

CANYON RANCH.

WHAT'S NEW AT CANYON RANCH LENOX IN 2019?

February 2019 – Whether you are planning your first or fortieth visit, a trip to Canyon Ranch Lenox will always offer the opportunity to experience something new and innovative. From an invigorating Cardio Yoga class to a world-class spa service, following is just a sampling of new offerings for 2019.



1. FITNESS CLASSES

Group workout classes can help make fitness fun and inspiring for all. New for 2019 is a total body workout, Power Row, which uses the Indo-Row® water rower with bursts of interval training on and off the rower. For yoga lovers, Cardio Yoga and Gentle Yoga Flow are can't-miss additions to the roster. Other newly added classes include Tubes and Loops, Beginner Pilates and Pilates Tower Barre Clinic.



2. RELATIONSHIP CHECK-IN

Healthy relationships are a source of joy and well-being, but your closest relationships can also be challenging. All too often we are too busy to check-in with our partners and when we do have time, often we're tired, some distressing situation has already taken precedence, or we don't really know what to say or ask. In this fun and enlightening two-session service, you and your partner will develop ways to enhance intimacy and fulfillment in your relationship.



3. LET IT GLOW FACIAL

We can make resolutions to be kinder to our skin, but winter can still leave it dull and dehydrated. Your antidote can be this seasonal facial with a cranberry enzyme peel followed by FOREO's UFO hydrating mask, featuring LED light waves for rejuvenation. You will love your clearer, moisturized, glowing complexion.



4. MENUS BY DESIGN

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. You will have an entire year's access to customized weekly menus, complete with recipes, shopping lists, tips and techniques that help you reach your goals.



5. OUTDOORS SPORTS

Every experience with our amazing Outdoor Sports team is a new opportunity to experience the beauty of nature. Our expert guides can tailor any trip or activity relative to time, terrain, and challenge to meet the wishes of groups, couples or individuals so get rid of your cabin fever with an invigorating Hike, Cross Country Ski, or even Snowshoe Yoga!

About Canyon Ranch®

Canyon Ranch® has been a trailblazer and an industry-leading proponent of the wellness lifestyle since its founding in 1979, operating the world's most celebrated collection of life-enhancement properties, holistic living developments and complementary brand extensions. Over the past four decades, Canyon Ranch has imparted its integrative expertise to more than 1 million guests on land, nearly 1.3 million at sea and now over 650,000 in the air. Canyon Ranch has wellness destination resorts in Tucson, Arizona and Lenox, Massachusetts. In addition, Canyon Ranch operates the world's largest day spa at The Venetian® and The Palazzo® hotels in Las Vegas, Nevada and 22 Canyon Ranch at Sea® wellness facilities onboard luxury cruise lines including Celebrity Cruises®, Cunard, Oceania Cruises® and Regent Seven Seas Cruises®. Canyon Ranch is a 13-time winner of Travel + Leisure's Best Spa Award, an 11-time recipient of the Condé Nast Traveler Best Destination Spa Award, and both Canyon Ranch resorts were named in the 2018 U.S. News & World Report Best Hotels rankings.