



STAY YOUR WAY

## PERSONAL DISCOVERY (Tucson | Lenox)

Relax, recharge, and explore avenues for well-being with a guided stay composed of popular offerings.

	2 NIGHTS	3 NIGHTS	4 NIGHTS	5 NIGHTS	6 NIGHTS	7 NIGHTS
TOTAL # SERVICES TO CHOOSE	3	5	6	8	9	12
Acupuncture 50m	✓	✓	✓	✓	✓	✓
Acuphoria 50m	✓	✓	✓	✓	✓	✓
Arthritis Evaluation 50m	✓	✓	✓	✓	✓	✓
Augustinus Bader Facial 50m	✓	✓	✓	✓	✓	✓
Body Composition Screening 25m	✓	✓	✓	✓	✓	✓
Candle Massage 50m	✓	✓	✓	✓	✓	✓
Canyon Ranch Manicure & Pedicure	✓	✓	✓	✓	✓	✓
Canyon Ranch Massage 50m	✓	✓	✓	✓	✓	✓
Coconut Melt 50m	✓	✓	✓	✓	✓	✓
Cultivating a Life of Purpose 50m	✓	✓	✓	✓	✓	✓
Deep Tissue Massage 50m	✓	✓	✓	✓	✓	✓
Environ Facial 50m	✓	✓	✓	✓	✓	✓
Fastest Meals Imaginable 50m	✓	✓	✓	✓	✓	✓
Hungarian Scrub 50m	✓	✓	✓	✓	✓	✓
Hydrating Body Bar Massage 50m	✓	✓	✓	✓	✓	✓
Low Back Pain Evaluation 50m	✓	✓	✓	✓	✓	✓
Metaphysical Consultation 50m	✓	✓	✓	✓	✓	✓
Mental Wellness Consultation 50m	✓	✓	✓	✓	✓	✓
MSK/Joint Assessment 1 50m	✓	✓	✓	✓	✓	✓
Personal Training 50m	✓	✓	✓	✓	✓	✓
Personal Mind-Body 50m	✓	✓	✓	✓	✓	✓
Personalized Nutrition Consultation 50m	✓	✓	✓	✓	✓	✓
Personalized Physician Consult 50m	✓	✓	✓	✓	✓	✓
Pickleball Lesson 50m	✓	✓	✓	✓	✓	✓
Pilates-Individual 50m	✓	✓	✓	✓	✓	✓
Private Outdoor Sports Experience 2hrs	✓	✓	✓	✓	✓	✓
Reflexology 50m	✓	✓	✓	✓	✓	✓
Rx for Exercise 50m	✓	✓	✓	✓	✓	✓
Sole Rejuvenation 50m	✓	✓	✓	✓	✓	✓
Soul Journey 50m	✓	✓	✓	✓	✓	✓
Spiritual Guidance 50m	✓	✓	✓	✓	✓	✓
Stress Management 50m	✓	✓	✓	✓	✓	✓
Tennis Lesson 50m	✓	✓	✓	✓	✓	✓
Therapeutic Pain Relief Massage 50m	✓	✓	✓	✓	✓	✓
Venn Collagen Facial 50m	✓	✓	✓	✓	✓	✓
Yoga Lesson 50m	✓	✓	✓	✓	✓	✓

### PERSONALIZE YOUR PLAN

Choose to add additional services or extent your getaway with additional nights, each including another daily service.

We recommend booking your Personal Discovery services at least 72 hours before your arrival for best availability. All services highlighted are subject to change without notice. Services/activities unique to your destination may be recommended in place of listed options and are always of equal value.

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