

FALL 2021

# SERVICE CATALOG

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



CANYONRANCH®  
TUCSON

# CONTENTS

3	EXPERTS & GUIDES	21	SPA & BEAUTY
4	HEALTH, PERFORMANCE, MIND & SPIRIT	21	Canyon Ranch® aesthetics
5	<b>Personalized Medicine</b>	23	<b>Skin Care</b>
5	Integrative, Precise, Preventive	26	<b>Salon</b>
6	Sleep Medicine	26	Healthy Hair Care & Makeup
7	<b>Alternative Medicine</b>	27	Manicures & Pedicures
8	<b>Sports Medicine</b>	28	<b>Massage &amp; Bodywork</b>
9	<b>Mental Health &amp; Wellness</b>	28	Ayurvedic Treatments
10	<b>Nutrition &amp; Food</b>	28	Body Treatments
13	<b>Spiritual Wellness</b>	29	Canyon Ranch Rituals
15	<b>Creative Expression</b>	29	Eastern Therapies
16	<b>Performance Science</b>	30	Energy Therapies
16	Assessments	31	Massage
17	Customized Programs	33	SPECIALTIES
18	FITNESS & MOVEMENT	33	<b>Metaphysical</b>
18	<b>Personal Training</b>	34	For Guests with Cancer
19	<b>Outdoor Sports</b>	34	Maternity
19	Group Adventures	34	Teen Services
19	High Ropes Adventures		
19	Private Adventures		
20	Racquet & Paddle Sports		



@CanyonRanch

---

#LiveCanyonRanch

## EXPERTS & GUIDES

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

What brings you to Canyon Ranch? Whatever your goals may be, you can make a great start on your journey by choosing one of our dynamic Pathways experiences: 3-, 5- and 7-night programs that focus on lifestyle resets, health, life transitions, joy or one-of-a-kind personal pursuits. These expertly designed programs – with curated services, activities and consultations – will help you make the most of your time at Canyon Ranch and enhance your life long after you leave.

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

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

This is your chance to explore in depth your interests, your passions, changes you'd like to make, and things you'd like to try.

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

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



## YOU'LL LOVE OUR SECRET INGREDIENT

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

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

Discover the possibilities through unhurried private consults, eye-opening services and mind-body experiences that expand your spirit. Our Health, Performance & Spiritual Wellness experts are here to help you become the healthiest, happiest you.

**DISCOVER YOUR PURPOSE.** Ever wonder about the why of life? Journey within to connect with your personal purpose and path in life.

**LEARN TO THRIVE.** No mincing words: Life can be hard. Cultivate the resiliency skills you need to weather any storm and create your own safe harbor.

**LOVE YOUR LIFE.** Loving yourself as a whole – the flaws and the wonders – is at the heart of our integrative approach and perhaps the best thing you can do for yourself.

“

AT HEART, IT'S ABOUT  
LOVE, CARING, SPIRIT,  
COMPASSION, AND  
INTUITION.

CANYON RANCH FOUNDER MEL ZUCKERMAN  
*THE RESTLESS VISIONARY*



”

# PERSONALIZED MEDICINE



## INTEGRATIVE, PRECISE, PREVENTIVE

Customize your health care. A thorough evaluation and diagnostic testing help determine your medical needs and risks. Canyon Ranch physicians have expertise in leading-edge, quickly evolving lab tests and diagnostic screenings that can provide an in-depth understanding of how your body is functioning, well before disease processes begin. Find out about these factors and more:

- Approaching disease prevention from primary, secondary, and tertiary risk factors
- Your biomarkers and their impact on your health
- Your tendency toward inflammation
- Your body composition and bone density
- Your cardiovascular and cerebrovascular risk factors

### **PHYSICIAN HEALTH CONSULTATION** 25 minutes/50 minutes | \$220/\$400

Experience truly modern medicine. Integrating the best conventional and complementary approaches, a Canyon Ranch physician guides you toward optimal health. Address your overall health and specific concerns, such as cardiovascular risk factors, and get a plan to help you prevent disease and possibly reverse existing conditions. Ask about any issues that concern you. You may receive recommendations for diagnostic and laboratory tests that provide a comprehensive view of your health. It's an exceptional value on an invaluable service.

*Note: Diagnostics and tests are not included and may have additional fees.*

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

On your request, we will prepare an itemized receipt for your medical and/or Health & Performance services, which you can submit to your Flexible Spending Account (FSA) or use for tax purposes.

# PERSONALIZED MEDICINE

## OSTEOPOROSIS PREVENTION & BONE DENSITY EVALUATION

Two-part service | \$700

Bone loss (osteopenia or osteoporosis) puts both men and women at risk for spine and hip fractures, a common cause of late-life pain and immobility.

**Part I (50 minutes)** – Your physician evaluates your bone mineral density using DEXA technology, then explains your results and offers recommendations. For women, this can help in making decisions about hormone replacement therapy, other medications and exercise programs. Younger women at risk for osteoporosis can use these test results as a baseline in health planning. Men at risk, smokers and people over 60 should also consider this service – at-risk individuals receive valuable advice about exercise and calcium replacement.

**Part II (50 minutes)** – An exercise physiologist interprets your test data and helps you design an exercise program to build muscle mass, increase bone density, and reduce risk of osteopenia/osteoporosis.

## DEXA BODY COMPOSITION

Two-part service | \$470

The accurate assessment of body composition will help your physician, nutritionist, and exercise physiologist work with you in developing a plan to reach and maintain a healthy body weight. It measures not only total body fat but lean tissue and visceral fat. Although this test uses radiation, the amount is minimal; the radiation from 135 DEXA body composition measurements are equivalent to that from one chest X-ray.

**Part I (25 minutes)** – A physician administers the test and advises you about reducing your risk for disease.

**Part II (50 minutes)** – Meet with an exercise physiologist who interprets the test data and helps you set realistic goals for muscle mass and body fat levels.

## SLEEP MEDICINE

Emerging evidence supports a link between disrupted sleep and risk of heart disease, diabetes, atrial fibrillation, ADHD, cognitive decline, and chronic pain. Treating sleep disorders may improve management of these conditions and contribute to better overall health and well-being.

If you are unable to fall asleep, or wake up too early, we recommend a sleep improvement consultation with a life management expert.

### MEDICAL SLEEP DISORDERS

25 minutes/50 minutes | \$220/\$400

Our physicians assess the nature of your sleep problems and recommend diagnostic and treatment options. If you have daytime sleepiness, wake up often during the night, wake up tired, or if you snore, schedule this consultation early in your stay to allow time for additional testing.

The following service is available after scheduling a Medical Sleep Disorders or Physician Health Consultation.

### SLEEP SCREENING

Overnight with follow-up | \$750

This unmonitored overnight sleep screening test, done in the comfort of your resort room, uses an FDA-approved one-time-use portable sleep device to determine wake/sleep states and periods of apnea by using Peripheral Arterial Tone, a physiological signal that mirrors changes in the autonomic nervous system caused by respiratory disturbances during sleep. A physician will review the results of your sleep screening test with you and make recommendations for treatment.

# ALTERNATIVE MEDICINE



## **ACUPHORIA**

**50 minutes | \$220**

Experience traditional acupuncture with an expert practitioner who uses holistic, evidence-based techniques from Chinese Medicine to enhance relaxation and encourage a natural state of euphoria. De-stress at the beginning of your getaway so you can enjoy all the activities and experiences ahead of you.

## **ACUPUNCTURE**

**50 minutes | \$220**

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

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

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

## **ACUPUNCTURE FOR HEALTHY WEIGHT**

**100 minutes | \$400**

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

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

## **ACUTONICS**

**50 minutes | \$220**

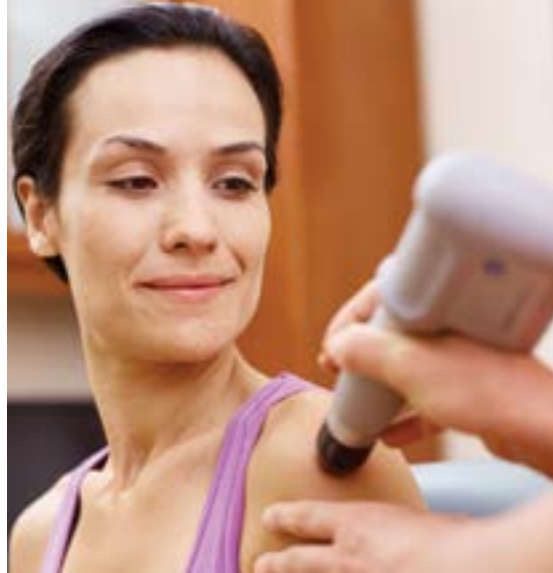
This system of sound healing uses the power of vibration, intention and light touch to bring body and mind into greater harmony. Tuning forks applied to acupuncture points, chakras, and trigger points awaken and align your meridians and energy centers, bringing them into balance. Your acutonics treatment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

## **CHINESE VITALITY**

**110 minutes | \$400**

Explore and address the patterns of disharmony that may be keeping you from optimal health. This session allows for a comprehensive evaluation, acupuncture treatment, Chinese herbal recommendation, and lifestyle consultation to help you achieve heightened vitality. Use this time to address all aspects of your health, from musculoskeletal pain to internal health and emotional issues.

# SPORTS MEDICINE



## **ADVANCED MUSCLE RECOVERY**

**25 minutes | \$175**

Sore, tired, achy muscles at the end of a full day? Meet with a sports medicine specialist to experience the ultimate in muscle recovery. Accelerate your down time through use of NormaTec pulse compression therapy, Graston Technique soft tissue mobilizations, or assisted stretching to get you ready for tomorrow.

## **MEDICAL GAIT & ORTHOTIC ANALYSIS**

**25 minutes | \$80**

If you experience discomfort when you walk, see a sports medicine specialist for a complete biomechanical assessment of your feet and legs. This includes a gait analysis and foot scan. Performance custom orthotics may be recommended as a noninvasive treatment of foot-related problems such as knee, hip, and back pain. They also may be helpful in treating bunions, corns, hammertoes, sore arches, plantar fasciitis, sore ankles, shin splints, and more.

## **MUSCULOSKELETAL & JOINT ASSESSMENT**

**50 minutes | \$350**

The easiest injury to treat is the one that is prevented; optimizing your movement gets you there. If you're experiencing limitations or musculoskeletal pain that disrupt daily living, or you'd like to become more active, meeting with a sports medicine specialist can help. You'll have a full musculoskeletal evaluation to identify areas of impaired movement, function, mobility, or pain. In addition, you'll receive a customized therapeutic exercise program, including home care plans for a return to optimal function and injury prevention.

## **SHOCKWAVE & LASER THERAPY**

**25 minutes | Varies**

By applying sound waves to an injured site on the body, this treatment can help relieve musculoskeletal pain or injury. The sound therapy breaks up scarring that has penetrated tendons, ligaments, and other soft tissues, and reactivates the body's natural healing process. Both laser and shockwave therapies may be combined to enhance the healing effect – it is noninvasive and nonsurgical, with virtually no side effects – or used alone to facilitate healing.

*Note: A Musculoskeletal & Joint Assessment is required prior to treatment. Number of Shockwave and/or Laser Therapy sessions varies according to need.*



# MENTAL HEALTH & WELLNESS



## **MENTAL HEALTH & WELLNESS CONSULTATION**

**50 minutes | \$195 single/\$175 Duet**

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

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

## **INNER BALANCE BY HEARTMATH**

**50 minutes | \$395**

Based on 26+ years of research, HeartMath® is used by hundreds of hospitals, corporations, and individuals to increase well-being and decrease stress. A licensed behavioral therapist will introduce you to the Inner Balance™ sensor for Androids and iPhones, which trains you to replace emotional stress with balance and coherence. By measuring and displaying your Heart Rate Variability (HRV), HeartMath may help improve your focus, quality of sleep, and monitor your feelings of stress. Explore strategies to self-regulate the emotions that often cause stress. Please bring your Android or iPhone so we can help you install the HeartMath software.

## **HYPNOTHERAPY**

**50 minutes | \$220**

Hypnosis is a natural phenomenon of the mind that increases openness to positive change. The session includes physical and mental relaxation, imagery, and suggestions for healthy transformation. Some common applications include:

- Curb unhealthy habits ■ Pain management
- Performance enhancement ■ Relaxation ■ Self-esteem
- Sleep improvement ■ Stress reduction ■ Weight loss

## **STRESS MANAGEMENT**

**50 minutes | \$195**

Stress overlooked can wear away at your health and quality of life. Stress managed well can be empowering and even motivating. In this session, learn about your stress response and ways to perceive and respond to stressful situations with greater clarity and effectiveness.

## **RELATIONSHIP WITH FOOD**

**50 minutes | \$195**

Gain a clearer understanding of the psychology, biology and emotions that determine your eating habits. Learn practical strategies and tools to better deal with motivational setbacks, emotional or binge eating, frustration, and confusion. Topics may include the effect of past experiences on your eating patterns, stress, body image, changing habits, and mindfulness.

# NUTRITION & FOOD



## DIGESTIVE WELLNESS

50 minutes | \$175

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

- Constipation ■ Food allergies ■ GERD
- Gluten intolerance ■ Irritable bowel syndrome
- Supporting your microbiome

*Note: GI Lab evaluation may be recommended. Lab fees vary.*

## FASTEST MEALS IMAGINABLE

50 minutes | \$195

Want to cook healthy meals for you and your family but don't have much time? This idea-packed session helps you create a repertoire of fast, easy, delicious, and well-balanced meals. Take home the latest edition of our cookbook filled with quick meal and snack ideas, shopping lists, and recipes created with convenience, flavor, and nutrition in mind. *Note: This is not a cooking class.*

## HEALTHY EATING

50 minutes | \$185

Get expert advice on everyday nutrition and how best to feed yourself and your family for optimal health and well-being. This entry-level consultation may be customized to suit your needs and interests, including:

- Dining on the go ■ Eating for energy
- Eating well at college ■ Feeding healthy kids
- Healthy aging ■ Plant-based eating
- Practical portions ■ Sleep

## HEALTHY EATING COACHING

Four sessions | \$335

Additional sessions | \$110 each

Looking for sustainable lifestyle change? A follow-up coaching package will help you stay committed to your goals. Includes any combination of four 25-minute phone or video sessions or email exchanges with your nutritionist. Check in, review your progress, get the support, accountability, and guidance you need.

*For ongoing support and great value, you may schedule ongoing coaching packages.*

# NUTRITION & FOOD

## HEALING FOODS

50 minutes | \$175

The food you eat sends powerful messages to your body. Your eating patterns, food choices, intake of vitamins, minerals and other nutrients can positively affect prevention and management of chronic and other conditions. Meet with a licensed dietitian/nutritionist who will assess your needs and preferences and provide therapeutic recommendations for your health concerns. For example, you might focus on an area such as:

- Blood pressure ■ Cancer prevention
- Chronic fatigue ■ Diabetes – types 1 and 2
- High cholesterol/heart disease ■ Inflammation

## MEAL PLANNING MADE EASY

75 minutes | \$525: includes one-year subscription

Need help creating delicious and satisfying meals? A Canyon Ranch nutritionist will work with you to create a Personalized Nutrition Prescription via a meal planning app based on your lifestyle, health concerns and food preferences. Enjoy customized weekly menus complete with recipes, shopping lists, and grocery delivery options for a full year. Get set for success in reaching your nutrition goals.

Already had your initial nutrition consultation? Talk to your nutritionist about adding **Meal Planning Made Easy** to any service. 25 minutes | \$335

## METABOLIC RESET

50 minutes | \$185

Tired of just trying to lose weight? A metabolic reset can be the alternative you need to get the results you want. Your nutritionist introduces you to an anti-inflammatory, plant-based approach to eating, loaded with healing nutrients to support a healthy microbiome and detoxification. Learn about the cutting-edge healthy approach to fasting regimens for weight loss, as well as the science and strategies to support a lasting reset.

## MOOD & FOOD

Two-part service | \$370

This joint mental health & wellness and nutrition service combines expertise to help you understand your current eating pattern and your options to pursue healthy change.

**Part I (50 minutes)** – A mental health & wellness therapist helps identify emotional and behavioral barriers related to eating habits, explores root causes, provides practical strategies for change, and communicates vital information to your nutritionist.

**Part II (50 minutes)** – Your nutritionist incorporates suggestions from your mental health & wellness therapist to develop an achievable healthy eating approach to meet your goals.

# NUTRITION & FOOD

## PERSONALIZED GENETICS FOR NUTRITION

**\$855** (note this is the price for the entire service)

**Your genes are a program for how you build, regulate, and maintain your body.** Find out the best dietary style for you with this state-of-the-art nutrigenetics evaluation. Gain valuable insight into the genetic basis of your appetite, satiety, and eating behavior. In this two-part service, you receive personalized nutrition recommendations and genetics testing results.

### Part I – Initial Nutrition Consultation

**50 minutes**

Discuss your concerns with a nutritionist and bring any questions you have. Includes a swab to be used in genetic testing.

### Part II – Results Consultation

**50 minutes** | by phone or in person

Six weeks after your initial consult, a nutritionist reviews your genetic test results with you and makes nutrition recommendations based on the findings.

## WEIGHT LOSS YOUR WAY

**Two-part service** | **\$370**

Many weight-loss plans produce quick results, but the key is finding a method that generates lasting and sustainable outcomes for you. The best strategy will depend on your personal history, food preferences, and overall lifestyle. Our experts spend time getting to know you and your history in order to create an effective, customized weight-loss program that will leave you feeling healthier and happier.

**Part I (50 minutes)** – Discuss your weight history, eating patterns, food preferences, and health goals with a nutritionist. You might address topics such as intermittent fasting, meal timing, or your microbiome's influence on weight. You'll get personalized recommendations and receive suggestions for additional services that can help you reach your goals.

**Part II (50 minutes)** – Reconnect with your nutritionist, who will integrate all of your experiences and work with you to create a personalized eating plan. You'll leave inspired, with well-defined direction on how to change your weight forever.



# SPIRITUAL WELLNESS

For many of us, cultivating a spiritual existence is vital to living a balanced and healthy life. Spirituality contributes significantly to health and healing, contentment of mind and heart, improved relationships, and connection with community. During your stay, allow our experienced spiritual wellness providers to help you connect more deeply with what brings meaning, value, and purpose to your life. This requires no religious affiliation, nor does it encourage giving up any particular faith.



## **SOUL JOURNEY**

**50 minutes | \$240**

Take a guided inner journey to experience your spiritual nature. Develop insight and intuition that supports healing as it transports you to a higher state of consciousness, awareness and understanding. Your journey takes place in a sound-enhanced environment and uses imagery, music, and breath to create a sacred space in which to receive these spiritual gifts.

## **SPIRITUAL GUIDANCE**

**50 minutes | \$240**

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

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

Through conversation, intuitive tools and guidance, a spiritual wellness provider will help you explore your spiritual path and find new ways to integrate spirituality into your daily life. No matter your faith, experience, or belief, you can deepen your personal spiritual practice.

# SPIRITUAL WELLNESS



## **LOSS, GRIEF & REMEMBRANCE**

**50 minutes | \$240**

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

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

Loss and grief are inevitable parts of life, but sometimes it's hard to know how to move forward. Our spiritual wellness team can provide support for grieving individuals or families. We'll explore resources to call upon when sadness overwhelms, encourage you to talk, and help you create a practice of remembrance. Whether you're dealing with the loss of a loved one, a cherished pet, or a sense of personal identity, we are here for you.

## **RITE OF PASSAGE**

**50 minutes | \$240**

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

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

This powerful session will help you create or move through a significant life change, choice, passage, or transition. Through dialogue and ceremony, your Rite of Passage will help you celebrate, commemorate, release, unite or reconcile. Adaptable to virtually any event, intention, or milestone, your personalized rite can involve one or more people. You may focus on:

- Birthday ■ Breakup ■ Career change ■ Empty nesting
- Life transition ■ New habits ■ New parenthood
- Retirement ■ Weight loss

## **BODY-SPIRIT CONNECTION**

**50 minutes | \$240**

Come home to your body with healing intention and self-love. Through centering, awareness, and daily rituals, learn to befriend your body, connect with body wisdom, and step into alignment with spirit. Your session may focus on body image, physical changes, weight, illness, injury, gender, sexuality, menopause, or aging.

## **CULTIVATING A LIFE OF PURPOSE**

**50 minutes | \$240**

Through a personalized, holistic review of your life, you can strengthen your self-awareness, develop a broader vision of what is important to you, enrich your personal and professional relationships and cultivate a deeper overall contentment with life. Your practitioner will guide you in designing an individual mission and routine to take home.

## **CRYSTAL SOUND ACTIVATION**

**50 minutes | \$240**

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

HEALTH, PERFORMANCE, MIND & SPIRIT

# CREATIVE EXPRESSION

As with any personal strengths, you can boost creativity simply by paying more attention to it and incorporating more of it into your life. Start expressing yourself today!



## **CREATIVE EXPRESSION CONSULTATION**

90-minute private consultation | \$275

90-minute semi-private consultation | \$160/person

120-minute private group workshop (3+ people) | \$110/person

Scientific studies show that creativity can heal by changing a person's physiology and attitude. Explore your opportunities for creative expression. Our expert practitioners are available for private or group consultations and workshops, catered to your intentions. Let our professionals work with you and delve into the underlying messages that can be communicated through creative expression.

# PERFORMANCE SCIENCE



## ASSESSMENTS

### **BALANCE ASSESSMENT**

50 minutes | \$195

Using state-of-the-art Biodex equipment, a performance scientist assesses your fall risk, balance and proprioception (your sense of where you are in space). You'll receive a targeted plan to improve balance and mind-body communication.

### **BODY COMPOSITION SCREENING\***

25 minutes | \$110

With a simple eight-minute test, our Bod Pod® device will accurately measure your body fat and lean body mass percentages. A performance scientist will review and explain your results.

### **FIT3D BODY SCANNING\***

25 minutes | \$110

Getting the body changes you've been working for? Let's find out. Stand on a slowly rotating platform while the scanner captures thousands of images of your body to create an accurate three dimensional image of you. With repeated scans you can track changes in muscle circumferences (arms, thighs, calves, waist, hip) to see if you've recovered from an injury or surgery or to assess the effectiveness of your exercise regimen.

*\*NOTE FOR CLOTHING: Minimal, tight-fitting apparel will give accurate test results. We suggest women wear sports bra and capri leggings or a bathing suit; men wear tight-fitting underwear.*

### **COMPLETE BODY COMPOSITION AND SHAPE ASSESSMENT\***

50 minutes | \$195

You'll get triple benefits with this service: a Bod Pod assessment, Fit3D body shape scan and a personalized exercise prescription. The tests provide information such as your ideal healthy weight and whether your current fitness program is resulting in balance and symmetry. An expert helps you create a long-term plan to achieve the body changes you want.

### **COMPREHENSIVE EXERCISE ASSESSMENT**

Two-part service | \$400

Find out how your fitness level compares with others your age. You can retake these tests over time to see the impact of your exercise program.

**Part I (50 minutes)** – Physical assessment:

- Bod Pod® body composition test to measure body fat and fat-free mass
- Submaximal treadmill test to estimate VO2 max and determine target heart rate
- Upper body chest-press strength test
- Lower body leg-press strength test
- Sit-and-reach flexibility test

**Part II (50 minutes)** – Your exercise physiologist gives you a full review of all test results and a personalized exercise prescription to meet your goals.



# PERFORMANCE SCIENCE

## ASSESSMENTS (continued)

### DISCOVER YOUR FITNESS AGE\*

Two-part service | \$400

How old you are and how old you feel may be two different things. Your fitness age is an indication of how well your body is performing with the passage of time. By learning your fitness age in each of five areas, you'll discover which areas stand to benefit most from your attention.

**Part I (50 minutes)** – A performance scientist will administer the following tests:

- Body composition to assess fat and lean muscle mass. Please bring tight-fitting clothes or a bathing suit.
- Submaximal exercise test to estimate aerobic fitness level and VO2 max.
- Muscle strength and power testing, including upper and lower body.
- Evaluation of balance.

**Part II (50 minutes)** – An exercise physiologist reviews your test results with you, and designs a personalized fitness plan to improve your fitness age.

### MAT: MUSCLE ACTIVATION TECHNIQUE

50 minutes | \$195

Based on the Roskopf Principle – “Muscle tightness is secondary to muscle weakness” – MAT therapy is a systematic approach for evaluating and correcting muscular imbalances that contribute to stiffness, injury and pain, tight or weak muscles, and compromised movement. Your therapist administers tests to see which muscles are underactive, then helps you make manual corrections. You can see immediate improvement in function and movement – and aim toward long-term relief of muscle tightness and joint pain.

*\*NOTE FOR CLOTHING: Minimal, tight-fitting apparel will give accurate test results. We suggest women wear sports bra and capri leggings or a bathing suit; men wear tight-fitting underwear.*

## CUSTOMIZED PROGRAMS

### ATHLETIC CONDITIONING IN WATER

50 minutes | \$175

Cardiovascular conditioning, muscular strength, power, and endurance can be safely improved by walking and running in water, aquatic jump training, tethering, resistance training, and deep-water work. An exercise physiologist shows you how to train for a specific sport or increase your overall fitness level while decreasing your risk of injury. Excellent for all fitness levels.

### BURDENKO LAND OR WATER EXERCISE

50 minutes | \$175

Improve the essential qualities of fitness: balance, coordination, flexibility, endurance, speed, and strength. People at beginning fitness levels benefit from improved coordination and balance; athletes hone efficient movement for performance.

### EXERCISE FOR WEIGHT LOSS & BODY DEFINITION

50 minutes | \$175

Meet with an exercise physiologist for a customized program to optimize exercise time, maximize metabolism, increase lean body mass, build muscle, and promote weight loss.

### RX FOR EXERCISE

50 minutes | \$175

Kick-start an exercise program or get a fresh take on your current routine. Our experts help you increase cardiovascular fitness/stamina, muscle mass, and strength, or improve endurance, core stability, balance, bone density, flexibility, and target heart rate determination. An exercise physiologist designs a take-home program based on your goals, interests, physical abilities, and available facilities. For all ages and fitness levels.

- Exercise for specialized needs
- Exercise for bone health

# FITNESS & MOVEMENT

## PERSONAL TRAINING WITH A CERTIFIED FITNESS INSTRUCTOR

**FOR ALL PRIVATE SERVICES LISTED BELOW:**

Individual Training Session | \$140

Duet Training Session | \$110/person

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

Private Group Class | \$335/class

### PRIVATE AERIAL YOGA

50 minutes

Get a new perspective on yoga. Incorporate nontraditional poses and exercises using a fabric hammock suspended from the ceiling. Try it once, you'll want more.

### PRIVATE FITNESS TRAINING

50 minutes

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

### PRIVATE MIND-BODY PRACTICE

50 minutes

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

### PRIVATE PILATES OR GYROTONIC TRAINING

50 minutes

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

**Choose Pilates or Gyrotonic Training.**

### PRIVATE YOGA PRACTICE

50 minutes

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

### GOOD POSTURE FOR LIFE

50 minutes | \$140

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

**Individual bookings only.**

### YOGA FOR YOUR DOSHA

Two-part service | \$280

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

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

# OUTDOOR SPORTS

Get out and have fun! Schedules for all complimentary and fee-based activities are posted on the Outdoor Sports Boards. It's important to sign up on the activity card and be at the Spa Lobby five minutes prior to departure.

For more information, please inquire at Outdoor Sports, Ext. 48517 between 7 am and 3 pm.

## GROUP ADVENTURES

### ARCHEOLOGICAL ADVENTURE

4–5 hours | \$110

Our naturalist leads you on hikes around the Tucson valley to visit ancient sites of the Hohokam people. Learn how the area's original inhabitants lived by examining remnants of their communities and culture.

### INTUITIVE ARCHERY

2 hours | \$110

Technical knowledge isn't the only thing required to move an arrow from your bow to the target. Develop the present-moment awareness skills that help you begin or enhance your archery practice.

### NIGHT VISION GOGGLES EXPERIENCE

2 hours | \$110

Join us on a night walk in nearby Sabino Canyon. Using night-vision technology, you can explore the desert and night sky in a whole different way. *Offered seasonally.*

### PHOTOGRAPHY HIKE

4 hours | \$110

Celebrate the beauty of the desert and learn techniques for taking memorable nature photos on this easy, inspiring hike. You'll have a high-quality digital camera to use and will receive digital copies of your images to take home.

## HIGH ROPES ADVENTURES

### CLIMBING WALL

120 minutes | \$110

Climb our rock wall for a great workout. It's fun, burns mega calories, and builds functional strength as you work every major muscle group. Challenge yourself on a variety of routes – you're in charge. Great for beginners and intermediate climbers. Private sessions available.

### HIGH ROPES CHALLENGE COURSE

2–4 hours, depending on the number of people | \$220/person

Under the guidance of our professional staff, expand your limits and discover new things about yourself. Ropes Course challenges connect to daily life. Learn about your communication skills, how you perceive risk, your performance under pressure, and your ability to give and receive support. From start to finish, you make all the decisions about your thrilling adventure.

### ROCK CLIMBING NATURALLY

5 hours | \$400

Join our professional rock climbing guides on an outing to the Catalina Mountains to learn how to climb on natural rock. This is an unforgettable adventure. All levels are welcome.

### ZIPLINE

90 minutes | \$110

The adventure begins as you gear up and climb a pole to an upper platform. Experts guide you through this high-flying experience. If time permits, you may choose to go again. Some even accept our "Blindfold Challenge." Will you? All fitness levels welcome.

## PRIVATE ADVENTURES TAKE IT OUTSIDE

### ARCHERY, BIKE, HIKE, PRIMITIVE FIRE

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

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

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

# OUTDOOR SPORTS

## RACQUET & PADDLE SPORTS

Our skilled USPTA®- and USAPA-certified tennis and pickleball pros offer fun and constructive ways to improve all aspects of your game with beginning to advanced instruction.

Racquets and paddles are available for tennis and pickleball.



### HITTING WITH A PRO

50 minutes | \$90

Spend quality court time working on your technique by hitting with one of our tennis or pickleball pros. Instruction is not provided during this session.

### TENNIS & PICKLEBALL

50 minutes

Individual and semiprivate instruction in basics through advanced skills, including hitting lessons or workout drills.

**Individual training session | \$140**

**Semiprivate training session (two guests) | \$110/person**

# CANYON RANCH® AESTHETICS

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



## WELLNESS FIRST

A medical intake is required before any medical aesthetics service.

### AQUAGOLD

45 minutes | \$650

Aquagold® is a micro-channeling device that helps plump, smooth, and rejuvenate skin with minimal discomfort by delivering blends of Botox® and hyaluronic acid in customized doses to suit your needs. This skin-boosting treatment can also be paired with dermaplaning for ultimate results.

### BOTOX

Per unit | \$12

Detailed plan discussed during consultation

The most popular cosmetic treatment in the world, this enhancer dramatically reduces the appearance of facial wrinkles and fine lines. It's typically used for the forehead, between the eyes and crow's feet.

### CHEMICAL PEEL

30 minutes | light \$140

30 minutes | medium \$220

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

# CANYON RANCH® AESTHETICS

## **CLEAR + BRILLIANT**

Face | \$335

Face, Neck and Décolleté | \$550

Neck and décolleté | \$335

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

## **CONSULTATION**

50 minutes | \$110

Our expert helps you determine a nonsurgical, personalized plan to look your best. Recommendations may include any of the services listed below as well as a facial with a skin care professional. This consultation can additionally include medical-grade and prescriptive product suggestions with lines including Latisse®, Obagi® Medical & Revision® Skin Care.

## **DERMAPLANING**

45 minutes | \$175

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

## **JUVÉDERM® DERMAL FILLER**

Detailed plan discussed during consultation

Restore a more youthful and refreshed appearance by restoring lost facial volume with this treatment. Target areas may include cheek, lips, nasolabial folds, and marionette lines. Benefits can last from 1 – 2 years. Individualized treatment plan determined at time of consult.

## **MICRONEEDLING**

50 minutes | \$300

50 minutes | \$575 with PRP (Platelet Rich Plasma)

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

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

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

# SKIN CARE

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



## **CANYON RANCH FACIAL**

**50 minutes | \$175**

Discover a special treat with this indulgent facial, which rejuvenates, repairs, balances, and unveils an instant glow for any skin type. Using the finest essential oils and plant extract-based products, our aestheticians will address all of your skin care needs.

## **ESSENTIAL ENVIRON FACIAL**

**50 minutes | \$185**

Combining the power of Environ's skincare technology and powerhouse ingredient formulations, this facial treatment delivers essential vitamins to restore the skin's health, radiance and resilience. Tailored for specific skin concerns including deep cleansing, age-defying, brightening, or sensitive skin.

## **VITAMIN INFUSION BODY TREATMENT**

**50 minutes | \$195**

This exfoliating and deeply hydrating body treatment features Environ® skin care products and focuses on signs of aging using lactic acid and vitamins A, C, E, and beta-carotene.

## **F.I.T. FACIAL**

**50 minutes | \$185**

This anti-aging facial features the Alpha Beta® Peel System by Dr. Dennis Gross, which can firm, illuminate, and tighten your skin. Powerful yet gentle, the exfoliation helps repair signs of aging and sun damage, fade dark spots, and minimize the appearance of pores.

## **GENTLEMEN'S FACIAL**

**50 minutes | \$175**

Specially tailored to a man's skin, this facial uses Environ products to address concerns such as irritation, ingrown hairs, and breakouts while reducing the appearance of sun damage and fine lines.

# SKIN CARE

## KYPRIS SIGNATURE FACIAL

50 minutes | \$195  
80 minutes | \$295

This luxurious, holistic experience soothes the soul and rejuvenates the skin. 100% natural, sustainably grown botanicals, deliver a plethora of nourishing Phyto-nutrients. This decadent facial begins with an aromatherapeutic rosequartz grounding and a two-step cleanse to prepare the skin and senses. A harmony of masks and serums are massaged over the skin while warm and cool rose quartz crystal therapy enhance this customized treatment.

*80 minutes includes additional mask and extended facial massage*

## LASH LIFT & TINT

Lift & Tint | 80 minutes | \$240  
Lash and Brow Tint | 25 minutes | \$70

Get the lashes you've been craving. This long-lasting treatment adds the perfect curl and definition to your natural lashes. Complement your lash lift with a lash and brow tint for the ultimate defining effect.

## KNESKO GEMCLINICAL® FACIAL

50 minutes | \$185

The perfect balance between science and spirituality, which treats the skin holistically with healing powers of gemstones and reiki energy. This luxurious facial treatment addresses visible signs of aging such as fine lines and wrinkles, dryness, puffiness, and uneven skin tone while helping to re-balance your chakra energies within the body.

Choose one of the following rituals:

- **Nanogold Repair & Green Jade Rollers**  
Lifting, firming, anti-inflammatory, and balancing third eye chakra
- **Diamond Radiance & White Jade Rollers**  
Brightening, hydrating, energizing and balancing crown chakra
- **Rose Quartz Antioxidant & Rose Quartz Rollers**  
Calming, protecting, soothing and balancing heart chakra
- **Black Pearl Detox & Black Obsidian Rollers**  
Detoxifying, purifying, hydrating and balancing root chakra

## OXYGEN FACIAL

50 minutes | \$240  
80 minutes | \$315, with microcurrent technology

This treatment builds collagen and elastin, increases cell turnover and hydrates your skin, restoring a youthful glow. Includes a serum specific to your needs, a hydrating massage and oxygen infusion.

## PREMIER AGE-DEFYING FACIAL

80 minutes | \$315, with DF Technology\*

This powerful, age-defying facial using Environ vitamins A, C, E and peptide serums, promote the formation of collagen and elastin, encourages stem cell activity, and enhances skin's respiration and circulation. This treatment helps to dramatically improve the appearance of fine lines, wrinkles, lax skin, uneven tone and texture. Your skin will appear visibly more radiant, tighter and smoother. Customized to your skin's needs: deep cleansing, age-defying, brightening or sensitive skin. Includes DF technology and a Focus-CIT® (Collagen Induction Therapy) device, a take-home tool for targeting mouth and eye areas.

## OPTIONAL ENHANCEMENTS

Customize your treatment with one of these services:

- Bright Eyes ■ Neck & Décolleté Repair Treatment
- Peel | \$35 each
- Waxing | Times and fees vary

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

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



# SKIN CARE

## **BIOLOGIQUE RECHERCHE BESPOKE FACIAL**

50 minutes | \$240

A completely personalized wellness experience exclusively designed to provide an instant lifting effect that exfoliates, hydrates, tightens and protects. This innovative luxury facial transforms your skin through a specialized sequence of massage techniques and a highly effective personalized combination of active ingredients.

## **BIOLOGIQUE RECHERCHE RESULPT FACIAL**

80 minutes | \$315

Our ultimate, age-defying facial therapy combines transformative clinical grade products and sculpting massage techniques which dramatically tone, tighten and reshape the facial contours. An ideal selection for intensive skin regeneration. Take lifting to the next level with micro-current Remodeling Face technology. Reserve in a series of treatments to improve and maintain resculpting muscle memory.



# SALON



## HEALTHY HAIR CARE

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

**CUT** – Consult with our expert stylist to achieve a look that will suit your lifestyle and enhance your overall appearance. Includes blow-dry.

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

### **KÉRASTASE EXPERIENCE**

**80 minutes | \$140**

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

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

## MAKEUP

### **MAKEUP CONSULTATION**

**45 minutes | \$110**

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

# SALON

## MANICURES

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

### CANYON RANCH MANICURE

45 minutes | \$70

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

### GENTLEMEN'S MANICURE

25 minutes | \$60

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



## PEDICURES

### CANYON RANCH PEDICURE

50 minutes | \$90

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

### FOOT RESCUE! PEDICURE

50 minutes | \$90

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

### GENTLEMEN'S PEDICURE

50 minutes | \$90

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

### PRICKLY PEAR PEDICURE

50 minutes | \$90

Enjoy a nurturing, hydrating pedicure that uses native products from the Sonoran Desert. Combinations of cactus flower, local jojoba, prickly pear, and desert aloe will leave your feet and skin feeling renewed, soft, and rejuvenated.

### ROAD WARRIOR PEDICURE

80 minutes | \$140

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

# MASSAGE & BODYWORK

## AYURVEDIC TREATMENTS

### ABHYANGA

50 minutes | \$350

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

### SHIRODHARA

50 minutes | \$185

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

### BINDI-SHIRODHARA

100 minutes | \$335

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

## BODY TREATMENTS

### COCONUT MELT

50 minutes | \$195

This intoxicating experience evokes the feeling of the tropics, using warm coconut poultices. A bundle of pure coconut is steamed and applied to the skin using techniques that relax the body and help the oil penetrate the skin. Coconut oil is known for its antioxidant and anti-aging properties, leaving skin soft, smooth and supple.

### DETOXIFYING HERBAL WRAP

25 minutes | \$110

45 minutes | \$110 per person for a two-person side-by-side experience

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

### HIMALAYAN SALT STONE MASSAGE

100 minutes | \$335

In our luxurious Massage Signature Suite, this therapeutic treatment engages the natural benefits of salt to ease sore muscles, reduce inflammation, cleanse your skin, and purify your body. Based on a 300-year-old Irish tradition, this massage features VOYA Organic Beauty products for a full-body seaweed salt scrub, then a quick shower, a hot-stone massage, fatigue-busting body oil.

### HYDRATING BODY SCRUB

50 minutes | \$175

Renew your skin with a scrub that leaves it feeling soft and velvety smooth regardless of your skin type. Enjoy the many features of water and warmth from our experiential spa treatment table.

### MUD COCOON

50 minutes | \$185

100 minutes | \$335 (includes bath soak and massage)

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

### OMEGA BODY BUFF

50 minutes | \$185

80 minutes | \$275

Buff away your stress with this effective scrub designed to promote circulation, exfoliate dry skin and moisturize with omega-3 anti-inflammatory oils, keeping your skin nourished all day long. It's the superfood your skin needs to keep it firm and elastic. Suitable for all skin types.

# MASSAGE & BODYWORK

## ORGANIC SEAWEED LEAF COCOON

100 minutes | \$335

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

## ULTRA-MOISTURIZING COCOON

50 minutes | \$185

100 minutes | \$670 per couple (includes massage)

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

Choose from: ■ Goat Butter Cream ■ Warm Vanilla

## CANYON RANCH RITUALS

### CHAKRA BALANCING RITUAL

100 minutes | \$335

Created at Canyon Ranch, this ritual is based on the ancient art of chakra therapy. This aromatic journey begins with a therapeutic foot ritual. Your practitioner then determines the perfect blend of aromatherapy oils for you, using chakra balancing remedies. You'll be exfoliated with signature body salts, then relax in a warm soaking tub, followed by a warm-stone massage and aromatherapy to transport you to bliss. Your experience ends with a balancing face and scalp ritual.

### DESERT RITUAL

100 minutes | \$335

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

## DETOXIFYING RITUAL

100 minutes | \$335

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

## EUPHORIA RITUAL

100 minutes | \$335

The magic starts when you enter our tranquil Massage Signature Suite for this elegant body treatment designed to calm the nervous system and relax the mind. Your journey begins with a sage compress for your face and an aromatherapy scalp massage. Then your therapist applies a warm botanical body masque and gently buffs it away. Immerse yourself in a soaking tub with our special aromatherapy blend before a rejuvenating massage.

## MUSCLE RESCUE RITUAL

100 minutes | \$335

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

## EASTERN THERAPIES

### ASHIATSU – BAREFOOT MASSAGE

50 minutes | \$185

80 minutes | \$285

100 minutes | \$335

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

# MASSAGE & BODYWORK

## BAREFOOT TABLE THAI

50 minutes | \$185

100 minutes | \$335

Flowing and rhythmic, this treatment is a fusion of traditional Thai stretching and Ashiatsu compression massage techniques. It's for anyone seeking help with flexibility, training for sporting events, relief from back and hip pain, or deep relaxation. Table Thai revitalizes energy lines to relieve muscular tension and improve range of motion. This massage is performed fully clothed, without oils or creams. Please wear yoga or workout-type-clothing.

## REFLEXOLOGY

50 minutes | \$185

80 minutes | \$285

100 minutes | \$335

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

## SHIATSU

50 minutes | \$175

80 minutes | \$275

100 minutes | \$315

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

## THAI HERBAL POULTICE MASSAGE

50 minutes | \$195

80 minutes | \$295

100 minutes | \$335

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

## THAI MASSAGE

100 minutes | \$335

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

## ENERGY THERAPIES

### BALANCED ENERGY

50 minutes | \$175

80 minutes | \$275

100 minutes | \$315

Experience deep relaxation as your massage therapist creates a treatment to balance mind, body, and spirit. In this balanced state, your body is able to access its natural healing ability. You may experience decreased anxiety and fatigue and improved circulation, concentration, and sleep quality, with profound effects on your well-being. Please wear comfortable clothing.

### CRANIOSACRAL THERAPY

50 minutes | \$175

80 minutes | \$275

100 minutes | \$315

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

### REIKI

50 minutes | \$175

80 minutes | \$275

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

# MASSAGE & BODYWORK

## MASSAGE

### A SLICE OF HEAVEN ... THE ULTIMATE MASSAGE

50 minutes | \$350  
80 minutes | \$525

Four hands work in opposing motions to double your relaxation and create a beautifully customized massage. As you experience the unique sensation, your mind has no choice but to surrender to this ultimate indulgence.

### AROMATHERAPY MASSAGE

50 minutes | \$185  
80 minutes | \$285

This deeply revitalizing treatment uses aromatherapy and traditional massage to unwind the body, reboot the mind, and transform stress into balance. Choose from four aromatic body oil blends designed to ease muscles and clear the mind, create deep relaxation, detox and revive, or the new forest therapy blend.

### ARTHRITIS MASSAGE

50 minutes | \$175  
80 minutes | \$275  
100 minutes | \$315

This targeted massage is attuned to your comfort. Your therapist uses a special blend of ginger, eucalyptus, arnica and birch essential oils to warm and soothe achy muscles and joints. Massage techniques are combined with stimulation of arthritis-relief acupressure points to strengthen joints and ease pain.

#### SHARE THE EXPERIENCE.

Ask about treatments available for couples.

### CANYON RANCH MASSAGE

50 minutes | \$175  
80 minutes | \$275  
100 minutes | \$315

Our signature full-body massage stimulates circulation and soothes tight muscles. Your gifted therapist adapts eclectic techniques to your needs and preferences. Tension dissolves, leaving only comfort and well-being.

### CANYON RANCH SIGNATURE TREATMENT

100 minutes | \$335

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

### CANYON STONE MASSAGE

100 minutes | \$315

Smooth, rounded basalt stones are gently heated and used by the therapist as extensions of his or her hands. The weight and radiant heat of the stones, combined with a calming essential oil, penetrates muscle tissue, inducing deep relaxation without overheating.

### CONNECTIVE TISSUE REBALANCING

50 minutes | \$185  
80 minutes | \$285  
100 minutes | \$335

Your therapist uses percussion massage and advanced bodywork techniques, softening fascia and releasing adhesions throughout your body, which may be restricting function and gait. This allows the whole musculoskeletal system to find a more comfortable, balanced state. Deeper tissue is addressed without discomfort or pain. Please wear comfortable clothing.

# MASSAGE & BODYWORK

## CUPPING – SPORTS MASSAGE

50 minutes | \$195  
 80 minutes | \$295  
 100 minutes | \$335

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

## DEEP TISSUE MASSAGE

50 minutes | \$195  
 80 minutes | \$295  
 100 minutes | \$335

This treatment is recommended for those who regularly receive massage and who enjoy intense bodywork. Specialized, focused techniques reach deep muscle layers and address points of attachment as well as the belly of the muscles.

## HANDS, FEET & SCALP MASSAGE

50 minutes | \$175

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

## HEAD, NECK & SHOULDERS MASSAGE

50 minutes | \$175

Give your stiff neck and tight shoulders a break – you'll feel better all over. This focused massage releases tension and restores comfort to this typically tense area.

## LYMPHATIC TREATMENT

50 minutes | \$175  
 80 minutes | \$275  
 100 minutes | \$315

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

## NEUROMUSCULAR (NMT) THERAPY

75 minutes | \$295

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

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

*Please wear comfortable clothing.*

## SOLE REJUVENATION

50 minutes | \$175

Your overworked feet will be cleansed and softened with a relaxing scrub, preparing them for a dedicated massage to soothe aches and melt away tension. Perfect for anyone who craves serious relief for feet and lower legs.

## OPTIONAL ENHANCEMENTS | \$25

Maximize your Canyon Ranch, Deep Tissue, Slice of Heaven or Head, Neck & Shoulders Massage by selecting one of these effective blends:

- Balancing Aromatherapy Oil – lavender, ylang ylang, ginger, eucalyptus
- Relaxing Aromatherapy Oil – Roman chamomile, marjoram, lavender, tangerine, cedar wood
- Muscle & Joint Relief Aromatherapy Oil – rosemary, black pepper, eucalyptus, cajeput, birch
- Coconut Milk & Honey Lotion – exotic blend of coconut milk, raw honey and nut extracts rich in natural antioxidants to revitalize, moisturize, and balance the skin



## SPECIALTIES

# METAPHYSICAL



### ANGEL CARD READING

50 minutes | \$220

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

### ASTRO-GEMOLOGY OR CRYSTAL ENERGY

50 minutes | \$220

Gain personal insight, transformation, emotional growth and healing using crystal alchemy. Astro-gemology uses your natal astrological chart to inspire your mandala, incorporating gemstones and crystals. Analysis of the astrological wheel will reveal the unique birthstones for each of your planets. A metaphysical provider will help you focus crystal energy with your own intention and meditation. A Crystal Energy service shows you how to listen to messages from rocks and crystals, and how to harness their subtle energies for emotional and spiritual healing.

### ASTROLOGY OR ASTRO CARTOGRAPHY

50 minutes | \$220

Based on your date, time, and place of birth, an astrology session offers practical insight about your path, your personality, and issues such as love, career, health, wealth, travel, and spirituality. Astrocartography, a locational astrology system, helps you find the best places for relocation, travel, love, career, or financial success by revealing your "power spots."

### CLAIRVOYANT READING

50 minutes | \$220

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

### HANDWRITING ANALYSIS

50 minutes | \$220

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

### TAROT CARD READING

50 minutes | \$220

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

## SPECIALTIES

### FOR GUESTS WITH CANCER

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

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

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

### MATERNITY

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

### TEEN SERVICES

(AGES 14–17)

All teen services must be booked by the parent or guardian. We require that all guests ages 14–17, along with a parent or guardian, meet with a Canyon Ranch Wellness Guide or Health & Performance Coach at the beginning of each stay for guidance and suggestions on making the most of your experience.

#### Guidelines for Teens

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



CANYONRANCH®  
TUCSON

canyonranch.com | 800-742-9000