

GUIDE TO CANYON RANCH **DESIGNED EXPERIENCES**

FIND YOUR WAY TO BEING WELL



TUCSON, ARIZONA



LENOX, MASSACHUSETTS



WOODSIDE, CALIFORNIA

DESIGNED EXPERIENCES

Our wellness resorts feature endless possibilities for greater well-being. So, where to start? Our Designed Experiences offer expertly curated packages tailored to specific wellness goals. With options that align with every guest's interests and intentions, we'll help uncover the best match for each individual so they can focus on what matters most.

PLANNING MADE EASIER

Designed Experiences include services and activities that help guests reach their goals, from restorative self-care to optimal fitness to increased longevity and more. Our experts worked on every component of each package, ensuring these purposeful experiences match your client's unique needs.

ALL-INCLUSIVE

Every Canyon Ranch stay includes well-appointed accommodations, airport transfers, daily fitness classes, access to spa amenities, and mind-body activities—plus unlimited snacks and delicious cuisine with nutritious, high-quality ingredients.

CANYONRANCH®

CANYON RANCH DESIGNED EXPERIENCES

Ideal for both first-time and return guests with one a specific goal in mind. Our Designed Experiences encompass an abundance of stays for any type of wellness seeker, from CEOs on-the-go to workout warriors to those simply craving a restorative spa day.

SPA RENEWAL

Enjoy deeply restorative self-care rituals that leave you with a renewed inner and outer glow. This experience invites you to take a much-needed pause from daily life and immerse in the benefits of true rest and whole-body care. Return home feeling refreshed in every sense.

[Tucson](#) | [Lenox](#)

What guests receive:

Two nights: **2** core services + **1** guest choice
Three nights: **3** core services + **2** guest choices
Four nights: **3** core services + **3** guest choices
Five nights: **4** core services + **4** guest choices
Six nights: **4** core services + **5** guest choices
Seven nights: **6** core services + **6** guest choices

[Woodside](#)

What guests receive:

Two nights: **1** core service + **1** guest choice
Three nights: **2** core services + **1** guest choice
Four nights: **2** core services + **2** guest choices



FITNESS AMPLIFIED

This whole-body fitness experience is designed to elevate your physical performance and help you realize your max potential. Through tailored exercises and focused training, you'll improve your fitness, heighten vitality, and enhance resilience.

[Tucson](#) | [Lenox](#)

What guests receive:

Two nights: **2** core services + **1** guest choice
Three nights: **3** core services + **2** guest choices
Four nights: **4** core services + **2** guest choices
Five nights: **4** core services + **4** guest choices
Six nights: **5** core services + **4** guest choices
Seven nights: **6** core services + **6** guest choices

[Woodside](#)

What guests receive:

Two nights: **1** core service + **1** guest choice
Three nights: **1** core services + **2** guest choices
Four nights: **2** core services + **2** guest choices



CANYON RANCH DESIGNED EXPERIENCES

GET HEALTHY

With access to a personal team of experts and advanced wellness assessments, we empower you achieve your personal health, lifestyle or weight loss goals. Overcome barriers holding you back from feeling your best and return home with healthy habits across nutrition, exercise, and sleep - and with a renewed sense of energy.

[Tucson](#) | [Lenox](#)

What guests receive:

Two nights: **7** core services
Three nights: **10** core services
Four nights: **11** core services
Five nights: **14** core services
Six nights: **15** core services
Seven nights: **16** core services



MINDFUL JOURNEY

Build a mindfulness practice that works for you alongside a team of holistic experts – from licensed therapists to spiritual wellness mentors. Together, you will develop insights and techniques that resonate with your unique needs, aspirations, and lifestyle.

[Tucson](#) | [Lenox](#)

What guests receive:

Two nights: **2** core services + **1** guest choice
Three nights: **3** core services + **2** guest choices
Four nights: **3** core services + **3** guest choices
Five nights: **4** core services + **4** guest choices
Six nights: **4** core services + **5** guest choices
Seven nights: **6** core services + **6** guest choices

[Woodside](#)

What guests receive:

Two nights: **1** core service + **1** guest choice
Three nights: **1** core services + **2** guest choices
Four nights: **1** core services + **3** guest choices



CANYON RANCH DESIGNED EXPERIENCES

THE LONGEVITY LIFE

Receive an in-depth, personalized plan for living a longer, more fulfilling life. Your team of experts will provide deep health insights with the guidance of comprehensive labs, advanced diagnostics, and personalized assessments. Learn to adopt behavioral changes to live your healthiest life and connect with your purpose while creating a clear plan for lasting well-being.

[Tucson](#) | [Lenox](#)

What guests receive:

Two nights: **9** core services
Three nights: **11** core services
Four nights: **14** core services
Five nights: **16** core services
Six nights: **17** core services
Seven nights: **18** core services



EXECUTIVE HEALTH

Experience a comprehensive physical assessment, followed by a precise and tailored plan to optimize your health and vitality. This personalized approach ensures that every facet of your physical and mental well-being is addressed with precision and care, setting you on a path towards optimal health.

[Tucson](#) | [Lenox](#)

What guests receive:

Three nights: **14** core services



GUIDE TO CANYON RANCH **DESIGNED EXPERIENCES**

DESIGNED EXPERIENCES	TOTAL CORE + GUEST CHOICES	NUMBER OF INCLUDED CORE SERVICES	NUMBER OF INCLUDED GUEST CHOICES
SPA RENEWAL Experience a radiant refresh from amongst hundreds of services in our world-class spas.			
2 nights	3	2	choose 1
3 nights	5	3	choose 2
4 nights	6	3	choose 3
5 nights	8	4	choose 4
6 nights	9	4	choose 5
7 nights	12	6	choose 6
FITNESS AMPLIFIED Level up to your peak performance and increase vitality.			
2 nights	3	2	choose 1
3 nights	5	3	choose 2
4 nights	6	4	choose 2
5 nights	8	4	choose 4
6 nights	9	5	choose 4
7 nights	12	6	choose 6
GET HEALTHY Achieve your personal health, lifestyle, or weight loss goals with our guidance and expertise.			
2 nights	7	7	—
3 nights	10	10	—
4 nights	11	11	—
5 nights	14	14	—
6 nights	15	15	—
7 nights	16	16	—
MINDFUL JOURNEY Discover purpose, fulfillment, and joy for your everyday life.			
2 nights	3	2	choose 1
3 nights	5	3	choose 2
4 nights	6	3	choose 3
5 nights	8	4	choose 4
6 nights	9	4	choose 5
7 nights	12	6	choose 6
THE LONGEVITY LIFE Live Longer, Live Better: A personalized plan around body, mind, and spirit.			
2 nights	9	9	—
3 nights	11	11	—
4 nights	14	14	—
5 nights	16	16	—
6 nights	17	17	—
7 nights	18	19	—
EXECUTIVE HEALTH Your comprehensive physical at our world-class spa resort.			
3 nights	14	14	—

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DESIGNED EXPERIENCES	TOTAL CORE + GUEST CHOICES	NUMBER OF INCLUDED CORE SERVICES	NUMBER OF INCLUDED GUEST CHOICES
SPA RENEWAL (WOODSIDE) Experience a radiant refresh from amongst hundreds of services in our world-class spas.			
2 nights	2	1	choose 1
3 nights	3	2	choose 1
4 nights	4	2	choose 2
FITNESS AMPLIFIED (WOODSIDE) Level up to your peak performance and increase vitality.			
2 nights	2	1	choose 1
3 nights	3	1	choose 2
4 nights	4	2	choose 2
MINDFUL JOURNEY (WOODSIDE) Discover purpose, fulfillment, and joy for your everyday life.			
2 nights	2	1	choose 1
3 nights	3	1	choose 2
4 nights	4	1	choose 3
3 nights	5	4	choose 1
5 nights	8	6	choose 2
7 nights	12	8	choose 4
<i>*Stays in Woodside are offered up to 4 nights Thursday - Monday</i>			

Designed Experiences are available in packages of 2- to 7-nights each. Prices start from \$900 per person per night depending on the Designed stay and the inclusions. All prices are in USD.