

# CANYON RANCH.

## CANYON RANCH EXPERTS SHARE 5 TIPS TO A BEAUTIFUL YOU, INSIDE AND OUT

**March, 2018** – The endless options offered by the health and beauty industry can be exhausting as well as contradictory. These messages can easily lead to negative thinking and an unhealthy sense of our own unique beauty. As we create and maintain a healthy lifestyle, it is important to remind yourself that the changes you are making are meant to enhance how beautiful you already are! Canyon Ranch experts share tips to help guide the way.



### 1. Revitalize Your Skin

Beauty is certainly more than skin-deep, however, taking time for self-care brings out your beauty while healing your skin. Exfoliating weekly, moisturizing daily, and protecting your skin from the sun by using sunscreen and wearing a hat and sunglasses are just some of the ways you can protect your skin. Indulge in a facial, and speak to a dermatologist about a good skin care regimen for your skin type. Get a makeup consultation and create a new look.



### 2. Reimagine Your Hair

When your hair looks great, it's an instant confidence-booster. It doesn't happen every day, of course—but when it does, you might find yourself walking a little taller, smiling a little more or feeling inspired to make special plans, like a fun night out. Whether it's a drastic haircut, or color, step out of your comfort zone and take your outer beauty to a new level. If you are unsure where to get started, work with one of our a style consultant for a look that is all you.



### 3. Challenge yourself with a workout – Any workout will do.

The secret to reaching your fitness goals isn't learning the hottest new workout craze or spending lots of money on the latest celebrity-endorsed gadget to get the perfect body. It's about learning to love exercise because of how it makes you feel. And guess what: It should make you feel good! The right workout should leave you feeling pumped up and energized—with the added benefit of improving your health and body. Choose a workout routine that you enjoy. Try new things until you find what motivates you to

keep going. Take a spin class. Dance the calories away. Workout with friends. Work with a personal trainer on a weight lifting routine. Hate going to the gym? Get outside and go for a hike! The possibilities are endless, and if you search hard enough, you will find what works for you, and will achieve a body to be proud of.



#### 4. Invest In Sleep

We all know the visible signs of someone who regularly gets good-quality shut-eye – radiant, firm skin, and react in ways that reflect your inner beauty to the outside world? If you want that glow within to shine through - in how you behave and the kind of person you're seen to be, sleep is key. Quality sleep helps you connect with others, increase your confidence and display outward patience and kindness.



#### 6. Embrace Your Unique Beauty

Take time every day to appreciate your beauty. Every morning, look in the mirror and take a moment to be proud of the person you are, inside and out. Create a positive mantra you can repeat for those times when you don't feel your best. Take stock in all the good things you have done to get where you are on your healthy journey. A gratitude journal can serve as a reminder of all the beautiful things we can indulge in each day.

Join us at Canyon Ranch in Lenox and seek Transformation this April with some of our unique Featured Events:

If your looking to overhaul your views on happiness, join beloved guest presenter Doug Smith as he returns to Lenox from April 8-10, 2018 for **LIVING WITH JOY** to discuss what science reveals about the meaning of Happiness.

Meet transitions expert and author Laura Campbell, who will bring her series **PERMISSION TO RISE** from April 13-15, 2018 and learn to live your life exactly as you desire.

If an outer transformation is what you are looking for, visit Canyon Ranch Lenox from April 19-21, 2018 for **BEAUTIFUL YOU: INSIDE & OUT** to meet with personal style consultant, Katherine Mademann, and Barbara Close, CEO of Naturopathica and learn how to put your best face forward.

### **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, Arizona and Lenox, Massachusetts. In addition, Canyon Ranch operates Canyon Ranch spa + fitness at The Venetian® & The Palazzo® hotels and Canyon Ranch spa + fitness onboard Cunard Cruise Line®, Oceania Cruises® and Regent Seven Seas Cruises® and on Celebrity Cruises®. Canyon Ranch is a 13-time winner of Travel + Leisure's Best Spa Award, an 11-time recipient of the Condé Nast Traveler Best Destination Spa Award and is recognized as the 'Best Wellness Program' by Virtuoso's 'Best of the Best' 2017 awards.