

Personal Discovery

Designed Experience
3-NIGHT SAMPLE ITINERARY



Day 1

Afternoon Arrival

4–5 p.m. | Body Composition Screening

Measure your body fat percentage and fat free mass with our Bod Pod®. Your fitness expert will interpret your results and calculate your ideal body weight for health, fitness, or performance.

Day 2

9–10 a.m. | Soul Journey

In this Canyon Ranch-exclusive experience, a spiritual wellness guide uses sound therapy and meditation to align your body, mind, and soul, unlocking insights to enrich your life and connections.

Day 3

1–2 p.m. | Environ Facial

Combining the power of Environ's skincare technology and powerhouse ingredient formulations, this facial treatment delivers essential vitamins to restore radiance.

Day 4

Afternoon Departure

CANYONRANCH.
WOODSIDE