

A close-up portrait of a woman with dark hair pulled back, looking slightly to the left. She is holding a large, white, fluffy makeup brush to her cheek. The background is a soft, out-of-focus purple and pink floral pattern. The entire image is framed by a dark purple border.

Enchant

Daily Schedule

A BEAUTY & WELLNESS FESTIVAL

LENOX | NOVEMBER 1-4

HOW TO Enchant

Welcome beauty and wellness lover. We've curated four days of top tastemakers, hands-on demos, evening events, and more. Explore this schedule and plan your perfect experience.

RELAX, RENEW, REVIVE

DON'T MISS THESE ONE-OF-A-KIND EXPERIENCES

- SUN, NOV 1 | 4 P.M.** Yoga Sculpt Powered by U Beauty
- MON, NOV 2 | 8 A.M.** Harvest & Glow: A Farm-to-Face Market
- MON, NOV 2 | 11:30 A.M.** From Ritual to Brand: The Savor Beauty Story
- TUES, NOV 3 | 2 P.M.** Shinrin-Yoku with Red Flower



A World-Class ESCAPE

Step into our legendary spa where every treatment from massages to Eastern therapies are designed to restore well-being. Now featuring refreshed treatment rooms, skincare services, and retail spaces for an elevated experience from start to finish.



Capture the Magic

Pose, shine, and celebrate as you capture your fresh glow with personalized snapshots.

PHOTO BOOTH
LOCATED IN
THE SPA LOBBY



Visit the Ultimate GIFTING SUITE

Create your own gift bag featuring top beauty and wellness products, valued at over \$1,500 per person.

NOV. 2-3 | 11 A.M.-1 P.M. + 2-6 P.M.
SARGENT BROOK LOUNGE



ENCHANTED evenings

UNFORGETTABLE
EXPERIENCES FROM
SUNRISE TO SUNSET

- SUN, NOV 1 | 4 P.M.** An Enchanted Evening Powered by VENN
- MON, NOV 2 | 7 P.M.** Moonlit Rituals | Oak Essentials
- TUES, NOV 3 | 5 P.M.** The Siren Signal with U Beauty
- TUES, NOV 3 | 7 P.M.** Stars + Intentions

meet the tastemakers



Ivan Pol

Celebrity Facialist and Founder of The Beauty Sandwich

Celebrity facialist Iván Pol, founder of The Beauty Sandwich and recipient of Women's Wear Daily's Skin Savior award, brings over 20 years of expertise to his signature facial sculpting method. Combining advanced technology and hands-on techniques, his personalized approach has earned the trust of celebrities including Emma Stone, Salma Hayek, and Kim Kardashian.

KEYNOTE SESSION: THE BEAUTY SANDWICH®:
THE ART OF THE SNATCHED GLOW
NOVEMBER 4, 10:30 A.M.



Jeannie Mai

Emmy Award-Winning Host, Producer, and Advocate

A dynamic voice across television, culture, and wellness, Jeannie is known for her candid approach to conversations around women's health and well-being. Most recently, she executive produced and appeared in the Apple TV docuseries Balance, exploring perimenopause education and awareness, and was named New You's 2026 Women's Health and Wellness Trailblazer of the Year.

KEYNOTE SESSION: JEANNIE MAI ON BEAUTY,
REINVENTION & BECOMING
NOVEMBER 1, 7 P.M.



Ali Landry

Actress, Author, & Founder of RE/SHAPE

An actress, model, television host, and former Miss USA, Ali has spent nearly three decades in the spotlight. Inspired by her own journey through burnout, loss, and personal transformation, she founded RE/SHAPE, a lifestyle platform focused on wellness, beauty, and fitness, and authored the award-winning bestseller *Reshape Your Life*.

KEYNOTE SESSION: DON'T SETTLE:
RE/SHAPE YOUR NEXT CHAPTER
NOVEMBER 2, 1 P.M.



Jane Iredale

Founder of Iredale Cosmetics, Inc.

With her eponymous cosmetics line that's now sold in 50+ countries, Jane is a clean beauty pioneer. A Tony-nominated writer and PBS producer, she's a creative force who lives in the Berkshires with her husband and two dogs.

KEYNOTE SESSION: REDEFINING BEAUTY
WITH JANE IREDALE
NOVEMBER 2, 10 A.M.



Jo Baker

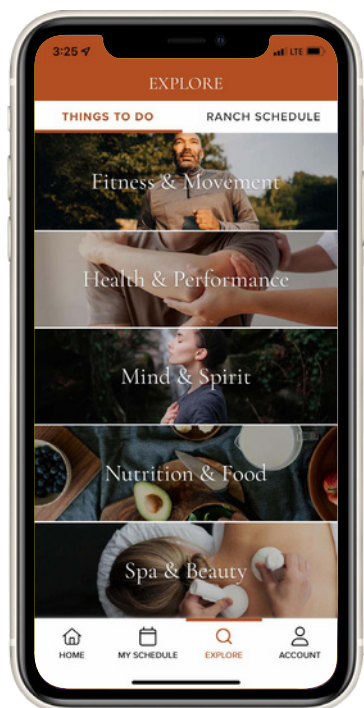
Celebrity Make Up Artist, & Founder of BAKEUP Beauty

A celebrity makeup artist known for her bold, artistic looks, Jo's worked with stars like Salma Hayek, Emily Ratajkowski, and Daisy Edgar-Jones, as well as publications like *W*, *Italian Vogue*, *InStyle*, and more. Renowned for her innovative approach, she's the founder of BAKEUP Beauty and a trendsetter in the industry.

KEYNOTE SESSION: LIVE DEMO &
CONVERSATION WITH BAKEUP'S JO BAKER
NOVEMBER 3, 10 A.M.

SHAPE YOUR JOURNEY

WITH THE CANYON RANCH APP



USE THE APP TO:

- Browse Our Ranch Schedule
- Add or Cancel Services
- Explore Things To Do
- Make Dinner Reservations

Scan to download the
official Canyon Ranch App.



IOS APP STORE



GOOGLE PLAY

HOURS & LOCATIONS

SILVERLEAF

BREAKFAST: 7–10 a.m.

LUNCH: 11:30 a.m.–2 p.m.

DINNER: 5–8:30 p.m.

Please make your dinner reservations with our Wellness Guides prior to arrival. On property? Stop by the Silverleaf host stand at breakfast or lunch, or call Ext. 55310. Please allow 45 minutes for breakfast, 60 minutes for lunch, and 90 minutes for dinner. If you need faster service due to scheduled appointments, please notify your server when you place your order.

COMMUNITY TABLE

Looking to meet new people during your stay? We reserve a Community Table for each meal. Please inform the host if you'd like to sit at the community table.

CULINARY REBEL™

SNACKS & LIGHT FARE: DAILY 6:30 a.m.–5 p.m.

LUNCH: DAILY 11:30 a.m.–4 p.m.

DINNER: DAILY 5–8:30 p.m.

HEALTH & PERFORMANCE DESK

8 a.m.–5 p.m.

Providers' hours vary.

SPA

DAILY 6:30 a.m.–9 p.m.

CR SHOPS™

Discover a curated collection of luxury apparel, wellness essentials, jewelry and retreat favorites designed to support everyday well-being.

Featuring: Vuori, Beyond Yoga, Rhone, KINROSS, and more

Plus, thoughtfully chosen gifts, accessories, and self-care items selected specifically for the Canyon Ranch experience.

CELL PHONE POLICY

To maintain a tranquil environment, we kindly ask guests to refrain from taking phone calls in public areas, especially dining spaces and locker rooms. Calls are welcome in your private room, the Spa phone booths, and other designated areas. Thank you for helping keep Canyon Ranch serene.



@CanyonRanch

#LiveCanyonRanch



Dear Guests,

It is my great pleasure to welcome you to Enchant at the Ranch 2026 and Canyon Ranch Lenox. Set against the beauty of the Berkshires, Enchant is a celebration of beauty, wellness, and community, bringing together leading experts, innovative brands, and signature Canyon Ranch experiences for a few extraordinary days of discovery.

Throughout your stay, explore personalized consultations, immersive masterclasses, inspiring conversations, movement, mindfulness, curated shopping, and experiences created especially for Enchant. From the latest in skincare and beauty to moments that connect you with nature and nurture your well-being, each experience is designed to inspire curiosity, connection, and a little indulgence.

The Canyon Ranch App is your guide to making the most of Enchant. Explore the schedule, sign up for activities, and create an experience that feels uniquely yours. Our team is also here throughout your stay to help you navigate the festival and discover experiences you won't want to miss.

On behalf of our spa, beauty, and retail teams, I invite you to fully immerse yourself in Enchant. Try something new, meet the experts and brands shaping beauty and wellness, connect with the community around you, and most importantly, take time to care for yourself.

We are delighted to welcome you to Lenox and share this special experience with you.

Warmly,

A handwritten signature in a cursive script, reading "Katie Mulligan". The ink is a warm brown color.

Katie Mulligan
Vice President of Spa, Beauty & Retail

WELCOME

HIGHLY RECOMMENDED SERVICES AND ACTIVITIES



CRYSTAL ENERGY HEALING

Metaphysical | 80 min.

A restorative and harmonizing energy healing session incorporating crystals customized especially for you. The combination of crystals and energetic healing creates alignment for your mind, body, and emotions. This session includes a consultation to explore your intentions as well as your energetic imbalances.

YOGA TABLE THAI

Spa | 50 min.

Experience the healing art of Thai massage performed on a comfortable massage table. This fully clothed treatment combines assisted stretching, rhythmic compression, and gentle joint mobilization to improve flexibility, relieve tension, and restore balance — leaving you relaxed, refreshed, and renewed.

HEART CONNECTION HEALING

Healing Energy | 80 min.

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

HUNGARIAN MUD RITUAL

Spa | 100 min.

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

MUSCLE & JOINT ASSESSMENT

Sports Medicine | 50 min.

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.

PERSONAL TRAINING WITH VIRTUAL FOLLOW-UP CONSULT

Fitness | Two-part service | 50 min. each

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.

TRIAWAVE LIFTING FACIAL

Skincare | 80 min.

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

PERSONALIZED PHYSICIAN CONSULTATION

Medical | 50 min. | \$410

Explore your health in a personalized one-on-one consultation focused on heart health, menopause, disease prevention, or overall well-being. Address your concerns, ask questions, and receive guidance on advanced diagnostics or lab testing to support a proactive wellness plan tailored to you.

FEATURED EVENTS

VISIT OUR LENOX EVENTS PAGE ON [CANYONRANCH.COM](https://canyonranch.com) FOR MORE UPCOMING EVENTS

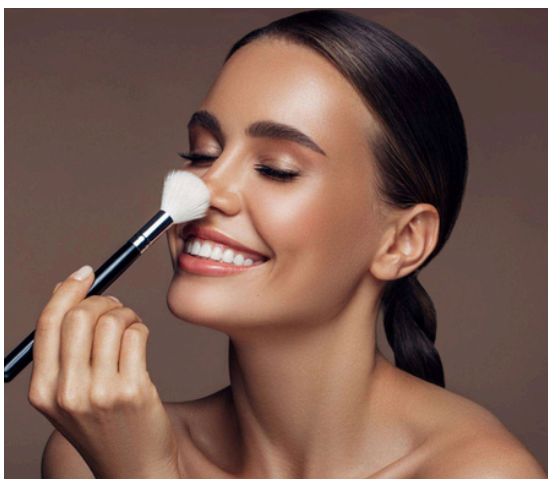


BEYOND THE VEIL

October 26-November 1

This immersive week embraces the spirit of the season through both timeless traditions and autumnal fun. Rooted in the history of All Souls' Day, Halloween, and other cultural celebrations, this experience invites you to reflect, release, and reset for what's next. Connect with your inner child through hayrides, candle carving, and Zombie Apocalypse archery. Or enjoy fire rituals, intention-setting practices, and magical moments that honor the past. Each day offers space to foster joy, welcome change, and move forward with clarity.

Activities included in this event are noted with **DD**.



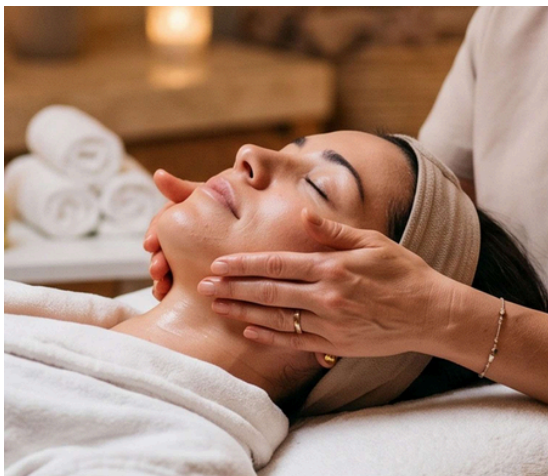
ENCHANT AT THE RANCH BEAUTY & WELLNESS FESTIVAL

November 1-4

Enchant at the Ranch is back and bigger than ever. Immerse yourself in a colorful celebration of beauty and wellness in the Berkshires — featuring clean beauty, age-defying skincare, aesthetics, hair care, and cutting-edge fitness trends. Enjoy hands-on demos from must-know brands, daily discussions with top tastemakers, nightly socials, and \$1,500 in beauty and wellness gifts.

Activities included in this event are highlighted in **purple**. Enchant keynote events are shown in **bold**.

UPCOMING



HOLIDAY BEAUTY WEEK

December 14-20

Celebrate the season feeling radiant, refreshed, and ready to glow. This week brings together expert beauty consultations, skincare, self-care, and restorative wellness experiences alongside festive seasonal activities. Discover personalized ways to enhance your natural beauty, refresh your routine, and make time for yourself while enjoying a joyful week of holiday-inspired experiences.

Sunday

Nov. 1, 2026

DISCOVERY DAYS: **DD** – BEYOND THE VEIL

7:00 AM	MORNING WALK 45 min • Outdoor Sports Boards	11:00 AM	HISTORY OF BELLEFONTAINE: TALK & MINI MANSION TOUR 1 hr • Mansion Library
7:45 AM	NORDIC WALK/POLE HIKE 1 hr • Outdoor Sports Boards • Limit 10		MID-MORNING STRETCH 45 min • Gym 2
8:00 AM	PRANAYAMA BREATHING 25 min • Yoga Studio		BEGINNER MAT PILATES 45 min • Gym 1 • Limit 30
	PILATES REFORMER CLINIC - INTERMEDIATE* 50 min • Pilates Studio • Limit 6 • \$80		STRIDE 45 min • Gym 5 • Limit 15
8:30 AM	TRX FLOW 20 min • Sports Court • Limit 15		REWIRE FOR RELIEF: RELIEVING CHRONIC PAIN 50 min • Tanglewood Room
9:00 AM	CHINESE MEDICINE: PUTTING STRESS IN ITS PLACE 50 min • Tanglewood Room • CME	12:00 PM	DD BERKSHIRE BEAT 25 min • Gym 1 • Limit 20
	SHINRIN YOKU 2 hr • Outdoor Sports Boards • Limit 6		BOGA FITMAT® FITNESS CLINIC* 50 min • Indoor Pool • Limit 6 • \$80
	CHAIR YOGA 45 min • Yoga Studio • Limit 15		STRENGTH METRICS FOR LIFE: AN INTERACTIVE SESSION 50 min • Lower Spa Lobby
	HILLS & VALLEYS 45 min • Cycling Studio • Limit 12	12:30 PM	BALANCE CHALLENGE 20 min • Gym 2 • Limit 20
	CARDIO KICKBOXING 45 min • Gym 1 • Limit 30	1:00 PM	PICKLEBALL: INTRO CLINIC* 50 min • Pickleball Court 1 • Limit 4 • \$80
	HIKE: LEVEL 2+ - BASIN POND 3 hr • Outdoor Sports Boards • Limit 10	1:30 PM	BIKE RIDE: INTRODUCTION TO MOUNTAIN BIKING 1 hr 30 min • Outdoor Sports Boards • Limit 4
9:30 AM	DD GRAVESIDE STORIES - STOCKBRIDGE CEMETERY 2 hr 30 min • Outdoor Sports Boards • Limit 10		KAYAK: SEMIPRIVATE* 2 hr • Outdoor Sports Boards • Limit 4 • \$110
10:00 AM	CARDIO TENNIS CLINIC – LEVEL 3.0+* 50 min • Indoor Tennis Court 1 • Limit 4 • \$80		HIKE: LEVEL 1 - PLEASANT VALLEY BEAVER PONDS 2 hr • Outdoor Sports Boards • Limit 10
	WIRED FOR WONDER: SPIRITUAL PATHWAYS OF THE BRAIN 50 min • Tanglewood Room • CME		
	H2O POWER 45 min • Indoor Pool • Limit 30		
	YOGA SCULPT 45 min • Yoga Studio		
	TUBES & LOOPS 45 min • Gym 2 • Limit 20		



For activity descriptions, please scan the QR code to access our website. Additional details are also available in the app or through any of our Wellness Guides.

ENCHANT EVENTS ARE HIGHLIGHTED IN **PURPLE**. ENCHANT KEYNOTE EVENTS ARE SHOWN IN **BOLD**.

Activities marked with an asterisk () require ADVANCE SIGN UP. CME - Continuing Medical Education

- 2:00 PM **MANAGING ENERGY DYNAMICS IN RELATIONSHIPS**
50 min • Tanglewood Room
- SACRAL CHAKRA HIP OPENING**
45 min • Yoga Studio
- GRITLAB: STRENGTH & ENDURANCE CONDITIONING**
45 min • Sports Court • Limit 15
- LONG & LEAN BARRE WORKOUT**
45 min • Gym 1 • Limit 30
- 3:00 PM **STROOPS BUNGEE WORKOUT**
45 min • Gym 1 • Limit 12
- AQUA STRENGTH CIRCUIT CLASS**
45 min • Indoor Pool • Limit 25
- FALL FLOW YOGA**
45 min • Yoga Studio
- INSIDE YOUR ENCHANT GIFT BAG***
45 min • Berkshire Room • Limit 25
- 4:00 PM **AN ENCHANTED EVENING POWERED BY VENN**
2 hr 30 min • Hotel Lobby
- THE ESSENTIAL BODY RITUAL WITH OAK ESSENTIALS***
1 hr 20 min • Berkshire Room • Limit 25 • \$220
- SKIN SCIENCE UNVEILED: A MASTERCLASS WITH ENVIRON***
50 min • Tanglewood Room • Limit 15
- YOGA SCULPT POWERED BY U BEAUTY***
45 min • Yoga Studio • Limit 25
- FOAM ROLL & STRETCH**
45 min • Gym 2 • Limit 20
- MIND YOUR MUSCLE**
45 min • Gym 5 • Limit 10

- 5:00 PM **MEDITATION**
25 min • Yoga Studio
- FITNESS FOR YOUR FEET**
20 min • Gym 2 • Limit 20
- 6:00 PM **INSIDE YOUR ENCHANT GIFT BAG***
45 min • Berkshire Room • Limit 25
- 7:00 PM **KEYNOTE SESSION: JEANNIE MAI ON BEAUTY, REINVENTION & BECOMING**
50 min • Rockwell Room
- 8:00 PM **MIND, BODY & SLEEP WITH AROMATHERAPY ASSOCIATES***
45 min • Yoga Studio • Limit 25

Enchant Trunk Shows SPA BOUTIQUE

Discover more from the brands joining us for Enchant. Explore featured products, meet brand representatives, and shop a curated selection available throughout the festival.



U BEAUTY



EIGHTH DAY



AROMATHERAPY ASSOCIATES



SAVOR BEAUTY

Monday

Nov. 2, 2026

- 7:00 AM **MORNING WALK**
45 min • Outdoor Sports Boards
- 7:45 AM **NORDIC WALK/POLE HIKE**
1 hr • Outdoor Sports Boards • Limit 10
- 8:00 AM **THE ART OF FENCING: SWORDPLAY CLINIC***
50 min • Sports Court • Limit 6 • \$80
- SUN SALUTATIONS**
25 min • Yoga Studio
- PILATES REFORMER JUMPBOARD CLINIC***
50 min • Pilates Studio • Limit 6 • \$80
- HARVEST + GLOW: A FARM TO FACE
MARKET EXPERIENCE**
2 hr • Great Lawn Tent
- 8:30 AM **WAKE-UP WARM-UP STRETCH**
20 min • Gym 2 • Limit 30
- 9:00 AM **RACE DAY**
45 min • Cycling Studio • Limit 12
- ZUMBA®**
45 min • Gym 1 • Limit 30
- YOGA FOUNDATIONS**
45 min • Yoga Studio
- HIKE: LEVEL 3 - BURBANK TRAIL**
3 hr 30 min • Outdoor Sports Boards • Limit 10
- CARDIO TENNIS CLINIC – LEVEL 3.0+***
50 min • Indoor Tennis Court 1
• Limit 4 • \$80
- U BEAUTY BODY RITUAL MASTERCLASS***
45 min • Berkshire Room • Limit 25
- 9:30 AM **SHINRIN YOKU**
2 hr • Outdoor Sports Boards • Limit 6
- GRAVEL GRINDER BIKE: LEVEL 3-
HOUSATONIC RAIL TRAIL**
2 hr 30 min • Outdoor Sports Boards • Limit 4
- 10:00 AM **KEYNOTE SESSION: REDEFINING
BEAUTY WITH JANE IREDALE**
50 min • Rockwell Room

- 11:00 AM **PICKLEBALL: DAILY DOSE - LEVEL 2.5+***
50 min • Pickleball Court 1 • Limit 4 • \$80
- MID-MORNING STRETCH**
45 min • Gym 2
- TRX CORE**
45 min • Sports Court
- MAKE-UP MASTER CLASS**
50 min • Tanglewood Room • Limit 13
- 1:1 PERSONALIZED AROMATHERAPY
ASSOCIATES RITUALS***
11 am-5 pm • 30 min • Main Spa Lobby • Limit 1
- EMINENCE ORGANIC RADIANT
SKIN 1:1 CONSULTS***
11 am-5 pm • 30 min • Great Lawn Tent • Limit 1
- 1:1 CALIFORNIA WELLNESS
WITH OAK ESSENTIALS***
11 am-1 pm • 30 min • Main Spa Lobby • Limit 2
- CAUSEMEDIC 1:1 CONSULTATIONS***
11 am-3:30 pm • 15 min • Main Spa Lobby • Limit 1
- 1:1 U BEAUTY PERSONALIZED
BODY CONSULTATION***
11 am-5 pm • 30 min • Main Spa Lobby • Limit 1
- INDIVIDUAL SUPERCHARGED
VENN CONSULTATIONS***
11 am-3 pm • 30 min • Main Spa Lobby • Limit 1
- THE EIGHTH DAY PRACTICE YOGA***
45 min • Yoga Studio • Limit 25
- 1:1 RED FLOWER AROMATHERAPY BAR***
11 am-1 pm • 15 min • Main Spa Lobby • Limit 1
- 1:1 ELTA MD SUNSCREEN CONSULT***
11 am-5 pm • 15 min • Main Spa Lobby • Limit 1

Activities marked with an asterisk (*) require ADVANCE SIGN UP. All remaining experiences are available on a FIRST COME, FIRST SERVE basis. CME indicates a lecture qualifies for Continuing Medical Education Credits.

- 11:30 AM **LUNCH & LEARN WITH ENVIRON:
ELEVATING OUTCOMES***
1 hr 30 min • Silverleaf • Limit 10
- FROM RITUAL TO BRAND:
THE SAVOR BEAUTY STORY***
45 min • Rockwell Room • Limit 25
- JANE IREDALE FALL EDIT MASTERCLASS***
1 hr 15 min • Berkshire Room • Limit 25 • \$220
- 12:00 PM **LINE DANCING**
25 min • Gym 1
- 12:30 PM **SHRED**
25 min • Gym 5 • Limit 15
- 1:00 PM **KEYNOTE SESSION: DON'T SETTLE:
RE/SHAPE YOUR NEXT CHAPTER
WITH ALI LANDRY**
50 min • Rockwell Room
- 1:30 PM **ZOMBIE APOCALYPSE ARCHERY***
1 hr 30 min • Outdoor Sports Boards
• Limit 8 • \$110
- KAYAK: SEMIPRIVATE***
2 hr • Outdoor Sports Boards • Limit 4 • \$110
- HARVEST HAYRIDES**
1:30-4 pm • 30 min • Goldfish Pond, Spa
• Limit 8

- 2:00 PM **CR STRENGTH**
45 min • Gym 1 • Limit 22
- BEST BACKSIDE**
45 min • Sports Court • Limit 16
- GENTLE FLOW YOGA**
45 min • Yoga Studio
- HIKE: LEVEL 2 - THOMAS &
PALMER BROOK TRAIL**
2 hr • Outdoor Sports Boards • Limit 10
- PICKLEBALL: INTRO CLINIC***
50 min • Pickleball Court 1 • Limit 4 • \$80
- ENVIRON 1:1 CONSULTATIONS***
2-5 pm • 30 min • Main Spa Lobby • Limit 1
- BEYOND FACE CARE: RITUALS FOR
LIFELONG SKIN HEALTH***
45 min • Tanglewood Room • Limit 25
- JANE IREDALE 1:1:
ENHANCE YOUR NATURAL BEAUTY***
2-5 pm • 30 min • Main Spa Lobby • Limit 2
- 1:1 SLOW BEAUTY CONSULTS
WITH SAVOR BEAUTY***
2-4 pm • 30 min • Main Spa Lobby • Limit 1

Enchant Gifting Suite

NOV. 2 & 3 | 11 AM–1 PM & 2–6 PM
SARGENT BROOK LOUNGE



CREATE YOUR PERSONAL SWAG BAG
FULL OF TODAY'S TOP BRANDS

Activities marked with an asterisk (*) require ADVANCE SIGN UP. All remaining experiences are available on a FIRST COME, FIRST SERVE basis. CME indicates a lecture qualifies for Continuing Medical Education Credits.

- 2:30 PM **INSIDE THE RITUAL: RED FLOWER DETOXIFY & NOURISH***
45 min • Berkshire Room • Limit 25
- 3:00 PM **SELF-COMPASSION IS YOUR SUPERPOWER**
50 min • Tanglewood Room • CME
- TENNIS: AFTERNOON DRILLS***
50 min • Indoor Tennis Court 1 • Limit 4 • \$80
- HYDRO FLEX**
45 min • Indoor Pool • Limit 30
- FALL FLOW YOGA**
45 min • Yoga Studio
- PUNCH**
45 min • Sports Court • Limit 20
- THE FUTURE OF BEAUTY LOOKS LIKE YOU | EIGHTH DAY SKIN**
45 min • Rockwell Room
- 4:00 PM **HISTORY OF BELLEFONTAINE: TALK & MINI MANSION TOUR**
1 hr • Mansion Library
- TRX BASIC STRENGTH**
45 min • Sports Court • Limit 15
- FOAM ROLL & STRETCH**
45 min • Gym 2 • Limit 20
- 1:1 CALIFORNIA WELLNESS WITH OAK ESSENTIALS***
4-5 pm • 30 min • Main Spa Lobby • Limit 2
- DELIVERY SYSTEM INNOVATION WITH VENN***
45 min • Rockwell Room • Limit 25
- DECODING CBD WITH CAUSE MEDIC**
45 min • Tanglewood Room
- GOLDEN HOUR SOUND BATH, POWERED BY OMOROVICZA***
50 min • Indoor Pool • Limit 20
- 4:30 PM **MINDFUL MANDALAS***
1 hr 30 min • Art Studio • Limit 8 • \$45

- 4:30 PM **BEAUTY + BREATHWORK WITH SAVOR BEAUTY***
45 min • Yoga Studio • Limit 20
- 5:00 PM **FITNESS FOR YOUR FEET**
20 min • Gym 2 • Limit 20
- ACTIVATE YOUR CHAKRAS, EMPOWER YOUR LIFE**
50 min • Tanglewood Room
- MEDITATION**
25 min • Yoga Studio
- 6:00 PM **SOUL CARDS: OPEN YOUR INTUITION & PERCEPTION**
30 min • Fieldstone Lounge
- BOBBY SWEET & LARA TUPPER, SINGER-SONGWRITERS**
2 hr • Culinary Rebel
- 7:00 PM **CANDLELIGHT YOGA WITH RED FLOWER***
45 min • Yoga Studio • Limit 25
- MOONLIT RITUALS WITH OAK ESSENTIALS**
1 hr • The Aura
- 7:30 PM **GET READY FOR BED WITH ENVIRON***
1 hr 30 min • Berkshire Room • Limit 10
- 8:00 PM **LABYRINTH GLOW: WALK & FIRE RITUAL***
50 min • Lower Spa Lobby • Limit 20

CauseMedic Recovery Bar
8 AM–NOON | LOWER SPA LOBBY



Recover smarter after your workout at the CauseMedic Recovery Bar. Enjoy healthy refreshments, recovery education, and product samples to help you restore, recharge, and feel your best.

Tuesday

Nov. 3, 2026

7:00 AM **MORNING WALK**
45 min • Outdoor Sports Boards

7:30 AM **QI GONG FOR HEALTH & VITALITY***
50 min • Berkshire Room • Limit 7 • \$80

7:45 AM **NORDIC WALK/POLE HIKE**
1 hr • Outdoor Sports Boards • Limit 10

8:00 AM **PRANAYAMA BREATHING**
25 min • Yoga Studio

INTRODUCTION TO COLD THERAPY CLINIC*
25 min • Skincare Reception • Limit 4 • \$45

PILATES REFORMER CLINIC - BEGINNER*
50 min • Pilates Studio • Limit 6 • \$80

8:30 AM **TRX FLOW**
20 min • Sports Court • Limit 15

9:00 AM **PREVENTING CHRONIC ILLNESS**
50 min • Tanglewood Room

PICKLEBALL: INTRO CLINIC*
50 min • Pickleball Court 1 • Limit 4 • \$80

CHAIR YOGA
45 min • Yoga Studio • Limit 15

POWER ROW
45 min • Rowing Studio • Limit 10

STEP AEROBICS
45 min • Gym 1 • Limit 25

HIKE: LEVEL 3 - MOHICAN MONUMENT MTN.
3 hr 30 min • Outdoor Sports Boards
• Limit 10

9:30 AM **GATEWAY TO THE BERKSHIRES -
LEE HISTORY WALK**
2 hr 30 min • Outdoor Sports Boards • Limit 10

10:00 AM **KEYNOTE SESSION: LIVE DEMO &
CONVERSATION WITH
BAKEUP'S JO BAKER**
50 min • Rockwell Room

11:00 AM **MID-MORNING STRETCH**
45 min • Gym 2

LIFT, SWING AND STRENGTHEN
45 min • Sports Court • Limit 25

**1:1 PERSONALIZED AROMATHERAPY
ASSOCIATES RITUALS***
11 am-4 pm • 30 min • Main Spa Lobby • Limit 1

CARDIO TENNIS CLINIC – LEVEL 3.0+*
50 min • Indoor Tennis Court 1 • Limit 4 • \$80

**RADIANCE RENEWAL:
THE EMINENCE GLOW RITUAL***
30 min • Berkshire Room • Limit 25

**1:1 SEE THE INVISIBLE:
K-SCAN BY KÉRASTASE***
11 am-5 pm • 30 min • Beauty Salon • Limit 1

**JANE IREDALE 1:1:
ENHANCE YOUR NATURAL BEAUTY***
11 am-5 pm • 30 min • Main Spa Lobby • Limit 2

YOGA SCULPT POWERED BY U BEAUTY*
45 min • Yoga Studio • Limit 25

**1:1 CALIFORNIA WELLNESS
WITH OAK ESSENTIALS***
11 am-1 pm • 30 min • Main Spa Lobby • Limit 2

**1:1 U BEAUTY PERSONALIZED
BODY CONSULTATION***
11 am-2:30 pm • 30 min • Main Spa Lobby • Limit 1

**1:1 SLOW BEAUTY CONSULTS
WITH SAVOR BEAUTY***
11 am-5 pm • 30 min • Main Spa Lobby • Limit 1

1:1 RED FLOWER AROMATHERAPY BAR*
11 am-1 pm • 15 min • Main Spa Lobby • Limit 1

**1:1 THE EIGHTH DAY SKIN
LAB CONSULTATIONS***
11 am-5 pm • 30 min • Main Spa Lobby • Limit 1

1:1 CAUSEMEDIC CONSULTATIONS*
11 am-5 pm • 15 min • Main Spa Lobby • Limit 1

**1:1 THE GOLDEN PRESCRIPTION
WITH OMOROVICZA***
11 am-5 pm • 30 min • Main Spa Lobby • Limit 1

1:1 ELTA MD SUNSCREEN CONSULT*
11 am-5 pm • 15 min • Main Spa Lobby • Limit 1

Activities marked with an asterisk (*) require ADVANCE SIGN UP. All remaining experiences are available on a FIRST COME, FIRST SERVE basis. CME indicates a lecture qualifies for Continuing Medical Education Credits.

11:30 AM **K-BEAUTY 101 LUNCH
& LEARN WITH VENN***
1 hr 30 min • Silverleaf - Fountain Room • Limit 10

12:00 PM **BERKSHIRE BEAT**
25 min • Gym 1 • Limit 20

**RADIANCE RENEWAL:
THE EMINENCE GLOW RITUAL***
30 min • Berkshire Room • Limit 25

12:30 PM **FAN BIKE BURN**
20 min • Sports Court • Limit 10

CR VITALITY TOUR
30 min • Lower Spa Lobby

1:30 PM **BIKE RIDE: INTRODUCTION TO
MOUNTAIN BIKING**
1 hr 30 min • Outdoor Sports Boards • Limit 4

HIKE & PAINT WORKSHOP*
2 hr • Outdoor Sports Boards • Limit 6 • \$110

KAYAK: SEMIPRIVATE*
2 hr • Outdoor Sports Boards • Limit 4 • \$110

HIKE: LEVEL 1 - BENEDICT POND
2 hr 30 min • Outdoor Sports Boards • Limit 10

HARVEST HAYRIDES*
1:30 pm-4 pm • 30 min
• Goldfish Pond, Spa • Limit 8

2:00 PM **ENERGY ALCHEMY TO
SUPPORT YOUR JOURNEY**
50 min • Tanglewood Room

YOGA FOR A HEALTHY BACK
45 min • Yoga Studio

BASIC AEROBIC CIRCUIT WEIGHTS
45 min • Gym 5

**GRITLAB: STRENGTH &
ENDURANCE CONDITIONING**
45 min • Sports Court • Limit 15

PICKLEBALL: INTRO CLINIC*
50 min • Pickleball Court 1 • Limit 4 • \$80

**1:1 SLOW BEAUTY CONSULTS
WITH SAVOR BEAUTY***
2-5 pm • 30 min • Main Spa Lobby • Limit 1

**EMINENCE ORGANIC RADIANT
SKIN 1:1 CONSULTS***
2-5 pm • 30 min • Main Spa Lobby • Limit 1

ENVIRON 1:1 CONSULTATIONS*
2-5 pm • 30 min • Main Spa Lobby • Limit 1

**INDIVIDUAL SUPERCHARGED
VENN CONSULTATIONS***
2-5 pm • 30 min • Main Spa Lobby • Limit 1

**SHINRIN-YOKU: A FOREST RITUAL
WITH RED FLOWER***
1 hr 30 min • Outdoor Sports Boards
• Limit 10

**THE ESSENTIAL FACIAL RITUAL
WITH OAK ESSENTIALS***
1 hr 20 min • Berkshire Room • Limit 25 • \$220



For activity descriptions, please scan the QR code to access our website. Additional details are also available in the app or through any of our Wellness Guides.

Activities marked with an asterisk (*) require ADVANCE SIGN UP. All remaining experiences are available on a FIRST COME, FIRST SERVE basis. CME indicates a lecture qualifies for Continuing Medical Education Credits.

3:00 PM **TENNIS: AFTERNOON DRILLS***
50 min • Indoor Tennis Court 1 • Limit 4 • \$80

STROOPS BUNGEE WORKOUT
45 min • Gym 1 • Limit 12

AQUA STRENGTH CIRCUIT CLASS
45 min • Indoor Pool • Limit 25

A CUP OF CONNECTION*
1 hr 30 min • Art Studio • Limit 12 • \$140

INTERMEDIATE YOGA
45 min • Yoga Studio

**SMARTER SKIN: THE FUTURE OF
ADAPTIVE SKINCARE**
45 min • Rockwell Room

4:00 PM **RHYTHM RIDE**
45 min • Cycling Studio • Limit 12

YIN YOGA
45 min • Yoga Studio

ACTIVE MOBILITY
45 min • Sports Court • Limit 15

4:30 PM **BERKSHIRE FOREST PRESS BY
AROMATHERAPY ASSOCIATES***
1 hr 30 min • Great Lawn Tent • Limit 20

**GLASS SKIN +
GUA SHA WITH SAVOR BEAUTY***
45 min • Berkshire Room • Limit 25

5:00 PM **MEDITATION**
25 min • Yoga Studio

STRETCH & RELAX
25 min • Gym 2

THE SIREN SIGNAL
1 hr 30 min • Mansion Library

6:00 PM **STEVE IDE & ROB PUTNAME:
GUITAR & VOCLAS**
2 hr • Culinary Rebel

7:00 PM **STARS + INTENTIONS**
45 min • The Great Lawn • Limit 50

7:30 PM **GET READY FOR BED WITH ENVIRON***
1 hr 30 min • Berkshire Room • Limit 10

8:00 PM **MIRACLES, LUCK & THE BUTTERFLY EFFECT**
50 min • Tanglewood Room

BONFIRE + S'MORES
1 hr • The Great Lawn

CauseMedic Recovery Bar

8 AM-NOON | LOWER SPA LOBBY



Recover smarter after your workout at the CauseMedic Recovery Bar. Enjoy healthy refreshments, recovery education, and product samples to help you restore, recharge, and feel your best.

Wednesday

Nov. 4, 2026

7:00 AM	MORNING WALK 45 min • Outdoor Sports Boards	10:00 AM	CARDIO TENNIS CLINIC – LEVEL 3.0+* 50 min • Indoor Tennis Court 1 • Limit 4 • \$80
7:30 AM	QI GONG STRESS RELIEF MEDITATION* 50 min • Gym 2 • Limit 6 • \$80		H2O POWER 45 min • Indoor Pool • Limit 30
7:45 AM	NORDIC WALK/POLE HIKE 1 hr • Outdoor Sports Boards • Limit 10		YOGA SCULPT 45 min • Yoga Studio
8:00 AM	ACTIVE STRETCH CLINIC* 50 min • Gym 1 • Limit 4 • \$80		STRENGTH & POWER FOR LONGEVITY CLINIC* 50 min • Lower Spa Lobby • Limit 4 • \$110
	SUN SALUTATIONS 25 min • Yoga Studio		1:1 PERSONALIZED AROMATHERAPY ASSOCIATES RITUALS* 10 am-1 pm • 30 min • Main Spa Lobby • Limit 1
	HIKE: LEVEL 4 - YOKUN SEAT 4 hr 30 min • Outdoor Sports Boards • Limit 10		ENVIRON 1:1 CONSULTATIONS* 10 am-1 pm • 30 min • Main Spa Lobby • Limit 1
8:30 AM	ZEN•GA™ FLOW 20 min • Yoga Studio • Limit 30		JANE IREDALE 1:1: ENHANCE YOUR NATURAL BEAUTY* 10 am-1 pm • 30 min • Main Spa Lobby • Limit 2
9:00 AM	WAKE-UP CALL: IMPROVING YOUR SLEEP 50 min • Tanglewood Room • CME		1:1 U BEAUTY PERSONALIZED BODY CONSULTATION* 10 am-1 pm • 30 min • Main Spa Lobby • Limit 1
	HILLS & VALLEYS 45 min • Cycling Studio • Limit 12		INDIVIDUAL SUPERCHARGED VENN CONSULTATIONS* 10 am-1 pm • 30 min • Main Spa Lobby • Limit 1
	CARDIO KICKBOXING 45 min • Gym 1 • Limit 30		CAUSEMEDIC 1:1 CONSULTATIONS* 10 am-1 pm • 15 min • Main Spa Lobby • Limit 1
	YIN & RELEASE 45 min • Yoga Studio • Limit 25		
	HIKE: LEVEL 3 - BEARTOWN RAMBLE 3 hr 30 min • Outdoor Sports Boards • Limit 10	10:30 AM	KEYNOTE SESSION: IVAN POL'S THE BEAUTY SANDWICH®: THE ART OF THE SNATCHED GLOW 50 min • Berkshire Room • Limit 30
	GOLDEN HOUR MASTERCLASS WITH OMOROVICZA* 1 hr • Berkshire Room • Limit 25		
9:30 AM	ECO-TOUR WITH CERTIFIED FIELD NATURALIST* 2 hr 30 min • Outdoor Sports Boards • Limit 6 • \$110	11:00 AM	PICKLEBALL: DAILY DOSE - LEVEL 2.5+* 50 min • Pickleball Court 1 • Limit 4 • \$80
			MID-MORNING STRETCH 45 min • Gym 2
			POWER 45 min • Gym 5 • Limit 10
			AMAZING ABS & HEALTHY HIPS 45 min • Gym 1 • Limit 25

Activities marked with an asterisk (*) require ADVANCE SIGN UP. All remaining experiences are available on a FIRST COME, FIRST SERVE basis. CME indicates a lecture qualifies for Continuing Medical Education Credits.

- 12:00 PM **LEG DAY EXPRESS**
25 min • Gym 1 • Limit 30
- PILATES REFORMER CLINIC - INTERMEDIATE***
50 min • Pilates Studio • Limit 6 • \$80
- 12:30 PM **SHRED**
25 min • Gym 5 • Limit 15
- CR VITALITY TOUR**
30 min • Lower Spa Lobby
- 1:00 PM **PICKLEBALL: INTRO CLINIC***
50 min • Pickleball Court 1 • Limit 4 • \$80
- AERIAL HAMMOCK YOGA CLINIC***
50 min • Yoga Studio • Limit 8 • \$80
- BEAUTY TRENDS**
50 min • Tanglewood Room
- 1:30 PM **HIGH ROPES COURSE***
2 hr • Outdoor Sports Boards • Limit 4 • \$220
- HIKE: LEVEL 2 - SHADOWBROOK**
2 hr • Outdoor Sports Boards • Limit 10
- KAYAK: SEMIPRIVATE***
2 hr • Outdoor Sports Boards • Limit 4 • \$110
- 2:00 PM **SACRAL CHAKRA HIP OPENING**
45 min • Yoga Studio
- LONG & LEAN BARRE WORKOUT**
45 min • Gym 1 • Limit 30
- BEST BACKSIDE**
45 min • Sports Court • Limit 16
- HIGH LAWN FARM:
MEET OUR CALF & ICE CREAM TRIP***
1 hr 30 min • Outdoor Sports Boards • Limit 6 • \$45
- 3:00 PM **TENNIS: AFTERNOON DRILLS***
50 min • Indoor Tennis Court 1 • Limit 4 • \$80
- AQUA STRENGTH CIRCUIT CLASS**
45 min • Indoor Pool • Limit 25
- VINYASA FLOW**
45 min • Yoga Studio
- RIPPED**
45 min • Gym 1 • Limit 30

- 3:45 PM **HOT. COLD. CALM. POP-UP**
25 min • Main Spa Lobby
- 4:00 PM **AUTUMN UNWIND**
45 min • Yoga Studio • Limit 30
- FOAM ROLL & STRETCH**
45 min • Gym 2 • Limit 20
- MIND YOUR MUSCLE**
45 min • Gym 5 • Limit 10
- 4:30 PM **WATERCOLOR PAINTING***
1 hr 30 min • Art Studio • Limit 8 • \$45
- 5:00 PM **SOUL INSPIRED:
THE ART OF SPIRITUAL PRACTICE**
50 min • Tanglewood Room • CME
- FITNESS FOR YOUR FEET**
20 min • Gym 2 • Limit 20
- MEDITATION**
25 min • Yoga Studio
- 8:00 PM **OLD SCHOOL BINGO**
50 min • Tanglewood Room

CANYON RANCH COMMUNITY TREE

CAPTURE THE MOMENT
Take a photo, leave with a memory.

*Keep your Polaroid as a special
memory of the magic of Enchant!*

Visit the Wellness Guide Reception Area



For activity descriptions, please scan the QR code to access our website. Additional details are also available in the app or through any of our Wellness Guides.

CLASSES & ACTIVITIES

CARDIO & WEIGHT GYM

OPEN DAILY 7 AM–9 PM

Classes held in the Weight Room have priority use of equipment. Shirt and shoes are required. We want you to enjoy your stay and find classes that suit your needs. If you have any questions about a class, ask an instructor or call Fitness at Ext. 54518.

REMINDERS

All fitness classes are 45 minutes unless otherwise noted.

For your safety, no admittance later than 5 minutes after the hour.

Pace yourself – choose classes appropriate to your fitness level.

As a courtesy, please avoid wearing perfume and cologne in the gyms.

We advise wearing aqua socks or athletic socks in the pool.

OUTDOOR SPORTS HIGHLIGHTS

KAYAK: SEMIPRIVATE

Explore the Berkshires by kayak on a guided tour of a picturesque local lake. Learn basic paddling and water safety before enjoying a peaceful, scenic outing at a relaxed pace. Participants must be able swimmers. Weather and conditions permitting.

\$110 per person

ADVANCED MORNING HIKES

Starting your day with an outdoor hike can boost your mood, give you more energy throughout the day and offers your body and mind a number of other health benefits. These hikes vary each week and, based on location, are 3.5 – 6.5 hours long. Visit the Outdoor Sports Board in the Spa to learn specific information about each hike.

Wed. & Sat. 8 AM

RACQUET SPORTS

Join our instructors for 50-minute custom Tennis or Pickleball clinics. Play sessions recommended for families, friends, and groups to learn and improve skills.

\$80 per person

HIKING & BIKING

To schedule private activities, please call the Wellness Guides at ext. 55423 or visit the Programming Desk in the front of the Spa between 8 AM and 9 PM daily.

BEGINNER HIKES

Rated 1 or 2, for people who exercise infrequently or prefer a more moderately paced experience.

INTERMEDIATE & ADVANCED HIKES

Rated 3 - 6, these hikes put more emphasis on the workout and are generally steeper and led at a pace consistent with the fitness level of the group. Breakfast, snacks and lunch are supplied as appropriate. Guide service, packs, water and transportation to trailheads are provided.

For all Outdoor Sport activities, please sign up in the CR App or with a Wellness Guide, Ext. 55423. For detailed information about Outdoor activities, visit the Outdoor Sports Board located in the front of the Spa. Departure times vary due to the location and level of hike.

It's important that you choose a hike you can complete comfortably and that will not compromise your safety or that of the group.

AMENITIES & MORE

LAUNDRY & DRY CLEANING

We provide self-service washers, dryers, detergents and fabric softeners in easy-to-spot locations. Or, we can do your wash or dry cleaning for a fee. Please check the plastic laundry bag in your closet for details.

CUSTOM COMFORTS

Please let us know if you'd like a humidifier, heating pad or specialty pillows brought to your room. Simply call Ext. 55432.

PRIVACY, PLEASE

At Canyon Ranch, we respect your privacy. To help maintain that feeling of trust and discretion for everyone, please don't take pictures of other guests without asking permission first.

CLEAR THE AIR

Smoking cigarettes or e-cigarettes is allowed only in designated outdoor, nonpublic areas. Cigars and pipes are not allowed. Smoking in your room will result in a cleaning fine of up to \$1,800, excluding any damages.

YOUR VALUABLES

You'll find a safe in your room to store your valuables.

POOL TIME

Open 6:30 am to 9 pm daily, the heated outdoor pool is next to the Spa. No lifeguards on duty.

SAFETY & SECURITY

Our team is always on the job and available when you need them. Please note that we're required to check on you if your phone's been left off the hook, or if you don't respond to a wake-up call you requested. We're here to make sure you're okay.

TENNIS & PICKLEBALL

Indoor courts are available during regular spa hours, 6:30am to 9pm daily. Outdoor Tennis courts open seasonally during daylight hours. Please use the sign-up cards in the Main Spa Lobby to reserve a court. Court time is complimentary. Proper shoes are required.

If you are looking for a partner or a group to play with, see the Looking for a Partner sign-up card. Ask your Wellness Guide about tennis and pickleball private lessons and clinics.

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.

- 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, they must be accompanied by a parent or guardian.

YOUR CANYON RANCH PILLOW MENU

The right pillow can make all the difference for good sleep and comfort. It should align neck, spine and back for healthy posture. Back sleepers generally need thinner pillows, side sleepers need thicker ones, and stomach sleepers may need no pillow at all.

To request a pillow, call Guest Services at Ext. 55525.

OUR ROOM FEATURES

LUXURY PILLOWS ON YOUR BED

Down alternative – medium support; hypoallergenic.

PURE ENRICHMENT WAVE SLEEP THERAPY SOUND MACHINE

Soothing, natural white noise opens the way to restorative, stable sleep.

PILLOWS YOU CAN REQUEST

LUXURY PILLOWS

The same pillow that are on the bed and feather pillows are available upon request.

BACK SLEEPERS

Buckwheat –Relaxes and aligns the neck for breathing comfort

Cervical – Aligns and relaxes the cervical spine

Soft synthetic foam

Neck support

Contour memory foam

SIDE SLEEPERS

Side sleeping pillow – Improves breathing, aligns the spine; memory foam

Leg spacer – Fits between your knees to support and relieve pressure in the low back, knees, and ankles; memory foam in sateen fabric

Body pillow – For side and belly sleepers, aligns the spine when between the knees, excellent for pregnancy; polyester fill

Back and/or side sleeper – King-sized soft gel that contours to your body

ESSENTIALS

PHONE NUMBERS

LIFE-THREATENING AND FIRE EMERGENCIES, CALL 9+911

RESORT SERVICES	EXTENSION
Operator	0
Bell Services	55500
Culinary Rebel™	55210
Housekeeping	55432
Wellness Guides	55423
Safety & Security	54419
Silverleaf	55310

DEPARTMENTS	EXTENSION
Canyon Ranch Shop™	54574
Canyon Ranch Living®	54596
Fitness	54524
Group Sales	54425
Guest Services/Concierge	55525
Health & Performance	55325
Medical	55317
Membership Sales	54513
Mental Health & Wellness	55325
Metaphysical	55404
Nutrition	55325
Outdoor Sports	55535
Performance Science	55325
Registration	55519
Room Reservations	55006
Salon	54498
Skin Care	54508
Spa Desk	55423
Spiritual Wellness	54527

WHEN IN DOUBT, CALL OUR OPERATOR AT 0,
WHO WILL BE HAPPY TO TRANSFER YOUR CALL.

PHONE INSTRUCTIONS

LOCAL CALL

9 + number

TOLL-FREE

9 + 1 + number

LONG DISTANCE

9 + 1 + number (U.S. and Canada)

9 + 011 + country code + number (international)

ROOMS

75 + three-digit room number

HEARING IMPAIRED

To arrange for a telephone, call Ext. 55525

INTERNET

Complimentary Wi-Fi is available throughout the property. No password is required. Please call our partner and provider Cloud5 at 877-665-1288 for technical support.

Enjoy access to computers, Internet and printers 24 hours a day. The Computer Center is in the East Wing, first floor.

TV CHANNEL GUIDE

For a list of channels, press the Channel (CH) List button on your remote.

When the DVD player is turned on, the TV will switch to the proper input.

4 - Canyon Ranch Channel

100 through 142 offer various music channels

LIFE CHANGES AT CANYON RANCH

WHEREVER YOU ARE ON YOUR LIFE LONG JOURNEY, FIND
PERSONALIZED GUIDANCE AND PROVEN EXPERTISE TO
INSPIRE YOUR WELL WAY OF LIFE.



CANYON RANCH TUCSON, ARIZONA

In the foothills of the Santa Catalina Mountains, explore 150 acres of the lush Sonoran Desert. Let the sunsets, striking canyons, and endless possibilities inspire you.



CANYON RANCH LENOX, MASSACHUSETTS

On this historic New England estate, nutrition, fitness, and spiritual wellness come together to reveal the perfect wellness pairing: serenity and adventure.



CANYON RANCH AUSTIN, TEXAS

Opening October 2026, Canyon Ranch Austin brings to life an unparalleled experience designed to nourish body, mind, and spirit – all yours to discover.



CANYON RANCH FORT WORTH, TEXAS

Located in the vibrant Cultural District, our urban club and spa brings over four decades of renowned expertise from Canyon Ranch to the Dallas-Fort Worth area.



CANYON RANCH IN THE VENETIAN LAS VEGAS, NEVADA

Escape the bright lights of the Las Vegas Strip and enter a sanctuary of wellness, where spa, fitness, and culinary experiences replenish you on your path to lifelong well-being.

Visit canyonranch.com to learn more about all of our locations.



Elevate your wellness routine with our dedicated recovery spaces 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 Lower Spa.

FEATURED TOOLS & TECH

NEUROSTIMULATION

Unwind with aShiftwavezero-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 Therabody® and Hyperice. Plus, try hot and cold treatments for enhanced recovery or self-myofascial release therapies for easing muscle soreness, improving mobility, and more.



SOMADOME

Relax in this private meditation pod featuring soothing light therapy and immersive soundscapes designed to help you unwind, rebalance, and emerge refreshed.

25 minutes | \$45

Contact Your Wellness Guide to Book



MEMBERSHIP

THE ULTIMATE HEALTHY HABIT



LOVE THE WAY YOU FEEL AT CANYON RANCH

A Canyon Ranch Membership is the ultimate healthy habit, allowing you to explore all our life-enhancing possibilities at your own pace. Your Membership helps you maintain your commitment to healthy living with regular stays at our resort over the next five years. It's an invaluable path to health and vitality – all at an incredible value.



AN IDEAL PLAN IF YOU WANT TO:

- Return regularly to our world-class Lenox wellness resort. Share the experience with anyone of your choosing.
- Sustain your commitment to healthy, joyful living.
- Keep up with health and fitness trends and maintain your relationships with Canyon Ranch professionals.
- Enjoy a fabulous, rejuvenating getaway at least once a year. Invest in yourself and enjoy great savings.



YOUR FIVE-YEAR MEMBERSHIP INCLUDES:

- Five free Member Nights to use for overnight stays in Lenox. (Service allowance not included.)
- 45 Member Nights with a 50% discount on the nightly rate; discount applied to current “Stay Your Way” rate. (Service allowance not included.)
- Member pricing on all services, activities, and select retail in connection with your stays.
- Exclusive Member offers; offers will vary but may include special pricing, promotions, sneak previews of new services or programming, etc.

For more information or
to purchase a Membership:

VISIT

Our Membership Sales Office,
located in the Hotel Lobby

CALL OR EMAIL

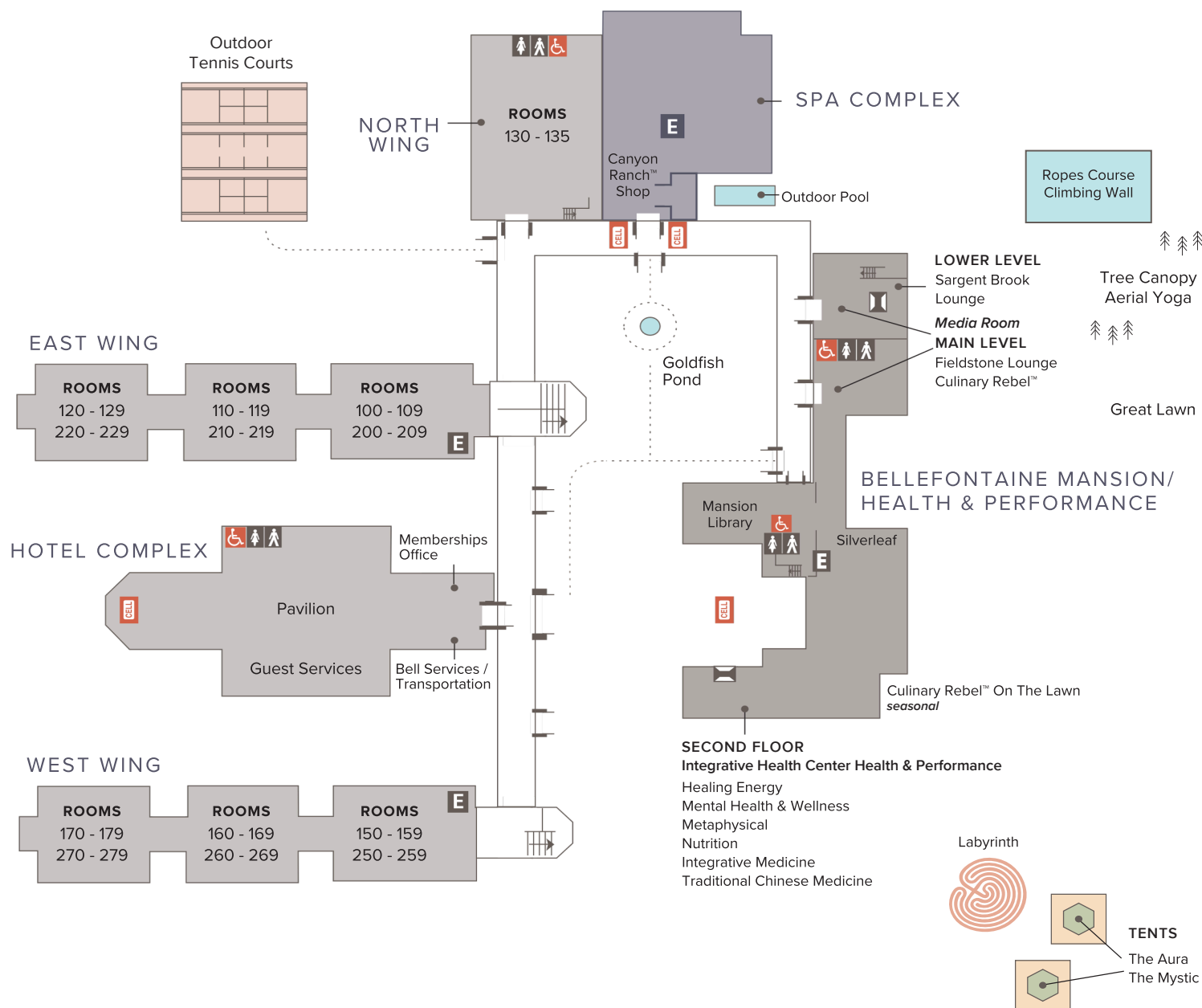
Mary Harris
Membership Sales Manager
413-728-4513
mharris@canyonranch.com

ADDITIONAL BENEFITS:

- Gift your nights to friends or family.
- Wait-list priority for sold-out dates, events, and experiences. Opportunity to book services ahead of regular guests, subject to availability and property discretion.
- Complimentary room upgrade upon arrival, subject to availability.
- Early check-in and/or late check-out, subject to availability.

CANYON RANCH®

LENOX



CANYON RANCH LIVING® LENOX

NORTH WING

MAIN LEVEL

Beverage Bar
Group Sales
Program Advising
Restrooms
Rockwell Room
Spiritual Wellness
Stockbridge Room

UPPER LEVEL

Guest Rooms
Ice Machine
Self-Serve Laundry

WEST WING

GROUND FLOOR

Beverage Bar
Foyer
Guest Rooms

SECOND FLOOR

Foyer
Guest Rooms
Ice Machine
Self-Serve Laundry

EAST WING

MAIN LEVEL

Berkshire Room
Beverage Bar Creative
Expression Demo
Kitchen
Lenox Room
Tanglewood Room

FIRST FLOOR

Computer Resource
Room Guest Rooms

SECOND FLOOR

Guest Rooms
Ice Machine
Self-Serve Laundry

SPA COMPLEX

LOWER LEVEL

Beverage Bar
Fitness Gyms 1 - 5
Indoor Pool
Movement Therapy
Outdoor Pool
Performance Science
Sports Medicine

LOWER LEVEL (SPORTS COURTS)

Take staircase opposite
Front Spa Desk to access

Cycling Studio
Indoor Tennis Courts
Racquet Sports
Rowing Studio
Sports Courts

MAIN LEVEL

Beauty Salon
Locker Rooms
Massage
Outdoors Sports
Skin Care Services
& Retail Spa
Treatments
Yoga Studio

UPPER LEVEL

Indoor Track

Great Lawn
Tent