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TO CANYON RANCH TUCSON

On behalf of all our colleagues, we’re delighted that you have arrived at our little corner of the world. This is a spectacular time of year for renewing dreams, refreshing optimism and setting a course for personal fulfillment. It’s also a great time for enjoying nature, hiking, cycling or just taking some well-deserved quiet time.

Whether it’s your first or twentieth time here, there’s always something new to explore. Take that wild leap that will surprise family and friends back home. Invest time in wellness presentations, workshops and spa services – just because it’s you and it’s your time.

Our Canyon Ranch family is eager to help in any way to make your visit perfect. This is our home, and we want it to be your home away from home as well.

We look forward to seeing you around the Ranch and hearing about your experiences.

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, visit 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 video 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. 4338, 7 am – 7 pm daily.

CELLPHONES & MOBILE DEVICES

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

Feel free, of course, to take photos of your favorite spots around the Ranch. Share them with people back home, too. #LiveCanyonRanch.
# PHONE NUMBERS

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# PHONE INSTRUCTIONS

<table>
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<tr>
<th>LOCAL CALLS: 9 + number</th>
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<td>TOLL-FREE: 9 + 1 + number</td>
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<tr>
<td>LONG DISTANCE: 9 + 1 + number (U.S. and Canada)</td>
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<tr>
<td>9 + 011 + country code + number (international)</td>
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<tr>
<th>ROOMS: Three-digit room number</th>
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| TRANSLATION PHONE SERVICES: Call the operator (0) |
| HEARING IMPAIRED: |
| To arrange for a telephone, call Ext. 4312 |

# INTERNET

Complimentary Wi-Fi is available throughout the property. Dial Ext. 4491 to get the password. Please call our partner and provider DakotaPro at 520.318.5900 for technical support.

Enjoy access to computers, Internet, fax machines and printers 24 hours a day. The Computer Center is in the Clubhouse, near the Media Room. Additional computers are located in the Spa near Gyms 2 and 3.

# TV CHANNEL GUIDE

DVDs, CDs, magazines and games are available for checkout from the Guest Services library in the Clubhouse.

Click to channel 25 to view a list of local and national channels.

<table>
<thead>
<tr>
<th>Channel</th>
<th>Description</th>
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<td>1</td>
<td>DVD Channel</td>
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<tr>
<td>15/16</td>
<td>Canyon Ranch Channel</td>
</tr>
<tr>
<td>25</td>
<td>TV Guide Channel</td>
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</tbody>
</table>

When in doubt, call our Operator at 0, who will be happy to transfer your call.
Look as great as you feel at Canyon Ranch. Our medical aesthetics experts can personalize a plan for you with exactly the right services to help you achieve your goals. Have a professional consult toward the beginning of your stay – and ask about our new treatments:

**AQUAGOLD®** microchanneling delivers customized product blends for tighter, smoother skin. Instant results and no downtime.

**MICRONEEDLING WITH PRP®** is a SkinPen® treatment enhanced by the use of PRP (your own growth factors) to jumpstart collagen and elastin production.

**CHEMICAL PEEL** is a SkinMedica® peel that smooths wrinkles, diminishes scars and acne, and reduces the appearance of age spots.

For information & appointments, call Ext. 4112

---

Check out our 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](http://shop.canyonranch.com)

Directly across the road from the Clubhouse entrance. Call Ext. 4442.
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.

INTEGRATIVE MEDICINE

STEPHEN BREWER
MD, ABFM – Medical Director
Family medicine, integrative medicine, sports medicine, pain management, men’s health, author

PARAM DEDHIA
MD, ABSM, ABOM, ABIM – Sleep Medicine Director
Sleep, obesity, geriatric, integrative, mind-body medicine

DIANE DOWNING
MD, ABFM, ABOIM – Integrative Medical
Menopause, women’s health, integrative medicine, cardiovascular health, optimal health

NICOLA FINLEY
MD, ABOIM – Integrative Medical
Integrative, female sexuality, women’s health and spirituality

SUE KAGEL
RN, BSN, HNB-BC, CHTP/I – Healing Touch
Better sleep, easing grief, resilience and stress management, optimal wellness

SANDRA FOX
RN, BSN, CHTP – Healing Touch
Building resilience and managing stress

ANNA BRADEN
RN, CHTP – Healing Touch
Building resilience and managing stress

JAMES SIEVEKE
PT, DPT, OCS, CSCS, FAFS – Physical Therapist
Orthopedic, muscular-skeletal conditions, spinal and extremity injury evaluation and treatment
INTEGRATIVE MEDICINE

MARTA VERGARA
LAc – Chinese Medicine
Chinese medicine, acupuncture, sound and energy therapies

CAROL REVAK
NMD, DIPLAc – Chinese Medicine
Digestive disorders, women’s health, addictions, mood disorders, headaches, acupuncture, sound therapies

AMY HENDERSON
RN, BSN – Aesthetics
Medical aesthetics, microneedling, injectables, chemical peels, medical-grade skin care

CR AESTHETICS™

LIFE MANAGEMENT

AMY HAWTHORNE
MS, LMFT – Life Management Director
Trauma, addiction, interpersonal relationships, stress management, self-compassion

KAREN McINTYRE
MSW, LCSW – Life Management
Self-care, self-compassion, improved quality, life in balance, brain health, aging, life transitions

JOHN SHUKWIT
MA, LPC – Life Management
Stress management, mindfulness, hypnotherapy, biofeedback, meditation

ALICE STEINFELD
MEd, MA, LPC – Life Management
Parenting relationships, intimacy, stress management, grief and loss, anxiety
LIFE MANAGEMENT

MICHELLE FADDOUL
LCSW – Life Management
Meditation, stress management, understanding self, sleep enhancement, healthy lifestyle changes

HELENE ROTHSTEIN
LPC – Life Management
Relationships, depression, anxiety

NUTRITION

LISA POWELL
MS, RDN – Nutrition Director
Nutrigenetics, digestive wellness, women’s health, cancer risk reduction and survivorship, nutrition supplements

DEBORAH STRAUB
MS, RDN – Nutrition
Weight loss, nutrigenetics, optimal aging, cancer risk reduction and survivorship, digestive wellness

KASEY J BRIXIUS
MS, RDN, IFNCP – Nutrition
Functional nutrition, sports nutrition, digestive wellness, healthy eating plans for families

YAEL V GREENBLATT
MS, RDN – Nutrition
Anti-inflammatory eating, weight management, mindful eating, digestive wellness, diabetes

DEMO CHEFS

STACY PEERCY
MPH, RDN, CDE – Nutrition
Diabetes, metabolic syndrome, weight management, menu planning, mindful eating

KIELY WILKINS
MS, RDN – Nutrition
Clean eating, intentional eating, plant-based diets, sports nutrition, pediatric nutrition, pre- and post-natal nutrition

SHAWN BRISBY
Demonstration Chef
Culinary expert with emphasis on cooking tips and inside tricks

MICHAEL PONTIFEX
Assistant Demonstration Chef
Culinary expert skilled in all aspects of cooking; vast knowledge in chocolate and coffee
SPIRITUAL WELLNESS

STEPHANIE LUDWIG
PhD, MA, MDIV – Director of Spiritual Wellness
Self-love, self-compassion, mindfulness, dreams, loss, grief and trauma, change and transition, life purpose and vocation

DANITA NOLAND
MDIV – Spiritual Wellness
Creating sacred space and practices, spiritual resilience, authentic intentions, grief

PAMELA DINTAMAN
MDIV, BCC – Spiritual Wellness
Reconnecting sexuality and spirituality, life transitions, grief and loss, healing through creativity, teaching spiritual practices

TRYSHE DHEVNEY
Certified Sound Healing Practitioner, Recording Artist – Spiritual Wellness
Vocal and harmonic sound healing, alchemy crystal singing bowl practitioner, founder SoundShifting School of Embodied Sound

CREATIVE EXPRESSION

BRIDGE TT LONGONO
MA – Creative Expression
Visual arts, potters wheel, ceramics, mosaic, sketchbooking, watercolor and acrylic, transformation through art

LINDA CATO
BFA – Creative Expression
Creating with nature, Asian brush painting, watercolor, classical drawing, healing through nature and art

EXERCISE PHYSIOLOGY

MIKE SIEMENS
MS, ACSM-RCEP
Corporate Director - Exercise Physiology
Strength and aerobic conditioning, interpretation of metabolic exercise testing data, custom exercise programs, aquatic therapy

MICHAEL HEWITT
PhD – Research Director Exercise Physiology
Exercise and cardiopulmonary physiology, body composition, exercise programs for bone health and weight loss

ERIC ALIKPALA
MA – Exercise Physiology
Exercise for weight loss, aquatic therapy, Burdenko Method (land and water), training programs for swim, bike, run, golf, tennis

LOREY PRO
MS, MAT – Exercise Physiology
Triathlon, running and endurance training, strength and conditioning, muscle activation techniques, Burdenko and aquatic therapies, female fitness

MARY STAUDER
MS, ACSM-RCEP & EIM-3, NSCA-CPT, ACE-TES – Exercise Physiology
Exercise as medicine, exercise adherence, special populations, complex chronic conditions, strength and conditioning, aquatic therapies
METAPHYSICAL

LESLEY LUPO
MA – Metaphysical
Tarot readings, near-death experience, intuition development, author

PAT BRUCKMANN
Metaphysical
Clairvoyant readings, past life information, intuition development

SHIVANI BAKER
Metaphysical
Natal astrology, synergy and partnership chart readings

WILL McCASLE
BS - Metaphysical
Relationships compatibility, lunar cycles, natal astrology, astro-cartography

HEIDI HARRALSON
MA, CDE, D-BFDE - Metaphysical
Astro-gemology, crystal energy, handwriting analysis

FITNESS

CHRISTINA LOPEZ
ACE, NASM – Fitness Manager
Group exercise, personal trainer, indoor cycling, dancer, choreographer

JENNIFER SPENCER
BS, ACE, NASM – Assistant Fitness Manager
Group exercise, personal trainer, indoor cycling

JIM KUCHAR
BS, ACE – Fitness
Personal trainer, indoor cycling, group exercise

RYAN PATTON
ACE, AFAA, Cross Fit L I – Fitness
Personal trainer, indoor cycling, group exercise
FITNESS

MICHAEL RANERI
BA, ACE, ACSM – Fitness
Personal trainer, group exercise,

CODY SCHAEFER
BS, NASM, AFAA – Fitness
Personal trainer, indoor cycling, group exercise

DARLENE TREN'T
AFAA, NASM – Fitness
Personal trainer, indoor cycling, mixed martial arts coach, group exercise, Zumba, Pilates mat

LYNNE PRAY-RAUGH
BS, ACE, Gyrotonic, Fletcher Pilates – Fitness
Pilates, Gyrotonic, personal trainer, group exercise

OUTDOOR SPORTS

MIKE BARCOM
Manager - Wilderness First Responder – Outdoor Sports
Hiking and climbing guide, Challenge Course facilitator

CINDY MUNROE
Wilderness First Aid – Outdoor Sports
Hiking and biking guide, rock climbing, Challenge Course facilitator

MATT SIMMONS
Wilderness First Responder, Leave No Trace Master Educator
Hiking and biking guide, Challenge Course facilitator, endurance athlete

RACQUET SPORTS

JERRY LEAVITT
MS, Anthropology – Racquet Sports – USPTA 35 Years; Elite Professional Rating, USTA League; 5.0 Rating
Private lessons, strategy for competitive play, genealogy

SUSIE FAIN
MS, Health, Physical Education and Recreation – USPTA 31 Years – Racquet Sports
Pickleball instruction, private lessons, group clinics

JOHN MIGLIONICO
USPTA 28 years – Racquet Sports
Private lessons, group clinics

DAN IMPERATO
USPTA 25 years – Racquet Sports
Modern teaching methodology (MTM), league play, private lessons, group clinics

LEE ELMORE
USAPA – Racquet Sports
Pickelball instruction
WHEN’S THE LAST TIME YOU HAD A REAL ADVENTURE?

Our Rock Climbing Naturally takes you to new heights in achievement, self-confidence and pure excitement.

Ranch experts take you into the nearby Catalina Mountains – which draw climbers from around the world – to a perfect spot for climbers of all levels. All equipment is provided. You’ll get detailed instruction, supervision and plenty of encouragement as you conquer your part of the mountain.

Take home a well-earned sense of accomplishment, great pics and a new swagger.

Call Ext. 4355 to get started.
Mark Sublette
MEDICINE MAN GALLERY™

TUCSON’S MOST DIVERSE ART GALLERY

NATIVE • WESTERN • MODERN • MUSEUM

Less than 5 minutes from Canyon Ranch
7,000 sq. ft - SW corner of Sunrise & Kolb

MEDICINEMANGALLERY.COM
Arizona’s Largest Old Pawn Indian Jewelry Collection

6872 E Sunrise Dr #130, Tucson, AZ 85750 • 520.722.7798 • office@medicinemangallery.com
fitness 360
Outdoor Sports

Schedules for all complimentary and fee-based activities are posted on the Outdoor Sports Boards. It’s important to sign up on the activity card and be at the Spa Lobby 5 minutes prior to departure. For more information, please inquire at Outdoor Sports (Ext. 4355) between 8 am and 4 pm.

**HIGH ROPE ADVENTURES**

**CLIMBING FOR FITNESS**
120 minutes  |  $155
Climb our rock wall for a great workout. It’s fun, burns mega-calories and builds functional strength as you work every major muscle group. Challenge yourself on a variety of routes – you’re in charge. Great for beginners and intermediate climbers. Clinics and private sessions available.

**ROCK CLIMBING NATURALLY**
5 hours  |  $425
Join our rock climbing experts on an outing to the Catalina Mountains to learn how to climb on natural rock. This is an unforgettable adventure on iconic climbing routes. All levels are welcome.

**HIGH ROPE CHALLENGE COURSE**
2 – 4 hours, depending on the number of people  |  $235/person
Under the guidance of our knowledgeable staff, expand your limits and discover new things about yourself. The challenges on the Ropes Course connect to daily life: Learn about your communication skills, how you perceive risk, your performance under pressure and ability to give and receive support. From start to finish, you make all the decisions about your thrilling adventure.

**ZIPLINE**
90 minutes  |  $110
The adventure begins as you gear up and climb a pole to an upper platform. Expert staff guides you through this high-flying experience. If time permits, you may choose to go again. Some even accept our “Blindfold Challenge.” Will you? All fitness levels welcome.

**GROUP ADVENTURES**

**ARCHEOLOGY HIKE**
NEW
4 – 5 HOURS  |  $110
Our naturalist leads you on hikes around the Tucson valley to visit ancient sites of the Hohokam people. Learn how the area’s original inhabitants lived by examining remnants of their communities and culture.

**NIGHT VISION GOGGLES EXPERIENCE**
2 HOURS  |  $110
Join us on a night walk in nearby Sabino Canyon. Using night vision technology, you can explore the desert and night sky in a whole different way. Offered seasonally.

**PHOTOGRAPHY HIKE**
4 HOURS  |  $110
Celebrate the beauty of the desert and learn techniques for taking memorable nature photos on this easy, inspiring hike. You’ll have a high-quality digital camera to use and will receive digital copies of your images to take home.

**WATERCOLORS IN THE PLEIN AIR TRADITION**
3 HOURS  |  $110
Take a short walk through the beautiful desert setting of Canyon Ranch. Learn new techniques as you sketch and paint. Instructions and supplies are provided; no art experience is necessary.

**INTUITIVE ARCHERY**
2 HOURS  |  $110
Technical knowledge isn’t the only thing required to move an arrow from your bow to the target. Develop the present-moment awareness skills that help you begin or enhance your archery practice.
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 is required. Please inquire at Outdoor Sports (Ext. 4355) between 8 am and 4 pm.

BIKE, HIKE, ARCHERY, SURVIVAL SKILLS, NATIVE AWARENESS
First hour, up to three guests  |  $135/person
Each additional hour, up to three guests  |  $75/person

GOLF
Lessons and clinics are held at our Golf Performance Center. Call our PGA professionals at Ext. 4627 to learn about special packages and programming. Golf clubs will be provided for clinics and services.

INDIVIDUAL OR SEMIPRIVATE GOLF LESSON
50 MINUTES  |  $160 individual/$105 semiprivate
Our PGA golf professionals work with you to develop your natural ability and help you reach your goals, no matter what your current skill level. Incorporating technology, training aids and take-home materials, your session is personalized for success. Try our semiprivate lesson with a friend, partner, parent or child.

BOOT CAMP GOLF
50 MINUTES EACH  |  $150
A PGA golf professional works one-on-one with you in this intensive golf learning system that uses repetition to hone skills and develop muscle memory. Excellent for beginners to advanced golfers. Combine multiple sessions to have the most impact on muscle memory for the greatest improvement in your game.

- Novice – Learn the basics from our experts – grip, posture and one supercool basics swing drill – over and over. There’s no better way to get your game underway.
- Full Swing – Have your setup, backswing and through swing scrutinized, and learn up to three concerns that are holding you back. Then, the training begins! Informative and game enhancing.
- Short Game – Putting, chipping, pitching and bunker play comprise over 60 percent of your golf shots. Muscle memory instruction is applied in these areas, accelerating the learning process.

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

TENNIS & PICKLEBALL
50 minutes
Individual and semiprivate instruction in basics through advanced skills, including hitting lessons or workout drills.
Individual training session  |  $150/person
Semiprivate training session (two guests)  |  $105/person

HITTING WITH A PRO
50 minutes  |  $99
Spend quality court time working on your technique by hitting with one of our tennis or pickleball pros. Instruction is not provided during this session.
Fitness

PERSONAL TRAINING WITH A CERTIFIED TRAINER

PRIVATE FITNESS TRAINING
50 minutes
Your one-of-a-kind body calls for a one-of-a-kind workout plan. Our personal trainers hold the industry’s top certifications and have the experience to create a program that suits your needs, goals and preferences. That could include dance, swimming, functional movement or your favorite sport. Take home an effective plan with activities you enjoy – so you’ll keep on doing it.

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 MIND-BODY PRACTICE
50 minutes
Experience greater peace and balance through self-care practices from around the world. Connect body and mind through tai chi, meditation or breathing practices. Our expert staff helps you explore these gentle yet powerful disciplines.

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 & GYROTONIC TRAINING
50 minutes
Get stronger, leaner and more flexible – in body and mind. Our experts help you expand your limits using the Balanced Body Tower Reformer, GYROTONIC® Tower, Ladder Barrel, Split-Pedal Stability Chair and Trapeze Table (Cadillac). Beneficial for everyone from athletes to those with chronic pain or limitations.

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 with this long-honored mind-body practice. Get personal guidance to help you enjoy all the benefits of your yoga practice. Great for beginners or for those who want to enhance their 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

AERIAL YOGA & AERIAL PILATES
50 minutes | $140
Get a unique perspective on yoga and Pilates. Incorporate nontraditional poses and exercises using a fabric hammock suspended from the ceiling. Once you’ve tried it, you’ll want more.

Individual Training Session | $140/person
Duet Training Session | $110/person
Small Group Training Session (3–5 people) | $95/person
Private Group Class | $375/class

Rx FOR YOGA
Two-part service | $280
Part I (50 minutes) – With an expert at your side, you formulate goals specific to your dosha (physical constitution), find balance through pranayama (breathing), asanas (poses), meditation, mudras (hand gestures) and other yoga techniques.

Part II (50 minutes) – Your instructor guides you through a journey of self-discovery. Take home tools to keep you on a centered and balanced path of well-being.

GOOD POSTURE FOR LIFE
50 minutes | $140
Your posture affects how you think, feel and how others perceive you. Your movement therapist will assess your posture and make recommendations you can apply at home. Depending on your goals, your session may include Pilates, the GYROTONIC® method, yoga or dance. The result: more comfort, less tension, deeper breathing, greater mental clarity and a new spring in your step.
Exercise Physiology

**What is an exercise physiologist?**

An exercise physiologist is a health professional focused on prevention of issues that result from sedentary lifestyle – from heart disease to osteoporosis – and on performance, to help you meet a personal goal, whether it’s finishing a marathon, keeping up with grandkids or just feeling good.

At Canyon Ranch we hire only exercise physiologists with a four-year college degree in anatomy, physiology or biology plus a two-year master’s degree in exercise physiology. They’re experts at conducting and interpreting test results and can create a personalized fitness program for you.

---

**ASSESSMENTS WITH AN EXERCISE PHYSIOLOGIST**

**BODY COMPOSITION SCREENING**
25 minutes  |  $99

With a simple eight-minute test, our Bod Pod® device will accurately measure your body fat and lean body mass percentages. An exercise physiologist will review and explain your results. *Please bring a tight-fitting bathing suit; for women, tights and sports bra are acceptable.*

**TARGET HEART RATE DETERMINATION**
50 minutes  |  $179

Forget the old heart rate charts and tables. An exercise physiologist takes you through a submaximal exercise test while you wear a heart rate monitor to accurately determine your training zones for steady-state and interval-training. These zones will be incorporated into your exercise prescription.

---

**Optional Add-On**
25 to 50 minutes

You may schedule follow-up sessions with your exercise physiologist to reinforce your regimen and support your health through exercise. Choose in-person or phone coaching.
BLOOD LACTATE THRESHOLD  NEW
Two-part service | $399
Get the most out of your exercise. The level of lactic acid in your blood tells you if you’re working over or under your target cardio intensity. This clinical test determines the five training zones that optimize aerobic conditioning, maximize fitness improvement and fat burning, and improve exercise performance.

Part I (50 minutes) – You wear a heart rate monitor for this 20- to 30-minute test on your choice of exercise equipment. Your exercise physiologist gradually increases intensity and takes a fingertip blood sample every four minutes.

Part II (50 minutes) – Meet with your exercise physiologist to discuss test results and devise an exercise plan based on your five training zones. Take home a prescription to improve aerobic stamina, your anaerobic threshold, weight loss efficiency and maximum training results.

BALANCE ASSESSMENT
50 minutes | $199
Using state-of-the art Biodex equipment, an exercise physiologist assesses your fall risk, balance and proprioception (your sense of where you are in space). You’ll receive a targeted plan to improve balance and mind-body communication.

COMPREHENSIVE EXERCISE ASSESSMENT
Two-part service | $399
Find out how your fitness level compares with others your age. You can retake these tests over time to see the impact of your exercise program.

Part I (50 minutes) – Physical assessment:
- Bod Pod® body composition test* to measure body fat and fat-free mass
- Submaximal treadmill test to estimate VO2 max and determine target heart rate
- Upper body chest-press strength test
- Lower body leg-press strength test
- Sit-and-reach flexibility test

Part II (50 minutes) – Your exercise physiologist gives you a full review of all test results and a personalized exercise prescription to meet your goals.

DISCOVER YOUR FITNESS AGE
Two-part service | $399
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:
- Bod Pod® body composition test* to measure body fat and fat-free mass
- Submaximal treadmill test to estimate VO2 max and determine target heart rate
- Muscle endurance and power testing, including vertical jump and bench-press endurance test
- Dynamic balance assessment

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

‘Note: For body composition testing, please bring a tight-fitting bathing suit; for women, tights and sports bra are acceptable.

EXERCISE AS MEDICINE  NEW
Two-part service | $399
Whether you’re new to exercise or have been recently diagnosed with a chronic condition, you’ll get clear, actionable guidance from a specially trained ACSM-Registered Clinical Exercise Physiologist. Learn how to exercise safely and effectively – using minimal equipment – to reach your fitness and health goals.

Part I (50 minutes) – The exercise physiologist thoroughly reviews your exercise and health history. The goal is to customize a fitness routine and care plan that supports cardiovascular risk reduction, symptom management, medication mindfulness, exercise adherence and motivation. Additional services may be recommended for maximum results.

Part II (50 minutes) – In this one-on-one session, your exercise physiologist provides you with the tools and techniques that are most effective and safest for you. You’ll take home practical tools to support your health while working toward your fitness goals.
METABOLIC EXERCISE ASSESSMENT
Two-part service | $399

One telling measurement of a person’s health and wellness is the ability to burn oxygen – commonly called aerobic fitness or VO2 maximum. This assessment measures your VO2 max. In addition, we find out the number of calories burned per minute at any heart rate, and learn about your fat versus carbohydrate burning, anaerobic threshold and ideal target rate for fitness improvement and fat burning.

Part I (50 minutes) – You take a metabolic exercise test on your choice of treadmill, bike, elliptical trainer or rowing machine. You wear a mask that analyzes expired breath for accurate measurement of oxygen burn, carbon dioxide produced and more.

Part II (50 minutes) – Your exercise physiologist explains test results concerning your VO2 maximum, calories burned per minute, training heart rates, anaerobic threshold and fat versus carbohydrates burned during exercise. Take home a personalized training prescription.

Recommended for weight loss, fat burning, cardiovascular fitness, or improved biking or running performance.

Note: This service is for apparently healthy people with no signs or symptoms of existing heart disease. Men over 45 and women over 55 should speak with a Program Advisor or exercise physiologist about American College of Sports Medicine® guidelines. You may need to take a Cardiometabolic Stress Test first with a physician (see page 25).

CUSTOMIZED PROGRAM WITH AN EXERCISE PHYSIOLOGIST

RX FOR EXERCISE
50 minutes | $179

Kick-start an exercise program or get a fresh take on your current routine. Our experts help you increase cardiovascular fitness/stamina, muscle mass and strength, or improve endurance, core stability, balance, bone density and flexibility. An exercise physiologist designs a take-home program based on your goals, interests, physical abilities and available facilities. For all ages and fitness levels.

EXERCISE FOR WEIGHT LOSS & BODY DEFINITION
50 minutes | $179

Meet with an exercise physiologist for a customized program to optimize exercise time, maximize metabolism, increase lean body mass, build muscle and promote weight loss.

CUSTOMIZED TRAINING WITH AN EXERCISE PHYSIOLOGIST

SPECIALIZED TRAINING
50 minutes | $179

From rehabilitating post-injury or surgery to high-level training for athletic events, exercise physiologists with advanced degrees can help you improve performance and function in virtually any activity, including:

- Cardiovascular training
- Cycling
- Diabetes
- Distance running/walking
- Endurance training
- Heart Disease
- Limited Mobility
- Pre- and post-surgery
- Strength training
- Swimming
- Triathlon

ATHLETIC CONDITIONING IN WATER
50 minutes | $179

Cardiovascular conditioning, muscular strength, power and endurance can be safely improved through water walking and running, aquatic jump training, tethering, resistance training and deep-water work. An exercise physiologist shows you how to train for a specific sport or increase your overall fitness level while decreasing your risk of injury. Excellent for all fitness levels.

BURDENKO LAND OR WATER EXERCISE
50 minutes | $179

Improve the essential qualities of fitness: balance, coordination, flexibility, endurance, speed and strength. People at beginning fitness levels benefit from improved coordination and balance; athletes hone efficient movement for performance.

MAT: MUSCLE ACTIVATION TECHNIQUE NEW
50 minutes | $199

Based on the Roskopf Principle – “Muscle tightness is secondary to muscle weakness” – MAT therapy is a systematic approach for evaluating and correcting muscular imbalances that contribute to stiffness, injury and pain, tight or weak muscles and compromised movement. Your therapist administers tests to see which muscles are underactive, then helps you make manual corrections. You can see immediate improvement in function and movement – and aim toward long-term relief of muscle tightness and joint pain.
HEALTH & HEALING HAPPENS HERE

the DOCTORS are in

How can a doctor’s appointment make your vacation even better?

It happens all the time around here. Our team is smart, caring and cool. Plus, you get 50 minutes of all-about-you time, when you can get to the heart of what interest you most. It’s a high-focus, low-stress experience that could make you healthier for life.

Param Dedhia, MD, has a broad range of expertise including weight loss, gerontology and internal medicine. He’s one of the few physicians nationally to be board-certified in sleep medicine. We asked his best advice for a good night’s sleep:

In our nonstop, 24-7 world, the first step is to prioritize sleep, especially getting enough sleep. We live full daytime lives, so it’s important to taper into the night—creating a nightly ritual before bed. Lack of sleep is widespread, and it can limit our physical and mental resilience. A sleep consultation can often find answers to long-term concerns.

Diane Downing, MD, specializes in preventive care, cardiovascular health and integrative medicine. She says her Women’s Health Consultation is your chance to talk about what concerns you most:

What topics have been on your mind? Let’s go there. We could talk about cardiovascular risk and prevention, digestive concerns, sleep and better health. Or you may want to address something specific: Like how can you reduce risk for breast cancer. And menopause options, including hormone replacement therapy and its alternatives. Or you could have an osteoporosis evaluation and explore treatment options.

Nicola Finley, MD, is board-certified in internal medicine and is expert in integrative care and sexuality. If you choose her popular Sexual Health Consultation, here’s what she says you can expect:

In a comfortable setting, you have the opportunity to share your story, your way. Based on that, I offer an integrative approach with specific suggestions to enhance sexual satisfaction and pleasure. We can talk about any concerns you have, including low sexual desire, pain with intercourse, difficulty achieving orgasms, using sex vibrators or toys, and even spirituality. You may find it easier to talk with me than with the physician you see at home. We’re all about confidentiality and support here.
Canyon Ranch Experts:
Our professionals are highly trained leaders who hold advanced degrees in their fields. Consult with the specialists on how to achieve your goals:
- 5 Medical Doctors
- 3 PhD-level experts
- 26 masters-level experts

Personalized, Precise, Preventive

Customize your health care. A thorough evaluation and diagnostic testing help determine your medical needs and risks. Schedule an appointment with a physician to discuss your concerns and learn more about our many standard and innovative lab offerings and diagnostic tests. Canyon Ranch physicians have expertise in leading-edge, quickly evolving lab tests and diagnostic screenings that can provide an in-depth understanding of how your body is functioning, well before the disease process begins. Find out about these factors and more:
- 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
- Your body composition and bone density
- Your cardiovascular and cerebrovascular risk factors

Optimal Health Consultation
25 minutes/50 minutes/100 minutes  $299/$499/$899

Experience truly modern medicine. Integrating the best conventional and complementary approaches, a Canyon Ranch physician guides you toward optimal health. 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 diagnostic and laboratory tests that provide a comprehensive view of your health.
CARDIOMETABOLIC STRESS TEST WITH PULMONARY FUNCTION TESTING
Two-part service  |  $989
A physician uses advanced testing equipment to determine your aerobic fitness level (VO2 maximum), optimal exercise heart rates, anaerobic threshold and exact calories burned at any given heart rate. This is also a state-of-the-art assessment for determining 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 getting started exercising, this service will help you work out safely and efficiently — and get maximum results.

Part I (100 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 this follow-up session, an exercise physiologist interprets your test results and creates an exercise prescription to meet your health and fitness goals.

VASCULAR ULTRASOUND
Two-part service  |  Varies
25 minutes/Carotid  |  $499
50 minutes/Carotid and CIMT  |  $999
150 minutes/Comprehensive  |  $2599
25-minute follow-up appointment with a physician  |  $299

Part I (varies) – This noninvasive testing evaluates blood flow in the arteries and veins outside the heart. It can detect plaque, narrowing, blockages, blood clots, incompetent valves and aneurysms, and provide information regarding cardiovascular and stroke risk level.

Part II (25 minutes) – Results of your ultrasound test are reviewed and discussed with a physician during this follow-up consultation.

DEXA BODY COMPOSITION
Two-part service  |  $559
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 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 and advises you about reducing your risk for disease.

Part II (50 minutes) – In a follow-up session, meet with an exercise physiologist who interprets the test data and helps you set realistic goals for muscle mass and body fat levels.

OSTEOPOROSIS PREVENTION & BONE DENSITY EVALUATION
Two-part service  |  $849
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.

Part I (50 minutes) – 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 test results as a baseline in 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.

Part II (50 minutes) – An exercise physiologist interprets your test data and helps you design an exercise program to build muscle mass, increase bone density and reduce risk of osteopenia/osteoporosis.
**NATUROPATHIC MEDICINE CONSULTATION**
50 minutes | $419
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 to 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.

**SEXUAL HEALTH CONSULTATIONS**
50 minutes | single $499 / duet $299 /person
Enhance your sexual function and your enjoyment of this important part of life. Choose a private consult in one of the following areas:

- Physical Factors – Coping with disabilities, effects of medication and menopause.
- Sexual Health for Men and Women – Discuss approaches to help improve your sexual functioning and enjoyment.

**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.

**MEDICAL SLEEP DISORDERS**
25 minutes/50 minutes | $299/$499
Our physicians 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 and consulting with one of our physicians.

**SLEEP SCREENING** NEW
Overnight with follow-up | $799
This unmonitored overnight sleep screening test, done in the comfort of your resort room, uses 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 nervous 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 | $2949
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.
MUSCULOSKELETAL HEALTH

MUSCULOSKELETAL & JOINT ASSESSMENT
50 minutes | $239
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 disrupt 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. In addition, you’ll receive a customized therapeutic exercise program, including home care plans for a return to optimal function and injury prevention.

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 reactivates 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 is required prior to treatment. Number of Shockwave and/or Laser Therapy sessions varies according to need.

MEDICAL GAIT & ORTHOTIC ANALYSIS
25 minutes | $79
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. Performance 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.

CHIROPRACTIC SERVICES
45 minutes | $209
Our doctors of chiropractic medicine can help you with neck and back pain, extremity and joint disorders, and sports-related injuries. Initial visit includes a history and brief examination before treatment. 45-minute initial visit. 15-minute follow-ups.

ENERGY THERAPIES

ACUTONICS
50 minutes | $219
This system of sound healing uses the power of vibration, intention and light touch to bring body and mind into greater harmony. Tuning forks applied to acupuncture points, chakras and trigger points awaken and align your meridians and energy centers, bringing them into balance. Your acutonics treatment takes place in a healing sound environment created with bells and gongs. Please wear comfortable clothing.

HEALING TOUCH
80 minutes | $259
Nurses certified in Healing Touch with a focus on holistic care provide this deeply calming energy therapy. The nurturing approach uses gentle touch to enhance your natural restorative processes by clearing, aligning and balancing your energy, and promoting physical, emotional, mental and spiritual well-being. You may feel a sense of relaxation, lightness, calm and peacefulness. Healing Touch is especially useful for stress reduction, anxiety, depression, injuries, fatigue, grief, sleep issues, transitions, acute and chronic illnesses, headaches, cancer care, pain, post-surgical procedures, addictions, spiritual growth and awareness. Self-care suggestions specific to your concerns are included. You will remain fully clothed during this treatment.
TRADITIONAL CHINESE MEDICINE

ACUPUNCTURE
50 minutes  |  $219

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 problems 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.

ACUPUNCTURE FOR HEALTHY WEIGHT
100 minutes  |  $419

This therapy can help you establish healthier nutritional and exercise habits. The session features specialized acupuncture used extensively in China to decrease 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.

Note: Two or more Acupuncture for Healthy Weight Loss Follow-Up sessions (50 minutes each) close together are recommended for maximum benefit.

ACUPHORIA
50 minutes  |  $219

Get a head start on your vacation. Begin your stay with 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  |  $239

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. A detailed report on the recommended herbs will be sent to you.

CHINESE VITALITY
110 minutes  |  $419

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 time to address all aspects of your health, from musculoskeletal pain to internal health and emotional issues.
**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, nor does it encourage giving up any particular faith.

**SOUL JOURNEY**  
50 minutes | $249  
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 | $249  
This service focuses on the human need 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 your faith, experience or belief, you can deepen your personal spiritual practice.

**CRYSTAL SOUND ACTIVATION**  
50 minutes | $249  
This sound-focused treatment is designed to bring mind, body and spirit into balance. High-frequency, gemstone-infused Alchemy Crystal Singing Bowls™ are placed directly on your body, gently delivering deep resonance and profound healing frequencies to restore harmony.
YOUR SOUL SONG  NEW
50 minutes  |  $249
This profound sound service opens a gateway to your deepest being and the song of your healing heart. Guided by a spiritual wellness provider, access the sounds of your inner soul through your body and your voice. Discover frequencies of health, love, forgiveness and rejuvenation as you learn to activate your true essence and light from within through vibrational connection.

LOSS, GRIEF & REMEMBRANCE
50 minutes  |  $249
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.

CULTIVATING A LIFE OF PURPOSE  NEW
50 minutes  |  $249
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.

RITE OF PASSAGE
50 minutes  |  $249
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
Life Management

HEALTHY LIFESTYLE
50 minutes | $199 single/$159 duet
A lifestyle consultation is an opportunity to examine any issue in your life, although you need not identify a specific concern to benefit from a consultation. Use this time to explore your thoughts and attitudes and gain a fresh perspective. Frequently addressed areas include:
- Alcohol and health
- Communication
- Grief and loss
- Interpersonal relationships
- Meditation for change
- Sexuality and intimacy
- Smoking cessation
- Transitions
- Work in balance

STRESS MANAGEMENT
50 minutes | $199
Stress overlooked can erode your health and quality of life. Stress managed well can be empowering and even motivating. In this session, learn about your stress response and ways to perceive and respond to stressful situations with greater clarity and effectiveness.

HYPNOTHERAPY
50 minutes | $219
Hypnosis is a natural phenomenon of the mind that increases openness to positive change. The session includes physical and mental relaxation, imagery and suggestions for healthy transformation. Some common applications include:
- Curb unhealthy habits
- Pain management
- Relaxation
- Sleep improvement
- Stress reduction
- Weight loss

BIOFEEDBACK
50 minutes | $199
This proven technology uses many techniques to reduce tension, redirect negative thoughts and improve performance and other mind-body interactions. Biofeedback is used to assess your 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 see the stress response as you experience it. It provides excellent data for feedback on physiological reactions.

INNER BALANCE™ BY HEARTMATH® NEW
50 minutes | $299
Based on 26+ years of research, HeartMath® is used by hundreds of hospitals, corporations and individuals to increase well-being and decrease stress. A licensed behavioral therapist will introduce you to the Inner Balance™ sensor for Androids and iPhones, which trains you to replace emotional stress with balance and coherence. By measuring and displaying your Heart Rate Variability (HRV), HeartMath may help improve your focus, quality of sleep and monitor your feelings of stress. Explore strategies to self-regulate the emotions that often cause stress. Please bring your Android or iPhone so we can help you with installing the HeartMath software.

SLEEP ENHANCEMENT
50 minutes | $199
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 licensed therapist examines the nature and degree of your problem and looks at techniques to improve your sleep hygiene.

Note: For Medical Sleep Disorders, see page 26.

RELATIONSHIP WITH FOOD
50 minutes | $199
Gain a clearer understanding of the psychology, biology and emotions that determine your eating habits. Learn practical strategies and tools to deal better 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 mindfulness.

Assessments
Get to know yourself better in deep and meaningful ways. Consider expert assessments focused on areas such as:
- Emotional intelligence
- Cognitive function
- DiSC® profile – understanding self
Nutrition & Food

**NUTRITION LAB EVALUATIONS**

Labs are like pieces of your personal health puzzle. Ask your nutritionist about these tests that provide powerful information about your one-of-a-kind nutritional needs:

- **Nutrigenetics for Weight Loss**: Low carb? High protein? Find out the best dietary style for you with this state-of-the-art nutrigenetic evaluation, which also provides valuable insight into the genetic basis of appetite, satiety and eating behavior. This test is a great add-on to any nutrition consultation.

- **Nutrient Lab Evaluation**: This comprehensive nutrition analysis provides vital information regarding digestion, absorption and metabolism of nutrients. With these details, your nutritionist can personalize your food and supplement recommendations.

**COMPREHENSIVE NUTRITION EVALUATION**

Three-part service | $429

Gain a complete picture of your nutrition status and receive the highest level of personalized nutrition information. Take home a customized wellness nutrition plan.

**Part I (25 minutes)** – Complete assessment questionnaire.

**Part II (25 minutes)** – Your nutritional status is assessed using a variety of tools including: biometric measurements; a nutrition-focused physical examination for signs and symptoms of nutrient deficiencies; and a bioelectric impedance measurement of body composition, hydration and cellular health status. **Note: Please do not eat, consume caffeine or exercise within two hours of Part II service; however, be sure to hydrate well.**

**Part III (50 minutes)** – Based on your collated data, your nutritionist will give you a personalized report with recommendations for specific foods, patterns of eating and supplements. You’ll have a chance to discuss the findings and develop a plan for the future.

**METABOLIC RESET**

NEW

50 minutes | $179

Tired of just trying to lose weight? A metabolic reset can be the alternative you need to get the results you want. Your nutritionist introduces you to an anti-inflammatory, plant-based approach to eating, loaded with healing nutrients to support detoxification. Learn about the cutting-edge healthy approach to fasting regimens for weight loss, as well as the science and strategies to support a lasting reset.

**Optional follow-up during your stay**

50 minutes | $179

Discover the joy of healthy splurging. A nutritionist close to our culinary team helps you create a customized plan for dining while at Canyon Ranch and provides you with a healthy eating plan, recipes and plenty of inspiration.

**HEALING FOODS**

50 minutes | $179

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 registered dietitian/nutritionist who will assess your needs and preferences, and provide therapeutic recommendations for your health concerns. Areas of focus may include:

- Anti-inflammatory eating
- Arthritis
- Cancer prevention
- Chronic fatigue and fibromyalgia
- High blood pressure
- High cholesterol and heart disease
- Insulin resistance
- Neuronutrition
- Diabetes
- Osteoporosis
- Stress
- Thyroid health
- Vitamin and mineral evaluation
- Women’s Health

**NUTRITION FOR PAIN MANAGEMENT**

NEW

50 minutes | $179

Most pain has a component of inflammation, and nutrition can be a significant part of a comprehensive approach to pain management. Based on your diagnosis and symptoms, a registered dietitian/nutritionist will make diet and supplement recommendations to support your body’s natural ability to heal.
MENUS BY DESIGN  NEW
50 minutes  |  $489; includes one-year subscription

Need help creating delicious and satisfying meals? A Canyon Ranch Nutritionist will work with you to create a Personalized Nutrition Prescription based on your lifestyle, health concerns and food preferences. Enjoy customized weekly menus complete with recipes, shopping lists, tips and techniques for a full year that will set you up for success in reaching your nutrition goals.

DIGESTIVE WELLNESS
50 minutes  |  $179

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

HEALTHY EATING
50 minutes  |  $179

Get expert advice on everyday nutrition, including 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 such as:
- Dining on the go
- Eating for energy
- Eating well at college
- Feeding healthy kids
- Managing food cravings
- Plant-based eating
- Practical portions
- Sleep
- Underweight concerns

Note: This service is not intended to address health issues or weight management. If you have health concerns, please schedule a Healing Foods consultation. Your Program Advisor can also discuss an appropriate weight management service for you.

NUTRITION FOR SPORTS PERFORMANCE
50 minutes  |  $179

An expert sports nutritionist can show you how to eat for optimal performance, support metabolism and promote muscle growth. Learn about the dynamics of hydration, food combinations, blood sugar and energy support. Take home a personal dietary plan focused on eating before, during and after exercise.

Note: This session may be taken alone, or as a follow-up to the Exercise Physiology Metabolic Assessment.
WEIGHT LOSS YOUR WAY
Two-part service  |  $359

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 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 personalized recommendations to follow during your Canyon Ranch stay and 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!

We highly recommend measuring how many calories your body burns each day, using the Resting Metabolic Rate (RMR) test – the FDA-approved, gold standard calorimetry assessment method. RMR data helps determine your intake goal for weight loss and will guide the discussion and plans in parts I and II of this service. Optional 25 minutes  |  $219

FASTEST MEALS IMAGINABLE
50 minutes  |  $189

Want to cook healthy meals for you and your family but don’t have much time? This idea-packed session helps you create a repertoire of fast, easy, delicious and well-balanced meals. Take home the latest edition of our cookbook filled with quick meal and snack ideas, shopping lists and recipes created with convenience, flavor and nutrition in mind. This is not a cooking class; we recommend you follow this session with a Hands-On Cooking Class, described on this page.

COOKING FOR FUN, PLEASURE & HEALTH

Learn from Canyon Ranch chefs during our complimentary Lunch & Learn meals in the Demo Kitchen, or roll up your sleeves and experience a Hands-On Cooking Class. Check Your Daily Schedule to see what’s being prepared each day.

HANDS-ON COOKING CLASS
2 hours  |  $169

Learn and grow as a cook. No matter what your skill level, you’ll have fun and take home a deeper concept of healthy cooking, plus practical skills and techniques you can use every day to make simple, nutritious, great-tasting dishes. Check the Daily Schedule for times.

FEATURED DINNERS
IN THE DEMO KITCHEN
$99 per person

FEBRUARY 3  |  The Big Game
Football and great food go together. Learn healthy versions of tailgating favorites and watch the game on large-screen TVs.

FEBRUARY 10  |  Music’s Biggest Night
We whip up award-worthy dishes and watch the music industry honor its best.

FEBRUARY 14  |  Valentine’s Day Dinner
Our chef prepares irresistible dishes made with extra love.

FEBRUARY 24  |  Hooray for Hollywood
Enjoy a meal the stars would envy as we watch the glitterati gather for their awards.

MARCH 5  |  Mardi Gras!
We match this colorful celebration with its legendary cuisine. Let the good times roll!

MARCH 17  |  St. Patrick’s Day
We’re all Irish today, and we’re celebrating with a fun, themed feast.
beauty
Let your inner beauty shine through. Our medical professionals, aestheticians and salon experts have come together to offer services that reflect all aspects of you and the image you want to project.

**Skin Health**

**PREMIER AGE-DEFYING FACIAL**
80 minutes | $315, with DF technology*

Diminish the look of fine lines, lax skin, pigmentation, sun damage and scarring with help from Environ products. High levels of vitamins A, C, E and growth factors nourish the skin. You’ll receive a special eye treatment and a serum to help reduce frown lines. Includes DF technology and a Focus-CIT® (Collagen Induction Therapy) device, a take-home tool for targeting mouth and eye areas.

**OXYGEN FACIAL**
50 minutes | $240
80 minutes | $315, with microcurrent technology

Build collagen and elastin, increase cell turnover and hydrate with this advanced technology facial featuring Luzern® skincare products.

**OXY-DERMABRASION FACIAL**
80 minutes | $315

Experience the ultimate noninvasive skin-resurfacing treatment. First, outer layers of skin cells are gently exfoliated, stimulating collagen production and cellular renewal. An infusion of oxygen and application of carefully selected serums enhance rejuvenation effects.

**ESSENTIAL SISLEY PARIS® FACIAL** NEW
50 minutes | $165

Discover a special retreat with this indulgent facial, which rejuvenates, repairs, balances and unveils an instant glow for any skin type. Using the finest essential oils and plant extract based products our aestheticians will address all of your skin care needs.

**OPTIONAL ENHANCEMENTS**

Customize your treatment with one of these services:

- Bright Eyes
- Neck & Décolleté Repair Treatment
- Peel | $65 each
- Waxing | Times and fees vary
L’INTEGRAL AGE-MINIMIZING FACIAL  
50 minutes | $185  
80 minutes | $285, with microcurrent technology  
This facial uses Sisley products to deliver the ultimate anti-aging indulgence. Powerful botanicals help your skin appear rested, less stressed, luminous, firmer and more hydrated.

DEEP CLEANSING FACIAL  
50 minutes | $185  
80 minutes | $285, with DF technology*  
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.

SENSITIVE FACIAL  
50 minutes | $185  
80 minutes | $285, with DF technology*  
Calming and healing for those who experience redness and irritation. The vitamins, antioxidants and growth factors in Environ products will gently begin to rebalance and restore your skin’s integrity.

F.I.T. FACIAL  NEW  
50 minutes | $185  
This anti-aging facial features the Alpha Beta Peel System by Dr. Dennis Gross, which can Firm, Illuminate and Tighten your skin. Powerful yet gentle, the exfoliation helps repair signs of aging and sun damage, fade dark spots, and minimize the appearance of pores.

PURE ANTI-AGING FACIAL  
50 minutes | $185  
80 minutes | $285, with triple masque and eye treatment  
Featuring the unique Tata Harper skin care line, this rejuvenating facial supports the production of collagen to firm, lift and smooth the appearance of wrinkles. A beta hydroxy treatment exfoliates, minimizes pores and instantly brightens your complexion. A final infusion of botanical vitamins, minerals, omega fatty acids and antioxidants nourishes your skin and protects it from environmental stresses.

GENTLEMAN’S FACIAL  
50 minutes | $160  
Specially tailored to a man’s skin, this facial uses Environ products to address concerns such as irritation, ingrown hairs and breakouts while reducing the appearance of sun damage and fine lines.

GROUNDING RITUAL  NEW  
80 minutes | $285  
Reconnect with the earth for a rejuvenating wellness experience. Our aestheticians use Little Barn Apothecary® products for this head-to-toe facial and body treatment in one.

ANTI-AGING VITAMIN BODY TREATMENT  
50 minutes | $195  
This exfoliating and deeply hydrating body treatment features Environ skin care products and focuses on signs of aging using lactic acid and vitamins A, C, E and beta-carotene.

LASH LIFT & TINT  NEW  
Lift & Tint 80 minutes | $250  
Lift 50 minutes | $200  
Tint lash and/or brow 25 minutes | $65  
Get the lashes you’ve been craving. This long-lasting treatment adds the perfect curl and definition to your natural lashes. Complement your lash lift with a lash or brow tint for the ultimate defining effect.

*DF Technology – your skin’s new best friend.  
The revolutionary Ionzyme DF II machine uses ioniophoresis, an electrical current that passes through the skin to allow greater absorption of vitamin applications, along with Sonophoresis, which uses sound waves to promote deep penetration of vitamin molecules for faster, more noticeable results.
Plump, smooth and replenish your skin with the latest technology and products. Our medical aesthetics team is specially trained to help you reach your goals in an environment of confidence, safety and tranquility. The following services are performed in CR aesthetics in Health & Healing.

CR aesthetics™

CONSULTATION
25 minutes | $60
Our expert helps you determine a nonsurgical, personalized plan to look your best. Recommendations may include any of the services listed below as well as a facial with a skin care professional. This consultation is required prior to any service, and the fee may be applied toward your CR aesthetics™ services and/or products.

BOTOX®
Per unit | $12
Detailed plan discussed during consultation
The most popular cosmetic treatment in the world, this enhancer dramatically reduces the appearance of facial wrinkles and fine lines. It’s typically used for the forehead, between the eyes and crow’s feet.

JUVÉDERM®
Detailed plan discussed during consultation
Target your area of concern by replacing the lost volume that causes the appearance of “marionette lines” or hollowness. You’ll see the results as soon as your treatment is complete. Benefits can last up to two years.

AQUAGOLD® NEW
50 minutes | $650
You’ll see tighter skin and less visible pores – with minimal discomfort and zero downtime. AquaGold microchanneling delivers blends of superior products in customized doses to suit your needs. This hot trend in medical aesthetics lives up to its reputation.
**MICRONEEDLING**
50 minutes  |  $275

Also known as collagen induction therapy, this minimally invasive skin rejuvenation procedure helps minimize the appearance of fine lines, wrinkles and acne scarring.

**SKINPEN® MICRONEEDLING WITH PRP (PLATELET RICH PLASMA) NEW**
50 minutes  |  $550

Enhance the effects of microneedling by including the use of PRP (your own growth factors) to jumpstart production of collagen and elastin. An elevated treatment for optimal visible results.

**DERMAPLANING NEW**
50 minutes  |  $140

Enjoy instant results as you reveal your brightest, smoothest complexion. Dermaplaning exfoliates and removes fine hair that traps oil and bacteria. Our dermaplaning treatment is followed by a light glycolic chemical peel. Effective for all skin types.

**CHEMICAL PEEL NEW**
50 minutes  |  light $135
50 minutes  |  medium $215

Take home a fresh look with SkinMedica® chemical peel that smooths wrinkles caused by sun damage, improves the appearance of mild scars, treats certain types of acne and reduces age spots and discoloration. Your skin will look and feel fabulous.

**LATISSE®**
15 minutes  |  $175

This take-home prescription is a lash growth serum that increases the length of your lashes and can make them thicker and darker.

**VITAMIN B12 SHOT NEW**
15 minutes  |  $25

Increase your energy and improve your immune system with a simple injection that reduces deficiencies.

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**WELLNESS FIRST**
A medical intake is required before any medical aesthetics service.
Salon

HEALTHY HAIR CARE

SHAMPOO + BLOW-DRY – Let us do the work:
Enjoy a luxurious shampoo and blow-dry to achieve the
maximum impact with your current style.

CUT – Consult with our expert stylist to achieve a look
that will suit your lifestyle and enhance your overall
appearance. Includes blow-dry.

COLOR – Let our design team create a shade to enhance
your style. Blow-dry included.

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

RESTORATIVE HAIR TREATMENT
50 minutes  |  $125
80 minutes  |  $185, includes blow-dry
An effective reconstructive treatment that conditions
and soothes the scalp, while deeply conditioning over-
processed and damaged hair. Includes a relaxing
scalp massage.

MAKEUP

BROW DESIGN
25 minutes  |  $65
Focus on the eyes. Enjoy a lesson in shaping and tweezing
your brows to create the perfect look. A specially trained
professional will teach you to enhance one of your most
important features.

MAKEUP CONSULTATION
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.

COMPLIMENTARY MAKEUP APPLICATION
30 to 45 minutes
Look as great as Canyon Ranch makes you feel. Receive
a complimentary makeup application by a trained
professional. Limited availability.
**Salon BEAUTY**

**MANICURES**

**CANYON RANCH MANICURE**
45 minutes | $70

Enjoy a luxurious manicure that promotes healthy nails using products that make your nails strong, flexible and resilient. Also available with hypoallergenic products.

**GENTLEMEN’S MANICURE**
45 minutes | $70

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

**PEDICURES**

**CANYON RANCH PEDICURE**
50 minutes | $85

Enjoy a luxurious pedicure that promotes healthy nails and feet. This treatment deep cleans, rejuvenates and exfoliates for healthier, softer skin. Also available with hypoallergenic products.

**FOOT RESCUE! PEDICURE**
50 minutes | $85

This therapeutic, invigorating treatment begins with a soothing foot bath in herbal salts to refresh and relax the feet. Our technician will focus on the three C’s of wear and tear – calluses, corns and cracked dry skin. The health of your feet and nails will be restored.

**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.

**PRICKLY PEAR PEDICURE**
50 minutes | $85

Enjoy a nurturing, hydrating pedicure that uses native products from the Sonoran Desert. Combinations of cactus flower, local jojoba, prickly pear and desert aloe will leave your feet and skin feeling renewed, soft and rejuvenated.

**ROAD WARRIOR PEDICURE**
80 minutes | $160

A special treat for hardworking feet, this aromatic pedicure begins with the soothing warmth of steamed muslin pouches of Thai herbs and essential oils, which are applied to the legs and feet in a kneading motion. Used for centuries to heal and purify the body, this treatment helps eliminate sluggishness, ease aching feet, release toxins and alleviate stress.
Rejuvenating Waters

A NATIVE AMERICAN INSPIRED TREATMENT

Experience the euphoric, cleansing ritual that draws on the healing traditions of the Native Americans who first called this home. Rejuvenating Waters combines heat, steam and bodywork with the power of intention to soothe your spirit.

Call Program Advising at Ext. 4338.

Winner of the
2018 INNOVATE AWARD
by the International Spa Association
spa
Canyon Ranch Signature Treatments

Rejuvenating Waters
100 minutes  |  $375

In Native American traditions, a cleansing sweat promotes healing. For this experience, we combine steam, water and bodywork to create a profound effect. Your journey begins in our hydrotherapy tub as you’re massaged in warm water from head to toe. Then, in a steam-filled room, your already warm, relaxed body is massaged again. This treatment is tailored to your needs, and may incorporate massage techniques using the therapist’s hands and feet, deep stretching and hot and cold towels. Swimwear required.

Connective Tissue Rebalancing
50 minutes  |  $185
80 minutes  |  $290
100 minutes  |  $345

Your therapist uses percussion massage and advanced bodywork techniques, softening fascia and releasing adhesions throughout your body, which may be restricting function and gait. This allows the whole musculoskeletal system to find a more comfortable, balanced state. Deeper tissue is addressed without discomfort or pain. Please wear comfortable clothing.

Tranquil Sleep Treatment
50 minutes  |  $185
100 minutes  |  $335

Quiet your mind, calm your nerves and soothe your senses in this relaxing experience designed to help prepare you for restful sleep. Serene sounds and sleep-inducing aromas are combined with specialized massage techniques to transform tension into tranquility. Extra attention is given to your feet and head to create a state of ease, allowing body and mind to rest soundly.

Detoxifying Herbal Wrap
25 minutes  |  $110
45 minutes  |  $110 per person for a two-person side-by-side experience

Herbal therapies help relieve muscle stiffness and joint soreness, promote relaxation and aid in detoxification. In this treatment, you’ll be wrapped in warm, steamy sheets soaked in herbs and receive a brief energy point and scalp massage.

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.

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

SPA

44 | SPA | Massage & Bodywork
MASSAGE & BODYWORK

A SLICE OF HEAVEN ... THE ULTIMATE MASSAGE!
50 minutes  |  $280
80 minutes  |  $475

Four hands work in opposing motions to double your relaxation and create a beautifully customized massage. As you experience the unique sensation, your mind has no choice but to surrender to this ultimate indulgence.

DEEP TISSUE MASSAGE
50 minutes  |  $190
80 minutes  |  $285
100 minutes |  $340

This treatment is recommended for those who regularly receive massage and who enjoy intense bodywork. Specialized, focused techniques reach deep muscle layers and address points of attachment as well as the belly of the muscles.

CANYON RANCH MASSAGE
50 minutes  |  $170
80 minutes  |  $255
100 minutes |  $320

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

OPTIONAL ENHANCEMENTS  |  $20
Maximize your Canyon Ranch, Deep Tissue, Slice of Heaven or Head, Neck & Shoulders Massage by selecting one of these effective blends:

- Balancing Aromatherapy Oil – lavender, ylang ylang, ginger, eucalyptus
- Relaxing Aromatherapy Oil – Roman chamomile, marjoram, lavender, tangerine, cedar wood
- Muscle & Joint Relief Aromatherapy Oil – rosemary, black pepper, eucalyptus, cajeput, birch
- Coconut Milk & Honey Lotion – Exotic blend of coconut milk, raw honey and nut extracts rich in natural antioxidants to revitalize, moisturize and balance the skin

CUPPING  NEW
$40
Combine with a Canyon Ranch or Deep Tissue Massage for heightened effect.

This ancient Chinese practice has been updated to speed recovery for Olympic athletes, weekend warriors and anyone else with sore muscles and chronically tight tissues. Your therapist applies silicone cups strategically to achieve detoxification, greater range of motion and increased lymph and blood flow.

Due to the cups’ vacuum suction, discoloration may occur, lasting a few hours or up to two weeks.
AQUATIC MASSAGE – WATSU®
50 minutes | $185
50 minutes | $185 per person Duet
Float comfortably and fully supported in a chest-high pool of warm water while a therapist uses massage techniques to soften muscles, stretch tissues and open energy pathways. As your body moves through the water, it reaches a state of relaxation so deep that the mind can follow. A freedom of awareness encourages healing to occur. Aquatic Massage can address stress, chronic back pain, orthopedic limitations, arthritis, sleep disorders, fibromyalgia, range-of-motion issues and emotional release. This is a profound experience unlike any other. Swimwear required.

Aquatic Massage Duet – Share the relaxing therapeutic benefits of aquatic massage with someone special. Two practitioners provide a customized treatment for both of you.

BLISSFUL FLOATING MASSAGE
50 minutes | $185
Feel stress and tension float away. This fully supported warm-water experience takes place in an Aquatic Watsu® pool. You’ll receive gentle massage, energy balancing and range-of-motion therapy for your joints. You may experience a deep and dreamlike meditative state that leaves you rested, relaxed and renewed. Swimwear required.

AROMATHERAPY TREATMENT
50 minutes | $185
80 minutes | $280
Essential oils are able to penetrate into the bloodstream and through the olfactory system, for a profound effect on mind and body. An aromatherapy expert will help you choose the most effective blend for your specific intention. This treatment employs a variety of massage modalities including: lymphatic, acupressure, reflex points and soft tissue (Swedish) techniques.

HEAD, NECK & SHOULDERS MASSAGE
50 minutes | $165
Give your stiff neck and tight shoulders a break – you’ll feel better all over. This focused massage releases tension and restores comfort to this typically tense area.

CANYON STONE MASSAGE
100 minutes | $320
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.

MYOFASCIAL MANIPULATION TREATMENT
50 minutes | $185
Experience the combined benefits of hands-on and tool-assisted fascia manipulation in this advanced treatment. Your therapist uses the Fascial Abrasion Technique Tool, which allows superior grip with minimum pressure. The mobilization of fascia can increase range of motion and overall motor function. This can be effective for treating stubborn problem areas such as plantar fasciitis, Achilles and patellar tendonitis, muscular sprains and old injuries.

ARTHRITIS MASSAGE
50 minutes | $160
80 minutes | $250
100 minutes | $315
This targeted massage is attuned to your comfort. Your therapist uses a special blend of ginger, eucalyptus, arvica and birch essential oils to warm and soothe achy muscles and joints. Massage techniques are combined with stimulation of arthritis-relief acupressure points to strengthen joints and ease pain.
HYDROMASSAGE
45 minutes  |  $185
Experience a classic revitalizing therapy that stimulates the lymphatic and circulatory systems using the natural effects of water on the body. This treatment is performed in our specialized hydrotherapy tub using powerful water pressure, special massage techniques and aromatherapy oils to encourage muscle relaxation. Swimwear required.

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
75 minutes  |  $295
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.

HANDS, FEET & SCALP MASSAGE
50 minutes  |  $165
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 an aromatherapy scalp massage, followed by massage for your hardworking hands and feet.

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

ENERGY THERAPIES
BALANCED ENERGY
50 minutes  |  $160
80 minutes  |  $250
100 minutes  |  $315
Experience deep relaxation as your massage therapist creates a treatment to balance mind, body and spirit. In this balanced state, your body is able to access its natural healing ability. You may experience decreased anxiety and fatigue and improved circulation, concentration and sleep quality, with profound effects on your well-being. Please wear comfortable clothing.

CRANIOSACRAL THERAPY
50 minutes  |  $170
80 minutes  |  $260
100 minutes  |  $325
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.
EASTERN THERAPIES

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. The therapist uses overhead bars for balance while using foot pressure to bring about release and structural change in chronically sore, tight tissues, and to stimulate circulation.

THAI MASSAGE
100 minutes | $335

Sometimes called “yoga massage,” Thai 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 yoga or workout-type clothing.

BAREFOOT TABLE THAI
50 minutes | $185
100 minutes | $335

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.

MUSCLE MELT FOR ROAD WARRIORS
50 minutes | $190
80 minutes | $285
100 minutes | $340

A treatment developed in Thailand to ease aches and pains of battle-weary warriors. Warm herbal pouches 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.

REFLEXOLOGY
50 minutes | $175
80 minutes | $265
100 minutes | $330

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.

SHIATSU
50 minutes | $160
80 minutes | $250
100 minutes | $315

Relax, energize, awaken. Your therapist uses 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.
AYURVEDIC TREATMENTS

ABHYANGA
50 minutes  |  $280
This full-body ayurvedic-style massage is performed by two therapists in synchronistic rhythm using warm sesame oil. Subtle points of energy are addressed on the face and feet simultaneously to balance body, mind and spirit. This traditional therapy releases toxins, enhances immunity, nourishes the skin and creates a sense of well-being. *Combine with a Shirodhara for a truly memorable experience.

SHIRODHARA
50 minutes  |  $185
This classic treatment induces a light state of meditation as a stream of warm, herb-infused oil is poured over the third eye. Feel the serenity as the warm oils nourish 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. Combine with Abhyanga for an enhanced treatment.

BINDI-SHIRODHARA
100 minutes  |  $335
Based on traditional principles, this treatment is designed to restore balance to body and mind. Special oils corresponding to your body type (dosha) and an herbal masque prepare you for the Shirodhara – warm oil over the third eye and scalp. Then, 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.

BODY TREATMENTS

COCONUT MELT
50 minutes  |  $185
This intoxicating experience evokes the feeling of the tropics, using warm coconut poultries. A bundle of pure coconut is steamed and applied to the skin using techniques that relax the body and help the oil penetrate the skin. Coconut oil is known for its antioxidant and anti-aging properties, leaving skin soft, smooth and supple.

CONDITIONING BODY SCRUB
50 minutes  |  $180
Renew your skin with a scrub that leaves it feeling soft and velvety smooth regardless of your skin type. Enjoy the many features of water and warmth from our experiential spa treatment table.

Choose from:  ■ Salt  ■ Seasonal  ■ Sugar

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.
ORGANIC SEAWEED LEAF COCOON
100 minutes | $350
This nutrient-rich seaweed wrap deeply detoxifies, increases circulation, moisturizes and supports skin regeneration and renewal. After a kelp exfoliation, you are wrapped in seaweed leaves and enjoy a relaxing scalp massage while you float weightlessly in our blissful envelopment bed.

HYDRATING DESERT RITUAL
100 minutes | $330
Rejuvenate your skin and serenade your senses with these native resources from the Sonoran Desert. Cleanse, exfoliate and hydrate with white sage, prickly pear and honey. Soak in a bath infused with saguaro blossoms, aloe and jojoba. A perfect blend of indulgence and therapeutic benefit, this treatment concludes with a full-body massage to leave you refreshed and softened.

MUSCLE RESCUE RITUAL
100 minutes | $330
This purposeful ritual is devoted to relieving muscle aches, pain and stiffness. Tension dissolves as you’re exfoliated with a salt scrub enriched with essential oils. An aromatic mineral bath soak detoxifies, soothes and relieves tension while preparing your muscles for a deep-tissue, full-body or focused-area massage.

OMEGA BODY BUFF
50 minutes | $180
80 minutes | $275 (Requires more time for Maternity guests)
Buff away your stress with this effective scrub designed to promote circulation, exfoliate dry skin and moisturize with omega-3 anti-inflammatory oils, keeping your skin nourished all day long. It’s the superfood your skin needs to keep it firm and elastic. Suitable for all skin types.

ULTRA-MOISTURIZING COCOON
50 minutes | $185
100 minutes | $680 per couple
Dare to let go completely as you float weightless in our cocoon envelopment bed. Enjoy a light exfoliation followed by an application of a luxurious moisturizer.

Choose from: ■ Goat Butter Cream ■ Warm Vanilla
HYPOALLERGENIC & SCENT-FREE BODY TREATMENTS  NEW

Enjoy the following services using a luxurious unscented collection designed for those with skin sensitivities (chemical, eczema, psoriasis) or for those going through serious health challenges (such as chemo or radiation). All products are vegan and gluten-free. These services are also a perfect choice for those who prefer scent-free products, or for discerning guests looking for an effective treatment that will not clash with their favorite aroma.

SCRUB
50 minutes  |  $180
Loofa scrub, body polish and a moisturizer. Your skin will thank you!

RITUAL
100 minutes  |  $330
Steam shower, body polish, bath soak and a massage. It’s pure relaxation, super-hydrating and luxurious.

FIRMING & SHAPING  NEW

Smooth, firm and tighten your skin with these effective approaches to cellulite. Try one or all three in combination.

BODY TREATMENT
50 minutes  |  $180
80 minutes  |  $275 with microcurrent technology

Using clinically proven products from Circadia can result in a visible reduction in the appearance of cellulite and prevent future cellulite. The 80-minute version includes NuBODY™ microcurrent technology, which mimics the body’s natural current to firm, tone and smooth your skin.

SCRUB
50 minutes  |  $180

Nature’s antioxidants – coffee, lemon and guarana – stimulate you while activated charcoal and therapeutic AHAs provide superpower detoxification. Our advanced cream helps reduce the appearance of cellulite and leaves you feeling and looking your best!

COCOON
50 minutes  |  $185

A serene marine blend of spirulina and blue green algae coupled with CoQ10 provides unparalleled cellular repair as you relax cradled in warmth and nourishment. Elasticity and overall skin appearance are enhanced in this one-of-a-kind experience.
That's our specialty at the LIFE ENHANCEMENT CENTER®

Get expert guidance, powerhouse strategies and group support in an immersive, 7-day wellness retreat:

**ELEVATE**
Launch Your Best Life
You already know what you need to do to stay healthy – now let’s turn that knowledge into action.

**PROGRAMS START:**
JANUARY 13 and 27
FEBRUARY 17
MARCH 17
APRIL 7 and 28
MAY 19
JUNE 23

**ACHIEVE**
Reach Your Healthy Weight
Our experts help you convert weight-loss knowledge into action for long-term results.

**PROGRAMS START:**
JANUARY 20
FEBRUARY 10
MARCH 3 and 24
APRIL 14
MAY 5 and 26
JUNE 9 and 30

**ENCORE**
Flourishing in the Second Half of Life
Join Doug Smith for this unforgettable week as he discusses opportunities to transition to a deeper, more rewarding and fulfilling life.

**PROGRAM STARTS:**
FEBRUARY 3

Ask a Program Advisor for details about all our focused weeks. Better yet, visit us at the Life Enhancement Center® – we’re next to the T-Pool.

*TURN YOUR GOOD INTENTIONS INTO REALITY*

LIFE ENHANCEMENT CENTER
integrative wellness faculty | experiential learning | expert lectures
empowering curriculum | group activities | fitness classes | motivational specialists | personal attention | camaraderie | take-home strategies
specialties
HEALTHY FEET
The right shoes keep you safer and more comfortable in all your activities. Our experts will help you select your ideal athletic shoe and, if necessary, Foot Doctor™ Orthotics for alignment correction. Located in the Spa, across from Program Advising.

GAIT ANALYSIS & ORTHOTICS
25 minutes  |  $55
When it comes to your gait, even small irregularities can lead to big problems, resulting in pain or injury. Get an expert evaluation for your hardworking feet. Your service will include a complete four-point video analysis, computerized biomechanics assessment, shoe recommendation for fit and support and an orthotics assessment.

METAPHYSICAL

TAROT CARD READING
50 minutes  |  $235
The archetypal images of the tarot cards reflect our collective unconscious. A tarot reading offers practical guidance by opening up deeper, nonverbal levels of self-awareness. Insights gained offer possible alternatives to your present questions. During the session, you’ll be guided through several interactions with the cards and given an interpretation of their meaning.

ANGEL CARD READING
50 minutes  |  $235
Access the energies of angelic beings. When you’re facing challenges, angel messages offer encouragement and positive affirmations. An angel card reading is useful for seeking guidance in your life path. The cards’ gentle messages help soothe and calm emotions.

CLAIRVOYANT READING
50 minutes  |  $235
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.

ASTROLOGY OR ASTROCARTOGRAPHY
50 minutes  |  $235
Based on your date, time and place of birth, an astrology session offers practical insight about your path, your personality and issues such as love, career, health, wealth, travel and spirituality. Astrocartography, a locational astrology system, helps you find the best places for relocation, travel, love, career or financial success by revealing your “power spots.”
ASTRO-GEMOLOGY OR CRYSTAL ENERGY
50 minutes  |  $235
Gain personal insight, transformation, emotional growth and healing using crystal alchemy. Astro-Gemology uses your natal astrological chart to inspire your mandala, incorporating gemstones and crystals. Analysis of the astrological wheel will reveal the unique birthstones for each of your planets. A metaphysical provider will help you focus crystal energy with your own intention and meditation. A Crystal Energy service shows you how to listen to messages from rocks and crystals, and how to harness their subtle energies for emotional and spiritual healing.

DEVELOPING YOUR SIXTH SENSE
50 minutes  |  $235
A one-on-one experience with our Canyon Ranch clairvoyant can help develop your personal intuitive process. Learn how to cultivate and expand your intuition to use in everyday life.

GENEALOGY
Two-part service | $235
Connect with your roots. An expert genealogist guides you in creating your family tree or finding a specific ancestor. You’ll also learn how to chart, prove and share your genealogy. Take home a detailed folder with copies of all documentation found.

Part I (25 minutes) – Discuss your goals and the scope of your search with our expert.
Part II (25 minutes) – A follow-up discussion to review your search results.

HANDWRITING ANALYSIS
50 minutes  |  $235
Explore this fascinating pathway into your conscious and unconscious beliefs, and learn more about what makes you think and behave the way you do. Through this analysis of your personality and mental, emotional and physical states, you can make changes in your life. Conducted by a certified handwriting analyst and based on rich scientific history.

TEEN SERVICES (ages 14–17)
All teen services must be booked by the parent or 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 worn for teen services (or swimwear for water activities)
■ The parent or 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, a parent or guardian must accompany him or her.

MATERNITY
Are you expecting? A Program Advisor can provide you with a list of suggested services and recommend those that would be the most valuable for you. You may call 800.877.0404 before your stay, or Ext. 4338 any time while you’re here. Please consult with your physician at home before booking services.
TOM MURRAY

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From intimate to monumental scale bronzes

Pima Library Foundation Presents the 2019 Circle of Book Clubs Author Salons

Heidi Osselaer
Author of the 2018 publication, Arizona’s Deadliest Gunfight: Draft Resistance and Tragedy at the Power Cabin
Thursday, January 17, 2019 from 5:30-7:30 p.m.

Elizabeth Crook
Author of the 2018 publication, The Which Way Tree
Sunday, April 28, 2019 from 3:30-5:30 p.m.

Salons are held in private homes in Northeast Tucson.
Purchase tickets online through Brown Paper Tickets:
www.brownpapertickets.com
Tickets are $60/program and include hors d’oeuvres and libations.
Visit: pimalibraryfoundation.org/events
Call: 520-881-9876

Pima Library Foundation is the philanthropic partner of the Pima County Public Library. Proceeds from these events support programs for the Pima County Public Library.
It comes from having support you can trust. Let our pros handle the details while you focus on the important things.

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Be sure to stop by the gym to
try out our new
TECHNOGYM ARTIS® weight-lifting machines

- Virtual coaching
- Ergonomic handgrips
- Direct-drive transmission for a very smooth fluid feel
- Highly adjustable settings for a wide range of body sizes
- Welcoming, frameless geometry
- Elegant, contemporary Italian design

Ask our fitness experts for assistance, 6:30 am to 6 pm.

Book a personal training session with an exercise physiologist or fitness expert.
GO GREEN
Water is the Sonoran Desert's most precious resource. To conserve, please leave towels you don't need laundered on the hooks. Anything on the floor will be washed. Sheets are washed by request.

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.

SAFETY & SECURITY
Our team is always on the job and available when you need them. Call Ext. 4331 anytime for an escort to take you to any Ranch location. 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.

CUSTOM COMFORTS
Please let us know if you’d like a humidifier, heating pad, bed board or electric blanket brought to your room. Anything else? Simply call Ext. 4367.

YOUR VALUABLES
You’ll find a safe in your room and a safety deposit box in the Clubhouse. There’s no charge, and we encourage you to use them.

COMMON SCENTS
We love your natural aroma. Really. And some people are allergic to fragrances. So please refrain from using perfume or cologne in public places.

LAUNDRY & DRY CLEANING
We provide self-service washers, dryers, detergents, bleach and fabric softeners in easy-to-spot locations near the Clubhouse, next to the T-Pool and near Room 509. For laundry and dry-cleaning service, please use the plastic laundry bag in your closet.

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 up to $2,000, excluding any damages.

POOL TIME
Pools are open 6 am to 10 pm daily. No lifeguards are on duty. For your safety, we close the pools when lightning is in the area.

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. 4338.
We Share the Desert

BE AWARE, BE SAFE

The Sonoran Desert is home to fascinating wildlife. Enjoy watching them, watch where you walk, and keep your distance.

Javelinas travel in herds and will normally avoid you, but can be protective if you get near their babies. If you see a bobcat or (extremely unlikely) a mountain lion, maintain eye contact and back away slowly. Do not run. And never walk barefoot in the desert.

NEVER feed, touch or bother any wildlife you see here.

It’s dangerous, against the law – and it’s exciting enough just to see them.
PHONE NUMBERS

Beauty Salon (appts.) .................. 4414
Bell Services .............................. 4320
Canyon Ranch Grill™ .................. 4313
CR aesthetics™ .......................... 4112
CR™ shops ............................... 4442
Double U Café ......................... 4100
Exercise Physiology .................. 4730
Fitness .................................. 4356
Golf Performance Center .......... 4627
Guest Services ......................... 4312
Hotel Operator .......................... 4320
Housekeeping ........................... 4367
Life Enhancement Center®........ 4465
Life Management ........................ 4430
Medical .................................. 4419
Memberships ............................. 4567
Message Retrieval ..................... 0
Nutrition .................................. 4480
Outdoor Sports (Hiking & Biking) .. 4355
Program Advisors ..................... 4338
Real Estate Sales ...................... 4220
Registration ............................ 4300
Reservations ............................ 7713
Showcase Boutique .................... 4318
Skin Health (appointments) ........ 4411
Tennis .................................... 4358, 4400
Welcome Center ....................... 4331

LIFE-THREATENING EMERGENCIES, CALL 9+911

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