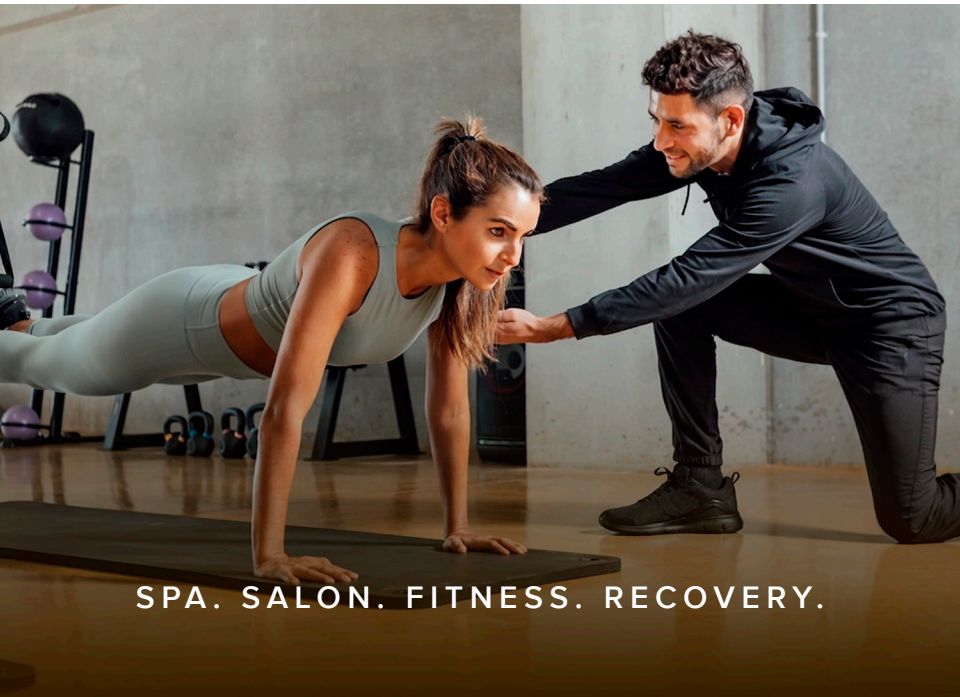
CANYON RANCH®

FORT WORTH • WELLNESS CLUB + SPA



EXPERIENCE WORLD-CLASS WELLNESS

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

Escape to a world of well-being, featuring spa treatments, fitness classes, high-tech recovery, health assessments, support from top experts, and more — all in one place.

HEALTH & FITNESS 4
PERSONAL TRAINING 4
INTEGRATED MOVEMENT 5
PERFORMANCE SCIENCE 7
ACUPUNCTURE 9
NUTRITION 11
SPIRITUAL WELLNESS 13

SPA 14
MASSAGES 14
BODY TREATMENTS 16
FACIALS 18
AYURVEDIC 20
SPA ENHANCEMENTS 21

SALON 23
HAIR 23
MANICURES 24
PEDICURES 25

GROUP SALES AND EVENTS 26
GROUP ADD-ONS 26
CELEBRATION SUITE 27

CR VITALITY 28

HOW TO SPA 30
SPA AMENITIES 31

HEALTH & PERFORMANCE

PERSONAL TRAINING

Your goals are one of a kind — your workout should be too. Our expert trainers create personalized fitness plans tailored to your body, lifestyle, and preferences, helping you stay motivated while achieving the results that matter to you.

INDIVIDUAL TRAINING SESSION

50 minutes
$155
Private Fitness Training
Private Yoga Training
Package Pricing Available

GROUP TRAINING SESSION

Small groups (3–6 people)
50 minutes
$270-450 per class
Large groups (6–10 people)
50 minutes
$500 per class

DUET TRAINING

50 minutes
Private Training: $120 per person
Yoga: $115 per person
Pilates: $85 per person

REFORMER PILATES

Private: 50 minutes $110
Semi-Private: 50 minutes $60

We are pleased to offer preferred pricing for our members.

HEALTH & PERFORMANCE

INTEGRATED MOVEMENT

INTEGRATED MOVEMENT EVALUATION

50 minutes | $225

Enjoy a personalized movement and injury evaluation designed to identify sources of pain, discomfort, or movement limitation. This session includes a detailed movement assessment, review of injury history, and clinical insight to identify underlying factors and help guide your next steps.

PERFORMANCE SUPPORT

50 minutes | $225

Move and train with greater confidence, efficiency, and resilience. This session focuses on strength, balance, coordination, and performance, tailored to your specific goals. Feel stronger, more capable, and resilient in both your workouts and daily life.

HANDS-ON RECOVERY

25 minutes | $115

This recovery-focused session utilizes hands-on techniques like soft tissue mobilization, assisted stretching, and mobility-focused movement. Designed to reduce tension, improve circulation, and enhance recovery, it helps aid muscle tightness, training fatigue, and faster recovery.

INTEGRATED MOVEMENT TREATMENT
50 minutes | $225

Address movement dysfunction, restore strength, and improve mobility. Treatment options include corrective exercise, neuromuscular re-education, and guided movement strategies tailored to your body and activity level. Support your recovery while continuing to move with confidence.

INTEGRATED RETURN TO MOVEMENT SUPPORT
50 minutes | $225

Designed for anyone returning to exercise following injury, physical therapy, or time away from training. This session emphasizes safe progression, confidence-building movement, and injury risk reduction. Support is personalized to meet you where you are and guide you forward with intention.

POSTURE ANALYSIS & PLAN
50 minutes | $225

Evaluate common postural faults and identify imbalances or deviations from an ideal alignment that may cause pain, discomfort, or movement issues.

CORRECTIVE EXERCISE
4 sessions (25 minutes each) | $350

These training sessions focus on proper form for specific movement patterns.

We are pleased to offer preferred pricing for our members.

HEALTH & PERFORMANCE

PERFORMANCE SCIENCE

BODY COMPOSITION SCREENING
25 minutes | $95

The Bod Pod® is used in scientific research to accurately measure body fat percentage and fat-free mass, which are key indicators of your metabolism, health, vitality, and performance. Learn if you have the right fat-free mass for your goals after two 40-second measurements. A performance scientist will interpret your results and calculate your ideal body weight for your health. For accurate results: Avoid heavy meals or vigorous exercise 60 minutes prior to testing. We recommend women wear minimal clothing such as a bathing suit or a sports bra with tight-fitting shorts/leggings and men wear tight-fitting underwear.

PERFORMANCE SCIENCE ASSESSMENT & PLAN
Two-part service | $350

Part I (50 minutes) – Take your athletic performance to the next level. Undergo state-of-the-art fitness testing conducted by a performance scientist with years of experience assisting top athletes.
Possible tests include V02 max testing, various muscle strength tests, endurance testing, and power assessments. You and your performance scientist will determine the most useful tests for you.

Part II (50 minutes) – Your performance scientist will interpret your test results, comparing your scores to data averages and then setting goals for improvement. Take home a customized and detailed workout plan to ensure you reach your performance goals.

PERSONALIZED EXERCISE PROGRAM
50 minutes | $175

Kick-start an exercise program to help you get in better shape, or get a fresh take on your current workout routine. Our performance scientists at the Club help you increase cardiovascular fitness/stamina, muscle mass, and strength, or improve endurance, core stability, balance, bone density, flexibility, and target heart rate determination. An expert will design a take-home program based on your goals, interests, physical abilities, and available facilities. For all ages and fitness levels. Includes exercise for specialized needs and bone health.

COMPREHENSIVE EXERCISE ASSESSMENT
Two-part service | $350

Find out how your fitness level compares with others your age. You can retake these tests over time to see the impact of your exercise program.
Part I (50 minutes) – Physical Assessment:
- Bod Pod® body composition test to measure body fat and fat-free mass
- Submaximal treadmill test to estimate VO2 max and determine target heart rate
- Bench press and grip-strength test to assess your upper body strength
- Force plate or sit-to-stand test analysis of your lower body power and strength

Part II (50 minutes) – Personalized Program Plan:
- Your performance scientist gives you a full review of all test results and creates a personalized exercise prescription to meet your goals

VO2 MAX ASSESMENT
Two-part service | $350

Determine your aerobic fitness level using a submaximal exercise protocol and learn how many calories you expend while working out. This is recommended if you want to change your body composition, learn the most effective way to burn body fat, determine your anabolic threshold, increase stamina and fitness, and improve sports performance.
Part I (50 minutes) – A performance scientist administers a submaximal exercise test. Testing is done while you exercise indoors on cardiovascular equipment such as a treadmill or stationary bike.
Part II (50 minutes) – Your performance scientist will explain your results and design an exercise program to maximize your workouts and enhance your training program.

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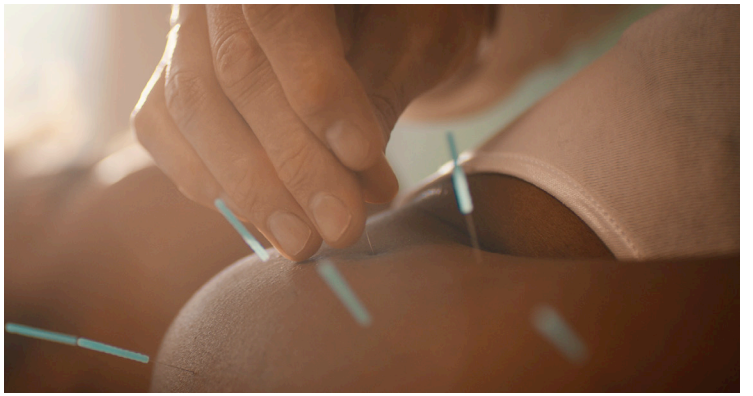
HEALTH & PERFORMANCE

ACUPUNCTURE



ACUPUNCTURE
50 minutes | $175

Experience enhanced healing and a more balanced state of being. This traditional modality, endorsed by the National Institutes of Health, is useful in addressing concerns as varied as arthritis, asthma, depression, fatigue, headaches, longevity, illness prevention, musculoskeletal pain, sleep, smoking cessation, and 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 | $350

This session features specialized acupuncture that's used extensively in China for decreasing 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 your ability to move toward a healthier weight. Follow-up sessions are recommended to achieve maximum benefits.

ACUPUNCTURE FOR ALLERGIES
50 minutes | $175

Experience a natural approach to relieve common allergy symptoms. We recommend a series of treatments for optimal results.

CHINESE HERBAL CONSULTATION
50 minutes | $175

The world's oldest form of herbal medicine uses potent healing formulas to treat arthritis, fatigue, high cholesterol, insomnia, symptoms of menopause, PMS, migraines, asthma, stress, and more. After a traditional evaluation that includes pulse and tongue diagnoses, a Chinese medicine practitioner offers herbal, dietary, and lifestyle recommendations that address your needs. Receive a detailed report on recommended herbs after the service.

CHINESE VITALITY CONSULTATION
100 minutes | $350

Explore and address the patterns of tension 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 more 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.

CUPPING & GUA SHA
25 / 50 minutes | $85 / $175

Dive into the benefits of Traditional Chinese Medicine with this personalized treatment that targets tension and stimulates circulation for a revitalizing experience. In this service, our practitioners expertly apply cups to the skin, creating suction to release muscle tension and encourage blood flow. We follow up with gua sha using smooth tools to gently scrape the skin to promote lymphatic drainage and improve qi flow. Leave feeling balanced, refreshed, and renewed.

DETOX ACUPUNCTURE
50 minutes | $175

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

PAIN PATTERN RELIEF
50 minutes | $175

Over time, we develop functional movement patterns in order to do basic tasks. When we are stressed or injured, the motor control center in the brain creates compensatory patterns, which can override normal patterns, causing restriction of movement and pain. In this service, a Chinese Medicine practitioner will identify the patterns causing pain and reset your motor control center to restore movement and alleviate pain.

REIKI
25 minutes | $80

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

EAR SEEDING
25 minutes | $60

During this non-invasive, needle-free treatment, small seeds are applied to pressure points along the outer ear to stimulate the body's natural healing processes. This therapy can help relieve stress, ease pain, calm anxiety, and support better digestion.

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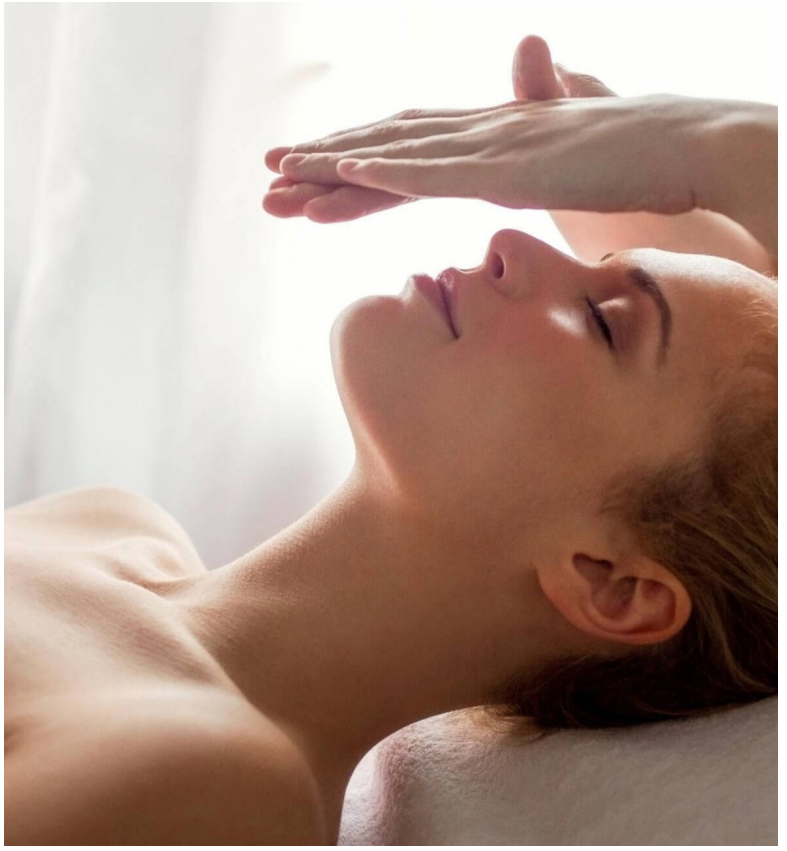


HEALTH & PERFORMANCE

NUTRITION

These services are offered only via virtual sessions.

BUILDING MUSCLE

50 minutes | $240

Nutrition plays a key role in building and maintaining muscles. That's why we eat to fuel and replenish: for a strong, healthy body. Recieve a customized nutrition plan to achieve your health and performance goals by working with a Canyon Ranch nutritionist. Explore practical nutrition strategies to support your body before, during, and after workouts to build muscle and restore energy throughout the day.

DIGESTIVE WELLNESS

50 minutes | $240

Your gut health – how well you digest, absorb, and metabolize nutrients and eliminate waste – is essential to your overall health and vitality. Meet with a registered dietitian/nutritionist to assess your diet and identify potential toxins or irritants. You'll receive personalized strategies to treat digestive conditions or problems, including recommendations about healing foods, supplements, and avenues toward achieving optimal gut health.

FUELING YOUR PERFORMANCE

50 minutes | $240

In this personalized coaching session, a licensed nutritionist will work with you to determine the best food and fueling strategies to optimize your performance. You'll leave with a clear, practical, and individualized plan for success. This nutrition plan will support your unique needs and goals, while also being sustainable and easy to incorporate into your daily routine.

HEALTHY EATING

50 minutes | $240

Recieve expert advice on everyday nutrition and how best to nourish yourself and your family for optimal health and well-being. This entry-level consultation may be customized to suit your needs and interests, including: dining-on-the-go, eating for energy, eating well at college, feeding healthy kids, healthy aging, plant-based eating, practical portions, and eating for better sleep.

NUTRITION FOLLOW-UP PACKAGE

Four sessions / 25 minutes | $350

This follow-up diet and nutrition coaching package helps you stay committed to your goals. Includes any combination of four 25-minute phone/video calls or email exchanges with your nutritionist. For ongoing support at a great value, you can also schedule additional food coaching sessions for $90 each.

HEALTH & PERFORMANCE

SPIRITUAL WELLNESS

These services are offered only via virtual sessions.

CULTIVATE A LIFE OF PURPOSE

50 minutes | $275

In this personalized life review, you'll identify your core values, connect with what matters most, and gain daily practices to bring more contentment to your life.

SPIRITUAL GUIDANCE

50 minutes | $275

Explore your deepest questions with a trusted spiritual guide and seek more joy, manage stress, find meaning, or just become your best self.

We are pleased to offer preferred pricing for our members.

SPA

MASSAGES

AROMATHERAPY MASSAGE

50 / 80 minutes | Mon–Thur $200 / $275, Fri–Sun $210 / $285

This deeply revitalizing treatment uses aromatherapy and traditional massage to relax the body, reboot the mind, and alleviate stress. Choose between three aromatic body oil blends designed to ease muscles and clear the mind, create deep relaxation, or detox and revive.

WARM COCONUT OIL MASSAGE

50 / 80 minutes | Mon–Thur $200 / $275, Fri–Sun $210 / $285

Our signature massage with warm coconut oil is profoundly relaxing. Rich in healthy nutrients and vitamin E, coconut oil is a nourishing moisturizer for all skin types with antibacterial, antimicrobial, and anti-inflammatory properties. This massage will release tension, soothe the senses, and nourish the skin.

CANYON RANCH MASSAGE

50 / 80 / 100 minutes
Mon–Thu $200 / $275 / $340, Fri–Sun $210 / $285 / $350

Our signature massage is uniquely tailored to suit your needs. This full-body treatment stimulates circulation and soothes tight muscles.

DEEP TISSUE MASSAGE

50 / 80 minutes | Mon–Thur $200 / $275, Fri–Sun $210 / $285

Firm to deep pressure is applied to reach deep muscle layers and address your specific areas of concern.

CANYON RANCH STONE MASSAGE

75 minutes | Mon–Thur $260, Fri–Sun $270

This therapeutic massage uses basalt stones for a continuous flow of heat to relieve sore muscles and melt away tension and stress for deep relaxation.

MAGNESIUM RELAXATION MASSAGE

50 minutes | Mon–Thur $200, Fri–Sun $210

This nourishing and remineralizing treatment helps you feel balanced and aids in detoxification using the power of magnesium, which promotes healthy energy levels, better sleep, muscle function, and overall well-being.

PRENATAL MASSAGE

50 / 80 minutes | Mon–Thur $200 / $275, Fri–Sun $210 / $285

Our classic Canyon Ranch Massage is adapted to provide complete comfort and safety for both of you during this relaxing wellness experience. Your spa therapist will use a refreshing blend of oils specially formulated for pregnant women.

SOLE REJUVENATION FOOT MASSAGE

50 minutes | Mon–Thur $200, Fri–Sun $210

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.

CBD PAIN RELIEF MASSAGE

50 / 80 minutes | Mon–Thur $225 / $320, Fri–Sun $235 / $330

Enjoy a raditional 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.

We are pleased to offer preferred pricing for our members.

SPA

BODY TREATMENTS

VICHY TABLE

This award-winning specialty spa amenity takes your hydrotherapy treatments to the next level. Circular movements, scented oils, the warm, delicate touch of a Vichy shower, and the gentle rocking of the water mattress all create a unique, multi-sensory experience. Used as part of our CBD Wellness Ritual and Hungarian Mud Wrap Ritual.

CBD WELLNESS RITUAL

100 minutes | Mon–Thur $360, Fri–Sun $370

This multi-sensory journey, performed on our award-winning hydrotherapy Vichy Table, features an assortment of craft CBD experiences. Begin with a CBD-infused Dead Sea salt scrub, followed by a warm CBD detox mud wrap and heated 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. It's a calming and therapeutic spa experience for the whole body.

HUNGARIAN SCRUB

50 minutes | Mon–Thur $195, Fri–Sun $205

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.

HUNGARIAN MUD WRAP RITUAL

100 minutes | Mon–Thur $360, Fri–Sun $370

This body experience, performed on our award-winning hydrotherapy Vichy Table, begins capturing the essential nature of the mineral-rich Hungarian moor mud from Lake Hévíz, this treatment is designed to allow you to experience its curative, healing properties and transformative effects. This body experience begins with a gentle detoxifying exfoliation using sea salt, Hungarian moor mud, and capsicum peptide. A deep cleansing mud mask is then applied onto the body, leaving you with a feeling of lightness and balance. While the mud cleanses and the body is wrapped, the therapist performs a scalp treatment. A body massage using a rich blend of essential oils helps revitalize and detoxify while relieving muscular tension.

WELLNESS REFLECTION

80 minutes | Mon–Thur $285, Fri–Sun $295

Affirm your spirit and calm your mind with this head-to-toe wellness treatment. Choose an organic aromatherapy oil blend — be it lavender, ginger, neroli, juniper berry, or grapefruit black pepper — reflecting your body's needs to accompany this healing experience. Begin with an invigorating full-body exfoliation, followed by a relaxing massage that melts away tension and stress. Emerge renewed and replenished.

We are pleased to offer preferred pricing for our members.

SPA

FACIALS

HYDRAFACIAL MD®

50 / 80 minutes | Mon–Thur $240 / $355, Fri–Sun $250 / $365

This noninvasive, multistep treatment combines the benefits of a HydraFacial resurfacing procedure, a mild chemical peel, automated painless extractions (no pinching), and a special delivery of antioxidants, hyaluronic acid, and peptides. Enjoy real results without downtime or irritation. Contraindications include Botox or fillers within two weeks and pregnancy.

VENN COLLAGEN FACIAL

50 minutes
Mon–Thur $210, Fri–Sun $220

This super-effective treatment features VENN® products supercharged with collagen-activating peptides, antioxidants, phyto-retinol, and microbiome-focused and pre-, pro-, and post-biotic actives to boost elasticity and firmness, reduce the appearance of fine lines and wrinkles, even skin tone, and plump.

OMOROVICZA GOLD HYDRALIFTING FACIAL

50 minutes | Mon–Thur $210, Fri–Sun $220

This luxurious experience is the ideal treatment for dry, damaged skin lacking in firmness and elasticity. Our Gold Hydralifting Mask harnesses the power of colloidal gold to provide an instant lift and hydration, followed by a potent anti-inflammatory mask with three forms of hyaluronic acid and bio-available gold to plump, nourish, and soothe skin while repairing micro-damage. For the final step, your esthetician stimulates cell renewal and collagen production with an authentic Hungarian facial massage, instantly lifting and firming skin.

OMOROVICZA BLUE DIAMOND FACIAL

80 minutes | Mon–Thur $325, Fri–Sun $335

Harnessing the cell-energizing power of diamond peptides, this revitalizing facial helps brighten and firm your complexion. Following a double cleanse, a gentle, custom peel polishes and refines your skin's texture. We then apply a hydrating mask to nourish and restore the skin's protective barrier, while a hand-and-arm massage soothes your senses and accelerates microcirculation. Finish with a Hungarian facial massage to stimulate cell renewal and collagen production, instantly lifting and firming.

OXYGEN FACIAL

50 minutes | Mon–Thur $215, Fri–Sun $225

This clarifying treatment is designed for acne-prone, congested, and sensitive skin, helping to calm bacterial breakouts while restoring balance. Begin with a thorough double cleanse to remove excess oil, buildup, and impurities. Then follow with an oxygen infusion to revitalize with vitamins and minerals, reduce redness, and support your skin's overall vitality. Gentle and soothing, this facial helps minimize irritation and leaves your complexion looking and feeling refreshed.

DIAMOND LUMINOUS FACIAL

50 / 80 minutes | Mon–Thur $215 / $320, Fri–Sun $225 / $330

Designed for complexions that need advanced care, this treatment uses refined ingredients to support long-lasting hydration, improve elasticity, and boost luminosity. It also helps calm and soothe the skin, making it a strong option for guests seeking polished, radiant results.

GENTLEMEN'S HOT TOWEL FACIAL

50 / 80 minutes | $210 / $320

Tailored to a man's skin, this facial provides relief from irritation caused by breakouts, ingrown hairs, and razor burn while replenishing vitamins and nutrients to help reduce the appearance of sun damage, lines, and discoloration. You'll look and feel relaxed and revitalized, ready for an active day.

We are pleased to offer preferred pricing for our members.

SPA

AYURVEDIC SERVICES

ABHYANGA

50 minutes | Mon–Thur $200, Fri–Sun $210

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

CHAKRA BALANCING MASSAGE

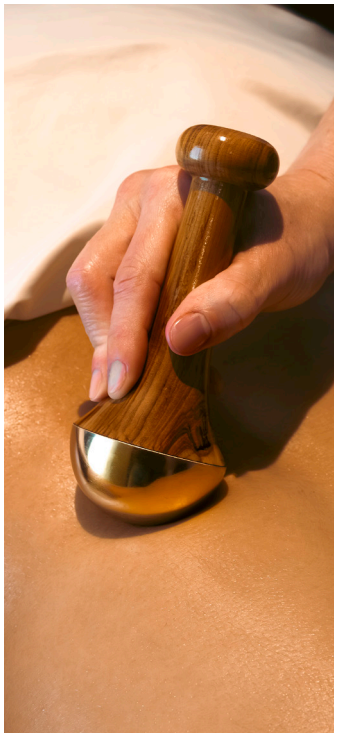
80 minutes | Mon–Thur $275, Fri–Sun $285

Begin with an anointment of rose and lotus flower essence and the sound of chimes to clear energy and provide focus. Ayurvedic dosha balancing oils are applied to the body's energy centers along the spine to open your chakras and facilitate the flow of energy. 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. End with a Kansa foot bowl treatment to ground you for the rest of your day.

We are pleased to offer preferred pricing for our members.

SPA

SPA ENHANCEMENTS



MASSAGE

AROMATHERAPY	$30
BACK SCRUB	$30
CBD	$30
FOOT SCRUB	$30
HAIR & SCALP TREATMENT	$30
YOGA BALM	$30
HOT STONES	$30
REFLEXOLOGY (25 MIN)	$105

FACIAL

LIP TREATMENT	$35
MICROCURRENT	$35
GUA SHA	$40
HAND TREATMENT	$40
DERMAFLASH	$50
LED MASK	$50
HYDRAFACIAL CUSTOM BOOSTER*	$60
ESSENTIAL EYES (20 MIN)	$85

*HYDRAFACIALS ONLY

SALON

HAIR

SERVICES

BARBER-STYLE CUT	$70
BLOWOUT	$70
HAIRCUT	$110
UP-DO	$125
COLOR	$130
PARTIAL HIGHLIGHTS / BALAYAGE	STARTING AT $225
FULL HIGHLIGHTS / BALAYAGE	STARTING AT $295

CANYON RANCH HAIR & SCALP TREATMENT

50 minutes | $80

This custom experience begins with a light exfoliation to purify and soothe the scalp, followed by a personalized cleanse and professional salon treatment featuring a gentle scalp massage, tailored to your hair's needs. Please be mindful that it does not include a blowout.

Does not include blowout

We are pleased to offer preferred pricing for our members.

SALON

MANICURES

HUNGARIAN MANICURE
50 minutes | $65

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

CITRUS DRENCH MANICURE
50 / 80 minutes | $65 / $100

Replenish your hands with a quenching citrus scrub and whipped vitamin C soufflé. This combination helps leave skin feeling soft, smooth, and radiant with a healthy glow.

GENTLEMEN'S MANICURE
50 minutes | $65

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

POLISH CHANGE
30 minutes | $30

GEL REMOVAL
15 minutes | $35

SALON

PEDICURES

HUNGARIAN PEDICURE
50 minutes | $85

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 Gold Scrub exfoliation, followed by an invigorating foot and leg massage with soothing body oil. Finish this spa ritual with your choice of polish.

CITRUS DRENCH PEDICURE
50 / 80 minutes | $85 / $115

Replenish your feet with a refreshing citrus scrub and a whipped vitamin C soufflé. This highly effective combination softens and brightens skin, leaving feet visibly refreshed.

GENTLEMEN'S PEDICURE
50 minutes | $85

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

We are pleased to offer preferred pricing for our members.

GROUP SALES & EVENTS

GROUP EXPERIENCES

Elevate your event with world-class wellness. Immerse your group in transformative sessions like yoga, meditation, Reiki, sound baths, and more expert-led activities designed to rejuvenate your mind, body, and spirit.

SPECIAL GROUP EXPERIENCE ADD-ONS:

- SOUND HEALING
- AROMATHERAPY EXPERIENCE
- MEDITATION AND GROUNDING
- GROUP FITNESS CLASSES
- REIKI HEALING
- ACUPUNCTURE

We are pleased to offer preferred pricing for our members.

GROUP SALES & EVENTS

CELEBRATION SUITE

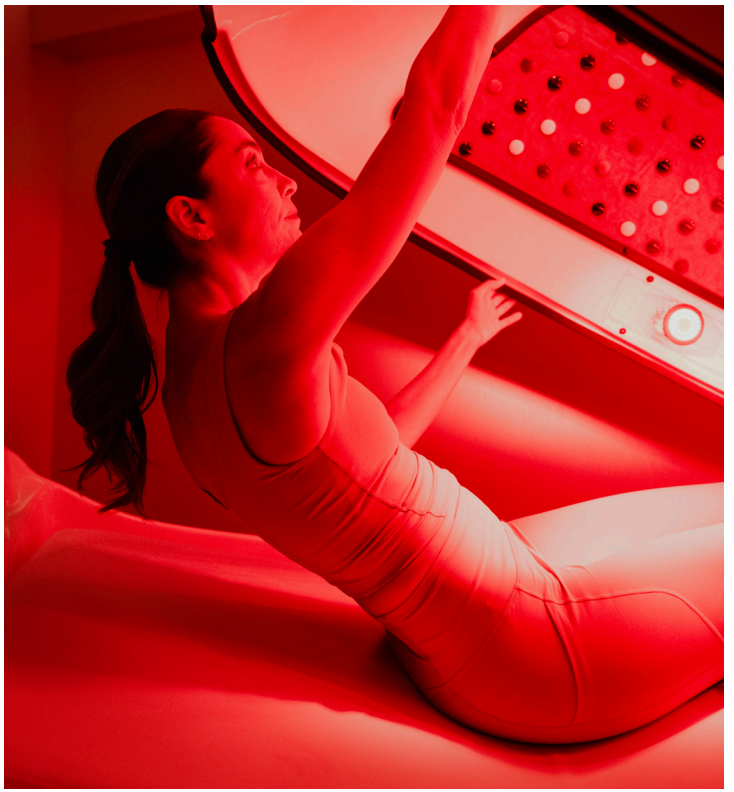
Half-Day and Full-Day
Call 682.786.4650 for booking and pricing inquiries

Our Celebration Suite is for the special moments. This is where we craft unforgettable events, tailored to whatever your heart desires. We'll not only play host to the festivities, but also assist in any of your planning needs. An Event Coordinator will be on-hand to ensure everything runs smoothly, from coordinating food and beverage requests to arranging any services you may require and fulfilling whatever flights of fancy you can think of. We've considered every detail, so you can relax and fully immerse yourself in a celebration to remember.

Whether it's a family reunion or a get-together with your closest friends, this elegant venue is the perfect space for an incredible experience. The Celebration Suite is approximately 550 square feet — perfect for special occasions, parties, and intimate gatherings, all within eyeshot of our second floor salon and spa.

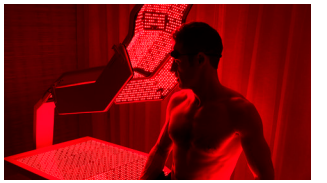
CR VITALITY

A STATE-OF-THE-ART RECOVERY SPACE



Experience our CR Vitality space, designed by scientists and doctors to incorporate the latest technologies, treatments, and strategies to help increase energy, improve recovery and regneration, aid in sleep, and boost overall vitality.

EQUIPMENT & TREATMENTS



RED LIGHT THERAPY

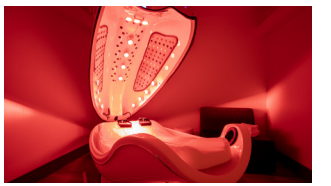
Harness the whole-body benefits of red and infrared light therapy using our zero-gravity bed. This seamless treatment works to reduce pain, aid in reversing signs of aging, ease training fatigue, and more.

SHIFTWAVE CHAIR

Unwind in a zero-gravity recliner where Shiftwave® technology applies microprocessor-controlled pulsed pressure waves to reset your nervous system, improve sleep, and aid recovery.

PEMF

Seek relief with bursts of low-level magnetic frequencies that sink deep into your body. This targeted approach speeds your natural recovery processes by healing and restoring muscles, bones, tendons, and organs.

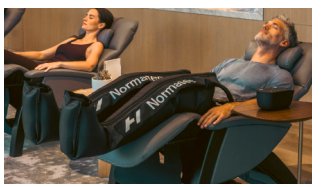


INFRARED SAUNA

This comfortable cocoon combines vibration massage, ionic Himalayan salt-air infusion, suana, and infrared waves to aid in reducing inflammation, relieving stress, lowering blood pressure, and more.

ROLLING RECOVERY

Experience lymphatic massager rollers that increase blood flow and aid lumphatic drainage, leaving you looking and feeling refreshed.



PERCUSSION & COMPRESSION

Harness our dynamic air compression and percussion treatments by Hyperice® and Therabody® to recover faster, train better, and maximize your performance.

HOW TO SPA

SCHEDULING AN APPOINTMENT
To schedule an appointment, please contact the spa reservations team at 682.786.4656 or 682.786.4659. Our expert staff can guide you to the perfect service for your needs. To ensure your preferred time and service is available, we recommend booking in advance. All spa services will need to be booked with a credit card.

ARRIVAL
For the ultimate spa experience, we recommend arriving one hour prior to your scheduled service time to relax and unwind in our spa facilities before your treatment. Spa access is only valid for guests enjoying services of 50 minutes or above.

CANCELLATION POLICY
A 100% charge will be incurred for any treatment not canceled at least 24 hours prior to your scheduled time. Late arrival will result in a shortened treatment time.

SPA ETIQUETTE
Our spa environment is one of relaxation and tranquility. Please respect all spa guests' right to privacy and serenity. In light of this, the spa is a mobile phone-, camera-, and smoke-free zone.

HEALTH CONDITIONS
Kindly advise us of any health conditions, allergies, or injuries which could affect your choice of treatment when making your spa reservation.

PREGNANCY
We have specially designed treatments for expectant mothers. Please allow our spa team to guide you in selecting treatments that are most suitable for this special time.

VALUABLES
The spa accepts no responsibility for the loss of valuables and jewelry at any time on the spa premises.

LOST PROPERTY
All lost property found on the premises will be stored for 30 days. If items are not collected within this time they will be donated to local charities. Liquids, undergarments, and hair brushes are kept for 24 hours only.

PRICES
All prices are quoted in $USD and are subject to change at any time. A 23% service charge will be added to your bill for acupuncture, spa, and salon services. This service charge is not a gratuity and is not directly distributed to service staff. Canyon Ranch is a non-tipping facility.

MINORS POLICY
Guests must be at least 14 years of age to access the spa facilities and receive body treatments, massages, and facials. Must be accompanied by parent or guardian at all times.

SPA AMENITIES

Unwind, recharge, and enjoy access to our thoughtful spa amenities, thoughtfully designed for total relaxation and restoration.

LUXE AMENITIES:

RELAXATION ROOM
WHIRLPOOL
DRY SAUNA
INDIVIDUAL STEAM SHOWERS
STEAM ROOM
LOCKER ROOMS

DAY PASSES $150 + TAX

Includes full access to the fitness floor and group classes (excluding Reformer Pilates), spa amenities, and the CR Vitality space.

WELLNESS CLUB + SPA HOURS

FITNESS	SPA & SALON	CR VITALITY
5 A.M.–9 P.M. MON–FRI	8 A.M.–8 P.M. DAILY	5:30 A.M.–8 P.M. MON–FRI
7 A.M.–9 P.M. SAT & SUN		8 A.M.–5 P.M. SAT & SUN

Interested in joining Canyon Ranch Fort Worth as a full-time Member? Connect with our Membership team by scanning the code or calling 682.786.4650.

Looking to book a service?
Scan to book and see all of our service offerings.

CANYONRANCH®

FORT WORTH • WELLNESS CLUB + SPA