

# 3-NIGHTS

## OPTIMAL HEALTH EXPLORATION

A chance to address current health concerns, make a plan to prevent future ones, and learn how to live younger longer.

### MY CORE PROGRAM

- Nurse Educator Consultation
- Healing Foods
- Life Management Consultation
- Physician Health Consultation | 50 minutes
- Rx for Exercise

### MY CHOICE OPTIONS

1 included with your pathway

- Canyon Ranch  
Massage | 50 minutes
- Creative Expression
- Private Pilates
- Private Yoga
- Sole Rejuvenation or Hands,  
Feet, Scalp Massage

All services/experiences highlighted in this pathway are subject to change for reasons without notice. Services/activities unique to your destination may be recommended in place of listed options. Services/activities substituted will always be an equal value.

CANYONRANCH.

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WHEN YOU USE  
MODERATION, YOU'RE  
PRACTICING LIFESTYLE  
MEDICINE. IT'S SOMETHING  
YOU CAN DO FOR YOUR  
WELLNESS EVERY DAY,  
WITHOUT A PRESCRIPTION.

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STEPHEN C. BREWER, MD  
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