

# SERVICE CATALOG

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



CANYONRANCH®  
LENOX

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## EXPERTS & GUIDES

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

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

Throughout your stay, you'll be guided and inspired by our diverse team of wellness experts, all of them 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 personal guide to the best experiences and activities to make your Ranch stay more than you hoped for.

This is your chance to explore in depth your interests, your passions, changes you'd like to make, and things you'd like to try. Your 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 800-877-0404, or visit or contact a guide at Ext. 55423 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 personal purpose and path in life.

## LEARN TO THRIVE.

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

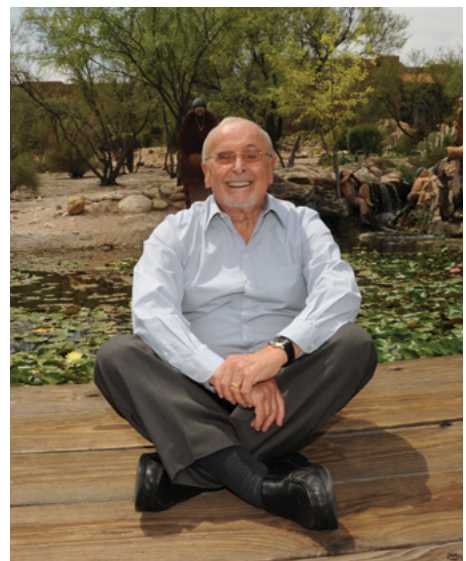
## LOVE YOUR LIFE.

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 adrenal and hormonal function
- Your body composition and bone density
- Your cardiovascular and cerebrovascular risk factors

### PERSONALIZED PHYSICIAN CONSULTATION 50 minutes | \$410

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

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

### DEXA BODY COMPOSITION

**Two-part service | \$515**

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

**Part II (50 minutes)** – In a follow-up session, meet with a Performance Scientist who will interpret the test data and help you set realistic goals for muscle mass and body fat levels.

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.

# PERSONALIZED MEDICINE

## 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 for diagnostic 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.

## 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 risk of osteopenia/osteoporosis.

## NATUROPATHIC MEDICINE CONSULTATION

**50 minutes | \$335**

Focus on natural ways of preventing illness and addressing chronic health conditions. A comprehensive discussion of your health history, a review of your body's systems and nontraditional laboratory testing help the naturopathic physician evaluate you from a natural perspective. Food allergies or intolerances, impaired detoxification, nutritional deficiencies and hormonal imbalances are just a few of the problems that may contribute to conditions such as arthritis, asthma, eczema, allergies, fatigue and lingering infections. Your naturopathic physician can prescribe a treatment plan that may include diet and lifestyle changes, nutritional supplements, herbs, homeopathy and acupuncture. This approach is complementary to traditional treatments.

# PERSONALIZED MEDICINE



## SLEEP MEDICINE

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

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

### 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 Personalized Physician 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 evidence-based techniques from Chinese Medicine to enhance relaxation and encourage a natural state of euphoria. De-stress at the beginning of your stay 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 concerns as varied as: arthritis, asthma, depression, fatigue, headaches, longevity, illness prevention, musculoskeletal pain, sleep, smoking cessation, stress relief. A session with a licensed acupuncturist helps balance your body's energy (chi), stimulates natural healing processes and aids in relaxation.

## ACUPUNCTURE FOR HEALTHY WEIGHT

100 minutes | \$440

This therapeutic session features specialized acupuncture that's used extensively in China for decreasing food cravings while increasing energy and digestive efficiency. The medical technique employs abdominal needles with mild electrical stimulation and includes an extensive health consultation. This full body/mind-balancing treatment can jumpstart the body's ability to move toward a healthier weight.

*Follow-up sessions are recommended to achieve maximum benefit.*

## ACUPUNCTURE MASSAGE

50 minutes | \$250

Designed to help treat musculoskeletal pain and stress-related problems, this unique integrative Chinese medicine experience combines a therapeutic massage with acupressure and acupuncture treatments. The effects are usually immediate and can be long-lasting. This service involves the use of needles.

## 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 more. After a traditional evaluation that includes pulse and tongue diagnosis, a Chinese medicine practitioner offers herbal, dietary and lifestyle recommendations that address your needs. A detailed report on the herbs recommended will be sent to you.

*Follow-up consultations are available by phone.*

## CHINESE VITALITY CONSULTATION

110 minutes | \$440

Explore and address the patterns of disharmony that may be keeping you from optimal health. This session allows for a comprehensive evaluation, acupuncture treatment, Chinese herbal recommendation, and lifestyle consultation to help you achieve heightened vitality. Use this session to address all aspects of your health, from musculoskeletal pain to internal health and emotional issues.

*Follow-up consultations are available by phone.*

## CUPPING & GUA SHA

50 minutes | \$250

Dive into the benefits of traditional Chinese medicine. During this service, our practitioners expertly apply cups to the skin, creating suction to release muscle tension and encourage blood flow. We follow up with gua sha — a technique utilizing smooth tools to gently scrape the skin, promoting lymphatic drainage and improving qi flow. Leave feeling balanced, refreshed, and renewed.

## DETOX ACUPUNCTURE TREATMENT

50 minutes | \$250

A blend of two ancient healing methods that come together in the form of a soothing, cleansing and incredibly relaxing treatment. A traditional Chinese medicine practitioner will combine a personalized acupuncture treatment with a warm abdominal castor oil pack for a uniquely healing and detoxifying experience.

# SPORTS MEDICINE



## 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.

## 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.

## 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. And 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 of 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.

## 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.

## TPI™ GOLF HEALTH PROGRAM

**Two-part service | \$570**

Our two-part golf health service uses holistic approaches and innovative technologies developed by TPI™ to help golfers improve their performance on the green.

**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



## 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.

## 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.

## 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.

**\*NOTE FOR CLOTHING:** *Minimal tight-fitting apparel for accurate test results. Suggested options: Women wear bathing suit or sports bra and capri leggings; men wear tight-fitting underwear.*

# PERFORMANCE SCIENCE



## **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.

## **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.

## **TPI™ GOLF HEALTH PROGRAM**

**Two-part service | \$570**

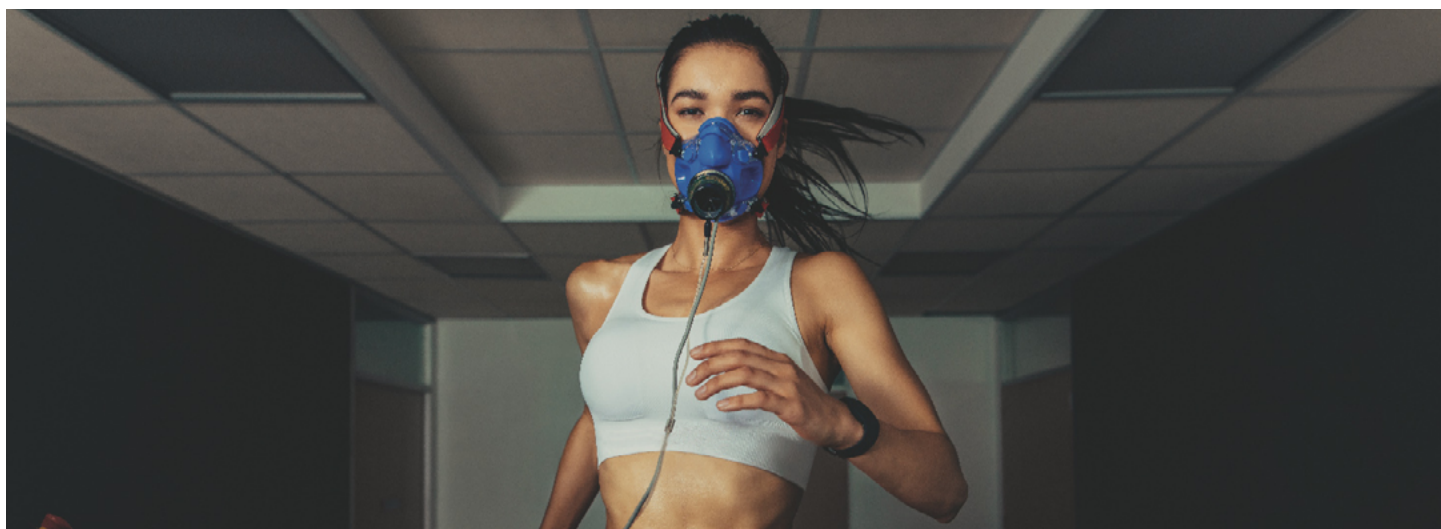
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**Part II (50 minutes)** – Our TPI™ certified fitness professionals will use insights from your TPI™ assessment to create a strength and conditioning program designed to help you hit longer shots with reduced risk of strain or injury.

# LIMITED TIME OFFER

Introducing a Lenox-exclusive, limited time offer to maximize your getaway and take advantage of the world-class Canyon Ranch Health & Performance experts. Choose from:



## MINI-LONGEVITY PACKAGE

**\$730**

The buzz around glucose monitoring, VO2 max, and personalized medicine is real. Tap into our nationally recognized team of doctors and exercise physiologists to help you live healthier, longer.

1. Personalized Physician Consultation 25min
2. Continuous Glucose Monitor (CGM)
3. VO2 Max Assessment (2 Parts)

## MINI-CGM PACKAGE

**\$605**

Monitoring your glucose helps to unlock your body's response to foods, stress, exercise, and more. This scientifically backed technology is easy to use and empowers you to recognize and respond to your individualized needs.

1. DEXA Body Composition 25min
2. Continuous Glucose Monitor (CGM)
3. CGM Follow-Up and Education 50min (virtual or in-person)

## MINI-RESET PACKAGE

**\$630**

Reduce stress, increase focus, envision your optimal future, or otherwise positively impact your mental health using the best of Eastern and Western remedies. Work with a Chinese Medicine provider, Mental Health expert, and take home your own set of TouchPoints for lasting transformation.

1. Acutonics 50min
2. Life Mapping 50min
3. TouchPoint® wearables



# 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 personal continuous glucose monitor 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.

## 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 products—is essential to your overall health and vitality. Meet with a licensed dietitian/nutritionist to assess your diet and identify potential toxins or irritants. You'll get personalized strategies to treat digestive conditions or problems, including recommendations about healing foods, necessary supplementation, and avenues toward achieving optimal gut health. Learn food strategies for any condition that may concern you:

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

## 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.

## 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

# NUTRITION & FOOD



## **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 also being sustainable and easy to incorporate into your daily routine.

## **ADDRESSING CRAVINGS & EMOTIONAL EATING**

**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.

## **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.

# NUTRITION & FOOD



## COOKING FOR FUN, PLEASURE & HEALTH

### HANDS-ON COOKING

50-minute express classes, offered weekly | \$110 per person

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

80-minute private | \$185

100-minute private group (3–5 guests) | \$175 per person

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

### ARTISAN BREAD BAKING

Knead and stretch your way to naturally leavened artisan breads. Learn the science of wild yeast and gluten, and the varieties of heirloom grains. Feed and take home your own sourdough starter!

### ESSENTIAL KNIFE SKILLS

Learning proper cutting techniques can take the chore out of food preparation. Chop, dice, and slice your way to your own culinary creations.

### FASTEST MEALS IMAGINABLE

Explore quick recipe options to create an efficient kitchen and maximize nutrition & flavor with a busy lifestyle.

### PLANT POWERED

Learn tips to prioritize whole plant foods; fruits, vegetables, grains, nuts and seeds to create balanced meals and snacks.

### SMOOTHIES & SHAKES

Learn how to create balanced smoothies and shakes for any time of day while increasing your fruits and vegetable consumption.



# MENTAL HEALTH & WELLNESS



## MENTAL HEALTH & WELLNESS CONSULTATION

**50 minutes | \$250 single / \$195 per person, duet**

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 and gain a fresh perspective. Frequently addressed areas include, but not limited to:

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

## 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 behavior 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.

## NEW INTRO TO BRAINSPOTTING

**50 minutes | \$250**

Brainspotting, a treatment method developed by Dr. David Grand, identifies points in the visual field to access unprocessed trauma — based on the idea that “where you look actually affects how you feel.” By using techniques that bypass conscious thought, Brainspotting can lead to faster and deeper healing, strengthen our natural resources and resilience, and enhance creativity and performance. When traditional talk therapy feels at a standstill, Brainspotting offers a new way to unlock insights and make meaningful progress.

## LIFE MAPPING

**50 minutes | \$250**

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

# 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 and support wellness in mind, body, and spirit.

## **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.

## **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.

## **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.

## **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 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.



## 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.

## RITE OF PASSAGE

**50 minutes | \$250**

**Duet session | \$195/person**

**Small group session (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.

## 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 that's tailored to your specific pathway, intention, and artistic sensibilities. Create, discover, grow.

## 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 session | \$195/person

Small group session (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.

## CONTEMPLATIVE CIRCLE

80 minutes | \$350

The contemplative circle is an experiential spiritual tool useful for awakening inspiration, accessing intuitive insight, and deepening awareness of the subtle realms. A circle symbolizes connection, directional awareness, infinite possibilities, beginnings and endings, and the many within the one. A spiritual wellness provider will introduce this simple yet powerful tool for enhancing your spiritual practice and your daily life. Learn how you can continue using the contemplative circle at home.

## BODY-SPIRIT CONNECTION

50 minutes | \$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.

## SOUND HEALING

50 minutes | \$250

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

## SPIRITUAL GUIDANCE

50 minutes | \$250

Duet session | \$195/person

Small group session (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.

## NEW SOMADOME

25 minutes | \$45

Immerse yourself in a private meditation pod, where soothing light therapy and calming soundscapes create the perfect setting for deep relaxation, mindfulness, and balance, leaving you refreshed and centered.



# FITNESS & MOVEMENT



## PERSONAL TRAINING WITH A CERTIFIED FITNESS INSTRUCTOR

### FOR THE FOLLOWING **PRIVATE** SERVICES:

Individual training session | \$150/person  
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 and mindfulness practices from around the world. Connect body and mind through qi gong, Tai Chi, meditation, or breathing practices. Our expert staff helps you explore these gentle yet powerful disciplines.

### **PRIVATE PILATES & GYROTONICS** **50 minutes**

Get stronger, leaner, and more flexible—in both mind and body. Our experts work with you on specialized equipment including: Balanced Body Reformer, GYROTONIC® Tower, Ladder Barrel, Split-Pedal Stability Chair, STOTT Pilates® Rehab reformer and Trapeze Table (Cadillac), and STOTT Pilates® Towers.

*Choose Pilates or Gyrotonics training.*

### **PRIVATE YOGA PRACTICE** **50 minutes**

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

# 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.

## **NEW HEIGHTENED STATES: PRIVATE BREATHWORK EXPERIENCE** 120 minutes | \$320

Our private breathwork session is designed to expand self-awareness, release emotional tension, and foster a profound sense of inner clarity. The session begins with a calming nature walk, followed by an expansive breathing exercise. This immersive journey welcomes all levels and invites you to return to your breath — and your true self.

## **NEW YOGA FOR YOUR DOSHA** Two-part service | \$300

Our two-part golf health service uses holistic approaches and innovative technologies developed by TPI™ to help golfers improve their performance on the green.

**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 resort instructor guides you on a journey to greater self-awareness, mindfulness, and inner vitality. You'll take away practical tools to help 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. 55535 between 8 am and 4 pm.

## GROUP ADVENTURES

### CAMP ARCHERY

**Times vary | \$110**

Archery for beginners! You'll learn the 10 basic steps of shooting an arrow. Then, our USA Archery Instructors will monitor your progress and help you focus your aim as you work through several quivers of arrows.

*Outdoors May through October, Indoors November through April.*

### ECO-TOUR WITH CERTIFIED FIELD NATURALIST

**Times vary | \$110**

Explore the Berkshires with our Massachusetts Audubon certified Field Naturalist. Throughout your journey, you may identify local flora and fauna, track animals, interpret the environment, and/or investigate aquatic life.

### KAYAKING

**Times vary | \$110**

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

*Able swimmers only.*

### KEEP IT ROLLING - BIKE MAINTENANCE WORKSHOP

**Times vary | \$110**

Fix your own bike! Our Canyon Ranch Bike Mechanic will teach you quick ride checks, basic maintenance, fix-a-flat, and how to judge the level of wear-and-tear. Bring your bike or learn on one of ours!

### PHOTOGRAPHY HIKE

**Times vary | \$110**

Photography is the perfect way to connect to nature! Come out with us and be inspired by all the Berkshires has to offer. We explore vistas, meadows, waterfalls, wildlife, flora, rivers, lakes, whatever you feel most called to shoot. We can customize your photography session to fit your skill level and what inspires you most. All levels of photography experience and hiking ability are welcomed. Just bring your camera/phone and sense of adventure!

### STAND-UP PADDLEBOARD

**Times vary | \$110**

Learn the basics of stand-up paddle boarding while soaking up the unique beauty of the Berkshires. Must be an able swimmer.

## HIGH ROPES ADVENTURES

### HIGH ROPES CHALLENGE COURSE

**Times vary | \$220**

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

*Limit six people.*

### AERIAL ADVENTURE

**Times vary | \$110**

High-flying adventure on the two most popular features of the High Ropes Challenge Course—the zipline & The Giant's Swing!

*Weather dependent.*

### CLIMBING WALL

**Times vary | \$110**

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

*Weather dependent.*

### LADDERS & BRIDGES - ROPES CHALLENGE

**Times vary | \$110**

Test your strength and courage during the physical challenges of the Giant's Ladder & our NEW obstacles the Indiana Jones Bridge & Zig-Zag Bridge. Giant's Ladder can be a partner event.

# OUTDOOR SPORTS

## PRIVATE ADVENTURES

### ON LAND

■ ARCHERY ■ BIKE ■ HIKE ■ MOUNTAIN BIKE  
■ RUN ■ SHINRIN YOKU ■ TAI CHI  
■ SNOWSHOEING ■ CROSS COUNTRY SKIING  
■ BIKE MAINTENANCE ■ ECO-TOUR WITH OUR  
NATURALIST ■ PHOTOGRAPHY WALK

First hour | \$140

Each additional hour | \$80

We can tailor any trip or activity relative to time, terrain, and challenge to meet the wishes of groups, couples, or individuals. **Twenty-four hours advance notice required.**

*Please inquire at Outdoor Sports, Ext. 55535, between 8 am and 4 pm.*

### ON WATER

■ CANOE ■ KAYAK ■ STAND-UP PADDLEBOARD  
■ SCULLING

First two hours | \$220

Each additional hour | \$80

*Able swimmers only.*

■ FLY FISHING - DRIFT BOAT

Single Half Day | \$575, Duet Half Day | \$350/person

Single Full Day | \$775, Duet Full Day | \$500/person

Drift boat fly fishing offers a unique way to explore the beautiful Berkshires. Private trips include all necessary gear and cater to both beginners and experienced anglers. All outings are catch-and-release, ensuring conservation. Participants receive expert guidance, leaving confident and educated about the sport. A valid fishing license is required for all anglers.

## RACQUET SPORTS

Our skilled USPTA®-certified tennis pros & PPR pickleball pros offer fun and constructive ways to improve all aspects of your games with beginning to advanced instruction. Racquets and paddles are available for tennis and pickleball.

### TENNIS LESSON

50 minutes

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

Individual training session | \$150/person

Duet training session | \$110/person

### PICKLEBALL LESSON

50 minutes

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

Individual training session | \$150/person

Duet training session | \$110/person





# FACIAL TREATMENTS

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



## **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.

## **BIOLOGIQUE RECHERCHE CUSTOM FACIAL**

**50 minutes | \$240**

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 protects.

## **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.

## **NEW COLLAGEN LIFTING FACIAL**

**80 minutes | \$395**

The VENN high-performance products in this 80-minute treatment create a skincare powerhouse, integrating collagen-boosting elements and microcurrent technology. This dynamic combination works to rejuvenate the skin internally, providing a plumping effect and smoothing away fine lines and wrinkles. Effectively addressing a loss of elasticity and firmness, this facial leaves you with a revitalized, more youthful complexion..

*Service not available if you have had Botox and/or Fillers within two weeks of service date.*

## **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 your specific skin concerns including deep cleansing, age-defying, brightening, or sensitive skin.

# FACIAL TREATMENTS

## AUGUSTINUS BADER FACIAL

**50 minutes | \$220**

This relaxing, science-based facial combines products from the award-winning skincare line Augustinus Bader with signature massage techniques. 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 skin-care treatment targets dehydration and fine lines, creating a beautiful, completely refreshed glow.

## NEW CUSTOM IONIXLIGHT FACIAL

**80 minutes | \$420**

This personalized facial utilizes advanced technologies and products selected for your specific needs, blending full-spectrum LED light with negative ion therapy, oxygen therapy, microdermabrasion, microcurrent, and ultrasound for immediate and cumulative results. This integrative facial treatment improves muscle tone, reduces puffiness, increases cellular activity, and stimulates your own collagen production. The overall result is healthier, firmer, younger-looking skin.

*Note: Contraindications include: Botox or fillers within two weeks, epilepsy, metal pins or plates, pacemaker, tinnitus.*

## ENVIRON AGE-DEFYING FACIAL

**80 minutes | \$395**

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

*Note: Contraindications include: Botox or fillers within two weeks, epilepsy, metal pins or plates, pacemaker, tinnitus.*

## HYDRAFACIAL MD®

**50 minutes | \$275**

This non-invasive, multi-step treatment combines the benefits of HydraFacial resurfacing procedure, a mild chemical peel, automated painless extractions (no pinching), and a special delivery of antioxidants, hyaluronic acid, and peptides. Enjoy real results without downtime or irritation.

*Note: Contraindications include: Botox or fillers within two weeks, or pregnancy. Hydrafacial MD® is a trademark of Edge Systems, LLC.*

## OMOROVICZA BLUE DIAMOND FACIAL

**50 minutes | \$240**

Experience the transformative effects of our rejuvenating facial, powered by diamond peptides. Specifically crafted to revitalize dull skin, this treatment firms and restores for a youthful glow. Rediscover a radiant complexion as your skin is nurtured back to a vibrant, youthful state.

## OMOROVICZA MOOR MUD FACIAL

**50 minutes | \$220**

Indulge in a balancing, detoxifying facial that leaves the skin feeling nourished. With Omorovicza mineral-rich Moor Mud, this treatments works to decongest, refine texture, deeply nourish, and hydrate the skin. Ideal for oily/combo skin or enlarged pores.

## OXYGEN FACIAL

**50 minutes | \$275**

**80 minutes | \$395**

This treatment builds collagen and elastin, increases cell turnover and hydrates your skin, restoring a youthful glow. Includes a serum specific to your needs, a hydrating massage and oxygen infusion.

*80 minutes includes 20-minute infusion*

## NEW TRIAWAVE ADVANCED LIFT FACIAL

**80 minutes | \$420**

Revitalize your skin with Triawave's advanced technology and Environ's powerful ingredients. This treatment lifts, tones, and hydrates, targeting wrinkles, sagging skin, and uneven tone for a refreshed, rejuvenated look. Choose between a single session or a series for enhanced, long-lasting results.

## 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.

# SALON



## HAIR CARE

### BLOWOUT

25 minutes | \$65

45 minutes | \$75

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

### HAIRCUT

Cut – 45 minutes | \$125

Barber Cut – 25 minutes | \$65

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

*Blowout included.*

### COLOR

Times and fees vary

Let our design team create a shade to enhance your style.

*Blowout included.*

### HIGHLIGHTS

Times and fees vary

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

*Blowout included.*

### KERASTASE® 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.

*Blowout included.*

## MAKEUP

### BROW DESIGN

15 minutes | \$50

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

### MAKEUP CONSULTATION

45 minutes | \$140

Learn to use makeup like a pro. Let a professional create a look for you and teach you valuable techniques, trends and tricks.

# SALON

## NAIL CARE

### 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.

### 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 footbath in herbal salts to refresh and relax the feet. A double exfoliation turns dry, rough, and chapped feet into the soft feet you desire using vitamins A, C, and E, plus alpha hydroxyl acids.

#### 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.



# MASSAGE

## MASSAGE

### AROMATHERAPY MASSAGE

**50 minutes | \$220**

**80 minutes | \$320**

This deeply revitalizing treatment uses aromatherapy and traditional massage to unwind the body, reboot the mind, and transform stress into balance. Choose between four aromatic body oil blends designed to ease muscles and clear the mind, create deep relaxation, detox and revive.

### WARM COCONUT OIL MASSAGE

**50 minutes | \$240**

**80 minutes | \$340**

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**

**80 minutes | \$320**

**100 minutes | \$410**

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

### CANYON STONE MASSAGE

**75 minutes | \$340**

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

### CRANIOSACRAL THERAPY

**50 minutes | \$240**

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

*Please wear comfortable clothing.*

### DEEP TISSUE MASSAGE

**50 minutes | \$240**

**80 minutes | \$340**

**100 minutes | \$440**

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

### HANDS, FEET & SCALP MASSAGE

**50 minutes | \$200**

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

### 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.

# MASSAGE

## HYDRATING BODY BAR MASSAGE

**50 minutes | \$240**

**80 minutes | \$340**

**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**

**80 minutes | \$340**

Extremely light, sequenced strokes stimulate the movement of lymphatic fluid, thereby cleansing the body. This healing spa experience is excellent for reducing pain, fluid retention, chronic inflammation, sinus conditions, headaches, and sprains.

## MAMA MOISTURIZING MASSAGE

**50 minutes | \$240**

**80 minutes | \$340**

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

**100 minutes | \$440**

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

*Please wear comfortable clothing for the evaluation portion of the service.*

## PRENATAL MASSAGE

**50 minutes | \$220**

**80 minutes | \$320**

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

## SOLE REJUVENATION

**50 minutes | \$200**

Your overworked feet will be cleansed and softened with a relaxing bamboo and sugar scrub, preparing them for a dedicated massage with a mint cream to sooth 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**

**80 minutes | \$350**

**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.

## NEW VITAMIN D POWER MASSAGE

**50 minutes | \$220**

Experience a restorative massage that smooths, nourishes, and revives depleted skin. A concentrated vitamin D serum boosts immunity and protects against environmental stressors, while a gentle sugar cane-based exfoliant restores radiance. Then, a blend of anti-inflammatory oils hydrates and strengthens your moisture barrier, as bergamot, cardamom, and jasmine provide a calming aromatherapy experience.

# MASSAGE

## 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**

**80 minutes | \$320**

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

### **NEW COCONUT SUGAR SCRUB**

**50 minutes | \$200**

Indulge in a gentle exfoliation with coconut and sugar to smooth away dull, dry skin. Enriched with hydrating coconut oil – known for its nourishing properties – this restorative scrub at our wellness spa revitalizes the body and leaves your skin replenished and renewed.

### **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, and vigorously scrubbed with coffee, olive stones, and lemon. A rich rhassoul clay will then be applied to draw out impurities. You'll recharge with quince and orange blossoms, then have all this goodness sealed in with essences of cardamom, jasmine, bergamot, amber, and clove. Concludes with a massage.

### **HUNGARIAN MUD RITUAL**

**100 minutes | \$410**

Indulge in a rejuvenating spa experience with this exclusive, total-body exfoliation treatment. Immerse yourself in the luxury of sea salt, Hungarian moor mud, and capsicum peptide, to revitalize and purify your skin. Our cleansing body mask, meticulously crafted for deep cleansing, will leave your skin nourished and hydrated.

### **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.

### **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 lotions containing vitamins A, C, E, and beta-carotene. A seaweed masque on the most sun damaged areas helps tone and smooth.



# MASSAGE



## AYURVEDIC TREATMENTS

### **ABHYANGA**

**50 minutes | \$220**

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

### **AYURVEDIC HERBAL REJUVENATION**

**80 minutes | \$340**

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

### **BINDI-SHIRODHARA**

**100 minutes | \$410**

Based on traditional principles, this treatment is designed to restore balance to body and mind. Special oils corresponding to your dosha and an herbal masque prepare you for the Shirodhara – warm oil over the third eye and scalp. 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.

### **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.



# MASSAGE

## EASTERN THERAPIES

### ASHIATSU – BAREFOOT MASSAGE

**50 minutes | \$240**

**80 minutes | \$340**

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

### REFLEXOLOGY

**50 minutes | \$240**

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

### THAI MASSAGE

**100 minutes | \$440**

Thai massage, sometimes called yoga massage, originated in Buddhist monasteries as preventive health care for the monks. Using slow, gentle rocking movements, the therapist applies compression with thumbs, palms, elbows, knees and feet to stretch soft tissues and harmonize vital energies. This graceful therapy, which is given on a futon, leaves you relaxed, energized and more flexible.

*Please wear comfortable clothing.*

## ENERGY THERAPIES

### NEW ALCHEMICAL HEALING

**80 minutes | \$320**

Experience hands-on energy healing and meditative techniques designed to integrate your mind, body, and spirit. Discover your unique way of coping with stress, illness, loss, or pain, guiding you toward wholeness and balance.

### EMOTIONAL STRESS RELEASE

**80 minutes | \$320**

When you're faced with stressors, it helps to get to the source of that stress and gain new perspective. Emotional Stress Release (ESR) provides a potent means of releasing stress that has been stored in your body. This service combines visualization, breath work and hands-on healing with therapeutic energy work.

### HEALING ENERGY

**80 minutes | \$310**

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

### HEALING ENERGY WITH AROMATHERAPY

**80 minutes | \$320**

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

### NEW HEART CONNECTION HEALING

**80 minutes | \$320**

This unique blend of healing techniques helps you nurture your relationships, addressing conflict, loss, emotional pain, or boundary challenges. Through guided dialogue and visualization, we'll help you release blockages, fostering peace, acceptance, and a better ability to give and receive love.

### NEW OPTIMIZE HEALING

**80 minutes | \$320**

Boost your body's natural healing powers with this revitalizing therapeutic session. Experience renewed vitality and accelerated recovery by restoring energy and balance to areas impacted by past surgeries, illnesses, and injuries.

### REIKI

**50 minutes | \$220**

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

## SPECIALTIES

# METAPHYSICAL



### ASTROLOGY

**50 minutes | \$240**

Based on your date, time, and place of birth, an astrology session will offer practical insight about your path, your personality, and issues such as love, career, health, wealth, travel, and spirituality. Each reading includes an astrological birth chart.

### NEW ASTROLOGY SYNASTRY CHART READING FOR TWO

**100 minutes | \$250/person**

Enjoy a unique chart reading experience for two, where a gifted Canyon Ranch expert compares and analyzes both of your natal charts to forecast your relationship. Bring your partner and discover the dynamics of your relationship and what the stars have in store for you during this explorative and enlightening consultation.

### LEARN TO READ TAROT CARDS

**50 minutes | \$240**

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

### NEW MEETING YOUR INNER ORACLES

**100 minutes | \$395**

Take a compassionately guided inner journey with a Canyon Ranch expert, exploring archetypes and spontaneous imagery through your astrological natal chart. Discover deep insights and release outdated psychic and energetic blocks along the way during this therapeutic consultation.

### PAST LIFE EXPERIENCE

**100 minutes | \$395**

Using guided meditation, journey into one of your past lives and experience the sights, sounds, and feelings associated with that lifetime. During this experience, you'll access memories to aid you in your current life path and uncover subconscious patterns that are holding you back from your boldest, most well way of being.

### TAROT CARD READING

**50 minutes | \$240**

**Duet session | \$175/person**

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

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

■ Acupuncture ■ Acutonics ■ Healing Energy ■ Reiki

Hypoallergenic and scent-free lotions are available upon request.

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

### TEEN SERVICES

(AGES 14–17)

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.

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