

CANYON RANCH.



CANYON RANCH® HOSTS 3rd ANNUAL HEALTH TOTAL WELLNESS WEEKEND IN LENOX, MASS. MAY 5 - 7, 2017

Lenox, MA – February 23, 2017 – Wellness pioneer Canyon Ranch is once again partnering with *Health*, Time Inc.'s leading healthy lifestyle brand, for the 3rd annual Health Total Wellness Weekend, May 5 - 7, 2017.

The Health Total Wellness Weekend is a unique opportunity to connect one-on-one with inspiring experts and speakers from *Health* and Canyon Ranch and participate in exclusive workouts with Celebrity yoga and Pilates instructor, Kristin McGee and Fitness pro and creator of the Tracy Anderson Method, Tracy Anderson. In addition to the variety of activities available as part of the event, Canyon Ranch offers an array of legendary treatments and services to refresh mind and body, leading-edge wellness programs, and healthy gourmet cuisine.

“The Health Total Wellness weekend continues to get bigger and better each year,” said Mindi Morin, Canyon Ranch Lenox General Manager. “*Health* and Canyon Ranch are like-minded brands, that strive to inspire people to make a commitment to healthy living and we are thrilled to be able to collaborate to provide this transformative experience.”

For more information or to make a reservation, visit <https://www.canyonranch.com/health-total-wellness-weekend-2017/> or call 800-742-9000 and mention group code **Health Total Wellness**

About Canyon Ranch®

Canyon Ranch® has been a pioneer and an industry-leading proponent of the wellness lifestyle for nearly 40 years, operating the world's most celebrated collection of life-enhancement properties. Canyon Ranch has wellness destinations in Tucson, Ariz. and Lenox, Massachusetts. In addition, Canyon Ranch operates a SpaClub® day spa at The Venetian® & The Palazzo® hotels in Las Vegas, Nev., Canyon Ranch SpaClub at Sea® facilities onboard Cunard's Queen Mary 2® luxury ocean liner, Oceania® and Regent Seven Seas Cruises®, and on Celebrity Cruises®. Canyon Ranch is a 13-time winner of Travel + Leisure's Best Spa Award and an 11-time recipient of the Condé Nast Traveler Best Destination Spa Award.

About HEALTH

Health (www.health.com) motivates women to feel happy and healthy every day. *Health* is the go-to resource for the latest news on nutrition, fitness, health and beauty, delivering smart, actionable advice to help consumers live better. A dynamic multiplatform franchise with a print magazine, robust website, tablet and mobile editions, books, and a strong social media presence, *Health* reaches a total monthly audience of 17 million. *Health* is published ten times a year by Time Inc., one of the largest media companies in the world. ***Health. Happy Begins Here.***

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