

# SERVICE CATALOG

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



CANYONRANCH.<sup>®</sup>  
TUCSON

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@CanyonRanch

#LiveCanyonRanch

## WELCOME

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

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

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

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

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

Your Wellness Guide may make suggestions you haven't thought of, which could be the highlight of your experience. If you've chosen a focused Pathway, you'll learn about opportunities that fit your schedule and support your goal, or you can create a plan from scratch that perfectly suits you. Your Wellness Guide will arrange and schedule every detail for you. All you need to do is relax and enjoy your stay.

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



# YOU'LL LOVE OUR SECRET INGREDIENT

When Mel Zuckerman founded Canyon Ranch in 1979, he wanted to share his vision of what healthy living could do for a person. He created a place where you can change your life with the help of an all-healthy environment, expert guidance, vast opportunities, unlimited inspiration—and love.

The Ranch has never wavered from its mission and has expanded its scope. Our integrative wellness specialists meet you where you are. They accept and appreciate all aspects of you.

Since its founding, Canyon Ranch has continued to be innovative and forward-thinking so guests can discover the latest and tested treatments and experiences to become holistically well. Through our unhurried private consults, eye-opening services, and experiences that expand your mind, body, and spirit, our Health, Performance & Spiritual Wellness experts are here to help you become the healthiest, happiest you.

## DISCOVER YOUR PURPOSE.

Ever wonder about the why of life? Journey within to connect with your 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 body composition and bone density
- Your cardiovascular and cerebrovascular risk factors

### PERSONALIZED PHYSICIAN CONSULTATION

25 minutes | \$230

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.*

### 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.

### VASCULAR ULTRASOUND

Two-part service | Varies

50 minutes/Carotid and CIMT | \$960

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

Assess your cardiovascular and stroke risk with this non-invasive test used to evaluate the carotid artery wall thickness and blood flow in the arteries and veins located outside the heart.

Canyon Ranch does not provide superbills, i.e., insurance claim forms. Given the primarily preventive nature of our services, it's been our experience that third-party payers, for even out-of-network services claims, do not provide reimbursement.

On your request, we will prepare an itemized receipt for your medical and/or Health & Performance services, which you can submit to your Flexible Spending Account (FSA) or use for tax purposes. Please note, all Health & Performance providers have opted out of Medicare.

# PERSONALIZED MEDICINE



## SLEEP MEDICINE

### 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 holistic, evidence-based techniques from Chinese Medicine to enhance relaxation and encourage a natural state of euphoria. De-stress at the beginning of your getaway so you can enjoy all the activities and experiences ahead of you.

## ACUPUNCTURE

50 minutes | \$250

Experience enhanced healing and a more balanced state of being. This traditional Chinese Medicine modality, endorsed by the National Institutes of Health, is useful in addressing problems as varied as:

- Arthritis ■ Asthma ■ Depression ■ Fatigue ■ Headaches
- Longevity ■ Illness prevention ■ Musculoskeletal pain
- Sleep ■ Smoking cessation ■ Stress relief

A session with a licensed acupuncturist helps balance your body's energy (chi), stimulates natural healing processes, and aids in relaxation.

## ACUPUNCTURE FOR HEALTHY WEIGHT

100 minutes | \$440

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

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

## ACUTONICS

50 minutes | \$250

This system of sound healing uses the power of vibration, intention, and light touch to bring body and mind into greater harmony. Tuning forks applied to acupuncture points, chakras, and trigger points awaken and align your meridians and energy centers, bringing them into balance. Your acutonics treatment takes place in a healing sound environment created with bells and gongs. Please wear comfortable clothing.

## CHINESE HERBAL CONSULTATION

50 minutes | \$250

The world's oldest continuously practiced form of herbal medicine uses potent healing formulas to treat arthritis, fatigue, high cholesterol, insomnia, symptoms of menopause, PMS, migraines, asthma, stress, and other medical conditions. After a traditional evaluation that includes pulse and tongue diagnosis, a Chinese medicine practitioner offers herbal, dietary, and lifestyle recommendations that address your personal needs. A detailed report on the herbs recommended will be sent to you. Follow-up consultations are available by phone.

## CHINESE VITALITY CONSULTATION

110 minutes | \$440

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



# 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.

### Complimentary

## FOOTWEAR FITTING

45 minutes

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

## NEW FOUNDATION GAIT ANALYSIS

25 minutes | \$175

Foundation Gait Analysis is a 25-minute Sports Medicine assessment focused on how your body moves. Using high-speed video, pressure mapping, and motion tracking, our team reviews your stride, muscle activation, and overall biomechanics. This session helps identify gait imbalances, asymmetries, and movement patterns that may affect performance or increase the risk of injury. If needed, a longer follow-up session can be scheduled to address findings and create a personalized treatment and training plan.

## 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.

## 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.

# SPORTS MEDICINE



## 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.

## 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

## BALANCE ASSESSMENT

50 minutes | \$220

If you're concerned about falling, feeling unstable, or want to move with more confidence, this personalized assessment can help. Our experts evaluate your fall risk, coordination, and proprioception, which is your body's sense of position and movement. You'll receive a detailed balance profile and a customized plan to improve stability, brain-to-muscle connection, and confidence in daily movement.

## 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.

## STRENGTH & ENDURANCE ASSESSMENT

Two-part service | \$420

This service, formerly known as the "Comprehensive Exercise Assessment" gives 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 or bike test to determine cardiovascular fitness level, maximum heart rate and ideal training zones
- Bench press and grip strength test
- Force plate or sit-to-stand test for lower body power

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

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.



# PERFORMANCE SCIENCE



## **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.

## **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.



Elevate your wellness routine with our dedicated recovery space designed to replenish energy, improve sleep, accelerate regeneration, and enhance overall vitality.

Explore advanced tools and techniques to help you feel better, faster.

**ENJOY FOR A SIMPLE DAILY RATE | \$100**

To book, please contact your Wellness Guide or visit us at CR Vitality in the Spa building.

**DAILY FROM 9 A.M. – 9 P.M.**

**FEATURED TOOLS & TECH**

**NEUROSTIMULATION**

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

**LIGHT THERAPY**

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

**INFRARED SAUNA POD**

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

**HYPERICE & THERABODY®**

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



**NEW AMMORTAL CHAMBER**

Located in our Spa building, this state-of-the-art wellness chamber combines several restorative modalities – red light, PEMF, guided breath work, and more – all in one session. Discover the latest in recovery technology, helping you reset, recharge, and rejuvenate.

**25 MINUTES | \$100      50 MINUTES | \$150**

*Book in the Canyon Ranch App or contact your Wellness Guide.*

# LIMITED TIME OFFER

Maximize your getaway and take advantage of the world-class Canyon Ranch Health & Performance experts.

## MINI-HEALTH RECHARGE PACKAGE \$780

If you're craving a true health reset or ready to elevate your routine with expert guidance, this is your perfect starting point.

- Strength & Endurance Assessment (2 Part)
- Personalized Nutrition Consultation
- Personalized Physician Consultation 25 min

## MINI-HEALTHSPAN EXPERIENCE PACKAGE \$1,090

Our specialized services reveal your essential longevity markers and provide a customized action plan to elevate your well-being now and support long-term health.

- DEXA Body Composition & Bone Density (2 Parts)
- VO2 Max Assessment (2 Parts)

## MINI-RESTORATIVE WELLNESS PACKAGE \$640

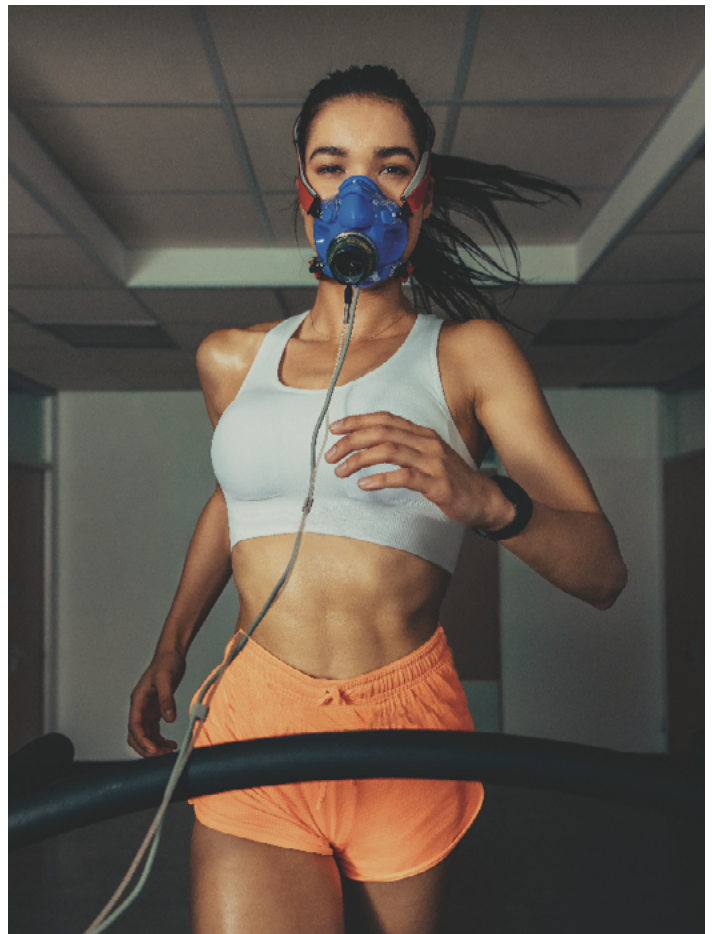
Ease stress, boost clarity, and bring more movement and balance into your life through an integrated approach that unites the best of Eastern and Western practices. Ideal for anyone craving a reset and a deep sense of calm.

- Acutonics
- Stress Management
- Personalized Exercise Program

## MINI-SLEEP & RECOVERY PACKAGE \$990

Your greatest wellness boost starts with recovery. Get personalized guidance to improve your sleep, tap into restorative tools, and connect with an expert for easy, actionable stress-management techniques.

- Sleep Screening
- Ammortal Chamber 25 min
- Stress Management



# 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.*

## NUTRITION 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.

## 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

60-minute classes, offered weekly | \$125 per person

60-minute private | \$150

60-minute duet | \$140 per person

60-minute small group (3+ people) | \$130 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.

### CHEF'S SEASONAL SHOWCASE DINNER

60 minutes | \$70

Gather for a chef-curated, four-course dinner served family-style. Optional wine pairings may be added; additional alcoholic beverages are charged separately.

# MENTAL HEALTH & WELLNESS

## 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 behaviour and limiting beliefs that keep you from meeting your goals while setting realistic habits that will resonate within your daily routine.



## HYPNOTHERAPY

50 minutes | \$250

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

Guests are welcomed to record their session for future reference.

*Individuals with active psychosis, severe dissociation, active addiction, or those advised against hypnosis by a mental-health professional should avoid hypnotherapy, particularly regression techniques involving past-life or trauma-memory exploration.*

## 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.

## LONGEVITY MINDSET

50 minutes | \$250

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

# MENTAL HEALTH & WELLNESS



## **MEDITATION, MINDFULNESS & MENTAL HEALTH** 50 minutes | \$250

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

## **MENTAL HEALTH & WELLNESS CONSULTATION** 50 minutes | \$250 single Duet 50 minutes | \$195/person

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

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

## **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 the community. During your stay, allow our experienced Spiritual Wellness Providers to help you connect more deeply with what brings meaning, value, and purpose to your life. This requires no religious affiliation, nor does it encourage giving up any particular faith.

## **CREATIVE SOUND EXPRESSION**

**50 minutes | \$250**

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

## **CRYSTAL SOUND ACTIVATION**

**50 minutes | \$250**

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

## **CULTIVATE A LIFE OF PURPOSE**

**50 minutes | \$250**

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.

## **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.

## **NEW LOVING KINDNESS**

**50 minutes | \$250**

Feeling burned out, anxious, or trapped by perfectionism and people-pleasing? You're not alone — and you don't have to stay in that cycle. This restorative session offers a sacred space to quiet your inner critic, release self-judgment, and rediscover the deep well of grace within you. Through gentle, loving kindness practices, you'll cultivate compassion for yourself and those around you. Come as you are, and leave with a renewed sense of ease, wholeness, and self-acceptance.

## **NAVIGATING LOSS, GRIEF & REMEMBRANCE**

**50 minutes | \$250**

**Duet 50 minutes | \$195/person**

**Small group (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.

## **RE-SOUNDING BODY**

**50 minutes | \$250**

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

# SPIRITUAL WELLNESS



## **NEW REST & RESTORE**

**50 minutes | \$250**

Modern life keeps us in overdrive — always thinking, fixing, doing. The fatigue builds, disguised as restlessness, and we reach for quick fixes like caffeine, scrolling, or snacks. But what your body truly craves is real rest. In this guided experience, explore simple, evidence-based practices to quiet the mind and release tension. Supported by the gentle sound vibrations of our neuro-acoustic bed — designed to stimulate delta brain waves — you'll drift into a deeply restorative state, nourishing your nervous system and awakening a sense of calm that lingers long after the session ends.

## **RITE OF PASSAGE**

**50 minutes | \$250**

**Duet 50 minutes | \$195/person**

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

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

## **SOUL JOURNEY**

**50 minutes | \$250**

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

## **SPIRITUAL GUIDANCE**

**50 minutes | \$250**

**Duet 50 minutes | \$195/person**

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

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.

## **YOUR SOUL SONG**

**50 minutes | \$250**

This profound sound healing experience will help you tap into your most authentic self and discover the healing song of your heart. Guided by a spiritual wellness expert, you'll engage in spontaneous creative expression, accessing the unique sounds of your inner soul through your body and voice. Discover powerful frequencies of health, love, forgiveness, and rejuvenation as you activate your true essence and inner light through vibrational connection.

# METAPHYSICAL & ENERGY HEALING



## ANGEL CARD READING

50 minutes | \$240

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

## ASTROCARTOGRAPHY

50 minutes | \$240

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

## ASTRO-GEMOLOGY

50 minutes | \$240

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

## ASTROLOGY

50 minutes | \$240

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

## 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.

## CLAIRVOYANT READING

50 minutes | \$240

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

# METAPHYSICAL & ENERGY HEALING

## **CRYSTAL ENERGY**

**50 minutes | \$240**

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

## **DEVELOPING YOUR SIXTH SENSE**

**50 minutes | \$240**

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

## **HANDWRITING ANALYSIS**

**50 minutes | \$240**

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

## **NEW INTUITIVE BIOFIELD TUNING**

**50 minutes | \$240**

This restorative energy session combines intuitive insight with the therapeutic use of calibrated tuning forks. Each session begins with a guided assessment to identify energetic patterns and areas of imbalance. Then experience sound frequencies paired with clairvoyant guidance to balance your chakras and support your emotional well-being. Guests often leave feeling more relaxed, balanced, and connected to their inner calm and vitality.

## **NEW INTUITIVE REIKI**

**50 minutes | \$240**

Experience a gentle yet powerful Reiki session featuring clairvoyant guidance. Your healer uses hands-on energy work and intuitive insights to identify imbalances, release blockages, and support your body's natural flow. This intuitive approach offers personalized support to aid healing and promote relaxation, emotional clarity, and spiritual alignment — leaving you feeling lighter, grounded, and restored.



## **NEW PAST LIFE EXPERIENCE**

**50 minutes | \$240**

Discover the sights, sounds, and sensations of a past life through a gentle guided meditation led by a clairvoyant practitioner. In this calming, introspective experience, you'll be guided into a relaxed state to explore memories and impressions that may offer insight into your current life. This intuitive modality can help illuminate subconscious reactions or patterns, offering meaningful perspective to support personal growth, healing, and a deeper understanding of your life path.

## **TAROT CARD READING**

**50 minutes | \$240**

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

# METAPHYSICAL & ENERGY HEALING



## **NEW TEA LEAF ASTROLOGY READING**

**50 minutes | \$240**

During this intuitive divination experience, you'll sip a cup of loose-leaf tea, then read the remaining leaves using a special cup designed with astrological symbols and mystical imagery. Each session begins with gentle guided breathwork and the soft sound of chimes to help you feel centered and present before the reading. Once you finish your tea, an expert will interpret the shapes and patterns formed by the leaves and offer insight into your current energy, possible paths forward, and meaningful spiritual messages in your life.

## **VEDIC ASTROLOGY**

**50 minutes | \$240**

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

## **VEDIC PALMISTRY**

**50 minutes | \$240**

**80 minutes | \$295**

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

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

## **VORTEX EXPERIENCE GUIDED WALK**

**50 minutes | \$240**

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

# PERSONAL TRAINING

## PERSONAL TRAINING WITH A CERTIFIED FITNESS INSTRUCTOR

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

Individual Training Session | \$150

Duet Training Session | \$110/person

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

Private Group Class | \$335/class

### **PRIVATE AERIAL HAMMOCK PRACTICE**

50 minutes

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

### **PRIVATE FITNESS TRAINING**

50 minutes

Your one-of-a-kind body calls for a one-of-a-kind workout plan. Our personal trainers hold the industry's top certifications and have the experience to create a program that suits your needs, goals, and preferences. That could include dance, swimming, functional movement, or your favorite sport. Take home an effective plan with activities you enjoy—so you'll keep on doing it.

### **PRIVATE MIND-BODY PRACTICE**

50 minutes

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

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

50 minutes

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

**Choose Pilates or Gyrotonic Training.**

### **PRIVATE YOGA PRACTICE**

50 minutes

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

### **AYURVEDIC CONSULTATION**

Two-part service | \$420

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

### **COMPREHENSIVE AYURVEDIC CONSULTATION**

Two-part service | \$600

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

### **GOOD POSTURE FOR LIFE**

50 minutes | \$150

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

**Individual bookings only.**

### **INTRODUCTION TO AYURVEDA**

50 minutes | \$240

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

# PERSONAL TRAINING



## **NEW KUNDALINI YOGA THERAPY FOR TRANSFORMATION**

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

Kundalini Yoga Therapy for Transformation is a two-part offering designed for people moving through significant life transitions. The sessions draw from Kundalini yoga principles with an emphasis on body awareness and self-regulation. Through specific postures, breathwork, mindful movement, and targeted kriyas, the practice supports nervous system regulation and emotional processing in a grounded, supportive setting.

## **PERSONAL TRAINING WITH VIRTUAL FOLLOW-UP CONSULT**

**Two 50-minute sessions | \$270**

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

## **YOGA FOR YOUR DOSHA**

**Two-part service | \$300**

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

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

# OUTDOOR SPORTS

Get out and have fun! Schedules for all complimentary and fee-based activities are posted on the Outdoor Sports Boards. It's important to sign up in the Canyon Ranch App or with Program Advising and be at the Spa Lobby five minutes prior to departure.

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

## GROUP ADVENTURES

### DESERT TRAIL RUNNING

2 hours | \$110

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

### HIKE & PAINT

4 hours | \$110

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

### INTUITIVE ARCHERY

2 hours | \$110

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

### KARTCHNER CAVERNS LIVING CAVE TOUR

5 hours | \$220

Discover the awe-inspiring Kartchner Caverns, the largest and most pristine living cave in the U.S.! Enjoy a 2-hour, easy-paced tour through one of the world's top mineralogical wonders. All levels welcome!

### NIGHT SKY WALK

2 hours | \$80

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

### NIGHT VISION GOGGLES EXPERIENCE

2 hours | \$110

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

### PHONE-TOGRAPHY

2 hours | \$110

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

### PHOTOGRAPHY HIKE

3-4 hours | \$110

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

### TUCSON BOTANICAL GARDEN TOUR

3 hours | \$140

Tour and explore over 20 specialty gardens and a vibrant butterfly greenhouse at the award-winning Tucson Botanical Gardens — ranked #4 Botanical Garden in the nation by USA Today's Readers' Choice Awards for three years in a row.

### WRITING IN NATURE

4 hours | \$110

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

### YOGA IN THE WILD

3 hours | \$140

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

# OUTDOOR SPORTS

## HIGH ROPES ADVENTURES

### HIGH ROPES CHALLENGE COURSE

3 hours | \$220/person

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

### ROCK CLIMBING NATURALLY

5 hours | \$400

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



## PRIVATE ADVENTURES TAKE IT OUTSIDE

### BIKE, HIKE

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

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

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

### GET OUTSIDE WITH A PRIVATE ADVENTURE

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

# OUTDOOR SPORTS

## RACQUET SPORTS

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



### CARDIO TENNIS CLINIC

50 minutes | \$80

Enjoy a heart-pumping cardio tennis workout to music.

### PICKLEBALL LESSON

50 minutes

Individual training session | \$150

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

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

### PICKLEBALL DRILL CLINIC

50 minutes | \$80

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

### PICKLEBALL SKILL DEVELOPMENT CLINIC

110 minutes | \$200

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

### TENNIS LESSON

50 minutes

Individual training session | \$150

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

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

### TENNIS CLINIC

50 minutes | \$80

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

# MEDICAL AESTHETICS

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



## WELLNESS FIRST

A medical intake is required before any medical aesthetics service.

### AESTHETICS CONSULTATION

50 minutes | \$110

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

### CHEMICAL PEEL

50 minutes | light \$150

50 minutes | medium \$220

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

### CLEAR + BRILLIANT LASER TREATMENT

Face | \$375

Face, Neck, and Décolleté | \$550

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

### DERMAPLANING

45 minutes | \$175

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

# MEDICAL AESTHETICS



## **DIAMOND GLOW FACIAL**

**50 minutes | \$350**

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

## **MICRONEEDLING**

**50 minutes | \$400**

**50 minutes | \$700 with PRP (Platelet-Rich Plasma)**

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

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

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

## **PLATINUM DIAMOND HYDRAFACIAL**

**50 minutes | \$350**

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

# FACIAL TREATMENTS

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

## **BIOLOGIQUE RECHERCHE CUSTOM FACIAL**

**50 minutes | \$240**

**80 minutes | \$360**

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 | \$440**

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.

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

## **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.

## **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.

## **ENVIRON AGE-DEFYING FACIAL**

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

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.*

## **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.

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

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

# FACIAL TREATMENTS

## **NEW GENTLEMEN'S HOT TOWEL FACIAL**

**50 minutes | \$220**

The Gentlemen's Hot Towel Facial is designed to support clean, healthy-looking skin using sustainably sourced botanicals from the Teton Mountain Range, including fireweed, yarrow, and nettle. Advanced peptides and plant stem cells help purify and nourish the skin. Warm steam and hot towel compresses are used throughout the service to soften the skin, support hydration, and improve product absorption. The experience is calming, effective, and tailored to men's skin needs.

## **NEW GLOW UP HYDRAFACIAL**

**50 minutes | \$350**

This advanced HydraFacial deeply cleanses, exfoliates, and hydrates the skin with patented Vortex-Fusion technology. A personalized booster targets your unique skin needs, while LED light therapy refines tone, stimulates collagen, and reduces inflammation. Ideal for all skin types, this treatment leaves your complexion refreshed, revitalized, and radiant.

## **LASH & BROW TINT**

**25 minutes | \$70**

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

## **NEW LUZERN OXYGEN INFUSION FACIAL**

**50 minutes | \$275**

**80 minutes | \$395**

The Luzern Oxygen Infusion Facial is a personalized treatment that uses Swiss Alpine Organics, topical oxygen, and advanced age-defying correctives to support skin health and radiance. The experience includes a therapeutic facial massage, layered exfoliation, and multi-masking. Each step supports renewal and leaves skin looking smooth, refreshed, and visibly brighter.

## **NEW LUXE LIFT & GLOW HYDRAFACIAL**

**80 minutes | \$540**

This luxurious facial starts with lymphatic drainage to detoxify and reduce puffiness, followed by deep cleansing, exfoliation, and gentle extractions. A custom booster addresses your specific skin needs, while LED light therapy boosts radiance and soothes inflammation. The Lip Perk plus PureLift microcurrent complete the treatment for firmer, glowing, revitalized skin.

## **THE COMPLETE FIX FACIAL**

**50 minutes | \$295**

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

## **NEW ENVIRON TRI TECH SCULPTING FACIAL**

**80 minutes | \$420**

Refresh with a facial that pairs nourishing Environ skincare with cutting-edge TriaWave technology. Using a triple-modality system featuring microcurrent, soundwaves, and pulsed iontophoresis, this treatment gently sculpts, lifts, and energizes the skin while enhancing the absorption of potent vitamins and peptides for a firmer, more radiant complexion.

## **VENN ADVANCED COLLAGEN FACIAL**

**50 minutes | \$240**

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.

## **NEW QI BEAUTY MAGNETIC RITUAL FACIAL**

**100 minutes | \$550**

Qi, pronounced chi, refers to the body's life force energy. The Qi Beauty Magnetic Ritual Facial combines bioelectric magnetic field therapy, acupuncture facial mapping, and advanced skin science to support the skin's natural recovery process. The service begins with cleansing, lymphatic stimulation, and botanical exfoliation. The following sculpting techniques are included: intraoral massage, gua sha, and marma point activation. 24k gold-covered micromagnets are placed along facial pathways to support circulation, reduce inflammation, and help lift and smooth the skin. A grounding abdominal ritual, Tibetan singing bowl vibrations, guided breathwork, and a calming mask with hand, arm, and scalp massage complete the experience, leaving you refreshed, sculpted, and relaxed.

# SALON

## HAIR CARE

### BLOWOUT

25 minutes | \$65

45 minutes | \$75

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

### CUT

Barber Cut, 25 minutes | \$65

Haircut, 45 minutes | \$125

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

### COLOR

Price varies

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

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

### KÉRASTASE EXPERIENCE

80 minutes | \$150

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

### NEW ROOT & CROWN RENEWAL RITUAL

80 minutes | \$220

Revive your scalp and restore your hair's natural vitality with this reparative treatment, created in partnership with Stripes Beauty. The experience begins with The Crown Pleaser hydrating hair mask and a targeted acupressure scalp massage to boost circulation and release tension. Red light therapy helps stimulate blood flow and support follicle activity, enhancing the absorption of The Root Of It — a serum that nourishes your scalp for fuller-looking hair. Finish with a professional blowout, leaving your hair soft, refreshed, and voluminous.

## MAKEUP

### MAKEUP CONSULTATION

45 minutes | \$140

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



## MANICURES

Canyon Ranch offers the revolutionary Dazzle Dry™ non-toxic, high-pigment lacquers. Not only do the lacquers dry in as few as five minutes—without the use of UV/LED lighting—they are also long-lasting and nail-strengthening.

### CANYON RANCH MANICURE

**45 minutes | \$80**

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

### GENTLEMEN'S MANICURE

**25 minutes | \$60**

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

### HUNGARIAN MANICURE

**45 minutes | \$80**

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

### RECOVERY CBD MANICURE

**45 minutes | \$80**

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

### VITAMIN INFUSION MANICURE

**45 minutes | \$95**

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

## PEDICURES

### CANYON RANCH PEDICURE

**50 minutes | \$95**

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

### FOOT RESCUE! PEDICURE

**50 minutes | \$95**

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

### GENTLEMEN'S PEDICURE

**50 minutes | \$95**

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

### HUNGARIAN PEDICURE

**50 minutes | \$95**

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

### RECOVERY CBD PEDICURE

**50 minutes | \$95**

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

### ROAD WARRIOR PEDICURE

**80 minutes | \$150**

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

### VITAMIN INFUSION PEDICURE

**50 minutes | \$105**

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

# MASSAGE & BODYWORK

## AYURVEDIC TREATMENTS

### ABHYANGA

50 minutes | \$440

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

### BINDI-SHIRODHARA

100 minutes | \$410

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

### SHIRODHARA

50 minutes | \$240

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

### UDVARTANA MASSAGE

80 minutes | \$320

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

## EASTERN THERAPIES

### ASHIATSU – BAREFOOT MASSAGE

50 minutes | \$240

80 minutes | \$340

100 minutes | \$440

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

### MUSCLE MELT FOR ROAD WARRIORS

50 minutes | \$240

80 minutes | \$340

100 minutes | \$410

This treatment was developed in Thailand to ease the aches and pains of battle-weary warriors. Warm herbal pouches are firmly pressed into muscles to ease every inch of your body. Traditional Thai massage with lemongrass oil, combined with other massage techniques, releases any lingering tension, resulting in a calm mind and body.

### REFLEXOLOGY

50 minutes | \$240

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

### REIKI

50 minutes | \$220

80 minutes | \$320

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

### SHIATSU

50 minutes | \$220

80 minutes | \$320

100 minutes | \$410

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

# MASSAGE & BODYWORK



## **THAI MASSAGE** 100 minutes | \$440

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

## **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. A bundle of pure coconut is steamed and applied to the skin using techniques that relax the body and help the oil penetrate the skin. Coconut oil is known for its antioxidant and anti-aging properties, leaving skin soft, smooth, and supple.

### **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.

# MASSAGE & BODYWORK

## DESERT RITUAL

100 minutes | \$410

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

## DETOXIFYING HERBAL WRAP

25 minutes | \$120

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

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

## DETOXIFYING RITUAL

100 minutes | \$410

Retreat into a ritual of heat and pure scent for an intense therapeutic transformation. You'll be deeply cleansed with Moroccan mint tea and silt purifier, then vigorously scrubbed with coffee, olive stones, and lemon. A rich rhassoul clay will then be applied to draw out impurities. You'll recharge with quince and orange blossoms, then have all this goodness sealed in with essences of cardamom, jasmine, bergamot, amber, and clove. Concludes with a massage.

## EUPHORIA RITUAL

100 minutes | \$410

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

## HIMALAYAN SALT STONE TREATMENT

100 minutes | \$410

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

## HUNGARIAN SCRUB

50 minutes | \$240

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

## MUD COCOON

50 minutes | \$240

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

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

## MUSCLE RESCUE RITUAL

100 minutes | \$410

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

# MASSAGE & BODYWORK

## ORGANIC SEAWEED LEAF COCOON

100 minutes | \$410

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

## ULTRA-MOISTURIZING COCOON

50 minutes | \$240

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

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

Choose from: ■ Goat Butter Cream ■ Warm Vanilla

## VITAMIN INFUSION BODY TREATMENT

50 minutes | \$240

This hydrating and exfoliating body treatment featuring Environ® products focuses on signs of aging and enhances the appearance of the skin. A gentle removal of dead cells using lactic acid is followed by an application of anti-aging lotions containing vitamins A, C, E, and beta-carotene. A seaweed masque on the most sun damaged areas helps tone and smooth.



## MASSAGE

### AQUATIC MASSAGE – WATSU®

50 minutes | \$240

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

### AROMATHERAPY MASSAGE

50 minutes | \$220

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.

### 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 needs and preferences. Tension dissolves, leaving only comfort and well-being.

### CANYON RANCH SIGNATURE TREATMENT

100 minutes | \$410

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

#### SHARE THE EXPERIENCE

Ask about treatments available for couples.

# MASSAGE & BODYWORK

## CANYON STONE MASSAGE

100 minutes | \$410

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

## CHAKRA BALANCING MASSAGE

80 minutes | \$320

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

## CRANIOSACRAL THERAPY

50 minutes | \$240

80 minutes | \$340

100 minutes | \$410

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

## CUPPING – SPORTS MASSAGE

50 minutes | \$240

80 minutes | \$340

100 minutes | \$440

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

## DEEP TISSUE MASSAGE

50 minutes | \$240

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

## 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.

## NEW HORMONAL SUPPORT MASSAGE

50 minutes | \$250

This restorative massage helps support your body through hormonal transitions. It combines acupressure, targeted cryotherapy, and gentle thermal techniques to calm the nervous system, improve circulation, and promote healthy, radiant skin. Alternating cooling and warming sensations help ease inflammation, soothe hot flashes, and release muscle tension, leaving you feeling grounded and balanced.

The experience is enhanced with Stripes Beauty's Rich & Tight cream to visibly firm and hydrate the skin, along with The Full Monty oil — a nourishing blend that helps strengthen and restore the skin barrier.

## 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.

# MASSAGE & BODYWORK

## LYMPHATIC TREATMENT

50 minutes | \$240  
 80 minutes | \$340  
 100 minutes | \$410

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

## MAMA MOISTURIZING MASSAGE

50 minutes | \$240

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

## NEUROMUSCULAR (NMT) THERAPY

75 minutes | \$340

Where does it hurt? If you've got headaches, hip, back, jaw, or shoulder pain—or another sore spot—NMT can provide the powerful relief you've been looking for.

This precise, soft-tissue therapy helps release hyper contractions and spasms in soft tissue, eliminate trigger points that cause pain, and restore postural alignment and flexibility. Discover what NMT can do for you.

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

## PRENATAL MASSAGE

50 minutes | \$220  
 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 scrub, preparing them for a dedicated massage to soothe aches and melt away tension. Perfect for anyone who craves serious relief for feet and lower legs.

## THERAPEUTIC CBD PAIN RELIEF MASSAGE

50 minutes | \$250  
 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.

## 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.

## 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.



## SPECIALTIES



### FOR GUESTS WITH CANCER

Canyon Ranch offers services for our guests with cancer, both in active and remission phases. Putting your safety first, we recommend you consult with your treating physician or primary care physician before booking services. Some of the popular services you might discuss with your doctor include:

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

Hypoallergenic and scent-free lotions are available upon request. The entire Canyon Ranch family supports you on your healing journey. We're happy to help in any way we can.

### MATERNITY

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

***Please consult with your physician at home before booking services.***

### TEEN SERVICES

(AGES 14–17)

Guests ages 14–17 may experience select services. The parent or guardian must book all teen services. We require all guests ages 14–17, along with a parent or guardian, to meet with a Canyon Ranch Wellness Guide at the beginning of each resort stay for guidance, and suggestions on making the most of your experience.

**Guidelines for Teens**

- Lightweight, loose clothing must be worn for teen services (or swimwear for water activities).
- The parent or guardian must be present for teen services unless otherwise indicated on our Teen Services Menu.
- If a teen is the only one who signs up for a group workshop, a parent or guardian must be present during the workshop.



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