

## CANYON RANCH PATHWAY



# OPTIMAL HEALTH EXPLORATION

## DEVELOP A PLAN FOR IMPROVING YOUR HEALTH

Consult with an integrative wellness team (physician, nutritionist, exercise physiologist, and behavioral therapist) to identify and diagnose the source of your health and medical concerns, then customize a plan to pursue a more vibrant, fulfilling life. Optimal Health Exploration combines alternative and holistic tools with an approach that helps you:

- Pinpoint root causes of medical conditions
- Seek second, or alternate, opinions for existing conditions
- Tailor food choices for healing purposes
- Develop a personalized exercise plan
- Set goals for, and remove barriers to, a healthier life
- Incorporate specialized movement to realign and strengthen
- Enjoy the options, amenities and natural settings of Canyon Ranch

## PERSONALIZE YOUR PLAN

Select from 3-, 5-, or 7-night programs, with planned experiences and personal options that maximize the value of your stay by including 5, 8, or 10 services respectively. Choose to add additional services, upgrade your room type, or extend your getaway with additional nights that each include an added daily service.

[Tucson](#) | [Lenox](#)

See next page for included services.

CANYONRANCH®

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Before you arrive, you will review and finalize your included experience options with a Nurse Educator. Plan to meet again upon arrival to complement your schedule with activities, talks and experiences available while you're here.

	3 NIGHTS	5 NIGHTS	7 NIGHTS
<b># OF SERVICES TOTAL</b>	<b>5</b>	<b>8</b>	<b>10</b>
<b>CORE PROGRAM</b>			
Nurse Educator Consultation	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Discover Your Fitness Age – Part 1		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Discover Your Fitness Age – Part 2		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Healing Foods	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Life Management Consultation	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Physician Health Consultation   50 minutes	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Rx for Exercise	<input checked="" type="checkbox"/>		
Spiritual Guidance		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<b>CHOICE OPTIONS – # INCLUDED</b>	<b>1</b>	<b>2</b>	<b>4</b>
Acupuncture			<input type="checkbox"/>
Acutonics			<input type="checkbox"/>
Canyon Ranch Massage   50 minutes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Creative Expression	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Energy Therapy   50 minutes		<input type="checkbox"/>	<input type="checkbox"/>
Hypnotherapy		<input type="checkbox"/>	<input type="checkbox"/>
Meditation or Private Mind-Body			<input type="checkbox"/>
Musculoskeletal & Joint Assessment		<input type="checkbox"/>	<input type="checkbox"/>
Neuromuscular Therapy			<input type="checkbox"/>
Private Burdenko – Land or Water		<input type="checkbox"/>	<input type="checkbox"/>
Private Pilates	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Private Yoga	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sole Rejuvenation or Hands, Feet, Scalp Massage   50 minutes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sound Healing		<input type="checkbox"/>	<input type="checkbox"/>

We recommend booking your pathway services and experiences at least 72 hours before your arrival for best availability. All services/experiences highlighted in this pathway are subject to change 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.

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