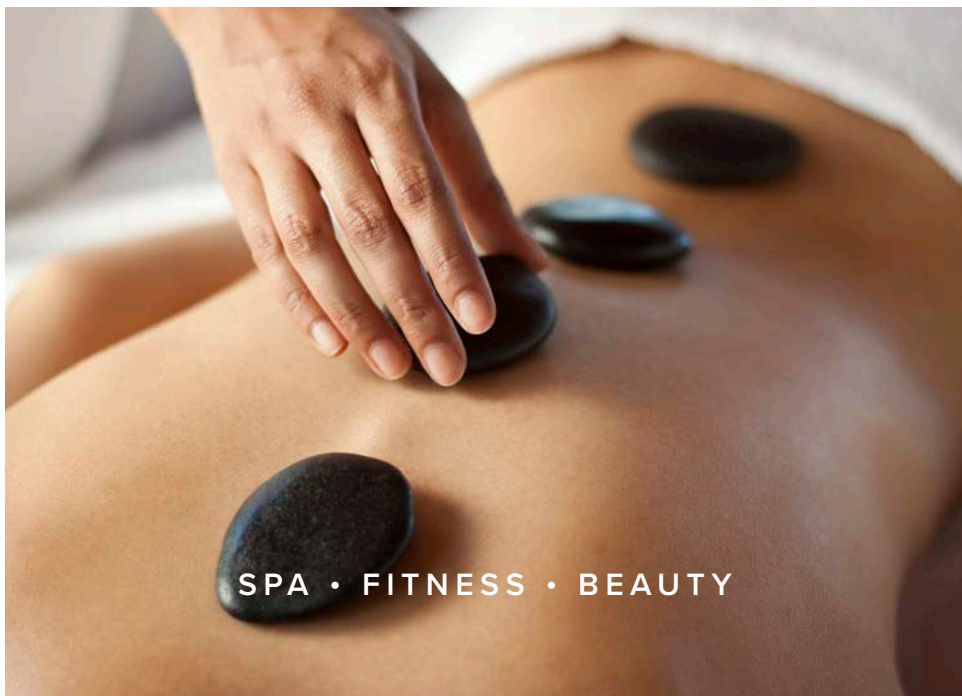




# CANYON RANCH®

FORT WORTH • WELLNESS CLUB + SPA



SPA • FITNESS • BEAUTY

EXPERIENCE WORLD-CLASS  
WELLNESS

We’ve brought the legacy of our renowned  
wellness resorts to the heart of Fort Worth  
for your whole well-being.

Here, you will access a world of fitness, spa,  
beauty, performance, and vitality – in a way  
that only Canyon Ranch can deliver.

Let us inspire your well way of life.

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## MASSAGES

### AROMATHERAPY MASSAGE

50 / 80 minutes

Mon-Thur \$180 / \$245, Fri-Sun \$190 / \$255

This deeply revitalizing treatment uses aromatherapy and traditional massage to relax the body, reboot the mind, and alleviate stress. Choose between three aromatic body oil blends designed to ease muscles and clear the mind, create deep relaxation, or detox and revive.

### WARM COCONUT OIL MASSAGE

50 / 80 minutes

Mon-Thur \$180 / \$245, Fri-Sun \$190 / \$255

Our signature massage with warm coconut oil is profoundly relaxing. Rich in healthy nutrients and vitamin E, coconut oil is a nourishing moisturizer for all skin types with antibacterial, antimicrobial, and anti-inflammatory properties. This massage will release tension, soothe the senses, and nourish the skin.

### CANYON RANCH MASSAGE

50 / 80 / 100 minutes

Mon-Thu \$175 / \$230 / \$315, Fri-Sun \$185 / \$240 / \$325

Our signature massage is uniquely tailored to suit your needs. This full-body treatment stimulates circulation and soothes tight muscles.

### CUSTOM CLUB MASSAGE

50 / 80 / 100 minutes

Mon-Thur \$200 / \$255 / \$325, Fri-Sun \$210 / \$265 / \$335

Work with your therapist to customize a massage tailored to your specific wants and needs. From deep tissue work to aromatherapy, reflexology, and CBD pain relief on select areas, this personalized spa experience addresses a wide range of concerns.

### DEEP TISSUE MASSAGE

50 / 80 minutes

Mon-Thur \$180 / \$245, Fri-Sun \$190 / \$255

Firm to deep pressure is applied to reach deep muscle layers and address your specific areas of concern.

### CANYON RANCH STONE MASSAGE

75 minutes

Mon-Thur \$245, Fri-Sun \$255

This therapeutic massage uses basalt stones for a continuous flow of heat to relieve sore muscles and melt away tension and stress for deep relaxation.

**COUPLES SERVICES:** Most spa services can be offered for couples with a \$20 per person surcharge. Please see a spa representative for more details.

*We are pleased to offer preferred pricing for our members.*



## MASSAGES (cont'd)

### MAGNESIUM MASSAGE

50 minutes

Mon-Thur \$180, Fri-Sun \$190

This nourishing and remineralizing treatment helps you feel balanced and aids in detoxification using the power of magnesium, which promotes healthy energy levels, better sleep, muscle function, and overall well-being.

### PRENATAL MASSAGE

50 / 80 minutes

Mon-Thur \$175 / \$230, Fri-Sun \$185 / \$240

Our classic Canyon Ranch Massage is adapted to provide complete comfort and safety for both of you during this relaxing wellness experience. Your spa therapist will use a refreshing blend of oils specially formulated for pregnant women.

### REFLEXOLOGY

50 minutes

Mon-Thur \$180, Fri-Sun \$190

A whole-body benefit. Your therapist will work on reflex points that correlate to individual organs and parts of the body. Activating these reflexes helps improve circulation and promotes relaxation.

### SOLE REJUVENATION

50 minutes

Mon-Thur \$180, Fri-Sun \$190

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

### THERAPEUTIC CBD PAIN RELIEF MASSAGE

50 / 80 minutes

Mon-Thur \$180 / \$245, Fri-Sun \$190 / \$255

Traditional massage with a powerful blend of broad-spectrum CBD and therapeutic plant extracts. This healing spa treatment will relax the nervous system and help provide relief from aches, pains, sore muscles, arthritis, and inflammation.

*We are pleased to offer preferred pricing for our members.*

## AYURVEDIC SERVICES

### ABHYANGA

50 minutes

Mon-Thur \$180, Fri-Sun \$190

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 oil specific to your dosha. Energy, or subtle points of energy, are addressed to balance your body, mind, and spirit. This traditional therapy is used to release toxins, enhance immunity, nourish the skin, and create a sense of well-being.

### ABHYANGA-SHIRODHARA

80 minutes

Mon-Thur \$245, Fri-Sun \$255

An enhanced Abhyanga, combined with the classic treatment of a Shirodhara. Enter a light state of meditation as a stream of warm herbal-infused oil soothes the spirit and helps balance your body's energies.

### CHAKRA BALANCING MASSAGE

80 minutes

Mon-Thur \$245, Fri-Sun \$255

Begin with an anointment of rose and lotus flower essence and the sound of chimes to clear energy and provide focus. Ayurvedic dosha balancing oils are applied to the body's energy centers along the spine to open your chakras and facilitate the flow of energy. 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. End with a Kansa foot bowl treatment to ground you for the rest of your day.

### UDVARTANA

80 minutes

Mon-Thur \$245, Fri-Sun \$255

Clear stagnation and stimulate lymphatic flow in this rhythmic Ayurvedic full-body treatment. This therapeutic Ayurvedic massage combines the effects of applying heat-penetrating herbs for exfoliation and brisk lymphatic massage techniques to help release toxins, reduce lethargy, and increase circulation. This treatment supports overall detoxification.

*We are pleased to offer preferred pricing for our members.*



# BODY TREATMENTS

## CBD WELLNESS RITUAL

100 minutes

Mon-Thur \$340, Fri-Sun \$350

This multi-sensory journey, performed on our award-winning hydrotherapy Vichy Table, features an assortment of craft CBD experiences. Begin with a CBD-infused Dead Sea salt scrub, followed by a warm CBD detox mud wrap and heated oil scalp massage. The experience concludes with a full body massage using CBD massage oil and CBD pain relief cream for spot treatment, if needed. A calming and therapeutic spa experience for the whole body.

## HUNGARIAN SCRUB

50 minutes

Mon-Thur \$180, Fri-Sun \$190

This purifying and detoxifying treatment starts with a vigorous and effective exfoliation of the whole body. Using sea salt, Hungarian moor mud, and capsicum peptide, the skin's texture is refined and left radiant and soft. The invigorating, firming body oil improves skin elasticity while balancing and soothing the body and senses.

## HUNGARIAN MUD WRAP RITUAL

100 minutes

Mon-Thur \$340, Fri-Sun \$350

Choose this body treatment, performed on our award-winning hydrotherapy Vichy Table, to detoxify and deep cleanse. Capturing the essential nature of the mineral-rich Hungarian moor mud from Lake Hévíz, this treatment is designed to allow you to experience its curative, healing properties and transformative effects. This body experience begins with a gentle detoxifying exfoliation using sea salt, Hungarian moor mud, and capsicum peptide. A deep cleansing mud mask is then applied onto the body, leaving you with a feeling of lightness and balance. While the mud cleanses and the body is wrapped, the therapist performs a scalp treatment (the therapist applies a revitalizing scalp mask). A body massage using a rich blend of essential oils helps revitalize and detoxify while relieving muscular tension.

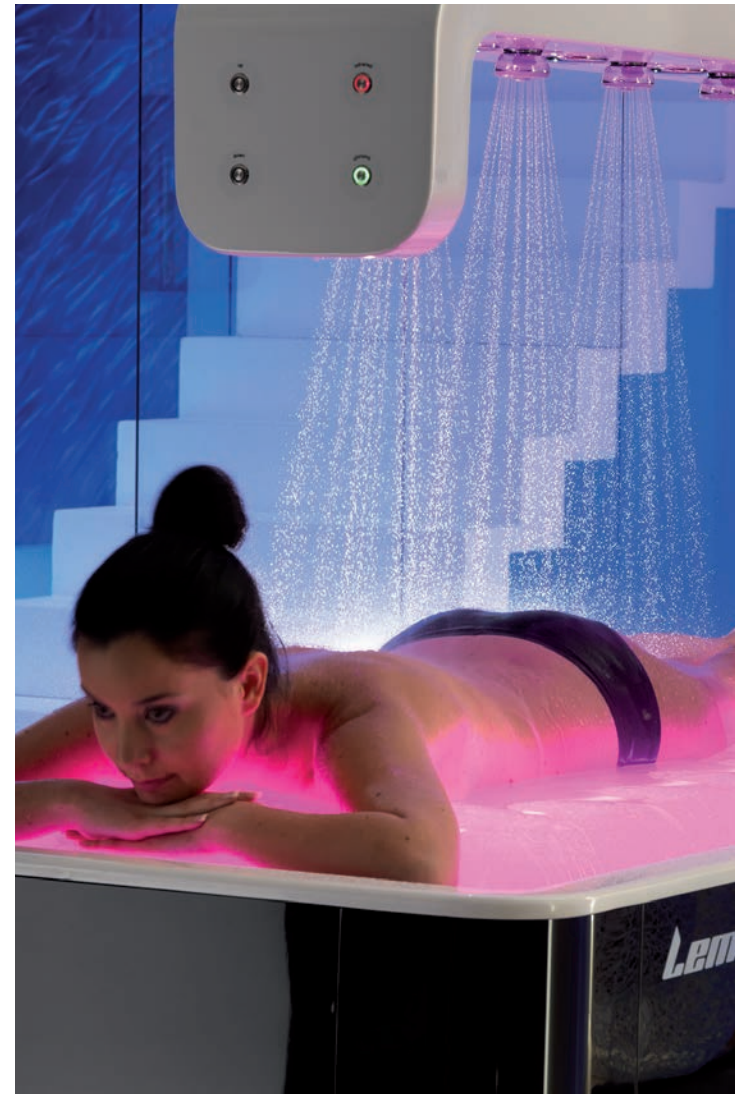
## WELLNESS REFLECTION

80 minutes

Mon-Thur \$245, Fri-Sun \$255

Affirm your spirit and calm your mind with this head-to-toe wellness treatment. Choose an organic aromatherapy oil blend — be it lavender, ginger, neroli, juniper berry, or grapefruit black pepper — reflecting your body's needs to accompany this healing experience. Begin with an invigorating full-body exfoliation, followed by a relaxing massage that melts away tension and stress. Emerge renewed and replenished.

*We are pleased to offer preferred pricing for our members.*



## VICHY TABLE

This award-winning specialty spa amenity takes your hydrotherapy treatments to the next level. Circular movements, scented oils, the warm, delicate touch of a Vichy shower, and the gentle rocking of the water mattress all create a unique, multi-sensory experience. Used as part of our CBD Wellness Ritual and Hungarian Mud Wrap Ritual.



## FACIALS

### CUSTOM IONIXLIGHT FACIAL

80 minutes (includes IonixLight)

Mon-Thur \$415, Fri-Sun \$425

This personalized facial utilizes advanced technologies and products selected for your specific needs, blending full-spectrum LED light with negative ion therapy, oxygen therapy, microdermabrasion, microcurrent, and ultrasound for immediate and cumulative results. We'll target all your areas of concern, including signs of aging, without any discomfort or recovery time. This integrative facial treatment improves muscle tone, reduces puffiness, increases cellular activity, and stimulates your own collagen production. The overall result is healthier, firmer, younger-looking skin.

### AUGUSTINUS BADER FACIAL

50 / 80 minutes (includes IonixLight)

Mon-Thur \$200 / \$415, Fri-Sun \$210 / \$425

This relaxing, science-based facial combines products from award-winning skin care line Augustinus Bader with our signature massage techniques. Blending these relaxing methods with the power of Augustinus Bader's revolutionary TFC8® technology boosts cellular communication, increases circulation, and facilitates optimal product absorption. This professional skin care treatment targets dehydration and fine lines, creating a beautiful, completely refreshed glow.

### VENN COLLAGEN FACIAL

50 / 80 minutes (includes IonixLight)

Mon-Thur \$200 / \$415, Fri-Sun \$210 / \$425

This super-effective treatment features VENN® products supercharged with collagen-activating peptides, antioxidants, phyto-retinol, and microbiome-focused and pre-, pro-, and post-biotic actives to boost elasticity and firmness, reduce the appearance of fine lines and wrinkles, even skin tone, and plump.

### OMOROVICZA GOLD HYDRALIFTING FACIAL

50 minutes

Mon-Thur \$200, Fri-Sun \$210

This luxurious experience is the ideal treatment for dry, damaged skin lacking in firmness and elasticity. Our Gold Hydralifting Mask harnesses the power of colloidal gold to provide an instant lift and hydration, followed by a potent anti-inflammatory mask with three forms of hyaluronic acid and bio-available gold to plump, nourish, and soothe skin while repairing micro-damage. For the final step, your esthetician stimulates cell renewal and collagen production with an authentic Hungarian facial massage, instantly lifting and firming skin.

### OMOROVICZA BLUE DIAMOND FACIAL

80 minutes

Mon-Thur \$310, Fri-Sun \$320

Harnessing the cell-energizing power of diamond peptides, this revitalizing facial is the ideal treatment to brighten and firm skin. A copper peel formulated for sensitive skin will polish and refine your skin's texture, followed by a rose-scented hydrating mask to nourish and restore the skin's protective barrier. Finish this luxurious spa experience with an authentic Hungarian facial massage to stimulate cell renewal and collagen production, instantly lifting and firming. Leave with revived skin, radiating youthful brightness.

### KERSTIN FLORIAN NORDIC FACIAL

80 minutes

Mon-Thur \$310, Fri-Sun \$320

This fusion of Nordic and Eastern influences will delight as it treats and nourishes the skin using holistic, world-class skin care products from Kerstin Florian. Special massage techniques incorporate stimulation, connective tissue, and lymphatic massage for this unique spa treatment.

### HYDRAFACIAL MD®

50 / 80 minutes

Mon-Thur \$225 / \$335, Fri-Sun \$235 / \$345

This noninvasive, multistep treatment combines the benefits of a HydraFacial resurfacing procedure, a mild chemical peel, automated painless extractions (no pinching), and a special delivery of antioxidants, hyaluronic acid, and peptides. Enjoy real results without downtime or irritation. Contraindications include Botox or fillers within two weeks and pregnancy.

### GENTLEMAN'S FACIAL

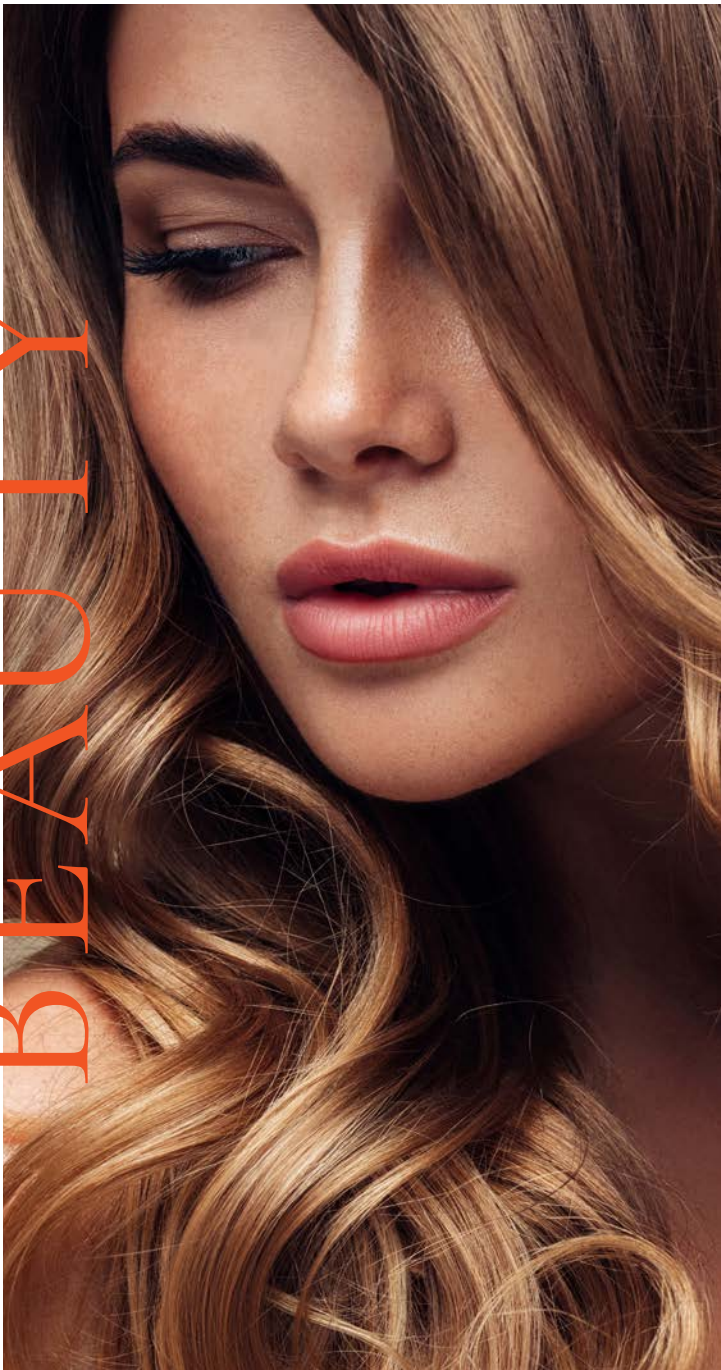
50 / 80 minutes

Mon-Thur \$200 / \$310, Fri-Sun \$210 / \$320

Tailored to a man's skin, this facial provides relief from irritation caused by breakouts, ingrown hairs, and razor burn while replenishing vitamins and nutrients to help reduce the appearance of sun damage, lines, and discoloration. You'll look and feel relaxed and revitalized, ready for an active day.

*We are pleased to offer preferred pricing for our members.*

# BEAUTY



## SALON

Mon-Sun, prices starting at:

HAIRCUT	\$110	UP-DO	\$125
FULL HIGHLIGHTS/ BALAYAGE	\$275	BARBER STYLE CUT	\$60
PARTIAL HIGHLIGHTS/ BALAYAGE	\$200	BLOWOUT	\$70
COLOR	\$130	MAKE-UP APPLICATION	\$90

### CANYON RANCH HAIR & SCALP TREATMENT

50 minutes

Mon-Sun \$80

This customizable experience for your hair and scalp begins with a light exfoliation to purify and soothe the scalp, followed by a personalized cleanse and professional salon treatment that includes a gentle scalp massage, uniquely tailored to meet the needs of your hair.

*Does not include blowout*

## WAXING

BRAZILIAN WAX	\$100
BROW WAX	\$35
CHIN WAX	\$25
LIP WAX	\$25
BIKINI WAX	\$65
CHEST	\$70
FULL ARM	\$65
FULL BACK	\$70
FULL FACE	\$65
FULL LEG	\$100
HALF ARM	\$35
HALF LEG	\$55
UNDERARM	\$35

## BROWS

BROW TINT	\$45
BROW DESIGN	\$45

*We are pleased to offer preferred pricing for our members.*





## MANICURES

### AROMATHERAPY MANICURE

50 minutes

Mon-Sun \$60

A healthy twist on a regular manicure. This deluxe treatment incorporates a unique multi-acid peel for hand exfoliation based on a 20 percent multi-acid complex, a moisturizing nail oil, a hand soak in muscle-relieving minerals and essential oils, and a massage based on geranium, grapefruit, and lavender essences. All followed by the most comprehensive nail service to complete this one-of-a-kind experience.

### GENTLEMAN'S MANICURE

50 minutes

Mon-Sun \$60

This treatment provides hydration and exfoliation using products that appeal to a gentleman's senses. Includes a file, soak, groom, massage, and buff.

### HUNGARIAN MANICURE

50 minutes

Mon-Sun \$60

Beauty and self care go hand-in-hand. Revitalize your hands with this soothing and restorative spa manicure. Begin with a relaxing hand soak and gentle exfoliation using a mineral-rich Hungarian Gold Scrub, and then experience a luxurious hand massage with a deeply hydrating body oil. Complete this pampering ritual with your choice of polish.

### POLISH CHANGE

30 minutes

Mon-Sun \$30

### GEL REMOVAL

15 minutes

Mon-Sun \$15



## PEDICURES

### AROMATHERAPY PEDICURE

50 minutes

Mon-Sun \$80

This pedicure helps to stimulate circulation as well as revitalize and re-mineralize tired feet. Lavender-scented towels envelope the feet to prepare for a gentle, yet thorough exfoliation using mineral-rich salts mixed with nourishing, invigorating oils. Following the exfoliation, feet are immersed in a soothing foot soak with magnesium salts and trace elements. A massage with invigorating Kerstin Florian Fuss Balm concludes this revitalizing experience.

### GENTLEMAN'S PEDICURE

50 minutes

Mon-Sun \$80

A delightful and relaxing experience. Includes a file, soak, groom, massage, and buff to renew and re-energize your feet.

### HUNGARIAN PEDICURE

50 minutes

Mon-Sun \$80

Experience the luxury of self care from the ground up. Indulge in a purifying foot and nail treatment harnessing the healing properties of mineral-rich Hungarian moor mud. Enjoy a relaxing footbath with restorative sea salt and Gold Scrub exfoliation, followed by an invigorating foot and leg massage with soothing body oil. Finish this spa ritual with your choice of polish.

*We are pleased to offer preferred pricing for our members.*





## MIDDAY HIDEAWAY

Mon-Thur between 11 a.m. and 1 p.m.  
Choose from any of the following 25-minute services:

Canyon Ranch Massage	\$100
Deep Tissue Massage	\$110
Sole Rejuvenation	\$100
Reflexology	\$110
Express Facial	\$120
Hydrafacial MD®	\$165

*We are pleased to offer preferred pricing for our members.*



## CELEBRATION SUITE

Half Day (4 hours) / Full Day (8 hours)

Call 817-502-6275 for booking and pricing inquiries

Our Celebration Suite is for the special moments. This is where we craft unforgettable events, tailored to whatever your heart desires. We'll not only play host to the festivities, but also assist in any of your planning needs. Our Group Sales Manager will be on-hand to ensure everything runs smoothly, from coordinating food and beverage requests to arranging any services you may require and fulfilling whatever flights of fancy you can think of. We've considered every detail, so you can relax and fully immerse yourself in a celebration to remember.

Whether it's a family reunion or a get-together with your closest friends, this elegant venue is the perfect space for an incredible experience. The Celebration Suite is approximately 550 square feet — perfect for dinners, parties, and intimate gatherings, all within eyeshot of our second floor salon and spa.



## PERSONAL TRAINING

### INDIVIDUAL TRAINING SESSION

50 minutes  
\$155  
Private Fitness Training  
Private Yoga Training  
*Package Pricing Available*

### REFORMER PILATES TRAINING

Private Pilates: 50 minutes  
\$110  
Semi-Private: 50 minutes  
\$60

### GROUP TRAINING SESSION

Medium groups (4-7 people)  
50 minutes  
\$400 per class  
Large groups (8-10 people)  
50 minutes  
\$450 per class

*We are pleased to offer preferred pricing for our members.*





## SPORTS HEALTH

### MOVEMENT ANALYSIS

50 minutes

Mon-Sun \$175

A comprehensive assessment of the body's movement patterns and range of motion to implement a corrective strategy to improve muscular imbalances and facilitate pain free exercise.

### GAIT ANALYSIS BY NORAXON™

50 minutes

Mon-Sun \$225

Human movement is one of our most basic yet complex skills. Your brain seamlessly orchestrates the functions, interactions, and timing of each joint and muscle in your arms, legs, and feet. This 50-minute session, facilitated by our Sports Health Practitioner uses the state-of-the-art myoMOTION™ Gait Analysis system of high-speed video, pressure sensors, and time-space analysis to evaluate your joint health and identify issues that may limit your movement. Starting with walking and working up to your performance pace, we'll help you identify ways to improve movement efficiency. Bring your favorite walking or running shoes and orthotics if you use them. Leave with a plan to improve your gait performance, through strengthening exercises, stretches, and balance and mobility drills.

### BOOST TREADMILL

25 minutes / 50 minutes / 10 pack (25 minutes each session)

\$30 / \$50 / \$275

Whether you're returning from an injury or in the midst of training, utilizing the Boost Microgravity Treadmill enables you to deload up to 80 percent of your body weight and train with a reduced impact.

### POSTURE ANALYSIS & PLAN

50 minutes

Mon-Sun \$175

An evaluation of the common postural faults to identify imbalances or deviations from ideal alignment that have caused pain, discomfort or movement issues.

### CORRECTIVE EXERCISE

4 pack (25 minutes each session)

Mon-Sun \$350

Training sessions that focus on proper form for a specific movement pattern.

### PERFORMANCE ASSESSMENT

50 minutes

Mon-Sun \$300

Are you trying to improve your sports performance? Joint limitations, restrictions, mobility issues, and asymmetries all will become anchors to your performance. This evaluation is designed specifically to determine if you have any of the above and how you can change them. Taking away the physical causes of limitation leads to you being able to reach new levels of performance.

### HIKING PERFORMANCE

50 minutes

Mon-Sun \$300

Work with our Sports Health Practitioner to assess and improve your hiking performance with the state-of-the-art myoMOTION® Gait Analysis system.

### RUNNING PERFORMANCE

50 minutes

Mon-Sun \$225

Assess and improve your running performance alongside our Sports Health Practitioner using the cutting edge myoMOTION® Gait Analysis system.

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## PERFORMANCE SCIENCE

### PERFORMANCE SCIENCE ASSESSMENT & PLAN

Two-part service

Mon-Sun \$350

**Part I (50 minutes)** – Take your athletic performance to the next level.

Undergo state-of-the-art fitness testing conducted by a performance scientist with years of experience assisting premier athletes.

Possible tests include VO2 max testing, various muscle strength tests, endurance testing, and power assessments. You and your performance scientist will determine the most useful tests for you.

(NOTE: Please arrive for the PSA in a rested and well-digested state. Avoid strenuous activity the day of the testing, stay hydrated, and no large meals within 2 hours of testing).

**Part II (50 minutes)** – Your performance scientist will interpret your test results, comparing your scores to data averages and then setting goals for improvement. Take home a customized and detailed workout plan to ensure you reach performance goals.

### RX FOR EXERCISE

50 minutes

Mon-Sun \$175

Kick-start an exercise program to help you get in better shape, or get a fresh take on your current workout routine. Our performance scientists at the Club help you increase cardiovascular fitness/stamina, muscle mass, and strength, or improve endurance, core stability, balance, bone density, flexibility, and target heart rate determination. A performance scientist will design a take-home program based on your goals, interests, physical abilities, and available facilities. For all ages and fitness levels. Includes exercise for specialized needs and bone health.

### BALANCE ASSESSMENT

50 minutes

Mon-Sun \$175

Using state-of-the-art Biodex equipment, a performance scientist at the Club assesses your fall risk, balance, and proprioception (your sense of where you are in space). You'll receive a targeted plan to improve balance and mind-body communication.

### BODY COMPOSITION SCREENING

25 minutes

Mon-Sun \$95

The Bod Pod® is used in scientific research to accurately measure body fat percentage and fat-free mass, which are key indicators of your metabolism, health, vitality, and performance. Learn if you have the right fat-free mass for your goals after two 40-second measurements in The Bod Pod®. A performance scientist will interpret your results and calculate your ideal body weight for your health. For accurate results: Avoid heavy meals or vigorous exercise 60 minutes prior to testing. We recommend women wear minimal clothing such as a bathing suit or a sports bra with tight-fitting shorts/leggings and men wear tight-fitting underwear.

### COMPREHENSIVE EXERCISE ASSESSMENT

Two-part service

Mon-Sun \$350

Find out how your fitness level compares with others your age. You can retake these tests over time to see the impact of your exercise program. **Part I (50 minutes)** – Physical Assessment:

- Bod Pod® body composition test to measure body fat and fat-free mass
- Submaximal treadmill test to estimate VO2 max and determine target heart rate
- Bench press and grip-strength test to assess your upper body strength
- Force plate or sit-to-stand test analysis of your lower body power and strength

**Part II (50 minutes)** – Personalized Program Plan:

- Your performance scientist gives you a full review of all test results and creates a personalized exercise prescription to meet your goals.

### METABOLIC ASSESSMENT

Two-part service

Mon-Sun \$350

Determine your aerobic fitness level using a submaximal exercise protocol and learn how many calories you expend while working out. This is recommended if you want to change your body composition, learn the most effective way to burn body fat, determine your anabolic threshold, increase stamina and fitness, and improve sports performance.

**Part I (50 minutes)** – A performance scientist administers a submaximal exercise test. Testing is done while you exercise indoors on cardiovascular equipment such as a treadmill or stationary bike.

**Part II (50 minutes)** – Your performance scientist will explain your results and design an exercise program to maximize your workouts and enhance your training program.

*We are pleased to offer preferred pricing for our members.*



## COACHING

These services are offered only via virtual sessions.

### HEALTH COACHING

25 / 50 minutes

Mon-Sun \$90 / \$175

Behavior change is hard and having a partner can help. A health and performance coach enables you to identify the areas of your health and well-being that matter most to set clear intentions. Together, you'll both create a solid plan to achieve your goals. Utilizing a strength-based and holistic approach, this coaching partnership helps build motivation and empowerment, personalize and set realistic strategies for self care, and provide support so you can achieve short and long-term sustainable results. Virtual only.

### HEALTH COACHING - 10 SESSION PACKAGE

25 / 50 minutes

Mon-Sun \$800 / \$1600

Keep the momentum going with 10 sessions of personalized coaching. Our health and performance coach is here to support you in achieving and maintaining the wellness goals you created. We'll celebrate progress and achievements, discuss any challenges you face, and reflect on what you continue to learn on your journey toward a healthier way of life.



## NUTRITION

These services are offered only via virtual sessions.

### BUILDING MUSCLE

50 minutes Mon-Sun \$200

Nutrition plays a key role in building and maintaining muscles. That's why we eat to fuel and replenish: for a strong, healthy body. Get a customized nutrition plan to achieve your health and performance goals by working with a Canyon Ranch nutritionist. You'll receive practical nutrition strategies to support your body before, during, and after workouts to build muscle and restore energy throughout the day.

### DIGESTIVE WELLNESS

50 minutes Mon-Sun \$200

Your gut health – how well you digest, absorb, and metabolize nutrients and eliminate waste – is essential to your overall health and vitality. Meet with a registered dietitian/nutritionist to assess your diet and identify potential toxins or irritants. You'll receive personalized strategies to treat digestive conditions or problems, including recommendations about healing foods, supplementation, and avenues toward achieving optimal gut health. Learn food strategies for improving any condition that may concern you: constipation, food allergies, GERD, gluten intolerance, irritable bowel syndrome, and supporting your microbiome.

### FUELING YOUR PERFORMANCE

50 minutes Mon-Sun \$200

In this personalized coaching session, a licensed nutritionist will work with you to determine the best food and fueling strategies to optimize your performance. Whether you're focused on physical performance, mental performance, or both, you'll leave with a clear, practical, and individualized plan for success. This nutrition plan will support your unique needs and goals, while also being sustainable and easy to incorporate into your daily routine.

### HEALTHY EATING

50 minutes Mon-Sun \$200

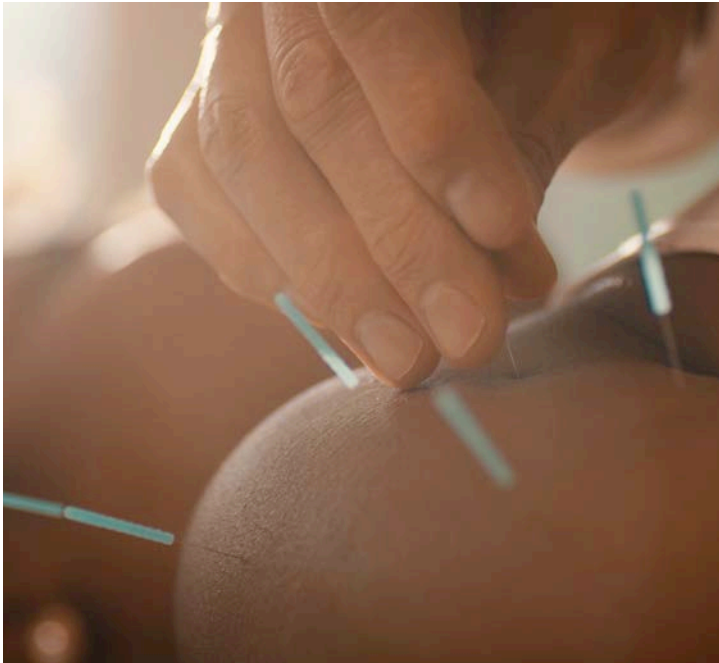
Get expert advice on everyday nutrition and how best to feed yourself and your family for optimal health and well-being. This entry-level consultation may be customized to suit your needs and interests, including: dining-on-the-go, eating for energy, eating well at college, feeding healthy kids, healthy aging, plant-based eating, practical portions, and eating for better sleep.

### NUTRITION FOLLOW-UP PACKAGE

Four sessions / 25 minutes Mon-Sun \$320

Looking for sustainable lifestyle change? A follow-up diet and nutrition coaching package will help you stay committed to your goals. Includes any combination of four 25-minute phone or video sessions or email exchanges with your nutritionist. Check in, review your progress, and get the support, accountability, and guidance you need. For ongoing support and great value, you may schedule additional food coaching packages. Additional sessions are \$90 each.

*We are pleased to offer preferred pricing for our members.*



## ACUPUNCTURE

### ACUPUNCTURE

50 minutes

Mon-Thurs \$150

Experience enhanced healing and a more balanced state of being. This traditional 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, and stress relief. A session with a licensed acupuncturist helps balance your body's energy (chi), stimulates natural healing processes, and aids in relaxation.



## SPIRITUAL WELLNESS

These services are offered only via virtual sessions.

### CULTIVATE A LIFE OF PURPOSE

50 minutes

Mon-Sun \$240

In this personalized life review, you'll identify your core values, connect with what matters most, and gain daily practices to bring more contentment to your life.

### SPIRITUAL GUIDANCE

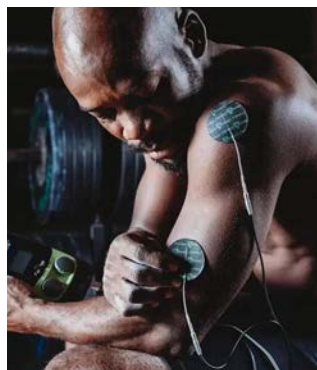
50 minutes

Mon-Sun \$240

Explore your deepest questions with a trusted spiritual guide and seek more joy, manage stress, find meaning, or just become your best self.



## A STATE-OF-THE-ART RECOVERY SPACE



Experience our first-ever CR Vitality space, designed by scientists and doctors to incorporate the latest technologies, treatments, and strategies to help increase energy, improve recovery and regeneration, aid in sleep, and improve overall vitality. Try out the latest state-of-the-art, high-tech health and performance tools and discover what works for you.

Access to this innovative space is provided to members and day-pass guests of the Canyon Ranch Wellness Club + Spa at no extra cost.

## CR VITALITY | EQUIPMENT & TREATMENTS

### RED LIGHT THERAPY

Enjoy a red light (photobiomodulation) therapy bed that also includes frequency massage. A zero-gravity bed that uses red and infrared light to help reduce pain and discomfort and aid in the reversal of the signs of aging to promote whole body wellness.

### NEURO STIMULATION

Shiftwave® applies pulsed pressure waves to the body, restoring users to optimal readiness, rebalancing the nervous systems, increasing or decreasing arousal levels, reducing pain, and helping to prepare for better sleep.

### INFRARED SAUNA

Soak in the benefits of a dry heat sauna with vibration massage and Himalayan ionic salt-air infusion for face cooling. Can also be valuable for anyone looking for heart acclimation protocols in preparation for hot climates.

### MUSCLE STIMULATION

Used by professional athletes for years, our Marc Pro® muscle conditioning device helps you increase blood flow, reduce pain, and speed recovery time using Neuromuscular Electrical Stimulation (NMES) to help increase oxygenated blood to specific muscles, aiding in recuperation.

### ROLLING RECOVERY

Lymphatic massage rollers that improve blood flow for overall health and may help improve skin appearance and reduce cellulite.

### PERCUSSION & COMPRESSION

Harness our dynamic air compression and percussion treatments to advance your wellness, recover faster, improve your training, and maximize your performance with our pneumatic and percussion therapy systems by Hyperice® and Therabody®.

# HOW TO SPA

## SCHEDULING AN APPOINTMENT

To schedule an appointment, please contact the spa reservations team at (682) 786-4656 or (682) 786-4659. Our expert staff can guide you to the perfect service for your needs. To ensure your preferred time and service is available, we recommend booking in advance. All spa services will need to be booked with a credit card.

## ARRIVAL

For the ultimate spa experience, we recommend arriving one hour prior to your scheduled service time to relax and unwind in our spa facilities before your treatment. Spa access is only valid for guests enjoying services of 50 minutes or above.

## CANCELLATION POLICY

A 100 percent charge will be incurred for any treatment not canceled at least 24 hours prior to your scheduled time. Late arrival will result in a shortened treatment time.

## SPA ETIQUETTE

Our spa environment is one of relaxation and tranquility. Please respect all spa guests' right to privacy and serenity. In light of this, the spa is a mobile phone-, camera-, and smoke-free zone.

## HEALTH CONDITIONS

Kindly advise us of any health conditions, allergies, or injuries which could affect your choice of treatment when making your spa reservation.

## PREGNANCY

We have specially designed treatments for expectant mothers. Please allow our spa team to guide you in selecting treatments that are suitable during this special time.

## VALUABLES

The spa accepts no responsibility for the loss of valuables and jewelry at any time on the spa premises.

## LOST PROPERTY

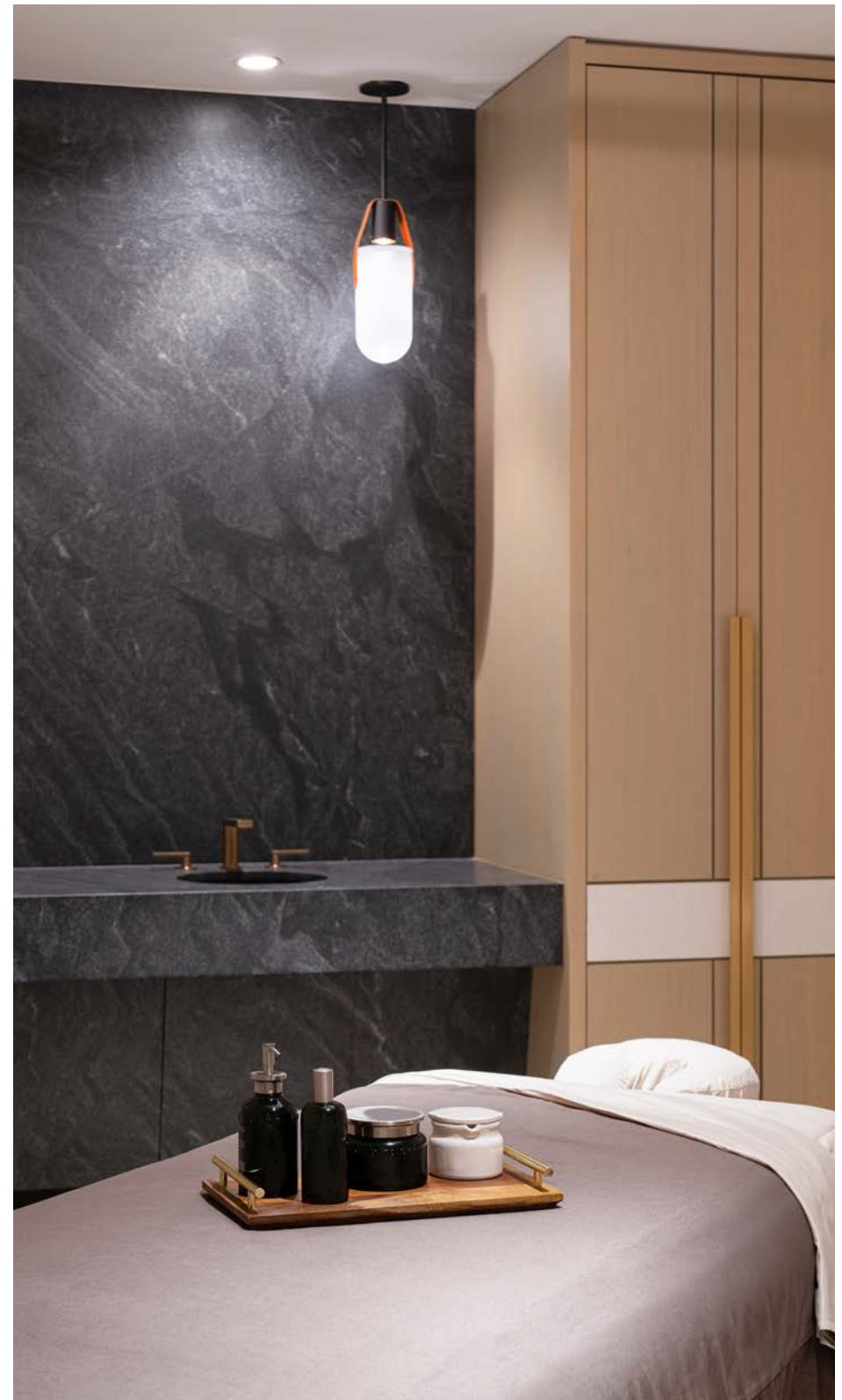
All lost property found on the premises will be stored for 30 days. If items are not collected within this time they will be donated to local charities. Liquids, undergarments, and hair brushes are kept for 24 hours only.

## PRICES

All prices are quoted in \$USD and are subject to change at any time. For your convenience, a 23 percent service charge will be added to your final bill.

## MINORS POLICY

Guests must be at least 14 years of age to access the spa facilities and receive body treatments, massages, and facials. Must be accompanied by parent or guardian at all times.





# VISIT US

## DAILY HOURS

SPA  
8AM - 8PM

FITNESS  
5AM - 9PM

SALON  
9AM - 7PM

CR VITALITY  
MON-FRI 5:30AM-8PM  
SAT-SUN 8AM-5PM

To schedule an appointment, please call (682) 786-4656  
for the spa or (682) 786-4650 for fitness.  
Or use the Canyon Ranch App on iPhone or Android.

Canyon Ranch Fort Worth Wellness Club + Spa  
850 Van Cliburn Way, Fort Worth, TX  
First Floor for Fitness, Second Floor for Spa/Salon,  
Third Floor for CR Vitality

CANYONRANCH®  
FORT WORTH • WELLNESS CLUB + SPA