

# 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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@CanyonRanch

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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.

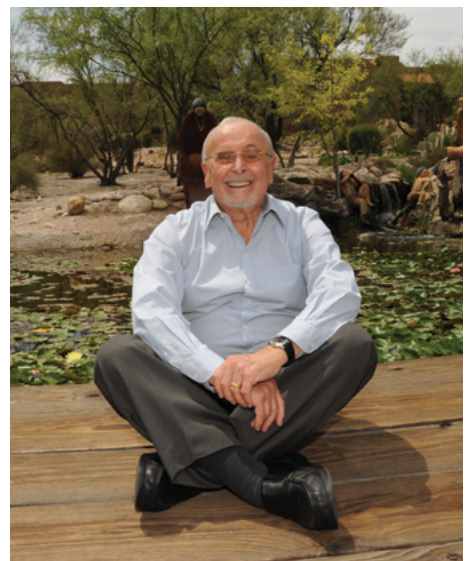
## LOVE YOUR LIFE.

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

Whether you're focused on heart health, navigating menopause, managing risk factors to prevent disease, or simply seeking a more complete picture of your well-being, this one-on-one consultation offers a highly personalized approach to your health. You'll have the opportunity to address specific concerns and goals, ask questions, explore underlying issues, and receive recommendations for advanced diagnostic or lab testing to help build a comprehensive, proactive wellness plan tailored to you.

*Please note: Continuous Glucose Monitoring, EKGs, pulmonary function tests, and lab work can all be discussed and considered during this consultation. A 25-minute consultation is also available for follow-up appointments and lab result discussions.*

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**

You can get a DEXA scan anywhere — but here, you get a completely different experience that turns data into direction. Receive expert-reviewed, comprehensive results that break down your body fat, muscle mass, and bone density — and more importantly, what those numbers actually mean for your health.

Whether you're aiming to prevent disease, age stronger or reach new fitness goals, a performance scientist will work with you one-on-one to turn your data into a personalized, actionable plan.

**Part I (50 minutes)** – Our medical team administers the test, interprets your results and advises you about reducing your risk for disease.

**Part II (50 minutes)** – A performance scientist will use the scan data to work with you and design a personalized exercise plan.

## NATUROPATHIC MEDICINE CONSULTATION

**50 minutes | \$335**

Discover a natural path to lasting wellness. Naturopathic care goes beyond symptom management to prevent illness and address root causes. Through an in-depth health history and whole-body assessment, your naturopath gains a clear picture of your well-being.

By uncovering factors like food sensitivities, detoxification issues, nutritional gaps, or hormonal imbalances, your naturopath will create a personalized plan using dietary changes, lifestyle shifts, supplements, herbal medicine, homeopathy, or acupuncture. This holistic approach works alongside conventional medicine to support your body's natural ability to heal and thrive.

# 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**

Sleep shouldn't be a struggle — and it doesn't have to be. If you're lying awake at night, waking up too often, or starting the day feeling anything but rested, you're not alone. In this one-on-one consultation, a physician will take the time to understand your sleep concerns, uncover possible root causes, and create a personalized path toward better rest. Whether it's stress, apnea, or something else interfering with your nights, we'll help you find answers — and solutions.

Book your consultation early during your stay to allow time for any additional testing or follow-up care you may need.

### SLEEP SCREENING

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

Struggling with sleep? You're not alone. Discover what's disrupting your rest with a simple, overnight sleep screening you can do right from your resort room. No labs. No wires. Just a one-time-use, FDA-approved portable device that tracks your sleep effortlessly while you do what you already do — sleep. Using cutting-edge Peripheral Arterial Tone (PAT) technology, the device detects periods of apnea, wakefulness, and sleep states with clinical accuracy.

*Please note: This service can only be booked after completing either a Sleep Consultation or a Personalized Physician Consultation.*



# 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 cause joint pain and stiffness, making everyday activities challenging. Our personalized evaluation uncovers strategies to slow arthritis progression and protect your other joints — helping you move more freely and confidently every day.

## HIKING PERFORMANCE

**50 minutes | \$350**

Tackle trails with confidence and ease, while lowering your risk of injury. Our sports medicine experts use a state-of-the-art system — featuring high-speed video, pressure sensors, and precise time-space data — to assess your joint health and movement patterns. Receive personalized strategies to optimize biomechanics, improve efficiency, and protect your body every step of the way. Leave with a tailored plan to hike stronger, longer, and injury-free.

## LOW BACK PAIN EVALUATION

**50 minutes | \$350**

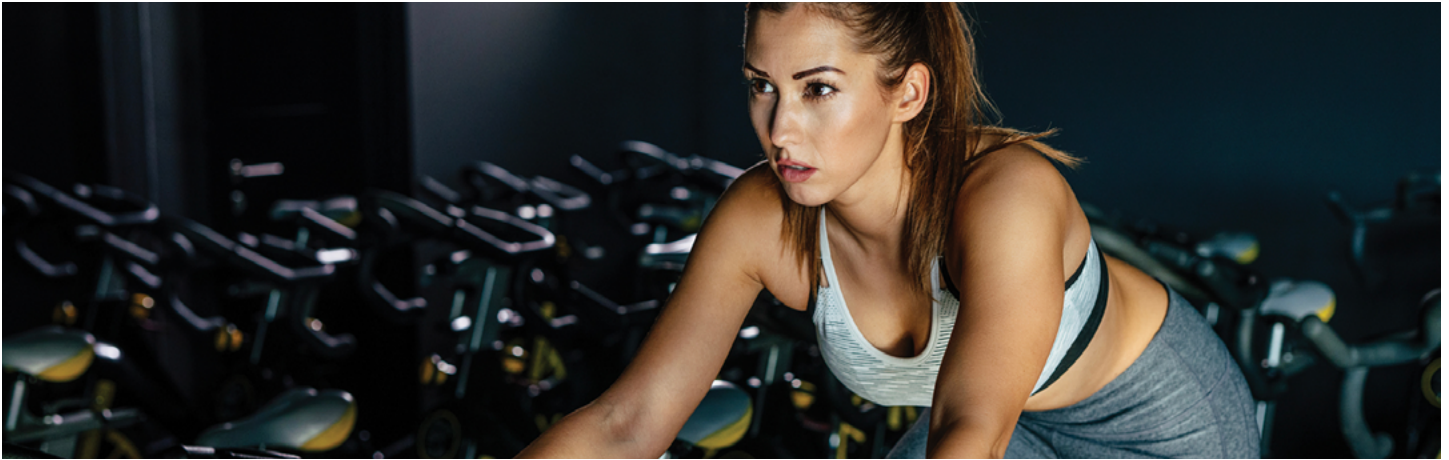
With more than 80% of people experiencing lower back pain, finding the root cause is essential. This evaluation pinpoints your specific pain triggers, uncovers contributing factors, and creates a personalized plan for lasting relief.

## MUSCLE & JOINT ASSESSMENT

**50 minutes | \$350**

The best injury is the one you never get. Don't wait to be sidelined — optimize your movement today. Whether it's pain, limited mobility, or peak performance you're after, this proactive sports medicine evaluation uncovers hidden issues and delivers a personalized plan to get you moving at your best.

# SPORTS MEDICINE



## FUNCTIONAL MOVEMENT ANALYSIS

50 minutes | \$350

What if hidden imbalances or subtle asymmetries are causing you pain, limiting your daily movement, or holding back your performance? Using advanced motion capture technology, our sports medicine team will analyze your gait, muscle activity, and biomechanics with high-speed video, pressure sensors, and precise data. We'll pinpoint inefficiencies and movement issues, then create a personalized plan of exercises, stretches, and mobility drills to optimize your movement and reduce injury risk. Bring your shoes (and orthotics if you use them) and leave with a strategy to move better, feel stronger, and perform at your peak.

## RACQUETFIT™ RACQUET HEALTH PROGRAM

50 minutes | \$350

Elevate your tennis or pickleball game with our sports medicine experts. Using a holistic approach and innovative RacquetFit technology, we analyze your unique movement patterns to fine-tune your swing, enhance functional movement, and boost court performance. Receive a personalized plan to increase power, improve efficiency, and prevent injuries — so you can play stronger, longer, and smarter.

## RUNNING FORM & PERFORMANCE

50 minutes | \$350

Whether you're chasing a new personal record, building mileage, or just starting out, our sports medicine experts can help you run better, faster, and safer. Using cutting-edge analysis — featuring high-speed video, pressure sensors, and precise time-space data — we break down every step of your run. From warm-up to top pace, we assess your biomechanics, spot inefficiencies, detect imbalances, and reduce injury risk. You'll walk away with a personalized plan to fine-tune your form, boost efficiency, and unlock your full running potential. Bring your favorite shoes (and orthotics if you use them) and leave ready to run stronger, longer, and injury-free.

## TPI™ GOLF HEALTH PROGRAM

Two-part service | \$570

Want to boost your golf game while staying injury-free? Our Titleist Performance Institute-certified experts craft personalized strength and conditioning programs to help you hit longer drives, move efficiently, and feel great on the course.

**Part I (50 minutes)** — We begin with a TPI assessment — a deep dive into your mobility, stability, and coordination, giving you a clear picture of how your body impacts your swing. From there, we design a custom plan to improve movement, boost performance, and keep you feeling your best from tee to green.

**Part II (50 minutes)** — Using insights from your assessment, we create a tailored strength and conditioning program to maximize power, efficiency, and control — so you can swing stronger, move better, and play your best golf.



# PERFORMANCE SCIENCE



## BODY COMPOSITION SCREENING\*

25 minutes | \$130

In two quick 40-second sessions, the Bod Pod measures body fat and lean muscle mass, which are key indicators of health, performance, and metabolism. A Performance Scientist will explain your results and set personalized goals for muscle mass, body fat and ideal scale weight. For best results, avoid food or exercise 60 minutes before testing. Wear tight-fitting clothing such as bathing suits, sports bras, or compression shorts.

## COMPREHENSIVE EXERCISE ASSESSMENT\*

Two-part service | \$420

Get a full snapshot of your fitness and a personalized plan to improve.

**Part I (50 minutes)** – A Performance Scientist guides you through:

- Bod Pod body composition test
- Treadmill VO2Max test to find heart rate zones
- Bench press and grip strength test
- Force plate or sit-to-stand test for lower body power

**Part II (50 minutes)** – Your results are compared to age-matched norms, and you'll receive a custom exercise prescription tailored to your goals. Repeat testing lets you track progress over time.

## HYDRATION TESTING

Two-part service | \$460

Hydration isn't one-size-fits-all. Too little — or the wrong balance of fluids and electrolytes — can leave you fatigued, slow your recovery, and hinder performance. This service pinpoints exactly what your body needs to stay balanced, energized, and at your best.

**Part I (50 minutes)** – Work with a performance scientist in a dynamic session that includes:

- 15 minutes in a dry sauna
- 15 minutes on a stationary bike at moderate effort in a 95-degree heated room

**Part II (50 minutes)** – Meet with a nutritionist to review your results and receive a personalized hydration plan. Tailored to your unique sweat rate, sodium levels, and electrolyte needs, this plan is designed to support both your workouts and your everyday life.

## PERSONALIZED EXERCISE PROGRAM

50 minutes | \$220

Whether you're starting fresh or looking to refine your routine, our experts help you train smarter. Bring your goals, and we will build a safe, effective program tailored to your body, lifestyle, and available equipment. Improve cardiovascular fitness, strength, endurance, flexibility, and more. A Performance Scientist creates a take-home plan designed to keep you progressing with confidence.

*\*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



## TPI™ GOLF HEALTH PROGRAM

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## VO2 MAX ASSESSMENT

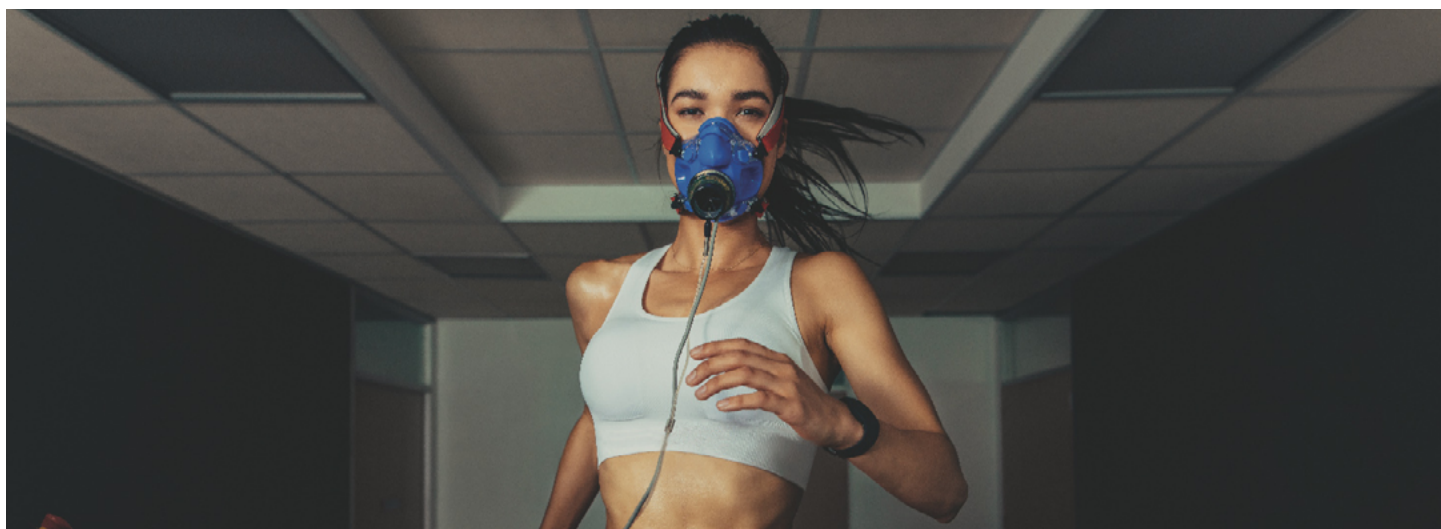
Two-part service | \$420

Train smarter and more effectively with a VO2 max test. Part I your performance scientist guides you through a 10-to-15-minute treadmill or bike workout to measure aerobic fitness and calorie burn. Part II reviews your results and provides a personalized exercise plan to help you target the right heart rate zones and maximize workout efficiency. This test is recommended for anyone interested in learning how VO2 max impacts your overall wellness and performance.

*\*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.*

# 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.

- Personalized Physician Consultation 25min
- Continuous Glucose Monitor (CGM)
- 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.

- DEXA Body Composition 25min
- Continuous Glucose Monitor (CGM)
- 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.

- Acutonics 50min
- Life Mapping 50min
- TouchPoint® wearables



# NUTRITION

## ADDRESSING CRAVINGS & EMOTIONAL EATING

**Two-part service | \$470**

This integrated offering brings together the expertise of a therapist and a nutritionist to help you explore your relationship with food, uncover the “why” behind your eating patterns, and create a realistic path toward healthy, lasting change. In Part I, learn practical skills from a licensed therapist on transforming the cycle of triggers, reducing guilt around eating, and incorporating mindfulness, and more. In Part II, discuss your current eating habits with a nutritionist and learn how to build a nourishing relationship with food to best support your body.

## BUILDING MUSCLE

**50 minutes | \$220**

Whether you’re an active professional, a dedicated athlete, or want to age better, the fuel you choose shapes how you feel, move, and recover. The right nutrition helps your body build muscle, develop strength, and maintain energy throughout the day. Our expert nutritionists work with you to create a personalized plan designed around your lifestyle, fitness level, and health goals. You’ll get practical, actionable strategies to power your body before, during, and after workouts — helping you build strength, restore energy, and feel your absolute best every day.

## CONTINUOUS GLUCOSE MONITOR FOLLOW-UP & EDUCATION

**50 minutes | \$220**

Take charge of your health with personalized insights from your continuous glucose monitor data. Whether you want more energy, enhanced performance, better metabolic health, or a deeper understanding of how your body reacts to food, stress, and exercise, this service helps you connect the dots. You’ll receive expert nutritional guidance to improve blood sugar stability — boosting long-term health, mood, and focus.

*Note: You must have a continuous glucose monitor or schedule an appointment with our medical team to apply the device before your nutrition consult.*

## DIET SCORE

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

Transform the way you see your nutrition with our proprietary tool. Simply share your everyday eating habits, and our advanced system reveals how your nutrient intake and diet quality may be shaping your health span. You’ll receive a personalized score along with actionable, science-backed insights — and our expert nutritionists will craft a targeted plan to boost your energy, eat smarter, and thrive for years to come.

**Part I (50 minutes)** – Meet with a nutritionist to provide the details used to calculate your Diet Score.

**Part II (50 minutes)** – Review your score and explore a comprehensive plan tailored to your goals, complete with practical strategies to optimize your nutrition and well-being.

## DIGESTIVE WELLNESS

**50 minutes | \$220**

When your digestion is off, everything feels off. Bloating, fatigue, food sensitivities, or chronic discomfort can impact your immunity, mood, and overall well-being. Meet with a nutritionist to get to the root of your digestive challenges. Together, you’ll review your current diet, uncover hidden sensitivities, and discover opportunities to nourish your gut.

Whether you’re managing constipation; food allergies or sensitivities; GERD or acid reflux; gluten intolerance; IBS; or simply want to support a thriving microbiome, you’ll leave with practical, sustainable strategies — healing foods, targeted supplements, and personalized guidance — to restore balance and optimize your gut health.

## FASTEST MEALS IMAGINABLE

**50 minutes | \$250**

Want to feed your family healthy, flavorful meals, but short on time? In this one-on-one session, you’ll build a collection of fast, easy, and well-balanced recipes tailored to your lifestyle. Take home the latest edition of our cookbook, packed with quick meal and snack ideas, complete shopping lists, and nutrition-focused recipes designed for convenience and taste.

*Note: This is a hands-on planning session, not a cooking class.*

# NUTRITION



## FUELING FOR LONGEVITY

50 minutes | \$220

In this one-on-one session, you'll partner with a world-class nutritionist to uncover the foods and strategies that support lasting health and vitality. Rooted in the latest science, this experience focuses on enhancing longevity through smart, strategic nutrition. You'll leave with a personalized, practical plan designed to fit seamlessly into your lifestyle — helping you achieve your goals and support your long-term well-being.

## HYDRATION TESTING

Two-part service | \$460

Hydration isn't one-size-fits-all. Too little — or the wrong balance of fluids and electrolytes — can leave you fatigued, slow your recovery, and hinder performance. This service pinpoints exactly what your body needs to stay balanced, energized, and at your best.

**Part I (50 minutes)** – Work with a performance scientist in a dynamic session that includes:

- 15 minutes in a dry sauna
- 15 minutes on a stationary bike at moderate effort in a 95-degree heated room

**Part II (50 minutes)** – Meet with a nutritionist to review your results and receive a personalized hydration plan. Tailored to your unique sweat rate, sodium levels, and electrolyte needs, this plan is designed to support both your workouts and your everyday life.

## 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 is customized to suit your needs and interests, including:

- Dining on the go ■ Eating for energy
- Eating well at college ■ Feeding healthy kids
- Fueling for performance ■ Healthy aging
- Plant-based eating ■ Practical portions ■ Sleep

## STRATEGIES FOR RAISING NUTRITIOUS EATERS

50 minutes | \$220

Want your kids or teens to make smarter food choices — without the battles? In this one-on-one session, a nutritionist will share practical, real-world strategies to encourage healthy eating while keeping mealtime calm and supportive. Learn how to avoid common pitfalls and empower your children with habits that last a lifetime.

# 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

In our Demo Kitchen, learn from one of our talented chefs in a hands-on cooking experience. Whether you're a beginner or a seasoned home cook, you'll gain practical skills, discover healthy techniques, and leave inspired to create simple, nutritious, and delicious meals every day. Check the Daily Schedule for available times — or for a private cooking session, contact your Wellness Guide.

## 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!

## FASTEST MEALS IMAGINABLE

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

## KITCHEN CONFIDENCE

Sharpen your knife skills, master mise en place, and prep like a pro. Discover how the right tools and setup can boost your efficiency and confidence in the kitchen.

## RECIPES FOR LONGEVITY

Explore diet staples from the Blue Zones regions known for longevity including beans, greens, whole grains, healthy fats, and intact carbs like purple sweet potatoes and barley.

## 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

## ADDRESSING CRAVINGS & EMOTIONAL EATING

**Two-part service | \$470**

This integrated offering brings together the expertise of a therapist and a nutritionist to help you explore your relationship with food, uncover the “why” behind your eating patterns, and create a realistic path toward healthy, lasting change. In Part I, learn practical skills from a licensed therapist on transforming the cycle of triggers, reducing guilt around eating, and incorporating mindfulness, and more. In Part II, discuss your current eating habits with a nutritionist and learn how to build a nourishing relationship with food to best support your body.

## 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**

What if the key to unlocking emotional breakthroughs wasn't in what you said — but in where you looked? Brainspotting is based on the powerful idea that where you look affects how you feel. It's a cutting-edge therapeutic approach that goes beyond traditional talk therapy, helping you access deeper layers of the brain where trauma, creativity, and resilience reside. In this introductory session, you'll experience how Brainspotting gently bypasses the mind's usual defenses to uncover insights, promote healing, and even enhance performance and creativity.

# MENTAL HEALTH & WELLNESS



## **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.

## **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.

## **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.

## **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.

## **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.

## **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.



## CREATIVE EXPRESSION CONSULTATION

**50 minutes | \$250**

Research shows that engaging in creative expression can reduce stress, elevate your mood, and foster more self-awareness. In this private, personalized consultation, our spiritual wellness experts will guide you through creative practices to help you connect with your inner wisdom. Whether you need clarity, healing, or a greater sense of play, each session is crafted to reflect your unique intentions and artistic style. Create freely. Discover deeply. Grow joyfully.

## CULTIVATE A LIFE OF PURPOSE

**50 minutes | \$250**

Are you living a meaningful life? In this guided life review, our experts help you reflect on your journey and envision what's next. Whether you're navigating a career shift, seeking purpose, or entering a new chapter, you'll reconnect with your core values, clarify what truly matters, and craft daily practices that bring joy, fulfillment, and alignment. Step into your next chapter and design a life well-lived.

## CONTEMPLATIVE CIRCLE

**80 minutes | \$350**

The circle is a timeless symbol of connection, wholeness, and infinite possibility — the many within the one. Step into a guided contemplative circle with a spiritual wellness expert and discover how this simple yet powerful somatic practice can deepen your spiritual journey, spark intuitive insight, and open you to inspiration and connection with the natural world.

## EMBODIED PRESENCE

**50 minutes | \$250**

Embrace the fact that you're not separate from your body — you are your body, a living experience unfolding in every breath. In this gentle, guided journey, you'll quiet your inner critic, listen deeply to your body's wisdom, and cultivate kindness toward yourself. Whether you're seeking healing, navigating changes in your body image, sexuality, weight, or aging, or simply longing to feel at home in your own skin, this experience helps you reclaim comfort and wholeness. Through presence and compassion, you'll redefine who you are from the inside out.



# SPIRITUAL WELLNESS

## NAVIGATING LOSS, GRIEF & REMEMBRANCE

50 minutes | \$250

Duet session | \$195/person

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

Whether you're experiencing the loss of a loved one, an identity shift, a lack of community, a career change, a divorce, a diagnosis, or an anticipated change, grief is a natural part of being human. But you don't have to move through it alone. With a compassionate guide, your grief will be sincerely witnessed and honored. Together, you'll explore practices to help you navigate your experience and create rituals that pay tribute to what's been lost — and tenderly welcome what's yet to come.

## 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.

## 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.



## 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.

## SPIRITUAL GUIDANCE

50 minutes | \$250

Duet session | \$195/person

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

Bring your deepest questions to a trusted spiritual guide and discover new ways to find joy, ease stress, and uncover meaning. Through rich conversation, practical tools, and meaningful practices, you'll learn to access flow, deepen daily peace, and live with greater connection. Whatever your beliefs, you'll leave with spiritual practices tailored to you.

## SPIRITUALITY & LONGEVITY

50 minutes | \$250

How you meet life's challenges shapes not only how you feel today, but how fully and vibrantly you live. In this experience, you'll explore evidence-based spiritual practices that support resilience, balance, and longevity. Learn how to weave them into your daily life — staying present, deepening relationships, aging with grace, and cultivating a lasting sense of joy and well-being.

## 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.

# METAPHYSICAL & ENERGY HEALING



## 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.

## 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.

## 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.

## 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.

# METAPHYSICAL & ENERGY HEALING



## 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 INTUITIVE MENTORING

50 minutes | \$240

In this personalized mentoring session, a skilled intuitive helps you explore your energy, clarify your path, and create alignment. Through guided support, you gain tools to make conscious choices, foster growth, and deepen self-understanding.

## 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.

## 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.

## 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.

## 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.



# PERSONAL TRAINING



## 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.

# PERSONAL TRAINING



## **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.

### EQUINE ESCAPE: HORSE CONNECTION

**Times vary | \$250**

Groom, feed, and connect with horses at a local stable — no experience needed and no riding included.

### FALCONRY - HARRIS HAWK GUIDED WALK

**Times vary | \$200**

During this expert-guided walk, observe how the Harris Hawk navigates its environment and responds to natural cues. Walks are tailored to the group and weather.

### 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!

### SADDLE & RIDE: HORSEBACK ADVENTURE

**Times vary | \$350**

Mount up for a guided, English-style horseback ride at a local stable — no experience needed. Long pants and flat, closed-toe shoes are recommended.

### 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.



# OUTDOOR SPORTS



## 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 ORGANIC FACIAL**

**50 minutes | \$220**

Rooted in the healing power of nature, this grounding facial blends organic, nutrient-rich superfoods and alpine botanicals to hydrate, soothe, and restore the skin deeply. Inspired by the Tibetan word akar, meaning “root,” this treatment reconnects you to the earth while revitalizing your complexion. Ideal for those seeking a holistic, skin-renewing experience that nourishes both face and spirit.

## **BIOLOGIQUE RECHERCHE CUSTOM FACIAL**

**50 minutes | \$240**

Experience the pinnacle of French skincare innovation with Biologique Recherche. This meticulously curated treatment harnesses the power of cold application to tighten pores and reduce inflammation, leaving your complexion visibly lifted and radiant. Gentle lymphatic stimulation and cooling massage techniques sculpt facial contours while delivering deep hydration and cellular renewal.

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

**80 minutes | \$420**

This age-defying facial combines clinical-grade products, bio-electrotherapy with Remodeling Face® technology, and expert sculpting massage to visibly lift, tone, and reshape facial contours. Ideal for those seeking intensive lifting, skin regeneration, and customized results, it leaves the complexion firm, radiant, and rejuvenated.

## **CELLULAR RENEWAL FACIAL BY AUGUSTINUS BADER**

**50 minutes | \$220**

Experience the transformative power of science-backed skincare with this advanced facial featuring Augustinus Bader’s award-winning products and proprietary TFC8® technology. Designed to stimulate cellular renewal and optimize skin health, this treatment combines targeted massage techniques with high-performance formulas to enhance circulation, deeply hydrate, and visibly reduce fine lines. The result is a luminous, revitalized complexion and a sense of total rejuvenation.

## **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 VITAMIN THERAPY FACIAL**

**50 minutes | \$220**

Driven by Environ’s science-led philosophy and rooted in the power of vitamin A, this customizable facial is tailored to your skin’s unique needs. Combining advanced formulations with targeted techniques helps restore skin health, improve texture, and boost radiance. Whether you’re addressing signs of aging, dehydration, or sensitivity, this treatment delivers results through a personalized approach that reflects Environ’s commitment to efficacy, integrity, and long-term skin wellness.





# FACIAL TREATMENTS

## NEW IONIX RADIANCE RENEWAL FACIAL

80 minutes | \$420

This customized facial combines advanced technologies and targeted products tailored to your skin's unique needs. It integrates full-spectrum LED light, negative ion therapy, oxygen infusion, microdermabrasion, microcurrent, and ultrasound to deliver both immediate and long-term results.

## ENVIRON AGE-DEFYING FACIAL

80 minutes | \$395

This powerful, age-defying facial uses Environ's vitamins A, C, E, and peptide serums to promote collagen and elastin, stimulate stem cell activity, and enhance circulation.

Using Environ's revolutionary DF Technology, which combines sound waves and microcurrents, active ingredients are driven deep into the skin for maximum absorption and visible results. This treatment dramatically improves the appearance of fine lines, wrinkles, uneven tone, and texture, leaving your skin radiant, tighter, and smoother.

The facial includes the Focus-CIT® (Collagen Induction Therapy) device, a take-home tool for delicate areas around the mouth and eyes.

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

## HYDRAFACIAL MD®

50 minutes | \$275

This gentle, non-invasive treatment layers the benefits of HydraFacial technology with a light chemical peel, painless automated extractions, and a powerful infusion of antioxidants, hyaluronic acid, and peptides. Reveal visible results instantly—without downtime or irritation.

*Please note: not recommended within two weeks of Botox or fillers, or during pregnancy.*

## DIAMOND PEPTIDE SKIN FITNESS FACIAL

50 minutes | \$240

A high-performance facial designed to restore energy and elasticity. The treatment begins with a gentle Resurfacing Peel, followed by Blue Diamond Super Serum, clinically proven to reduce cell aging and boost skin longevity. Next, inspired by ancient Hungarian techniques, this facial features a trio of sculpting techniques with facial massage, cooling dermaglobes, and Gua Sha to lift, smooth and re-energize the skin visibly. Leave with a radiant glow by improving visible skin health and stimulating cellular regeneration!

## MINERAL-RICH MOOR MUD FACIAL

50 minutes | \$220

Treat yourself to a deeply balancing and detoxifying facial that not only nourishes your skin but also pampers your senses. Luxurious, mineral-rich mud gently draws out impurities, clears congestion, and refines skin texture, while delivering profound hydration for a soft, supple feel. As the treatment works, you'll notice reduced puffiness, minimized pores, and a luminous, healthy glow that radiates from within. Perfect for oily or combination skin, this ritual leaves your complexion refreshed, revitalized, and beautifully balanced. It's an indulgent escape that restores both skin and spirit.

## OXYGEN LUXE FACIAL

50 minutes | \$275

80 minutes | \$395

This indulgent facial restores your skin's youthful glow by boosting collagen and elastin, promoting cell renewal, and delivering deep hydration. A customized serum enhances your results, while a soothing hydrating massage relaxes and revitalizes. This treatment concludes with an oxygen infusion, leaving your complexion luminous, smooth, and radiant.

## NEW TRIAWAVE LIFTING FACIAL

80 minutes | \$420

Revitalize and renew your skin with the power of TriaWave technology combined with Environ's potent ingredients. This treatment lifts, tones, and deeply hydrates, while targeting wrinkles, sagging, and uneven skin tone for a smoother, firmer, and more radiant complexion. Choose a single session or a series for optimal, long-lasting results.

## VENN ADVANCED COLLAGEN FACIAL

50 minutes | \$220

Rooted in the principles of Korean Beauty and powered by cutting-edge skincare science, this facial delivers high-performance results through a minimalist, multi-functional approach. VENN's clean formulations rich in fermented ingredients, antioxidants, and peptides work synergistically to hydrate, brighten, and visibly firm the skin. This facial blends holistic care with clinical precision, offering a luxurious experience that leaves your complexion radiant, balanced, and deeply rejuvenated.

# 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 spa treatment uses aromatherapy and traditional massage to unwind the body, reboot the mind, and transform stress into balance. Choose from a selection of aromatic body oil blends to enhance relaxation, ease tension, and restore overall well-being.

### WARM COCONUT OIL MASSAGE

**50 minutes | \$240**

**80 minutes | \$340**

Indulge in our signature warm coconut oil massage, where gently warmed oil envelops your skin in deep hydration. This soothing treatment softens and revitalizes your skin while melting away tension, promoting profound relaxation and a sense of total well-being, leaving you refreshed, balanced, and deeply cared for.

### 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 therapeutic treatment is ideal for those who regularly receive massage and prefer intense bodywork. Focused techniques reach deep muscle layers and target points of tension to relieve chronic pain, improve mobility, and support muscle recovery, perfect for athletes, active individuals, or anyone with persistent muscle tightness.

### 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 thoughtfully adapted to ensure complete comfort and safety for both you and your baby during this relaxing wellness experience. Your spa therapist will customize the treatment to gently support your changing body, promote relaxation, reduce tension, and enhance overall well-being throughout your pregnancy.

## 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 SKIN VITALITY 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.

### **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. This beautiful service ends with light massage and gua sha sculpting techniques.

### **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.

### **NEW NOURISHING FOREST RITUAL**

**100 minutes | \$410**

Rejuvenate your skin and serenade your senses with a treatment inspired by the New England forest. Using locally sourced ingredients, this grounding ritual begins with a detoxifying sea salt and peat exfoliation, a warm mushroom and helichrysum wrap, and a relaxing soak in an aloe and birch bath — all concluding with a full-body massage, leaving you refreshed and revitalized.

### **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.*

### 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.

### 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.*

## 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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