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welcome

TO MY FAVORITE PLACE!

We’re so grateful to have you with us at Canyon Ranch. This is a spectacular season of change in the Berkshires as the foliage offers a vibrant, breathtaking display of nature’s wonders and we transition to the calm of winter. What better time to experience Canyon Ranch and explore your potential for a happier, healthier, more fulfilling life.

Perhaps you’ll try something new while you’re here. Take that wild leap that will surprise your friends back home. Try the class you never heard of before, a service that seems miles from your comfort zone or learn and grow as a cook with Hands-On Cooking. Do it because it’s exciting, and you might love it. Do it because you can. Or simply snuggle by the fire with a good book, relax in our saunas, steam rooms and whirlpool or try an Ayurvedic treatment that balances body and mind. Whatever you choose to do, the entire Canyon Ranch family is eager to make your stay perfect.

Please let us know if there’s anything we can do to make your experience more memorable. And if you see me around the resort, please say hi. I would love to meet you.

Wishing you good health, joy and vitality!

Mindi Morin
General Manager, Canyon Ranch Lenox

CANYON RANCH 101

With so many activities to choose from every day, it can help to set a specific intention for your Canyon Ranch stay. Soon after you arrive, talk with a Program Advisor, who will help you plan a personalized schedule that makes the most of your time. Be sure to include some new experiences while you’re here. The best thing you do may be something you haven’t tried yet.

Please check activity boards near the Spa Desk and Canyon Ranch Grill™ for last-minute changes. As a courtesy to other guests, please do not enter talks or fitness classes five or more minutes after the class begins.

Assistive Listening Devices for people with hearing challenges are available upon request (24 hours in advance) from Guest Services.

Visit Program Advising or call Ext. 5439, 8 am – 6 pm daily.
**PHONE NUMBERS**

Life-threatening and fire emergencies, call 9-911

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*When in doubt, call our Operator at 0, who will be happy to transfer your call.*

**PHONE INSTRUCTIONS**

LOCAL CALLS:
9 + number

TOLL-FREE:
9 + 1 + number

LONG DISTANCE:
9 + 1 + number (U.S. and Canada)
9 + 011 + country code + number (international)

ROOMS:
Three-digit room number

HEARING IMPAIRED:
To arrange for a telephone, call Ext. 5525

**CELL PHONES & MOBILE DEVICES**

As a courtesy to all guests, talking on cell phones is permitted only in your private room and in designated areas. Otherwise, please keep mobile devices on “silent” mode.

**INTERNET**

Complimentary Wi-Fi is available throughout the property. No password is required. Please call our partner and provider Safety Net Access at 888.636.5212 for technical support.

Enjoy access to computers, Internet and printers 24 hours a day. The Computer Center is in the East Wing, first floor.

**TV CHANNEL GUIDE**

DVDs are available to be checked out at Guest Services in the Hotel Lobby.

For a list of channels, press the Ch List button on your remote.

When DVD player is turned on, the TV will switch to the proper input.

- 4 Canyon Ranch Channel
- 100 through 142 offer various music channels
Canyon Ranch is more than a beautiful place – it’s a haven of wellness, where diverse experts share their wealth of knowledge with you and with each other. Where you get the unhurried attention of top professionals, who can help you reach your goals. Whatever those are and whatever it takes.

Our experts are all members of Team YOU. So a physician might refer you to a spiritual wellness provider. An exercise physiologist could recommend a nutrition consult. And a fitness instructor may partner with a life management expert to help you train for a big event you have in mind.

See how it works? Now see it at work. Our experts are friendly, accomplished and eager to meet you.
HEATHER GIORDANO
MS – Exercise Physiology
Body composition, women’s health, healthy aging, posture assessment, metabolic testing

RICHARD BUTLER
MS, USPTA – Exercise Physiology
Metabolic testing and review, cardiorespiratory evaluations, strength and balance with aging, exercise planning and goal-setting, body composition

GERRY LINK
PT – Physical Therapy
Joint and soft-tissue mobilization, myofascial release, musculoskeletal dysfunction, osteopathic technique, postural re-education

KELLY CLADY-GIRAMMA
LAC, DIPL OM – Chinese Medicine
Acupuncture, weight loss, herbal medicine, therapeutic qi gong, reproduction and fertility

KEVIN MURRAY
ND, LAC – Naturopathic & Chinese Medicine
Toxicity and detoxification, treatment of pain, digestive health, weight loss, chronic inflammatory conditions

MARK LAMORE
MS, LAC, LMT, DIPL AC & CH – Chinese Medicine
Acu-massage, mental health, sports and orthopedic injuries, herbal medicine, treatment of pain

MARTY BENJAMIN
LAC, CH – Chinese Medicine
Acupuncture, sports injuries, acute and chronic pain, mental and emotional health, movement issues

JEFF ROSSMAN
PhD – Life Management Director
Stress management, mindfulness, biofeedback, marriage and family relationships, family business consultations

DONNA JACOBS
LICSW – Life Management
Hypnosis, relationships, self-awareness, life transitions

SHARON ALPERT
LICSW – Life Management
Relationships, self-awareness, trauma, grief and loss, life transitions

JOANN LEVITT
MA, RN, HTP – Life Management & Healing Energy
Meditation, hypnosis, Healing Touch, body-centered therapy, inner journey work
**WELLNESS**

**ANITA GRINEVICS**  
MS, RD-AP, CSG, LDN – Nutrition Director  
Blood sugar balance, food sensitivities, heart health, weight management, healthy aging

**CHRISY GARNER**  
MS, CNS, LDN, CPT – Nutrition  
Performance and sports nutrition, digestive wellness, food sensitivities, insulin resistance, family nutrition

**JIM CONZO**  
MS, CNS, LDN – Nutrition  
Digestive wellness, weight loss, inflammation and food sensitivities, blood sugar balance, vitamin and mineral supplementation

**JUDY DEUTSCH**  
MS, RD, LDN – Nutrition  
Nutrition for wellness and disease, gluten sensitivity and digestive health, mindful eating, weight management, Chinese dietary therapies

**DAN HARDY**  
Culinary Arts Degree – Executive Chef  
Creator of innovative cuisine with a passion for healthy cooking

**MAGGIE O’MARA**  
MS, RD – Demo Kitchen  
Dietetic and culinary entrepreneurship, creator of amazing and nutritious meals

**SARAH VULGAMORE**  
MA, MS, NCC – Spiritual Wellness Director  
Cultivating purpose, spiritual rituals and routines, sound therapy, self-compassion practices, creativity

**JIM MARKO**  
BS – Spiritual Wellness  
Ayurveda/yoga, shamanism, practice of forgiveness, subtle energy and spiritual awakening

**FITNESS**

**LAURA CHEVALIER**  
BA – Fitness Director  
Pilates instructor, certified group exercise instructor, personal trainer, professional dance

**JESSE MINER**  
Fitness  
Certified group fitness instructor, personal trainer, Pilates instructor, martial arts instructor, Olympic weight lifting coach, Agatsu kettlebell instructor

**TERRI FLYNN**  
Fitness  
Certified group exercise instructor, personal trainer, Pilates instructor, yoga instructor, tai chi instructor
FITNESS

LEAH LARMON
BS – Outdoor Sports Manager
Adventure guide, rock climbing, water sports, ropes course, hiking guide, certified in Wilderness First Aid

JEANNE SCHNACKENBERG
BS – Outdoor Sports
Tai Chi instructor, ropes course, rock climbing, water sports, biking and hiking guide, certified in Wilderness First Aid

MARIO RINDONE
Tennis Pro
Certified USPTA, 26 years working at Canyon Ranch, Instructor for Pickleball

MELISSA ALEXICKO
BS – Tennis Pro
USTPA, USTA, Award winning collegiate and high school team coach. Experienced club professional

SPA

KATIE BIGOS
Licensed Massage Therapist
Reflexology, arthritis massage, stone massage

BONNIE LAPLANTE
Lead Aesthetician
Skincare trainer

METAPHYSICAL

WINSLOW ELIOT
Metaphysical
Educator, author, palmistry, tarot, astrology, world traveler

TRISH BARLOW
Metaphysical
Clairvoyance, tarot, astrology

CREATIVE EXPRESSION

MELANIE ARENA
Creative Expression
Beadening and jewelry making, silk scarf art and design, nature as inspiration
You step on a scale and you see a number. The number tells you what you weigh, but not much else. How much of that number can be attributed to fat? How much is lean mass? The answers to these questions can help determine your diet and exercise strategies.

That’s where the Bod Pod® steps in. Or, rather, here’s where you should step into the Bod Pod. Wear tight-fitting clothing or a swimsuit and take a seat inside for just 40 seconds—the windowed, rounded door closes above you, and you simply breathe.

With your body composition accurately measured, a Canyon Ranch exercise physiologist reviews your results, explains what they mean and helps you set health and wellness goals. You can have a Bod Pod assessment each time you visit the Ranch to help you track your progress.

How do you prepare for the screening?

It’s simple – avoid eating or drinking large amounts of food or liquid an hour prior to testing. Avoid strenuous exercise (sweating) 30 minutes prior to testing.

Wear minimal formfitting clothing – bathing suit or sports bra and tight shorts are ideal.
fitness
Check the daily schedule for all included fitness classes and activities. Download the free Canyon Ranch Energy app for details on class locations. The app syncs with most fitness trackers and calculates your caloric burn, heart rate and more.

ASSESSMENTS

DISCOVER YOUR FITNESS AGE

Two-part service | $395

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 performing 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 (50 minutes) – An exercise physiologist will administer the following tests:

- Body composition to assess fat and lean muscle mass. Please bring tight-fitting clothes or a bathing suit.
- Submaximal exercise test to estimate aerobic fitness level and VO2 max.
- Muscle strength and power testing, including upper and lower body.
- Evaluation of balance.

Part II (50 minutes) – An exercise physiologist reviews your test results with you, and designs a personalized fitness plan to improve your fitness age.

ENHANCED POSTURE

50 minutes | $165

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

BODY COMPOSITION SCREENING NEW

25 minutes | $120

With a simple eight-minute test, our Bod Pod® device will accurately measure your body fat percentage and lean body mass. An exercise physiologist will review and explain your results. Scheduling a body composition screening prior to a customized program design service will help clarify your goals for the program. Please bring a tight-fitting bathing suit; for women, tights and sports bra are acceptable (see page 10).
METABOLIC EXERCISE ASSESSMENT
Two-part service  |  $395
Determine your aerobic fitness level (VO2 max) and learn how many calories you really burn when you work out. Recommended if you want to change body composition, learn the most effective way to burn body fat, determine anaerobic threshold, increase stamina and fitness, or improve sports performance.

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

Part II (50 minutes) – Your exercise physiologist will explain your results and design an exercise program to maximize your workout and enhance your training program.

EXERCISE & MOTIVATION
Three-part service  |  $345
Have you ever said, “I know what to do, but I just don’t do it”? Explore how your personality promotes or inhibits exercise. This focused, three-part service can help you reach your goals.

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

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

Part III (50 minutes) – Meet with an exercise physiologist to design a customized program that fits. Together, you’ll create a program that balances exercise for health and longevity with activities that suit your personality and lifestyle.

CUSTOMIZED PROGRAM DESIGN

BURDENKO WATER EXERCISE  NEW
50 minutes  |  $165
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 floatation vest and water barbells. You can even keep your hair dry. The rehabilitation aspects of the Burdenko method can be used to help recover from injuries or surgery – regaining function is the goal. The conditioning and training aspects are perfect for those interested in improving quality of life and sports performance.

EXERCISE FOR WEIGHT LOSS & BODY DEFINITION
50 minutes  |  $165
Meet with an exercise physiologist for a customized exercise program that will optimize your exercise time, maximize metabolism, increase lean body mass, enhance muscle and promote weight loss.

Rx FOR EXERCISE
50 minutes  |  $165
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. You can focus on areas such as agility and balance, healthy flexibility, advanced training, or women’s health and exercise.
PERSONAL TRAINING

PRIVATE FITNESS TRAINING
50 minutes
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 just for you.
- Individual training session | $140/person
- Duet training session | $110/person
- Small group training session (3–5 people) | $95/person
- Private group class | $375/class

PRIVATE PILATES & GYROTONICS®
50 minutes
Get stronger, leaner and more flexible – in both mind and body. Our experts work with you on specialized equipment including: Balanced Body Reformer, GYROTONIC® Tower, Ladder Barrel, Split-Pedal Stability Chair, STOTT Pilates® Rehab reformer and Trapeze Table (Cadillac), and STOTT Pilates® Towers.
- Individual training session | $140/person
- Duet training session | $110/person
- Small group training session (3–5 people) | $95/person
- Private group class | $375/class

PRIVATE YOGA PRACTICE
50 minutes
Find greater balance in life through personalized instruction in calming, self-care practices from around the world. Great for beginners or for those who want to enhance their current practice.
- Individual training session | $140/person
- Duet training session | $110/person
- Small group training session (3–5 people) | $95/person
- Private group class | $375/class

Outdoor Sports

Schedules for all included and fee-based activities are posted on the Outdoor Sports Board. It’s important to sign up on the activity card and be at the Outdoor Sports Desk 10 minutes prior to departure. For more information, please inquire at Outdoor Sports (Ext. 5535) between 8 am and 2 pm.

SEASONAL ACTIVITIES
Canoeing, Kayaking, Stand-Up Paddleboarding, and Sculling are offered seasonally.

HUNTING SEASON
In Massachusetts, deer hunting season starts the Monday after Thanksgiving and lasts two weeks. Hiking during that time is limited and restricted. We apologize for any inconvenience.
HIGH ROPE ADVENTURES

AERIAL ADVENTURE
Sign up on the activity card | $110

High-flying adventure on the two most popular features of the High Ropes Challenge Course – the zipline and giant swing.

CLIMBING FOR FITNESS
Sign up on the activity card | $110

Climb our rock wall for a rewarding workout! Fantastic – and fun – for beginners to intermediate climbers.

HIGH ROPES CHALLENGE COURSE
Sign up on the activity card | $235

Take on this exciting adventure under the guidance of our knowledgeable staff. The High Ropes Challenge Course offers many routes and is highly interactive, whether you traverse it one-on-one or with a group. From start to finish, you make all the decisions about your adventure. Limit six people.

LOOPS & LADDERS
Sign up on the activity card | $110

Test yourself with these two physically demanding challenges on our High Ropes Challenge Course – The Giant’s Ladder and the space loops.

GROUP ADVENTURES

ARCHERY WORKSHOP
Sign up on the activity card | $110

Newcomers and archers alike are welcome at one of these semi-private sessions. Join our USA Archery instructors at either our indoor or outdoor range for strategies of aiming and releasing.

KAYAKING
Sign up on the activity card | $110

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

SCULLING
Sign up on the activity card | $190

The most elegant form of rowing. Scullers enjoy placid waters in the quiet of early morning, and develop precise blade work and fluidity of motion. May through September. Able swimmers only.

STAND-UP PADDLE BOARDING
Sign up on the activity card | $110

Stand-Up Paddle Boarding is fun and easy to learn. In this group experience, you’ll effectively work your core while challenging your balance. Able swimmers only.

PRIVATE ADVENTURES

We can tailor any trip or activity relative to time, terrain and challenge to meet the wishes of groups, couples or individuals. Twenty-four hours advance notice required. Please inquire at Outdoor Sports (Ext. 5535) between 8 am and 2 pm.

ON LAND...

BIKE, HIKE, CROSS-COUNTRY SKI, SNOWSHOE, ARCHERY
First hour, up to three guests | $135
Each additional hour, up to three guests | $75

ON WATER...

KAYAK, CANOE, STAND-UP PADDLE BOARD
First two hours, up to two guests | $200
Each additional hour, up to two guests | $75

ABLE swimmers only.

RACQUET SPORTS

Our skilled USPTA®-certified tennis pros offer fun and constructive ways to improve all aspects of your tennis game with beginning to advanced instruction. Racquets are available for tennis, racquetball, pickleball and squash.

TENNIS, RACQUETBALL, PICKLEBALL & SQUASH
50 minutes

Individual and semiprivate instruction in beginning basics through advanced skills, including hitting lessons or workout drills.

Individual training session | $150/person
Semiprivate training session (two guests) | $105/person
If you’ve been trying to beat injury pain for a month or longer, you’re probably ready to try another approach. Our experts are ready to help.

Shockwave and laser therapies have been shown to bring relief from pain and limited range of motion when other nonsurgical, noninvasive treatments have failed. Here’s how it works:

*Extracorporeal Shockwave Therapy (ESWT)* is a series of sounds applied to an injured site to break up scarring in tendons, ligaments and other soft tissues. It also reactivates the body’s natural healing process by helping create new blood vessels in the injured area.

The results? Most people feel 20–25% improvement after three sessions. They experience progressive 20–80% improvement in function, motion and strength four, 12 and 24 weeks after treatment.

*Class IV Laser Therapy* is a deep-heating modality that uses a light wave to stimulate the injured area. It complements ESWT by energizing damaged cells and increasing circulation to the area.

Both therapies present virtually no side effects. Together they comprise a powerhouse therapeutic approach for conditions such as:

- Arthritis
- Low back pain
- Achilles tendon pain
- Chronic neck, shoulder and back pain
- Arthritis of the big toe
- Plantar fasciitis
- Knee pain and stiffness
- Shin pain
- Rotator cuff strain
- Tendonitis or bursitis
- Tennis or golfer’s elbow

Lose the pain. Ask your Program Advisor about Shockwave and Laser Therapy (Ext. 5439).

**NUTRIGENETICS**

**Unlock the key to your personal weight loss path**

The Canyon Ranch Nutrigenetics for Personalized Weight Loss test provides insight into your individual genes and the eating lifestyle that works best with your DNA. Learn about your foundational distribution of carbs, protein and fats, and specific genes that impact your eating behaviors, such as appetite, satiety, cravings and meal timing.

Your DNA helps your Canyon Ranch nutritionist design a personalized nutrition program for you – a big part of your healthier lifestyle. It’s your DNA that makes your body different!

Find out more through Program Advising (Ext. 5439).
wellness
Time for the all-healthy, good-for-life Canyon Ranch approach. Science based and set in motion by you – with positive food, exercise and lifestyle choices. Sustainable choices that make you feel great. So when you lose weight, it stays lost.

Medical

PERSONALIZED MEDICINE

Customize your health care. A thorough evaluation and diagnostic testing will help determine your medical needs and risks. Schedule an appointment with one of our physicians to discuss your concerns and learn more about many standard and innovative diagnostic lab offerings. Lab testing is evolving quickly. Canyon Ranch physicians have expertise in leading-edge blood tests that can provide an in-depth understanding of how your body is functioning, well before the disease process begins. Some examples:

- Your biomarkers and their impact on your health
- Your ability to metabolize toxins in the environment
- Your tendency toward inflammation
- Your adrenal and hormonal function
- Vitamin and mineral levels in your body

OPTIMAL HEALTH CONSULTATION

50 minutes/100 minutes | $500/$1000

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 disease and possibly reverse existing conditions. Ask about any issues that concern you. You may receive recommendations for laboratory tests that provide a comprehensive view of your health. A 25-minute consultation is available for follow-up appointments and lab result discussions.

MEDICAL ULTRASOUND SCREENING

50 minutes | $965

Ultrasound screening helps our doctors understand the body in ways that a stethoscope and physical examination can’t. High-frequency sound waves produce images of structures within your body, eliminating the need for much guesswork. With ultrasound, your doctor can see accumulation of plaque in the carotid arteries, watch your heart beating and valves moving, and get a look at your liver, kidneys, gallbladder and other internal organs. Ultrasound uses no X-rays and is one of the safest forms of imaging. A 25-minute consultation is available for a follow up appointment, as directed by a physician.
CARDIOMETABOLIC STRESS TEST WITH PULMONARY FUNCTION TESTING

**Two-part service | $865**

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 can also help determine the safety of your participation in exercise:

You’ll 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 started to exercise, this service will help you work out safely and efficiently – and get maximum results.

**Part I (80 minutes)** – 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.

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

NATUROPATHIC MEDICINE CONSULTATION

**50 minutes | $320**

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 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 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.

DEXA BODY COMPOSITION

**Two-part service | $490**

The accurate assessment of body composition will help your physician, nutritionist and exercise physiologist 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. 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 (25 minutes)** – 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.

**Part II (25 minutes)** – 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.

OSTEOPOROSIS PREVENTION & BONE DENSITY EVALUATION

**50 minutes | $680**

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 can use these tests 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.

*Note: Can be combined with DEXA Body Composition.*
WELLNESS

SLEEP MEDICINE
Emerging evidence supports a link between disrupted sleep and risk of heart disease, diabetes, atrial fibrillation, ADHD, cognitive decline and chronic pain. Treating sleep disorders may improve management of these conditions and contribute to better overall health and well-being. If you are unable to fall asleep, or wake up too early, we recommend a sleep enhancement consultation with a Life Management Expert.

MEDICAL SLEEP DISORDERS
50 minutes | $500
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.

The following two services are available after scheduling a Medical Sleep Disorders or Optimal Health Consultation (page 18), and consulting with one of our physicians.

SLEEP SCREENING NEW
Overnight with follow-up | $750
This unmonitored overnight sleep screening test, done in the comfort of your resort room, utilizes an FDA-approved portable sleep device to determine periods of apnea and wake/sleep states by using Peripheral Arterial Tone, a physiological signal that mirrors changes in the autonomic nerves system caused by respiratory disturbances during sleep. A physician will review the results of your sleep screening test with you and make recommendations for treatment.

ALL-NIGHT SLEEP STUDY (POLYSOMNOGRAPHY)
Overnight with follow-up | $2950
An overnight sleep study is helpful for assessing multiple awakenings, snoring, possible sleep apnea and unexplained daytime sleepiness. This formal 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. Note: Polysomnography may be covered by your medical insurance plan.

MUSCULOSKELETAL HEALTH

MEDICAL GAIT & ORTHOTIC ANALYSIS
25 minutes | $80
If you experience discomfort when you walk, visit a Canyon Ranch certified athletic trainer for a complete biomechanical assessment of your feet and legs. This includes a gait analysis and foot scan. Foot Doctor custom orthotics may be recommended as a noninvasive treatment of foot-related problems such as knee, hip and back pain. They also may be helpful in treating bunions, corns, hammertoes, sore arches, plantar fasciitis, sore ankles, shin splints and more.

MUSCULOSKELETAL & JOINT ASSESSMENT
50 minutes | $200
The easiest injury to treat is the one that is prevented; optimizing your movement gets you there. If you’re experiencing limitations or musculoskeletal pain that disrupts daily living, or you’d like to become more active, meeting with a certified athletic trainer can help. You’ll have a full musculoskeletal evaluation to identify areas of impaired movement, function, mobility or pain. And you’ll receive a customized therapeutic exercise program, including home care plans for a return to optimal function and injury prevention.

PHYSICAL THERAPY
50 minutes | $250
Learn to use your body more efficiently and comfortably. A physical therapist evaluates your muscle length, strength, posture and alignment. Take home therapeutic exercises to improve functional strength, recover from injury or surgery, reduce chronic pain, or rehabilitate chronic neurological or orthopedic conditions.

AQUATIC THERAPY
Water exercise is an excellent way to improve strength, mobility, endurance and flexibility. Your session with a licensed physical therapist can focus on upper or lower body, trunk/spine, specific areas of weakness, balance, deep-water conditioning (seasonal) or rehabilitation exercise.

BUILD A STRONGER BACK
Learn how to improve the stability of your back and resume normal movement patterns without pain through a series of exercises.
**SHOCKWAVE & LASER THERAPY**

25 minutes | Varies

By applying sound waves to an injured site on the body, this treatment can help relieve musculoskeletal pain or injury. The sound therapy breaks up scarring that has penetrated tendons, ligaments and other soft tissues, and re-activates 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— or used alone to facilitate healing. A Musculoskeletal & Joint Assessment (page 20) is required prior to treatment. Number of shockwave and/or laser therapy sessions varies according to need (see page 16).

**ENERGY THERAPIES**

**THERAPEUTIC ENERGY**

80 minutes | $260

This heart-centered, energy-based therapy clears, alights, and balances mind and body, as well as detects and corrects imbalances in the energy field. A therapeutic energy practitioner will enhance the natural healing process of body, mind and spirit by influencing the chakras and the human energy field. Therapeutic energy is especially useful for stress reduction, anxiety, fatigue, grief, transitions, sleep disturbances, pain or chronic illness, and for encouraging general well-being and spiritual and personal growth. You will remain fully clothed during this treatment.

**THERAPEUTIC ENERGY WITH AROMATHERAPY**

80 minutes | $285

A healing energy practitioner trained in aromatherapy will take you through a deep meditative experience using essential oils. These oils have been shown to enhance healing energy work by creating an open, balanced and connected energy system. This service includes an energetic assessment and recommendation for specific essential oils tailored to you.

**ACUPUNCTURE**

50 minutes | $240

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 concerns as varied as:

- Arthritis
- Asthma
- Depression
- Fatigue
- Headaches
- Longevity
- Illness prevention
- Musculoskeletal pain
- Sleep
- 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.

**ACU-MASSAGE**

50 minutes | $240

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

**ACUPUNCTURE FOR HEALTHY WEIGHT**

100 minutes | $440

This session features specialized acupuncture that’s used extensively in China for decreasing food cravings while increasing energy and digestive efficiency. The technique employs abdominal needles with mild electrical stimulation and includes an extensive health consultation. This full body/mind-balancing treatment can jumpstart the body’s ability to move toward a healthier weight. Follow-up sessions are recommended to achieve maximum benefit.
<table>
<thead>
<tr>
<th>Service</th>
<th>Duration</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>DETOX ACUPUNCTURE TREATMENT</strong></td>
<td>50 minutes</td>
<td>$240</td>
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<tr>
<td>A blend of two ancient healing methods that come together in the form of a soothing, cleansing and incredibly relaxing treatment. A traditional Chinese medicine practitioner will combine a personalized acupuncture treatment with a warm abdominal castor oil pack for a uniquely healing and detoxifying experience.</td>
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| **ACUPHORIA**                  | 50 minutes | $240 |
| 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. |

| **CHINESE HERBAL CONSULTATION** | 50 minutes | $225 |
| The world’s oldest continuously practiced form of herbal medicine uses potent healing formulas to treat arthritis, fatigue, high cholesterol, insomnia, symptoms of menopause, PMS, migraines, asthma, stress and more. After a traditional evaluation that includes pulse and tongue diagnosis, a Chinese medicine practitioner offers herbal, dietary and lifestyle recommendations that address your needs. A detailed report on the herbs recommended will be sent to you. Follow-up consultations are available by phone. |

| **CHINESE VITALITY**           | 110 minutes | $390 |
| 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. Follow-up consultations are available by phone. |

| **THERAPEUTIC QI GONG**        | 50 minutes | $200 |
| Take home skills for better health and longevity. The ancient meditative exercise system is a foundation of all traditional Chinese medicines (TCM) and has been shown to help with osteoarthritis, depression, insomnia and hypertension. A TCM practitioner will evaluate and assess how best to harmonize and rebalance your vital energy, known as chi. Your customized qi gong exercises enable you to feel, cleanse, strengthen and integrate chi and may include work with posture, breath, touch, sound vibration and visualization. |
Life Management

HEALTHY LIFESTYLE
50 minutes  |  $200 single/$160 duet
A lifestyle consultation is an opportunity to examine any issue in your life; although, you don’t need to identify a specific concern to benefit from a consultation. Use this time to explore your thoughts, attitudes and gain a fresh perspective. Frequently addressed areas include:
- Alcohol and health
- Anger management
- Body image
- Caregiving
- Communication
- Conflict resolution
- Coping with illness
- Grief and loss
- Life transitions and change
- Self-esteem
- Smoking cessation
- Work in balance

RELATIONSHIPS WITH FOOD
50 minutes  |  $200
Gain a clearer understanding of the psychology, biology and emotions that influence 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 mindful eating.

STRESS MANAGEMENT
50 minutes  |  $200
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.

INNER JOURNEY
100 minutes  |  $410
Using hypnosis, a lifestyle coach or licensed therapist helps you explore past messages and beliefs still operating in your life, as well as symbolism suggesting what may lie ahead. This insight can free you from limiting patterns of behavior, deepen your connection to the sacred and enhance your capacity to consciously direct your life.

BIOFEEDBACK (select one)
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 lifestyle coach or 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 service allows you to actually see the stress response as you experience it, and provides excellent data for feedback on physiological reactions. 100 minutes  |  $400
- Biofeedback focusing on your heart rate variability measurement, with techniques for effective stress reduction and relaxation. This can be an enjoyable method for enhancing the harmonious connection between mind and body. 50 minutes  |  $220

MEDITATION, VISUALIZATION & RELAXATION
50 minutes  |  $200
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.

HYPNOTHERAPY
50 minutes/100 minutes  |  $220/$410
Hypnosis is a natural phenomenon of the mind that increases openness to positive change. The session may include physical and mental relaxation, imagery and suggestions for healthy transformation. Some common applications include:
- Athletic and work performance
- Attitude change
- Habit management
- Sleep improvement
- Smoking cessation
- Stress reduction
BUILDING BETTER RELATIONSHIPS  NEW
50 minutes  $200 single/$160 duet
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.

HEALTHY FAMILY BUSINESS  NEW
50 minutes  $240 single/$180 duet
Running a successful family business requires knowledge, skill and vision. Take this time to review your business and family relationships, and learn ways to increase the likelihood of success. This consultation can be done alone, as a couple or as a family.

RELATIONSHIP CHECK-IN
Two-part service  $395 per person
In this fun and enlightening two-session service, you and your partner will develop ways to enhance intimacy and fulfillment in your relationship.

Part I (50 minutes) – After filling out two brief questionnaires, you will meet with a life management practitioner to explore your relationship strengths and concerns.

Part II (50 minutes) – Discuss ways to build on your relationship strengths and constructively address areas of concern. You will receive a report summarizing your relationship strengths and concerns as well as recommendations to help you keep your relationship strong and healthy for life.

SLEEP ENHANCEMENT
50 minutes  $200
Sleep problems may be the most common health concern today. Untreated, they can slowly erode mental and physical well-being, leading to serious consequences. A consultation may be helpful if you suffer from insomnia or if you regularly need pills to sleep. A lifestyle coach or licensed therapist examines the nature and degree of your problem and looks at techniques to improve your sleep hygiene.

EMDR: RELEASING THE PAST & EMBRACING THE FUTURE (select one)
Eye Movement Desensitization and Reprocessing is a cognitive technique used to heal the effects of trauma and fortify inner strengths and competencies. Please select either:

EMDR: TRAUMA REDUCTION
Three-part service  $780
This three-part consultation involves a 50-minute assessment session, a 100-minute EMDR process and a 50-minute follow-up and planning session.

EMDR: RESOURCE ENHANCEMENT
100 minutes  $390
This single-session EMDR process reinforces existing personal strengths and resources to enhance self-esteem, confidence and empowerment.

LIFEMAPPING: A TRAINING IN HOLISTIC THINKING & PROBLEM SOLVING
50 minutes  $200
Gain fluency in mind mapping, a practical and exciting take-home tool for identifying needs, dreams and new possibilities. Learn to access your innermost wisdom and chart a new course of action, or bring clarity to an old one using a creative, whole-brain technique.

SEXUALITY & INTIMACY
50 minutes  $200 single/$170 duet
Enhance your sexual function and your enjoyment of this important part of life. A lifestyle coach or licensed therapist answers your questions and helps you explore your concerns regarding sexual satisfaction, decreased libido, problems with orgasm, comfort and fulfillment.
Nutrition & Food

HEALTHY EATING
50 minutes  |  $185
Get expert advice on everyday nutrition, and how best to feed yourself and your family for optimal health and well-being. This entry-level consultation may be customized to suit your needs and interests, including:
- Dining on the go
- Eating for energy
- Eating well at college
- Feeding healthy kids
- Healthy aging
- Plant-based eating
- Practical portions
- Sleep

HEALING FOODS
50 minutes  |  $185
The food you eat sends powerful messages to your body. Your eating patterns, food choices, intake of vitamins, minerals and other nutrients can positively affect prevention and management of chronic and other conditions. Meet with a licensed dietitian/nutritionist who will assess your needs and preferences, and provide therapeutic recommendations for your health concerns. Areas of focus may include:
- Autoimmune disease
- Bone and joint health
- Cancer prevention
- Heart health
- Hormone regulation
- Inflammation
- Insulin resistance/diabetes
- Neuronutrition: brain function
- Vitamin and mineral evaluation

DIGESTIVE WELLNESS
50 minutes  |  $185
Your gut health – how well you digest, absorb and metabolize nutrients, and eliminate waste products – is essential to your overall health and vitality. Meet with a licensed dietitian/nutritionist to assess your diet and identify potential toxins or irritants. You’ll get personalized strategies to treat digestive conditions or problems, including recommendations about healing foods, necessary supplementation, and avenues toward achieving optimal gut health. Conditions often significantly improved by optimal eating patterns include:
- Constipation
- Diverticulosis
- Food allergies
- GERD/heartburn
- Gluten intolerance/celiac disease
- Inflammatory bowel disease
- Irritable bowel syndrome
- Supporting your microbiome

MIND OVER MEALTIME
Two-part service  |  $345
There is growing scientific evidence that your diet influences your mood and behavior. In this two-part session, discover how the foods you eat affect your emotions and daily actions, and learn practical tips for overcoming complex issues to create a healthier diet and a happier life.

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

Part II (50 minutes) – A life management practitioner will address the emotional dynamics underlying your approach to food. You’ll receive practical skills to transform the negative cycle of complicated triggers, compulsions and guilt about eating into a balanced experience of peaceful anticipation, mindfulness and satisfaction.
Many weight-loss plans produce quick results, but the key is finding a method that generates lasting and sustainable outcomes for you. The best strategy will depend on your personal history, food preferences and overall lifestyle. Our experts spend time getting to know you and your background in order to create an effective, customized weight loss program that will leave you feeling lighter, healthier and happier.

**Part I (50 minutes)** – Discuss your weight history, eating patterns, food preferences and health goals with a nutritionist. You might address topics such as intermittent fasting, meal timing or your microbiome’s influence on weight. You’ll get a customized weight loss plan to follow during your Canyon Ranch stay. You’ll also receive suggestions for additional services that can help you reach your goal.

**Part II (50 minutes)** – Reconnect with your nutritionist, who will integrate all of your experiences and work with you to create a personalized eating plan that complements the recommendations from your other healthcare professionals. You’ll leave inspired, with a well-defined direction on how to change your weight forever!

**MAXIMIZE YOUR METABOLISM**

**Three-part service | $540**

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

**Part I (25 minutes)** – Resting metabolic rate (RMR) testing.

**Part II (50 minutes)** – Meet with an exercise physiologist to review your RMR results and calorie output per day based on activity level.

**Part III (50 minutes)** – You and your licensed diettian/nutritionist work together to develop your personalized eating plan.

**COOKING FOR FUN, PLEASURE & HEALTH**

Learn from Canyon Ranch chefs. Check the daily schedule for details on all included cooking demonstrations.

**HANDBS-ON COOKING**

**50-minute express or 90-minute class | $115/$165**

Learn and grow as a cook! No matter what your skill level, you’ll have fun and take home an improved 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.
Spiritual Wellness

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. During your stay, allow our experienced spiritual wellness providers to help you connect more deeply with what brings meaning, value and purpose to your life. This requires no religious affiliation and does not encourage giving up any particular faith.

SOUL JOURNEY
50 minutes | $240
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.

SPIRITUAL DIALOGUE
50 minutes | $240
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.

CONTEMPLATIVE CIRCLE
80 minutes | $200
Deepen your insight with the tradition of the Native American medicine wheel. A spiritual wellness provider will guide your physical awareness and your intuition using the ancient vitality of the four directions and the five elements. An exploration of archetypal energies and spiritual qualities will also be included in your personalized service. Gain a simple yet powerful tool for enhancing your spiritual practice and your daily life as you learn how you can continue using the contemplative circle at home.

RITE OF PASSAGE
50 minutes | $240
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 focus on:
- Birthday
- Breakup
- Career change
- Empty nesting
- Life transition
- New habits
- New parenthood
- Retirement
- Weight loss
**LOSS, GRIEF & REMEMBRANCE**

50 minutes  |  $200

Loss and grief are inevitable parts of life, but sometimes it’s hard to know how to move forward. Our spiritual wellness team can provide support for grieving individuals or families. We’ll explore 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.

**SACRED BODY**

50 minutes  |  $200

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) and physical healing.

**CULTIVATING A LIFE OF PURPOSE**

50 minutes  |  $200

Through a personalized, holistic review of your life, you can strengthen your self-awareness, develop a broader vision of what is important to you, enrich your personal and professional relationships, and cultivate a deeper overall contentment with life. Your practitioner will guide you in designing an individual mission and routine to take home.

**SOUND HEALING**

50 minutes  |  $240

Restore balance and wholeness and awaken consciousness as you bathe in the healing properties of sound. Using a variety of ancient instruments, your practitioner will immerse you in a profoundly therapeutic vibrational experience that will activate your awareness and transform your body, mind and heart.
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 multitalented massage staff is devoted to giving you a massage that satisfies your specific needs. Please communicate with your therapist and listen to your body.

Massage & Bodywork

MASSAGE

AROMATHERAPY STRESS RELIEF MASSAGE NEW
50 minutes | $185
80 minutes | $280

This deeply revitalizing treatment uses aromatherapy and traditional massage to unwind the body, reboot the mind and transform stress into balance. Choose between four aromatherapeutic blends of exotic herbs and essences featuring ingredients such as warm cardamom, hypnotic neroli, clarifying balsam fir or energizing holy basil to reinvigorate the senses and reboot the mind. Also uses alpine arnica body oil for massage.

ARTHRITIS MASSAGE
50 minutes | $160
80 minutes | $250
100 minutes | $315

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.

CANYON RANCH MASSAGE
50 minutes | $160
80 minutes | $250
100 minutes | $315

Our signature full-body massage stimulates circulation and soothes tight muscles. Your gifted therapist adapts eclectic techniques to your particular needs and preferences. Tension dissolves, leaving only comfort and well-being.

CANYON STONE MASSAGE
75 minutes | $265

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.
DEEP TISSUE MASSAGE
50 minutes  |  $185
80 minutes  |  $280
100 minutes  |  $335
This treatment is recommended for those who regularly receive massage and who enjoy intense bodywork. Specialized, focused techniques with alpine arnica reach deep muscle layers and address points of attachment, as well as the belly of the muscles.

HANDS, FEET & SCALP MASSAGE
50 minutes  |  $160
This is a relaxing alternative to full-body massage. The hands, feet and scalp are rich in nerve endings and acupressure points, yet they are often neglected. Begin with a wild lime revitalizing scalp massage, followed by massage for your hardworking hands and feet.

HEAD, NECK & SHOULDERS MASSAGE
50 minutes  |  $160
Give your stiff neck and tight shoulders a break – you’ll feel better all over. This focused massage with sweet birch releases tension and restores comfort to this typically tense area.

LYMPHATIC TREATMENT
50 minutes  |  $160
80 minutes  |  $250
100 minutes  |  $315
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.

NEUROMUSCULAR THERAPY
100 minutes  |  $345
Excellent for the reduction of chronic aches and other painful conditions. 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. Please wear comfortable clothing.

PRENATAL MASSAGE
50 minutes  |  $160
80 minutes  |  $250
Our classic Canyon Ranch Massage is adapted to provide complete comfort and safety for both of you. Your therapist will use a refreshing blend of oils formulated especially for pregnant women.

SOLE REJUVENATION
50 minutes  |  $160
Your overworked feet will be cleansed and softened with a relaxing lemongrass scrub, preparing them for a dedicated massage with a mint cream to soothe aches and melt away tension. Perfect for anyone who craves serious relief for feet and lower legs.

TRANQUILLITY™ TREATMENT
50 minutes  |  $160
An innovative massage acting on three different sensorial pathways for profound relaxation. Feel the synergy of a unique blend of essential oils, the bespoke Tranquillity™ Sound, Ayurvedic and Indonesian sea Malay modalities – all combined with the use of soft brushes. You’ll be gently guided into a quiet and peaceful mind and body that promotes a sound sleep (see also: Tranquillity™ Ritual, page 32).

BODY TREATMENTS

DETOXIFYING RITUAL
100 minutes  |  $330
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, then have all this goodness sealed in with essences of cardamom, jasmine, bergamot, amber and clove. Concludes with a massage.
TRANQUILLITY™ RITUAL
100 minutes  |  $330
This calming and nourishing ritual incorporates a blend of Damascus rose, sweet orange, geranium and vetiver essential oils and Eastern ritual massage combines 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 (see also: Tranquillity™ Treatment, page 31).

ULTIMATE HYDRATION RITUAL
100 minutes  |  $330
Relax as you’re gently scrubbed with your choice of scented oil mixed with our sugar-and-salt combination. You’ll then enjoy a full-body wrap that promotes the absorption of skin-nourishing shea butter and jojoba. As you enjoy your wrap, your therapist will massage warm oils into your hair and scalp before massaging your feet with soothing mud. Concludes with a full-body massage.

LAVENDER RELAX
50 minutes  |  $180
100 minutes  |  $330
The calming properties of lavender create a powerfully soothing effect, while shea butter intensely moisturizes the skin, creating deep relaxation and promoting restful sleep. Includes an exfoliation infused with lavender essential oil.

VITAMIN INFUSION BODY TREATMENT
50 minutes  |  $195
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 on the most sun damaged areas helps tone and smooth.

HYDRATING SUGAR & SALT SCRUB
50 minutes  |  $160
This gentle and highly effective hydrating scrub draws upon the healing elements of organic shea butter to invigorate and replenish your skin. The treatment begins with a soothing application of antioxidant-rich vitamin E and jojoba oil in your choice of scent, followed by a shea butter polish. Sugar and salt gently bring skin back to its softest and smoothest state.

ROSEMARY CITRON SEA SALT SCRUB  NEW
50 minutes  |  $185
Mineral rich sea salts are blended with spicy rosemary and citrus essential oils to stimulate circulation and slough away dull, flaky skin. This invigorating scrub will soften the skin, leaving the surface smooth and polished.

COCONUT MELT  NEW
50 minutes  |  $180
This intoxicating experience evokes the feeling of the tropics using warm coconut poultices. Coconut oil is known for its antioxidant and age-defying 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.

DETOX HERBAL WRAP
45 minutes  |  $160
Herbal therapies help relieve muscle stiffness and joint soreness, promote relaxation and aid in detoxification. While you are wrapped in steamy sheets steeped in our special herbal blend, enjoy a foot massage, warm paraffin treatment and a scalp massage.

DETOXIFYING SEAWEED MUD WRAP
80 minutes  |  $275
This treatment combines a dry, gentle exfoliation and the nourishment of French green clay and seaweed to cleanse your skin and improve skin tone and elasticity. The finishing touch: a blissful scalp and foot massage.

HYDRATING BODY WRAP
80 minutes  |  $275
Revive and rehydrate skin with this luxurious head-to-toe body quench in your choice of scent. Warm organic shea butter is massaged onto your body, then you’re wrapped in a luscious cocoon, soaking in potent antioxidant vitamin E to soothe, plump and smooth skin. A therapeutic scalp massage and deep conditioning hot oil treatment follows. Your treatment concludes with a full-body massage.
PARAFFIN BODY WRAP
80 minutes | $210
This nourishing treatment detoxifies and hydrates the skin by combining mineral-rich Dead Sea mud and warm paraffin in a restorative body masque that stimulates circulation and helps the body release toxins. Emerge from this treatment feeling refreshed, renewed and silky soft.

EASTERN THERAPIES

ABHYANGA
50 minutes | $180
Abhyanga, loosely translated, means “attending to a part of the body in the present moment.” A therapist performs this full-body ayurvedic-style massage using warm sesame oil. Energy, or subtle points of energy, are addressed on the face and feet to balance body, mind and spirit. This traditional therapy is used to release toxins, enhance immunity, nourish the skin and create a sense of well-being.

AYURVEDIC HERBAL REJUVENATION
80 minutes | $235
Traditionally used to strengthen the immune system and reduce tension and stress, this healing treatment begins with an application of a warm, exfoliating herbal masque. Then, you will continue with a light, brisk massage with warmed, herb-infused oils, selected for your dosha or body type. This powerful combination of herbs and oils cleanses, detoxifies and nourishes the skin and body.

BINDI-SHIRODHARA
100 minutes | $330
Based on traditional principles, this treatment is designed to restore balance to body and mind. Special oils corresponding to your dosha and an herbal masque prepare you for the Shirodhara – warm oil over the third eye and scalp. An Indian balancing bowl is rolled along the soles of your feet, restoring harmony. The powerful combination of herbal infusions, light Ayurvedic massage and energy work cleanses your skin, invigorates your spirit and rejuvenates your energy.

BAREFOOT TABLE THAI
50 minutes | $185
Flowing and rhythmic, this treatment is a fusion of traditional Thai stretching and Ashiatsu compression massage techniques. It’s for anyone seeking help with flexibility, training for sporting events, relief from back and hip pain, or deep relaxation. Table 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.

THAI MASSAGE
100 minutes | $335
Thai massage, sometimes called yoga massage, originated in Buddhist monasteries as preventive health care for the monks. Using slow, gentle rocking movements, the therapist applies compression with thumbs, palms, elbows, knees and feet to stretch soft tissues and harmonize vital energies. This graceful therapy, which is given on a futon, leaves you relaxed, energized and more flexible. Please wear comfortable clothing.

MUSCLE MELT FOR ROAD WARRIORS
50 minutes | $185
80 minutes | $280
100 minutes | $335
A restorative treatment developed in Thailand to ease aches and pains of battle-weary warriors. Warm herbal poultices 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.

SHIATSU
50 minutes | $160
80 minutes | $250
100 minutes | $315
Relax, energize and awaken. Your therapist will use thumbs, fingers and palms to stimulate the body’s energy system, applying pressure to acupoints and along meridians to balance yin and yang. A deeply pleasurable whole-body tune-up. Please wear comfortable clothing.
ASHIATSU – BAREFOOT MASSAGE

50 minutes | $185
80 minutes | $280
100 minutes | $335

From the Japanese words “ashi,” meaning foot, and “atsu,” meaning pressure, this is an incredibly relaxing and deep massage therapy. Your therapist uses overhead bars for balance while using foot pressure to release and bring about structural change in chronically sore, tight tissues, and to stimulate circulation.

REFLEXOLOGY

50 minutes | $170

A treat for your feet with whole-body benefits. A specially trained therapist works on reflex points in the feet that correlate to the individual organs and parts of the body. Activating these reflexes helps improve circulation and promotes relaxation. Please wear comfortable clothing.

ENERGY THERAPIES

CRANIOSACRAL THERAPY

50 minutes | $180

This soothing treatment 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 encourages optimal fluid movement throughout the body. The result is a deep sense of calm. Please wear comfortable clothing.

REIKI

50 minutes | $180

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.

Skin Care

FOUNDATION FACIAL

50 minutes | $160

The Foundation Facial provides the basics that everyone needs: gentle polishing exfoliation, light extractions and a facial massage with Naturopathica Plant Stem Cell Booster serum, which is clinically proven to improve skin’s radiance, smoothness and hydration.

GENTLEMAN’S FACIAL

50 minutes | $160

This facial uses Turo products, specifically designed for men’s skin. It provides relief from irritation and replenishes vitamins and nutrients to help reduce the appearance of sun damage, lines and discoloration.

DEEP CLEANSING FACIAL

50 minutes | $185

Purify, soothe and balance the look of problematic skin. This deep cleanse with Environ products prevents and eliminates the appearance of blackheads, whiteheads and congestion while leaving the skin calm and refreshed.

HYDRAFACIAL MD®

50 minutes | $240

This noninvasive, multistep treatment combines the benefits of HydraFacial resurfacing procedure, a mild chemical peel, automated painless extractions (no pinching) and a special delivery of antioxidants, hyaluronic acid and peptides. Enjoy real results without downtime or irritation.

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

L’INTEGRAL AGE-MINIMIZING FACIAL

50 minutes | $185

This facial uses the Sisley product collection to deliver the ultimate age-defying indulgence. Powerful botanicals help skin appear rested, less stressed, luminous, firmer and more hydrated.

SENSITIVE FACIAL

50 minutes | $185

Calming and healing for those who experience redness and irritation. Environ’s vitamins, antioxidants and growth factors will gently begin to rebalance and restore skin’s integrity.
DF Technology uses an electrical current that is passed through the skin, allowing greater absorption of vitamin applications, and sound waves providing greater penetration resulting in faster, more effective results.

PREMIER VITAMIN
AGE-DEFYING TREATMENT
80 minutes | $285
This powerful and ultimate age-defying facial using Environ vitamins A, C, E and peptides serums, promote the formation of collagen and elastin, increases stem cell activity, and stimulates skin’s respiration and circulation. This treatment dramatically improves the appearance of fine lines, wrinkles, lax skin, uneven tone and texture. Your skin will appear visibly more radiant, tighter and smoother. Customized to your skin’s needs: deep cleansing, age-defying, brightening or sensitive skin.

VITAMIN INFUSION FACIAL
50 minutes | $185
Restore radiance and improve the signs of damage from sun, pollution and stress. Powerful Environ products and vitamins A and C help to re-establish clarity and firmness and help guard against further damage.

OXYGEN FACIAL
50 minutes | $240
80 minutes | $315 – includes 20-minute infusion
This treatment builds collagen and elastin, increases cell turnover and hydrates you skin, restoring a youthful glow. Includes a serum specific to your needs, a hydrating massage and oxygen infusion.

HARVEST FACIAL NEW | SEASONAL
50 minutes | $185
Repair the effects of the summer sun. Begin this seasonal facial with a gentle pumpkin enzyme peel to exfoliate and even out skin tone. Follow with FOREO’s UFO mask treatment, using LED light wavelengths for skin’s rejuvenation. Unmask a clearer, calmer and glowing complexion.

PROBIOTIC ADVANCED FACIAL
50 minutes | $185
80 minutes | $285
Begin with an in-depth skin analysis, followed by a deep cleanse with Manuka Honey Cleansing Balm, enhanced exfoliation, extractions and facial massage. In this customized treatment, your aesthetician will blend Naturopathica products specifically for your needs combined with a Kombucha Probiotic Mask. This personalized facial will address any need from wrinkle repair and firming to clarifying and smoothing. If your skin could use a little TLC, add 30 minutes to allow for extractions and more massage.

OPTIONAL ENHANCEMENTS
Customize your treatment with one of the following services
- Bright Eyes
- Neck & Décolleté Repair Treatment
- Peel
- Pumpkin Enzyme Treatment | $65 each
- Waxing | Times and fees vary
Salon

HEALTHY HAIR CARE

BLOWOUT
25 minutes  |  $60
45 minutes  |  $70
Let us do the work: Enjoy a luxurious shampoo and blow-dry.

COLOR
Times and fees vary.
Let our design team create a shade to enhance your style. Blow-dry included.

CUT
Cut for women – 45 minutes  |  $110
Cut for men – 25 minutes  |  $60
Consult with one of our expert stylists to achieve a style that will suit your lifestyle and enhance your overall look. Includes blow-dry.

RESTORATIVE TREATMENT
45 minutes  |  $70
Indulge in an effective reconstructive treatment that conditions the scalp, while deeply conditioning over-processed and damaged hair. Includes a relaxing scalp massage. Blow out not included.

HIGHLIGHTS
Times and fees vary
Customize the perfect dimension and depth of color with highlights or lowlights to bring vibrancy to your hair. Blow-dry included.

MAKEUP

BROW DESIGN
15 minutes  |  $50
Focus on the eyes. Enjoy a lesson on shaping and tweezing your brows to create the perfect look. A specially trained professional will teach you how to enhance one of your most important features.

MAKEUP CONSULTATION
Up to 50 minutes  |  $135
Learn to use makeup like a pro. Let a professional create a look for you and teach you valuable techniques, trends and tricks.
Canyon Ranch offers the revolutionary Dazzle Dry™ non-toxic, hypoallergenic, high-pigment lacquers. Not only do the lacquers dry in as few as five minutes – without the use of UV/LED lighting – but are also long lasting and nail strengthening.

**RITUAL MANICURE**
45 minutes  |  $70
Experience a personalized scent journey as you indulge in this hand and nail treatment. Enjoy a soak to restore and revitalize hands, as hydrating shea butter and gently exfoliating fruit extracts replenish and cleanse the skin. Dry skin disappears and softness returns with this cuticle and skin treatment.

**LEMON VERBENA MANICURE  NEW**
45 minutes  |  $70
This highly reparative manicure begins with a Naturopathica aromatic compress to soothe and soften the skin, followed by a citron sea salt scrub to polish well-worked hands. Hydrate the skin with lemon verbena hand cream, rich with omega-3 to nourish and protect the skin.

**GENTLEMEN’S MANICURE**
25 minutes  |  $65
This treatment provides hydration and exfoliation using products that appeal to a gentleman’s senses. Includes a file, soak, groom, massage and buff.

**MANI ON THE GO**
25 minutes  |  $60
This treatment will give you beautifully polished and groomed nails.

**RITUAL PEDICURE**
50 minutes  |  $90
Select your favorite scent to enjoy throughout this relaxing foot and nail treatment. It begins with a foot-soothing salt soak, hydrating shea butter scrub, and an intensive cuticle and skin treatment that smooths, plumps and transforms skin, leaving a beautiful glow. Choose the perfect polish to complete your ritual.

**THE ULTIMATE STONE PEDICURE**
80 minutes  |  $125
This ultra-hydrating pedicure begins with a muscle-soothing soak, followed by Naturopathica’s Espresso Mud Body Scrub to exfoliate, nourish and help stimulate circulation. Relax as warm and cool basalt stones are used to massage your feet and legs. Warm paraffin seals in moisture.

**FOOT RESCUE! PEDICURE**
50 minutes  |  $90
This therapeutic, invigorating treatment begins with a soothing footbath in herbal salts to refresh and relax the feet. A double exfoliation turns dry, rough and chapped feet into the soft feet you desire using vitamins A, C and E, plus alpha hydroxyl acids.

**LEMON VERBENA PEDICURE  NEW**
50 minutes  |  $90
This highly reparative pedicure begins with an aromatic soak with sweet birch magnesium bath flakes to soothe and soften the skin, followed by an uplifting rosemary citron sea salt scrub to polish well-worked feet. A nutrient-rich seaweed gel is applied as warm towels provide deep repair and intense hydration. Finished with a lemon verbena cream, rich with omega-3, to nourish and protect the skin.

**GENTLEMEN’S PEDICURE**
50 minutes  |  $85
A delightful and relaxing experience. Includes a file, soak, groom, massage and buff to renew and re-energize your feet.

**TOES ON THE GO**
25 minutes  |  $70
A classic groom and polish for feet in a hurry.
METAPHYSICAL

ASTROLOGY
50 minutes | $210
Based on your date, time and place of birth, an Astrology session will offer practical insight about your path, your personality and issues such as love, career, health, wealth, travel and spirituality. Each reading includes a 12-month forecast.

CLAIRVOYANT READING
50 minutes | $210
A safe way to gain 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.

TAROT CARD READING
50 minutes | $210
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.

LEARN TO READ TAROT CARDS NEW
50 minutes | $210
Reading tarot cards can be a practical goal for guidance and deeper self-awareness. During the session, learn the basics of reading the tarot or expand your skills in this instructional lesson. Receive a tarot deck and recording of the session to take home to continue cultivating your practice.

Follow-up readings by phone can be scheduled for you at home. To make arrangements, visit or call Program Advising, Ext. 5439.

TEEN SERVICES (ages 14–17)
All teen services must be booked by the parent of guardian. We require that all guests ages 14–17, along with parent or guardian, meet with a Canyon Ranch Program Advisor or Nurse Educator at the beginning of each stay for guidance and suggestions on making the most of your experience.

Guidelines for Teens
- Lightweight, loose clothing must be work for teen services (or swimwear for water activities)
- The parent of 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.

MATERNITY
A Program Advisor can provide guidelines for mothers-to-be which will allow you to safely enjoy all of your Canyon Ranch activities and services. You may call 800.877.0404 before your stay, or Ext. 5439 any time while you’re here.
At the end of your stay, it’s hard to say goodbye. Becoming a Canyon Ranch Member makes it easy to come back often. To get back to favorite classes. To people who inspire you and scenery that soothes you. To feel renewed all over again. Well on your way to transformative wellness – with health and vitality for a lifetime. And you can enjoy all this with special Membership rates and exclusive privileges. We’d love to welcome you as a Member. Find out more at our Membership Office or call Ext. 5411.
IT’S HARD TO RESIST OUR SHINY OBJECTS AND HOT CLASSES.

Challenge yourself in our Outdoor Boot Camp class using MoveStrong™ equipment that accommodates different fitness and skill levels. Think of it as a cool backyard jungle gym for adults!

The TechnoGym SKILLMILL™ – similar-looking to a treadmill, but with a concave base that serves a purpose. No buttons to push here. Get going to get the center strip moving. You can run, shuffle laterally, lean into the dual handlebars and more for a total-body workout.

Or, focus on upper-body and core strength in a TRX Basic Essentials class. Hang on to the black and yellow TRX Suspension Training® equipment while an instructor guides you through pushups at an angle and pull-ups using your body weight. You’ll build endurance during a powerful workout.

FOCUS on YOU

Have a wellness goal or personal interest you want to pursue in depth? Ask your Program Advisor about a Focused Wellness Package. Together you’ll build a personalized schedule of services to set you on your path. Most importantly, you’ll have a team of select specialists to guide and encourage you. Your team.
When the vacation ends, you won’t want to leave. So stay. With only a few select homes still available, don’t miss your opportunity.

Canyon Ranch Living® Lenox features 19 beautifully appointed residences connected to the resort by a climate-controlled, enclosed walkway. You’ll have full access to our fitness facilities, classes and outings. Enjoy ongoing relationships with Ranch and health experts year-round. Savor farm-to-table cuisine at Ranch restaurants. And, of course, all your favorite spa and body treatments are just moments away.

At Canyon Ranch Living Lenox, you’ll feel energized, grounded and inspired every single day.

Right at home. Your home.
LAUNDRY & DRY CLEANING
We provide self-service washers, dryers, detergents and fabric softeners in easy-to-spot locations. Or, we can do your wash or dry cleaning for a fee. Please check the plastic laundry bag in your closet for details.

CUSTOM COMFORTS
Please let us know if you’d like a humidifier, heating pad or specialty pillows brought to your room. Simply call Ext. 5432.

PILLOW TALK
The right pillow can make the difference in getting a good night’s sleep. You’ll find high-quality, hypoallergenic pillows on your bed and on the closet shelf. To have specialty pillows delivered to your room, call Ext. 5525.

YOUR VALUABLES
You’ll find a safe in your room to store your valuables.

PRIVACY, PLEASE
At Canyon Ranch, we respect your privacy. To help maintain that feeling of trust and discretion for everyone, please don’t take pictures of other guests without asking permission first.

CLEAR THE AIR
Smoking cigarettes or e-cigarettes is allowed only in designated outdoor, nonpublic areas. Cigars and pipes are not allowed. Smoking in your room will result in a cleaning fine of $500 to $1,800, excluding any damages.

SAFETY & SECURITY
Our team is always on the job and available when you need them. Please note that we’re required to check on you if your phone’s been left off the hook, or if you don’t respond to a wakeup call you requested. We’re here to make sure you’re okay.

POOL TIME
The heated indoor lap pool is located in the Spa, open 6:30 am to 10 pm daily. The heated outdoor pool is next to the Spa, open seasonally. No lifeguards on duty.

TENNIS
Indoor courts are available during regular spa hours, 6:30 am to 10 pm daily; outdoor courts, seasonally during daylight hours. We recommend reserving time on the signup board in advance. Court time is complimentary. Ask your Program Advisor about tennis lessons or clinics.

THE SHOWCASE BOUTIQUE
Stop by the Boutique, located in the Spa Lobby, to browse a selection of logo wear, apparel, athleisure, gifts, daily necessities, aromatherapy products and treasures you’ll be glad to discover.

QUIT FOR GOOD
Schedule a complimentary consultation to help set you on the path to quitting smoking. To take advantage of this opportunity, please call Program Advising at Ext. 5439.
CR shops online. Check out our site for an ever-changing array of wellness products, athleisure, striking jewelry, bath and body collections, one-of-a-kind gifts, favorite delectables and new discoveries. shop.canyonranch.com