

MINDFUL DREAMS

ORGANIC LAVENDER + SEAWEED SUGAR GLOW

50 minutes **\$145**
Gently removes dead skin cells with sugar, and heals with seaweed extracts and lavender essential oil.

AGE-DEFYING RESTORATIVE FACIAL

50 minutes **\$150**
A mix of seaweed and botanical ingredients to help stimulate collagen production and reduce the appearance of fine lines and wrinkles.

MINDFUL DREAMS RITUAL

75 minutes **\$258**
Incorporating specially designed soothing products alongside sleep-inducing cultural massage and meditation techniques, this well being-focused treatment evokes instant tranquility and fosters inner wellbeing, calmness and serenity.

SKIN CARE

FACIALS

ADVANCED AGE-MANAGEMENT FACIAL

80 minutes **\$269**
One of the most advanced approaches to reduce signs of premature aging, this extraordinary facial diminishes the look of fine lines, lax skin, pigmentation, sun damage and scarring.

AGELESS OXYGEN BOOST FACIAL

50 minutes **\$214**
This oxygen treatment builds collagen and elastin, increases cell turnover and hydrates, restoring the skin's youthful glow. *Note: Extractions are performed as necessary.*

AGELESS OXYGEN BOOST FACIAL... THE ULTIMATE!

80 minutes **\$279**
Enjoy our Ageless Oxygen Boost Facial with an added bonus. This "ultimate" treatment also includes a collagen masque and 20-minute oxygen infusion. *Note: Extractions are performed as necessary.*

CLEANSE + POLISH BACK TREATMENT

50 minutes **\$145**
This treatment focuses on an often overlooked area and helps balance oily and problematic skin. A deep cleansing and exfoliation reduces the look of inflammation and irritation, and leaves the skin clean and refreshed.

DEEP CLEANSING FACIAL

50 | 80 minutes **\$145 | \$212**
This facial purifies and soothes skin. Deep cleansing helps eliminate the appearance of blackheads, whiteheads and congestion.

ENHANCING VITAMIN THERAPY

50 minutes **\$248**
Developed to intensively focus on several key areas of concern, this targeted skin care treatment includes a penetrant-enhancing masque for amazing results.

ADD ONS

HAIR + SCALP TREATMENT

20 minutes **\$33**
– relaxing and restorative

FOOT TREATMENT

20 minutes **\$33**
– soothing and nourishing

MEDICAL-GRADE PEEL

60 minutes **\$212**
These tailored peels help promote a healthier, firmer, smoother appearance of the skin. A post-peel application of a vitamin-enriched masque will soothe, hydrate and nourish. Limited sun exposure and sunscreen application is a must following this treatment.

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

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

PRECISION VITAMIN THERAPY

30 minutes **\$124**
This treatment targets specific areas of concern using the best skin care techniques to ensure quick, effective results. It's perfect for when your time is limited.

PURIFYING VITAMIN THERAPY

75 minutes **\$289**
Created to purify, micro-exfoliate and rehydrate your skin, this therapy greatly assists with the treatment of acne, scarring and deep skin congestion.

SENSITIVE FACIAL

50 minutes **\$155**
A calming and restorative skin treatment for anyone who experiences redness, irritation and dryness. A combination of vitamins, antioxidants and growth factors begin to rebalance and restore your skin's integrity.

ULTIMATE VITAMIN THERAPY

80 minutes **\$315**
This luxurious treatment improves the appearance of fine lines, wrinkles and lax skin. It brightens and evens out skin tone for outstanding visible results.

VITAMIN INFUSION FACIAL

50 | 80 minutes **\$165 | \$233**
Powerful vitamins A and C plus antioxidants help re-establish your skin's clarity and firmness and help guard against further damage. You'll have a brighter, smoother and more youthful look.

CANYON RANCH® AESTHETICS

Advanced nonsurgical facial treatments, performed by a physician trained in aesthetic medicine. Services are available only on selected vessels, and must be booked onboard. Services are not available when the vessel is in port.

BOTOX® COSMETIC

Times and prices vary
Botulinum toxin that temporarily relaxes the muscles that cause facial wrinkles.

JUVÉDERM® XC

Times and prices vary
Injectable hyaluronic acid dermal filler.

GENTLEMEN'S FACIALS

AGE-DEFYING MEN'S FACIAL

50 minutes **\$145**
Using the best ingredients formulated for men, this treatment will help maintain an energized, youthful appearance. Smooth wrinkles, strengthen skin around the eyes and reduce puffiness and dark circles.

ESSENTIAL MEN'S FACIAL

50 minutes **\$145**
Designed to address a man's skin care needs, this treatment uses powerful coconut- and aloe-based products, removing skin impurities that are deeper and harder to reach.

HIGH PERFORMANCE MEN'S FACIAL MASSAGE

80 minutes **\$212**
Enjoy the combined benefits of a relaxing cranial massage followed by a deep-cleansing facial and exfoliation.

OPTIONAL FACIAL ENHANCEMENTS

ALGAE LIFTING + CONTOURING

EYE ENHANCEMENT **\$46**

AGE-DEFYING NECK +

DÉCOLLETÉ TREATMENT **\$46**

AGE-DEFYING

THERAPEUTIC MASQUE **\$46**

BROW TINTING

\$37

EYELASH TINTING

\$46

MASQUE ADD-ONS

\$46

OPTIONAL UPGRADES

IONTOPHORESIS

\$52

SONOPHORESIS

\$41

SKIN CARE (Continued)

WAXING

BACK	\$77	FULL BODY	\$212
BIKINI	\$46	FULL LEG	\$98
BRAZILIAN	\$98	FULL LEG + BIKINI	\$139
CHIN	\$27	HALF LEG	\$46
EYEBROW	\$37	HOLLYWOOD	\$108
FOREARM	\$46	LIP	\$28
FULL ARM	\$57	UNDERARM	\$37

BODY TREATMENTS

RITUALS*

DETOXIFYING RITUAL

100 minutes **\$305**
You'll be cleansed with a Moroccan mint tea and silt purifier, then scrubbed with coffee, olive stones and fresh lemons. A rich rhassoul clay then draws out impurities. Finally, recharge with quince and orange blossoms, sealed in with warming curative essences of cardamom, jasmine, bergamot, amber and clove. Concludes with a massage.

EUPHORIA RITUAL

100 minutes **\$305**
Your journey begins with a sage compress for your face and an aromatherapy scalp massage. A warm botanical body masque is applied and gently buffed, then you are immersed in a soaking tub with a specially designed aromatherapy blend. Your ritual concludes with a soothing massage using warm, herb-infused oil.

NATURALLY NOURISHING RITUAL

100 minutes **\$305**
Skin is nourished and cleansed with organic milk, exfoliated with bioactive peat enzymes and ripe, antioxidant-rich Arctic cloudberries. Then your lymphatic system is stimulated by a mushroom and phytonutrient wrap followed by an oxygenated ionizing mist. Your treatment finishes with a Canyon Ranch Massage to increase circulation and vitality.

REVITALIZING RITUAL

100 minutes **\$305**
Be purified with yuzu mimosa sea algae, deeply scrubbed with warming gingergrass, polished with nutrient-rich rice bran and hydrated with rose camellia water. Next, quench your whole body with wild lime silk oil and a Canyon Ranch Massage to energize and restore.

SCRUBS, BODY TREATMENTS + WRAPS

INTENSIVE BODY PROFILE TREATMENT

50 minutes **\$207**
This targeted treatment using iontophoresis increases the effectiveness of medical-grade ingredients to help firm, condition and smooth the skin on the thighs.

ORGANIC SEA SALT SCRUB

50 minutes **\$145**
Dry brushing with organic Dead Sea salts stimulates the lymphatic system, while an application of biodynamic honey, spirulina and essential oil leaves skin supple and calm.

SEAWEED LEAF WRAP

80 minutes **\$258**
You'll be warmly wrapped from head to toe in hand-harvested seaweed. This amazing, all-organic treatment detoxifies, firms and softens skin.

SEAWEED PEAT WRAP

50 minutes **\$165**
Peat wraps have long been used in Eastern Europe to treat skin and rheumatic conditions. This wrap, which mixes organic seaweed extracts with micronized peat, offers potent detoxification.

TANGLE ME UP WRAP

50 minutes **\$165**
Ground Laminaria digitata algae helps relax your tired muscles, relieve stress and banish fatigue. The powerful antioxidant compounds work to firm and tone your skin, and alleviate the appearance of cellulite and signs of aging.

THERMAL THERAPY

RASUL CEREMONY (On Selected Vessels)

50 minutes **\$139 single**
\$160 couple

Cleanse and purify your body in our exquisite, ornately tiled steam chamber designed for your comfort and pleasure. Smooth rare, purifying muds on your skin (or your partner's) and relax in gently warmed thrones as bursts of herbal steam surround you.

MASSAGE + BODYWORK

MASSAGE

AROMATHERAPY MASSAGE

50 | 80 minutes **\$155 | \$212**
An all-natural, sense-seducing escape from the everyday world. This fragrant, full-body massage is the ultimate healthy pleasure.

AROMATHERAPY MUSCLE SOOTHER

80 minutes **\$212**
A focused, all-over body massage designed to release tight, fatigued muscles and joints.

AWAKENING MASSAGE

50 minutes **\$155**
An all-over body massage using cold-pressed Arctic berry seed oils to deliver a boost of regeneration to your whole being. Optimal health and a positive state of mind are restored with an awakening eucalyptus and laurel foot massage, ending with an uplifting flower mist.

CANYON RANCH MASSAGE

50 | 80 minutes **\$150 | \$212**
Uniquely relaxing, our signature full-body massage stimulates circulation and soothes tight muscles.

CANYON STONE MASSAGE

80 minutes **\$222**
Smooth, rounded basalt stones are gently heated and used by the therapist as extensions of his or her hands. The heat of the stones penetrates muscle tissue, inducing deep relaxation without overheating.

DEEP TISSUE MASSAGE

50 | 80 minutes **\$176 | \$248**
Feel the need for a really deep massage? Put yourself in an expert therapist's hands for an intensive experience focused on releasing deep muscle layers.

LYMPHATIC TREATMENT

50 minutes **\$160**
Extremely light, sequenced strokes stimulate the movement of lymphatic fluid, thereby cleansing the body. Excellent for reducing pain, fluid retention, chronic inflammation, sinus conditions, headaches and sprains.

SOLE REJUVENATION

50 minutes **\$155**
Every aspect of wellness is connected, from head to hard-working toes. This deliciously relaxing foot scrub and massage relieves tension, soothes aches and puts the spring back in your step.

TENSION ZONE MASSAGE

50 minutes **\$150**
Get that weight off your shoulders. Your therapist will relieve all the tension in your head, neck and shoulders.

ACUPUNCTURE

50 minutes **\$176**
This ancient Chinese modality is endorsed by the National Institutes of Health. A session with an acupuncturist helps balance the body's energy (chi), stimulates natural healing processes and provides a deep state of relaxation.

MASSAGE + BODYWORK (Continued)

FROM THE EAST

5 POINT STAR
50 minutes **\$186**
 Steeped in ayurvedic tradition, this service connects body and mind, promoting harmony with herbal infusions applied on the head, hands and feet.

ABHYANGA MASSAGE
50 | 80 minutes **\$176 | \$238**
 Fragrant essential oils that balance your dosha (constitution) are applied with light pressure to the energy points on the skin where, according to ayurvedic thought, your subconscious mind communicates with your body. Profoundly relaxing and energetically balancing.

AYURVEDIC SIGNATURE BODY WRAPS
50 minutes **\$186**
 Treatments are dosha-specific (corresponding to your ayurvedic type) and designed to nourish, hydrate, tone, ground and revitalize your being. You may select from the following:

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

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

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

Herbal Cellulite Wrap – helps reduce the appearance of cellulite, tightens skin and helps alleviate the sluggishness of kapha dosha types.

REFLEXOLOGY
50 minutes **\$155**
 Release life's tensions through the energy meridians on the soles of your feet.

REIKI**
50 minutes **\$155**
 In this balanced state, your body is able to access its own natural healing ability. You may experience decreased anxiety and fatigue and improved circulation, concentration and sleep quality.

SHIRODHARA
50 minutes **\$171**
 Feel the serenity as the warm oils nurture your hair and scalp. An Indian balancing bowl, used on the soles of your feet, soothes the spirit and helps balance your body's energies.

THAI MASSAGE**
50 | 80 minutes **\$160 | \$212**
 Using slow, focused movements and compressions to guide the body through stretches, Thai massage creates a feeling of lightness and comfort. Given on a traditional floor mat.

HEALTHY FEET

FOOT RESCUE!
50 minutes **\$108**
 This therapeutic, invigorating treatment begins with a soothing foot bath in herbal salts that will refresh and relax your feet. Our technician will focus on wear and tear to restore health to your feet and nails.

GAIT ANALYSIS
25 minutes **\$88**
 Get a computerized assessment of the biomechanics of your feet as you walk across an orthotics mat. Includes review and recommendations for orthotics, if indicated. Note: This service is not appropriate for evaluating prescription orthotics you are already using.

HEALTHY ON YOUR FEET
50 minutes **\$139**
 If you experience foot, ankle or knee pain related to long periods of standing, this focused foot and lower leg massage may enhance blood flow to your muscles, reduce inflammation around the joints, and relax your entire lower body.

INSTANT RELIEF
50 minutes **\$139**
 This treatment is designed to help alleviate painful symptoms associated with conditions such as plantar fasciitis (heel or arch pain), sore Achilles tendons, Morton's neuroma, shin splints or pain in the ball of the foot. Your therapist will tailor your massage to meet your individual needs, improve circulation, reduce inflammation and increase mobility.

SEAWEED FEET + LEG MASSAGE
25 minutes **\$67**
 Enjoy a sea salt scrub and a deeply relaxing massage of the lower legs, followed by a warmed Atlantic seaweed wrap to detoxify, increase circulation, and nourish tired feet and legs.

TWO-BY-TWO MASSAGE**
 Aromatherapy Massage
50 | 80 minutes **\$310 | \$424**

CANYON RANCH MASSAGE
50 | 80 minutes **\$300 | \$424**

CANYON STONE MASSAGE
80 minutes **\$444**

DEEP TISSUE MASSAGE
50 | 80 minutes **\$352 | \$506**

TENSION ZONE MASSAGE
50 minutes **\$300**

OPTIONAL MASSAGE ENHANCEMENTS

RELAXATION SCALP MASSAGE **\$36**

REVITALIZING FOOT TREATMENT **\$36**

WAKING UP SCALP MASSAGE **\$36**

SALON

HAIR SERVICES

BANG/FRINGE TRIM **\$15**

BLOW DRY ENHANCEMENT
Extra Long **\$25**
Super Curly **\$25**
Add-Ons **\$34**

COMB OUT **\$44**

CUT + STYLE **fees vary**

SHAMPOO, CUT + BLOW-DRY
Short **\$81**
Medium **\$90**
Long **\$100**

SHAMPOO, ROLLERSET + BLOW-DRY
Short **\$53**
Medium **\$62**
Long **\$72**

UPDO/UPSTYLE
Medium-Length **\$72**
Long **\$81**

COLOR + HIGHLIGHTING
 *Prices start at:
Bleach **\$71**
Full Highlights **\$155**
Highlights – 2 to 4 Foils **\$44**
Partial Highlights **\$110**

TINT, TONER OR SEMIPERMANENT COLOR
Short **\$90**
Medium **\$100**
Long **\$110**
Roots only **\$81**

HAIR & SCALP TREATMENT
80 minutes **\$155**
 Restore your hair's natural vitality with a custom hair care and scalp treatment. A designer style completes the treatment.

BARBER SERVICES

BEARD TRIM EXPRESS **\$47**

BEARD TRIM/SHAVE **\$88**

HAIRCUT **\$34**

HEAD SHAVE **\$57**

MUSTACHE OUTLINE **\$16**

STRAIGHT RAZOR SHAVE **\$68**

SALON (Continued)

MANICURES

AGE-DEFYING MANICURE
45 minutes **\$90**

Vitamins A, C and E plus alpha hydroxy acids to soften dry, rough, chapped skin, unveiling smooth-as-silk hands.

SHELLAC MANICURE
50 minutes **\$90**

Say goodbye to nicks, chips and smudges. Enjoy all the essentials of a perfect spa manicure finished with gel polish.

GENTLEMEN'S MANICURE
30 minutes **\$35**

This treatment provides hydration and exfoliation using products that appeal to a gentleman's senses. Includes a file, soak, groom, massage and buff.

HANDS SO SOFT MANICURE
45 minutes **\$85**

Warm paraffin hydrates dry skin, softens cuticles and soothes aching joints like nothing else.

CANYON RANCH MANICURE
45 minutes **\$42**

Gentle exfoliation, aromatic soak and soothing lotions leave skin silky smooth.

NAILS

ACRYLIC FILLS **\$69**

FILE + POLISH **\$24**

FULL-SET ACRYLICS **\$96**

FRENCH POLISH **\$33**

OVERLAY WITH ACRYLICS **\$78**

PINK + WHITE ACRYLICS **\$123**

PINK + WHITE/REBALANCE/FILL **\$78**

NAIL REPAIR **\$24**

PARAFFIN TREATMENT HANDS OR FEET **\$33**

POLISH CHANGE FINGERS OR TOES **\$24**

FRENCH **\$33**

SOAK-OFF **\$15**

PEDICURES

AGE-DEFYING PEDICURE
50 minutes **\$120**

Vitamins A, C and E plus alpha hydroxy acids soften dry, rough, chapped skin, unveiling smooth-as-silk feet.

CANYON STONE PEDICURE
80 minutes **\$154**

Warm paraffin hydrates dry skin and soothes aching joints like nothing else. Say goodbye to painful joints and dried-out cuticles.

FEET SO SOFT PEDICURE
50 minutes **\$115**

Warm paraffin hydrates dry skin and soothes aching joints.

SHELLAC PEDICURE
50 minutes **\$95**

No more nicks, chips and smudges. Enjoy a Canyon Ranch pedicure finished with a gel polish.

GENTLEMEN'S PEDICURE
30 minutes **\$69**

A delightful treatment that provides hydration and exfoliation using products that appeal to a gentleman's senses. Includes a file, soak, groom, massage and buff.

CANYON RANCH PEDICURE
50 minutes **\$69**

Maintain healthy and refreshed feet with a gentle exfoliation, an aromatic soak and moisturizing essential lotions.

SPORTS PEDICURE
50 minutes **\$78**

Smooth and cool your active feet. Self-heating oil relieves aches and increases blood circulation; a final cooling gel leaves your feet feeling like new.

MAKEUP

FACE ON
15 | 30 minutes **\$25 | \$50**

After your Canyon Ranch facial has left your skin clean, nourished and glowing with health, let our makeup artist enhance your natural beauty. You'll turn heads and feel fabulous.

MAKEUP CREATION + LESSON
50 minutes **\$100**

Become your own makeup artist. A professional makeup artist will show you how to make the most of your bone structure, complexion, skin type and lifestyle.

WEDDING MAKEUP
50 minutes **\$100**

Be your beautiful best on your big day. Our makeup artist will create the look you'll love for your picture-perfect occasion.

BEAUTY ESSENTIALS

EXPRESS TEETH WHITENING
20 minutes **\$199**

This peroxide-free laser teeth-whitening system provides immediate results in less than half an hour. It causes no structural or enamel change, and your experience will be painless.

FITNESS & WELLNESS

COMPLIMENTARY EDUCATIONAL PRESENTATIONS + WORKSHOPS

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

EXERCISE + WELLNESS

ASSISTED STRETCHING

25 minutes **\$67**
Increased resistance to improve flexibility and strength.

BASIC FITNESS ASSESSMENT

80 minutes **\$154**
Have your fitness level assessed through five tests: cardiovascular endurance, muscular strength, muscular endurance, flexibility and body composition. An expert will then design a safe and effective exercise program just for you.

BODYSTAT® BODY COMPOSITION ANALYSIS

25 minutes **\$67**
Quick, comprehensive and noninvasive, the Bodystat Body Composition Analysis provides a complete picture of your body makeup and hydration level. Learn how much of your total body weight is fat and how much is lean tissue (including muscle and bone).

EXERCISE FOR WEIGHT LOSS

50 minutes **\$98**
Learn how to stimulate your metabolism to reduce body fat. Whether you're beginning a program or are an avid exerciser, we can create an effective fitness program based on your goals and abilities.

PERSONAL PILATES SESSION

50 minutes **\$98**
A private Pilates session on the mat.

PERSONAL TRAINING SESSION

25 | 50 minutes **\$67 | \$98**
In this private session, a trainer will develop or fine-tune a fitness program tailored to your needs, preferences and goals.

PERSONAL TRAINING SESSION (2 PEOPLE)

50 minutes **\$150**
In this session for two, a trainer will focus on any of the topics above or on another interest you share.

EXERCISE PRESCRIPTION

50 minutes **\$98**
A Canyon Ranch exercise professional creates a customized program to help you achieve your fitness goals, whether you're a novice or an experienced exerciser.

YOGA CLASSES

50 minute **\$11**
With its quiet, precise movements and focus, yoga draws your attention away from chaos and toward calm. Depending on which style you choose, you'll learn different combinations of postures and deep breathing techniques for meditation, relaxation, strength and balance.

FITNESS CLASSES

Consult your daily program for times, locations and descriptions. Some classes require a fee. Sign-up is required. Visit the spa or gym reception.

CANYONRANCH®
spa | beauty | fitness | wellness
ON CELEBRITY CRUISES®