Canyon Ranch is more than a beautiful place – it is a world-renowned destination for health, healing and spiritual wellness.

What brings you to Canyon Ranch? Whatever your goals may be, you can make a great start on your journey by choosing one of our dynamic Pathways experiences: 3-, 5- and 7-night programs that focus on lifestyle resets, health, life transitions, joy or one-of-a-kind personal pursuits. These expertly designed programs – with curated services, activities and consultations – will help you make the most of your time at Canyon Ranch and enhance your life long after you leave.

Throughout your stay, you’ll be guided and inspired by our diverse team of wellness experts – each of them a part of team YOU. They apply their wealth of knowledge and experience from 40+ years practicing integrative, evidence-based care to support your wellness goals. And they meet you where you are as a whole person, addressing mind, body and spirit.

Not sure where to start? Talk with a Program Advisor. You can call in advance or meet early in your stay with an advisor who’s your personal guide to the best experiences and activities to make your Ranch stay more than you hoped for. This is your chance to explore in depth your interests, your passions, changes you’d like to make and things you’d like to try. Your Program Advisor may make suggestions you haven’t thought of, which could be the highlight of your experience. If you’ve chosen a focused Pathway, you’ll learn about opportunities that fit your schedule and support your goal, or you can create a plan from scratch that perfectly suits you. Your Program Advisor will arrange and schedule every detail for you. All you need to do is relax and enjoy your stay.

Feel free to call Program Advising before you arrive at 800.877.0404, or visit or contact an advisor at Ext. 5439 on property.
When Mel Zuckerman founded Canyon Ranch in 1979, he wanted to share his vision about what healthy living could do for a person. He created a place where you can change your life with the help of an all-healthy environment, expert guidance, vast opportunities, unlimited inspiration – and love.

The Ranch has never wavered from its mission and has expanded its scope. Our integrative wellness specialists meet you where you are. They accept and appreciate all aspects of you.

Discover the possibilities through unhurried private consults, eye-opening services and mind-body experiences that expand your spirit. Our Health, Healing & Spiritual Wellness experts are here to help you become the healthiest, happiest you.

**DISCOVER YOUR PURPOSE.** Ever wonder about the *why* of life? Journey within to connect with your personal purpose and path in life.

**LEARN TO THRIVE.** No mincing words: Life can be hard. Cultivate the resiliency skills you need to weather any storm and create your own safe harbor.

**LOVE YOUR LIFE.** Loving yourself as a whole – the flaws and the wonders – is at the heart of our integrative approach and perhaps the best thing you can do for yourself.

“At heart, it’s about love, caring, spirit, compassion and intuition.”

Canyon Ranch Founder
**MEL ZUCKERMAN**

*The Restless Visionary*
DOCTORS are in

How can a Physician Health Consultation make your vacation even better?
Our integrative team helps you pursue all aspects of health – honoring your individuality and the connection of mind, body and spirit. Get to the heart of what interests you most in an unhurried consultation, then take home a personal plan for wellness.

Cindy Geyer, MD,
is board-certified in Internal, Integrative and lifestyle medicine. She partners with you on your path to health, creating an environment where you feel heard and validated. She blends her years of experience in diagnostic testing and referrals with your goals and concerns to make recommendations that best support your health and well-being.

It is an exciting time to be involved in integrative and lifestyle medicine, as the ability to perform advanced laboratory testing is growing daily. Yet data without the context of a person’s unique story, is only data. Let’s connect the dots regarding the impact that lifestyle, environmental exposures and social support can have on your symptoms. Together we will determine the best path for you.

Cory Lenherr, MD,
uses a holistic and functional medicine approach to help guests uncover the root causes of their health concerns. She seeks to understand each person’s story, current environment, social culture and all other aspects of their health. Seamlessly integrating her extensive knowledge of traditional and functional medicine with her long-standing interest in mind-body healing, she guides guests toward optimal wellness. Her specialties include digestive wellness and brain health, which are inter-related and connected to everything else in our bodies.

Kevin Murray, ND, LAc,
combines the ancient wisdom of Chinese Medicine with the evidence-based practices of naturopathic medicine. By utilizing both specialized laboratory testing and the diagnostic techniques of a licensed acupuncturist, he works with an individual to discover and treat the cause of their chronic symptoms with diet and lifestyle changes, Chinese and Western herbs, acupuncture and other non-pharmacological tools.

My favorite part about my work is the shared joy with an individual when we are able to make very positive gains in their health with often relatively simple changes.

Our registered nurses are here for you!
At the beginning of each stay, be sure to meet with a Nurse Educator. They’re knowledgable about every Canyon Ranch wellness opportunity and help you match your goals to the right experiences and professionals.
Medical

**PERSONALIZED, PRECISE, PREVENTIVE**

Customize your health care. A thorough evaluation and diagnostic testing help determine your medical needs and risks. Canyon Ranch physicians have expertise in leading-edge, quickly evolving lab tests and diagnostic screenings that can provide an in-depth understanding of how your body is functioning, well before disease processes begin. Find out about these factors and more:

- Your biomarkers and their impact on your health
- Your ability to metabolize toxins in the environment
- Your tendency toward inflammation
- Your adrenal and hormonal function
- Vitamin and mineral levels in your body
- Your body composition and bone density
- Your cardiovascular and cerebrovascular risk factors

**PHYSICIAN HEALTH CONSULTATION**

50 minutes | $395

Experience truly modern medicine. Integrating the best conventional and complementary approaches, a Canyon Ranch physician guides you toward optimal health using the insights of both Western and Eastern medicine. Address your overall health and specific concerns, such as cardiovascular risk factors, and get a plan to help you prevent disease and possibly reverse existing conditions. Ask about any issues that concern you. You may receive recommendations for laboratory tests that provide a comprehensive view of your health.

*A 25-minute consultation is available for follow-up appointments and lab result discussions.*

**DEXA BODY COMPOSITION**

Two-part service | $405

The accurate assessment of body composition will help your physician, nutritionist and exercise physiologist work with you in developing a plan to reach and maintain a healthy body weight. It measures not only total body fat but lean tissue and visceral fat. Although this test uses radiation, the amount is minimal; the radiation from 135 DEXA body composition measurements are equivalent to that from one chest X-ray.

**Part I (25 minutes)** – A physician administers the test, interprets your results and advises you about reducing your risk for disease.

**Part II (25 minutes)** – In a follow-up session, meet with an exercise physiologist who will interpret the test data and help you set realistic goals for muscle mass and body fat levels.

**OSTEOPOROSIS PREVENTION & BONE DENSITY EVALUATION**

50 minutes | $495

Bone loss (osteopenia or osteoporosis) puts both men and women at risk for spine and hip fractures, a common cause of late-life pain and immobility. Your physician evaluates your bone mineral density using DEXA technology, then explains your results and offers recommendations. For women, this can help in making decisions about hormone replacement therapy, other medications and exercise programs. Younger women at risk for osteoporosis can use these tests results as a baseline in overall health planning. Men at risk, smokers and people over 60 should also consider this service – at-risk individuals receive valuable advise about exercise and calcium replacement.

*Note: Can be combined with DEXA Body Composition for an additional cost.*

Canyon Ranch does not provide superbills, i.e., insurance claim forms. Given the primarily preventive nature of our services, it’s been our experience that third-party payers, for even out-of-network services claims, do not provide reimbursement.

On your request, we will prepare an itemized receipt for your medical and/or Health & Healing services, which you can submit to your Flexible Spending Account (FSA) or use for tax purposes.
NATUROPATHIC MEDICINE
CONSULTATION
50 minutes | $320
Focus on natural ways of preventing illness and addressing chronic health conditions. A comprehensive discussion of your health history, a review of your body’s systems and nontraditional laboratory testing help the naturopathic physician evaluate you from a natural perspective. Food allergies or intolerances, impaired detoxification, nutritional deficiencies and hormonal imbalances are just a few of the problems that may contribute to conditions such as arthritis, asthma, eczema, allergies, fatigue and lingering infections. Your naturopathic physician can prescribe a treatment plan that may include diet and lifestyle changes, nutritional supplements, herbs, homeopathy and acupuncture. This approach is complementary to traditional treatments.

YOUR NURSE EDUCATOR CONSULTATION
Complimentary
A nurse educator will discuss how you might address your health goals during this stay. You’ll get expert guidance on the services offered by our integrative health team and receive personalized service recommendations based on your history and long-term goals.

SLEEP MEDICINE
Emerging evidence supports a link between disrupted sleep and risk of heart disease, diabetes, atrial fibrillation, ADHD, cognitive decline and chronic pain. Treating sleep disorders may improve management of these conditions and contribute to better overall health and well-being.

If you are unable to fall asleep, or wake up too early, we recommend a sleep enhancement consultation with a life management expert.

MEDICAL SLEEP DISORDERS
50 minutes | $395
Our physicians will assess the nature of your sleep problems and recommend diagnostic and treatment options. If you have daytime sleepiness, wake up often during the night, wake up tired or if you snore, schedule this consultation early in your stay to allow time for additional testing.

The following service is available after scheduling a Medical Sleep Disorders or Physician Health Consultation.

SLEEP SCREENING
Overnight with follow-up | $725
This unmonitored overnight sleep screening test, done in the comfort of your resort room, uses an FDA-approved portable sleep device to determine periods of apnea and wake/sleep states by using Peripheral Arterial Tone, a physiological signal that mirrors changes in the autonomic nervous system caused by respiratory disturbances during sleep. A physician will review the results of your sleep screening test with you and make recommendations for treatment.
ACU-MASSAGE
50 minutes  |  $240
The combination of acupressure, a therapeutic massage and acupuncture helps to balance and heal your body. This treatment is particularly good for musculoskeletal pain and stress-related problems. The effects are usually immediate and can be long-lasting. This service typically involves the use of needles.

ACUPHORIA
50 minutes  |  $220
A calming, de-stressing acupuncture treatment that centers the heart and mind and establishes a natural state of euphoria. This is a delightful introduction to an ancient healing art.

ACUPUNCTURE
50 minutes  |  $220
Experience enhanced healing and a more balanced state of being. This traditional Chinese medicine modality, endorsed by the National Institutes of Health, is useful in addressing concerns as varied as:
- Arthritis
- Asthma
- Depression
- Fatigue
- Headaches
- Longevity
- Illness prevention
- Musculoskeletal pain
- Sleep
- Smoking cessation
- Stress relief
A session with a licensed acupuncturist helps balance your body’s energy (chi), stimulates natural healing processes and aids in relaxation.

ACUPUNCTURE FOR HEALTHY WEIGHT
100 minutes  |  $415
This session features specialized acupuncture that’s used extensively in China for decreasing food cravings while increasing energy and digestive efficiency. The technique employs abdominal needles with mild electrical stimulation and includes an extensive health consultation. This full body/mind-balancing treatment can jumpstart the body’s ability to move toward a healthier weight. Follow-up sessions are recommended to achieve maximum benefit.
ACUTONICS
50 minutes  |  $220
This system of sound healing uses the power of vibration, intention and light touch to bring body and mind into greater harmony. Tuning forks applied to acupuncture points, chakras and trigger points awaken and align your meridians and energy centers, bringing them into balance. Your acutonics treatment takes place in a healing sound environment created with bells and gongs. Please wear comfortable clothing.

CHINESE HERBAL CONSULTATION
50 minutes  |  $240
The world’s oldest continuously practiced form of herbal medicine uses potent healing formulas to treat arthritis, fatigue, high cholesterol, insomnia, symptoms of menopause, PMS, migraines, asthma, stress and more. After a traditional evaluation that includes pulse and tongue diagnosis, a Chinese medicine practitioner offers herbal, dietary and lifestyle recommendations that address your needs. A detailed report on the herbs recommended will be sent to you. Follow-up consultations are available by phone.

CHINESE VITALITY
110 minutes  |  $420
Explore and address the patterns of disharmony that may be keeping you from optimal health. This session allows for a comprehensive evaluation, acupuncture treatment, Chinese herbal recommendation and lifestyle consultation to help you achieve heightened vitality. Use this session to address all aspects of your health, from musculoskeletal pain to internal health and emotional issues. Follow-up consultations are available by phone.

DETOX ACUPUNCTURE TREATMENT
50 minutes  |  $240
A blend of two ancient healing methods come together in the form of a soothing, cleansing and incredibly relaxing treatment. A traditional Chinese medicine practitioner will combine a personalized acupuncture treatment with a warm abdominal castor oil pack for a uniquely healing and detoxifying experience.
MUSCULOSKELETAL HEALTH

ADVANCED MUSCLE RECOVERY NEW
25 minutes | $105
Sore, tired, achy muscles at the end of a full day? Meet with a certified athletic trainer to experience the ultimate in muscle recovery. Accelerate your down time through use of Normatec pulse compression therapy, Graston Technique soft tissue mobilizations, or assisted stretching to get you ready for tomorrow.

MEDICAL GAIT & ORTHOTIC ANALYSIS
25 minutes | $80
If you experience discomfort when you walk, see a Canyon Ranch certified athletic trainer for a complete biomechanical assessment of your feet and legs. This includes a gait analysis and foot scan. Foot Doctor custom orthotics may be recommended as a noninvasive treatment of foot-related problems such as knee, hip and back pain. They also may be helpful in treating bunions, corns, hammertoes, sore arches, plantar fasciitis, sore ankles, shin splints and more.

CHRISTINA MEUCCI
MS, ATC, LAT, CES – Musculoskeletal
Shockwave and laser therapy, injury prevention, pain management, biomechanics, corrective exercise

MUSCULOSKELETAL & JOINT ASSESSMENT
50 minutes | $200
The easiest injury to treat is the one that is prevented; optimizing your movement gets you there. If you’re experiencing limitations or musculoskeletal pain that disrupts daily living, or you’d like to become more active, meeting with a certified athletic trainer can help. You’ll have a full musculoskeletal evaluation to identify areas of impaired movement, function, mobility or pain. And you’ll receive a customized therapeutic exercise program, including home care plans for a return to optimal function and injury prevention.

SHOCKWAVE & LASER THERAPY
25 minutes | Varies
By applying sound waves to an injured site on the body, this treatment can help relieve musculoskeletal pain or injury. The sound therapy breaks up scarring that has penetrated tendons, ligaments and other soft tissues, and re-activates the body’s natural healing process. Laser may be combined with shockwave to enhance the healing effect – it is noninvasive and nonsurgical, with virtually no side effects – or used alone to facilitate healing. A Musculoskeletal & Joint Assessment is required prior to treatment. Number of shockwave and/or laser therapy sessions varies according to need.
HEALING ENERGY

THERAPEUTIC ENERGY
80 minutes  |  $260
This heart-centered, energy-based therapy clears, aligns, and balances mind and body, as well as detecting and correcting imbalances in the energy field. A therapeutic energy practitioner will enhance the natural healing process of body, mind and spirit by influencing the chakras and the human energy field. Therapeutic energy is especially useful for stress reduction, anxiety, fatigue, grief, transitions, sleep disturbances, pain or chronic illness, and for encouraging general well-being and spiritual and personal growth. You will remain fully clothed during this treatment.

THERAPEUTIC ENERGY WITH AROMATHERAPY
80 minutes  |  $285
A healing energy practitioner trained in aromatherapy will take you through a deep meditative experience using essential oils. These oils have been shown to enhance healing energy work by creating an open, balanced and connected energy system. This service includes an energetic assessment and recommendation for specific essential oils tailored to you.
Life Management

LIFE MANAGEMENT CONSULTATION
50 minutes | $200 single/$160 per person, duet
50 minutes with PhD | $240

A lifestyle consultation is an opportunity to examine any issue in your life, although you need not identify a specific concern to benefit from a consultation. Use this time to explore your thoughts and attitudes and gain a fresh perspective. Frequently addressed areas include:

- Alcohol and health
- Anger management
- Body image
- Building better relationships
- Caregiving
- Communication
- Conflict resolution
- Coping with illness
- Grief and loss
- Life transitions and change
- Meditation, visualization & relaxation
- Self-esteem
- Sexuality & Intimacy
- Sleep enhancement
- Smoking cessation
- Work in balance

EMDR: RELEASING THE PAST & EMBRACING THE FUTURE (select one)

Eye Movement Desensitization and Reprocessing is a cognitive technique used to heal the effects of trauma and fortify inner strengths and competencies.

Please select either:

- **EMDR: TRAUMA REDUCTION**
  Three-part service | $780
  This three-part consultation involves a 50-minute assessment session, a 100-minute EMDR process and a 50-minute follow-up and planning session.

- **EMDR: RESOURCE ENHANCEMENT**
  100 minutes | $390
  This single-session EMDR process reinforces existing personal strengths and resources to enhance self-esteem, confidence and empowerment.

HYPNOTHERAPY
50 minutes | $220
100 minutes | $410

Hypnosis is a natural phenomenon of the mind that increases openness to positive change. The session may include physical and mental relaxation, imagery and suggestions for healthy transformation. Some common applications include:

- Athletic and work performance
- Attitude change
- Habit management
- Sleep improvement
- Smoking cessation
- Stress reduction

*For a more in-depth experience, a 100-minute session is recommended.*
HEALTHY FAMILY BUSINESS
50 minutes  |  $240 single/$180 per person, duet

Running a successful family business requires knowledge, skill and vision. Take this time to review your business and family relationships, and learn ways to increase the likelihood of success. This consultation can be done alone, as a couple or as a family.

VISUAL BRAINSTORMING
50 minutes  |  $200
50 minutes with PhD  |  $240

Gain fluency in mind mapping, a practical and exciting take-home tool for identifying needs, dreams and new possibilities. Learn to access your innermost wisdom and chart a new course of action, or bring clarity to an old one using a creative, whole-brain technique.

STRESS MANAGEMENT
50 minutes  |  $200
50 minutes with PhD  |  $240

Stress overlooked can erode your health and quality of life. Stress managed well can be empowering and even exciting. In this session, learn ways to perceive and respond to stressful situations with greater clarity and effectiveness.

RELATIONSHIP WITH FOOD
50 minutes  |  $200
50 minutes with PhD  |  $240

Gain a clearer understanding of the psychology, biology and emotions that influence your eating habits. Using practical strategies and tools, you’ll learn to deal more successfully with motivational setbacks, emotional or binge eating, frustration and confusion. Topics may include the effect of past experiences on your eating patterns, stress, body image, changing habits and mindful eating.

RELATIONSHIP CHECK-IN
Two-part service  |  $395 per person

In this fun and enlightening two-session service, you and your partner will develop ways to enhance intimacy and fulfillment in your relationship.

Part I (50 minutes) – After filling out two brief questionnaires, you will meet with a life management practitioner to explore your relationship strengths and concerns.

Part II (50 minutes) – Discuss ways to build on your relationship strengths and constructively address areas of concern. You will receive a report summarizing your relationship strengths and concerns as well as recommendations to help you keep your relationship strong and healthy for life.
**Nutrition & Food**

**DIGESTIVE WELLNESS**

50 minutes | $185

Your gut health – how well you digest, absorb and metabolize nutrients, and eliminate waste products – is essential to your overall health and vitality. Meet with a licensed dietitian/nutritionist to assess your diet and identify potential toxins or irritants. You'll get personalized strategies to treat digestive conditions or problems, including recommendations about healing foods, necessary supplementation, and avenues toward achieving optimal gut health. Conditions often significantly improved by optimal eating patterns include:

- Constipation
- Diverticulosis
- Food allergies
- GERD/heartburn
- Gluten intolerance/celiac disease
- Inflammatory bowel disease
- Irritable bowel syndrome
- Supporting your microbiome

**HEALING FOODS**

50 minutes | $185

The food you eat sends powerful messages to your body. Your eating patterns, food choices, intake of vitamins, minerals and other nutrients can positively affect prevention and management of chronic and other conditions. Meet with a licensed dietitian/nutritionist who will assess your needs and preferences, and provide therapeutic recommendations for your health concerns.

Areas of focus may include:

- Autoimmune disease
- Bone and joint health
- Cancer prevention
- Heart health
- Hormone regulation
- Inflammation
- Insulin resistance/diabetes
- Neuronutrition: brain function
- Vitamin and mineral evaluation

**HEALTHY EATING**

50 minutes | $185

Get expert advice on everyday nutrition, and how best to feed yourself and your family for optimal health and well-being. This entry-level consultation may be customized to suit your needs and interests, including:

- Dining on the go
- Eating for energy
- Eating well at college
- Feeding healthy kids
- Healthy aging
- Plant-based eating
- Practical portions
- Sleep
MEAL PLANNING MADE EASY
75 minutes | $495 includes one-year subscription

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. Enjoy customized weekly menus complete with recipes, shopping lists, tips and techniques for a full year. Get set for success in reaching your nutrition goals.

METABOLIC RESET
50 minutes | $185

Tired of just trying to lose weight? A metabolic reset can be the alternative you need to get the results you want. Your nutritionist introduces you to an anti-inflammatory, plant-based approach to eating, loaded with healing nutrients to support a healthy microbiome and detoxification. Learn about the cutting-edge healthy approach to fasting regimens for weight loss, as well as the science and strategies to support a lasting reset.

MOOD & FOOD
Two-part service | $345

This joint life management and nutrition service combines expertise to help you understand your current eating pattern and your options to pursue healthy change.

Part I (50 minutes) — A licensed dietitian/nutritionist will meet with you to assess your current diet and recommend ways to optimize your nutrient intake and transition to a more mindful, balanced diet. You’ll review weight loss, meal timing, triggers of emotional eating, relationship with food, and information about the role of proteins, fats and carbohydrates.

Part II (50 minutes) — A life management practitioner will address the emotional dynamics underlying your approach to food. You’ll receive practical skills to transform the negative cycle of complicated triggers, compulsions and guilt about eating into a balanced experience of peaceful anticipation, mindfulness and satisfaction.

WEIGHT LOSS YOUR WAY
Two-part service | $370

Many weight-loss plans produce quick results, but the key is finding a method that generates lasting and sustainable outcomes for you. The best strategy will depend on your personal history, food preferences and overall lifestyle. Our experts spend time getting to know you and your history in order to create an effective, customized weight-loss program that will leave you feeling healthier and happier.

Part I (50 minutes) — Discuss your weight history, eating patterns, food preferences and health goals with a nutritionist. You might address topics such as intermittent fasting, meal timing or your microbiome’s influence on weight. You’ll get personalized recommendations and receive suggestions for additional services that can help you reach your goals.

Part II (50 minutes) — Reconnect with your nutritionist, who will integrate all of your experiences and work with you to create a personalized eating plan. You’ll leave inspired, with well-defined direction on how to change your weight forever.

NUTRITION LABS
NUTRIGENETICS FOR WELL-BEING

Your genes are a program for how you build, regulate and maintain your body. Find out the best dietary style for you with this state-of-the-art nutrigenomic evaluation in which we determine how your body responds to food, exercise, stress, and toxins.

Part I – Initial Nutrition Consultation
50 minutes | $185
Choose from any of our 50-minute services

Part II – Nutrigenetics Testing
15 minutes | $300
Quick and painless cheek swab

Part III – Results Consultation
50 minutes plus practitioner prep time | $290
Spiritual Wellness

For many of us, cultivating a spiritual existence is vital to living a balanced and healthy life. Spirituality contributes significantly to health and healing, contentment of mind and heart, improved relationships and connection with community. During your stay, allow our experienced spiritual wellness providers to help you connect more deeply with what brings meaning, value and purpose to your life. This requires no religious affiliation and does not encourage giving up any particular faith.

**SOUL JOURNEY**
50 minutes | $240
Take a guided inner journey to experience your spiritual nature. Develop insight and intuition that supports healing as it transports you to a higher state of consciousness, awareness and understanding. Your journey takes place in a sound-enhanced environment and uses imagery, music and breath to create a sacred space in which to receive these spiritual gifts.

**RITE OF PASSAGE**
50 minutes | $240
This powerful session will help you create or move through a significant life change, choice, passage or transition. Through dialogue and ceremony, your Rite of Passage will help you celebrate, commemorate, release, unite or reconcile. Adaptable to virtually any event, intention or milestone, your personalized rite can involve one or more people. You may focus on:
- Birthday
- Breakup
- Career change
- Empty nesting
- Life transition
- New habits
- New parenthood
- Retirement
- Weight loss

**CULTIVATING A LIFE OF PURPOSE**
50 minutes | $200
Through a personalized, holistic review of your life, you can strengthen your self-awareness, develop a broader vision of what is important to you, enrich your personal and professional relationships, and cultivate a deeper overall contentment with life. Your practitioner will guide you in designing an individual mission and routine to take home.

**LOSS, GRIEF & REMEMBRANCE**
50 minutes | $200
Loss and grief are inevitable parts of life, but sometimes it’s hard to know how to move forward. Our spiritual wellness team can provide support for grieving individuals or families. We’ll explore resources to call upon when sadness overwhelms, encourage you to talk about your loss, and help you create a practice of remembrance. Whether you’re dealing with the loss of a loved one, a cherished pet or a sense of personal identity, we are here for you.
CONTEMPLATIVE CIRCLE
80 minutes | $200
The contemplative circle is an experiential spiritual tool useful for awakening inspiration, accessing intuitive insight, and deepening awareness of the subtle realms. A circle symbolizes connection, directional awareness, infinite possibilities, beginnings and endings, and the many within the one. A spiritual wellness provider will introduce this simple yet powerful tool for enhancing your spiritual practice and your daily life. Learn how you can continue using the contemplative circle at home.

BODY-SPirit CONNECTION
50 minutes | $200
Explore how your lifestyle and beliefs can support your body in being a vehicle for the soul and spirit. Through centering and awareness, you will learn to step into personal alignment of body, mind, heart and spirit. This session may include the creation of a daily ritual for the expression of sacredness in your life. Your experience can focus on one of these areas: Body image, physical changes (decreased mobility, recent surgery or diagnosis) and physical healing.

SOUND HEALING
50 minutes | $240
Restore balance and wholeness and awaken consciousness as you bathe in the healing properties of sound. Using a variety of ancient instruments, your practitioner will immerse you in a profoundly therapeutic vibrational experience that will activate your awareness and transform your body, mind and heart.

SPIRITUAL GUIDANCE
50 minutes | $240
Through conversation, intuitive tools and guidance, a spiritual wellness provider will help you explore your spiritual path and find new ways to integrate spirituality into your daily life. No matter your faith, experience or belief, you can deepen your personal spiritual practice.

Creative Expression
As with any personal strengths, you can boost creativity simply by paying more attention to it and incorporating more of it into your life. Start expressing yourself today!

ALIX VON AUENMUELLER
Creative Expression
Therapeutic art processes, ceramics, bookbinding, mixed media, transformational watercolor, journaling, creative dreamwork, self-actualization through art

CREATIVE EXPRESSION WORKSHOP
50 minute private class | $150
50 minute semi-private class | $90/person
90 minute group class (3–5 people) | $325
Scientific studies show that creativity can heal by changing a person’s physiology and attitude. Looking for a chance to explore the opportunities for creative expression more deeply? Our highly-qualified professional artists are available for private or group classes, catered to your intentions. Let our professionals work with you and delve into the underlying messages that can be communicated through creative expression.
Soar on our **HIGH ROPE CHALLENGE COURSE**! Expand your confidence on each element of this thrilling adventure.

Is **TENNIS** or **PICKLEBALL** your game? We’ve got your courts and the pros to help you get to the next level. You’ll be a smash.

**STAND-UP PADDLEBOARDING** offers a fun way to play on the water, with the added benefit of a full-body workout. Learn the basics of stand-up paddle boarding while soaking up the unique beauty of the Berkshires.

**BIKING** is great exercise, lots of fun and a great way to explore the Berkshires. Canyon Ranch guides lead rides through unforgettable scenery.

Experience **SHINRIN YOKU**, the Japanese practice of “forest bathing”. Your guide will take you on a slow, intentional walk into the woods to de-stress and reconnect with nature.
What is an Exercise Physiologist?

An exercise physiologist is a health professional focused on prevention of issues that result from sedentary lifestyle – from heart disease to osteoporosis – and on performance, to help you meet a personal goal, whether it’s finishing a marathon, keeping up with grandkids or just feeling good.

At Canyon Ranch we hire only exercise physiologists with a four-year college degree in anatomy, physiology or biology plus a two-year master’s degree in exercise physiology. They’re experts at conducting and interpreting test results and can create a personalized fitness program for you.
ASSESSMENTS WITH AN EXERCISE PHYSIOLOGIST

BODY COMPOSITION SCREENING
25 minutes  |  $120
With a simple eight-minute test, our Bod Pod® device will accurately measure your body fat percentage and lean body mass. An exercise physiologist will review and explain your results. Scheduling a body composition screening prior to a customized program design service will help clarify your goals for the program. Please bring a tight-fitting bathing suit; for women, tights and sports bra are acceptable.

DISCOVER YOUR FITNESS AGE
Two-part service  |  $395
How old you are and how old you feel may be two different things. Your fitness age is an indication of how well your body is performing with the passage of time. By learning your fitness age in each of five areas, you’ll discover which areas stand to benefit most from your attention.

Part I (50 minutes) – An exercise physiologist will administer the following tests:
- Body composition to assess fat and lean muscle mass. Please bring tight-fitting clothes or a bathing suit.
- Submaximal exercise test to estimate aerobic fitness level and VO2 max.
- Muscle strength and power testing, including upper and lower body.
- Evaluation of balance.

Part II (50 minutes) – An exercise physiologist reviews your test results with you, and designs a personalized fitness plan to improve your fitness age.

ENHANCED POSTURE
50 minutes  |  $165
Poor posture may contribute to acute or chronic conditions that interfere with an active lifestyle, so it’s important to maintain correct alignment and balance in the way you sit, stand, walk and run. An exercise physiologist will use digital analysis to evaluate your biomechanics and will recommend stretches or strengtheners to help you comfortably perform the activities that mean the most to you.

EXERCISE & MOTIVATION
Three-part service  |  $345
Have you ever said, “I know what to do, but I just don’t do it”? Explore how your personality promotes or inhibits exercise. This focused, three-part service can help you reach your goals.

Part I (25 minutes) – Complete a short questionnaire outlining your personal fitness preferences.

Part II (50 minutes) – With a lifestyle coach or licensed therapist, review your exercise history to identify keys to your past periods of success and vulnerability.

Part III (50 minutes) – Meet with an exercise physiologist to design a customized program that fits. Together, you’ll create a program that balances exercise for health and longevity with activities that suit your personality and lifestyle.
CUSTOMIZED PROGRAM DESIGN WITH AN EXERCISE PHYSIOLOGIST

BURDENKO LAND
50 minutes | $165
Learn how to improve the six essentials of fitness: balance, coordination, flexibility, endurance, speed and strength. People at beginning fitness levels benefit from improved coordination and balance, while athletes can hone more efficient movement for performance. The Burdenko Method can also help in rehabilitation after injuries or surgery.

BURDENKO WATER EXERCISE
50 minutes | $165
An innovative water exercise program that helps you improve the six essential qualities of fitness: balance, coordination, flexibility, endurance, speed and strength. No swimming skills are necessary, as you use a floatation vest and water barbells. You can even keep your hair dry. The rehabilitation aspects of the Burdenko method can help you recover from injuries or surgery – regaining function is the goal. The conditioning and training aspects help improve quality of life and sports performance.

EXERCISE FOR WEIGHT LOSS & BODY DEFINITION
50 minutes | $165
Meet with an exercise physiologist for a customized exercise program that will optimize your exercise time, maximize metabolism, increase lean body mass, enhance muscle and promote weight loss.

Rx FOR EXERCISE
50 minutes | $165
Whether you’re looking to kick-start a regular exercise program or you’re already active and want to increase fitness, strength or endurance, our experts can help. An exercise physiologist designs a take-home program based on your goals, interests, time, physical limitations and facilities available. You can focus on areas such as agility and balance, healthy flexibility, advanced training, or women’s health and exercise.

PHYSICAL THERAPY

AQUATIC THERAPY
50 minutes | $220
Water exercise is an excellent way to improve strength, mobility, endurance and flexibility. Your session with a licensed physical therapist can focus on upper or lower body, trunk/spine, specific areas of weakness, balance, deep-water conditioning (seasonal) or rehabilitation exercise.

BUILD A STRONGER BACK
50 minutes | $220
Learn how to improve the stability of your back and resume normal movement patterns without pain through a series of exercises.

PHYSICAL THERAPY
50 minutes | $220
Learn to use your body more efficiently and comfortably. A physical therapist evaluates your muscle length, strength, posture and alignment. Take home therapeutic exercises to improve functional strength, recover from injury or surgery, reduce chronic pain, or rehabilitate chronic neurological or orthopedic conditions.

GERRY LINK
PT – Physical Therapy
Joint and soft-tissue mobilization, myofascial release, musculoskeletal dysfunction, osteopathic technique, postural re-education
Fitness

What is a Fitness Instructor?

Fitness instructors are wellness professionals focused on group exercise and individual training. All Canyon Ranch instructors hold nationally recognized certifications and can create, update or rethink a fitness plan for you. You’ll take home practical strategies for reaching your goals.

Have a particular interest? Our instructors have the skills and experience to focus on any area.

LAURA CHEVALIER
BA – Fitness Director
Certified Pilates instructor, group exercise instructor, personal trainer, professional dance

JAMES MCDUGALL
Fitness Assistant Manager
Certified group exercise instructor, personal trainer, yoga instructor, tai chi instructor

BLAISE GREGORY
BA - Fitness
Certified group exercise instructor, personal trainer, yoga instructor, tai chi instructor

CATHERINE BRUMLEY
BA - Fitness
Certified group exercise instructor, personal trainer, Pilates instructor, yoga instructor, tai chi instructor

NIKKI SODEN
MS - Fitness
Certified group exercise instructor, personal trainer, Pilates instructor, yoga instructor, tai chi instructor

SERGIO CARDOSO
BS - Fitness
Certified group exercise instructor, personal trainer, American Red Cross swim instructor
PRIVATE FITNESS TRAINING
50 minutes
Your one-of-a-kind body calls for a one-of-a-kind workout plan. Our personal trainers hold the industry’s top certifications and have the experience to create a program that suits your needs, goals and preferences. That could include dance, swimming, functional movement or your favorite sport. Take home an effective plan with activities you enjoy – so you’ll keep on doing it.

PRIVATE PILATES & GYROTONICS
50 minutes
Get stronger, leaner and more flexible – in both mind and body. Our experts work with you on specialized equipment including: Balanced Body Reformer, GYROTONIC® Tower, Ladder Barrel, Split-Pedal Stability Chair, STOTT Pilates® Rehab reformer and Trapeze Table (Cadillac), and STOTT Pilates® Towers. Choose Pilates or Gyrotonics training.

PRIVATE YOGA PRACTICE
50 minutes
Find greater balance in life through personalized instruction in calming, self-care practices from around the world. Great for beginners or for those who want to enhance their current practice.

Individual training session | $140/person
Duet training session | $110/person
Small group training session (3–5 people) | $75/person
Private group class | $375/class
Outdoor Sports

Get out and have fun! Schedules for all complimentary and fee-based activities are posted on the Outdoor Sports Boards. It’s important to sign up on the activity card and be at the Spa Lobby 5 minutes prior to departure. For more information, please inquire at Outdoor Sports, Ext. 5535, between 8am and 2pm.

LEAH LARMON
BA – Outdoor Sports Manager
Adventure guide, rock climbing, water sports, ropes course, hiking guide, certified in Wilderness First Aid

CINDY CICHETTI
Outdoor Sports Supervisor
Outdoor activity scheduling and coordination, hiking, biking, water sports. Wilderness First Aid and USA Archery Instructor

TOM LEWIS
BA – Outdoor Sports
Hiking, biking, water sports, archery, cross-country skiing, ropes course, climbing wall, snowshoeing. US Ski & Snowboard certified Nordic Ski Coach, USA Archery Instructor, and Wilderness First Aid certified.

JEANNE SCHNACKENBERG
BS – Outdoor Sports
Tai chi instructor, ropes course, rock climbing, water sports, biking & hiking guide
HIGH ROPES ADVENTURES

HIGH ROPE CHALLENGE COURSE

**Times vary | $235**

Take on this exciting adventure under the guidance of our knowledgeable staff. The High Ropes Challenge Course offers many routes and is highly interactive, whether you traverse it one-on-one or with a group. From start to finish, you make all the decisions about your adventure. Limit six people.

AERIAL ADVENTURE

**Times vary | $110**

High-flying adventure on the two most popular features of the High Ropes Challenge Course – the zipline and giant swing. Weather dependent.

LOOPS & LADDERS

**Times vary | $110**

Test yourself with these two physically demanding elements on our High Ropes Challenge Course – The Giant’s Ladder and the space loops.

CLIMBING WALL

**Times vary | $110**

Climb our rock wall for a rewarding workout! Fantastic – and fun – for beginners to intermediate climbers. Weather dependent.

GROUP ADVENTURES

ARCHERY WORKSHOP

**Times vary | $110**

Newcomers and archers alike are welcome at one of these semi-private sessions. Join our USA Archery instructors at our indoor or outdoor range for strategies of aiming and releasing.

KAYAKING

**Times vary | $110**

Our experts teach you the basics of this relaxing water sport on scenic Berkshire ponds and rivers. Able swimmers only.

PHOTOGRAPHY HIKE

**Times vary | $110**

From a smart phone, GoPro and DSLR, no camera is too large or small. The Photography adventure takes you to Berkshire sites including historic homes, gardens, waterways and trails. This is the place to ask questions and become comfortable taking and editing your pictures.

PRIVATE ADVENTURES

We can tailor any trip or activity relative to time, terrain and challenge to meet the wishes of groups, couples or individuals. Twenty-four hours advance notice required. Please inquire at Outdoor Sports, Ext. 5535, between 8 am and 2 pm.

ON LAND ...

ARCHERY • BIKE • BIRDING • HIKE • MOUNTAIN BIKE • PHOTOGRAPHY HIKE • PLEIN AIR PAINTING • RUN • SHINRIN YOKU • TAI CHI

First hour | $135
Each additional hour | $75

ON WATER ...

CANOE • KAYAK • STAND-UP PADDLEBOARDING

First two hours, up to two guests | $200
Each additional hour, up to two guests | $75

Able swimmers only.

FITNESS 360
Racquet Sports

RACQUET SPORTS
Our skilled USPTA®-certified tennis pros offer fun and constructive ways to improve all aspects of your tennis game with beginning to advanced instruction. Racquets are available for tennis, racquetball and pickleball.

TENNIS, RACQUETBALL & PICKLEBALL
50 minutes
Individual and semiprivate instruction in beginning basics through advanced skills, including hitting lessons or workout drills.
Individual training session | $150/person
Duet training session | $105/person

MARIO RINDONE
Tennis Pro
USPTA-certified, tennis and pickleball instructor
Massage & Bodywork

MASSAGE

CANYON RANCH MASSAGE
50 minutes | $175
80 minutes | $275
100 minutes | $315

Our signature full-body massage stimulates circulation and soothes tight muscles. Your gifted therapist adapts eclectic techniques to your particular needs and preferences. Tension dissolves, leaving only comfort and well-being.

DEEP TISSUE MASSAGE
50 minutes | $185
80 minutes | $295
100 minutes | $335

This treatment is recommended for those who regularly receive massage and who enjoy intense bodywork. Specialized, focused techniques with alpine arnica reach deep muscle layers and address points of attachment, as well as the belly of the muscles.

CHAKRA BALANCING MASSAGE
80 minutes | $275

Begin this treatment with an anointment of Lotus Rose Flower essence and the sounding of chimes to clear energy and provide focus. Ayurvedic dosha-balancing oils are applied to your body’s energy centers along the spine to facilitate this opening and flow of energy in your chakras. Then an ayurvedic Kansa wand is used to activate and balance your chakras. Semi-precious stones are placed on your chakras to further balance the body and provide peace and clarity to the mind. This special offering ends with a Kansa foot bowl treatment to ground you for the rest of your day.

AROMATHERAPY MASSAGE
50 minutes | $180
80 minutes | $275

This deeply revitalizing treatment uses aromatherapy and traditional massage to unwind the body, reboot the mind, and transform stress into balance. Choose between four aromatic body oil blends designed to ease muscles and clear the mind, create deep relaxation, detox and revive, or the new forest therapy blend.
DAILY MOISTURIZING MASSAGE NEW
50 minutes | $195
80 minutes | $295
100 minutes | $345

Our signature full body massage with a uniquely indulgent twist. The Kate McLeod Body Stone is a solid moisturizer that melts on contact, releasing a blend of nourishing oils that penetrate the skin, leaving you with a soft, healthy glow. At the end of your treatment, the Body Stone gets tucked into a beautiful bamboo canister - and is our gift to you.

HEAD, NECK & SHOULDERS MASSAGE
50 minutes | $175

Give your stiff neck and tight shoulders a break – you'll feel better all over. This focused massage releases tension and restores comfort to this typically tense area.

NEUROMUSCULAR (NMT) THERAPY
100 minutes | $345

Where does it hurt? If you’ve got headaches, hip, back, jaw or shoulder pain – or another sore spot – NMT can provide the powerful relief you’ve been looking for. This precise, soft-tissue therapy helps release hyper contraction and spasms in soft tissue, eliminate trigger points that cause pain and restore postural alignment and flexibility. Discover what NMT can do for you. Please wear comfortable clothing.

REFLEXOLOGY
50 minutes | $185

A treat for your feet with whole-body benefits. A specially trained therapist works on reflex points in the feet that correlate to the individual organs and parts of the body. Activating these reflexes helps improve circulation and promotes relaxation. Please wear comfortable clothing.

SOLE REJUVENATION
50 minutes | $175

Your overworked feet will be cleansed and softened with a relaxing bamboo & sugar scrub, preparing them for a dedicated massage with a mint cream to soothe aches and melt away tension. Perfect for anyone who craves serious relief for feet and lower legs.

TRANQUILLITY™ TREATMENT
50 minutes | $175

An innovative treatment acting on three different sensory pathways for profound relaxation. Feel the synergy of a unique blend of essential oils, Tranquillity Sound™ and Indonesian modalities, all combined with the use of soft brushes. You’ll be gently guided into a quiet and peaceful mind and body that promotes a sound sleep.

ARTHRITE MASSAGE
50 minutes | $175
80 minutes | $275
100 minutes | $315

This targeted massage is attuned to your comfort. Your therapist will use a special blend of essential oils of ginger, eucalyptus and birch to warm and soothe achy muscles and joints, and combine massage techniques with stimulation of arthritis-relief acupressure points to strengthen joints and ease pain.

PRENATAL MASSAGE
50 minutes | $175
80 minutes | $275

Our classic Canyon Ranch Massage is adapted to provide complete comfort and safety for both of you. Your therapist will use a refreshing blend of oils formulated especially for pregnant women.
## BODY TREATMENTS

### COCONUT MELT
50 minutes | $185  
80 minutes | $275

This intoxicating experience evokes the feeling of the tropics using warm coconut poultices. Coconut oil is known for its antioxidant and age-defying properties leading to soft, smooth and supple skin. A bundle of pure coconut is steamed and applied to the skin using techniques that relax the body and aid in the penetration of this amazing oil into the skin.

### DETOX HERBAL WRAP
45 minutes | $170

Herbal therapies help relieve muscle stiffness and joint soreness, promote relaxation and aid in detoxification. While you are wrapped in steamy sheets steeped in our special herbal blend, enjoy a foot massage, warm paraffin treatment and a scalp massage.

### DETOXIFYING RITUAL
100 minutes | $330

Retreat into a ritual of heat and pure scent for an intense therapeutic transformation. You’ll be deeply cleansed with Moroccan mint tea and silt purifier, and vigorously scrubbed with coffee, olive stones and lemon. A rich rhassoul clay will then be applied to draw out impurities. You’ll recharge with quince and orange blossoms, then have all this goodness sealed in with essences of cardamom, jasmine, bergamot, amber and clove. Concludes with a massage.

### HYDRATING BODY WRAP
80 minutes | $275

Revive and rehydrate skin with this luxurious head-to-toe body quench in your choice of scent. Warm organic shea butter is massaged onto your body, then you’re wrapped in a luscious cocoon, soaking in potent antioxidant vitamin E to soothe, plump and smooth skin. A therapeutic scalp massage and deep conditioning hot oil treatment follows.

### HYDRATING SUGAR & SALT SCRUB
50 minutes | $175

This gentle and highly effective hydrating scrub draws upon the healing elements of organic shea butter to invigorate and replenish your skin. The treatment begins with a soothing application of antioxidant-rich vitamin E and jojoba oil in your choice of scent, followed by a shea butter polish. Sugar and salt gently bring skin back to its softest and smoothest state.

### LAVENDER RELAX
50 minutes | $185  
100 minutes | $330

The calming properties of lavender create a powerfully soothing effect, while shea butter intensely moisturizes the skin, creating deep relaxation and promoting restful sleep. Includes an exfoliation infused with lavender essential oil.

### PARAFFIN BODY WRAP
80 minutes | $250

This nourishing treatment detoxifies and hydrates the skin by combining mineral-rich Dead Sea mud and warm paraffin in a restorative body masque that stimulates circulation and helps the body release toxins. Emerge from this treatment feeling refreshed, renewed and silky soft.

### ROSEMARY CITRON SEA SALT SCRUB
50 minutes | $185

Mineral rich sea salts are blended with spicy rosemary and citrus essential oils to stimulate circulation and slough away dull, flaky skin. This invigorating scrub will soften the skin, leaving the surface smooth and polished.

### ULTIMATE HYDRATION RITUAL
100 minutes | $330

Relax as you’re gently scrubbed with your choice of scented oil mixed with our sugar-and-salt combination. You’ll then enjoy a full-body wrap that promotes the absorption of skin-nourishing shea butter and jojoba. As you enjoy your wrap, your therapist will massage warm oils into your hair and scalp before massaging your feet with soothing mud. Concludes with a full-body massage.

### VITAMIN INFUSION BODY TREATMENT
50 minutes | $195

This hydrating and exfoliating body treatment featuring Environ® focuses on signs of aging and enhances the appearance of the skin. A gentle removal of dead cells using lactic acid is followed by an application of lotions containing vitamins A, C, E and beta-carotene. A seaweed masque on the most sun damaged areas helps tone and smooth.
EASTERN THERAPIES

ABHYANGA
50 minutes | $180
Abhyanga, loosely translated, means “attending to a part of the body in the present moment.” A therapist performs this full-body ayurvedic-style massage using warm sesame oil. Energy, or subtle points of energy, are addressed on the face and feet to balance body, mind and spirit. This traditional therapy is used to release toxins, enhance immunity, nourish the skin and create a sense of well-being.

AYURVEDIC HERBAL REJUVENATION
80 minutes | $275
Traditionally used to strengthen the immune system and reduce tension and stress, this healing treatment begins with an application of a warm, exfoliating herbal masque. Then, you will continue with a light, brisk massage with warmed, herb-infused oils, selected for your dosha or body type. This powerful combination of herbs and oils cleanses, detoxifies and nourishes the skin and body.

THAI HERBAL POULTICE MASSAGE
50 minutes | $185
80 minutes | $295
100 minutes | $335
A restorative treatment developed in Thailand to ease aches and pains of battle-weary warriors. Warm herbal poultices are firmly pressed into muscles to ease every inch of your body. Traditional Thai massage with lemongrass oil, combined with other massage techniques, releases any lingering tension, resulting in a calmed mind and a body.

ENERGY THERAPIES

CRANIOSACRAL THERAPY
50 minutes | $180
This soothing treatment adjusts the subtle rhythm of the cerebrospinal fluid as it circulates around the brain and spinal cord. Using very light, sensitive touch, your massage therapist monitors the flow to determine where restrictions are located and gently releases them. This encourages optimal fluid movement throughout the body. The result is a deep sense of calm. Please wear comfortable clothing.

REIKI
50 minutes | $180
Reiki promotes healing through methods rooted in Eastern spiritual tradition. Your massage therapist gently places his or her hands over your head, chest, abdomen and back, producing a calming effect. You may experience decreased anxiety and fatigue, and improved circulation, concentration and sleep quality. Please wear comfortable clothing.
Skin Care

Let your inner beauty shine through.

Our aestheticians and salon experts have come together to offer services that reflect all aspects of you and the image you want to project.

CANYON RANCH FACIAL
50 minutes | $175
The Canyon Facial provides the basics that everyone needs: gentle polishing exfoliation, light extractions and a facial massage to improve skin's radiance, smoothness and hydration.

VITAMIN INFUSION FACIAL
50 minutes | $185
Restore radiance and improve the signs of damage from sun, pollution and stress. Powerful Environ products and vitamins A and C help to re-establish clarity and firmness and help guard against further damage.

DEEP CLEANSING FACIAL
50 minutes | $185
Purify, soothe and balance the look of problematic skin. This deep cleanse with Environ® products prevents and eliminates the appearance of blackheads, whiteheads and congestion while leaving the skin calm and refreshed.

KYPRIS SIGNATURE FACIAL NEW
50 minutes | $185
80 minutes | $285
This luxurious, holistic experience soothes the soul and rejuvenates the skin. 100% natural, sustainably grown botanicals, deliver a plethora of nourishing Phyto-nutrients. This decadent facial begins with an aromatherapeutic rose quartz grounding and a two-step cleanse to prepare the skin and senses. A harmony of masks and serums are massaged over the skin while warm and cool rose quartz crystal therapy enhance this customized treatment. 80 minutes includes additional mask and extended facial massage

L’INTEGRAL AGE-MINIMIZING FACIAL
50 minutes | $185
This facial uses the Sisley® product collection to deliver the ultimate age-defying indulgence. Powerful botanicals help skin appear rested, less stressed, luminous, firmer and more hydrated.
**OXYGEN FACIAL**

- 50 minutes  |  $240
- 80 minutes  |  $315

This treatment builds collagen and elastin, increases cell turnover and hydrates your skin, restoring a youthful glow. Includes a serum specific to your needs, a hydrating massage and oxygen infusion. **80 minutes includes 20-minute infusion.**

**SENSITIVE FACIAL**

- 50 minutes  |  $185

Calming and healing for those who experience redness and irritation. Environ®’s vitamins, antioxidants and growth factors will gently begin to rebalance and restore skin’s integrity.

**PREMIER VITAMIN AGE-DEFYING TREATMENT***

- 80 minutes  |  $285

This powerful and ultimate age-defying facial using Environ® vitamins A, C, E and peptides serums, promote the formation of collagen and elastin, increases stem cell activity, and stimulates skin’s respiration and circulation. This treatment dramatically improves the appearance of fine lines, wrinkles, lax skin, uneven tone and texture. Your skin will appear visibly more radiant, age-defying, brightening or sensitive skin. **Contraindications include:** Botox or fillers within 2 weeks, Epilepsy, metal pins or plates, Pacemaker, Tinnitus

**GENTLEMAN’S FACIAL**

- 50 minutes  |  $175

This facial is specifically designed for men’s skin. It provides relief from irritation and replenishes vitamins and nutrients to help reduce the appearance of sun damage, lines and discoloration.

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**Salon**

**HEALTHY HAIR CARE**

**BLOWOUT**

- 25 minutes  |  $60
- 45 minutes  |  $70

Let us do the work: Enjoy a luxurious shampoo and blow-dry.

**CUT**

- Cut – 45 minutes  |  $110
- Barber Cut – 25 minutes  |  $60

Consult with one of our expert stylists to achieve a style that will suit your lifestyle and enhance your overall look. Includes blow-dry.

**COLOR**

Times and fees vary

Let our design team create a shade to enhance your style. Blow-dry included.

**HIGHLIGHTS**

Times and fees vary

Customize the perfect dimension and depth of color with highlights or lowlights to bring vibrancy to your hair. Blow-dry included.

**KEVIN.MURPHY EXPERIENCE**

- 80 minutes  |  $115

A signature KMX is a facial for your hair. This experience begins with a light exfoliation of the hair, followed by a personalized cleanse for your hair type, and a deep conditioning masque, all completed with a signature massage, a warm towel wrap and a blowout.

- Moisture
- Strength
- Anti-Aging
- Thickening
MAKUP

BROW DESIGN
15 minutes | $50
Focus on the eyes. Enjoy a lesson on shaping and tweezing your brows to create the perfect look. A specially trained professional will teach you how to enhance one of your most important features.

MAKEUP CONSULTATION
45 minutes | $110
Learn to use makeup like a pro. Let a professional create a look for you and teach you valuable techniques, trends and tricks.

MANICURES

Canyon Ranch offers the revolutionary Dazzle Dry™ non-toxic, high-pigment lacquers. Not only do the lacquers dry in as few as five minutes – without the use of UV/LED lighting – but are also long lasting and nail strengthening.

RITUAL MANICURE
45 minutes | $70
Experience a personalized scent journey as you indulge in this hand and nail treatment. Enjoy a soak to restore and revitalize hands, as hydrating shea butter and gently exfoliating fruit extracts replenish and cleanse the skin. Dry skin disappears and softness returns with this cuticle and skin treatment.

MANI ON THE GO
25 minutes | $60
This treatment will give you beautifully polished and groomed nails.

GENTLEMEN’S MANICURE
25 minutes | $60
This treatment provides hydration and exfoliation using products that appeal to a gentleman’s senses. Includes a file, soak, groom, massage and buff.

PEDICURES

RITUAL PEDICURE
50 minutes | $90
Select your favorite scent to enjoy throughout this relaxing foot and nail treatment. It begins with a foot-soothing salt soak, hydrating shea butter scrub, and an intensive cuticle and skin treatment that smooths, plumps and transforms skin, leaving a beautiful glow. Choose the perfect polish to complete your ritual.

FOOT RESCUE! PEDICURE
50 minutes | $90
This therapeutic, invigorating treatment begins with a soothing footbath in herbal salts to refresh and relax the feet. A double exfoliation turns dry, rough and chapped feet into the soft feet you desire using vitamins A, C and E, plus alpha hydroxyl acids.

TOES ON THE GO
25 minutes | $70
A classic groom and polish for feet in a hurry.

GENTLEMEN’S PEDICURE
50 minutes | $90
A delightful and relaxing experience. Includes a file, soak, groom, massage and buff to renew and re-energize your feet.
Metaphysical

AKASHIC RECORD READING **NEW**
50 minutes | $210
Each individual's soul contains a record of each life and cumulative wisdom; past, present, and future. During this session, a metaphysical provider will access the records to answer questions, provide direction and highlight patterns of behavior. This compassionate guidance provides opportunities for growth and direction for a soul's advancement.

ASTROLOGY
50 minutes | $210
Based on your date, time and place of birth, an astrology session will offer practical insight about your path, your personality and issues such as love, career, health, wealth, travel and spirituality. Each reading includes an Astrological Birth Chart.

CLAIRVOYANT READING
50 minutes | $210
A safe way to gain insight into decisions and changes, clairvoyants have been sharing their intuitive gifts since ancient times. Reading the energies of your aura can illuminate life experiences and provide clarity and understanding.

INTUITIVE MEDIUMSHIP **NEW**
50 minutes | $210
Mediums are liaisons between the spirit world and the physical. Using a combination of psychic and intuitive abilities a metaphysical provider skilled in communicating messages from spirits and guides will provide a safe and comfortable space for you to receive messages from beyond.

LEARN TO READ TAROT CARDS
50 minutes | $210
Reading tarot cards can be a practical goal for guidance and deeper self-awareness. During the session, learn the basics of reading the tarot or expand your skills in this instructional lesson. Receive a tarot deck and recording of the session to take home to continue cultivating your practice.

TAROT CARD READING
50 minutes | $210
The archetypal images of the tarot cards reflect our collective unconscious. A tarot reading can offer practical guidance by opening up deeper, nonverbal levels of self-awareness. Insights gained can offer possible alternatives to your present questions. During the session, you will be guided through several interactions with the cards and given an interpretation of their meaning.
Culinary

COOKING FOR FUN, PLEASURE & HEALTH

HANDS-ON COOKING
50-minute express classes, offered weekly | $115
90-minute classes, offered weekly | $165
80-minute private | $185
100-minute private, small group | $165 per person

Learn and grow as a cook! No matter what your skill level, you’ll have fun and take home an improved concept of healthy cooking – plus practical skills and techniques you can use every day to make simple, healthy, great-tasting dishes. With a different class every day, there’s something for everyone.

Canyon Ranch chefs teach practical skills that can help you in the kitchen every day. Take home well-earned confidence and Ranch recipes that will leave your friends asking, “How’d you do that? Roll up your sleeves and join us for our weekly hands-on cooking classes:

PLEASING PLANT-BASED MEALS
Friday, 2pm | 90 minutes

Calling all herbivores! A demonstration chef shares tips for building delicious and nutritious meals highlighting vegetables, grains, nuts, seeds, legumes and fruits.

POWERFOODS FOR THE GUT
Monday, 10am | 50 minutes

Feed your microbiome as you learn to prepare fermented and probiotic foods.

STOP BY THE GARDEN

Step outside and breathe deeply!
Chef Maggie O’Mara, along with our talented Grounds crew have designed a beautiful raised herb garden, located outside of the Demonstration Kitchen, that will delight your palette and enhance the culinary creations from our Demo Kitchen.

DAN HARDY
Culinary Arts Degree – Executive Chef
Creator of innovative cuisine with a passion for healthy cooking

MAGGIE O’MARA
MS, RD – Demo Kitchen
Dietetic and culinary entrepreneurship, creator of amazing and nutritious meals
FOR GUESTS WITH CANCER
Canyon Ranch offers services for our guests with cancer, both in active and remission phases. Putting your safety first, we recommend you consult with your treating physician or primary care physician prior to booking services. Some of the popular services you might discuss with your doctor include:
- Acupuncture
- Acutonics
- Healing Energy
- Reiki

Hypoallergenic and scent-free lotions are available upon request.

*The entire Canyon Ranch family supports you on your healing journey. We’re happy to help in any way we can.*

TEEN SERVICES (ages 14–17)
All teen services must be booked by the parent or guardian. We require that all guests ages 14–17, along with a parent or guardian, meet with a Canyon Ranch Program Advisor or Nurse Educator at the beginning of each stay for guidance and suggestions on making the most of your experience.

Guidelines for Teens
- Lightweight, loose clothing must be worn for teen services (or swimwear for water activities).
- The parent or guardian must be present for teen services unless otherwise indicated on our Teen Services Menu.
- If a teen is the only one who signs up for a group workshop, a parent or guardian must be present during the workshop.
CanyonRanch.
wellness resort | LENOX MA
800.742.9000