

# 7-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
- Discover Your Fitness Age (two parts)
- Healing Foods
- Life Management Consultation
- Physician Health Consultation | 50 minutes
- Spiritual Guidance

### MY CHOICE OPTIONS

4 included with your pathway

- Acupuncture
- Acutonics
- Canyon Ranch Massage | 50 minutes
- Creative Expression
- Energy Therapy | 50 minutes
- Hypnotherapy
- Meditation or Private Mind-Body
- Musculoskeletal & Joint Assessment
- Neuromuscular Therapy
- Private Burdenko – Land or Water
- Private Pilates
- Private Yoga
- Sole Rejuvenation or Hands, Feet, Scalp Massage
- Sound Healing

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  
MEDICAL DIRECTOR | TUCSON