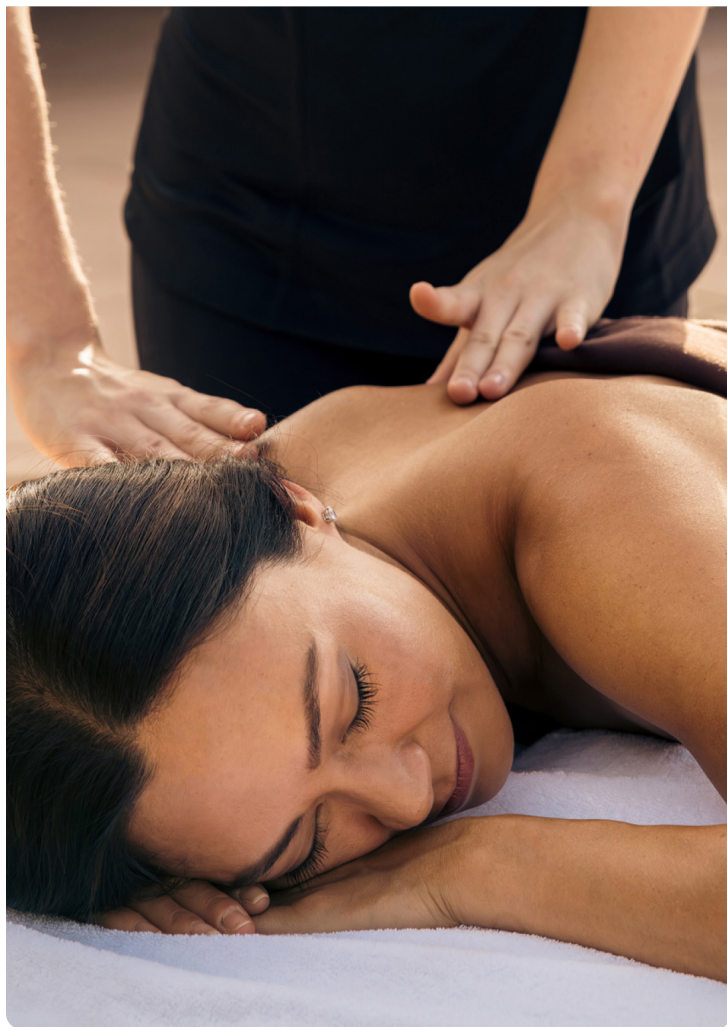


# Spa Renewal

*Designed Experience*  
3-NIGHT SAMPLE ITINERARY



## *Day 1*

### **Afternoon Arrival**

#### **5–6 p.m. | Canyon Ranch Massage**

Melt away tension with our signature full-body massage, designed to stimulate circulation, soothe tight muscles, and suit your specific massage needs and preferences.

## *Day 2*

#### **10–11 a.m. | Private Shinrin Yoku**

Experience the powerful Japanese practice of forest bathing. Join our expert guide on a slow, intentional walk into the woods, immersed in soothing sounds, sights, and scents.

## *Day 3*

#### **1–2 p.m. | Facial Treatment**

Choose from a selection of luxurious facials. Our skilled therapists tailor your treatment to suit your unique needs, ensuring a personalized experience from start to finish.

## *Day 4*

### **Afternoon Departure**

CANYONRANCH.  
WOODSIDE