



CANYONRANCH®

spa | beauty | fitness | wellness

ON CELEBRITY CRUISES®

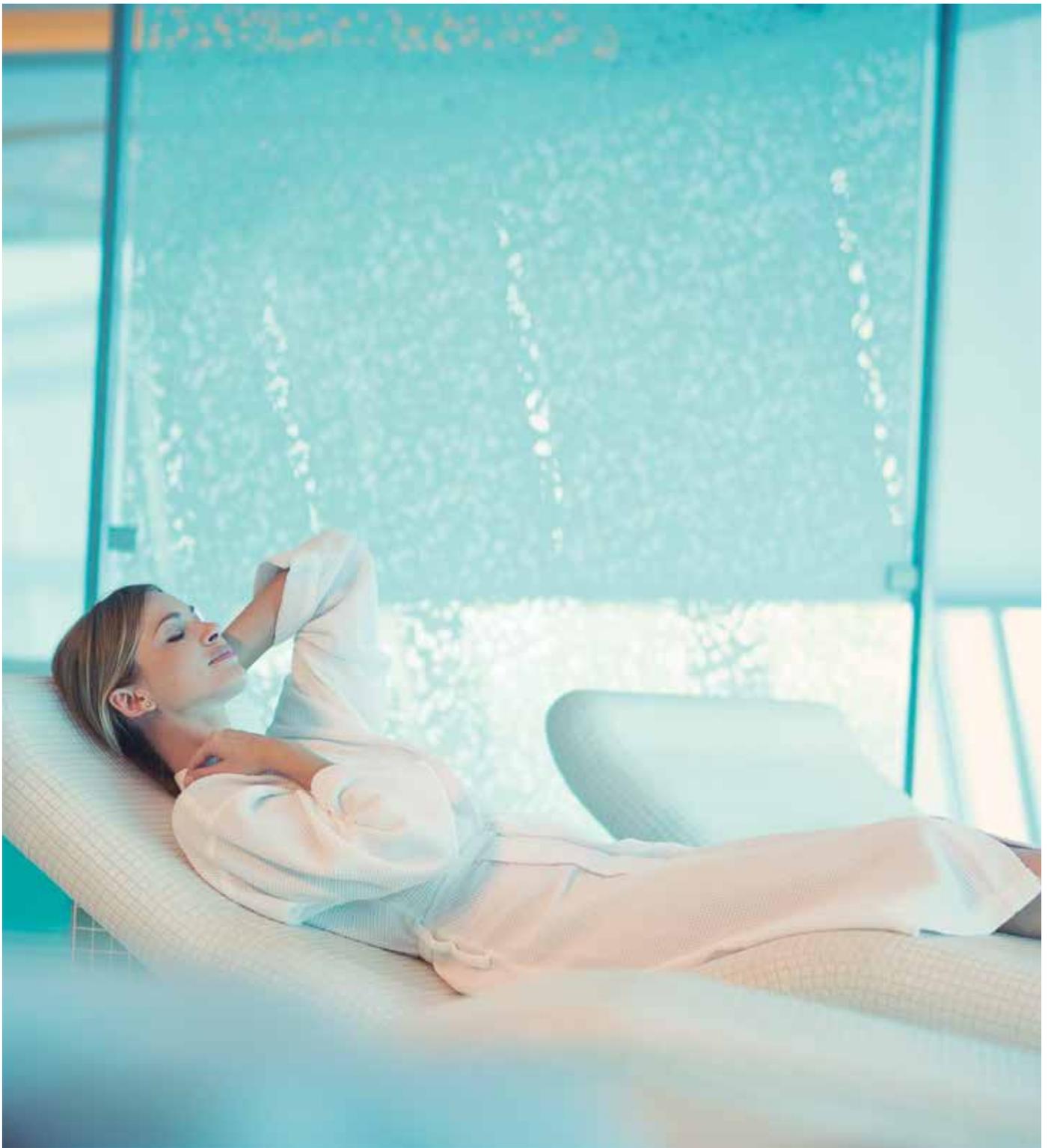
Providing luxury from port to port.

Celebrity Cruises® and Canyon Ranch® have partnered to provide you with transformative wellness, fitness and beauty services from the moment you board until you reach your final destination.

For decades, Canyon Ranch has been recognized for its innovative approach to health and fitness, as well as its relaxing and inspiring spa environments.

Explore complete wellness for yourself.

Perhaps you'd like to look as great as you feel with an advanced Canyon Ranch® Aesthetics treatment, which firms, lifts and smooths your skin; pamper yourself with a mineral-rich mud-bathing ritual; or unlock the secrets to restful sleep as part of the Mindful Dreams program. You can also enjoy more Canyon Ranch spa benefits with the purchase of a daily pass to our Persian Garden, which provides access to private spaces including a Finnish and herbal sauna, sensory showers and an aromatic steam room. With so many options, no two days will be the same, but every moment is sure to be filled with unparalleled luxury. Where will you begin?





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PERSIAN GARDEN PASS

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

Passes are valid from 8 am to 8 pm. Ask about our multi-day passes. Facilities may be enjoyed by guests 16 years of age and older. Passes are not transferable or refundable.

Persian Garden

Explore our aquatic suite – where the pleasures are rivaled only by the benefits. From billows of aromatic steam to tropical rain showers, you'll find a full range of rejuvenating aquatic experiences. Unwind before a spa treatment, relax after a class or workout, rejuvenate before a big night or simply enjoy this unique, therapeutic environment at your leisure.

Access to the Persian Garden is included with a Persian Garden Pass. Bathing suit is required; robes, towels and refreshments are provided.

Persian Garden designs and amenities vary on each vessel.

› AROMATIC STEAM ROOM

Enhance your mood and improve your skin in this multisensory, temperature-regulated steam room. Breathe in steam infused with your choice of stimulating or relaxing pure herbal essences, then bask in fragrant, 90-percent-plus humidity.

› FINNISH SAUNA

Enjoy the detoxifying, healing and relaxing benefits of our traditional Finnish sauna. Featuring a classic hot and dry cabin lined with aromatic Nordic cedar, this heat treatment promotes increased circulation, loosens muscles and soothes aches.

› HERBAL SAUNA

Breathe deeply in this gentle, relaxing heated environment. A blend of herbs with natural healing properties are infused into the steam, adding to the detoxifying, stress-reducing and muscle-relaxing benefits of your time in the sauna.

› SENSORY SHOWERS

Discover the stimulating and soothing benefits of aqua- and chromotherapy in our multisensory showers. Cool off after a thermal treatment or sauna with six water jets, an overhead spray, billows of fog and a cool blue fiber optic light that invigorates your spirit. Or, choose a warm tropical rain shower infused with calming fragrances to melt away tension.

› RELAXATION LOUNGE *(on select vessels)*

Unwind and let go of all stress in the comfort of your heated lounger. It's the perfect spot for a meditative moment or a bit of me-time before rejoining the ship's lively social environment.

Mindful Dreams Program

Getting more shut-eye offers benefits from improving heart health and boosting metabolism to sharpening memory and reducing inflammation. Our curated program of holistic treatments, products and educational offerings can help you enjoy sleep that enhances your life.

Enroll in the **Mindful Dreams Program** during your cruise to learn how you can sleep better long after you've returned home. Visit the Spa or press the Spa button on your stateroom phone to learn more.

➤ ORGANIC LAVENDER + SEAWEED SUGAR GLOW 50 min

The ingredients in this full-body exfoliating treatment work together in a delightful way. Sugar gently sloughs away dead skin cells, seaweed extracts soothe and soften and lavender essential oil melts away stress while giving you a powerful dose of antioxidants to prepare you for a restful, restorative night.

➤ AGE-DEFYING RESTORATIVE FACIAL 50 min

This intensely relaxing treatment will help release the tension from your facial muscles, calm your mind and encourage you to breathe more deeply, preparing you for more restful sleep. You'll also enjoy a more radiant, youthful glow, thanks to a blend of seaweed and botanical ingredients that stimulate collagen production and reduce the appearance of fine lines and wrinkles.

➤ MINDFUL DREAMS RITUAL 75 min

Incorporating specially designed soothing products alongside sleep-inducing cultural massage and meditation techniques, this treatment, focused on your well-being, evokes instant tranquility and fosters inner well-being, calmness and serenity.

ADD-ONS

For an even more blissful experience, we suggest adding these treatments to your service.

HAIR + SCALP TREATMENT 20 min

Experience deep relaxation and restoration with this add-on service. A gentle, circular scalp massage combined with a custom hair care treatment may help to increase blood flow, decrease stress and promote overall hair health.

FOOT TREATMENT 20 min

Melt away tension from your temples to your toes. Acupressure and massage are used to soothe tired feet, relax your nerves and improve circulation.

HOT STONES 20 min

Enhance your massage experience with hot stone therapy. The focused heat can help relieve back and leg muscles, increase blood flow and promote deeper relaxation. Available with any 50- or 80-minute massage treatment.

ENHANCEMENTS

A RED FLOWER™ SHOWER MOMENT

This self-guided shower ritual encourages you to mindfully devote time to decompression. Billows of hydrating steam scented with lavender essence will calm the mind, ease tension and deeply relax to promote a restful night's sleep.

WELLNESS SESSIONS

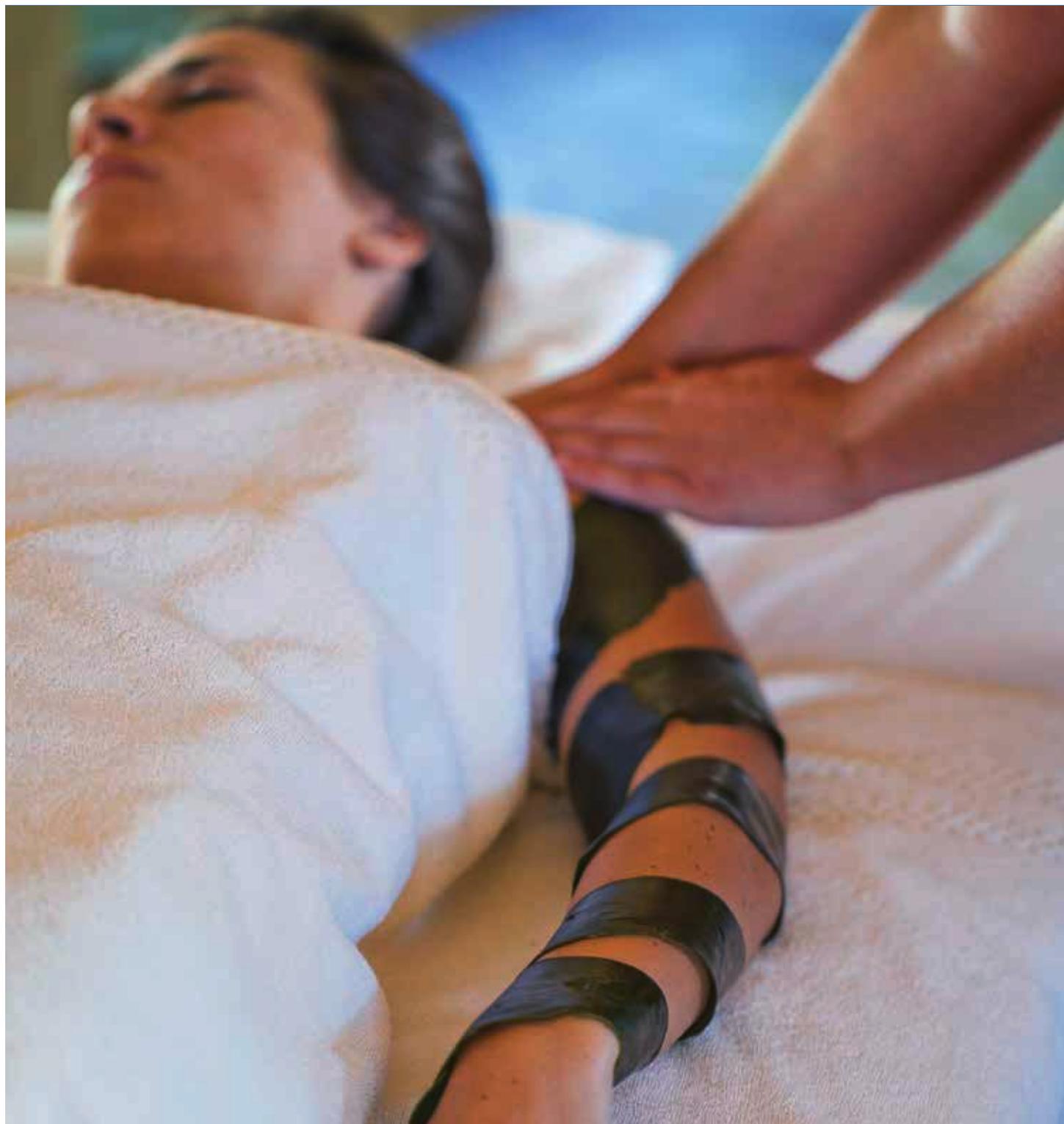
From educational talks on breathing techniques to guided meditation and low-impact yoga, you can choose from classes and presentations that will help you on your journey to greater wellness and more restful sleep.

VOYA CHAMOMILE TEA

Chamomile is an ancient herb that has long been used to calm, soothe and relax. The special VOYA® blend of organic seaweed and chamomile aids digestion and encourages sleep.

VOYA TRANQUIL BODY CARE RANGE

Gently cleanse, soften and hydrate your skin with the collection of VOYA body care products, infused with the natural purifying properties of organic wild Irish seaweed. Most beneficial when used during a bath soak, use the products to de-stress before starting your day, or add them to your evening routine to relieve muscle fatigue and help you fall asleep.



Body Treatments

Explore today's port of call during a shore excursion, soak up the sun from a poolside lounge or practice your golf game with our ocean-view putting greens – then treat yourself to a pampering, restorative body treatment. Choose from exfoliating scrubs, rejuvenating wraps and nourishing rituals.



SCRUBS + WRAPS

➤ INTENSIVE BODY PROFILE TREATMENT
50 min

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

➤ ORGANIC SEA SALT SCRUB
50 min

This treatment incorporates dry brushing with organic Dead Sea salts to help stimulate the lymphatic system, remove toxins and give you a natural energy boost. Antibacterial essence of eucalyptus and laurel opens the airways while crushed clove intensely soothes. A final application of nourishing fruit and leaf butters leaves skin supple and calm.

➤ SEAWEED LEAF WRAP
80 min

Experience one of the most powerful products of the sea with a warm, head-to-toe wrap of hand-harvested seaweed. This all-organic treatment detoxifies, firms and softens skin.

➤ SEAWEED PEAT WRAP
50 min

Peat wraps have long been used in Eastern Europe to treat skin and rheumatic conditions, and now you can experience the benefits for yourself. This wrap, which mixes organic seaweed extracts with micronized peat, offers potent detoxification, boosts collagen production and increases skin elasticity to help prevent and reverse signs of aging.

➤ TANGLE ME UP WRAP
50 min

The powerful antioxidant compounds in this wrap work to firm and tone your skin and alleviate the appearance of cellulite and signs of aging. The treatment also features ground *Laminaria digitata* algae, which will help relax tired muscles, relieve stress and banish fatigue.

RITUALS

› DETOXIFYING RITUAL *80/100 min**

A vigorous scrub with a blend of coffee, olive stones and fresh lemons is followed by a rich Moroccan clay body wrap to help speed the removal of toxins. You'll receive a warm Turkish massage, then an application of shea butter and fig cream to protect, heal and restore your skin.

› EUPHORIA RITUAL *80/100 min**

Your treatment begins with a sage compress that is rich in antioxidants for your face, and then a profoundly relaxing aromatherapy scalp massage. Next, a warm botanical masque is applied to your body to condition and moisturize, then gently buffed away. The ritual concludes with a soothing herb-infused oil massage.

› NATURALLY NOURISHING RITUAL *80/100 min**

Boost your lymphatic system with a mushroom and phytonutrient body wrap, followed by a muscle-relaxing organic birch and mineral hydrotherapy soak. Then conclude your treatment with an invigorating deep-tissue massage using Arctic berry and evergreen oils.

› REVITALIZING RITUAL *80/100 min**

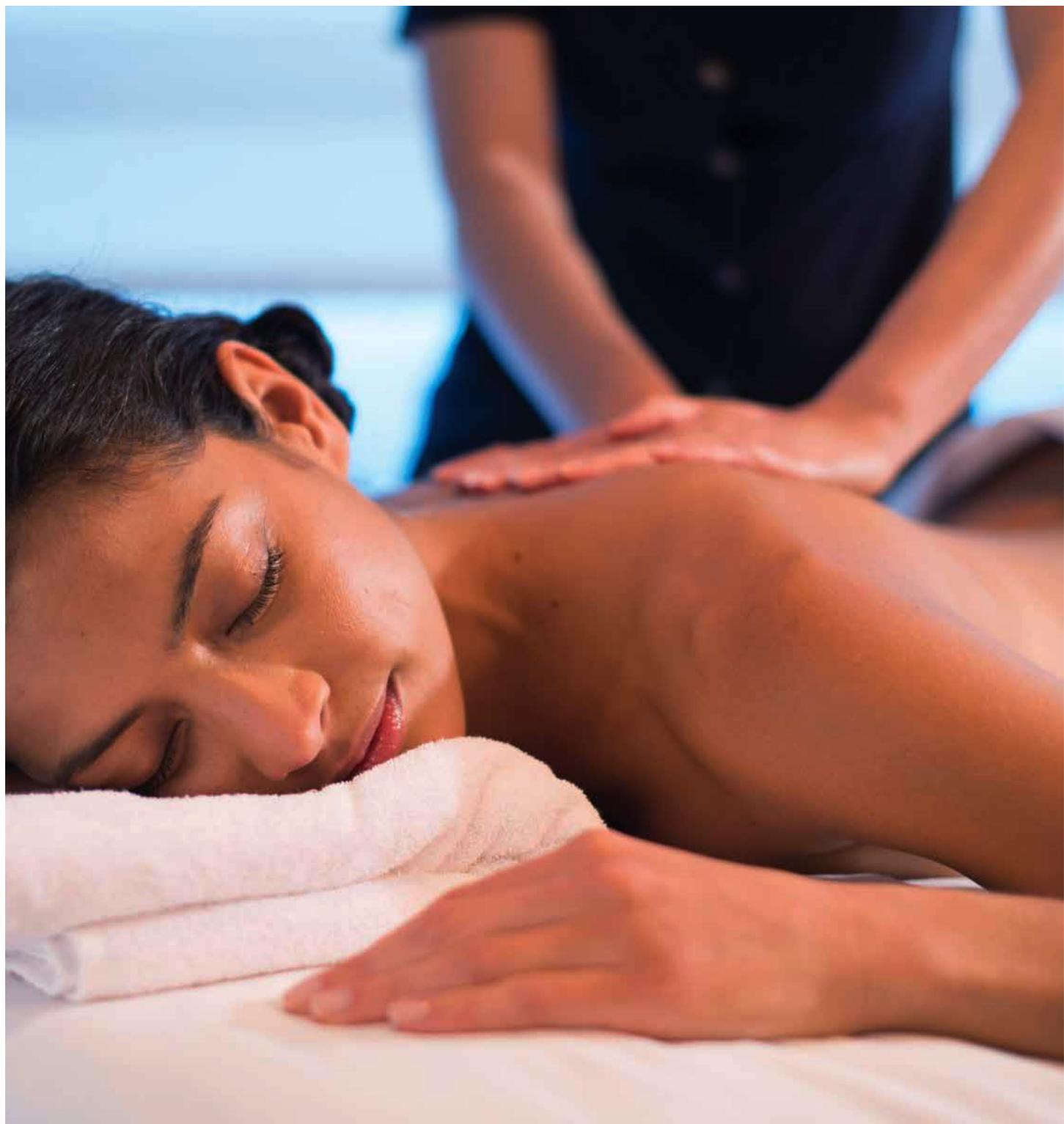
Perfected in Japan, this six-part ritual will nourish your skin, help balance your mind and relax your body. First, a warming ginger grass and bamboo scrub will be applied, followed by an awakening poultice to energize your meridian lines. Then you'll be wrapped in nutrient-rich rice bran that will lock in moisture, while you receive an acupressure facial massage. Finally, you'll soak in infused mineral waters before enjoying a shiatsu-inspired massage.

THERMAL THERAPY

› RASUL CEREMONY *(individual or duo; on select vessels)* *50 min*

Cleanse your body, indulge your senses and experience deep relaxation with this unique treatment, available as an individual or side-by-side service. First, you'll smooth rare, purifying muds on your – or your partner's – skin, and then sit back in our exquisite, ornately tiled steam chamber, surrounded by bursts of herbal steam.

**100-minute services include a bath soak and are available only on select vessels.*



Massage + Bodywork

The cruise experience can be busy – filled with activities from sunrise to long after sunset. Take a break from the excitement and make time to treat yourself to a bodywork session. Whether you're seeking a quiet, meditative moment, looking to soothe tired muscles after exploring during your last excursion or planning a special time to connect with a loved one, there is a treatment that's perfect for you.

MESSAGE TIPS: GET THE MOST FROM YOUR MESSAGE

TAKE TIME

Give yourself plenty of time before and after your massage so you can enjoy the steam room, sauna or whirlpool. You'll get the most benefit from bodywork if your muscles are warm before your treatment.

SHOWER

Take a warm shower just before your massage to help you relax and wash away salts, minerals or chemicals that could clog pores when mixed with massage oils. Then, put on your robe and meet your therapist.

(UN)DRESS THE PART

If it's specified that your massage service will be received clothed, wearing shorts and a T-shirt is an ideal option. Otherwise, we recommend that you undress completely and wear just a robe to your massage. You will be able to remove your robe and cover yourself in privacy, and you will be draped with a sheet during your treatment.

TALK WITH YOUR THERAPIST

Communication is the key to getting the massage you want. Before your massage, let your therapist know which areas you would like to focus on, as well as any areas to be avoided, and be sure to disclose any medical conditions or concerns. During your treatment, speak up if you feel any discomfort.

RELAX

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

MASSAGES

➤ **AROMATHERAPY MASSAGE**
50/80 min

This fragrant, full-body massage offers an all-natural, sense-seducing escape from the everyday world. Breathe in your choice of organic essential oils, customized based on your health and treatment goals – whether you seek a calming experience, increased energy, a mood boost or relief from a specific condition.

➤ **AROMATHERAPY MUSCLE SOOTHER**
80 min

Let tension slip away with each breath. This reflex point-focused, all-over massage uses lymphatic strokes and essential oils to release tight, fatigued muscles and joints across your body, addressing everything from shoulder tension to tired feet.

➤ **AWAKENING MASSAGE**
50 min

Boost your energy with an all-over body treatment using cold-pressed Arctic berry seed oils. An invigorating eucalyptus and laurel foot massage – followed by an uplifting flower mist – complete the service, helping to restore optimal health and a positive state of mind.

➤ **CANYON RANCH MASSAGE**
50/80 min

Our signature full-body massage stimulates circulation and soothes tight muscles. Uniquely relaxing, it's a great introduction to body work for those who are new to this type of treatment.

➤ **CANYON STONE MASSAGE**
80 min

Smooth, rounded basalt stones are gently heated and used as extensions of your therapist's hands. The warmth will penetrate muscle tissue to induce deep relaxation without overheating.

➤ **DEEP TISSUE MASSAGE**
50/80 min

Put yourself in an expert therapist's hands for an intensive massage experience focused on releasing deep muscle layers. This treatment uses firmer strokes than Swedish massage and acupressure, making it an ideal choice for athletes, as well as those who are looking to treat chronic injury or reduce stress and muscle tension.

WELLNESS

MASSAGES

› LYMPHATIC TREATMENT

50 min

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

› SOLE REJUVENATION

50 min

Every aspect of wellness is connected, from head to hard-working toes. This deliciously relaxing foot scrub and massage relieves tension, soothes aches and puts the spring back in your step. *Note: You are welcome to wear loose-fitting clothing.*

› TENSION ZONE MASSAGE

50 min

This treatment uses a combination of targeted strokes and pressure to melt away tension and stress from your head, neck and shoulders.

Note: This is not a full-body massage.

SIDE-BY-SIDE SERVICES *(on select vessels)*

Get more quality time with your travel companion when you book two therapists and two tables for your choice of the following massages.

AROMATHERAPY MASSAGE

50/80 min

CANYON RANCH MASSAGE

50/80 min

CANYON STONE MASSAGE

80 min

DEEP TISSUE MASSAGE

50/80 min

TENSION ZONE MASSAGE

50 min

ENHANCEMENTS + UPGRADES

FOOT TREATMENT

HAIR + SCALP TREATMENT

HOT STONES

RELAXING SCALP MASSAGE

REVITALIZING FOOT TREATMENT

WAKING UP SCALP MASSAGE

Treatments from the East

Developed in Southeast Asia thousands of years ago, Ayurveda – or the “science of life” – is guided by the principle that mind and body are inextricably connected. In true Ayurvedic tradition, our Eastern therapies focus on restoring balance to body and spirit. Please wear light, loose-fitting clothing for these services.

» ACUPUNCTURE 50 min

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

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

» 5-POINT STAR 50 min

Herbal infusions are applied to five key points on your body representing the five elements of Ayurveda: earth, fire, water, wind and ether. Placed on your head, hands and feet, the treatment helps connect your body and mind to promote inner and outer harmony.

» ABHYANGA MASSAGE 50/80 min

This full-body Ayurvedic massage is performed by two therapists, and features gentle pressure and specific, sequential strokes using generous amounts of warm sesame oil. This type of treatment has long been used to relieve pain, stiffness and fatigue, and is often performed in preparation for detoxification therapies.

» REFLEXOLOGY 50 min

Feel the stresses of the day fade away as gentle pressure is applied to the energy meridians on the soles of your feet. An ancient healing practice, reflexology may also help relieve pain, promote better sleep and improve circulation.

» SHIRODHARA 50 min

Let yourself relax as warm oils are poured over your hair and scalp in this calming treatment. An Indian balancing bowl, used on the soles of your feet, will help soothe your spirit, reduce anxiety and encourage a good night’s sleep.

» THAI MASSAGE *(on select vessels)* 50/80 min

Rooted in Ayurvedic tradition, this therapy uses slow, focused movements and compressions to guide the body through stretches and assisted yoga postures. Thai massage can help you relax, resulting in a sense of lightness and overall comfort. *Note: Treatment takes place on a traditional floor mat.*

Shankara Body Wraps

Avarna, a Sanskrit noun for “envelopment,” is a beautiful description of the cocooning effect of these treatments. They are dosha-specific, and are designed to promote lymphatic drainage; stimulate exfoliation and cell turnover; nourish dry, tired skin; and revitalize your being. In these two-part services, a stimulating massage is followed by a warm, enveloping wrap to create space for deep relaxation and meditation.

➤ HERBAL CELLULITE SUPPORT WRAP 50 min

This energizing treatment is ideal for those with a Kapha dosha, or anyone who has been feeling run down or sluggish. First, you'll experience Gharsana, a dry massage that exfoliates skin and stimulates circulation, followed by an organic herbal wrap. The blend, including turmeric and fenugreek, will help tone your skin and reduce the appearance of cellulite.

➤ CUCUMBER ALOE SOOTHING WRAP 50 min

This naturally cooling body wrap will balance the fiery nature of those with a Pitta dosha. It also helps heal and protect skin after a day in the sun.

➤ HONEY HERBAL MOISTURE WRAP 50 min

A treatment to hydrate and nourish the skin, this massage and wrap treatment will help energize and ground those with a Vata dosha. This service can be beneficial for pregnant* or nursing mothers as well. **Be sure to consult your doctor prior to booking this, or any, body treatment.*

➤ LYMPHATIC DETOX SUPPORT WRAP 50 min

This ayurvedic herb treatment is recommended for anyone with sluggish immunity or who is recovering from an illness, is overly tired or is working on an aggressive exercise routine.

➤ HERBAL REJUVENATION 50 min

A tri-dosha experience for whole-body nourishment, purification and hydration that uses beneficial yogurt and honey to moisturize skin.

Healthy Feet

Your feet are your foundation – they are essential to mobility, can affect the alignment of the rest of the body and are often early indicators of health concerns. Give your lower limbs the attention they deserve with one or more of these indulgent and informative treatments, designed to relieve and revitalize tired legs and feet.

➤ FOOT RESCUE! *50 min*

This therapeutic, invigorating treatment begins with a soothing foot bath in herbal salts that will refresh and relax your feet. Our technician will focus on wear and tear to restore health to your feet and nails.

➤ GAIT ANALYSIS *25 min*

Get a computerized assessment of the biomechanics of your feet as you walk across an orthotics mat. Includes review and recommendations for orthotics, if indicated. (Off-the-shelf Foot Doctor orthotics are available.)

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

➤ HEALTHY ON YOUR FEET *50 min*

Enjoy relief from muscle soreness and fatigue with a focused foot and lower leg massage. A great option if you experience foot, ankle or knee pain, this treatment can help enhance blood flow to your muscles, reduce inflammation around the joints and relax your entire lower body.

➤ INSTANT RELIEF *50 min*

This treatment is designed to help alleviate painful symptoms associated with conditions such as plantar fasciitis (heel or arch pain), Achilles tendonitis, shin splints, Morton's neuroma or Metatarsalgia (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 + LEGS MASSAGE *25 min*

Enjoy a sea salt scrub and a deeply relaxing massage of the lower legs, followed by a warmed Atlantic seaweed wrap. This service will help detoxify, increase circulation and nourish tired feet and legs.



Whether you want to push yourself to achieve a specific exercise goal, or you'd like to move, stretch and strengthen, you'll find everything you're looking for in our onboard fitness facilities. Up for a morning workout? Sweat it out with an Indoor Cycling session for an energizing wake-up. Need something to unwind at the end of the day? Our Yoga for a Good Night's Sleep class can help you achieve the ultimate relaxation.

FITNESS CENTER

Explore an extensive selection of expert-led classes, stationary and resistance machines, free weights and balance trainers. Registration is required for all classes; sign-up sheets are located at the Gym or Spa desk. Please note that select classes require a registration fee. The use of Fitness Center equipment is complimentary, but does not include the use of locker rooms or facilities.

➤ FITNESS CLASSES *45 min*

Our daily schedule includes nearly endless opportunities to learn, get fit and have fun. For an invigorating session, try Indoor Cycling or Stride & Strength treadmill training. For something more calm and restorative, sign up for Breathing, Meditation or one of our many yoga classes. Consult your daily program for times, locations and descriptions of these and additional options.

ASSESSMENTS + TRAINING

➤ BASIC FITNESS ASSESSMENT *80 min*

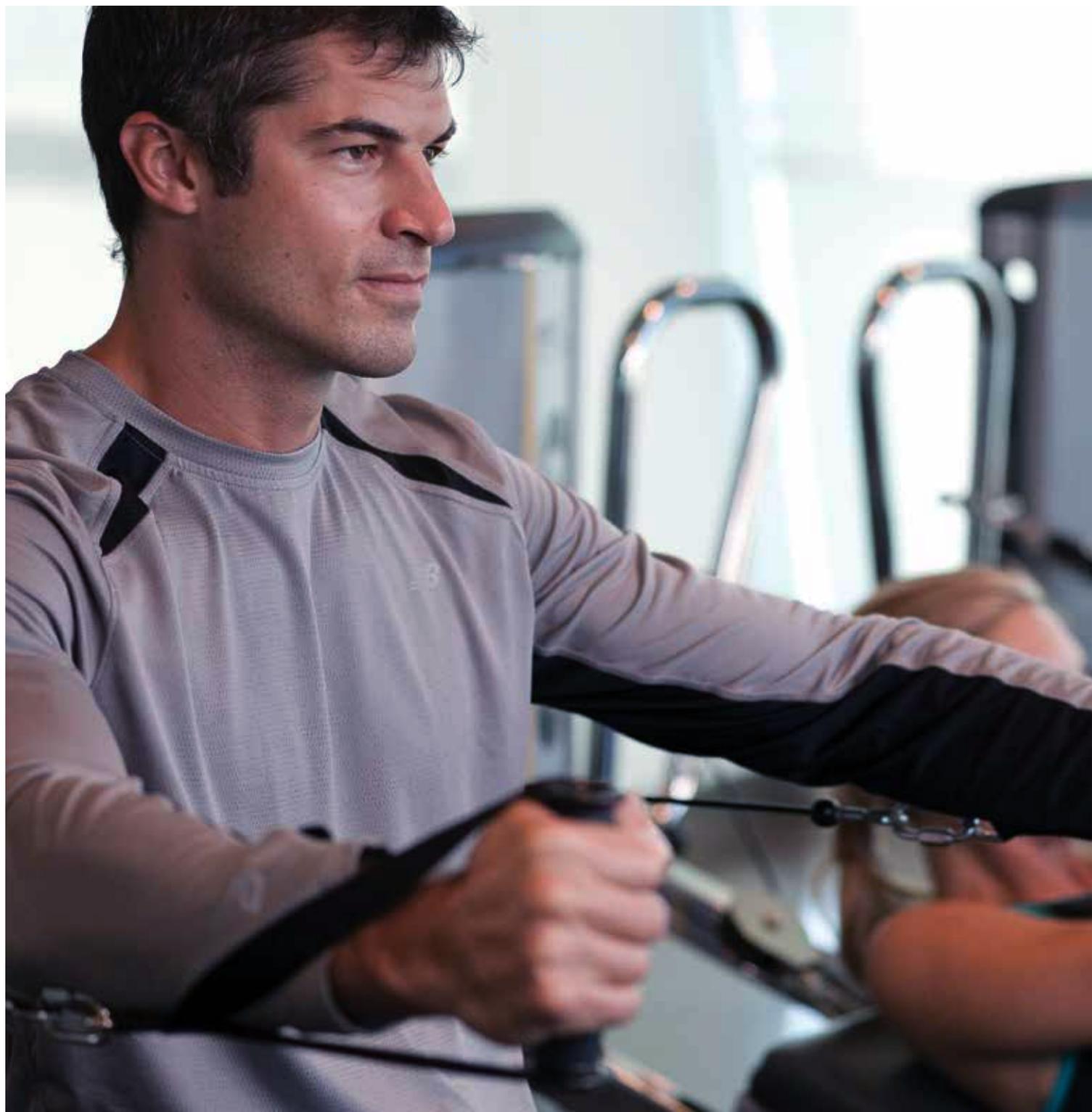
Have your fitness level assessed through five tests: cardiovascular endurance, muscular strength, muscular endurance, flexibility and body composition. Using your results, an expert trainer will design a safe and effective exercise program just for you.

➤ EXERCISE PRESCRIPTION *50 min*

Meet with a Canyon Ranch exercise professional and receive a customized program to help you achieve your fitness goals, whether you're a novice or an experienced exerciser.

➤ BODYSTAT® BODY COMPOSITION ANALYSIS *25 min*

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). You can use this information to help set more specific fitness goals.



FITNESS

› ASSISTED STRETCHING

25 min

There's no question that stretching on your own is important, but it has its limitations. Assisted stretching is a more effective method, because it uses maximal resistance to improve your flexibility and strength.

› EXERCISE FOR WEIGHT LOSS

50 min

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

› PERSONAL PILATES SESSION

50 min

Get one-on-one support in this Pilates mat session. Your trainer will guide you through breathing, flow, alignment and other elements of your practice.

› PERSONAL TRAINING SESSION

25/50 min

In this private session, a trainer will develop or fine-tune a fitness program tailored to your specific needs, preferences and goals. Popular areas of focus include:

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

› PARTNER TRAINING SESSION

50 min

A private session for two people with a trainer. Focus on any of the areas above, or another shared interest. Partner training can be a cost-effective and fun option for friends or family members at a similar fitness level.

› YOGA CLASSES

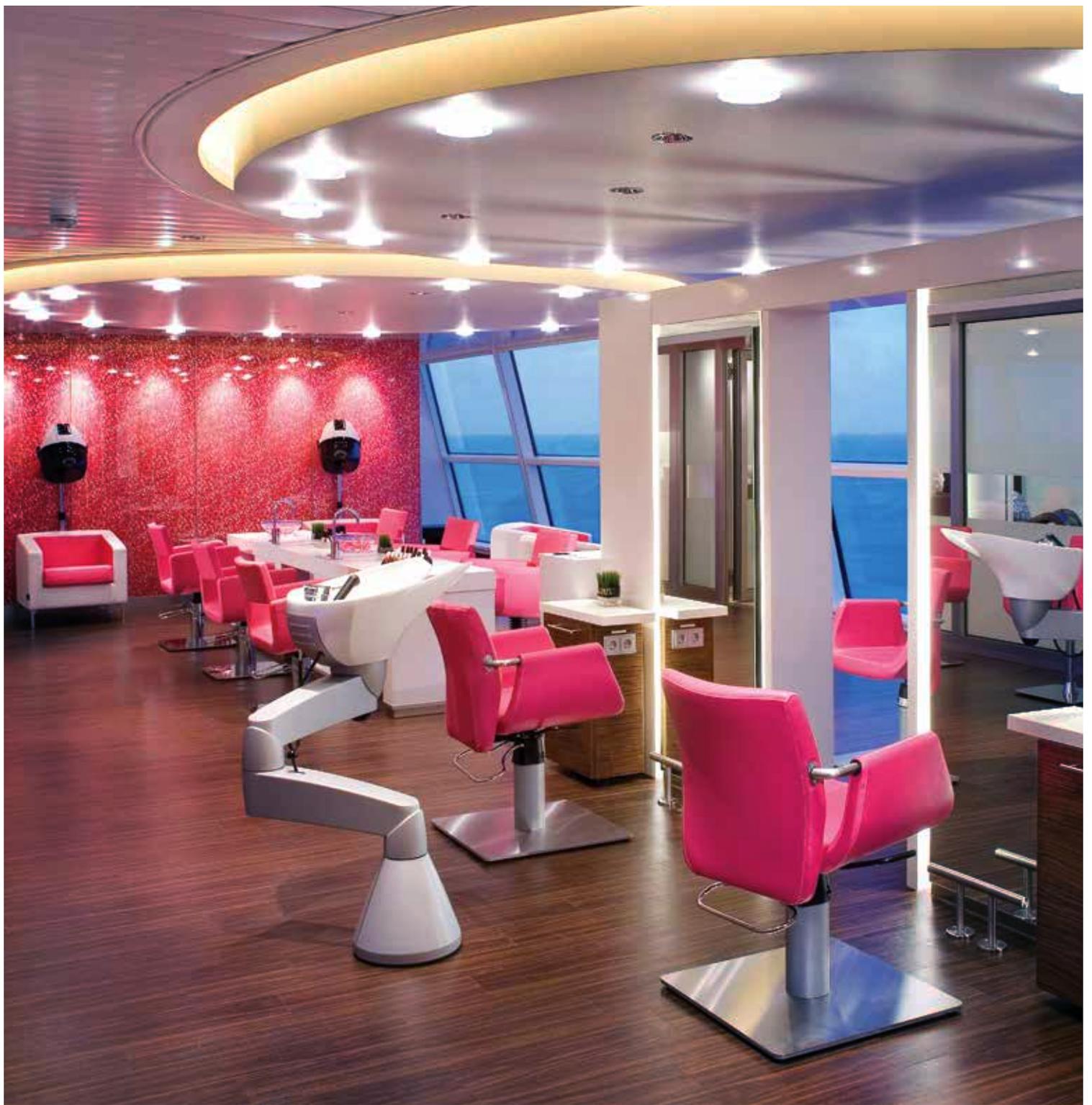
50 min

With its quiet, precise movements and focus, yoga draws your attention away from chaos and toward calm. Depending on the style, you'll learn different combinations of postures and deep breathing techniques to encourage meditation, relaxation, strength and balance. All levels, from beginner to advanced, are welcome in every class, including:

- » Breathing
- » Buff Buddha
- » Centering Meditation
- » Meditation
- » Rock Your Flow
- » Sunrise Yoga
- » Yoga for a Good Night's Sleep

EDUCATIONAL PRESENTATIONS + WORKSHOPS

Learn, be inspired and have fun during complimentary wellness talks and workshops offered by Canyon Ranch professionals. You'll also have the opportunity to ask questions about health, fitness and lifestyle goals. Consult your daily program for topics, times and locations.



Salon

New places, new people, new style. Meet with an expert stylist to try something new or perfect a look you love. Whether exploring an exotic destination or getting ready for dinner, you'll wow.

➤ HAIR SERVICES

BANG/FRINGE TRIM

CUT + STYLE

SHAMPOO, CUT + BLOW-DRY

Short

Medium-Length

Long

SHAMPOO, ROLLER SET + BLOW-DRY

Short

Medium-Length

Long

UPDO/UPSTYLE

Medium-Length

Long

➤ HAIR + SCALP TREATMENT

80 min

Restore your hair's natural vitality with a custom hair care and scalp treatment, followed by a designer style.

➤ COLOR + HIGHLIGHTING

BLEACH

FULL HIGHLIGHTS

HIGHLIGHTS – 2 TO 4 FOILS

PARTIAL HIGHLIGHTS

TINT – ROOTS ONLY

TINT, TONER OR SEMI-PERMANENT COLOR

Short

Medium-Length

Long

➤ BARBER SERVICES

BEARD TRIM EXPRESS

BEARD TRIM/SHAVE

HAIRCUT

HEAD SHAVE

MUSTACHE OUTLINE

STRAIGHT RAZOR SHAVE

Skin Care

Our signature skin care services are designed to rehydrate, renew and refresh your skin. They'll also combat the effects of harsh sun and wind – especially important while you're cruising. Choose from a variety of treatments, including those designed for age-management, sensitive skin, deep cleansing and specific areas of the body, as well as select services created for men. Feel free to talk with one of our experts, who can help determine the treatments that will work best for you.

FACIALS

➤ ADVANCED AGE-MANAGEMENT FACIAL 80 min

Reduce signs of premature aging with this treatment that diminishes the look of fine lines, lax skin, pigmentation, sun damage and scarring. Attention will be given to your face, neck, décolleté, hands and arms. You'll also receive a special eye treatment and serum to help address frown lines.

➤ CLEANSE + POLISH BACK TREATMENT 50 min

Give this often-overlooked area a little T.L.C. with a deep cleansing and exfoliating treatment. It will calm inflammation and irritation, balance oily or otherwise problematic skin and leave you feeling refreshed.

➤ AGELESS OXYGEN BOOST FACIAL 50 min

Get pharmaceutical results using pure, preservative-free formulas. This oxygen treatment builds collagen and elastin, increases cell turnover and hydrates to restore your skin's youthful glow. *Note: Extractions are performed as necessary.*

AGELESS OXYGEN BOOST FACIAL ADD-ONS

MASQUE + INFUSION additional 30 min

Get even more powerful results when you add a collagen masque and oxygen infusion to your facial. Together, they'll further amplify collagen production, as well as plump, hydrate and calm your skin, making it smoother and more supple in a matter of minutes.

BEAUTY

› DEEP CLEANSING FACIAL

50/80 min

Purify, soothe and smooth your skin. Deep cleansing, including exfoliation, will help eliminate the appearance of blackheads, whiteheads and congestion and give you a bright, natural glow.

› ENHANCING VITAMIN THERAPY

50 min

Restore balance to your skin with this targeted service, customized to focus on your primary areas of concern. It includes a thorough cleansing and exfoliation, followed by masque treatments applied using iontophoresis and sonophoresis to help you get quick, effective results.

› MEDICAL-GRADE PEEL

50 min

Promote healthier-, firmer- and smoother-looking skin with a peel that's tailored to your skin concerns. The service will include a post-peel application of a vitamin-enriched masque to soothe, hydrate and nourish. Please note that limited sun exposure and sunscreen application are essential following this treatment.

Lactic Acid Peel: This option can help treat sun-damaged skin, leaving it looking healthier and feeling smoother.

Trichloroacetic Acid Peel: This option can be layered to treat acne, rough patches or skin pigmentation.

› PRECISION VITAMIN THERAPY

30 min

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

› PURIFYING VITAMIN THERAPY

80 min

Purify, micro-exfoliate and rehydrate your skin with a treatment that helps to minimize acne, scarring and deep skin congestion. The combination of scientifically advanced products and techniques revives and refreshes.

› SENSITIVE SKIN FACIAL

50 min

If you're prone to redness, irritation or dryness, this is the treatment for you. A blend of vitamins, antioxidants and growth factors will rebalance, restore and heal your skin.

› ULTIMATE VITAMIN THERAPY

80 min

Improve the appearance of fine lines, wrinkles and lax skin with this luxurious treatment. It also brightens and evens out skin tone for outstanding visible results.

› VITAMIN INFUSION FACIAL

50/80 min

Get a more youthful look after just one treatment.

A powerful combination of vitamins A and C plus antioxidants works together to help re-establish your skin's clarity and firmness and guard against further damage.

GENTLEMEN'S FACIALS

➤ **AGE-DEFYING MEN'S FACIAL**
50 min

We use products formulated especially for men to give your skin a more energized, youthful appearance. Cleansing steam, exfoliation and a hydrating mask will help smooth wrinkles, strengthen skin around the eyes and reduce puffiness and dark circles.

➤ **ESSENTIAL MEN'S FACIAL**
50 min

Designed to address a man's skin care needs, this treatment uses powerful coconut- and aloe-based products to remove deep, tough-to-reach impurities. After just under an hour, your skin will feel thoroughly cleansed and refreshed.

➤ **HIGH-PERFORMANCE MEN'S FACIAL MASSAGE**
80 min

Enjoy the combined benefits of a relaxing cranial massage followed by deep-cleansing and exfoliation. This includes five-point facial acupressure at the end of your session to dispel any remaining tension.

WAXING: FACIAL + BODY

We offer a number of gentle facial and body waxing treatments. Please inquire for more details when making your appointment.

- » Back
- » Bikini
- » Brazilian
- » Chin
- » Eyebrow
- » Forearm
- » Full Arm
- » Full Body
- » Full Leg
- » Full Leg + Bikini
- » Half Leg
- » Hollywood
- » Lip
- » Underarm

ENHANCEMENTS + UPGRADES

ALGAE LIFTING + CONTOURING EYE TREATMENT

AGE-DEFYING NECK + DÉCOLLETÉ TREATMENT

AGE-DEFYING THERAPEUTIC MASQUE

BROW TINTING

EYELASH TINTING

MASQUE ADD-ONS

SPECIALIZED EYE TREATMENTS

IONTOPHORESIS UPGRADE

Make your facial masque more effective by adding an iontophoresis treatment to your service. We'll use an electric current to help the vitamins in the masque better penetrate your skin and deliver longer-lasting results.

SONOPHORESIS UPGRADE

Add this service to your facial and get smoother, younger-looking skin in a matter of minutes. In this treatment, ultrasound waves are used to transport vitamin molecules through the skin more quickly and effectively.

Canyon Ranch® Aesthetics

These advanced, nonsurgical facial treatments, performed by a physician trained in aesthetic medicine, feature the finest skin care products and gold-standard nonsurgical procedures. They use FDA-approved BOTOX® Cosmetic to relax wrinkles and JUVÉDERM® XC to lift and smooth your skin.

Available only on select vessels. Services must be booked onboard and are not available when the ship is in port.

BOTOX® COSMETIC

The most common cosmetic treatment in the world, the botulinum toxin is injected to temporarily relax the muscles that cause facial wrinkles. It can also be used to treat chronic headaches, excessive sweating and neck pain, among other concerns.

JUVÉDERM® XC

An injectable hyaluronic acid dermal filler, which lasts between nine months and two years and can be used for:

- » Lip enhancement
- » Filling marionette lines
- » Softening fine lines around the mouth
- » Lifting corners of the mouth
- » Filling nasolabial folds (between nose and mouth)
- » Cheek lift or enhancement
- » Jawline lift
- » Chin
- » Acne scars
- » Filling sunken area under the eyes to hide dark circles and bags
- » Wrinkles between brows
- » Brow lift
- » Temples
- » Hands



Beauty Treatments

MAKEUP

› FACE ON *15/30 min*

Enhance your natural beauty with a custom makeup application from one of our professional makeup artists. You'll look and feel fabulous as we help you get ready to enjoy the evening's onboard entertainment – from a live musical performance to a poolside fashion show.

› MAKEUP CREATION + LESSON *50 min*

Your vacation is the perfect time to try out a new look, and our professional makeup artists are ready to help. They'll recommend products that fit your routine, help you select colors that flatter and show you how to apply them to enhance your best features. Bonus: You'll leave glammed up for the evening's activities.

› WEDDING MAKEUP *50 min*

Be your beautiful best for the special occasion! A professional makeup artist will create a look you'll love in person and in pictures. Perfect for everyone from brides and their mothers to bridesmaids and wedding guests.

BEAUTY ESSENTIALS

› EXPRESS TEETH WHITENING *20 min*

Enjoy a whiter, brighter smile thanks to this peroxide-free laser teeth-whitening system. The treatment is painless, safe and effective, providing results in less than half an hour without changing the structure or enamel of your teeth.

MANICURES

› AGE-DEFYING MANICURE *45 min*

See the difference a manicure can make. Vitamins A, C and E plus alpha hydroxy acids soften dry, rough, chapped skin, unveiling smooth, hydrated hands that look younger and healthier.

› CANYON RANCH MANICURE *45 min*

Try our signature nail treatment; featuring gentle exfoliation, an aromatic soak and soothing lotions for perfectly polished nails and silky-smooth skin.

› FRENCH MANICURE *50 min*

Get an elegant look that's ready for any occasion. Upgrade our signature manicure to include a classic white tip.

› GENTLEMEN'S MANICURE *30 min*

This treatment exfoliates and hydrates using products that are designed for men, in refreshing scents that will invigorate your senses. Includes a file, soak, groom, buff and massage.

› HANDS SO SOFT MANICURE *45 min*

Hydrate dry skin, soften cuticles and soothe aching joints with this luxurious nail service, featuring a warm paraffin treatment.

› SHELLAC MANICURE *50 min*

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

ADDITIONAL NAIL SERVICES

FULL SET

- Acrylics
- Acrylic fills
- French polish
- Overlay with acrylics
- Pink + white acrylics
- Pink + white rebalance/fill

FILE + POLISH

NAIL REPAIR

PARAFFIN TREATMENT – HANDS OR FEET

POLISH CHANGE – FINGERS OR TOES

POLISH CHANGE – FINGERS OR TOES (FRENCH)

SOAK-OFF

PEDICURES

➤ **AGE-DEFYING PEDICURE**

50 min

Smooth and hydrate every inch of your feet, with a potent blend of Vitamins A, C and E plus alpha hydroxy acids. Add polish and you'll be sandal ready.

➤ **CANYON RANCH PEDICURE**

50 min

Keep your feet looking their best with our signature pedicure. Gentle exfoliation, an indulgent soak and lotion made with essential oils will leave you relaxed and refreshed to the tips of your toes.

➤ **CANYON STONE PEDICURE**

80 min

Prepare to experience the ultimate in relaxation. Feel all your tensions melt away as your technician massages your feet and lower legs using warm basalt stones and fragrant essential oils, followed by a warm paraffin treatment.

➤ **FEET SO SOFT PEDICURE**

50 min

Say goodbye to painful joints and dried-out cuticles. Enjoy the hydrating and soothing benefits of warm paraffin before we apply your polish.

➤ **FRENCH PEDICURE**

50 min

Sandals, flip-flops and open-toed shoes. However you bare your feet, they'll be ready. Upgrade our signature pedicure to include a classic white tip.

➤ **SHELLAC PEDICURE**

50 min

Get the polish that stays put. Enjoy a Canyon Ranch pedicure that will last long after you disembark, with no chips or smudges.

➤ **SPORTS PEDICURE**

50 min

Smooth and cool your active feet. Self-heating oil will relieve aches and increase blood circulation, followed by a cooling gel to leave your feet feeling perfectly refreshed.

➤ **GENTLEMEN'S PEDICURE**

30 min

A hydrating treat for tired feet, this service will leave you feeling relaxed and ready for another day of touring a new port or an evening of dancing onboard. Includes a soak, file, buff and groom, as well as a gentle exfoliation and massage.

Spa Products

We pride ourselves on personally checking production facilities for socially responsible technology and expert manufacturing and processing – ensuring the best for our onboard clients. The brands we select create products with ingredients that are sustainably harvested, wild-picked, botanical, biodynamic and toxin-free.

CANYON RANCH BATH + BODY

Gentle, replenishing and suitable for the most sensitive skin, Canyon Ranch® Bath & Body products are everything you'd expect from the most trusted name in health and wellness. Healing dilo oil and antioxidant-rich chia seed oil, the key ingredients in our skin care and hair care line, unite to cleanse, nurture and protect. We created these formulas with all-natural ingredients, a refreshing signature scent and luxurious, creamy textures. They're also free of parabens, sulfates and propylene glycol.

Add our signature line of products to your routine to restore your skin and hair health and enjoy a radiant look all day, every day.

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



Products available for purchase at the Spa and from our online store: shop.canyonranch.com

Chosen Luxury Brands



A high-performing natural skin care line designed exclusively for men that combines organic, high-quality natural ingredients with green technology.



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



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



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



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



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



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

General Information

- » Guests must be at least 16 years of age.
- » Inquire about our special teen menu of services for ages 13–17.
- » Smoking is not permitted.
- » Mobile devices must be switched to silent mode.

HOURS

At sea: 8 am to 8 pm

In port: 8 am to 9 pm

APPOINTMENTS

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

PERSIAN GARDEN PASS

Must be 16 years or older to use facilities. Passes are valid per voyage only and are nonrefundable and non-transferable.

TEEN SERVICES

Canyon Ranch® welcomes guests ages 13–17 when accompanied by a parent or guardian. Please note that the accompanying parent or guardian must sign a consent form and book all services for guests under 18, and an adult must be present for most services. Teens must wear lightweight, loose clothing or swimwear for all services. For details, please contact the Spa Concierge.

GRATUITIES

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

AT YOUR SERVICE

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

WHAT TO BRING

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

AVAILABILITY OF TREATMENTS, SERVICES + FACILITIES

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

PRICES

Rates are subject to change. Please ask one of our staff members to confirm the price of your service before you book, and to get information about port day pricing.

REFUND POLICY

Our goal is to provide professional services and products that exceed your expectations and increase your feeling of well-being. If you are not completely satisfied, please contact the Spa Concierge. We will happily make exchanges or refunds of retail products, if the products are unopened and the request is made in good time before the end of the voyage.

CANCELLATION POLICY

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

CONCERNS?

We aim to promptly address any issues. However, if it has not been possible to deal with your complaint to your satisfaction while onboard, please email atsea@canyonranch.com or dial 855.206.6655. For international calls use 520.239.3283.

CANYON RANCH STORE

Visit our online store at shop.canyonranch.com to purchase the premium skin care products used in your favorite services. You'll also find books and DVDs by Canyon Ranch® professionals, our signature line of nutritional supplements, logo activewear and more.

CANYON RANCH EXPERIENCE

The Spa on Celebrity Cruises® offers a rich sampling of the programs and services that have made Canyon Ranch famous worldwide. Get a taste of the Canyon Ranch experience during your stay, from the remarkable settings to unsurpassed service and quality staff.

Reservations: 844.860.4662

celebrity@canyonranch.com

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canyonranch.com





CANYONRANCH®

Infinity | Constellation | Solstice | Equinox | Eclipse | Silhouette | Reflection

WELLNESS

MINDFUL DREAMS

ORGANIC LAVENDER + SEAWEED SUGAR GLOW
50 minutes **\$145**

AGE-DEFYING RESTORATIVE FACIAL
50 minutes **\$150**

MINDFUL DREAMS RITUAL
75 minutes **\$258**

ADD ONS

HAIR + SCALP TREATMENT
20 minutes **\$36**

FOOT TREATMENT
20 minutes **\$36**

BODY TREATMENTS

SCRUBS + WRAPS

INTENSIVE BODY PROFILE TREATMENT
50 minutes **\$207**

ORGANIC SEA SALT SCRUB
50 minutes **\$145**

SEAWEED LEAF WRAP
80 minutes **\$258**

SEAWEED PEAT WRAP
50 minutes **\$165**

TANGLE ME UP WRAP
50 minutes **\$165**

RITUALS

DETOXIFYING RITUAL
80 | 100 minutes* **\$287 | \$320**

EUPHORIA RITUAL
80 | 100 minutes* **\$287 | \$320**

NATURALLY NOURISHING RITUAL
80 | 100 minutes* **\$287 | \$320**

REVITALIZING RITUAL
80 | 100 minutes* **\$287 | \$320**

THERMAL THERAPY

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

SHANKARA BODY WRAPS

HERBAL CELLULITE SUPPORT WRAP
50 minutes **\$186**

CUCUMBER ALOE SOOTHING WRAP
50 minutes **\$186**

HONEY HERBAL MOISTURE WRAP
50 minutes **\$186**

LYMPHATIC DETOX SUPPORT WRAP
50 minutes **\$186**

HERBAL REJUVENATION
50 minutes **\$186**

HEALTHY FEET

FOOT RESCUE!
50 minutes **\$108**

GAIT ANALYSIS
25 minutes **\$88**

HEALTHY ON YOUR FEET
50 minutes **\$139**

INSTANT RELIEF
50 minutes **\$139**

SEAWEED FEET + LEG MASSAGE
25 minutes **\$67**

MASSAGE + BODYWORK

MASSAGE

AROMATHERAPY MASSAGE
50 | 80 minutes **\$155 | \$212**

AROMATHERAPY MUSCLE SOOTHER
80 minutes **\$212**

AWAKENING MASSAGE
50 minutes **\$155**

CANYON RANCH MASSAGE
50 | 80 minutes **\$150 | \$212**

CANYON STONE MASSAGE
80 minutes **\$222**

DEEP TISSUE MASSAGE
50 | 80 minutes **\$176 | \$248**

LYMPHATIC TREATMENT
50 minutes **\$160**

SOLE REJUVENATION
50 minutes **\$155**

TENSION ZONE MASSAGE
50 minutes **\$150**

SIDE-BY-SIDE SERVICES

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 | \$496**

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

OPTIONAL MASSAGE ENHANCEMENTS

HOT STONES **\$36**

RELAXATION SCALP MASSAGE **\$36**

REVITALIZING FOOT TREATMENT **\$36**

WAKING UP SCALP MASSAGE **\$36**

TREATMENTS FROM THE EAST

5 POINT STAR
50 minutes **\$186**

ABHYANGA MASSAGE
50 | 80 minutes **\$176 | \$238**

ACUPUNCTURE
50 minutes **\$176**

REFLEXOLOGY
50 minutes **\$155**

REIKI**
50 minutes **\$155**

SHIRODHARA
50 minutes **\$171**

THAI MASSAGE**
50 | 80 minutes **\$160 | \$212**

*100-minute services include a bath soak, and are available only on selected vessels. **On selected vessels.

BEAUTY

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 OR BLOW-DRY	
Short	\$53
Medium	\$62
Long	\$72
UPDO/UPSTYLE	
Medium-Length	\$72
Long	\$81
HAIR & SCALP TREATMENT	
80 minutes	\$155

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

BARBER SERVICES

BEARD TRIM EXPRESS	\$47
BEARD TRIM/SHAVE	\$88
HAIRCUT	\$34
HEAD SHAVE	\$57
MUSTACHE OUTLINE	\$16
STRAIGHT RAZOR SHAVE	\$68

SKIN CARE

FACIALS

ADVANCED AGE-MANAGEMENT FACIAL	
80 minutes	\$269
AGELESS OXYGEN BOOST FACIAL	
50 minutes	\$214
AGELESS OXYGEN BOOST FACIAL... THE ULTIMATE!	
80 minutes	\$279
CLEANSE + POLISH BACK TREATMENT	
50 minutes	\$145
DEEP CLEANSING FACIAL	
50 80 minutes	\$145 \$212
ENHANCING VITAMIN THERAPY	
50 minutes	\$248
MEDICAL-GRADE PEEL	
60 minutes	\$212
Option 1 – The lactic acid peel	
Option 2 – The trichloroacetic acid peel	
PRECISION VITAMIN THERAPY	
30 minutes	\$124
PURIFYING VITAMIN THERAPY	
75 minutes	\$289
SENSITIVE FACIAL	
50 minutes	\$155
ULTIMATE VITAMIN THERAPY	
80 minutes	\$315
VITAMIN INFUSION FACIAL	
50 80 minutes	\$165 \$233

GENTLEMEN'S FACIALS

AGE-DEFYING MEN'S FACIAL	
50 minutes	\$145
ESSENTIAL MEN'S FACIAL	
50 minutes	\$145
HIGH PERFORMANCE MEN'S FACIAL MASSAGE	
80 minutes	\$212

CANYON RANCH® AESTHETICS

BOTOX® COSMETIC	
Times and prices vary	
JUVÉDERM® XC	
Times and prices vary	

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

WAXING: FACE + BODY

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

BEAUTY

BEAUTY TREATMENTS

MAKEUP		PEDICURES		ADDITIONAL NAIL SERVICES	
FACE ON 15 30 minutes	\$25 \$50	AGE-DEFYING PEDICURE 50 minutes	\$120	FULL SET Acrylics	\$96
MAKEUP CREATION + LESSON 50 minutes	\$100	CANYON RANCH PEDICURE 50 minutes	\$69	Acrylic fills	\$69
WEDDING MAKEUP 50 minutes	\$100	CANYON STONE PEDICURE 80 minutes	\$154	French polish	\$33
		FEET SO SOFT PEDICURE 50 minutes	\$115	Overlay with acrylics	\$78
BEAUTY ESSENTIALS		FRENCH PEDICURE 50 minutes	\$89	Pink + white acrylics	\$123
EXPRESS TEETH WHITENING 20 minutes	\$199	SHELLAC PEDICURE 50 minutes	\$95	Pink + white rebalance/fill	\$78
MANICURES		SPORTS PEDICURE 50 minutes	\$78	FILE + POLISH	\$24
AGE-DEFYING MANICURE 45 minutes	\$90	GENTLEMEN'S PEDICURE 30 minutes	\$69	NAIL REPAIR	\$24
CANYON RANCH MANICURE 45 minutes	\$42			PARAFFIN TREATMENT Hands or Feet	\$33
FRENCH 50 minutes	\$47			POLISH CHANGE Fingers or Toes	\$24
GENTLEMEN'S MANICURE 30 minutes	\$35			Fingers or Toes French	\$33
HANDS SO SOFT MANICURE 45 minutes	\$85			SOAK-OFF	\$15
SHELLAC MANICURE 50 minutes	\$90				

FITNESS

EDUCATIONAL PRESENTATIONS + WORKSHOPS

Learn, be inspired and have fun during wellness talks and workshops.
Consult your daily program for topics, times and locations.

ASSESSMENTS + TRAINING

ASSISTED STRETCHING 25 minutes	\$67	EXERCISE FOR WEIGHT LOSS 50 minutes	\$98	PERSONAL TRAINING SESSION (2 people) 50 minutes	\$150
BASIC FITNESS ASSESSMENT 80 minutes	\$154	PERSONAL PILATES SESSION 50 minutes	\$98	EXERCISE PRESCRIPTION 50 minutes	\$98
BODYSTAT® BODY COMPOSITION ANALYSIS 25 minutes	\$67	PERSONAL TRAINING SESSION 25 50 minutes	\$67 \$98	YOGA CLASSES 50 minute	\$15

FITNESS CLASSES

45 minutes

Consult your daily program for times, locations and descriptions.

Sign-up is required to attend. Inquire at Gym reception.

CANYONRANCH®