

SERVICES FOR TEENS 14-17

Parent or guardian must be present for the following services. Ask your Program Advisor for details.

AQUATIC EXPERIENCES

Aquatic Training
Athletic Conditioning in Water
Burdenko Water Exercise
Swim Lesson

BODY TREATMENTS

Coconut Melt
Ritual-Hydrating Desert Ritual
Detoxifying Herbal Wrap
Detoxifying Ritual
Hypoallergenic + Scent Free Body Ritual
Muscle Rescue Ritual
Omega Body Buff
Organic Seaweed Leaf Cocoon
Ultra-Moisturizing Cocoon

EXERCISE & MOVEMENT

Advanced Training
All Burdenko Services
All Mind-Body Private Training Services
All Personal Training Services
All Pilates Services
Balance Assessment
Blood Lactate Threshold
Bod Pod®
Comprehensive Exercise Assessment
Good Posture for Life
Gyrotonic Expansion System®
Individual and Duet
MAT: Muscle Activation Technique
Metabolic Exercise Assessment
Prescription for Yoga
Rx for Exercise
Target Heart-Rate Determination

GOLF

Individual Golf Lesson
Semiprivate Golf Lesson

HEALTHY FEET

Gait Analysis & Orthotics
Reflexology
Sole Rejuvenation

LIFE MANAGEMENT

Biofeedback
Inner Balance by Heartmath
Meditation for Change
Sleep Enhancement
Stress Management

MASSAGE & BODYWORK

Aromatherapy Massage
Balanced Energy
Bindi-Shirodhara
Blissful Floating Massage
Canyon Ranch Massage
Craniosacral Therapy
Deep Tissue Massage
Hands, Feet & Scalp Massage
Head, Neck & Shoulder Massage
Lymphatic Treatment
Muscle Melt for Road Warriors
Neuromuscular Therapy
Shiatsu
Shirodhara
Tranquil Sleep Treatment
Watsu® – Aquatic Massage

MEDICAL

Healing Touch

METAPHYSICAL

Angel Card Reading
Astrology
Astrocartography
Astro-Gemology
Clairvoyant Reading
Crystal Energy
Developing Your Sixth Sense
Handwriting Analysis
Tarot Card Reading

NUTRITION & FOOD

Fastest Meals Imaginable
Healthy Eating Consultation
Nutrition for Sports Performance

OUTDOOR SPORTS

Climbing for Fitness (Climbing Wall)
High Ropes Challenge Course
Private Bike Tours
Private Hikes
Zipline

SKIN CARE

Deep Cleansing Facial
Gentlemen's Facial
Sensitive Facial
Waxing/Hair Removal
(brow, lip, arm, underarm, lower leg)

SPIRITUAL WELLNESS

Crystal Sound Activation
Cultivating Life Purpose
Rite of Passage
Soul Journey
Soul Song
Spiritual Dialogue

SERVICES THAT DO NOT REQUIRE A PARENT OR GUARDIAN:

GOLF

Golf Clinic

OUTDOOR SPORTS

Pickleball Clinic
Private/Semiprivate
Pickleball Lesson
Private/Semiprivate Tennis Lesson
Specialty Hikes – Group
Tennis Clinic

SALON

Gentlemen's Services
Hair Services
Makeup Services
Manicures & Pedicures

CREATIVE EXPRESSION

All Creative Expression Classes

COOKING

Cooking Workshops