

2017 FEES FOR SERVICES LENOX, MASSACHUSETTS

Effective: June 29, 2017

CANYONRANCH®

## HAVE YOU TRIED THESE?

### 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.*

### MEDITATION, VISUALIZATION & RELAXATION

These mind-body practices have a long history in the promotion of physical health, mental clarity and spiritual development. They often bring about improvements in stress-related conditions such as anxiety, insomnia and hypertension. Work with a lifestyle coach or licensed therapist to determine which techniques are right for you. Then, learn to use one or more of these techniques to promote healing, serenity and self-awareness. *50 minutes.*

### MAXIMIZE YOUR METABOLISM

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

**Part I** – RMR testing. *25 minutes.*

**Part II** – Exercise physiologist reviews your RMR results with you. *50 minutes.*

**Part III** – A licensed dietitian/nutritionist will develop your personalized eating plan with you. *50 minutes.*

### TRANQUILLITY™ RITUAL

This calming and nourishing ritual incorporates a blend of Damascus rose, sweet orange, geranium and vetiver essential oils and Eastern ritual massage combined with the use of soft body brushes. An application of Tuscan thermal mud is followed by a full-body wrap and massage for head, neck and shoulder. After a hot bath in our special blend of oils, you will experience the unique Tranquillity™ Massage. *100 minutes.*

## FOCUSED PACKAGES

Fees will vary when package is customized.

Executive Health Program <i>Four nights or longer</i> .....	\$5,595
Executive Health Program <i>Two nights</i> .....	4,485
New Approaches to Weight Management <i>Four nights or longer</i> .....	2,315
Optimal You (four nights or longer).....	1,595
Optimal You (three nights).....	1,195

## FITNESS

### EXERCISE/MOVEMENT

#### Complimentary Classes & Activities

Fitness Classes.....	45 min..... comp.
Fitness Walks, Hiking & Biking .....	times vary..... comp.

#### Assessments

Discover Your Fitness Age.....	(2) 50 min.....	\$395
Enhanced Posture .....	50 min.....	165
Exercise & Motivation .....	3 sessions.....	345
Personalized High-Intensity Training.....	50 min.....	165
Metabolic Exercise Assessment.....	(2) 50 min.....	395

#### Customized Program Design

Exercise for Weight Loss & Body Definition.....	50 min.....	165
Fitness After 50 .....	50 min.....	165
Rx for Exercise .....	50 min.....	165

#### Personal Training

Try one of these focuses or create your own: Aquatic, Balance & Agility, Boot Camp, Flexibility, High-Intensity Interval, Sport Specific, Strength, Swim Lesson, Tabata, TRX®, TRX Rip® Training

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

### Mind-Body Private Training

Try one of these focuses or create your own: Aerial Yoga, Ayurvedic Yoga, Breathing Practice, Meditation, Qi Gong, Tai Chi, Yoga

Individual Session .....	50 min.....	\$140
Duet Session .....	50 min.....	220
Small Group Session (3-5 people).....	50 min.....	95**
Large Group Session (6+ people) .....	50 min.....	510

### Movement Private Training

Gyrotonic Expansion System®.....	50 min.....	140
Pilates .....	50 min.....	140
Pilates Duet Session .....	50 min.....	220
Pilates Small Group Session (3-5 people) .....	50 min.....	95**

## OUTDOOR SPORTS

### Biking – Hiking – In the Snow – On the Water

Group Road & Mountain Biking and Hiking.....times vary..... comp.

#### Private Adventures

Biking, Hiking, Ski, Snowshoe

First Hour.....	Up to 3 guests.....	\$135
Each Additional Hour.....	Up to 3 guests.....	75

Kayak, Canoe, Stand-Up Paddle Boarding

First Two Hours.....	Up to 2 guests.....	200
Each Additional Hour.....	Up to 2 guests.....	75

Larger Group Private Adventures (3-hour minimum)

Biking.....	4-7 guests.....	35**
Hiking, Ski, Snowshoe.....	4-12 guests.....	35**
Canoe, Kayak, Paddle Board.....	3-6 guests.....	35**

#### High Ropes Adventure

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

#### Outdoor Experiences

Camp Archery .....	times vary.....	comp.
Shirin Yoku .....	times vary.....	comp.
Tai Chi Hike.....	times vary.....	comp.

**In the Snow**

Pole Hiking, Snowshoeing & Winter Hiking .....	times vary .....	comp.
Cross-Country Ski Lessons & Tours.....	times vary .....	comp.
Snowshoe Yoga.....	times vary .....	comp.

**On the Water**

Canoe.....	times vary .....	comp.
Kayaking.....	times vary .....	\$110
Sculling .....	times vary .....	190
Stand-Up Paddle Boarding .....	times vary .....	110

**Racquet Sports**

Tennis, Racquetball & Squash		
Private.....	50 min .....	150
Semiprivate (2 guests) .....	50 min .....	210

**WELLNESS**

**LIFE MANAGEMENT**

Biofeedback .....	100 min .....	\$440
Heart Rhythm Biofeedback.....	50 min .....	210
Cognitive Assessment.....	(2) 50 min .....	560 *
EMDR: Releasing the Past & Embracing the Future		
EMDR: Trauma Reduction.....	3 sessions .....	780
EMDR: Resource Enhancement .....	100 min .....	390
Exercise & Motivation .....	3 sessions .....	345
Healthy Family Business .....	50 min .....	220
Healthy Lifestyle.....	50 min .....	180 *
Hypnotherapy .....	50 min .....	205 *
	100 min .....	410
Improving Personal & Professional Relations .....	(2) 50 min .....	390
Inner Journey.....	100 min .....	390
Lifemapping: A Training in Holistic		
Thinking & Problem Solving.....	50 min .....	180

Meditation, Visualization & Relaxation.....	50 min .....	\$180 *
Relationships with Food.....	50 min .....	180 *
Sexuality & Intimacy		
Individuals.....	50 min .....	195
Couples.....	100 min .....	390
Sleep Enhancement .....	50 min .....	180 *
Stress Management .....	50 min .....	180 *

**MEDICAL**

**Personalized Medicine**

Cardiometabolic Stress Test		
with Pulmonary Function Testing .....	2 sessions .....	\$985
Dexa Body Composition .....	(2) 25 min .....	490
Osteoporosis Prevention &		
Bone Density Evaluation .....	50 min .....	680
Naturopathic Medicine Consultation.....	50 min .....	320
Optimal Health Consultation.....	25 min .....	265
	50 min .....	500
Medical Ultrasound Screening.....	50 min .....	965

**Sleep Medicine**

Medical Sleep Disorder Consultation .....	50 min .....	500
All-Night Sleep Study (Polysomnography).....		2,950

**Musculoskeletal Health**

Medical Gait & Orthotic Analysis .....	25 min .....	70
Musculoskeletal & Joint Assessment.....	50 min .....	200
Shockwave & Laser Therapy.....	25 min ...	fees vary
Physical Therapy		
Aquatic Therapy .....	50 min .....	205
Build a Stronger Back .....	50 min .....	205
Specialized Needs Consultation.....	50 min .....	205

### Energy Therapies

Acutonics.....	50 min.....	\$200
Craniosacral Therapy.....	50 min.....	160
Therapeutic Energy.....	80 min.....	240
Therapeutic Energy with Aromatherapy.....	80 min.....	260
Reiki.....	50 min.....	160

### Traditional Chinese Medicine

Acu-Massage.....	50 min.....	200
Acuphoria.....	50 min.....	200
Acupuncture.....	50 min.....	200
Acupuncture for Healthy Weight.....	100 min.....	420
Acupuncture for Healthy Weight Follow-Up.....	50 min.....	210
Chinese Herbal Consultation.....	50 min.....	215
Chinese Vitality.....	110 min.....	390
Detox Acupuncture Treatment.....	50 min.....	215
Therapeutic Qi Gong.....	50 min.....	200

### NUTRITION & FOOD

Digestive Wellness.....	50 min.....	\$165
Healing Foods.....	50 min.....	165
Healthy Eating Consultation.....	50 min.....	165
Maximize Your Metabolism.....	3 sessions.....	540
Mind Over Mealtime.....	(2) 50 min.....	345
Nutrition for Healthy Aging.....	50 min.....	165
Vitamin & Mineral Evaluation.....	50 min.....	165
Weight Loss Your Way.....	(2) 50 min.....	330

### Cooking for Fun, Pleasure & Health

Hands-On Cooking.....	50 min.....	115
	90 min.....	165
Lunch & Learn.....	50 min.....	comp.

### SPIRITUAL WELLNESS

Contemplative Circle.....	50 min.....	\$235
Cultivating a Life of Purpose.....	50 min.....	235
Guided Labyrinth Experience.....	100 min.....	350
Loss, Grief & Remembrance.....	50 min.....	235
Rite of Passage.....	50 min.....	235
Sacred Body.....	50 min.....	235
Soul Journey.....	50 min.....	235
Sound Healing.....	50 min.....	235
Spiritual Dialogue.....	50 min.....	235

### SPA

#### MASSAGE & BODYWORK

##### Massage

Arthritis Massage.....	50 min.....	\$160
	80 min.....	250
	100 min.....	315
Aromatherapy Massage.....	50 min.....	185
	80 min.....	280
Canyon Ranch Massage.....	50 min.....	160
	80 min.....	250
	100 min.....	315
Canyon Stone Massage.....	75 min.....	265
Deep Tissue Massage.....	50 min.....	185
	80 min.....	280
	100 min.....	335
Hands, Feet & Scalp Massage.....	50 min.....	160
Head, Neck & Shoulders Massage.....	50 min.....	160
Lymphatic Treatment.....	50 min.....	160
	100 min.....	315
Neuromuscular Therapy.....	100 min.....	345
Prenatal Massage.....	50 min.....	160
Sole Rejuvenation.....	50 min.....	160
Tranquillity™ Treatment.....	50 min.....	160

##### Optional Massage Enhancements

De-Stress.....	20
Muscle Ease.....	20
Revive.....	20
Breathe.....	20

**Body Treatments**

Detoxifying Herbal Wrap.....	25 min.....	\$95
Detoxifying Ritual.....	100 min.....	330
Detoxifying Seaweed Mud Wrap.....	80 min.....	275
Euphoria – Deep Calming Ritual.....	100 min.....	330
Hydrating Body Wrap.....	80 min.....	275
Hydrating Sugar & Salt Scrub.....	50 min.....	160
Lavender Relax.....	50 min.....	180
	100 min.....	330
Parafango Wrap.....	80 min.....	210
Sea Salt Scrub.....	50 min.....	185
Tranquillity™ Ritual.....	100 min.....	330
Ultimate Hydration Ritual.....	100 min.....	330
Vitamin Infusion Body Treatment.....	50 min.....	195

**Eastern Therapies**

Abhyanga.....	50 min.....	180
Ashiatsu – Barefoot Massage.....	50 min.....	185
	80 min.....	280
	100 min.....	335
Ayurvedic Herbal Rejuvenation.....	80 min.....	235
Barefoot Table Thai.....	50 min.....	185
Bindi-Shirodhara.....	100 min.....	330
Muscle Melt for Road Warriors.....	50 min.....	185
	80 min.....	280
	100 min.....	335
Reflexology.....	50 min.....	170
Shiatsu.....	50 min.....	160
	80 min.....	250
	100 min.....	315
Shirodhara.....	50 min.....	180
Thai Massage.....	100 min.....	335

**SALON**

**Healthy Hair Care**

Color.....	times & fees vary
Cut for Men.....	25 min..... \$60
Cut for Women.....	45 min..... 110
Highlights.....	times & fees vary
Shampoo & Blow-Dry.....	times & fees vary
Deep Conditioning Treatment.....	45 min..... 120

**Makeup**

Brow Design.....	15 min.....	50
Makeup Consultation.....	up to 50 min.....	135

**Manicures**

Age-Defying Manicure.....	45 min.....	105
Gentlemen’s Manicure.....	45 min.....	65
Mani on the Go.....	25 min.....	55
Ritual Manicure.....	45 min.....	65
Shellac Manicure.....	50 min.....	85

**Pedicures**

Age-Defying Pedicure.....	50 min.....	135
Foot Rescue! Pedicure.....	50 min.....	85
Gentlemen’s Pedicure.....	50 min.....	85
Ritual Pedicure.....	50 min.....	85
The Ultimate Stone Pedicure.....	80 min.....	155
Toes on the Go.....	25 min.....	65

## SKIN CARE

Ageless Oxygen Facial .....	50 min .....	\$240
	80 min .....	315
Bio-Energy Lift Facial .....	50 min .....	185
Deep Cleansing Facial .....	50 min .....	185
	80 min .....	285
Gentlemen's Facial .....	50 min .....	160
Hydrafacial MD® .....	50 min .....	240
Premier Age-Defying Facial .....	80 min .....	315
Pure Results Facial .....	50 min .....	160
Sensitive Facial .....	50 min .....	185
	80 min .....	285
Total Elegance Age-Minimizing Facial .....	50 min .....	185
	80 min .....	285
Vitamin Infusion Facial .....	50 min .....	185
	80 min .....	285
Wrinkle Repair Treatment Facial .....	50 min .....	185

### Optional Enhancements

Bright Eyes .....	65
Neck & Decollete Repair Treatment .....	65
Peel .....	65
Pumpkin Enzyme Treatment .....	65
Waxing .....	times & fees vary

## SPECIALTIES

### CREATIVE ARTS

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

### CULINARY EVENTS

Check *This Week at Canyon Ranch* for details.

### METAPHYSICAL

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

### AFTER YOU LEAVE ... WELLNESS SERVICES AT HOME

Chinese Medicine Follow-Up .....	25 min .....	\$150
	50 min .....	215
Exercise Physiology Follow-Up .....	25 min .....	110
	50 min .....	165
Life Management Follow-Up .....	25 min .....	110
	50 min .....	180
with a PhD .....	25 min .....	130
	50 min .....	220
Metaphysical Follow-Up .....	50 min .....	195
Nutritional Follow-Up .....	25 min .....	110
	50 min .....	165
Physician Follow-Up .....	25 min .....	265
	50 min .....	500
Spiritual Wellness Follow-Up .....	25 min .....	160
	50 min .....	235

# CANYONRANCH®

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