleviate the appearance of cellulite and signs of aging.
THERMAL THERAPY

RASUL CEREMONY
50 min (on selected vessels)

SINGLE $135  |  $101*
PER COUPLE $155  |  $116*

Cleanse and purify your body in our exquisite, ornately tiled steam chamber designed for your comfort and pleasure. Smooth rare, purifying muds on your skin (or your partner’s) and relax in gently warmed thrones as bursts of herbal steam surround you. Indulge your senses with this unique experience alone or with someone special.

* Offered only when the vessel is in port, from 8 am to 1 pm
GET THE MOST FROM YOUR MASSAGE

TAKE TIME
Give yourself plenty of time before and after your massage, so you can enjoy the steam room, sauna or whirlpool. Warm muscles benefit most from bodywork.

SHOWER
A warm shower just before your massage is relaxing and washes away any salts, minerals or chemicals that could clog pores when mixed with massage oils. Then, put on your robe and meet your therapist in the relaxation lounge.

(UN)DRESS THE PART
Unless the service description specifies that your massage will be received clothed, we recommend that you undress completely and wear just a robe to your massage. You will be able to take your robe off and cover yourself in privacy, and you will be draped with a sheet throughout the service. For services that are received clothed, shorts and a T-shirt are ideal.

TALK WITH YOUR THERAPIST
Before your massage, tell your therapist which areas you would like to focus on – and any areas to be avoided. During your massage, let your therapist know if you feel any discomfort. Communication is the key to getting the massage you want.

RELAX
Close your eyes and allow your mind and body to enjoy the quiet. Focus on how you feel. Breathe deeply and let tension slip away with each breath. Remember, this time is for you.
MASSAGE + BODYWORK

MASSAGE

AROMATHERAPY MASSAGE
50 min $150 | $113*
80 min $205 | $154*
An all-natural, sense-seducing escape from the everyday world. This fragrant, full-body massage is the ultimate healthy pleasure. Just breathe.

CANYON RANCH MASSAGE
50 min $145 | $109*
80 min $205 | $154*
Uniquely relaxing, our signature full-body massage stimulates circulation and soothes tight muscles.

AROMATHERAPY MUSCLE SOOTHER
80 min $205 | $154*
A focused, all-over body massage designed to release tight, fatigued muscles and joints.

CANYON STONE MASSAGE
80 min $215 | $161*
Smooth, rounded basalt stones are gently heated and used by the therapist as extensions of his or her hands. The heat of the stones penetrates muscle tissue, inducing deep relaxation without overheating.

AWAKENING MASSAGE
50 min $150 | $113*
An all-over body massage using cold-pressed Arctic berry seed oils to deliver a boost of regeneration to your whole being. Optimal health and a positive state of mind are restored with an awakening eucalyptus and laurel foot massage, ending with an uplifting flower mist.

DEEP TISSUE MASSAGE
50 min $170 | $128*
80 min $240 | $180*
Feel the need for a really deep massage? Put yourself in an expert therapist’s hands for an intensive experience focused on releasing deep muscle layers.
LYMPHATIC TREATMENT
50 min $155  |  $116*
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.

SOLE REJUVENATION
50 min $150  |  $113*
Every aspect of wellness is connected, from head to hard-working toes. This deliciously relaxing foot scrub and massage relieves tension, soothes aches and puts the spring back in your step.

Note: You are welcome to wear loose-fitting clothing.

TENSION ZONE MASSAGE
50 min $145  |  $109*
Get that weight off your shoulders. Your therapist will relieve all the tension in your head, neck and shoulders.

Note: Not a full-body massage.

ACUPUNCTURE
ACUPUNCTURE
50 min from $170  |  $128*
This ancient Chinese modality is endorsed by the National Institutes of Health. A session with an acupuncturist helps balance the body’s energy (chi), stimulates natural healing processes and provides a deep state of relaxation. Acupuncture is useful in addressing problems such as:

- Insomnia  |  Anxiety  |  Depression  |  Migraines
- Arthritis  |  Allergies  |  Sea Sickness
- Tension Headaches  |  Tendonitis  |  Fatigue

Prices vary depending upon areas treated.

* Offered only when the vessel is in port, from 8 am to 1 pm
MASSAGE + BODYWORK

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

5 POINT STAR
50 min $180 | $135*
Steepled in ayurvedic tradition, this service connects body and mind, promoting harmony with herbal infusions applied on the head, hands and feet.

ABHYANGA MASSAGE
50 min $170 | $128*
80 min $230 | $173*
This specialized massage from India combines touch therapy with aromatherapy. Fragrant essential oils that balance your dosha (constitution) are applied with light pressure to the energy points on the skin where, according to ayurvedic thought, your subconscious mind communicates with your body. Profoundly relaxing and energetically balancing.

AYURVEDIC SIGNATURE BODY WRAPS
50 min $180 | $135*
Avarna – Sanskrit for “envelopment” – beautifully exemplifies the cocooning effect of body wraps. The treatments are dosha-specific (corresponding to your ayurvedic type) and designed to nourish, hydrate, tone, ground and revitalize your being. You may select from the following:

Herbal Rejuvenation – a tri-dosha experience for whole-body nourishment, purification and hydration.

Cucumber + Aloe – a soothing treatment designed to balance the fiery nature of pitta dosha (perfect for overexposure to the sun).

Lymphatic Detoxification* – to stimulate lymph flow and eliminate toxins.

Herbal Cellulite Wrap – helps reduce the appearance of cellulite, tightens skin and helps alleviate the sluggishness of kapha dosha types.
REFLEXOLOGY
50 min $150 | $113*
Release life’s tensions through the energy meridians on the soles of your feet.

REIKI
50 min $150 | $113*
Reiki promotes healing through methods rooted in Eastern spiritual tradition. In this balanced state, your body is able to access its own natural healing ability. You may experience decreased anxiety and fatigue and improved circulation, concentration and sleep quality.

SHIRODHARA
50 min $165 | $124*
Feel the serenity as the warm oils nurture your hair and scalp. An Indian balancing bowl, used on the soles of your feet, soothes the spirit and helps balance your body’s energies.

THAI MASSAGE
50 min $155 | $116*
80 min $205 | $154*
Using slow, focused movements and compressions to guide the body through stretches, Thai massage creates a feeling of lightness and comfort. Given on a traditional floor mat.

* Offered only when the vessel is in port, from 8 am to 1 pm
1on selected vessels
HEALTHY FEET
All treatments incorporate therapeutic products to relieve, soothe and revitalize sore and aching feet.

FOOT RESCUE!
50 min  $105 | $79*
This therapeutic, invigorating treatment begins with a soothing foot bath in herbal salts that will refresh and relax your feet. Our technician will focus on wear and tear to restore health to your feet and nails.

GAIT ANALYSIS
25 min  $85 | $64*
Get a computerized assessment of the biomechanics of your feet as you walk across an orthotics mat. Includes review and recommendations for orthotics, if indicated. (Off-the-shelf Foot Doctor orthotics are available.)

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

INSTANT RELIEF
50 min  $135 | $101*
This treatment is designed to help alleviate painful symptoms associated with conditions such as plantar fasciitis (heel or arch pain), sore Achilles tendons, Morton’s neuroma, shin splints or pain in the ball of the foot. Your therapist will tailor your massage to meet your individual needs, improve circulation, reduce inflammation and increase mobility.

HEALTHY ON YOUR FEET
50 min  $135 | $101*
If you experience foot, ankle or knee pain related to long periods of standing, this focused foot and lower leg massage may enhance blood flow to your muscles, reduce inflammation around the joints, and relax your entire lower body. Enjoy relief from muscle soreness and fatigue.

SEAWEED FEET + LEG MASSAGE
25 min  $65 | $49*
Enjoy a sea salt scrub and a deeply relaxing massage of the lower legs, followed by a warmed Atlantic seaweed wrap to detoxify, increase circulation, and nourish tired feet and legs.
**TWO-BY-TWO MASSAGE**

Share the Canyon Ranch experience with someone special with side-by-side massages. You can book two therapists and two tables for your choice of:

<table>
<thead>
<tr>
<th>Massage Type</th>
<th>Duration</th>
<th>Price</th>
<th>Price with Enhanced*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aromatherapy Massage</td>
<td>50 min</td>
<td>$300</td>
<td>$225*</td>
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<td></td>
<td>80 min</td>
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<td>$308*</td>
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<tr>
<td>Canyon Ranch Massage</td>
<td>50 min</td>
<td>$290</td>
<td>$218*</td>
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<tr>
<td></td>
<td>80 min</td>
<td>$410</td>
<td>$308*</td>
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<tr>
<td>Canyon Stone Massage</td>
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<tr>
<td>Deep Tissue Massage</td>
<td>50 min</td>
<td>$340</td>
<td>$255*</td>
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<tr>
<td></td>
<td>80 min</td>
<td>$490</td>
<td>$368*</td>
</tr>
<tr>
<td>Tension Zone Massage</td>
<td>50 min</td>
<td>$290</td>
<td>$218*</td>
</tr>
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</table>

**OPTIONAL MASSAGE ENHANCEMENTS**

Make your Canyon Ranch massage even more unforgettable.

<table>
<thead>
<tr>
<th>Massage Type</th>
<th>Price</th>
<th>Price with Enhanced*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Relaxation Scalp Massage</td>
<td>$35</td>
<td>$26*</td>
</tr>
<tr>
<td>Revitalizing Foot Treatment</td>
<td>$35</td>
<td>$26*</td>
</tr>
<tr>
<td>Waking Up Scalp Massage</td>
<td>$35</td>
<td>$26*</td>
</tr>
</tbody>
</table>

* Offered only when the vessel is in port, from 8 am to 1 pm

* on selected vessels
## HAIR SERVICES

**BANG/FRINGE TRIM**
- **Extra Long**: $15 | $11*

**BLOW-DRY ENHANCEMENT**
- **Extra Long**: $25 | $19*

**SUPER CURLY**
- **Add-Ons**: $34 | $26*

**ADD-ONS**
- **Comb Out**: $44 | $33*

**CUT & STYLE**
- **Shampoo, Cut + Blow-Dry**
  - **Short**: $81 | $61*
  - **Medium-Length**: $90 | $68*
  - **Long**: $100 | $75*

**Shampoo, RollerSet + Blow-Dry**
- **Short**: $53 | $40*
- **Medium-Length**: $62 | $47*
- **Long**: $72 | $54*

**UPDO/UPSTYLE**
- **Medium-Length**: $72 | $54*
- **Long**: $81 | $61*

**COLOR + HIGHLIGHTING**
*Prices start at:*
- **Bleach**: $71 | $53*
- **Full Highlights**: $155 | $116*
- **Highlights – 2 to 4 Foils**: $44 | $33*
- **Partial Highlights**: $110 | $83*

**TINT, TONER OR SEMIPERMANENT COLOR**
- **Short**: $90 | $68*
- **Medium-Length**: $100 | $75*
- **Long**: $110 | $83*
- **Tint – Roots Only**: $81 | $61*

**HAIR + SCALP TREATMENT**
- **80 min**: $155 | $116*

Restore your hair’s natural vitality with a custom hair care and scalp treatment. A designer style completes the treatment.
BARBER SERVICES

BEARD TRIM EXPRESS $47 | $35*
BEARD TRIM/SHAVE $88 | $66*
HAIRCUT $34 | $26*
HEAD SHAVE $57 | $43*
MUSTACHE OUTLINE $16 | $12*
STRAIGHT RAZOR SHAVE $68 | $51*

MANICURES

AGE-DEFYING MANICURE 45 min $90 | $68*
Vitamins A, C and E plus alpha hydroxy acids to soften dry, rough, chapped skin, unveiling smooth-as-silk hands.

SHELLAC MANICURE 50 min $90 | $68*
Say goodbye to nicks, chips and smudges. Enjoy all the essentials of a perfect spa manicure finished with gel polish.

GENTLEMEN’S MANICURE 30 min $35 | $26*
This treatment provides hydration and exfoliation using products that appeal to a gentleman’s senses. Includes a file, soak, groom, massage and buff.

HANDS SO SOFT MANICURE 45 min $85 | $64*
Warm paraffin hydrates dry skin, softens cuticles and soothes aching joints like nothing else.

CANYON RANCH MANICURE 45 min $42 | $32*
Gentle exfoliation, aromatic soak and soothing lotions leave skin silky smooth.

NAILS

Acrylic Fills $69 | $52*
File + Polish $24 | $18*
Full-Set Acrylics $96 | $72*
French Polish $105 | $79*
Overlay with Acrylics $78 | $59*
Pink + White Acrylics $123 | $92*
Pink + White/Rebalance/Fill $78 | $59*
Nail Repair $24 | $18*
Paraffin Treatment Hands or Feet $33 | $25*
Polish Change Fingers or Toes $24 | $18*
French $33 | $25*
Soak-Off $15 | $11*

* Offered only when the vessel is in port, from 8 am to 1 pm
PEDICURES

AGE-DEFYING PEDICURE
50 min $120 | $90*
Vitamins A, C and E plus alpha hydroxy acids soften dry, rough, chapped skin, unveiling smooth-as-silk feet.

CANYON STONE PEDICURE
80 min $154 | $116*
Experience the ultimate. We’ll nurture your senses as your technician massages your feet and lower legs using warm basalt stones and fragrant essential oils. This pampering delight is followed by warm paraffin.

FEET SO SOFT PEDICURE
50 min $115 | $86*
Warm paraffin hydrates dry skin and soothes aching joints like nothing else. Say goodbye to painful joints and dried-out cuticles.

SHELLAC PEDICURE
50 min $95 | $71*
No more nicks, chips and smudges. Enjoy a Canyon Ranch pedicure finished with a gel polish.

GENTLEMEN’S PEDICURE
30 min $69 | $52*
A delightful treatment that provides hydration and exfoliation using products that appeal to a gentleman’s senses. Includes a file, soak, groom, massage and buff.

CANYON RANCH PEDICURE
50 min $69 | $52*
Maintain healthy and refreshed feet with a gentle exfoliation, an aromatic soak and moisturizing essential lotions.

SPORTS PEDICURE
50 min $78 | $59*
Smooth and cool your active feet. Self-heating oil relieves aches and increases blood circulation; a final cooling gel leaves your feet feeling like new.
MAKEUP
Service fee is waived with the purchase of makeup upon conclusion of service.

FACE ON
15 min $25 | $19*
30 min $50 | $38*
After your Canyon Ranch facial has left your skin clean, nourished and glowing with health, let our makeup artist enhance your natural beauty. You’ll turn heads and feel fabulous.

MAKEUP CREATION + LESSON
50 min $100 | $75*
Become your own makeup artist. A professional makeup artist will show you how to make the most of your bone structure, complexion, skin type and lifestyle.

WEDDING MAKEUP
50 min $100 | $75*
Be your beautiful best on your big day. Our makeup artist will create the look you’ll love for your picture-perfect occasion.

BEAUTY ESSENTIALS
EXPRESS TEETH WHITENING
20 min $199 | $149*
This peroxide-free laser teeth-whitening system provides immediate results in less than half an hour. It causes no structural or enamel change, and your experience will be painless.

* Offered only when the vessel is in port, from 8 am to 1 pm
A high-performing natural skincare line designed exclusively for men that combines organic, high-quality natural ingredients with green technology.

Known for state-of-the-art, results-driven products and treatments to meet the needs of people of all ages, skin types and ethnicities. Contains vitamins A and C, antioxidants, peptides and growth factors that keep skin looking healthy and beautiful.

Unsurpassed products and treatments that satisfy the simple desire for exceptional hair.

Indulgent skincare at the forefront of clean beauty innovations for over a decade. Nutrient-rich formulas contain Bio-Suisse-certified extracts and advanced cosmeceuticals to ensure optimum potency without the use of skin-aging additives and irritants. The full line of spa products is toxin-free and processed in small batches for the perfect blend of purity and power.

The pioneering, toxin-free, luxury botanical beauty brand. Engage the senses with the therapeutic power of plants from around the world.

100% natural, effective products and holistic spa treatments with a unique East-West approach that promotes overall well-being. Ayurvedic treatments help bring balance to the whole person, leaving you feeling refreshed and able to fully enjoy your cruise.

The leader in organic seaweed skin care worldwide for more than a decade. Created lovingly by the Walton family on the west coast of Ireland, VOYA is a spa brand that uses only hand-picked wild seaweed to help improve your health, skin and well-being.
CANYON RANCH BATH + BODY PRODUCTS

Gentle, replenishing and suitable for the most sensitive skin – the Canyon Ranch Bath & Body products line is all you’d expect from the most trusted name in health and wellness.

We created these products with all-natural ingredients, a refreshing signature scent, rich, creamy textures and – naturally – no parabens, sulfates or propylene glycol. Rich dilo oil and chia seed oil, the key ingredients in our skin care and hair care products, unite nature’s powerful health-enhancers to cleanse, nurture and protect, day after active day.

Start your day with a fresh outlook – and enjoy the feeling all day long!

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

Products available for purchase at the Spa and from our online store, shop.canyonranch.com
FITNESS + WELLNESS

FITNESS + WELLNESS

COMPLIMENTARY EDUCATIONAL PRESENTATIONS + WORKSHOPS
Learn, be inspired and have fun during presentations and workshops offered by Canyon Ranch professionals. Consult your daily program for topics, times and locations.

EXERCISE + WELLNESS

FITNESS CLASSES
45 min
From aerobics to yoga, Pilates to indoor cycling, our schedule of daily classes offers nearly endless opportunities to learn, get fit and have fun. Consult your daily program for times, locations and descriptions. Use of Fitness Center is complimentary, but does not include the use of locker rooms or facilities. Sign-up is required to attend, please inquire at Gym reception. Please note that select classes require a registration fee.

ASSISTED STRETCHING
25 min $65 | $49*
Increased resistance to improve flexibility and strength.

BASIC FITNESS ASSESSMENT
80 min $149 | $112*
Have your fitness level assessed through five tests: cardiovascular endurance, muscular strength, muscular endurance, flexibility and body composition. An expert will then design a safe and effective exercise program just for you.

BODYSSTAT® BODY COMPOSITION ANALYSIS
25 min $65 | $49*
Quick, comprehensive and noninvasive, the Bodystat Body Composition Analysis provides a complete picture of your body makeup and hydration level. Learn how much of your total body weight is fat and how much is lean tissue (including muscle and bone).

EXERCISE FOR WEIGHT LOSS
50 min $95 | $71*
Learn how to stimulate your metabolism to reduce body fat. Whether you’re beginning a program or are an avid exerciser, we can create an effective fitness program based on your goals and abilities.
PERSONAL PILATES SESSION
50 min  $95 | $71*
A private Pilates session on the mat.

PERSONAL TRAINING SESSION
25 min  $65 | $49*
50 min  $95 | $71*
In this private session, a trainer will develop or fine-tune a fitness program tailored to your needs, preferences and goals. Popular areas of focus include:

Blood pressure  |  Body sculpting  |  Bone health
Cardiovascular fitness  |  Exercise for travel
Pregnancy  |  Strength

PERSONAL TRAINING SESSION (2 PEOPLE)
50 min  $145 | $109*
In this session for two, a trainer will focus on any of the topics above or on another interest you share.

EXERCISE PRESCRIPTION
50 min  $95 | $71*
A Canyon Ranch exercise professional creates a customized program to help you achieve your fitness goals, whether you’re a novice or an experienced exerciser.

YOGA CLASSES
50 min  $11 | $9*
With its quiet, precise movements and focus, yoga draws your attention away from chaos and toward calm. Depending on which style you choose, you’ll learn different combinations of postures and deep breathing techniques for meditation, relaxation, strength and balance. Choose from our menu of classes where all levels, from beginner to advanced, are welcome.

Breathing  |  Buff Buddha  |  Centering Meditation
Meditation  |  Rock Your Flow  |  Sunrise Yoga
Yoga for a Good Night’s Sleep

* Offered only when the vessel is in port, from 8 am to 1 pm
GENERAL INFORMATION

• Guests must be at least 16 years of age to use facilities. Inquire about our special teen menu of services for ages 13–17.

• No smoking allowed.

• Alcoholic beverages are not served or permitted.

• Mobile devices must be switched to silent mode.

HOURS
At sea: 8 am to 8 pm
In port: 8 am to 9 pm

GRATUITIES
An 18% service charge will be added to all listed prices. Any additional gratuities for exceptional service are appreciated, but not expected.

AT YOUR SERVICE
Our friendly and knowledgeable staff is here to help recommend and book Canyon Ranch experiences that will be beneficial and enjoyable.

PERSIAN GARDEN PASS
Must be 16 years or older to use facilities. Passes are valid per voyage only and are nonrefundable and nontransferable.

APPOINTMENTS
For more information or to book an appointment, please contact the Spa Concierge on board.

WHAT TO BRING
Please bring your own fitness wear and bathing suit – we do not provide clothing. Shirts and closed-toed athletic shoes must be worn in the fitness area. We suggest leaving valuables in your stateroom, not in your locker.

AVAILABILITY OF TREATMENTS, SERVICES + FACILITIES
All treatments, services and facilities are subject to availability. Certain promotional treatments are only available during limited periods of the voyage; for example, on a specified port day. While every effort is made to ensure the full availability of spa services, ongoing maintenance, refurbishment or unforeseen circumstances may result in some of the facilities being withdrawn at short notice.

PRICES
Rates are subject to change. Please ask one of our staff members for the price of your treatment before you book.

TEEN SERVICES
Canyon Ranch® welcomes guests ages 13–17 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. Teens must wear lightweight, loose clothing or swimwear for all services. For details, please contact the Spa Concierge.
REFUND POLICY
Our goal is to provide you with professional services and products that exceed your expectations and increase your feeling of well-being. If you are not completely satisfied, please contact the Spa Concierge. We will happily make exchanges or refunds of retail products, if the products are unopened and the request is made in good time before the end of the voyage.

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

CONCERNS?
We aim to promptly address any issues. However, if it has not been possible to deal with your complaint to your satisfaction while on board, please email atsea@canyonranch.com or call 855.206.6655, or, to dial internationally, 520.239.3283.

CANYON RANCH STORE
Browse the Canyon Ranch online store to find Canyon Ranch hair care and skin care products. You’ll also discover books and DVDs by Canyon Ranch professionals, our signature line of nutritional supplements, logo activewear and much more!
Shop.canyonranch.com

EXPLORE OUR BLOG FOR HEALTHY INSPIRATION
Learn how to feel your best today and every day. The Canyon Ranch blog features hundreds of articles on health, fitness, nutrition and the basic lifestyle choices that can make all the difference for you. You’ll get leading-edge information from diverse experts, practical health tips and nutritious recipes to help you stay on track. Visit canyonranch.com/blog

CANYON RANCH
The Spa on Celebrity Cruises® experience offers a rich sampling of the programs and services that have made Canyon Ranch famous worldwide. Experience a touch of Canyon Ranch, right down to the unsurpassed service, remarkable settings and quality staff.

Reservations: 844.860.4662
celebrity@canyonranch.com

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