

# SERVICE CATALOG

For a complete listing of our services, please visit [canyonranch.com/tucson/services/](https://canyonranch.com/tucson/services/)



CANYONRANCH.  
TUCSON

# CONTENTS

## 3 WELCOME

## 5 HEALTH & PERFORMANCE

### 5 Personalized Medicine

5 Integrative, Precise, Preventive

6 Sleep Medicine

### 7 Alternative Medicine

### 8 Sports Medicine

### 10 Performance Science

### 12 CR Vitality

## 13 NUTRITION & FOOD

13 Nutrition

14 Cooking for Fun, Pleasure & Health

## 15 MIND & SPIRIT

### 15 Mental Health & Wellness

### 17 Spiritual Wellness

## 19 FITNESS & MOVEMENT

### 19 Personal Training

### 21 Outdoor Sports

21 Group Adventures

22 High Ropes Adventures

22 Private Adventures

23 Racquet Sports

## 24 SPA & BEAUTY

### 24 Medical Aesthetics

### 26 Facial Treatments

### 28 Salon

28 Hair Care & Makeup

29 Nail Care

### 30 Massage & Bodywork

30 Ayurvedic Treatments

30 Eastern Therapies

31 Body Treatments

33 Energy Therapies

33 Massage

## 36 SPECIALTIES

### 36 Metaphysical

38 For Guests with Cancer

38 Maternity

38 Teen Services



@CanyonRanch

#LiveCanyonRanch

## WELCOME

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: three-, five-, and seven-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.

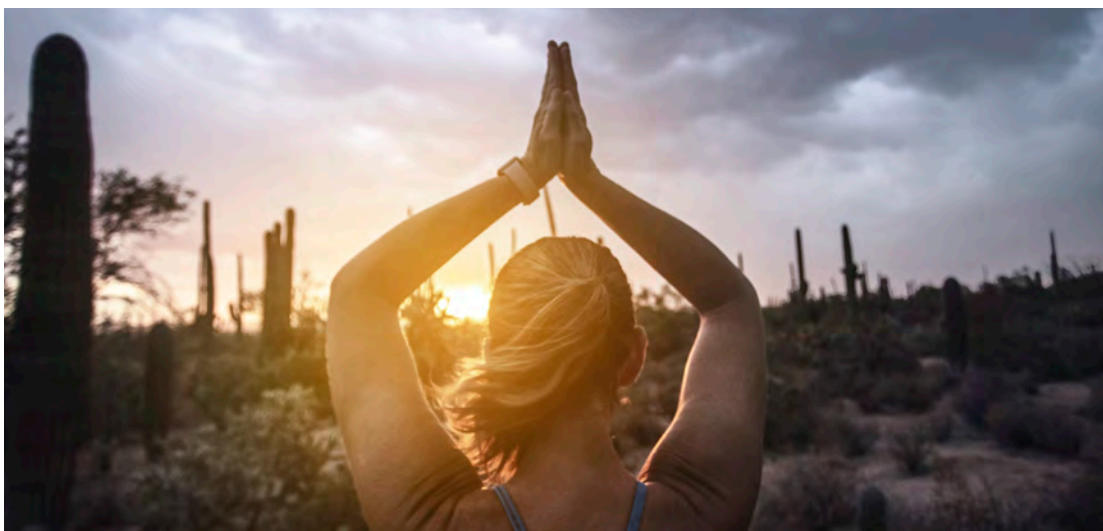
Throughout your stay, you'll be guided and inspired by our diverse team of wellness experts working together for you. They apply their wealth of knowledge and experience from 40+ years of practicing integrative, evidence-based care to support your wellness goals. And they meet you where you are as a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

Not sure where to start? Talk with a Wellness Guide. You can call in advance or meet early in your stay with an advisor who's your guide to the best experiences and activities to make your Ranch stay more than you hoped.

This is your chance for an in-depth exploration of your passions, changes you'd like to make, and new things you'd like to try.

Your Wellness Guide 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 Wellness Guide will arrange and schedule every detail for you. All you need to do is relax and enjoy your stay.

*Feel free to call a Wellness Guide before you arrive at 800-729-8090, or visit or contact a guide at Ext. 44338 on property.*



# YOU'LL LOVE OUR SECRET INGREDIENT

When Mel Zuckerman founded canyon ranch in 1979, he wanted to share his vision of 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.

Since its founding, Canyon Ranch has continued to be innovative and forward-thinking so guests can discover the latest and tested treatments and experiences to become holistically well. Through our unhurried private consults, eye-opening services, and experiences that expand your mind, body, and spirit, our Health, Performance & 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 life's purpose and path.

## LEARN TO THRIVE

No mincing words: life can be challenging.  
Cultivate the resiliency skills you need to weather any storm and create your safe harbor.

## LOVE YOUR LIFE

Loving **your whole self**—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

”





# PERSONALIZED MEDICINE

## INTEGRATIVE, 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:

- Approaching disease prevention from primary, secondary, and tertiary risk factors
- Your biomarkers and their impact on your health
- Your tendency toward inflammation
- Your body composition and bone density
- Your cardiovascular and cerebrovascular risk factors

### PERSONALIZED PHYSICIAN CONSULTATION

25 minutes | \$230

50 minutes | \$410

Experience truly modern medicine. Integrating the best conventional and complementary approaches, a Canyon Ranch physician guides you toward optimal health. 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 diagnostic and laboratory tests that provide a comprehensive view of your health. It's an exceptional value on an invaluable service.

*Note: Diagnostics and tests are not included and may have additional fees.*

### DEXA BODY COMPOSITION

Two-part service | \$515

The accurate assessment of body composition will help your physician, nutritionist, and performance scientist 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 and advises you about reducing your risk for disease.

**Part II (50 minutes)** – Meet with a Performance Scientist who interprets the test data and helps you set realistic goals for muscle mass and body fat levels.

### DEXA BODY COMPOSITION & BONE DENSITY EVALUATION

Two-part service | \$795

This two-part service offers a state-of-the-art DEXA (Dual Energy X-Ray Absorptiometry) scan to diagnose measurement of your total body fat, lean tissue, visceral fat, and bone density. This information will help your Canyon Ranch medical providers develop a personalized exercise plan to get you to your healthy body weight, muscle mass, and bone mass goals.

Note: This test uses a low level of radiation and requires the removal of metal objects from the body.

**Part I (50 minutes)** – DEXA Scan Test

A physician administers the DEXA scan test and uses your results to advise on disease-risk reduction.

**Part II (50 minutes)** – Personalized Exercise Plan

A Performance Scientist interprets your test results and designs a personalized exercise plan.

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 & Performance services, which you can submit to your Flexible Spending Account (FSA) or use for tax purposes. Please note, all Health & Performance providers have opted out of Medicare.

# PERSONALIZED MEDICINE

## OSTEOPOROSIS PREVENTION & BONE DENSITY EVALUATION

**Two-part service | \$745**

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.

**Part I (50 minutes)** – 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 test results as a baseline in health planning. Men at risk, smokers, and people over 60 should also consider this service—at-risk individuals receive valuable advice about exercise and calcium replacement.

**Part II (50 minutes)** – A Performance Scientist interprets your test data and helps you design an exercise program to build muscle mass, increase bone density, and reduce the risk of osteopenia/osteoporosis.

## PERSONALIZED SPORTS MEDICINE CONSULTATION

**25 minutes | \$230**

**50 minutes | \$410**

A Canyon Ranch Board-Certified Sports Medicine physician will consult with you on all aspects of orthopedic and sports health. This includes the professional evaluation of muscle, joint, or tendon injuries and exercise-related health problems toward optimal health and healing. You may receive recommendations for imaging, non-invasive orthopedic procedures, or other modalities.

## NON-OPERATIVE ORTHOPEDIC PROCEDURE

**50 minutes | \$960**

A Canyon Ranch Board Certified Sports Medicine Physician will perform an appropriate non-surgical procedure(s) for a joint and musculoskeletal injury, such as Platelet-Rich Plasma (PRP) injection. Health benefits may include reduced pain with movement, stimulation of the healing process, shortening healing time for injuries, and more.

Please note: A personalized sports medicine consultation is required prior to booking this service.

## VASCULAR ULTRASOUND

**Two-part service | Varies**

**25 minutes/Carotid | \$575**

**50 minutes/Carotid and CIMT | \$960**

**150 minutes/Comprehensive | \$2,600**

**25 minute follow-up appointment with a physician | \$230**

**Part I (varies)** – This non-invasive testing evaluates blood flow in the arteries and veins outside the heart. It can detect plaque, narrowing, blockages, blood clots, incompetent valves and aneurysms, and provide information regarding cardiovascular and stroke risk levels.

**Part II (25 minutes)** – Results of your ultrasound test are reviewed and discussed with a physician during this follow-up consultation.

## SLEEP MEDICINE

### SLEEP DISORDER CONSULTATION

**25 minutes | \$230**

**50 minutes | \$410**

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

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

### SLEEP SCREENING

**Overnight with follow-up | \$750**

Sleep disruption is a major challenge for millions of people. This unmonitored, overnight sleep screening test, done in the comfort of your room, uses a one-time use, FDA-approved portable sleep device to determine periods of apnea and wake or sleep states. The device utilizes 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.

# ALTERNATIVE MEDICINE

## ACUPHORIA

50 minutes | \$250

Experience traditional acupuncture with an expert practitioner who uses holistic, evidence-based techniques from Chinese Medicine to enhance relaxation and encourage a natural state of euphoria. De-stress at the beginning of your getaway so you can enjoy all the activities and experiences ahead of you.

## ACUPUNCTURE

50 minutes | \$250

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 problems 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 | \$440

The session features specialized acupuncture used extensively in China to decrease 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.

*Note: Two or more Acupuncture for Healthy Weight Loss follow-up sessions (50 minutes each) close together are recommended for maximum benefit.*

## ACUTONICS

50 minutes | \$250

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 | \$250

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 other medical conditions. After a traditional evaluation that includes pulse and tongue diagnosis, a Chinese medicine practitioner offers herbal, dietary, and lifestyle recommendations that address your personal needs. A detailed report on the herbs recommended will be sent to you. Follow-up consultations are available by phone.

## CHINESE VITALITY CONSULTATION

110 minutes | \$440

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

## NEW HOLISTIC ENERGY OPTIMIZATION

50 minutes | \$250

This energy balancing session blends ancient wisdom with modern techniques to improve your well-being by focusing on your unique energy system. Through muscle testing and energy balancing, this service relieves stress, balances emotions, and clears energetic blockages, helping you feel more empowered and aligned.

# SPORTS MEDICINE



## **NEW ARTHRITIS EVALUATION**

**50 minutes | \$350**

Arthritis can have a significant impact on our quality of life and overall well-being. The purpose of this evaluation is to determine strategies to help stop the progression of arthritis and protect other joints from becoming arthritic.

## **BLOOD FLOW RESTRICTION THERAPY**

**25 minutes | \$175**

During this personalized session, a Sports Medicine expert at Canyon Ranch will combine low-intensity exercise with blood-flow restriction to accelerate your body's response to resistance training. Benefits of blood flow restriction include accelerated muscle growth and healing. *Musculoskeletal & Joint Assessment 50 minutes must be completed to ensure no contraindications for this service.*

### **Complimentary**

## **FOOTWEAR FITTING**

**45 minutes**

Optimizing the shoe-foot interface is critical to lower extremity health. Our professional footwear expert will use pressure-sensing technology to make personalized orthotic and footwear recommendations to help you choose the right shoes for walking, running, fitness, and more. *Additional charges for footwear apply.*

## **NEW LOW BACK PAIN EVALUATION**

**50 minutes | \$350**

Low back pain affects 80% or more of the population – and while it is a complicated problem, there are effective solutions available. This evaluation works to pinpoint potential pain generators, identify how injuries or irritations occurred, and determine solutions for relief based on your individual findings.

## **MUSCULOSKELETAL & JOINT ASSESSMENT**

**50 minutes | \$350**

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 sports medicine specialist can help. You'll have a full musculoskeletal evaluation to identify areas of impaired movement, function, mobility, or pain. In addition, you'll receive a customized therapeutic exercise program, including home care plans for a return to optimal function and injury prevention.



# SPORTS MEDICINE

## MEDICAL GAIT ANALYSIS

50 minutes | \$350

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 medicine experts, 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 will 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, plus balance and mobility drills.

## NEW PERFORMANCE ASSESSMENT

50 minutes | \$350

Seeking to improve your sports performance? Joint limitations, restrictions, mobility issues, and asymmetries all can hinder your potential. This evaluation is designed to identify any of these setbacks and provide strategies for change and improvement. Caring for these physical limitations can help you reach new levels of performance.

## RACQUETFIT™ RACQUET HEALTH PROGRAM

Two-part service | \$570

Our two-part racquet health service uses holistic approaches and innovative technologies developed by RacquetFit™ to help tennis or pickleball players improve their performance on the court.

**Part I (50 minutes)** – Elevate your tennis or pickleball performance to the next level with a RacquetFit™ screening. A profile of your specific physical movements on the court helps you achieve optimal swing mechanics – and our RacquetFit™ certified Sports Medicine Provider will give you a personalized plan to improve your functional movement capabilities.

**Part II (50 minutes)** – Our RacquetFit™ certified Performance Scientists use insights from your screening to create a strength and conditioning program designed to help you optimize your game with reduced risk of strain or injury.

## RUNNING PERFORMANCE

50 minutes | \$350

Whether you're a seasoned jogger, a dedicated runner, or just starting out, our Sports Medicine specialists will lead you in this 50-minute service, which uses the cutting-edge myoMOTION™ Gait Analysis system from Noraxon. This system uses high-speed video, pressure sensors, and time-space analysis to evaluate your joint health and gait while jogging or running. From a walking analysis to reaching your performance pace, we guide you in enhancing your movement efficiency and addressing any musculoskeletal issues. Bring your preferred running shoes and orthotics, if you use them, and walk away with a personalized plan to enhance your performance and safeguard against potential injuries.

## HIKING PERFORMANCE

50 minutes | \$350

This 50-minute session, led by our Sports Medicine experts, uses the state-of-the-art myoMOTION™ Gait Analysis system. Benefit from high-speed video, pressure sensors, and time-space analysis to evaluate your joint health and identify issues that may be limiting your movement. Begin by walking in your favorite hiking shoes before working up to your hiking performance pace, and we'll help identify ways you can improve your movement and address any musculoskeletal issues. Leave with a plan to improve your performance and prevent injury on the trail.

## TPI™ GOLF HEALTH PROGRAM

Two-part service | \$570

Our TPI™ certified fitness professionals will use insights from your TPI™ assessment to create a strength and conditioning program designed to help you hit longer shots with reduced risk of strain or injury.

**Part I (50 minutes)** – Prepare to elevate your golf performance to the next level by taking the TPI™ assessment. This profile of your mobility, stability, and coordination helps you understand how each affects your optimal golf swing. Our TPI™ certified professionals will give you a personalized plan to improve your functional movement capabilities.

**Part II (50 minutes)** – Our TPI™ certified fitness professionals will use insights from your TPI™ assessment to create a strength and conditioning program designed to help you hit longer shots with reduced risk of strain or injury.

# PERFORMANCE SCIENCE



## BALANCE ASSESSMENT

50 minutes | \$220

Using state-of-the-art Biodex equipment, a Performance Scientist 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 | \$130

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 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 | \$420

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.

## NEW HYDRATION TESTING

Two-part service | \$460

Hydration is key to optimal performance. In part one of this service, work with a performance scientist to collect and analyze your sweat in real-time. In part two, review the results of your sweat test with a nutritionist and go over your unique fluid and sodium requirements. Then develop a personalized plan tailored to your daily needs and any specific exercise demands, ensuring top health and performance.

# PERFORMANCE SCIENCE



## VO2 MAX ASSESSMENT

Two-part service | \$420

Determine your aerobic fitness level (VO2 max) and learn how many calories you burn when you work out. This is recommended if you want to change your body composition, learn the most effective way to burn body fat, determine your anaerobic threshold, increase stamina and fitness, or 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.

## RACQUETFIT™ RACQUET HEALTH PROGRAM

Two-part service | \$570

Our two-part racquet health service uses holistic approaches and innovative technologies developed by RacquetFit™ to help tennis or pickleball players improve their performance on the court.

**Part I (50 minutes)** – Elevate your tennis or pickleball performance to the next level with a RacquetFit™ screening. A profile of your specific physical movements on the court helps you achieve optimal swing mechanics—and our RacquetFit™ certified Sports Medicine Provider will give you a personalized plan to improve your functional movement capabilities.

**Part II (50 minutes)** – Our RacquetFit™ certified Performance Scientists use insights from your screening to create a strength and conditioning program designed to help you optimize your game with reduced risk of strain or injury.

## RX FOR EXERCISE

50 minutes | \$220

Kick-start an exercise program or get a fresh take on your current routine. Our experts 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 designs a take-home program based on your goals, interests, physical abilities, and available facilities. For all ages and fitness levels.

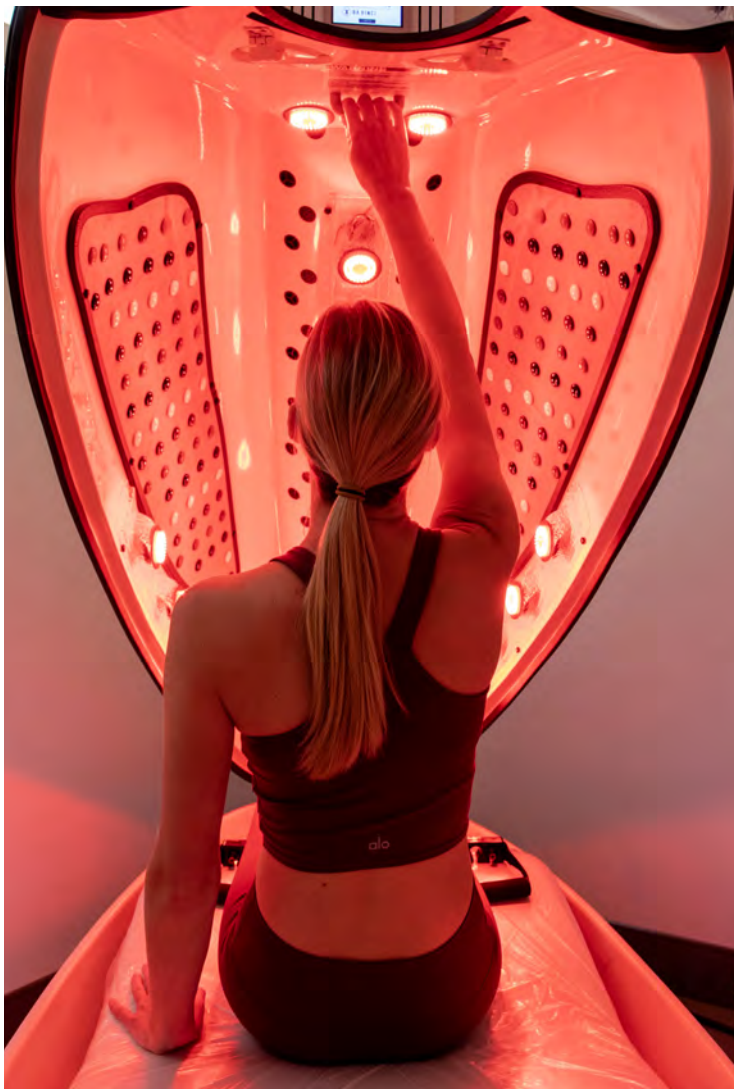


# CR VITALITY

## IN THE CENTER FOR LIFE ENHANCEMENT

Take your wellness routine to the next level with our new collection of dedicated recovery spaces. Featuring equipment from our Health & Performance experts, each space aims to improve energy, recovery, regeneration, sleep, and overall vitality. Try out the latest state-of-the-art, high-tech health and performance tools and discover what works for you.

### FEATURED TOOLS & TECH



#### NEURO STIMULATION

Unwind with a zero-gravity recliner where microprocessor-controlled pulsed pressure waves work to reset the nervous system. Or explore innovative sound and vibration tech for reduced stress, improved sleep, and deep calm.

#### LIGHT THERAPY

Harness the whole-body benefits of red and infrared light therapy. Reduce pain, reverse signs of aging, ease training fatigue, and more.

#### MUSCLE STIMULATION & BLOOD FLOW

Stimulate overworked muscles with Neuromuscular Electrical Stimulation (NMES), which uses small electrical signals to help increase blood flow, reduce pain, and speed recovery time.

#### INFRARED SAUNA POD

Benefit from vibration massage, ionic Himalayan salt-air infusion, sauna, and infrared waves in this comfortable cocoon. May aid in reducing inflammation, relieving stress, lowering blood pressure, and preparing your heart for hot climates.

#### HYPERICE & THERABODY®

Test out cutting-edge percussion and pneumatic compression therapy tools by Hyperice and Therabody®. Plus, try hot and cold treatments for enhanced recovery or self-myofascial release (SMR) therapies for easing muscle soreness, improving mobility, and more.

**INCLUDES ACCESS TO OUR PRIVATE  
LOCKER ROOMS FEATURING A COLD  
PLUNGE, HOT TUB, AND STEAM ROOM.**

### A SIMPLE DAILY RATE GRANTS YOU ACCESS TO IT ALL

To book, please contact your Wellness Guide or visit us at CR Vitality – located in Canyon Ranch Tucson's Center for Life Enhancement, between the men's and women's locker rooms.

Now open daily from 10 A.M. to 7 P.M.



# NUTRITION & FOOD

## **BUILDING MUSCLE**

**50 minutes | \$220**

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.

## **CONTINUOUS GLUCOSE MONITOR FOLLOW-UP & EDUCATION**

**50 minutes | \$220**

Unlock the details of your continuous glucose monitor (CGM) data and get expert nutritional advice on how food choices, stress, and exercise impact your body's ability to maintain optimal blood glucose levels.

*This service should only be scheduled after a CGM Application service has been performed.*

## **NEW DIET SCORE**

**Two-part service | \$525**

Put your current diet to the test with the Canyon Ranch Diet Score. In this two-part service, your diet is first analyzed with our specialized software to provide insights into your nutrient intake and diet as a whole. Then, you receive a personalized score, gauging both your health span and life span potential, before collaborating with our expert team of nutritionists to develop strategies for improvement based on the results.

## **DIGESTIVE WELLNESS**

**50 minutes | \$220**

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 any condition that may concern you:

- Constipation ■ Food allergies ■ GERD
- Gluten intolerance ■ Irritable bowel syndrome
- Supporting your microbiome

*Note: GI Lab evaluation may be recommended. Lab fees vary.*

## **FASTEST MEALS IMAGINABLE**

**50 minutes | \$250**

Want to cook healthy meals for you and your family but don't have much time? This idea-packed session helps you create a repertoire of fast, easy, delicious, and well-balanced meals. Take home the latest edition of our cookbook filled with quick meal and snack ideas, shopping lists, and recipes created with convenience, flavor, and nutrition in mind.

*Note: This is not a cooking class.*

## **FUELING FOR LONGEVITY**

**50 minutes | \$220**

In this personalized coaching session, you'll work with a world-class Nutritionist to determine the best foods and fueling strategies to help you live healthier longer. This service emphasizes improving longevity through strategic, science-backed nutritional choices. You'll leave with a practical, individualized, and achievable plan for healthy eating and nutrition that supports your unique needs and goals for sustainable success in your daily routine.

## **FUELING YOUR PERFORMANCE**

**50 minutes | \$220**

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 are focused on physical performance, mental performance, or both—you will leave with a clear, practical, and individualized plan for success. This individualized nutrition plan will support your unique needs and goals while being sustainable and easy to incorporate into your daily routine.

## **NEW HYDRATION TESTING**

**Two-part service | \$460**

Hydration is key to optimal performance. In part one of this service, work with a performance scientist to collect and analyze your sweat in real-time. In part two, review the results of your sweat test with a nutritionist and go over your unique fluid and sodium requirements. Then develop a personalized plan tailored to your daily needs and any specific exercise demands, ensuring top health and performance.

# NUTRITION & FOOD



## PERSONALIZED NUTRITION CONSULTATION

50 minutes | \$220

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

## MOOD & FOOD

Two-part service | \$470

This joint therapy-and-nutrition counseling service combines expertise to help you understand your current eating pattern and the best options for healthy, sustainable change.

**Part I (50 minutes)** – A licensed therapist helps you explore the emotional dynamics underlying your approach to food. Learn practical skills to transform the cycle of triggers, compulsions, and guilt about eating into a balanced experience of peaceful anticipation, mindfulness, and satisfaction.

**Part II (50 minutes)** – A licensed Dietitian/Nutritionist assesses your diet and recommends ways to optimize your nutrient intake and transition to a more mindful, balanced diet. You can discuss healthy weight, meal timing, emotional eating triggers, relationship with food, and the role of proteins, fats, and carbohydrates.

## NUTRITION FOLLOW-UP PACKAGE

Four sessions | \$360

Additional sessions | \$120 each

Looking for a sustainable lifestyle change? A follow-up 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 ongoing coaching packages.*

## NEW STRATEGIES FOR RAISING NUTRITIOUS EATERS

50 minutes | \$220

Discover how to foster healthier eating habits in your kids and teens. In this session, an expert nutritionist will share effective strategies to encourage nutritious food choices, improve your approach to food, and create a positive eating environment. Learn to avoid common pitfalls and empower your children with lasting healthy habits.

## COOKING FOR FUN, PLEASURE & HEALTH

### HANDS-ON COOKING

120-minute classes, offered weekly | \$175 per person

80-minute private | \$185

Learn and grow as a cook. No matter what your skill level, you'll have fun and take home a deeper concept of healthy cooking, plus practical skills and techniques you can use every day to make simple, nutritious, great-tasting dishes. Check the Ranch Schedule for times.

# MENTAL HEALTH & WELLNESS



## **ESTABLISHING HEALTHY HABITS**

**50 minutes | \$250**

Meet with a Mental Health & Wellness Therapist to uncover the keys to establishing healthy, sustainable routines that will stick. This personalized session will help you learn to identify and reduce self-sabotaging behaviour and limiting beliefs that keep you from meeting your goals while setting realistic habits that will resonate within your daily routine.

## **HYPNOTHERAPY**

**50 minutes | \$250**

Hypnosis with a licensed therapist at Canyon Ranch asks you to imagine yourself with the positive changes you desire. The therapist guides you into a deeply relaxed, internally focused state in which you are more open to suggestion. The session includes mental relaxation, visual imagery, and suggestions for healthy transformation. Hypnosis is primarily used to help you imagine new desired behaviors or ways of being.

Guests are welcomed to record their session for future reference.

## **INNER BALANCE BY HEARTMATH**

**50 minutes | \$395**

Based on 26+ years of research, HeartMath® is used by hundreds of hospitals, corporations, and individuals to increase well-being and decrease stress. A licensed Mental Health and Wellness Therapist will introduce you to the Inner Balance™ sensor for Androids and iPhones, which trains you to replace emotional stress with balance and coherence. By measuring and displaying your Heart Rate Variability (HRV), HeartMath may help improve your focus, quality of sleep, and monitor your feelings of stress. Explore strategies during this therapeutic session to self-regulate the emotions that often cause stress. Then take it home to continue monitoring your results. Please bring your Android or iPhone so we can help you install the HeartMath software.

## **LONGEVITY MINDSET**

**50 minutes | \$250**

In this healing session with a Mental Health & Wellness therapist, you'll explore the root causes of the mental and emotional barriers sabotaging your success and may be impacting your ability to live a healthier life. Through this insightful and therapeutic session, you'll gain clarity, awareness, and strategies for sustainable, transformative change at work, in personal relationships, for fitness, or in any other facet of your life.

# MENTAL HEALTH & WELLNESS

## MEDITATION, MINDFULNESS & MENTAL HEALTH

50 minutes | \$250

Meditation and mindfulness practices have been used throughout human history for cultivating well-being, mental clarity, and physical health. Current research in neuroscience supports the use of these practices for calming the mind and mitigating stress-related conditions, such as anxiety, poor sleep, and compulsive behaviors. Work with a licensed Mental Health Therapist to learn specific meditation and mindfulness strategies to help you reach your goals.

## MENTAL HEALTH & WELLNESS CONSULTATION

50 minutes | \$250 single

Duet 50 minutes | \$195/person

A mental health & wellness consultation is an opportunity to examine any issue in your life with a licensed therapist, although you need not identify a specific concern to benefit from a consultation. Use this time to explore your thoughts and attitudes, gain a fresh perspective and deepen personal insight and awareness. Frequently addressed areas include, but are not limited to:

- Bolstering resilience ■ Feeling stuck ■ Grief and loss
- Interpersonal relationships ■ Life transitions
- Managing moods ■ Meditation for change
- Sexuality and intimacy ■ Sleep enhancement
- Trauma ■ Unhealthy habits ■ Work-life balance

## PERFORMANCE MINDSET

50 minutes | \$250

In this session with a Mental Health & Wellness Therapist, you will explore the root causes of mental and emotional barriers that sabotage your success and performance in any aspect of life. Whether at work, in personal relationships, sports, or any other facet of life, this insightful and healing session will help you gain clarity, awareness, and strategies to help support sustainable change.

## RELATIONSHIP WITH FOOD

50 minutes | \$250

Work with a Mental Health & Wellness Therapist to understand the psychology, biology, and emotions that determine your eating habits. Learn practical strategies and tools to better deal with motivational setbacks, emotional eating, overeating, frustration, and confusion. This wellness session may explore topics that include the effect of past experiences on your eating patterns, stress, body image, changing habits, and mindfulness.

## STRESS MANAGEMENT

50 minutes | \$250

Stress overlooked can erode your health and quality of life. However, stress managed well can be empowering and even exciting. Work with a Mental Health & Wellness Therapist to learn ways to perceive and respond to stressful situations with greater personal clarity and effectiveness.

## NEW TECH FOR MENTAL HEALTH & WELLNESS

25 minutes | \$140

Meet with a Mental Health & Wellness therapist to explore our expertly curated technologies designed to help you manage stress, improve your emotional regulation, and enhance your overall well-being. You'll receive a personalized product recommendation and a 10 percent discount on your chosen item, redeemable at the Health & Performance front desk during your stay.



# 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 the 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, nor does it encourage giving up any particular faith.



## **BODY-SPIRIT CONNECTION**

**50 minutes | \$250**

Reconnect with your body as a source of wisdom. Both ancient traditions and modern science emphasize the link between wellness and a mindful awareness of your body. This service can be tailored to address issues like self-consciousness, injury, burnout, or concerns about body image, sexuality, weight, and aging.

## **CREATIVE EXPRESSION CONSULTATION**

**50 minutes | \$250**

Science-based evidence shows that expressing yourself through creativity and art can benefit your physiology and mindset. Work with our Spiritual Wellness experts and allow yourself to discover the inner resources available through the creative process. Schedule a private workshop tailored to your specific pathway, intention, and artistic sensibilities. Create, discover, grow.

## **CREATIVE SOUND EXPRESSION**

**50 minutes | \$250**

Research shows that expressing yourself through creativity and art can benefit both your physiology and mindset. Work with our Spiritual Wellness experts to discover your inner reserves through sound creation during this unique, interactive session.

## **CRYSTAL SOUND ACTIVATION**

**50 minutes | \$250**

This sound-focused treatment is designed to bring mind, body, and spirit into balance. High-frequency, gemstone-infused Alchemy Crystal Singing Bowls™ are placed directly on your body, gently delivering deep resonance and profound healing frequencies to restore harmony.

## **CULTIVATE A LIFE OF PURPOSE**

**50 minutes | \$250**

What is a life well-lived? What's the story you want to tell with your life? Whether you're changing careers, seeking a deeper purpose, or entering a new life stage, our experts will guide in exploring your story and the path ahead. 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 WELLNESS

## NAVIGATING LOSS, GRIEF & REMEMBRANCE

50 minutes | \$250

Duet 50 minutes | \$195/person

Small group (3+ people) | \$185/person

What loss are you facing? Whether it's the loss of identity, a loved one, a sense of home, changes at work, divorce, a diagnosis, or an anticipated change, grief is natural. Rather than feeling stuck or alone, allow your grief be compassionately witnessed. You'll leave with practices to help you grieve and rituals to honor what you've lost and what's yet to come.

## RE-SOUNDING BODY

50 minutes | \$250

Vocal toning is the process of creating sound with elongated vowels for an extended period. It creates the strongest healing sound that can be performed without an instrument. It can also help deepen your breath, relax muscles, release tension, and stimulate your body. Learn seven simple vocal tones and allow your voice to expand in range as you vocally tap into your creative power during this uplifting sound therapy session.

## RITE OF PASSAGE

50 minutes | \$250

Duet 50 minutes | \$195/person

Small group (3+ people) | \$185/person

Major life changes mark the end or beginning of a new chapter in your life. Your Rite of Passage service can be tailored to any life event and shared with anyone on your journey with you. Whether you're marking a milestone birthday, navigating a breakup, embracing a career shift, adjusting to an empty nest, adopting new habits, stepping into parenthood, or preparing for retirement, this is your moment. Celebrate, reflect, or release as you transition into the next exciting chapter of your life.

## SOUL JOURNEY

50 minutes | \$250

In this Canyon Ranch-exclusive experience, go beyond your everyday awareness with the help of a spiritual wellness guide. Using a neuro-acoustic sound bed, meditative practices, and sound therapy, you'll align your body, heart, mind, and soul. Gain deep insights to enrich your life, relationships, creativity, work, and spiritual connection.

## SPIRITUAL GUIDANCE

50 minutes | \$250

Duet 50 minutes | \$195/person

Small group (3+ people) | \$185/person

Explore your deepest questions with a trusted spiritual guide and seek more joy, manage stress, find meaning, or just become your best self. Through conversation, practical exercises, and tools for living to your fullest, you'll find inspiration for peace and connection in your daily life. Regardless of your faith or beliefs, you'll leave with spiritual practices tailored to your unique journey.

## SPIRITUALITY & LONGEVITY

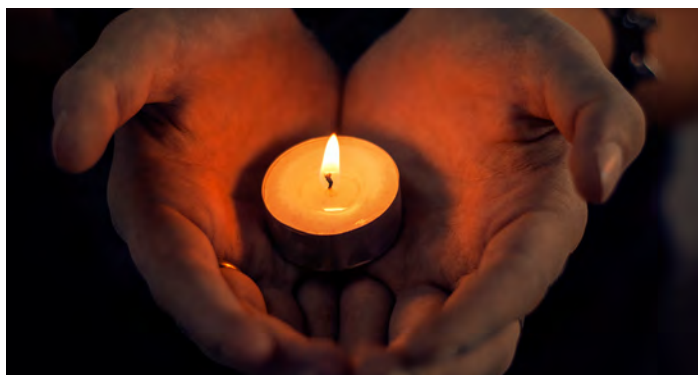
50 minutes | \$250

How you handle life's challenges can impact your lifespan, health, and well-being. Discover evidence-based spiritual practices linked to longevity and learn how to integrate them into your life. This service helps you feel more present, build lasting relationships, age gracefully with loved ones, and enhance your overall well-being.

## SPIRITUALITY & PERFORMANCE

50 minutes | \$250

When you feel stressed, bored, lonely, or restless, tapping into your inner resources can bring more balance and flow to your life. This service, suited for any challenge, helps you anchor your awareness in trust, bravery, kindness, and curiosity. These core values help you experience more restoration and flow, boosting your efficiency, effectiveness, and enjoyment in life.



# FITNESS & MOVEMENT

## PERSONAL TRAINING WITH A CERTIFIED FITNESS INSTRUCTOR

Prices below apply to *Private* services listed on this page:

Individual Training Session | \$150

Duet Training Session | \$110/person

Small Group Training Session (3 – 5 people) | \$80/person

Private Group Class | \$335/class

### **PRIVATE AERIAL HAMMOCK PRACTICE**

**50 minutes**

Experience unique poses and exercises with a suspended fabric hammock. Try it once, and you'll be hooked.

### **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 MIND-BODY PRACTICE**

**50 minutes**

Experience greater peace and balance through self-care practices from around the world. Connect body and mind through qi gong, meditation, or breathing practices. Our expert staff helps you explore these gentle yet powerful disciplines.

### **PRIVATE PILATES OR GYROTONIC TRAINING**

**50 minutes**

Get stronger, leaner, and more flexible—in body and mind. Our experts help you expand your limits using the Balanced Body Tower Reformer, GYROTONIC® Tower, Ladder Barrel, Split-Pedal Stability Chair, Gyrokinesis and Trapeze Table (Cadillac). Beneficial for everyone, from athletes to those with chronic pain or limitations.

**Choose Pilates or Gyrotonic Training.**

### **PRIVATE YOGA PRACTICE**

**50 minutes**

Find greater balance in life with this long-honored mind-body practice. Get personal guidance to help you enjoy all the benefits of your yoga practice. Great for beginners exploring new disciplines or for those who want to enhance their practice.

### **NEW AYURVEDIC CONSULTATION**

**Two-part service | \$420**

This two-part consultation starts with a 50-minute Dosha assessment to determine your constitution (Prakruti) and imbalances (Vikruti) using pulse reading, questions, tongue evaluation, and a physical exam. In the second session, you'll receive a detailed report with personalized recommendations for diet, herbs, yoga, and lifestyle changes, plus a follow-up email with actionable steps.

### **NEW COMPREHENSIVE AYURVEDIC CONSULTATION**

**Two-part service | \$600**

This two-part consultation explores your constitution (Prakruti) and imbalances (Vikruti) in depth. The first 110-minute session includes a thorough Dosha assessment using pulse reading, questions, tongue evaluation, and a physical exam, with a focus on identifying root causes for any imbalances. In the second session, you'll receive a detailed report with personalized recommendations for diet, herbs, yoga, pranayama, qi gong, Ayurvedic treatments, detox therapies, and lifestyle adjustments, along with a written report for reference.

### **GOOD POSTURE FOR LIFE**

**50 minutes | \$150**

Your posture affects how you think and feel, and how others perceive you. Your movement therapist will assess your posture and make recommendations you can apply at home. Depending on your goals, your session may include Pilates, the GYROTONIC® method, yoga, or dance. The result: more comfort, less tension, deeper breathing, greater mental clarity, and a new spring in your step.

**Individual bookings only.**

### **NEW INTRODUCTION TO AYURVEDA**

**50 minutes | \$240**

In this introductory session, an Ayurvedic practitioner offers a Dosha assessment identifying your natural constitution (Prakruti) and current imbalances (Vikruti) using pulse reading, intake questions, tongue evaluation, and a physical exam. You'll receive personalized recommendations to restore balance in your body, mind, and spirit, along with suggestions for treatments available during your stay.

# FITNESS & MOVEMENT



## PERSONAL TRAINING WITH VIRTUAL FOLLOW-UP CONSULT

Two 50-minute sessions | \$270

Our fitness experts at Canyon Ranch hold the industry's top certifications and will work with you to create an exercise program to suit your unique goals and preferences. Depending on your wellness and fitness goals, your personalized plan could include strength, cardiovascular, pilates, yoga, or meditation. Take home an effective program, and continue to get your desired results by connecting with our expert personal trainers at home with virtual follow-up sessions for ongoing support.

## YOGA FOR YOUR DOSHA

Two-part service | \$300

**Part I (50 minutes)** – Get a personal plan for the yoga practice that suits you best. An expert will help you develop goals based on your *dosha* (physical constitution) and create balance through *pranayama* (breathing), meditation, *mudras* (hand gestures), and other yoga techniques.

**Part II (50 minutes)** – Your instructor guides you on a journey to greater self-awareness and inner vitality. You'll take away practical tools to help you stay on a centered path with greater balance and sense of well-being.



# 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 in the Canyon Ranch App or with Program Advising and be at the Spa Lobby five minutes prior to departure.

For more information, please inquire at Outdoor Sports, Ext. 48517 between 8 am and 3 pm.

## GROUP ADVENTURES

### ARCHEOLOGICAL ADVENTURE

**5 hours | \$110**

Step into the mysterious world of the Hohokam and discover the echoes of ancient culture. This guided journey leads you through sacred rock art, Mesoamerican artifacts, and the scenic remnants of village life scattered across the Sonoran basin.

### DESERT TRAIL RUNNING

**2 hours | \$110**

Enjoy an invigorating one-hour trail run through the captivating beauty of the Sonoran Desert. Trail locations may vary and include hilly, uneven, and rocky terrain. This activity is suited for runners who can maintain a moderate pace over 4 miles.

### HIKE AND PAINT

**4 hours | \$110**

Discover the magic and light of the Sonoran Desert while learning watercolor painting techniques. We'll explore stunning natural locations to inspire your creativity. A watercolor kit is provided to take home and continue your artistic journey.

### INTUITIVE ARCHERY

**2 hours | \$110**

Mastering archery involves more than just technical skill — it's about awareness, focus and letting go. Learn the basics of archery on a recurve bow while we help you align both body and mind to connect to your target.

### NIGHT SKY WALK

**2 hours | \$80**

Stroll down a paved path into a serene, riparian canyon. Let the glow of the moon embrace you, or step into the starlit darkness.

### NIGHT VISION GOGGLES EXPERIENCE

**2 hours | \$110**

Discover the wonder of nature and the night sky with military-grade night vision goggles. Join us for a relaxed night walk, where you'll see the world in a whole new light. Night vision reveals animals and stars long hidden from the naked eye.

### PHONE-TOGRAPHY

**2 hours | \$110**

Unlock the full potential of your smartphone's advanced camera and learn how to capture breathtaking images. We will guide you through essential photography techniques, including composition, camera settings, and enhancing your photos through editing.

### PHOTOGRAPHY HIKE

**3-4 hours | \$110**

Join us on a scenic walk in nature, where you'll learn to use the provided camera to transform fleeting moments into great images. We cover composition, basic technical considerations, and editing. A storage card is provided to take your images home.

### WRITING IN NATURE

**4 hours | \$110**

Discover the art of writing in nature. Learn to channel your inspiration and compose poetry while hiking through sheltered canyons, open vistas, and riparian waterways, while you energize your senses and reflect on your journey.

### YOGA IN THE WILD

**3 hours | \$140**

Embark on a short hike to a serene spot, where you'll connect with nature and your body through an all levels Hatha yoga session. Surrounded by inspiring views, this experience offers the perfect blend of movement, mindfulness, and natural beauty.

### YOGA ON THE TRAIL

**4 hours | \$140**

Embrace the outdoors with a moderate hike that leads you to a serene space for your all levels Hatha yoga practice. In the sanctuary of nature you can deepen your connection to nature with both body and mind.

# OUTDOOR SPORTS

## HIGH ROPES ADVENTURES

### HIGH ROPES CHALLENGE COURSE

3 hours | \$220/person

Embark on an exhilarating ropes challenge course, where you'll conquer up to 16 elevated elements on two levels. Build your physical and mental strength as you work to navigate this adventure high above the ground. All levels welcome.

### ROCK CLIMBING NATURALLY

5 hours | \$400

Join our rock climbing experts for an unforgettable adventure in the Catalina Mountains, where you'll learn the art of climbing on natural granite. Experience climbing routes with amazing views! A great workout open to climbers of all skill levels.



## PRIVATE ADVENTURES TAKE IT OUTSIDE

### BIKE, HIKE

First hour (1-3 guests) | \$140/person

Each additional hour (1-3 guests) | \$80/person

We can tailor any trip or activity relative to time, terrain, and challenge to meet the wishes of groups, couples, or individuals. **Twenty-four-hour advance notice is required** Please inquire at Outdoor Sports (Ext. 48517).

### GET OUTSIDE WITH A PRIVATE ADVENTURE

Experience the beauty of the Sonoran Desert with our personalized Outdoor Adventures — including hiking, biking, birdwatching, and mindfulness meditation sessions. We can tailor any activity to the time, terrain, and challenge that works best for you or your group, but please provide 24-hour notice. **Call our Outdoor Sports department (ext. 48517) to learn more.**

# OUTDOOR SPORTS

## RACQUET SPORTS

Our skilled tennis and pickleball pros offer fun and constructive ways to improve all aspects of your game with beginning to advanced instruction. Racquets and paddles are available for tennis and pickleball.



### PICKLEBALL LESSON

50 minutes

Individual training session | \$150

Semi-private training session (two guests) | \$110/person

Individual and semi-private pickleball lesson introduces the basics and move up to advanced skills, including hitting lessons or workout drills.

### PICKLEBALL DRILL CLINIC

50 minutes | \$80

Already know the rules of pickleball? Fine-tune your game strategy and skills with these Pickleball drills and games. For the advanced beginners and intermediate players.

### PICKLEBALL SKILL DEVELOPMENT CLINIC

110 minutes | \$200

Tailored for players ready to elevate their match performance, our expert-led clinic guides you through focused skill sessions, drills, and point-building strategies designed to increase your competitive edge.

### TENNIS LESSON

50 minutes

Individual training session | \$150

Semi-private training session (two guests) | \$110/person

Individual and semi-private tennis lesson introduces the basics and move up to advanced skills, including hitting lessons or workout drills.

### TENNIS CLINIC

50 minutes | \$80

Sharpen your skills and learn to hit the sweet spot every time.

### CARDIO TENNIS CLINIC

50 minutes | \$80

Enjoy a heart-pumping cardio tennis workout to music.

# MEDICAL AESTHETICS

Plump, smooth, and replenish your skin with the latest technology and products. Our medical aesthetics team is specially trained to help you reach your goals in an environment of confidence, safety, and tranquility. All services are performed at Canyon Ranch® aesthetics, located at the Health & Performance Center.



## WELLNESS FIRST

A medical intake is required before any medical aesthetics service.

### AQUAGOLD

45 minutes | \$650

Aquagold® is a micro-channeling device that helps plump, smooth, and rejuvenate skin with minimal discomfort by delivering blends of Botox® and hyaluronic acid in customized doses to suit your needs. This skin-boosting treatment can also be paired with dermaplaning for ultimate results.

### BOTOX

Per unit | \$15

Detailed plan discussed during consultation

The most popular cosmetic treatment in the world, this enhancer dramatically reduces the appearance of facial wrinkles and fine lines. It's typically used for the forehead, between the eyes, and crow's feet.

### CHEMICAL PEEL

50 minutes | light \$150

50 minutes | medium \$220

Reveal a fresh look with a SkinMedica® chemical peel that smooths wrinkles caused by sun damage, improves the appearance of mild scars, treats certain types of acne, and reduces age spots and discoloration. Your skin will look and feel fabulous.



# MEDICAL AESTHETICS

## AESTHETICS CONSULTATION

50 minutes | \$110

Our expert helps you determine a nonsurgical, personalized plan to look your best. Recommendations may include any of the services listed below as well as a medical-grade facial with a skincare professional. This consultation can additionally include prescriptive product suggestions with lines including Alastin® Skincare, Latisse®, ZO® Skin Health, and SkinMedica®.

## CLEAR + BRILLIANT LASER TREATMENT

Face | \$375

Face, Neck, and Décolleté | \$550

Clear + Brilliant® is a gentle and effective laser treatment that quickly treats signs of aging. This treatment will improve the look of fine lines, reduce the appearance of pores, and improve skin tone and texture. This non-invasive procedure is suitable for all skin types, requires no social downtime, and will leave you with glowing, youthful looking skin.

## DERMAPLANING

45 minutes | \$175

Enjoy instant results as you reveal your brightest, smoothest complexion. Dermaplaning exfoliates and removes fine hair that traps oil and bacteria. Our Dermaplaning treatment includes a light enzyme peel and a finishing mask. Effective for all skin types.

## DIAMOND GLOW FACIAL

50 minutes | \$350

DiamondGlow® is more than a facial – it's a completely bespoke experience. Combining a precision diamond tip to match your skin's needs with SkinMedica® Pro-Infusion Serums, this treatment sinks deep into the skin while your pores are still open and most receptive. It provides a deep clean for glittering, rejuvenated skin.

## JUVÉDERM® DERMAL FILLER

Detailed plan discussed during consultation

Restore a more youthful and refreshed appearance by restoring lost facial volume with this treatment. Target areas may include cheeks, lips, nasolabial folds, and marionette lines. Benefits can last from 1–2 years. Individualized treatment plan determined at time of consult.

## MICRONEEDLING

50 minutes | \$325

50 minutes | \$600 with PRP (Platelet-Rich Plasma)

Also known as collagen induction therapy, your microneedling treatment is a minimally invasive skin rejuvenation procedure that helps minimize the appearance of fine lines, wrinkles, and acne scarring.

You can enhance the effects of your microneedling by including the use of PRP—your growth factors—to jumpstart production of collagen and elastin.

*While you may see results or improvement after one treatment, we recommend a series of 3 to 6 monthly treatments for optimal results.*

## PLATINUM DIAMOND HYDRAFACIAL

50 minutes | \$350

This ultimate spa skin care experience leaves you with your healthiest and most vibrant skin. No other treatment includes an exfoliation with a wet diamond tip, medical-grade booster serums, LED light therapy, and a relaxing facial. The results reveal smoothed fine lines and wrinkles, faded hyperpigmentation, even skin tone and texture—and a perfectly radiant complexion.

# FACIAL TREATMENTS

Let your inner beauty shine through. Our medical professionals, aestheticians, and salon experts have come together to offer services that reflect all aspects of you and the image you want to project.



## **NEW AKAR NOURISHING FACIAL**

**50 minutes | \$220**

This rejuvenating facial treatment combines natural ingredients with advanced skincare science, leaving you relaxed and revitalized. Enjoy the calming effects of superfoods and superflowers like arctic cranberry and edelweiss flower for hydrated, nourished skin.

## **AUGUSTINUS BADER FACIAL**

**50 minutes | \$220**

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

## **BIOLOGIQUE RECHERCHE CUSTOM FACIAL**

**50 minutes | \$240**

**80 minutes | \$340**

A completely personalized treatment exclusively designed to provide an instant lifting effect. This innovative luxury facial transforms your skin through a specialized sequence of massage techniques and a highly effective personalized combination of active ingredients that exfoliate, hydrate, tighten, and protect.

## **BIOLOGIQUE RECHERCHE LIFT & SCULPT FACIAL**

**80 minutes | \$420**

Our ultimate, age-defying facial therapy combines transformative clinical grade products, bio-electrotherapy with the Remodeling Face technology, and sculpting massage techniques which dramatically tone, tighten and reshape the facial contours. An ideal selection for those seeking intensive lifting, skin regeneration and tailor-made results.

# FACIAL TREATMENTS

## ENVIRON AGE-DEFYING FACIAL

80 minutes | \$395, with DF Technology\*

This powerful, age-defying facial using Environ vitamins A, C, E, and peptide serums, promotes the formation of collagen and elastin, encourages stem cell activity, and enhances skin respiration and circulation. This treatment helps to dramatically improve the appearance of fine lines, wrinkles, lax skin, uneven tone, and texture. Your skin will appear visibly more radiant, tighter, and smoother. Customized to your skin's needs: deep cleansing, age-defying, brightening, or sensitivity. Includes DF technology and a Focus-CIT® (Collagen Induction Therapy) device, a take-home tool for targeting mouth and eye areas.

## ENVIRON FACIAL

50 minutes | \$220

Combining the power of Environ's skincare technology and powerhouse ingredient formulations, this facial treatment delivers essential vitamins to restore the skin's health, radiance and resilience. Tailored for specific skin concerns including deep cleansing, age-defying, brightening, or sensitive skin.

## LASH & BROW TINT

25 minutes | \$70

Get the lashes and brows you've been craving. Using specialized tinting techniques, a Canyon Ranch beauty esthetician can add more definition and drama to your natural brows and lashes.



## THE COMPLETE FIX FACIAL

50 minutes | \$295

This facial promises noteworthy results. Expect more youthful, fuller, even-toned skin, radiant with natural hydration. This Skin Authority treatment – powered by patented SGF-4 Technology™ – provides immediate improvements for any visible wrinkles and skin texture. This has been clinically shown to boost the skin's regeneration process, promoting collagen production, healthy circulation, and accelerated cell renewal resulting in beautiful skin.

## VENN COLLAGEN FACIAL

50 minutes | \$220

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.

## VENN X THERAFACE FACIAL

80 minutes | \$395

This advanced VENN facial combines their supercharged, clinically proven skincare with the benefits of microcurrent technology, LED, and percussive therapy using the Theraface Pro to visibly lift, strengthen and sculpt your skin. This facial leaves your skin deeply hydrated and restores clarity for a more youthful, rejuvenated complexion.

### \*DF Technology – your skin's new best friend.

The revolutionary Ionzyme DF II machine uses iontophoresis, an electrical current that passes through the skin to allow greater absorption of vitamin applications, along with sonophoresis, which uses sound waves to promote deep penetration of vitamin molecules for faster, more noticeable results.

# SALON



## HAIR CARE

### BLOWOUT

25 minutes | \$65

45 minutes | \$75

Let us do the work. Enjoy a luxurious shampoo and blow-dry to achieve the maximum impact with your current style.

### CUT

Barber Cut, 25 minutes | \$65

Haircut, 45 minutes | \$125

Consult with our expert stylist to achieve a look that will suit your lifestyle and enhance your overall appearance. Blow-dry included.

### COLOR

Price varies

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

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

### KÉRASTASE EXPERIENCE

80 minutes | \$150

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. Blow-dry included.

## MAKEUP

### MAKEUP CONSULTATION

45 minutes | \$140

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—they are also long-lasting and nail-strengthening.

### CANYON RANCH MANICURE

**45 minutes | \$80**

Enjoy a luxurious manicure that promotes healthy nails using products that make your nails strong, flexible, and resilient. Also available with unscented products.

### 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.

### HUNGARIAN MANICURE

**45 minutes | \$80**

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

### RECOVERY CBD MANICURE

**45 minutes | \$80**

Enhance a traditional manicure with the powerful blend of Broad Spectrum CBD and Therapeutic Plant Extracts. This luxurious spa treatment calms your mind, relaxes the nervous system, and provides immediate relief for arthritis and inflammation.

### NEW VITAMIN INFUSION MANICURE

**45 minutes | \$95**

This refreshing manicure uses Environ® products for hydration and exfoliation to reduce visible signs of aging and improve your skin's appearance. With lactic acid and anti-aging lotions rich in vitamins A, C, E, and beta-carotene, your hands will feel soft, nourished, and revitalized.

## PEDICURES

### CANYON RANCH PEDICURE

**50 minutes | \$95**

An effective pedicure for healthier nails and feet. This treatment deep cleans, rejuvenates, and exfoliates for healthier, softer skin. Also available with unscented products.

### FOOT RESCUE! PEDICURE

**50 minutes | \$95**

This therapeutic, invigorating treatment begins with a soothing foot bath in herbal salts to refresh and relax the feet. Our technician will focus on the three C's of wear and tear—calluses, corns, and cracked dry skin. The health of your feet and nails will be restored.

### GENTLEMEN'S PEDICURE

**50 minutes | \$95**

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

### HUNGARIAN PEDICURE

**50 minutes | \$95**

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 moor mud exfoliation, followed by an invigorating foot and leg massage with soothing body oil. Finish the spa ritual with your choice of polish.

### RECOVERY CBD PEDICURE

**50 minutes | \$95**

Enhance a traditional pedicure with the powerful blend of Broad Spectrum CBD and Therapeutic Plant Extracts. This treatment calms your mind, relaxes the nervous system, and provides immediate relief for sore feet, arthritis, and inflammation.

### ROAD WARRIOR PEDICURE

**80 minutes | \$150**

A special treat for hardworking feet. This aromatic pedicure begins with the soothing warmth of steamed muslin pouches of Thai herbs and essential oils, which are applied to the legs and feet in a kneading motion. Used for centuries to heal and purify the body, this treatment helps eliminate sluggishness, ease aching feet, release toxins, and alleviate stress.

### NEW VITAMIN INFUSION PEDICURE

**45 minutes | \$105**

This revitalizing pedicure blends hydration and exfoliation with Environ® products to reduce visible signs of aging and enhance your skin's appearance. It focuses on calluses, rough heels, and dryness, using lactic acid and anti-aging lotions rich in vitamins A, C, E, and beta-carotene. Leave with your feet feeling smooth, nourished, and revitalized.

# MASSAGE & BODYWORK

## AYURVEDIC TREATMENTS

### ABHYANGA

**50 minutes | \$440**

This full-body ayurvedic-style massage is performed by two therapists in synchronistic rhythm using warm sesame oil. Subtle points of energy are addressed on the face and feet simultaneously to balance body, mind, and spirit. This traditional therapy releases toxins, enhances immunity, nourishes the skin, and creates a sense of well-being. Combine with a Shirodhara for a truly memorable experience.

### BINDI-SHIRODHARA

**100 minutes | \$410**

Based on traditional principles, this treatment is designed to restore balance to the body and mind. Special oils corresponding to your body type (dosha) and an herbal masque prepare you for the Shirodhara—warm oil over the third eye and scalp. Then, an Indian balancing bowl is rolled along the soles of your feet, restoring harmony. The powerful combination of herbal infusions, light ayurvedic massage, and energy work cleanses your skin, invigorates your spirit, and rejuvenates your energy.

### SHIRODHARA

**50 minutes | \$240**

This classic treatment induces a light state of meditation as a stream of warm, herb-infused oil is poured over the third eye. Feel the serenity as the warm oils nourish your hair and scalp. An Indian balancing bowl, used on the soles of your feet, soothes the spirit and helps balance your body's energies. Combine with Abhyanga for an enhanced treatment.

### UDVARTANA MASSAGE

**80 minutes | \$320**

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 weight loss and overall detoxification.

## EASTERN THERAPIES

### ASHIATSU – BAREFOOT MASSAGE

**50 minutes | \$240**

**100 minutes | \$440**

From the Japanese words “ashi,” meaning foot, and “atsu,” meaning pressure, this is an incredibly relaxing and deep massage therapy. The therapist uses overhead bars for balance while using foot pressure to bring about release and structural change in chronically sore, tight tissues, and to stimulate circulation.

### MUSCLE MELT FOR ROAD WARRIORS

**50 minutes | \$240**

**100 minutes | \$410**

This treatment was developed in Thailand to ease the aches and pains of battle-weary warriors. Warm herbal pouches 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 calm mind and body.

### REFLEXOLOGY

**50 minutes | \$240**

**100 minutes | \$440**

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

### SHIATSU

**50 minutes | \$220**

**100 minutes | \$410**

Relax, energize, awaken. Your therapist uses thumbs, fingers, and palms to stimulate the body's energy system, applying pressure to acupoints and along meridians to balance yin and yang. A deeply pleasurable, whole-body tune-up. Please wear comfortable clothing.

### THAI MASSAGE

**100 minutes | \$440**

Find peace and renewal. Developed in Buddhist monasteries as preventive care for monks, Thai massage involves slow, gentle rocking movements. Your therapist applies compression with thumbs, palms, elbows, knees, and feet to stretch soft tissues and harmonize vital energies. This graceful therapy, received on a firm mat while wearing loose-fitting clothing, leaves you relaxed, energized, and more flexible.

# MASSAGE & BODYWORK



## BODY TREATMENTS

### **CBD WELLNESS RITUAL**

**100 minutes | \$410**

This multi-sensory journey uses an assortment of crafted CBD experiences. Begin with a CBD-infused Dead Sea salt scrub, followed by a warm CBD Detox Mud wrap and warm 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.

### **COCONUT MELT**

**50 minutes | \$240**

This intoxicating experience evokes the feeling of the tropics, using warm coconut poultices. A bundle of pure coconut is steamed and applied to the skin using techniques that relax the body and help the oil penetrate the skin. Coconut oil is known for its antioxidant and anti-aging properties, leaving skin soft, smooth, and supple.

### **DESERT RITUAL**

**100 minutes | \$410**

Rejuvenate your skin and serenade your senses with native resources from the Sonoran Desert. Cleanse, exfoliate, and hydrate with white sage, prickly pear, and honey. Soak in a bath infused with saguaro blossoms, aloe, and jojoba. A perfect blend of indulgence and therapeutic benefit, this treatment concludes with a full-body massage to leave you refreshed and softened.

### **DETOXIFYING HERBAL WRAP**

**25 minutes | \$120**

**45 minutes | \$120 per person for a two-person side-by-side experience**

Herbal therapies help relieve muscle stiffness and joint soreness, promote relaxation, and aid in detoxification. In this treatment, you'll be wrapped in warm, steamy sheets soaked in herbs and receive a brief energy point and scalp massage.

### **DETOXIFYING RITUAL**

**100 minutes | \$410**

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, then 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.

### **EUPHORIA RITUAL**

**100 minutes | \$410**

This elegant body treatment is designed to calm the nervous system and relax the mind. Your journey begins with a sage compress for your face and an aromatherapy scalp massage. Then your therapist applies a warm botanical body masque and gently buffs it away. Immerse yourself in a soaking tub with our special aromatherapy blend before a rejuvenating massage.

# MASSAGE & BODYWORK

## HIMALAYAN SALT STONE TREATMENT

100 minutes | \$410

Gently heated smooth Himalayan salt stones, blended with Arnica Oil, are applied with light-to-medium pressure to massage the entire body for the ultimate rejuvenating spa treatment. Afterward, a light dry brush gently exfoliates the skin. With numerous health benefits, Himalayan salt helps to support the respiratory system, infuse the body with minerals, reduce inflammation, improve circulation, and detoxify. Known for its powerful antimicrobial and anti-inflammatory properties, a blend of Arnica Oil works together with the radiant heat of the pink salt stones to calm and relax tight, sore muscles.

## HUNGARIAN SCRUB

50 minutes | \$240

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.

## MUD COCOON

50 minutes | \$240

100 minutes | \$410 (includes bath soak and massage)

Regular systemic detoxification is important for everyone in order to keep the body running smoothly. Brown seaweeds, blended for their detoxifying action, are mixed into a fine paste and applied to the entire body. The skin absorbs active elements with help from clay minerals, and the soothing heat of an exclusive soft-pack cocoon promotes perspiration and the elimination of toxins.

## MUSCLE RESCUE RITUAL

100 minutes | \$410

This purposeful ritual is devoted to relieving muscle aches, pain, and stiffness. Tension dissolves as you're exfoliated with a salt scrub enriched with essential oils. An aromatic mineral bath soak detoxifies, soothes, and relieves tension while preparing your muscles for a deep-tissue, full-body, or focused-area massage.

## ORGANIC SEAWEED LEAF COCOON

100 minutes | \$410

This nutrient-rich seaweed wrap deeply detoxifies, increases circulation, moisturizes, and supports skin regeneration and renewal. After a kelp exfoliation, you are wrapped in seaweed leaves and enjoy a relaxing scalp massage while you float weightlessly in our blissful envelopment bed.

## ULTRA-MOISTURIZING COCOON

50 minutes | \$240

100 minutes | \$820 per couple (includes massage)

Dare to let go completely as you float weightlessly in our cocoon envelopment bed. Enjoy a light exfoliation followed by an application of a luxurious moisturizer.

Choose from: ■ Goat Butter Cream ■ Warm Vanilla

## VITAMIN INFUSION BODY TREATMENT

50 minutes | \$240

This hydrating and exfoliating body treatment featuring Environ® products 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 anti-aging lotions containing vitamins A, C, E, and beta-carotene. A seaweed masque on the most sun damaged areas helps tone and smooth.



# MASSAGE & BODYWORK

## ENERGY THERAPIES

### BALANCED ENERGY

50 minutes | \$220

100 minutes | \$410

Experience deep relaxation as your massage therapist creates a treatment to balance your mind, body, and spirit. In this balanced state, your body is able to access its natural healing ability. You may experience decreased anxiety and fatigue and improved circulation, concentration, and sleep quality, with profound effects on your well-being. Please wear comfortable clothing.

### REIKI

50 minutes | \$220

Reiki promotes healing through methods rooted in Eastern spiritual tradition. Your massage therapist gently places their hands over your head, chest, abdomen, and back, producing a calming effect. You may experience decreased anxiety and fatigue as well as improved circulation, concentration, and sleep quality. Please wear comfortable clothing.



## MASSAGE

### AQUATIC MASSAGE – WATSU®

50 minutes | \$240

Float comfortably and fully supported in a chest-high pool of warm water while a therapist uses massage techniques to soften muscles, stretch tissues and open energy pathways. As your body moves through the water, it reaches a state of relaxation so deep that the mind can follow. A freedom of awareness encourages healing to occur. Aquatic Massage can address stress, chronic back pain, orthopedic limitations, arthritis, sleep disorders, fibromyalgia, range-of-motion issues and emotional release. This is a profound experience unlike any other. Swimwear required.

### AROMATHERAPY MASSAGE

50 minutes | \$220

Essential oils are able to penetrate into the bloodstream and through the olfactory system, for a profound effect on mind and body. An aromatherapy expert will help you choose the most effective blend for your specific intention. This treatment employs a variety of massage modalities including: lymphatic, acupressure, reflex points and soft tissue (Swedish) techniques.

### WARM COCONUT OIL MASSAGE

50 minutes | \$240

An exhilarating experience; our signature massage with warm coconut oil which hydrates your skin, and creates a profoundly relaxing experience.

### CANYON RANCH MASSAGE

50 minutes | \$220

100 minutes | \$410

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

# MASSAGE & BODYWORK

## CANYON RANCH SIGNATURE TREATMENT

100 minutes | \$410

In the soothing ambience of our Massage Signature Suite, your practitioner will renew your skin and relieve tension with a service customized just for you. First, you'll discuss your intention for this experience, then you'll be exfoliated with body salts selected to complement that intention. After a quick shower, stress vanishes with the full-body massage of your choice: Swedish, Deep Tissue, or Ashiatsu.

## CANYON STONE MASSAGE

100 minutes | \$410

Heated basalt stones provide relief in combination with Lavender essential oil to calm the senses and soothe muscle tension. Experience the flow of these hot stones as your spa practitioner induces deep relaxation.

## CHAKRA BALANCING MASSAGE

80 minutes | \$320

Begin this holistic treatment with an anointment of Rose and Lotus Flower essence and the sounding of chimes to clear energy and provide focus. Ayurvedic Dosha balancing oils are applied to the body's energy centers along the spine to facilitate 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 at our health spa ends with a Kansa foot bowl treatment to ground you for the rest of your day.

## CRANIOSACRAL THERAPY

50 minutes | \$240

100 minutes | \$410

This soothing treatment adjusts the subtle rhythm of the cerebrospinal fluid as it circulates around the brain and spinal cord. Using a 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.

## CUPPING – SPORTS MASSAGE

50 minutes | \$240

100 minutes | \$440

Enhance your athletic performance with the ancient practice of cupping—updated to speed recovery for athletes, weekend warriors, and anyone else with sore or chronically tight muscles. In conjunction with deep tissue massage, your therapist applies silicone cups strategically to achieve detoxification, greater range of motion, and increased lymph and blood flow. Note: Due to the cups' vacuum suction, discoloration may occur for a few hours or up to two weeks.

## DEEP TISSUE MASSAGE

50 minutes | \$240

100 minutes | \$440

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

## HANDS, FEET & SCALP MASSAGE

50 minutes | \$200

This is a relaxing alternative to a full-body massage. The hands, feet, and scalp are rich in nerve endings and acupressure points, yet they are often neglected. Begin with an aromatherapy scalp massage, followed by a massage for your hardworking hands and feet.

## SHARE THE EXPERIENCE

Ask about treatments available for couples.

# MASSAGE & BODYWORK

## HEAD, NECK & SHOULDERS MASSAGE

50 minutes | \$220

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.

## HYDRATING BODY BAR MASSAGE

50 minutes | \$240

100 minutes | \$410

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, luxurious oils that penetrate the skin, leaving you with a soft, healthy glow. At the end of your spa treatment, the Body Stone is our gift to you.

## LYMPHATIC TREATMENT

50 minutes | \$240

100 minutes | \$410

Extremely light, sequenced strokes stimulate the movement of lymphatic fluid, thereby cleansing the body. Excellent for reducing pain, fluid retention, chronic inflammation, sinus conditions, headaches, and sprains.

## NEW MAMA MOISTURIZING MASSAGE

50 minutes | \$240

We add a uniquely indulgent twist to our signature full body massage. Experience the Kate Mcleod Mama Stone, a solid moisturizer that melts on contact, releasing a blend of nourishing oils that penetrate the skin. This unscented stone is perfect for the most sensitive skin of expectant mothers. At the end of your treatment, the Mama Stone is our gift to you.

## NEUROMUSCULAR (NMT) THERAPY

75 minutes | \$340

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 contractions 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 for the evaluation portion of the service.*

## PRENATAL MASSAGE

50 minutes | \$220

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 formulated especially for pregnant women.

## SOLE REJUVENATION

50 minutes | \$200

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 minutes | \$250

100 minutes | \$450

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.

## SPECIALTIES

# METAPHYSICAL



### ANGEL CARD READING

50 minutes | \$240

Access the energies of angelic beings. When you're facing challenges, angel messages offer encouragement and positive affirmations. An angel card reading is useful for seeking guidance in your life path. The cards' gentle messages help soothe and calm emotions.

### ASTROCARTOGRAPHY

50 minutes | \$240

An Astrocartography reading uses Astrology to locate good places to visit, vacation, start a business, or live. By placing your Astrology chart over a world map, an expert intuitively locates areas that will prove most beneficial for you. How is this done? There will be good or productive lines represented by certain planets (ex., Jupiter or Venus). Pluto or Saturn could represent lines that aren't as supportive. If there are no planetary lines, it will mean that area is neutral. Leave with a detailed list of potential areas to explore!

### ASTRO-GEMOLOGY

50 minutes | \$240

Gain personal insight, transformation, emotional growth, and healing using crystal energy alchemy. Astro-Gemology uses your natal astrological chart, along with gemstones and crystals, to inspire your mandala. Analysis of the astrological wheel will reveal unique birthstones for each of your planets. A list of your crystals is provided to help balance the energy of your astrological chart.

### ASTROLOGY

50 minutes | \$240

Based on your date, time, and place of birth, a private session with a professional astrologist will offer practical insights 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 | \$240

Clairvoyants have been sharing their intuitive gifts since ancient times as a safe way to gain insight into decisions and changes. Reading the energies of your aura can illuminate life experiences and provide clarity and understanding. A reading may reveal future events and past lives.

### CRYSTAL ENERGY

50 minutes | \$240

Crystal Energy shows you how to listen to messages from rocks and crystals and how to harness their subtle energies for emotional and spiritual healing. A metaphysical provider will help you focus crystal energy with your meditation and intention. During the session, you will choose crystals to build a personal medicine wheel grid.



## SPECIALTIES

# METAPHYSICAL

### DEVELOPING YOUR SIXTH SENSE

50 minutes | \$240

A one-on-one experience with our Canyon Ranch clairvoyant can help develop your personal intuitive process. Learn how to cultivate and expand your intuition to use in everyday life.

### HANDWRITING ANALYSIS

50 minutes | \$240

Explore this fascinating pathway into your conscious and unconscious beliefs and learn more about what makes you think and behave the way you do. You can make changes in your life through this analysis of your personality and mental, emotional, and physical states. Conducted by a certified handwriting analyst and based on rich scientific history.

### TAROT CARD READING

50 minutes | \$240

The archetypal images of the tarot cards reflect our collective unconscious. A tarot reading offers practical guidance by opening up deeper, nonverbal levels of self-awareness. Insights gained offer possible alternatives to your present questions. During the session, you'll be guided through several interactions with the cards and given an interpretation of their meaning.

### VEDIC ASTROLOGY

50 minutes | \$240

Vedic Astrology: Jyotish is the oldest practice to understand the connection between planetary movements and life on earth. Your astrological birth chart can provide a frame for seeking the benefits and opportunities for spiritual expansion and practical insight in your life. A professional astrologist will guide you by looking at current movements in your chart. This unique private session can lead you on a path toward desired growth and awareness. Your birth information must be provided for this service.

### VEDIC PALMISTRY

50 minutes | \$240

80 minutes | \$295

The Integrative Wisdom Practice of Vedic Palmistry offers self-discovery to tell your story using the lines, shapes, and formations found in your hands. A Vedic Palmistry reading is more than just a fun way to look into one's future. There is a method to connect one's hands to what's happening in the mind, body, and spirit. Aspects of the palm represent planets and the elements—revealing karma and more. Our physical health is outlined in the palms' mountains and valleys. Hands are considered a window and a mirror of one's path—past, present, and future—and show what's possible for us. Book a session and discover a deeper level of self-awareness.

Choose the 80-minute service and make palm prints to take home with you. Take a new reading each visit to see what has changed in your palm lines.

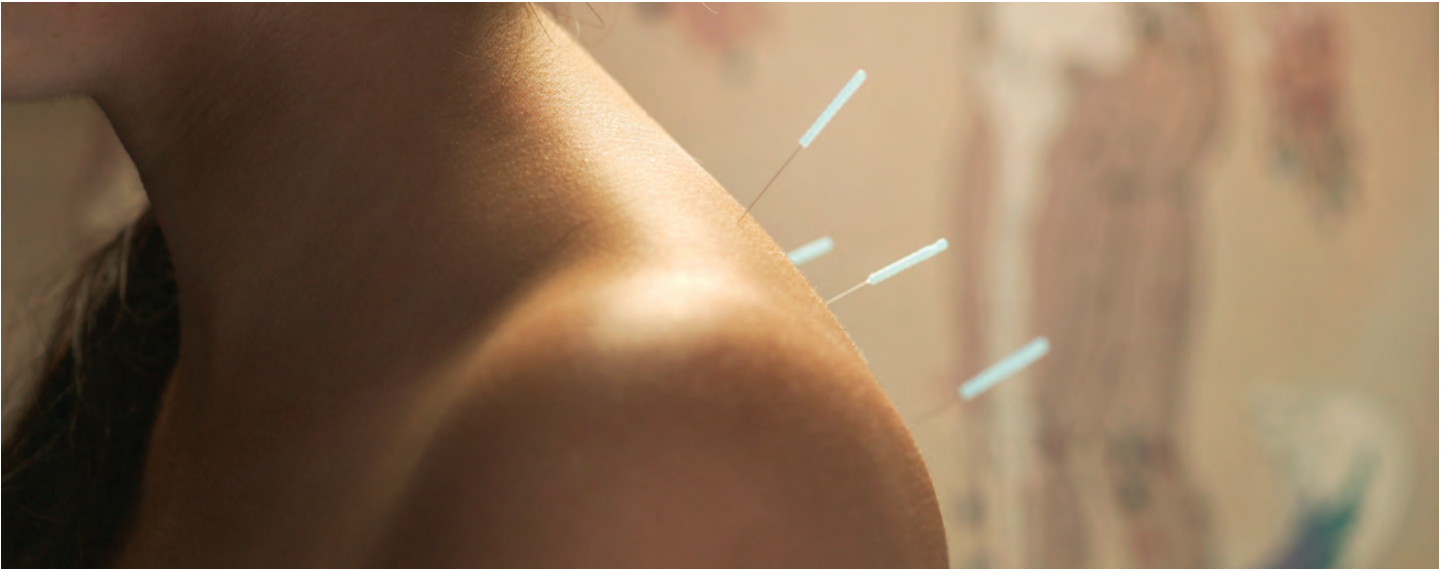


### VORTEX EXPERIENCE GUIDED WALK

50 minutes | \$240

In this one-on-one experience, you are guided by a crystal energy practitioner to earth vortexes at Canyon Ranch Tucson. You will meditate—for healing, prayer, and intention manifestation—with a quartz crystal and learn how to sense and utilize vortex energy that can be found across the serene desert landscapes. Please wear shoes, a hat, and sunscreen. Session may be canceled due to inclement weather.

## SPECIALTIES



### 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 before booking services. Some of the popular services you might discuss with your doctor include:

■ **Acupuncture** ■ **Acutonics** ■ **Craniosacral Therapy**

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.

### MATERNITY

Are you expecting? A Wellness Guide can provide you with a list of suggested services and recommend those that would be the most valuable for you. You may call 800-729-8090 before your stay, or Ext. 44338 any time while you're here. ***Please consult with your physician at home before booking services.***

### TEEN SERVICES

(AGES 14–17)

Guests ages 14–17 may experience select services. The parent or guardian must book all teen services. We require all guests ages 14–17, along with a parent or guardian, to meet with a Canyon Ranch Wellness Guide at the beginning of each resort 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.  
TUCSON

[canyonranch.com](http://canyonranch.com) | 800-742-9000