

Enchant

A BEAUTY & WELLNESS FESTIVAL



DAILY SCHEDULE

CANYON RANCH®
LENOX

HOW TO **enchant**



UNDER THE **canopy**

DISCOVER THIS SPACE
TO HANG OUT, RECHARGE,
AND CONNECT

OPEN 11 AM-9 PM | SUN-THU

SPECIAL EVENTS UNDER THE CANOPY

Sun, Oct. 20 7 pm	Welcome Party with Spa Ritual
Mon, Oct. 21 8:30 pm	Organic Pour with Dare Bottleshop & Provisions
Tue, Oct. 22 8 pm	Tea + Toddys with Jenway Tea
Wed, Oct. 23 9 pm	Tequila + Tranquility with El Tesoro



COMMUNITY **tree**

Visit the Community Tree outside Program Advising, where our Wellness Guides and Enchant experts will answer any of your questions and help you book activities and services.



VENN **photobooth**

Get ready to glow! Snap and share your Enchant experience at our exclusive photo booth.

VIEW PHOTO
GALLERY



VIEW
GIFTING
GUIDE



ENJOY THE **gifting suite**

Access our ultimate, beauty editor-endorsed gifting suite with the printed invite you received at check-in.

DAILY 2 P.M. **tours**



SECOND FLOOR OF MANSION

Take your wellness routine to the next level and tour our collection of dedicated recovery spaces. Explore the latest tools and tech for improving energy, recovery, regeneration, sleep, and overall vitality.



ENCHANTED **evenings**

TOP OFF YOUR FUN-FILLED DAYS
WITH UNFORGETTABLE EXPERIENCES
ALL THE WAY THROUGH SUNSET

Sun, Oct. 20 | 7 pm
Mon, Oct. 21 | 5:15 pm
Mon, Oct. 21 | 8 pm
Tue, Oct. 22 | 5 pm
Tue, Oct. 22 | 7:30 pm
Wed, Oct. 23 | 5 pm
Wed, Oct. 23 | 8 pm
Thu, Oct. 24 | 8 pm

Welcome Party with Spa Ritual
Rhone Glow Flow DJ Yoga
Meditative Sound Bath with Walden
Cheers to Glow Cocktail Party with Dermaflash
Twilight Spa Soiree Sponsored by Opulus Beauty Labs
Garden To Glass Cocktail Party with AKAR
The Legacy of Beauty with Rachel Roy + Ava Dash
Blaze Bonfire + Storytelling

featured guests



Sir John

Celebrity Make-Up Artist, Activist, and Influencer

Sir John is a renowned beauty expert known for his work with celebrity icons across the entertainment industry. As a former Creative Director for L'Oréal Paris and current Creative Director of Kilian Paris, he has helped redefine today's beauty standards.



Erica Taylor

Founder of Erica Taylor Beauty

Erica is a professional makeup artist with over 26 years of experience working with top brands like MAC Cosmetics, Laura Mercier, and Benefit Cosmetics. Since 2021, she's gained over 2 million followers on social media by sharing her makeup tips and was named a L'Oréal Paris League of Experts in 2023 and 2024.



Rachel Roy + Ava Dash

Mother-Daughter Celebrity Duo

Rachel is an American fashion designer and founder of Ancient India, an organic Ayurvedic skin care brand that supports women and children in need. Her daughter Ava is a model, philanthropist, and television personality. Together, the two have co-authored the book 96 Words for Love.



Dani Coleman

Pvolve Director of Training and Jennifer Aniston's Trainer

Dani is the director of teacher training and head trainer at Pvolve, where she ensures an exceptional studio experience for all guests, as well as trains with private celebrity clients like Jennifer Aniston.



Kristen Holmes

Global Head of Human Performance at WHOOP

In her leadership role at WHOOP as Global Head of Human Performance, and as a former three-time All-American and Hall of Fame athlete, Kristen leverages her extensive background in athletics, psychology, and performance technology to drive research and product development.



Denise Vasi

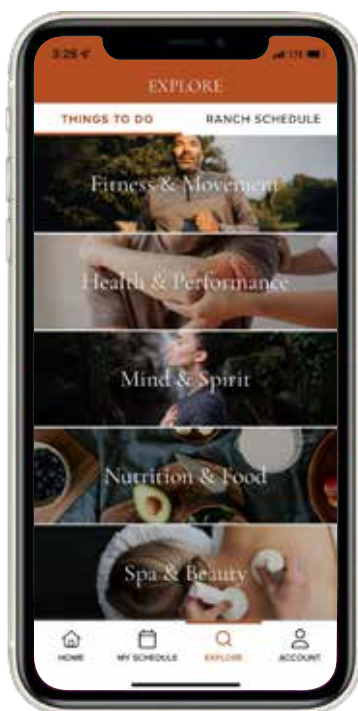
Founder of Maed Beauty

Denise Vasi is a beauty entrepreneur and content creator dedicated to community-driven brands that inspire confidence. As the founder of Maed Beauty, she empowers people to create intentional self-care rituals.

CANYON
RANCH®

SHAPE YOUR JOURNEY

WITH THE CANYON RANCH APP



Scan the QR Code to download the official Canyon Ranch App, then register.

WHAT YOU CAN DO

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



As a courtesy to all guests, talking on phones is permitted only in your private room and in designated areas. Otherwise, please keep mobile devices on "silent" mode. Feel free, of course, to take photos of your favorite spots around the Ranch.

Share them with people back home, too.



@CanyonRanch

#LiveCanyonRanch

HOURS & LOCATIONS

CANYON RANCH GRILL™

BREAKFAST: 7 am – 10 am

LUNCH: 11:30 am – 2pm

DINNER: 5 pm – 8:30 pm (reservations required)

COMMUNITY TABLE: 5 pm (limit: 6, reservations required)

Looking to meet new people during your stay? We reserve a Community Table in the Canyon Ranch Grill each night 5pm – 6:30pm for a unique dining experience.

• Please make your dinner reservations prior to arrival with Program Advising. Already on property? Stop by the Canyon Ranch Grill 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 require less time, please notify your server when you place your order.

CULINARY REBEL™

SNACKS AND LIGHT FARE: 6:30 am – 5 pm



Trail House brings the finest farm-to-table dining to Canyon Ranch Lenox with the freshest, locally sourced ingredients in order to provide wholesome, seasonal food inspired by the bountiful Berkshires.

LUNCH: 11:30 am – 2pm

DINNER: 5 pm – 8:30 pm

DEMO KITCHEN

Learn Ranch culinary secrets with our expert staff during hands-on private or group classes. Take home cooking tips you can use in your own kitchen

LUNCH & LEARN: 12 pm – 1 pm (Monday – Friday)

Seating is limited.

HEALTH & PERFORMANCE

Provider's hours vary.

HEALTH & PERFORMANCE DESK: 8 am – 5 pm

SPA

6:30 am – 9 pm

CR SHOPS™

9 am – 6 pm

Private shopping appointments available upon request, inquire within the shop.

UNDER THE CANOPY

11 am – 10 pm daily

A space to hang out, recharge and connect.



Welcome

We're delighted to have you in our inspiring corner of the world during Enchant at Canyon Ranch, where beauty and wellness intertwine to create an unforgettable experience.

As you immerse yourself in the world of Enchant, you'll not only enjoy the rich offerings of the festival but also the exceptional amenities and experiences that Canyon Ranch is known for. Don't miss out on our amazing lineup of keynote speakers, panels and masterclasses from industry experts. Luxury spa treatments, beauty and wellness activations and so much more. We look forward to sharing this magical journey with you!

We recently launched our App, an accessible way to manage your experience with just a few taps. The App gives you the ability to view your Ranch Schedule, add or cancel services, sign up for things to do on property, and make dinner reservations at The Grill. You can scan the QR code on page 4 to download and use, or ask a Wellness Guide for more information.

We're also thrilled to showcase the work of local artists and galleries throughout the property. We hope the works provide a variety of visual experiences which encourage you to embrace the artistry surrounding you. Stop by the CR Shops at Canyon Ranch for additional information on anything that catches your eye.

During your stay, you'll find countless activities, services, classes, and new experiences around every corner. I encourage you to explore our scenic landscape, connect with nature and try something you've never done before. Right now, you're in the perfect place for refreshing your spirit, setting goals, and reducing stress. Please let us know if there's anything we can do to make your stay even better. This is a time to move ahead with optimism and renewed appreciation for each day.

Mindi Morin
Managing Director

DECISIONS, DECISIONS ...

So, what will you do while you're here? With so many great choices, we recommend you start by talking with one of our WELLNESS GUIDES. They're the ultimate Ranch insiders who know about every service, activity, and can't-miss event. Your Wellness Guide is a master at matching personal interests with unique opportunities, so please keep an open mind to trying new things. After all, the best thing you ever do may be the thing you haven't tried yet.

Schedule a Wellness Guide Consult by calling Ext. 55423 or visit the Program Advising desk, 8 am to 9 pm, located in the Spa.

Sunday

October 20, 2024

7:00 AM

MORNING WALK Outdoor Sports Boards
45 min. 30 to 45-minute walk on relatively flat terrain that will accommodate all paces. Call walk hotline, Ext. 55567, for weather related cancellations.

8:00 AM

PRANAYAMA BREATHING Limit: 30 Yoga Studio
25 min. Every cell in our bodies needs oxygen to function properly. Join us in this engaged breathing practice that can decrease the effects of stress on the body and increase overall physical and mental wellbeing.

8:30 AM

PHOTOGRAPHY WALK Limit: 6 \$ Outdoor Sports Boards
3 hr. 30 min. \$110 Smart phone, GoPro & DSLR - no camera is too large or small. Visit Berkshire sites such as historic homes, gardens, waterways & trails. Ask questions & get comfortable taking & editing pictures. | Sign up: CR App or with a Wellness Guide Ext 55423

TRX FLOW Limit: 15 Sports Court
20 min.

9:00 AM

HIKE: LEVEL 2+ - BASIN POND Limit: 10 Outdoor Sports Boards
3 hr. Enjoy this scenic woodland hike on rocky, rolling trails and over several babbling brooks. 4 miles. 902ft vertical rise.

CHINESE MEDICINE: PUTTING STRESS IN ITS PLACE CME Tanglewood Room
50 min. The stress reaction can save your life, but too much of it can cause illness, pain and emotional disturbances. Learn how acupuncture and other Chinese Medicine modalities can reduce this risk.

CARDIO KICKBOXING Limit: 30 Gym 1
45 min.

CHAIR YOGA Limit: 12 Yoga Studio
45 min.

ADVANCED INDOOR CYCLING Limit: 12 Cycling Studio
45 min.

★ SHADE & STYLE: COLOR ANALYSIS WORKSHOP Limit: 30 Berkshire Room
50 min. Join Work of Art and Jen Backman to learn about undertones, contrast levels and the 12 Season Color Analysis System.

DIVI SCALP SOS

Book any hair service and receive a complimentary Scalp SOS treatment. Experience Divi's award-winning, clinically tested scalp serum—a luxurious addition to any hair service

10:00 AM

★ FINDING HUE \$ Beauty Salon
10am - 6pm. \$150 Personal Color Analysis with Jen Backman. Find your season and learn how unlocking your colors guides your style and beauty choices. Check in at Salon. Sign up: CR APP or with a Wellness Guide, Ext 55423

LANGUAGE OF THE HEART Limit: 12 \$ Tanglewood Room
50 min. \$80 Writing is a doorway into spiritual practice that can make the intangible, tangible. Using somatic awareness and spiritual inquiry, open your awareness and tap into your inner resources. Sign Up: CR App or with a Wellness Guide, Ext. 55423

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

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

H2O POWER Limit: 10 Outdoor Pool
45 min.

★ SLOW BEAUTY HAND FACIALS Lenox Room
10am - 5pm. Immerse in Slow Beauty with Spa Ritual. Choose Jasmine Tuberosa for calm or Geranium Seaweed for revitalization as your hands are luxuriously pampered, leaving them soft and radiant. Sign up: CR App or with a Wellness Guide, Ext. 55423.

MUSCLE CONDITIONING Limit: 25 Gym 2
45 min.

ATHLETIC YOGA Limit: 30 Yoga Studio
45 min.

★ FALL INTO BEAUTY: ORGANIC SKIN CARE FOR AUTUMN Limit: 25 Berkshire Room
50 min. Join the experts at Eminence Organics to explore all the best the seasons skincare has to offer.

11:00 AM

★ SLOW DOWN TO FLOURISH: THE POWER OF SELF CARE Limit: 10 Mansion Library
50 min. Reconnect with the present moment with mindful masking from KNESKO Skin. Balance chakras and cultivate self-compassion with this intentional and restorative workshop. Sign up: CR App or with a Wellness Guide, Ext 55423.

MID-MORNING STRETCH Limit: 30 Gym 2
45 min.

★ CONSULTS WITH SPLISH NATURALS Private Yoga Studio
11am - 5pm. Rejuvenation and Chakra Mat Consultations: Discover a pathway to a more balanced and harmonious state of being. Sign up: CR App or with a Wellness Guide, Ext 55423.

TRX CORE Limit: 15 Sports Court
45 min.

OUTDOOR BOOT CAMP Lower Spa Lobby
45 min.

11:30 AM

TAKING IT HOME WITH YOU Fieldstone Lounge
25 min. Come with your questions about health, well-being, and finding realistic ways to bring Canyon Ranch habits home with you.

KEYNOTE ENCHANT SPEAKERS & SPONSORED EVENTS ARE INDICATED IN BOLD

- ★

— One-of-a-kind Enchant Experience
- 📺

— Raffle prize
- 📺

— Continuing Medical Education
- 📺

— Enjoy a special gift
- If your stay includes a service allowance, it may be applied toward activity fees.

12:00 PM

★ DISCOVER KNESKO Skincare Reception
12-4pm. Experience personalized beauty and wellness with a one-on-one consultation with a KNESKO expert. Choose the best gemstone-infused eye mask for your needs. Sign-up: CR App or with a Wellness Guide, Ext 55423.

★ EMINENCE ORGANICS CONSULTATIONS Skincare Reception
12 - 5pm. Discover how carefully selected fresh ingredients can be transformed into powerful products with healing and beautifying properties. Sign up:CR App or with a Wellness Guide, Ext 55423

1:00 PM

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

1:30 PM

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

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

HIKE: LEVEL 1 - 2.5HRS Limit: 10 Outdoor Sports Boards
2 hr. 30 min.

2:00 PM

CREATIVITY AS SPIRITUAL PRACTICE CME Berkshire Room
50 min. Creativity is taking an abstract idea and manifesting it through some expressive form; in what way(s) are you using your creativity, and through that practice, actually living a spiritual life?

WALK IN THE WOODS YOGA Lower Spa Lobby
45 min.

BERKSHIRE BEAT Limit: 20 Gym 1
45 min.

3:00 PM

★ ILAPOTHECARY SANCTUARY SERIES: BODY AS A SANCTUARY Limit: 12 \$ Mansion Library
1 hr. 20 min. \$140 Healing Energy Practitioners will lead you through a self-care ritual and practices designed for grounding your energy field, balancing your body and restoring your spirit. Take home gift valued at \$150. Sign Up: CR App or Wellness Guide, Ext 55423

STROOPS BUNGEE WORKOUT Limit: 12 Gym 1
45 min.

FALL FLOW YOGA Limit: 30 Yoga Studio
45 min.

3:30 PM

★ CRAFT YOUR OWN WITCH'S MOON WREATH Limit: 10 \$ Creative Expression Studio
1 hr. \$110 Celebrate the magic of the autumn moon with this Witchy Wreath making kit from Mossy Apothecary. Each wreath kit components will vary slightly to honor the beauty and uniqueness of nature.

4:00 PM

★ 📺 MAED LIP RITUAL MASTERCLASS Limit: 25 Berkshire Room
60 min. Join Denise Vasi and discover the importance of lip care and learn a three-step ritual exfoliation, hydration, and moisturization to achieve smooth, hydrated, and youthful lips. Plus, expert tips on flawless lip color application for a polished look.

ROW & BURN Limit: 10 Rowing Studio
45 min.

SPARKLING SUNSET & CIDER KAYAK: SEMI-PRIVATE Limit: 4 \$ Outdoor Sports Boards
2 hr. \$110 Kayak while basking in the glow of the golden hour and sip on a sparkling cider to celebrate the good things in life. I Sign up: Program Advising, Ext. 55423.

RESTORATIVE YOGA Limit: 30 Yoga Studio
45 min.

5:00 PM

★ WALDEN PRANAYAMA BREATHING Limit: 30 Yoga Studio
25 min. This meditation session combines engaged breathing practices to nourish every cell with vital oxygen. This mindful practice helps reduce the impact of stress on the body while enhancing overall health and mental well-being.

OPEN 12-STEP RECOVERY MEETING Tanglewood Room
50 min. This meeting welcomes members of all 12-step fellowships, their families, and those who are just curious about the spiritual principles of recovery.

7:00 PM

★ WELCOME PARTY WITH SPA RITUAL Under The Canopy/Mansion Library
2 hr. 30 min. Meet the founder of Spa Ritual and author Shel Pink and learn about her holistic approach to self care, mindful beauty practices and wholesome, soul-enriching recipes.

PIANIST, RON RAMSAY Mansion Library
2 hr. The veteran of the NYC cabaret scene takes you on a journey of lesser-known novelty and theatrical songs to cleanse and soothe the soul. His versatile repertoire and smooth vocals bring emotional highs and lows that land squarely on your heart.

ENCHANT DAILY HIGHLIGHTS

ENCHANT PHOTOBOOTH

Visit our photobooth sponsored by VENN to capture all of your Enchant memories

UNDER THE CANOPY

Visit our outdoor tent for a space to hang out, recharge and connect.

FINDING BEAUTY

11 am - 5 pm | Community Tree

Please visit the Community Tree to pick up your Enchant Gift Bag and festival information. Beauty is truly all arounds us, share what you find.

KEYNOTE ENCHANT SPEAKERS & SPONSORED EVENTS ARE INDICATED IN BOLD

- ★

— One-of-a-kind Enchant Experience
- 🎁

— Enjoy a special gift
- R

— Raffle prize
- CME

— Continuing Medical Education
- If your stay includes a service allowance, it may be applied toward activity fees.

11:00 AM CONTINUED....

TRAILWALK ON-PROPERTY Limit: 10 Outdoor Sports Boards
60 min.

MANIFEST YOUR VISION - CREATE
A VISION BOARD Limit: 8 \$ Creative Expression Studio
1 hr. 20 min. \$140 Bring your wellness vision to life with a vision board. De-
velop and manifest your wildest dreams using your creative energy to take
home a powerful and tangible representation of your goals. Sign up: Program
Advising, Ext. 55423.

PICKLEBALL: INTERMEDIATE/ADV. CLINIC –
LEVEL 3.0+ Limit: 4 \$ Pickleball Court 1
50 min. \$80

★ PVLVE WORKOUT Limit: 25 Gym 1
45 min. Experience PVLVE's low impact movement and specialized results,
led by celebrity trainer Dani Coleman. Sign up: CR App or with a Wellness
Guide, Ext 55423

11:45 AM

★ RECOVERY WITH THERABODY Limit: 25 Gym 1
30 min. Follow your PVLVE workout with a Recovery session hosted by
Therabody. Sign up: CR App or with a Wellness Guide, Ext 55423

12:00 PM

LUNCH & LEARN Limit: 20 Demo Kitchen
50 min. Enjoy a three-course meal featuring Spice Crusted Halibut with Lime
Mojo and watch our demo chef prepare the entrée.

AERIAL HAMMOCK YOGA CLINIC Limit: 8 \$ Yoga Studio
50 min. \$80 Using a fabric hammock suspended from the ceiling, work on
your core strength in standing poses and inversions. I Please see a Program
Advisor to sign up and for restrictions.

TAROT DEMO: WHAT'S IN THE
CARDS FOR YOU? Mansion Library
50 min. A metaphysical practitioner shares the power of tarot cards with
brief reading and demonstration for everyone. Do you have a question you'd
like to gain some perspective about? Ask the tarot!

12:30 PM

LINE DANCING Gym 1
25 min.

1:00 PM

★ THERABODY CONSULTATIONS Vitality Suite
1pm-5pm. Visit Therabody for one-on-one consultations. Whether you want
to improve sleep, gain a competitive edge or simply look and feel your best.
Sign up: CR app or with a Wellness Guide, Ext. 55423.

★ 🎁 MATTERS OF MENOPAUSE CME Tanglewood Room
50 min. Most women spend up to 40% of their lives in post-menopause,
impacting body changes and well-being. Join Canyon Ranch's Dr. Jen Baker-
Porazinski and Stripes President Cara to learn what to expect in menopause,
why it matters, and how to manage it.

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

1:30 PM

★ 🎁 HIKE: LEVEL 2 2.5HRS
SPONSORED BY VUORI Limit: 10 Outdoor Sports Boards
2 hr. 30 min. The Tyringham Valley offers beautiful rolling meadows, rocky
outcroppings, and a storied history. Enjoy a stroll through the meadows to the
top of the cobble for three distinct valley views. 2.5 miles Vertical Rise 460ft.
Sign up: CR App or with a Wellness Guide, Ext. 55423.

2:00 PM

★ **FIT Q&A WITH DANI COLEMAN** Rockwell Room
45 min. Join us for a dynamic Q&A on transforming fitness with low-impact,
functional movements. Learn how to sculpt, tone, and boost mobility while
preventing injury. Get expert tips on sustainable results and optimizing your
workouts.

HANDS-ON COOKING: THE
MEDITERRANEAN KITCHEN Limit: 6 \$ Demo Kitchen
50 min. \$110 We look to Mediterranean cuisines in search of flavor and inspi-
ration to shake up routines and discover exciting new paths to nourishment.
Learn how different countries use beans, pulses, vegetables, proteins, and
spices to craft exciting dishes.

ENCHANT DAILY HIGHLIGHTS

ENCHANT PHOTOBOOTH
Visit our photobooth sponsored by VENN to capture all of your Enchant
memories

UNDER THE CANOPY
Visit our outdoor tent for a space to hang out, recharge and connect.

FINDING BEAUTY
11 am - 5 pm | Community Tree
Please visit the Community Tree to pick up your Enchant Gift Bag and
festival information. Beauty is truly all arounds us, share what you
find.

WALDEN MEDITATION TRUNK SHOW
9 am - 4 pm | Front Spa Lobby
Discover curated mediation tools and luxury cushions with expert
guidance for a mindful practice.

NIRA TRUNK SHOW
10 am - 6 pm | Front Spa Lobby
Discover the FDA-cleared, painless NIRA laser, developed by experts
for at-home use. Test and shop the system at the event, and learn
how this clinically proven device can rebuild collagen, smooth fine
lines, and transform your skincare routine.

ADORATHERAPY TRUNK SHOW
9 am - 5 pm | Front Spa Lobby
Shop Adoratherapy's essential oil fragrances go beyond perfume to
aid in balancing chakras and boost wellness

ENCHANT GIFTING SUITE
12 - 4pm | Sargent Brook Lounge
Explore the gifting suite to choose from a selection of premium spa,
beauty, and wellness items. Don't forget to bring your Gifting Suite Ticket.

CR VITALITY TOUR
2 pm | CR Vitality, Second Floor of The Mansion

Monday October 21, 2024 (continued)

3:00 PM

SELF-COMPASSION IS YOUR SUPERPOWER CME Tanglewood Room
50 min. Ready to create meaningful change, improve your relationships and enhance your well-being? Explore the power of self-compassion, the science behind it and how to make it part of your everyday life.

★  **WELL BAR WITH TARA SPA** Main Spa Lobby
3pm-5pm Create Your Own Wellness Intention Blend choose from: Balance, Calm, Detox, Immune Boost, Recover, Renew or Rest. .

INTERMEDIATE YOGA Limit: 30 Yoga Studio
45 min.

PUNCH Limit: 20 Sports Court
45 min.

4:00 PM

★ **BEAUTY IS A FEELING: A CONVERSATION WITH SIR JOHN** Rockwell Room
50 min. Join Sir John to explore redefining beauty as a feeling, not just a visual concept. Together lets dive into the emotional impact of beauty and identity. Explore how a holistic approach to nutrition and wellness can lead to more radiant living.

HANDS-ON COOKING: CHOCOLATE FIX! Limit: 6 \$ Demo Kitchen
50 min. \$110 Chocolate lovers rejoice! Learn to create healthy chocolaty snacks that will conquer your cravings and keep you on track between meals.


5:00 PM

★ **CAULDRON CANDLE MAKING** \$ Creative Expression Studio
1 hr. 30 min. \$110 Create a custom cast iron cauldron candle with plants, flowers & herbs with corresponding magical properties.


SPARKLING SUNSET & CIDER KAYAK: SEMI-PRIVATE Limit: 4 \$ Outdoor Sports Boards
2 hr. \$110 Kayak while basking in the glow of the golden hour and sip on a sparkling cider to celebrate the good things in life. I Sign up: Program Advising, Ext. 55423.


OPEN 12-STEP RECOVERY MEETING Tanglewood Room
50 min. This meeting welcomes members of all 12-step fellowships, their families, and those who are just curious about the spiritual principles of recovery.

5:15 PM

★  **RHONE GLOW FLOW** Limit: 30 Gym 1
45 min. Set under glowing lights and rhythmic beats Glow Flow combines powerful yoga sequences with an electrifying atmosphere, guiding you to push your limits and embrace the fluidity of movement. Sign up: CR App or with a Wellness Guide, Ext 55423

7:30 PM

★  **TRANQUIL NIGHTS: AROMATHERAPY FOR RESTFUL SLEEP** Limit: 15 Tanglewood Room
60 min. Unwind & rejuvenate with Tara Spa Therapy, enjoy a serene and immersive class designed to help you harness the power of essential oils to enhance your nightly routine and improve your sleep quality. Sign up: CR App or with a Wellness Guide, Ext 55423

★  **NIGHTTIME RITUALS & GUA SHA ESSENTIALS** Limit: 10 Mansion Library
1 hr. 30 min. Experience the luxury of VENN's Goryeo Celadon Gua Sha and learn how to seamlessly incorporate it into your bedtime ritual. Discover the secrets to glowing skin and relaxation. Sign up: CR App or with a Wellness Guide, Ext 55423

8:00 PM

★ **MEDITATIVE SOUND BATH WITH WALDEN** Limit: 60 Yoga Studio
50 min. Wind down from the day and join Walden and Canyon Ranch for an immersive sound experience that guides you to explore self-awareness and connect with your inner being. Sign up: CR App or with a Wellness Guide, Ext 55423

8:30 PM

★ **ORGANIC POUR WITH DARE** Under The Canopy
1 hr. 30 min. Let Dare Bottleshop & Provisions delight you with expertly selected organic wines for tasting.

ENCHANT DAILY HIGHLIGHTS

ENCHANT PHOTOBOOTH

Visit our photobooth sponsored by VENN to capture all of your Enchant memories

UNDER THE CANOPY

Visit our outdoor tent for a space to hang out, recharge and connect.

FINDING BEAUTY

11 am - 5 pm | Community Tree

Please visit the Community Tree to pick up your Enchant Gift Bag and festival information. Beauty is truly all arounds us, share what you find.

WALDEN MEDITATION TRUNK SHOW

9 am - 4 pm | Front Spa Lobby

NIRA TRUNK SHOW

10 am - 6 pm | Front Spa Lobby

Discover the FDA-cleared, painless NIRA laser, developed by experts for at-home use. Test and shop the system at the event, and learn how this clinically proven device can rebuild collagen, smooth fine lines, and transform your skincare routine.

ENCHANT GIFTING SUITE

12 - 4pm | Sargent Brook Lounge

Explore the gifting suite to choose from a selection of premium spa, beauty, and wellness items. Don't forget to bring your Gifting Suite Ticket.

CR VITALITY TOUR

2 pm | CR Vitality, Second Floor of The Mansion

DIVI SCALP SOS

Book any hair service and receive a complimentary Scalp SOS treatment. Experience Divi's award-winning, clinically tested scalp serum—a luxurious addition to any hair service

7:00 AM

MORNING WALK Outdoor Sports Boards
45 min. 30 to 45-minute walk on relatively flat terrain that will accommodate all paces. Call walk hotline, Ext. 55567, for weather related cancellations.

8:00 AM

INTRODUCTION TO COLD THERAPY CLINIC 25M Limit: 4 Skincare Reception
25 min. Learn and experience the benefits of proper exposure to cold therapy in our Women's Spa cold plunge. Bathing suit required

★ **MINDFUL MOMENTS WITH WALDEN** Limit: 30 Yoga Studio
25 min. Join us for a serene, transformative meditation session sponsored by Walden Meditation Products. Experience a calming environment, expert instructors, and enhanced by Walden's premium meditation aids. Sign up: CR App or with a Wellness Guide, Ext 55423

8:30 AM


★ **PVOLVE WORKOUT** Limit: 25 Gym 1
45 min. Experience PVOLVE's low impact movement and specialized results, led by celebrity trainer Dani Coleman. Sign up: CR App or with a Wellness Guide, Ext 55423


★ **THORNE MORNING POWER SURGE: WHEY PROTEIN SMOOTHIES** Culinary Rebel
8:30 - 11:30am. Visit Thorne to kickstart your day with 28 powerhouse ingredients for endurance, cognitive performance, and energy. Plus chat with CR Nutrition about how supplements can enhance your daily routine.


9:00 AM

YIN & RELEASE Limit: 30 Yoga Studio
45 min.

HIKE: LEVEL 2 - 3HRS Limit: 10 Outdoor Sports Boards
3 hr.

★  **GUA SHA WORKSHOP** Limit: 15 Mansion Library
50 min. Learn the art of Gua Sha from the experts at Luzern in this hands-on instructional session. Discover techniques to enhance skin health, boost circulation, and achieve a radiant complexion. Sign up: CR App or with a Wellness Guide, Ext 55423

★  **THE EVOLUTION OF THE LASER: FROM CLINIC TO HOME** Limit: 25 Berkshire Room
45 min. David Bean founded NIRA to bring professional-grade laser skincare home. After years of development, he introduced the first painless at-home laser, delivering results without the side effects or high costs of professional treatments.

★  **PICKLE PERFECT BY RHONE** Limit: 16 Pickleball Court 1
50 min. Join Rhone for a fun pickleball competition! Bring your A-game and compete for top prizes, including Rhone apparel and exciting surprises. Sign up: CR App or with a Wellness Guide, Ext 55423

PREVENTING CHRONIC ILLNESS CME Tanglewood Room
50 min. Chronic disease is largely caused by lifestyle choices. This means the secret to living a longer, healthier life is within your power. A medical doctor shares how nurturing mind, body and spirit prevents future ailments and improves your life today.

9:15 AM

★ **RECOVERY WITH THERABODY** Limit: 25 Gym 1
30 min. Follow your PVOLVE workout with a Recovery session hosted by Therabody. Sign up: CR App or with a Wellness Guide, Ext 55423

10:00 AM

★ **DAZZLE DRY NAIL BAR** Back Spa Lobby
10am - 4pm. Our experts will guide you through a 25-min polish change including filing/shaping, buffing, and the 4-step Dazzle Dry process. Enjoy the swift 5-min drying time and followed by a luxurious oil application. Sign-up: Skincare ext. 54508

H2O POWER Limit: 10 Outdoor Pool
45 min.

YOGA SCULPT Limit: 20 Yoga Studio
45 min.

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

★ **BIOLOGIQUE RECHERCHE SKIN INSTANT LAB DEMO** Skincare Reception
30 min. Come and join experts from luxury skin care line, Biologique Recherche for a demonstration of their unique diagnostic tool The Skin Instant Lab. This powerful device uses 5 measurement probes to analyze your skin. Come get your best skin ever!

★ **ACTIVATE YOUR CHAKRAS, EMPOWER YOUR LIFE** Berkshire Room
50 min. Chakras are the energetic blueprint for life. They shape strengths, challenges, and actions at every level: physical, emotional, and spiritual. Learn to activate your Chakras with a CR expert and Adoratherapy.

ZOMBIE APOCALYPSE ARCHERY Limit: 8 Outdoor Sports Boards
1 hr. 30 min. Outdoor archery for beginners. Join our USA Archery Instructors at our haunted archery range to learn the skill of archery. Sign up: Program Advising, Ext. 55423.

TRUNK SHOWS


WALDEN MEDITATION TRUNK SHOW
9 am - 4 pm | Front Spa Lobby

NIRA TRUNK SHOW
10 am - 6 pm | Front Spa Lobby
Discover the FDA-cleared, painless NIRA laser, developed by experts for at-home use. Test and shop the system at the event, and learn how this clinically proven device can rebuild collagen, smooth fine lines, and transform your skincare routine.

ADORATHERAPY TRUNK SHOW
9 am - 5 pm | Front Spa Lobby
Shop Adoratherapy's essential oil fragrances go beyond perfume to aid in balancing chakras and boost wellness

Tuesday October 22, 2024 *(continued)*

10:30 AM

★  BIOLOGIQUE RECHERCHE'S SKIN
INSTANT LAB CONSULTS Back Spa Lobby
10:30am-5pm. The Skin Instant Lab measures skin hydration, trans-epidermal water loss, elasticity, pigmentation & sebum levels. Results are analyzed by experts who teach you how to apply the product. Sign-up: CR app or with Wellness Guide, Ext 55423.

11:00 AM

★ THERABODY CONSULTATIONS Vitality Suite
11am - 4pm. Visit Therabody for one-on-one consultations. Whether you want to improve sleep, gain a competitive edge or simply look and feel your best. Sign up: CR app or with a Wellness Guide, Ext. 55423.

★ AURA READINGS BY ADORATHERAPY Main Spa Lobby
11am-4pm. Join Adoratherapy for a 1x1 personalized Aura reading and receive recommendations on how to heal and balance chakras and maintain a healthy vibrational energy field. 20 minutes. Sign Up: CR APP or With a Wellness guide , Ext 55423

MID-MORNING STRETCH Limit: 30 Gym 2
45 min.

POWER Limit: 10 Gym 5
45 min. It's time to torch calories, build strength, boost endurance, move better, and increase your energy! Experience our self-power driven cardio machines and multi-dimensional strength moves.

★ FALLING FOR EYES Limit: 70 Rockwell Room
60 min. Fall Make Up Mastery with Nechelle Turner, Global Make Up Artist and Educator for Jane Iredale Cosmetics.

ENCHANT DAILY HIGHLIGHTS

ENCHANT PHOTOBOOTH

Visit our photobooth sponsored by VENN to capture all of your Enchant memories

UNDER THE CANOPY

Visit our outdoor tent for a space to hang out, recharge and connect.

FINDING BEAUTY

11 am - 5 pm | Community Tree

Please visit the Community Tree to pick up your Enchant Gift Bag and festival information. Beauty is truly all arounds us, share what you find.

ENCHANT GIFTING SUITE

12 - 4pm | Sargent Brook Lounge

Explore the gifting suite to choose from a selection of premium spa, beauty, and wellness items. Don't forget to bring your Gifting Suite Ticket.

CR VITALITY TOUR

2 pm | CR Vitality, Second Floor of The Mansion

12:00 PM

LUNCH & LEARN Limit: 20 Demo Kitchen
50 min. Enjoy a three-course meal featuring Quinoa & Black Bean Bowl and watch our demo chef prepare the entrée.

★ MEET SHIFTWAVE Lower Spa Lobby
12 - 5pm. Reset, Regenerate and Experience Results You Can Feel. Spend time with the experts and learn how you can improve your nervous system health. Sign up: CR App or with a Wellness Guide, Ext 55423.

SHRED Limit: 15 Gym 5
25 min.

RESTORATIVE AERIAL YOGA AND
SOUND HEALING CLINIC Limit: 12 \$ Yoga Studio
50 min. \$80 Experience supported & suspended restorative yoga postures with the vibrational healing from sound instruments. The practice assists in slowing your body and reduce physical & emotional stress. I Sign up: CR App or with a Wellness Guide, Ext 55423

1:00 PM

★ ILAPOTHECARY SANCTUARY SERIES:
SOUL AS A SANCTUARY Limit: 12 \$ Mansion Library
1 hr. 20 min. \$140 Cultivate a practice of listening to your soul's language through images, archetypes, and energy. Explore meditation, reflective writing, and conversation for inner insight. Take home gift valued at \$150. Sign Up: CR App or Wellness Guide, Ext 55423

ZIPLINE Limit: 6 Outdoor Sports Boards
1 hr. 30 min. Try this adrenaline-filled activity on our High Ropes Challenge Course: the 350-foot long Zip Line. Sign up: CR App or with a Wellness Guide, Ext. 55423.

CLIMBING WALL Limit: 6 Outdoor Sports Boards
1 hr. 30 min. Conquer our climbing wall! It's fun, challenging, burns mega-calories, builds strength & works every major muscle group. A variety of routes for beginning to intermediate climbers. Sign up: CR App or with a Wellness Guide, Ext. 55423

ZOMBIE APOCALYPSE
ARCHERY Limit: 8 Outdoor Sports Boards
1 hr. 30 min. Outdoor archery for beginners. Join our USA Archery Instructors at our haunted archery range to learn the skill of archery. Sign up: Program Advising, Ext. 55423.

HARVEST HAYRIDES Limit: 8 Goldfish Pond, Spa
30 min. Hop on a tractor drawn hay ride for a guided tour of our grounds. Learn the history of the property & sip hot cider. Rides are approximately 30 minutes each. Limit: 8 per ride. Dress comfortably. Sign up: CR App or with a Wellness Guide, Ext. 55423

★ AFTER GLOW WITH JANE IREDALE Skincare Reception
1 - 4 pm. Experience After Glow with Jane Iredale Skincare Makeup. Can be applied post service to offer skin-soothing, lightweight mineral coverage with SPF protection to conceal and protect the skin. Sign up: CR App or with a Wellness Guide, Ext 55423

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

KEYNOTE ENCHANT SPEAKERS & SPONSORED EVENTS ARE INDICATED IN BOLD

★ — One-of-a-kind Enchant Experience
 📺 — Enjoy a special gift

R — Raffle prize
CME — Continuing Medical Education

If your stay includes a service allowance, it may be applied toward activity fees.

1:30 PM

HARVEST HAYRIDES Limit: 8 Goldfish Pond, Spa
 30 min. Hop on a tractor drawn hay ride for a guided tour of our grounds. Learn the history of the property & sip hot cider. Rides are approximately 30 minutes each. Limit: 8 per ride. Dress comfortably. Sign up: CR App or with a Wellness Guide, Ext. 55423

2:00 PM

WALK IN THE WOODS YOGA Lower Spa Lobby
 45 min.

THE ASTROLOGY OF SELF-DISCOVERY Berkshire Room
 50 min. Join Cassandra Boyd, Metaphysical Practitioner, to discover your life path through Astrology's planetary alignments and symbolic language. Discover your strengths, potential and strategies to navigate life's challenges with wisdom and grace.

HARVEST HAYRIDES Limit: 8 Goldfish Pond, Spa
 30 min. Hop on a tractor drawn hay ride for a guided tour of our grounds. Learn the history of the property & sip hot cider. Rides are approximately 30 minutes each. Limit: 8 per ride. Dress comfortably. Sign up: CR App or with a Wellness Guide, Ext. 55423

ONE MINUTE MAX Limit: 20 Sports Court
 45 min.

HANDS-ON COOKING: SEASONAL EATS Limit: 6 \$ Demo Kitchen
 50 min. \$110 Celebrate each seasons bounty by using fresh, peak produce. Get inspired by spices, herbs and cooking techniques to create fast, delicious, and varied dishes from around the world, year-round. Sign up: CR App or with a Wellness Guide, Ext 55423

PICKLEBALL: INTERMEDIATE/ADV. CLINIC – LEVEL 3.0+ Limit: 4 \$ Pickleball Court 1
 50 min. \$80

2:30 PM

ZIPLINE Limit: 6 Outdoor Sports Boards
 1 hr. 30 min. Try this adrenaline-filled activity on our High Ropes Challenge Course: the 350-foot long Zip Line. Sign up: CR App or with a Wellness Guide, Ext. 55423.

CLIMBING WALL Limit: 6 Outdoor Sports Boards
 1 hr. 30 min. Conquer our climbing wall! It's fun, challenging, burns mega-calories, builds strength & works every major muscle group. A variety of routes for beginning to intermediate climbers. Sign up: CR App or with a Wellness Guide, Ext. 55423

ZOMBIE APOCALYPSE ARCHERY Limit: 8 Outdoor Sports Boards
 1 hr. 30 min. Outdoor archery for beginners. Join our USA Archery Instructors at our haunted archery range to learn the skill of archery. Sign up: Program Advising, Ext. 55423.

HARVEST HAYRIDES Limit: 8 Goldfish Pond, Spa
 30 min. Hop on a tractor drawn hay ride for a guided tour of our grounds. Learn the history of the property & sip hot cider. Rides are approximately 30 minutes each. Limit: 8 per ride. Dress comfortably. Sign up: CR App or with a Wellness Guide, Ext. 55423

3:00 PM

★ **SERENE SIPS AND RADIANT REFRESHERS** Limit: 16 Demo Kitchen
 50 min. Meet the new Happy Hour. Join Chef Pete and J'enwey Tea in creating exciting mocktails! Sign up: CR App or with a Wellness Guide, Ext 55423

HARVEST HAYRIDES Limit: 8 Goldfish Pond, Spa
 30 min. Hop on a tractor drawn hay ride for a guided tour of our grounds. Learn the history of the property & sip hot cider. Rides are approximately 30 minutes each. Limit: 8 per ride. Dress comfortably. Sign up: CR App or with a Wellness Guide, Ext. 55423

STROOPS BUNGEE WORKOUT Limit: 12 Gym 1
 45 min.

HEART OPENING FLOW Limit: 30 Yoga Studio
 45 min.

3:30 PM

CREATIVITY CHALLENGE Mansion Library
 25 min. Join a Spiritual Wellness expert who will guide you as you engage with 5 primary symbols unlock your creative flow.

HARVEST HAYRIDES Limit: 8 Goldfish Pond, Spa
 30 min. Hop on a tractor drawn hay ride for a guided tour of our grounds. Learn the history of the property & sip hot cider. Rides are approximately 30 minutes each. Limit: 8 per ride. Dress comfortably. Sign up: CR App or with a Wellness Guide, Ext. 55423

4:00 PM

★ **R** **CREATIVE POWERHOUSES: REDEFINE THE BEAUTY BLUEPRINT** Limit: 70 Rockwell Room
 50 min. Join Sir John and Erica Taylorin a dynamic panel discussion exploring how these industry innovators are redefining standards, empowering self-expression, and shaping the future of beauty today.

5:00 PM

★ **R** **CHEERS TO GLOW WITH DERMAFLASH** Mansion Library
 1 hr. 30 min. Sip on signature cocktails inspired by radiant skin and experience their award winning sonic technology!

STRETCH & RELAX Limit: 30 Gym 2
 25 min.

MINDFULNESS, MENTAL HEALTH & LONGEVITY CME Berkshire Room
 50 min. The research on longevity indicates that a calm brain leads to a longer, more fulfilling life. This interactive presentation explores mindfulness and meditation as paths to an improved healthspan.

OPEN 12-STEP RECOVERY MEETING Tanglewood Room
 50 min. This meeting welcomes members of all 12-step fellowships, their families, and those who are just curious about the spiritual principles of recovery.

6:00 PM

★ **CRAFT YOUR OWN WITCH'S MOON WREATH** Limit: 10 \$ Creative Expression Studio
 1 hr. \$110 Celebrate the magic of the autumn moon with this Witchy Wreath making kit from Mossy Apothecary. Each wreath kit components will vary slightly to honor the beauty and uniqueness of nature. Sign Up: CR App or Wellness Guide, Ext 55423

7:00 PM

★ **📺** **BEDTIME BEAUTY WITH ENVIRON** Limit: 10 Tanglewood Room
 1 hr. 30 min. Cozy up in your PJs and join Ginny Allentuck of Environ Skin Care on the how tos of amazing skin. CR App or with a Wellness Guide, Ext 55423

★ **R** **HACKING SLEEP WITH THERABODY** Limit: 15 Fieldstone Lounge
 50 min. Paul Cauldwell, VP of Education at Therabody, emphasizes that scientifically improved sleep can be achieved by incorporating a combination of routine, technology, and recovery practices.

7:30 PM

★ **R** **TWILIGHT SPA SOIREE - OPULUS BEAUTY LABS** Main Spa Lobby
 2 hr. Experience the essence of OPULUS Beauty Labs with decadent truffles, and champagne. Explore luxury spa and retail pop-up, featuring transformative skincare, body and lifestyle products and treatments. An evening of elegance and self-care awaits.

8:00 PM

★ **TEA + TODDYS** Under The Canopy
 1 hr. 30 min. End a perfect day with hot tea and toddys by J'enwey Tea.

Wednesday October 23, 2024

7:00 AM

MORNING WALK

45 min. 30 to 45-minute walk on relatively flat terrain that will accommodate all paces. Call walk hotline, Ext. 55567, for weather related cancellations.

8:00 AM

QI GONG FOR HEALTH & VITALITY

Limit: 6 \$ Yoga Studio
50 min. \$80 Tao Tan Pai Elixir Method of Qi Gong, is a meditation with breath control that imparts good health & vitality. Jeanne Schnackenberg shows you ways to open your heart, clear the mind, and strengthen your body. I Sign up: Program Advising, Ext. 55423.

HIKE LEVEL 3 - HEALTHY HEART & BONES

Limit: 10 Outdoor Sports Boards
2 hr. Use your wearable and hike with a weighted pack or just come as yourself and enjoy a hike! Performance Science experts will show how to use your wearable, add a ruck to burn more calories than walking and less impact than running.

HANDS-ON COOKING:

SMOOTHIES & SHAKES Limit: 6 \$ Demo Kitchen
30 min. \$70 Learn how to create balanced smoothies and shakes for any time of day while increasing your fruits and vegetable consumption. I Sign up: Program Advising, Ext. 5439.

TECH DRIVEN WELLNESS

Berkshire Room
50 min. Meet our VP of Health and Performance and learn about Tech Driven Wellness, Navigating Future Health. Learn more in Part 2 of this lecture, immediately to follow at 10am: WELLNESS TECHNOLOGY & INNOVATION.


ZEN•GA™ FLOW Limit: 30 Gym 2
25 min.

8:30 AM

★ THORNE MORNING POWER SURGE: DAILY GREENS SMOOTHIE

Culinary Rebel
8:30-11:30 am. Visit Thorne and kickstart your day with 28 powerhouse ingredients designed to boost physical endurance, cognitive performance, and support cellular energy production. Plus chat with CR Nutrition about how supplements can enhance your daily routine.

9:00 AM

★  SACRED MALA MEDITATION Limit: 25 Demo Kitchen
50 min. Mala Bracelet Making & Manifesting. Ignite your intentions with a heart-opening meditation and infuse that into your own hand-crafted gemstone mala bracelet. Sign Up. CR App or with a Wellness Guide, Ext. 55423.

TENNIS: BEGINNER CLINIC Limit: 4 \$ Indoor Tennis Court 1
50 min. \$80

CARDIO KICKBOXING Limit: 30 Gym 1
45 min.

WELLNESS TECHNOLOGY & INNOVATION

60 min. Wellness, Technology & Innovation Open House Vitality Suite

★ MINERAL SKIN THERAPY
WITH OMOROVICZA Limit: 25 Tanglewood Room

50 min. Learn how to achieve radiant, healthy skin from head to toe with expert tips on exfoliation, hydration, and nourishment. Discover the best practices and products to enhance your daily regimen and elevate your total skin care to new heights.

★  CRAFTING EXCELLENCE:
A FOUNDER'S STORY Limit: 15 Fieldstone Lounge

50 min. Join us for an exclusive opportunity to delve into the story behind Opulus Beauty Labs. Dr. Robb Akridge, the visionary founder, will share the innovation and inspiration that drove the creation of this groundbreaking beauty brand.

YOGA ALIGNMENT Limit: 30 Yoga Studio
45 min.

10:00 AM

★ RADIANT MAKE UP MASTERCLASS WITH ERICA TAYLOR

Rockwell Room
60 min. Join makeup artist Erica Taylor for a masterclass tailored to those over 30. Discover essential tips and techniques to enhance mature skin and celebrate timeless beauty. Plus, enjoy an exclusive bonus demonstration from Dermaflash

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

CR STRENGTH Limit: 20 Gym 1
45 min.

ATHLETIC YOGA Limit: 30 Yoga Studio
45 min.

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

ZOMBIE APOCALYPSE

ARCHERY Limit: 8 Outdoor Sports Boards
1 hr. 30 min. Outdoor archery for beginners. Join our USA Archery Instructors at our haunted archery range to learn the skill of archery. Sign up: Program Advising, Ext. 55423.

11:00 AM

PICKLEBALL:
INSTRUCT & PLAY Limit: 4 \$ Pickleball Court 1
50 min. \$80

OUTDOOR BOOT CAMP Lower Spa Lobby
45 min.

BEGINNER PILATES Limit: 30 Gym 1
45 min.

TRAILWALK ON-PROPERTY Limit: 10 Outdoor Sports Boards
60 min.

SIGNATURE STRENGTHS: IGNITING THE BEST OF YOU CME

Tanglewood Room
50 min. Character strengths are the elements of your identity that define who you are at your best. Explore the virtues and strengths we all possess, and ignite them in you Take the free online VIA Character Strengths Assessment: www.viacharacter.org

11:30 AM

★ OPULUS BEAUTY LABS Skincare Reception
11:30am - 4:30 pm. Meet OPULUS. No bottles. No complicated, multi-layering routines. Just powerful actives & restorative ingredients, blended fresh each time.

★ HUNGARIAN SILK ARM
& HAND TREATMENT Lenox Room

11:30 am - 5:30 pm Indulge in the ultimate hand and arm treatment with Omorovicza's Hungarian Scrub. Enjoy the rejuvenating benefits of Hungarian Sea Salt and Moor Mud. Sign up: CR App or with a Wellness Guide, Ext 55423.




★ DERMAFLASH & DERMAPORE
CONSULTATIONS Front Spa Lobby

11:30 am - 4:30 pm Your skin, transformed. Experience this award-winning Sonic Technology for clear, glowing, fuzz-free skin. Sign up: CR App or with a Wellness Guide, Ext 55423

★  LUNCH LESSONS:
ELEVATING OUTCOMES Limit: 10 Canyon Ranch Grill™

60 min. Join Ginny Miller of Environ for an expert talk on beauty devices and how to elevate your beauty routine. Sign up: CR App or with a Wellness Guide, Ext 55423

KEYNOTE ENCHANT SPEAKERS & SPONSORED EVENTS ARE INDICATED IN BOLD

-  — One-of-a-kind Enchant Experience
-  — Enjoy a special gift
-  — Raffle prize
- CME** — Continuing Medical Education
- If your stay includes a service allowance, it may be applied toward activity fees.*

12:00 PM
★ EXPERT CONSULTATIONS WITH ERICA TAYLOR Beauty Salon
12pm - 4pm. Enjoy a 20 minute 1x1 consult with Erica! Get your beauty questions answered and learn how her signature tips can transform your make-up routine. Kindly note, make-up will not be applied in the consults. Sign Up: CR App or Wellness Guide, Ext 55423

RESTORATIVE AERIAL YOGA AND SOUND HEALING CLINIC Limit: 12 \$ Yoga Studio
50 min. \$80 Experience supported & suspended restorative yoga postures with the vibrational healing from sound instruments. The practice assists in slowing your body and reduce physical & emotional stress. I Sign up: CR App or with a Wellness Guide, Ext 55423

★ MEET SHIFTWAVE Lower Spa Lobby
12 - 5pm. Reset, Regenerate and Experience Results You Can Feel. Spend time with the experts and learn how you can improve your nervous system health. Sign up: CR App or with a Wellness Guide, Ext 55423.

TAROT DEMO: WHAT'S IN THE CARDS FOR YOU? Mansion Library
50 min. A metaphysical practitioner shares the power of tarot cards with brief reading and demonstration for everyone. Do you have a question you'd like to gain some perspective about? Ask the tarot!

LUNCH & LEARN Limit: 20 Demo Kitchen
50 min. Enjoy a three-course meal featuring Souvlaki Chicken Gyros and watch our demo chef prepare the entrée.

HIIT IT Limit: 18 Gym 1
25 min.

1:00 PM
ZIPLINE Limit: 6 Outdoor Sports Boards
1 hr. 30 min. Try this adrenaline-filled activity on our High Ropes Challenge Course: the 350-foot long Zip Line. Sign up: CR App or with a Wellness Guide, Ext. 55423.

CLIMBING WALL Limit: 6 Outdoor Sports Boards
1 hr. 30 min. Conquer our climbing wall! It's fun, challenging, burns mega-calories, builds strength & works every major muscle group. A variety of routes for beginning to intermediate climbers. Sign up: CR App or with a Wellness Guide, Ext. 55423

ZOMBIE APOCALYPSE ARCHERY Limit: 8 Outdoor Sports Boards
1 hr. 30 min. Outdoor archery for beginners. Join our USA Archery Instructors at our haunted archery range to learn the skill of archery. Sign up: Program Advising, Ext. 55423.

★ ENVIRON CONSULTATIONS Skincare Reception
1-4pm. One on one custom skin consultations and recommendations. Sign up: CR App or with a Wellness Guide, Ext 55423

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

LOVE THROUGH THE CHAKRAS Mansion Library
50 min. Each chakra generates a different energy and focus of attention within the overall experience of love. JoAnn Levitt takes you on a guided chakra journey to appreciate the true nature and dominant focus of love in your life.

2:00 PM
★ ILAPOTHECARY SANCTUARY SERIES: HOME AS A SANCTUARY Limit: 12 \$ Mansion Library
1 hr. 20 min. \$140 Nurture your home as a safe haven and place of sanctuary. Learn to be a caretaker of your home's energy, creating protection, and inviting high vibrational energies of joy, calm and love Take home gift valued at \$150. Sign Up: CR App or Wellness Guide, Ext 55423

ZEN MOTION Limit: 12 Gym 1
45 min.

ZONE 2 INDOOR CYCLING Limit: 12 Cycling Studio
45 min.

2:30 PM
ZIPLINE Limit: 6 Outdoor Sports Boards
1 hr. 30 min. Try this adrenaline-filled activity on our High Ropes Challenge Course: the 350-foot long Zip Line. Sign up: CR App or with a Wellness Guide, Ext. 55423.

CLIMBING WALL Limit: 6 Outdoor Sports Boards
1 hr. 30 min. Conquer our climbing wall! It's fun, challenging, burns mega-calories, builds strength & works every major muscle group. A variety of routes for beginning to intermediate climbers. Sign up: CR App or with a Wellness Guide, Ext. 55423

ZOMBIE APOCALYPSE ARCHERY Limit: 8 Outdoor Sports Boards
1 hr. 30 min. Outdoor archery for beginners. Join our USA Archery Instructors at our haunted archery range to learn the skill of archery. Sign up: Program Advising, Ext. 55423.

3:00 PM
PICKLEBALL SOCIAL HOUR Limit: 8 \$ Pickleball Court 1
50 min. \$45

INTERMEDIATE YOGA Limit: 30 Yoga Studio
45 min.

PUNCH Limit: 20 Sports Court
45 min.

ENCHANT DAILY HIGHLIGHTS

SATYA TRUNK SHOW
10 am - 6 pm | Front Spa Lobby
Satya Jewelry is named for Satya, the Sanskrit word for "truth." Each piece of Satya Jewelry is designed to resonate deeply with its wearer-to connect to one's own truth and empower a personal journey.

ENCHANT PHOTOBOOTH
Visit our photobooth sponsored by VENN to capture all of your Enchant memories

UNDER THE CANOPY
Visit our outdoor tent for a space to hang out, recharge and connect.

FINDING BEAUTY
11 am - 5 pm | Community Tree
Please visit the Community Tree to pick up your Enchant Gift Bag and festival information. Beauty is truly all arounds us, share what you find.

ENCHANT GIFTING SUITE
12 - 4pm | Sargent Brook Lounge
Explore the gifting suite to choose from a selection of premium spa, beauty, and wellness items. Don't forget to bring your Gifting Suite Ticket.

CR VITALITY TOUR
2 pm | CR Vitality, Second Floor of The Mansion

Wednesday October 23, 2024

4:00 PM

★ **FOUNDATIONS OF WELLNESS WITH KRISTEN HOLMES** Rockwell Room
1 hr. Join Kristen, Head of Performance & Principal Scientist at WHOOP, to learn about your personal readiness scorecard and how data on sleep, heart rate, nutrition, and more can be used to inform everyday habits and improve physical and emotional health.

RESTORATIVE YOGA Limit: 30 **Yoga Studio**
45 min.

5:00 PM

★ **GARDEN TO GLASS MOCKTAIL SOIREE** Mansion Library
1 hr. 30 min. A mocktail soiree of plant elixirs rooted in Super Flowers, Super Plants and Superfoods presented by AKAR

OPEN 12-STEP RECOVERY MEETING Tanglewood Room
50 min. This meeting welcomes members of all 12-step fellowships, their families, and those who are just curious about the spiritual principles of recovery.

SPARKLING SUNSET & CIDER KAYAK: SEMI-PRIVATE Limit: 4 **\$** Outdoor Sports Boards
2 hr. \$110 Kayak while basking in the glow of the golden hour and sip on a sparkling cider to celebrate the good things in life. | Sign up: Program Advising, Ext. 55423.

★ **WALDEN PRANAYAMA BREATHING** Limit: 30 **Yoga Studio**
25 min. This meditation session combines engaged breathing practices to nourish every cell with vital oxygen. This mindful practice helps reduce the impact of stress on the body while enhancing overall health and mental wellbeing.

BOCCE BASH WITH MOCKTAILS Limit: 8 **Lower Spa Lobby**
45 min. Have a ball playing with us on our new Bocce courts. Whether you're a seasoned player or new to the game, learn the basic rules and techniques and enjoy some fun and friendly competition.

6:00 PM

★ **CAULDRON CANDLE MAKING** Limit: 10 **\$** Creative Expression Studio
1 hr. 30 min. \$110 Create a custom cast iron cauldron candle with plants, flowers & herbs with corresponding magical properties.

8:00 PM

★ **THE LEGACY OF BEAUTY** Limit: 70 **Rockwell Room**
60 min. A Generational Journey with Rachel Roy and Ava Dash that explores the intersection of beauty, self-confidence and personal growth.

9:00 PM

★ **TEQUILA & TRANQUILITY** Under The Canopy
1 hr. 30 min. Join us for a nightcap and experience the magic of El Tesoro's Award Winning Tequila.

ENCHANT DAILY HIGHLIGHTS

ENCHANT PHOTOBOOTH
Visit our photobooth sponsored by VENN to capture all of your Enchant memories

UNDER THE CANOPY
Visit our outdoor tent for a space to hang out, recharge and connect.

FINDING BEAUTY
11 am - 5 pm | Community Tree
Please visit the Community Tree to pick up your Enchant Gift Bag and festival information. Beauty is truly all arounds us, share what you find.

ENCHANT GIFTING SUITE
12 - 4pm | Sargent Brook Lounge
Explore the gifting suite to choose from a selection of premium spa, beauty, and wellness items. Don't forget to bring your Gifting Suite Ticket.

CR VITALITY TOUR
2 pm | CR Vitality, Second Floor of The Mansion

NOTES

KEYNOTE ENCHANT SPEAKERS & SPONSORED EVENTS ARE INDICATED IN BOLD

- ★

— One-of-a-kind Enchant Experience
- 🎁

— Enjoy a special gift
- R

— Raffle prize
- CME

— Continuing Medical Education
- If your stay includes a service allowance, it may be applied toward activity fees.

Thursday October 24, 2024

7:00 AM

MORNING WALK Outdoor Sports Boards
45 min. 30 to 45-minute walk on relatively flat terrain that will accommodate all paces. Call walk hotline, Ext. 55567, for weather related cancellations.

8:00 AM

INTRODUCTION TO COLD THERAPY CLINIC 25M Limit: 4 Skincare Reception
25 min. Learn and experience the benefits of proper exposure to cold therapy in our Women's Spa cold plunge.

★ MINDFUL MOMENTS WITH WALDEN Limit: 30 Yoga Studio
25 min. Join us for a serene, transformative meditation session sponsored by Walden Meditation Products. Experience a calming environment, expert instructors, and enhanced by Walden's premium meditation aids. Sign up: CR App or with a Wellness Guide, Ext 55423

9:00 AM

★ 🎁 PICKLE PERFECT BY RHONE Limit: 16 Pickleball Court 1
50 min. Join Rhone for a fun pickleball competition! Bring your A-game and compete for top prizes, including Rhone apparel and exciting surprises. Sign up: CR App or with a Wellness Guide, Ext 55423

★ 🎁 SACRED MALA MEDITATION Limit: 25 Demo Kitchen
50 min. Mala Bracelet Making & Manifesting. Ignite your intentions with a heart-opening meditation and infuse that into your own hand-crafted gemstone mala bracelet. Sign Up. CR App or with a Wellness Guid, Ext. 55423.

YOGA FOUNDATIONS Limit: 30 Yoga Studio
45 min.

★ IS YOUR SKIN COMPROMISED? HOW TO IDENTIFY & HEAL Limit: 15 Mansion Library
45 min. The skin's barrier function is crucial for maintaining healthy, hydrated, and resilient skin. Mukti Skincare focuses on nurturing this barrier with natural, organic ingredients designed to support and restore skin health.

★ 🎁 HIKE LEVEL 2- TYRINGHAM COBBLE SPONSORED BY VUORI Limit: 10 Outdoor Sports Boards
3 hr. Moderate out and back hike up to view point at Flag Rock. The steep beginning and end of this hike is moderated by the gentler, rolling terrain throughout the middle with interesting boulders near the top of the trail. The view point opens looking over the town and river of Housatonic and towards New York State. 4 miles Vertical Rise 900ft. Sign up: CR App or with a Wellness Guide, Ext. 55423.

★ LBH SKINCARE: UNLOCKING RADIANT SKIN Limit: 25 Berkshire Room
50 min. Learn how four products can transform your routine and skin health.

★

R

 SMOOTH TRUTHS WITH DERMAFLASH Limit: 25 Tanglewood Room
50 min. Join the experts in fuzz-free skincare to demystify the process of face shaving

MILONGAS: TANGO DANCE PARTY WITH SERGIO CARDOSO Limit: 30 Gym 1
45 min. Learn the basics of tango, with exercises in balance, coordination and posture while working on connection, dance floor navigation, tango choreography and musicality.

10:00 AM

★

R

 BEAUTY UNFILTERED: Q&A WITH ERICA TAYLOR Rockwell Room
60 min. Join us for an exclusive Beauty Q+A with EricaTaylor, influencer and makeup artist. Get expert tips, product faves, and beauty secrets. Whether you're curious about trends or perfecting your routine.

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

H2O POWER Limit: 10 Outdoor Pool
45 min.

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

ZOMBIE APOCALYPSE ARCHERY Limit: 8 Outdoor Sports Boards
1 hr. 30 min. Outdoor archery for beginners. Join our USA Archery Instructors at our haunted archery range to learn the skill of archery. Sign up: Program Advising, Ext. 55423.

PRACTICING IMPERFECTION CME Tanglewood Room
50 min. Perfectionism can take on many forms. Discuss the psychology of perfectionism, its pros and cons, and how it manifests. Draw from ancient Japanese wisdom to look at the merits of imperfection and intentionally practice living an imperfect lifestyle.

11:00 AM

★ ILAPOTHECARY SANCTUARY SERIES: SLEEP AS A SANCTUARY Limit: 12 \$ Mansion Library
1 hr. 20 min. \$140 Focus on crafting a healing bedtime ritual, and wind-down that will get you into the parasympathetic state to help calm the mind and deepen the sleep. Explore dream-incubating strategies. Take home gift valued at \$150. Sign Up: CR App or Wellness Guide, Ext 55423

★ METAMORPHOSIS - CONSULTS WITH LBH Skincare Reception
11am - 5pm. Spend time with Heather Reay, founder of LBH and discover how 4 simple steps can transform your skin. Sign up: CR App or with a Wellness Guide, Ext 55423

★ DAVINES CUSTOM HAIRCARE ASSESSMENT Beauty Salon
11am - 3pm. Stop by for a detailed hair assessment where we'll create a personalized treatment formula and recommend tailored products for home care. Guests can also book a follow-up with a stylist for further customization.

★ CITRUS HAND & ARM GLOW Lenox Room
11 am - 4pm. Revitalize your hands and arms with a Vitamin C-infused treatment that will leave your skin radiant and vibrant. Sign up: CR App or with a Wellness Guide, Ext. 55423

★ DERMAFLASH & DERMAPORE CONSULTATIONS Front Spa Lobby
11am - 4pm. Your skin, transformed. Experience this award-winning Sonic Technology for clear, glowing, fuzz-free skin. Sign up: CR App or with a Wellness Guide, Ext 55423

MID-MORNING STRETCH Limit: 30 Gym 2
45 min.

CREATIVITY & DREAMS Berkshire Room
50 min. Spiritual wellness provider, Holly Benzenhafer offers tips and techniques to playfully and meaningfully engage with your dreaming life. Bring a dream you would like to explore with greater depth, reflection, and perspective.

★ MUKTI ORGANICS REFRESH FACIAL Skincare Reception
11am - 3pm. Experience the power of certified organic, vegan, and cruelty-free products with this dynamic express facial. Sign up: CR App or with a Wellness Guide, Ext 55423

POWER Limit: 10 Gym 5
45 min. It's time to torch calories, build strength, boost endurance, move better, and increase your energy! Experience our self-power driven cardio machines and multi-dimensional strength moves.

Thursday

October 24, 2024 (continued)

12:00 PM
PILATES REFORMER CLINIC - INTERMEDIATE Limit: 4 \$ Gym 4
50 min. \$80 This invigorating total body workout focuses on enhancing core strength and lengthening muscles. Reformer experience required. | Sign up: Program Advising, Ext. 55423.
LUNCH & LEARN Limit: 20 Demo Kitchen
50 min. Enjoy a three-course meal featuring Beef & Broccoli Stir Fry and watch our demo chef prepare the entrée.
SHRED Limit: 15 Gym 5
25 min.

1:00 PM
MYSTERY OF METABOLISM CME Tanglewood Room
50 min. A Performance Scientist leads a discussion about fatness, fitness and the almighty metabolic rate. From your tracker to your treadmill, gain valuable insights on shedding fat.
PICKLEBALL: INTRO CLINIC Limit: 4 \$ Pickleball Court 1
50 min. \$80
MEMBERSHIPS: CASUAL Q&A Fieldstone Lounge
30 min. Meet Mary Harris, Membership Sales Manager, for a casual chat about all the benefits of becoming a Canyon Ranch Member. Bring your questions!
KAYAK: SEMIPRIVATE Limit: 4 \$ Outdoor Sports Boards
2 hr. \$110
HIKE: LEVEL 1 - 2HRS Limit: 10 Outdoor Sports Boards
2 hr.
ZOMBIE APOCALYPSE ARCHERY Limit: 8 Outdoor Sports Boards
1 hr. 30 min. Outdoor archery for beginners. Join our USA Archery Instructors at our haunted archery range to learn the skill of archery. Sign up: Program Advising, Ext. 55423.

2:00 PM
TENNIS: AFTERNOON DRILLS Limit: 4 \$ Indoor Tennis Court 1
50 min. \$80
LONG & LEAN BARRE WORKOUT Limit: 30 Gym 1
45 min.
★ ROOTED IN NATURE: AKAR FOUNDER, KATE CHEN Fieldstone Lounge
50 min. Meet the Akar Founder, Kate Chen to learn about her journey from Tibet to skincare innovation.
HARVEST HAYRIDES Limit: 8 Goldfish Pond, Spa
30 min. Hop on a tractor drawn hay ride for a guided tour of our grounds. Learn the history of the property & sip hot cider. Rides are approximately 30 minutes each. Limit: 8 per ride. Dress comfortably. Sign up: CR App or with a Wellness Guide, Ext. 55423
HANDS-ON COOKING: ANTI-INFLAMMATORY FOODS Limit: 6 \$ Demo Kitchen
50 min. \$110 Get more from your meals and help reduce the effects of inflammation with a variety of powerful tools –right from your kitchen. | Sign up: CR App or with a Wellness Guide, Ext 55423
SACRAL CHAKRA HIP OPENING Limit: 30 Yoga Studio
45 min.

3:00 PM
📺 OGEE FALL FLOW YOGA: EMBRACE CHANGE Limit: 30 Yoga Studio
45 min. As fall brings transformation, so can your yoga practice. Explore grounding postures and breath work to embrace seasonal shifts and cultivate harmony. Sponsored by OGEE, this session aligns your body and mind with the rhythms of autumn.

4:00 PM
★ CRAFT YOUR OWN WITCH'S MOON WREATH Limit: 10 \$ Creative Expression Studio
1 hr. 30 min. \$110 Celebrate the magic of the autumn moon with this Witchy Wreath making kit from Mossy Apothecary. Each wreath kit components will vary slightly to honor the beauty and uniqueness of nature. Sign Up: CR App or Wellness Guide, Ext 55423
SPARKLING SUNSET & CIDER KAYAK: SEMI-PRIVATE Limit: 4 \$ Outdoor Sports Boards
2 hr. \$110 Kayak while basking in the glow of the golden hour and sip on a sparkling cider to celebrate the good things in life. | Sign up: Program Advising, Ext. 55423.
RESTORATIVE YOGA Limit: 30 Yoga Studio
45 min.
ROW & BURN Limit: 10 Rowing Studio
45 min.
5:00 PM
OPEN 12-STEP RECOVERY MEETING Tanglewood Room
50 min. This meeting welcomes members of all 12-step fellowships, their families, and those who are just curious about the spiritual principles of recovery.
STRETCH & RELAX Limit: 30 Gym 2
25 min.
8:00 PM
★ BLAZE BONFIRE & STORYTELLING The Great Lawn
2 hr. Join us after sunset for Artisanal S'mores, Storytelling, Live Music, and a perfect fall evening.

ENCHANT DAILY HIGHLIGHTS

SATYA TRUNK SHOW
10 am - 5 pm | Front Spa Lobby
Designed for the Journey. Satya Jewelry is named for Satya, the Sanskrit word for "truth." Each piece of Satya Jewelry is designed to resonate deeply with its wearer-to connect to one's own truth and empower a personal journey.

ENCHANT PHOTOBOOTH
Visit our photobooth sponsored by VENN to capture all of your Enchant memories

UNDER THE CANOPY
Visit our outdoor tent for a space to hang out, recharge and connect.

FINDING BEAUTY
11 am - 5 pm | Community Tree
Please visit the Community Tree to pick up your Enchant Gift Bag and festival information. Beauty is truly all arounds us, share what you find.

ENCHANT GIFTING SUITE
12 - 4pm | Sargent Brook Lounge
Explore the gifting suite to choose from a selection of premium spa, beauty, and wellness items. Don't forget to bring your Gifting Suite Ticket.

CR VITALITY TOUR
2 pm | CR Vitality, Second Floor of The Mansion

KEYNOTE ENCHANT SPEAKERS & SPONSORED EVENTS ARE INDICATED IN BOLD

- ★

— One-of-a-kind Enchant Experience
- 🎁

— Enjoy a special gift
- R

— Raffle prize
- CME

— Continuing Medical Education
- If your stay includes a service allowance,
it may be applied toward activity fees.

Friday October 25, 2024

7:00 AM

MORNING WALK Outdoor Sports Boards
45 min. 30 to 45-minute walk on relatively flat terrain that will accommodate all paces. Call walk hotline, Ext. 55567, for weather related cancellations.

8:00 AM

MOVING MEDITATION
WORKSHOP Limit: 6 \$ Rockwell Room
50 min. \$80 Greet the day by elevating and toning the parasympathetic nervous system. This Qi Gong practice is a seated, moving meditation, combining breath control with simple choreography of the upper body. Sign up: CR App or with a Wellness Guide, Ext 55423

PILATES REFORMER
JUMPBOARD CLINIC Limit: 3 \$ Gym 4
50 min. \$80 Challenge yourself to a Pilates cardio interval workout. Increase your heart rate, burn fat, improve bone density and create a long, lean, strong body. Reformer experience required. Sign up: Program Advising, Ext. 55423.

★ WALDEN PRANAYAMA
BREATHING Limit: 30 Yoga Studio
25 min. This meditation session combines engaged breathing practices to nourish every cell with vital oxygen. This mindful practice helps reduce the impact of stress on the body while enhancing overall health and mental wellbeing

8:30 AM

OUTDOOR WAKE-UP
WARM-UP STRETCH Lower Spa Lobby
20 min.

9:00 AM

LO-IMPACT AEROBICS Limit: 30 Gym 1
45 min.

ADVANCED INDOOR CYCLING Limit: 12 Cycling Studio
45 min.

YIN & RELEASE Limit: 30 Yoga Studio
45 min.

HIKE: LEVEL 3 - 3HRS Limit: 10 Outdoor Sports Boards
3 hr.

★ CITRUS HAND & ARM GLOW Lenox Room
9am - 2pm. Revitalize your hands and arms with a Vitamin C-infused treatment that will leave your skin radiant and vibrant. Sign up: CR App or with a Wellness Guide, Ext. 55423

10:00 AM

★ 🎁 MASTERING A CLEAN
CONTOUR WITH OGEE Limit: 25 Berkshrie Room
50 min. Effortlessly enhance your natural contours with OGEE's Contour Collection. Learn to bronze, blush, and highlight using three easy-to-apply balmy sticks in crystal-inspired shades for a radiant, signature glow. Join us for this transformative session!

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

GRAVEL GRINDER BIKE RIDE:
LEVEL 3 Limit: 4 Outdoor Sports Boards
2 hr. 30 min.

H2O POWER Limit: 10 Outdoor Pool
45 min.

TUBES & LOOPS Limit: 20 Gym 2
45 min.

ROCK YOUR FLOW Limit: 30 Yoga Studio
45 min.

HANDS-ON COOKING:
FERMENTED FOODS Limit: 6 \$ Demo Kitchen
50 min. \$110 Nourish your body and mind and learn how to add beneficial probiotics to your next dish. Explore a variety of fermented foods that can enhance taste and aroma as well as provide an array of health benefits. Sign-up: Program Advising, Ext. 55423.

★ MUKTI ORGANICS REFRESH FACIAL Skincare Reception
10am - 2pm Experience the power of certified organic, vegan, and cruelty-free products with this dynamic express facial. Sign up: CR App or with a Wellness Guide, Ext 55423

11:00 AM

ACTING YOUR FITNESS AGE CME Tanglewood Room
50 min. A Performance Scientist will explain how your physiology is influenced by lifestyle more than your birthday, and how to adjust your exercise regimen for best results.

PICKLEBALL: INTERMEDIATE/ADV. CLINIC –
LEVEL 3.0+ Limit: 4 \$ Pickleball Court 1
50 min. \$80

MID-MORNING STRETCH Limit: 30 Gym 2
45 min.

TRX CORE Limit: 15 Sports Court
45 min.

OUTDOOR BOOT CAMP Lower Spa Lobby
45 min.

Friday

October 25, 2024 (continued)

NOON

RESTORATIVE AERIAL YOGA AND

SOUND HEALING CLINIC Limit: 12 \$ Yoga Studio
50 min. \$80 Experience supported & suspended restorative yoga postures with the vibrational healing from sound instruments. The practice assists in slowing your body and reduce physical & emotional stress. | Sign up: CR App or with a Wellness Guide, Ext 55423

LUNCH & LEARN Limit: 20 Demo Kitchen
50 min. Enjoy a three-course meal featuring Salmon Burgers with Roasted Pineapple Salsa and watch our demo chef prepare the entrée.

HIIT IT Limit: 18 Gym 1
25 min.

12:30 PM

FITNESS FOR YOUR FEET Limit: 20 Gym 2
20 min.

1:00 PM

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

AFTERNOON OUTDOOR TAI CHI Limit: 10 Outdoor Sports Boards
60 min.

1:30 PM

HIGH ROPES COURSE Limit: 4 \$ Outdoor Sports Boards
2 hr. \$220

2:00 PM

YOGA FOR HEALTHY BACK Limit: 30 Yoga Studio
45 min.

COMING HOME TO THE BODY Berkshire Room
50 min. Restore your ability to be aware in the present moment and learn the process of the felt sense, a vital part of your being, and bring it into focus. Connect with your body's wisdom, shift your body energy, and illuminate steps for change.

TENNIS: INTERMEDIATE/ADVANCED CLINIC – LEVEL 3.0+ Limit: 4 \$ Indoor Tennis Court 1
50 min. \$80

HIKE: LEVEL 1 - 2HRS Limit: 10 Outdoor Sports Boards
2 hr.

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

HANDS-ON COOKING: PLANT POWERED Limit: 6 \$ Demo Kitchen
50 min. \$110 Learn tips to prioritize whole plant foods; fruits, vegetables, grains, nuts and seeds to create balanced meals and snacks. | Sign-up: Program Advising, Ext. 55423.

BEST BACKSIDE Limit: 16 Sports Court
45 min.

BASIC AEROBIC CIRCUIT WEIGHTS Limit: 24 Gym 5
45 min.

3:00 PM

MIXED EMOTIONS: MAKING PEACE WITH YOURSELF CME Tanglewood Room
50 min. We often attempt to avoid difficult emotions. Discuss how to widen your tolerance for your emotional experience and gain practical tools for navigating those emotions.

PICKLEBALL SOCIAL HOUR Limit: 8 \$ Pickleball Court 1
50 min. \$45

AQUA STRENGTH CIRCUIT CLASS Limit: 10 Outdoor Pool
45 min.

STROOPS BUNGEE WORKOUT Limit: 12 Gym 1
45 min.

INTERMEDIATE YOGA Limit: 30 Yoga Studio
45 min.

4:00 PM

GOOD VIBRATIONS Limit: 15 Gym 2
45 min.

RESTORATIVE YOGA Limit: 30 Yoga Studio
45 min.

WHAT IS SPIRITUAL WELLNESS? Mansion Library
25 min. Join a Spiritual Wellness expert as they provide an overview of the CR Spiritual Wellness philosophy and the services we offer.

ROW & BURN Limit: 10 Rowing Studio
45 min.

LET'S THRIVE! LEARN TO LIVE YOUR BEST LIFE Berkshire Room
50 min. According to the research of positive psychology, our ability to thrive is up to us. Laura Cooke returns to the ranch to share the science of happiness and 12 skills we can practice to live our best life.

5:00 PM

EASTERN MEDICINE: THE INSIDE SCOOP CME Tanglewood Room
50 min. A licensed acupuncturist discusses the benefits and treatments of Eastern Medicine including acupuncture, Chinese herbs, qi gong, Acutonics® and acupressure.

OPEN 12-STEP RECOVERY MEETING Lenox Room
50 min. This meeting welcomes members of all 12-step fellowships, their families, and those who are just curious about the spiritual principles of recovery.

STRETCH & RELAX Limit: 30 Gym 2
25 min.

OUTDOOR MEDITATION Lower Spa Lobby
25 min.

8:00 PM

MARYLEE FAIRBANKS, IN CONCERT Fieldstone Lounge
50 min. Tony Award-winning producer & performer, Marylee is the producer & co-host of Stages Podcast with Tony Award-winner Stephanie J Block. She starred in the second longest running Off-Broadway show in history, I LOVE YOU, YOU'RE PERFECT, NOW CHANGE.

Featured Events: **BROADWAY IN THE BERKSHIRES** | **OPTIMIZING OPTIMISM WITH LAURA COOKE** (Oct 25 - 27)

If your stay includes a service allowance, it may be applied toward activity fees.

This image shows a full page of blank, white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page, typical of notebook or legal stationery. There are no margins, text, or other markings present.

CLASSES & ACTIVITIES

FITNESS

Advanced Indoor Cycling

The outdoor ride is transported into the studio where you will experience an advanced strength, endurance or interval-focused class. Fr 9:00am, Su 9:00am

Aqua Strength Circuit Class

A circuit-based class set in shallow water encouraging muscle fatigue while maintaining an aerobic level. Fr 3:00pm

Basic Aerobic Circuit Weights

This class is designed for the beginner looking for a total body workout. Fr 2:00pm

Berkshire Beat

Burn calories, release stress and feel the joy by drumming on a physio ball in this fun, unique class. Su 2:00pm

Best Backside

Strengthen your glutes and back using the TRX, Kettlebells and Mini Bands. Fr 2:00pm

CR Strength

Lively, pumping music will make you want to move in this total body barbell workout using light weights with high repetition. We 10:00am, Mo 10:00am

Cardio Kickboxing

Join us for a high-energy martial arts and boxing-inspired training session. Be ready to kick, punch, bob and weave your way through this fun fitness challenge. We 9:00am, Su 9:00am

H2O Power

A challenging aerobic conditioning class in shallow water. We Th 10:00am, Fr 10:00am, Su 10:00am, Tu 10:00am

HIIT IT

High intensity training with minimal breaks in between to increase cardiovascular output while using athletic and strength training exercises for an all around aerobic and anaerobic workout. We 12:00pm, Fr 12:00pm

Line Dancing

Relax and smile as you learn line dances with simple repetitive moves that you can take home with you and have a blast at your next occasion! Mo 12:30pm

Lo-Impact Aerobics

An invigorating cardiovascular workout that stimulates heart rate without high impact movements. Fr 9:00am

Long & Lean Barre Workout

High-repetition exercises and mat work combine to strengthen, tone and balance your body in this workout at the ballet barre. No shoes. Th 2:00pm

Muscle Conditioning

Learn basic strength and muscular endurance exercises using hand weights. A total body workout. Th 10:00am

One Minute Max

Train like an athlete in this class that combines, speed, strength and agility utilizing body weight, the Body Bar and an agility ladder which will take your work out to the next level. Tu 2:00pm

Outdoor Boot Camp

Using our MoveStrong™ outdoor play area, mixed with strongman power equipment and cardio drills, test out your stamina and potential in a boot camp environment. We 11:00am, Fr 11:00am, Su 11:00am

Power

It's time to torch calories, build strength, boost endurance, move better, and increase your energy! Experience our self-power driven cardio machines and multi-dimensional strength moves. Tu 11am, Thu 11am

Punch

Heavy bags & three basic punches will be sure to knock you out during this invigorating workout. This intense cardio & aerobic exercise creates high level cardio burn while promoting muscle growth. We 3:00pm, Mo 3:00pm

Row & Burn

A transformative calorie burning total-body workout using the TechnoGym® SkillRow™ rower with bursts of body weight training on and off the rower. Th 4:00pm, Su 4:00pm

Shred

Discover how to effectively use your time. This treadmill training session will teach you how to incorporate high-intensity interval training into your cardio routine. Blast those calories and change your body. Th 12:00pm, Tu 12:00pm

Stroops Bungee Workout

Using STROOPS elastic ropes and harness, you can run, jump, push, pull, squat, shuffle and so much more in this total body high intensity workout! Fr 3:00pm, Su 3:00pm, Tu 3:00pm

TRX Core

Strengthen your core in all directions. Work your abs, back, hips and oblique's using the TRX Suspension® and Rip Trainers®. Fr 11:00am, Su 11:00am

TRX Flow

Experience mindful movement, strength, mobility, and flexibility while using the TRX® Suspension Trainer to assist and challenge you. Su 8:30am

Tubes & Loops

Experience a full body strength workout using the variable resistance of elastic fitness loops and tubing. Fr 10:00am

Zone 2 Indoor Cycling

Zone 2 training is moderate, steady exercise. A Performance Science expert shares the benefits of training in Zone 2 for aerobic efficiency. Receive your personalized Functional Threshold Power assessment, followed by a Zone 2 indoor cycling ride. We 2:00pm

MIND-BODY

Athletic Yoga

A 45-minute class with flowing athletic moves and yoga postures to improve your strength, balance and flexibility. No shoes. We 10:00am, Su 10:00am

Beginner Pilates

This method of mental and physical conditioning emphasizes foundational core strength, muscular balance, concentration and breathing. We 11:00am

Chair Yoga

This class is for those who do not want to sit on the floor or who would like to learn new ways to use a chair for yoga breaks at work. Includes balancing and other standing poses. We 9:00am, Su 9:00am

Fall Flow Yoga

Fall is a powerful time of transition. Learn to shift your yoga routine to connect and align with the qualities each season has to offer. Explore a yoga practice of warming postures and breath work to embrace change and find harmony. Th 3:00pm, Su 3:00pm

Fitness For Your Feet

Twenty minutes dedicated to the health of your feet. Learn the importance of alignment and foot strength and increase function and flexibility. No shoes. Fr 12:30pm

Good Vibrations

Introduce your body to vibration therapy utilizing the Therabody Wave Roller and the Wave Duo – awaken your muscles, increase blood flow and improve joint mobility. No shoes. Fr 4:00pm

Heart Opening Flow

In this challenging class, we will focus on backbends and forward folds to open the heart chakra with some advanced poses to allow the heart to open to its divine true nature of love, compassion and gratitude. Tu 3:00pm

Intermediate Yoga

This non-flow class will deepen your practice as we move into more challenging postures with focus on alignment and form. We 3:00pm, Fr 3:00pm, Mo 3:00pm

Mid-Morning Stretch

Designed for anyone to improve total body flexibility and awareness. No shoes. Th 11:00am, Fr 11:00am, Su 11:00am, Tu 11:00am

Outdoor Meditation

Learn techniques to help reduce stress, increase mindfulness, calm your mind and help your body relax. In the event of inclement weather, this class will take place in the Yoga Studio. Fr 5:00pm

Outdoor Wake-Up Warm-Up Stretch

A 25-minute standing outdoor stretch class – a great morning starter! No shoes. In the event of inclement weather, this class will take place indoors. Fr 8:30am

Restorative Yoga

Experience deep relaxation for healing and rejuvenation. Bolsters and props are used in gentle, supported poses. No shoes. We 4:00pm, Th 4:00pm, Fr 4:00pm, Sa 4:00pm, Su 4:00pm

Rock Your Flow

With rockin' music to inspire your flow practice, this class will guide you through challenging postures connected with your breath to build endurance, flexibility and strength. Fr 10:00am

Sacral Chakra Hip Opening

Practice a Hip opening sequence while diving deeper into the sacral chakra. Th 2:00pm

Stretch & Relax

A 25-minute stretch class on the floor. Th 5:00pm, Fr 5:00pm, Tu 5:00pm

Walk In The Woods Yoga

A yoga instructor leads an on-property walk through beautiful trails with yoga posture breaks. Learn to incorporate fresh air and open thoughts in your practice. In the event of inclement weather, this class will take place in the Yoga Studio. Fr 2:00pm, Su 2:00pm, Tu 2:00pm

Yin & Release

Using myofascial release techniques combined with held seated, supine & prone yin postures you will increase flexibility and release inner tension. Fr 9:00am, Tu 9:00am

Yoga Alignment

Deepen your understanding of alignment in asanas with the support of blocks. Beginners to seasoned yogis will benefit from this exploration of alignment, gaining insights that will enhance your practice both on and off the mat. We 9:00 am, Th 8:00am

Yoga Foundations

This beginner class focuses on alignment in basic postures from a standing, kneeling and supine position with emphasis on yogic breathing. No shoes. Th 9:00am, Sa 9:00am, Mo 9:00am

Yoga Sculpt

Enjoy this blood flowing practice as you add a new challenge of wearing Bala Bangles, adding a constant challenge to your traditional yoga asanas. Tu 10:00am

Zen Motion

Finding your Zen through Motion using the Stroops Bungee cord as variable resistance to challenge your core, flexibility and balance. We 4:00pm, We 2:00 pm

Zen•Ga™ Flow

This 25-minute class blends breath and fluid movement with dance, stretch and Pilates – plus, the newest research findings about how to train your body's fascia, or connective tissue. No shoes. We 8:00am

OUTDOOR SPORTS

Afternoon Outdoor Tai Chi

Enjoy a simple tai chi lesson on our woodland trails. Sign up: CR App or with a Wellness Guide, Ext. 55423. Fr 1:00pm

Bike Ride: Introduction to Mountain Biking

Learn the proper techniques of off-road mountain bike riding on dirt, grass and wood chipped trails. Must be an able rider. Sign up: CR App or with a Wellness Guide, Ext. 55423 Su 1:30pm

Cardio Tennis Clinic – Level 3.0+

A fun new approach to tennis in a great group aerobic workout. This clinic is for players Level 3.0 and above. I Sign up: CR App or with a Wellness Guide, Ext. 55423. We 10:00am, Th 10:00am, Fr 10:00am, Su 10:00am, Mo 10:00am, Tu 10:00am

Gravel Grinder Bike Ride: Level 3

Enjoy a secluded ride featuring rolling carriage roads, gravel, paved and dirt sections. This ride utilizes our mountain bike fleet on the picturesque backroads of Berkshire County! Fr 10:00am

High Ropes Course

Safely explore your limits and build self-confidence as you journey through a series of ropes, cables and wood constructs set high above the Great Lawn. Sign up: Outdoor Sports Board. Fr 1:30pm

Hike: Level 1

Varies each week. Please visit the Outdoor Sports Board for exact duration and additional details. Sign up: CR App or with a Wellness Guide, Ext. 55423. Th 1:00pm, Fr 2:00pm, Su 1:30pm

Hike: Level 2

Varies each week. Please visit the Outdoor Sports Board for exact duration and additional details. Sign up: CR App or with a Wellness Guide, Ext. 55423. Th 9:00am, Sa 2:00pm Tu 9:00am

Kayak: Semiprivate

Enjoy a kayak tour on one of our beautiful local lakes. Instruction included. Must be an able swimmer. Weather dependent. I Sign up: CR App or with a Wellness Guide, Ext. 55423. We 10:00am, Thu 10:00am, Th 1:00pm, Fr 2:00pm, Su 10:00am, Su 1:30pm, Mo 10:00am, Tu 10:00am

Pickleball Social Hour

A lively, community event where you will interact with other pickleball players during fun and challenging games. Must have a minimum of 3 guests to proceed with tournament. 1.5 skill level required. We 3:00pm, Fr 3:00pm

Pickleball: Intermediate/Adv. Clinic – Level 3.0+

Enhance your game with pointers from a Canyon Ranch Pickleball Pro. Court shoes are strongly recommended. For players at Level 3.0 and above. Sign up: CR App or with a Wellness Guide, Ext. 55423. Fr 11:00am, Mo 11:00am, Tu 2:00pm

Pickleball: Instruct & Play

Pickleball instruction and pointers followed by games to enhance your play. For players at Level 2.5 and above. Sign up: CR App or with a Wellness Guide, Ext. 55423

Pickleball: Intro Clinic

A hybrid racquet sport combining elements of tennis, badminton, and ping-pong. Instructors teach the basic skills of this fun & fresh sport, played with a paddle and plastic ball. I Sign up: Program Advising, Ext. 55423, Meet at Indoor Tennis Courts. We 1:00pm, Th 1:00pm. Fr 1:00pm, Su 1:00pm, Mo 1:00pm, Tu 1:00pm

Shinrin Yoku

Experience the Japanese practice of taking in the forest atmosphere or "forest bathing." Join your guide on a slow, intentional walk into the woods to de-stress and reconnect with nature. Sign up: CR App or with a Wellness Guide, Ext. 55423 We 8:30am

Tennis: Afternoon Drills

Sharpen your skills and learn to hit the sweet spot every time. Court shoes are strongly recommended. I Sign up: Program Advising, Ext. 55423. Th 2:00pm, Sa 2:00pm

Tennis: Beginner Clinic

An introduction to the game of tennis, from how to grip a racquet to basic elements of the swing. Beginners only. I Sign up: Program Advising, Ext. 55423. We 9:00am

Tennis: Intermediate/Advanced Clinic – Level 3.0+

Enhance your game with pointers from a Canyon Ranch tennis pro. I Sign up: Program Advising, Ext. 55423. Fr 2:00pm

Trailwalk On-property

Join our guides for a walk on the beautiful woodland trails of Canyon Ranch. Learn about the property and the history of this area. Sign up: Outdoor Sports Board. Mo 11:00am

CLASS REMINDERS

- All fitness classes are 45 minutes unless otherwise noted.
- No admittance later than 5 minutes after the start of class.
- 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.

AMENITIES & MORE

CARDIO & WEIGHT GYM

7 am to 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

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.

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 wakeup call you requested. We're here to make sure you're okay.

POOL TIME

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

TENNIS

Indoor courts are available during regular spa hours, 6:30 am to 9 pm daily; outdoor courts, seasonally during daylight hours. We recommend reserving time on the sign-up board in advance. Court time is complimentary. Ask your Program Advisor about tennis lessons or small group and private tennis clinics.

SHIPPING

Your Enchant Gift Bag can be shipped directly to your home, please see staff at Community Tree, Front Desk or Gifting Suite for form. *Fee applies.*

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 – Sleep well.

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 AVAILABLE BY REQUEST

The same pillows 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

M E N U O F S E R V I C E S

For information or to book services, visit or contact Program Advising at Ext. 55423



For a complete listing of services,
visit canyonranch.com/lenox/services/

HEALTH & PERFORMANCE

PERSONALIZED MEDICINE

PERSONALIZED, PRECISE, PREVENTIVE

Dexa Body Composition – two-part service.....	25/50 min	\$495
Dexa Body Composition & Bone Density Evaluation – two-part service.....	50 min each	775
Osteoporosis Prevention & Bone Density Evaluation – two-part service.....	50 min each	725
Naturopathic Medicine Consultation.....	50 min	335
Personalized Physician Consultation	25 min	220
	50 min	400

SLEEP MEDICINE

Sleep Screening (with follow-up)	Overnight	\$750
Sleep Disorder Consultation.....	25 min	220
	50 min	400

MENU OF SERVICES

ALTERNATIVE MEDICINE

Acuphoria.....	50 min	\$240
Acupuncture.....	50 min	240
Acupuncture for Healthy Weight.....	100 min	420
Acupuncture Massage	50 min	240
Acutonics.....	50 min	240
Chinese Herbal Consultation.....	50 min	240
Chinese Vitality Consultation.....	110 min	420
Cupping & Gua Sha NEW	50 min	240
Detox Acupuncture Treatment.....	50 min	240

PERFORMANCE SCIENCE

Body Composition Screening	25 min	\$110
Comprehensive Exercise Assessment – two-part service	50 min each	400
Exercise for Weight Loss.....	50 min	200
Hydration Testing – two-part service NEW	50 min each	440
VO ₂ Max Assessment – two-part service	50 min each	400
RacquetFit™ Racquet Health Program – two-part service	50 min each	550
Rx for Exercise	50 min	200
TPI™ Golf Health Program – two-part service.....	50 min each	550

SPORTS MEDICINE

Arthritis Evaluation	50 min	\$350
Blood Flow Restriction Therapy.....	25 min	175
Hiking Performance NEW	50 min	350
Low Back Pain Evaluation NEW.....	50 min	350
Musculoskeletal & Joint Assessment.....	50 min	350
Medical Gait Analysis	50 min	350
Performance Assessment NEW.....	50 min	350
RacquetFit™ Racquet Health Program – two-part service	50 min each	550
Running Performance NEW.....	50 min	350
TPI™ Golf Health Program – two-part service.....	50 min each	550

HEALTH & PERFORMANCE COACHING

Canyon Ranch To Go NEW	50 min	\$200
Couples Coaching NEW	duet 50 min	140/person
Health Coaching	50 min	200
Health Coaching Package	3 sessions – 50 min each	200 each
	10 sessions – 25 min each	80 each
	10 sessions – 50 min each	160 each
Longevity Coaching NEW.....	50 min	200
Measuring What Matters NEW.....	50 min	200
The Practice of Performance NEW.....	50 min	200
Weight Management Coaching	50 min	200

NUTRITION & FOOD

NUTRITION & FOOD

Building Muscle.....	50 min	\$200
Continuous Glucose Monitor Follow-Up & Education	50 min	200
Diet Score – two-part service NEW.....	50 min each	525
Digestive Wellness	50 min	200
Fastest Meals Imaginable.....	50 min	220
Fueling For Longevity NEW.....	50 min	200
Fueling Your Performance	50 min	200
Hydration Testing – two-part service NEW.....	50 min each	440
Mood & Food – two-part service	50 min each	440
Personalized Nutrition Consultation	50 min	200
Strategies for Raising Nutritious Eaters NEW.....	50 min	200

COOKING FOR FUN, PLEASURE & HEALTH

Hands-On Cooking Class	50 min	\$110/person
	90 min.....	175/person
Hands-On Cooking Private	80 min	185
	small group (3 – 5 guests) 100 min	175/person

MIND & SPIRIT

MENTAL HEALTH & WELLNESS

Establishing Healthy Habits	50 min	\$240
Hypnotherapy	50 min	240
Inner Balance by HeartMath	50 min	395
Life Mapping.....	50 min	240
Longevity Mindset NEW	50 min	240
Meditation, Mindfulness & Mental Health.....	50 min	240
Mental Health & Wellness Consultation.....	single 50 min	240
	duet 50 min	195/person
Performance Mindset	50 min	240
Relationship with Food	50 min	240
Stress Management	50 min	240
Tech for Mental Health & Wellness NEW	25 min	120

SPIRITUAL WELLNESS

Body-Spirit Connection	50 min	\$240
Contemplative Circle.....	80 min	350
Creative Expression Consultation.....	50 min	240
Cultivate a Life of Purpose	50 min	240
Navigating Loss, Grief & Remembrance	single 50 min	240
	duet 50 min	195/person
	small group (3+ people).....	185/person
Rite of Passage	single 50 min	240
	duet 50 min	195/person
	small group (3+ people).....	185/person

MENU OF SERVICES

Sound Healing	50 min	240
Soul Journey.....	50 min	240
Spiritual Guidance	single 50 min	240
	duet 50 min	195/person
	small group (3+ people).....	185/person
Spirituality & Longevity.....	50 min	240
Spirituality & Performance	50 min	240

FITNESS & MOVEMENT

FITNESS

PERSONAL TRAINING WITH A CERTIFIED FITNESS INSTRUCTOR

Private Fitness Training

Private Mind-Body Practice

Private Pilates or Gyrotonic Training

Private Yoga Practice

Individual Training Session	50 min	\$140
Duet Training Session.....	50 min	110/person
Small Group Training Session (3-5 people)	50 min	80/person
Private Group Class.....	50 min	335/class
Personal Training with Virtual Follow-Up – two sessions	50 min each	250

OUTDOOR SPORTS

GROUP ADVENTURES

Archery Workshop	times vary	\$110/person
Eco-Tour with Certified Field Naturalist NEW	times vary	110/person
Kayaking	times vary	110/person
Keep it Rolling – Bike Maintenance Workshop NEW.....	times vary	110/person
Photography Hike	times vary	110/person

HIGH ROPES ADVENTURES

Aerial Adventure	times vary	\$110/person
Climbing Wall.....	times vary	110/person
High Ropes Challenge Course		
2–4 hours, depending on the number of people.....		220/person

PRIVATE ADVENTURES

On Land

Archery, Bike, Hike, Mountain Bike, Run,

Shinrin Yoku, Tai Chi,	First hour	\$140/person
	Each additional hour	80/person

On Water

Canoe, Kayak, Stand-Up Paddleboard	First two hours	220/person
	Each additional hour	80/person

RACQUET SPORTS

Pickleball

Individual training session	50 min	\$140
Duet training session.....	50 min	110/person

Tennis

Individual training session	50 min	140
Duet training session.....	50 min	110/person

Services & fees subject to change without notice.

SPA

AYURVEDIC TREATMENTS

Abhyanga.....	50 min.....	\$200
Ayurvedic Herbal Rejuvenation	80 min.....	300
Bindi-Shirodhara.....	100 min.....	395
Shirodhara.....	50 min.....	210
Udvertana Massage.....	80 min.....	300

BODY TREATMENTS

CBD Wellness Ritual NEW.....	100 min.....	\$395
Coconut Melt.....	50 min.....	220
	80 min.....	300
Coconut Sugar Scrub NEW	50 min.....	210
Detoxifying Ritual	100 min.....	395
Harvest Moon Body Ritual NEW	80 min.....	300
Hungarian Mud Ritual	100 min.....	395
Hungarian Scrub	50 min.....	210
Vitamin Infusion Body Treatment.....	50 min.....	200

EASTERN THERAPIES

Ashiatsu – Barefoot Massage	50 min.....	\$210
	80 min.....	310
Reflexology	50 min.....	210
Thai Massage.....	100 min.....	420

ENERGY THERAPIES

Alchemical Healing NEW	80 min.....	\$310
Emotional Stress Release NEW	80 min.....	310
Healing Energy	80 min.....	300
Healing Energy with Aromatherapy.....	80 min.....	310
Optimize Healing NEW.....	80 min.....	310
Reiki.....	50 min.....	200

MASSAGE

Aromatherapy Massage.....	50 min.....	\$200
	80 min.....	300
Candle Massage	50 min.....	220
	80 min.....	320
Canyon Ranch Massage.....	50 min.....	200
	80 min.....	300
	100 min.....	395
Canyon Stone Massage.....	75 min.....	300
Chakra Balancing Massage	80 min.....	300
Craniosacral Therapy.....	50 min.....	200
Deep Tissue Massage.....	50 min.....	220
	80 min.....	320
	100 min.....	420
Hands, Feet & Scalp Massage.....	50 min.....	200
Harvest Honey Glow Massage NEW	50 min.....	200
	80 min.....	300

MENU OF SERVICES

Head, Neck & Shoulders Massage	50 min	200
Hydrating Body Bar Massage	50 min	220
	80 min	320
	100 min	395
Lymphatic Treatment	50 min	200
	80 min	300
	100 min	395
Mama Moisturizing Massage	50 min	220
	80 min	320
Neuromuscular Therapy	100 min	420
Prenatal Massage	50 min	200
	80 min	300
Sole Rejuvenation	50 min	200
Therapeutic CBD Pain Relief Massage NEW	50 min	250
	80 min	350
	100 min	450

SALON

HAIR CARE

Blowout	25 min	\$60
	45 min	70
Color	times & fees vary	
Cut	45 min	110
	Barber Cut – 25 min	60
Highlights	times & fees vary	
Kerastase® Experience	80 min	140

MAKEUP

Brow Design	15 min	\$50
Makeup Consultation	45 min	110

MANICURES

Canyon Ranch Manicure	45 min	\$80
Desert Moon Manicure NEW	45 min	80
Gentlemen's Manicure	25 min	60
Hungarian Manicure	45 min	80
Recovery CBD Manicure NEW	45 min	80

PEDICURES

Canyon Ranch Pedicure	50 min	\$95
Desert Moon Pedicure NEW	50 min	95
Foot Rescue! Pedicure	50 min	95
Gentlemen's Pedicure	50 min	95
Hungarian Pedicure	50 min	95
Recovery CBD Pedicure NEW	50 min	95

FACIAL TREATMENTS

Augustinus Bader Facial.....	50 min.....	\$200
Biologique Recherche Custom Facial.....	50 min.....	240
Biologique Recherche Lift & Sculpt Facial.....	80 min.....	420
Environ Age-Defying Facial.....	80 min.....	340
Environ™ Facial.....	50 min.....	200
Harvest Radiance Facial NEW	50 min.....	200
Hydrafacial MD.....	50 min.....	240
Omorovicza Blue Diamond Facial NEW	50 min.....	240
Omorovicza Moor Mud Facial NEW	50 min.....	200
Oxygen Facial.....	50 min.....	240
	80 min.....	340
VENN Collagen Facial.....	50 min.....	200
VENN X TheraFace Facial	80 min.....	340

SPECIALTIES

METAPHYSICAL

Astrology	50 min.....	\$220
Astrology Synastry Chart Reading For Two NEW.....	50 min.....	175/person
Learn to Read Tarot Cards.....	50 min.....	220
Meeting Your Inner Oracles NEW.....	100 min.....	395
Past Life Experience NEW.....	100 min.....	395
Tarot Card Reading.....	50 min.....	220

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, he or she must be accompanied by a parent or guardian.

ESSENTIALS

PHONE NUMBERS

Life-threatening and fire emergencies, call 9+911

RESORT SERVICES EXTENSION

Operator	0
Bell Services	55500
Culinary Rebel™	55210
Canyon Ranch Grill™	55310
Housekeeping	55432
Program Advising	55423
Safety & Security	54419

DEPARTMENTS EXTENSION

Canyon Ranch Shop™	54574
Canyon Ranch Living®/Memberships	54596
Cultural Coordinating	55504
Fitness	5460
Guest Services/Concierge	5525
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

PHONE INSTRUCTIONS

LOCAL CALLS:

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

DVDs are available to be checked out at Guest Services in the Hotel Lobby.

For a list of channels, press the Ch List button on your remote.

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

4 Canyon Ranch Channel

100 through 142 offer various music channels

When in doubt, call our Operator at 0, who will be happy to transfer your call.

SPA HIGHLIGHTS

AUTUMN *glow*

Sweater weather meets spa time. As the air cools, nourish your skin with our autumn-inspired treatments featuring crisp scents and feel-good ingredients.



HARVEST HONEY GLOW MASSAGE

Embrace the essence of fall with this rejuvenating spa treatment. Indulge in a luxurious massage featuring cherry coconut-scented oil, then treat your hands and feet to a golden honey glaze serum enriched with organic honey and oils.



HARVEST MOON BODY RITUAL

Indulge in autumnal luxury with a rejuvenating dry brush exfoliation followed by a full body massage with juniper ale body oil and a peptide-rich body mousse. Special attention is paid to your feet with a hydrating, sweet-smelling shea butter before your journey ends with a relaxing scalp massage.



HARVEST RADIANCE FACIAL

This indulgent autumn facial hydrates, soothes, and nourishes your skin. Using superfoods and superflowers like quinoa, sweet potato, willow bark, buzz button flower, and cloudberry, this treatment combines seasonal ingredients with advanced skin care. Leave with a radiant, youthful complexion that complements the fresh feeling of fall.



UNDER THE DESERT MOON MANICURE

Experience the soothing scent of a moonlit fall night. A barley, sandalwood, and amurense bark soak is followed by a revitalizing citrus scrub with salt and rice bran oil. Enjoy a warm cactus gel wrap that firms and tones your skin, then unwind with a body mousse massage, infused with advanced peptides for deep hydration.



UNDER THE DESERT MOON PEDICURE

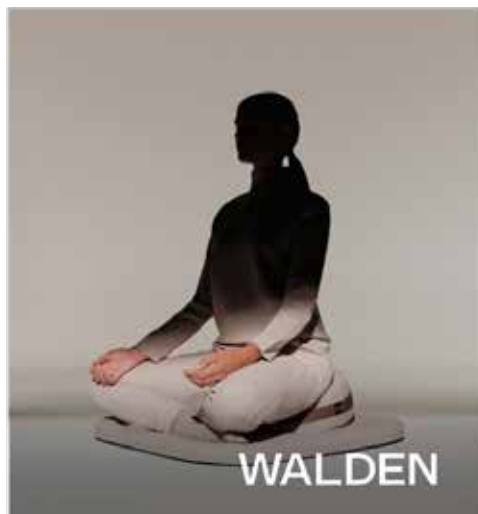
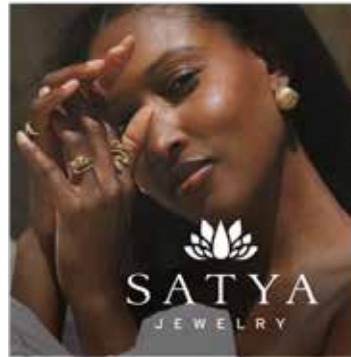
You can also treat your feet to our barley, sandalwood, and amurense bark soak, salt and rice bran oil citrus scrub, warm cactus gel wrap, and body mousse massage for hydration and skin firming.

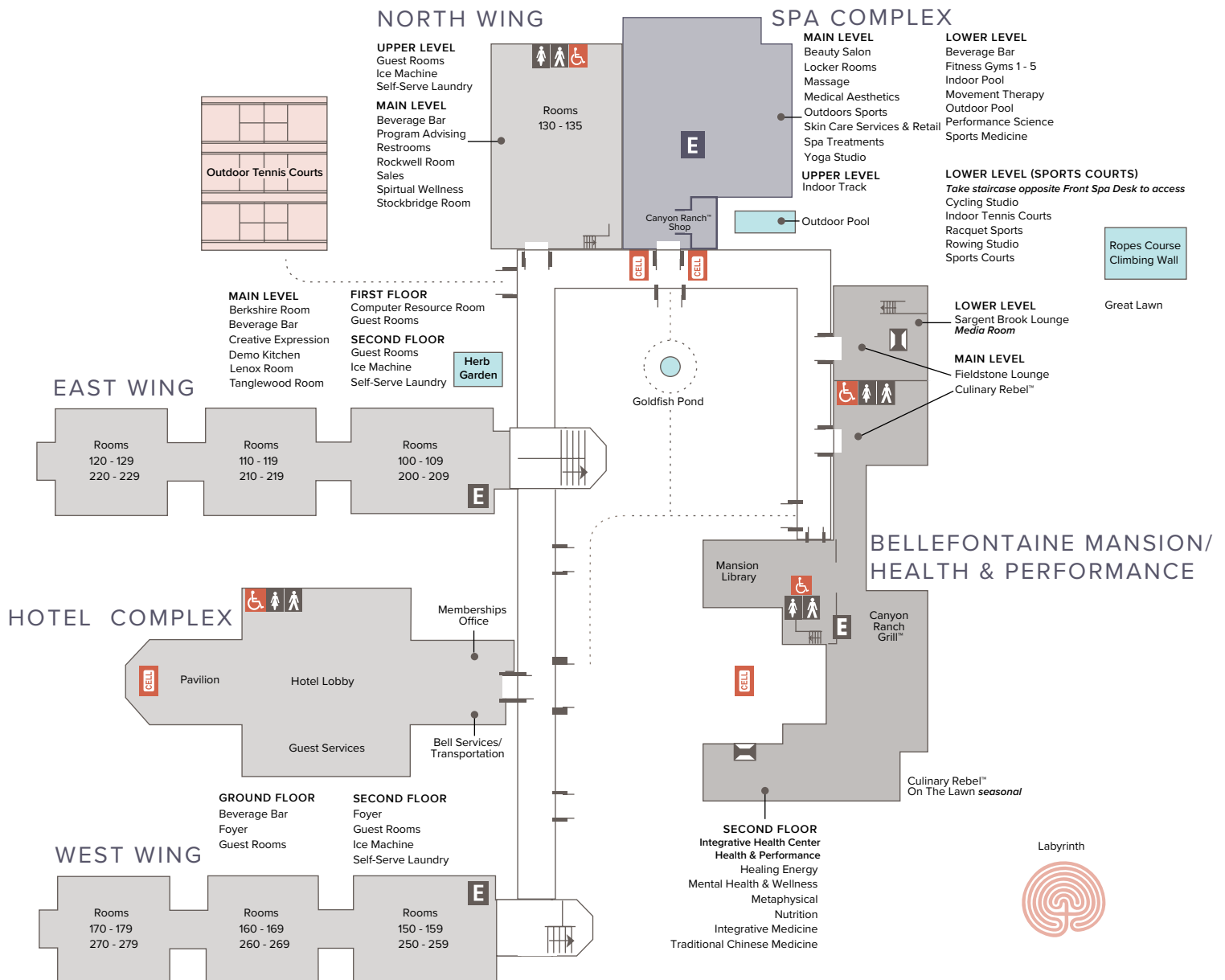
TO BOOK, PLEASE CONTACT YOUR WELLNESS GUIDE AT EXT. 55423 OR VISIT OUR PROGRAM ADVISING DESK, 8 A.M.-9 P.M., LOCATED IN THE SPA.

A SPECIAL THANKS TO OUR

Enchant sponsors







CANYON RANCH LIVING® LENOX

RESTROOMS

Located in the Hotel Pavillion, North Wing Lower Level, Spa Upper and Lower Levels, Health & Healing, after the Fieldstone Lounge, across from the Demo Kitchens and in the rotunda of the Mansion Library.

CANYON RANCH
LENOX

canyonranch.com | 800-742-9000