



spaclub experience 

THE POWER OF SERENITY

Discover a legendary spa experience onboard Regent Seven Seas Cruises. Award-winning Canyon Ranch – with its family of destination health resorts, hotel, wellness communities and SpaClub® facilities – has been the acknowledged world leader in healthy living expertise, and a haven of tranquility, comfort and warmth for more than 30 years.

Experience the profound pleasures of Canyon Ranch in a spectacular setting – Regent Seven Seas Cruises ultra luxury ships. Enhance your voyage with services, presentations and exercise classes that increase resilience, restore serenity and feel fantastic. And discover just how good “good for you” can taste. The Canyon Ranch culinary staff has worked with the chefs of Regent Seven Seas Cruises to bring our signature delicious, healthy cuisine to your Grand Dining Room experience. Choose the Canyon Ranch Balanced Selection at each meal and you’ll eat well – without regret – even on the high seas. Enjoy!

## ABOUT CANYON RANCH

Since we created our first health resort in 1979, the Canyon Ranch experience has focused on pursuing optimal health – learning how to feel your best every day. We encourage people to become active, informed participants in their health care, because wellness is largely based on everyday lifestyle choices about nutrition, stress management, preventive care and staying fit. Whether you stay at one of our health resorts for a week or two, enjoy a stay at Canyon Ranch Hotel & Spa in Miami Beach, or a SpaClub experience for a day or more during your voyage, you'll find a place where you can relax, reduce stress and have a great time ... and it can also mean much more. This is a chance to explore your potential, learn about yourself and begin the lifestyle changes that lead to a healthier, more fulfilling life.

To your good health!

*Enid and Mel Zuckerman*

*Enid and Mel Zuckerman  
Canyon Ranch founders*

AWARD-WINNING  
Canyon Ranch Health Resorts



#### TUCSON, ARIZONA

Canyon Ranch in Tucson, nestled in the spectacular Sonoran Desert of Southern Arizona, has provided tens of thousands of guests with the inspiration, knowledge and caring they need to change their lives for the better – and enjoy the healthy vacation of a lifetime.



#### LENOX, MASSACHUSETTS

In a classic, four-season New England setting, the second award-winning Canyon Ranch health resort – Canyon Ranch in Lenox, Massachusetts – offers all the resources, warmth and possibility that have made Canyon Ranch world-renowned.

## Canyon Ranch Hotel & Spa



#### MIAMI BEACH, FLORIDA

Set on 750 feet of pristine beach at the edge of a vibrant city, Canyon Ranch Hotel & Spa is an all-suite boutique hotel in a beautifully restored South Florida landmark. This, the newest and most opulent expression of the Canyon Ranch healthy-living philosophy, offers hotel amenities, wellness opportunities and a serene, energizing environment.





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ABOUT OUR  
thermal environments

For thousands of years, people have found that moving water and temperature variations provide relief for muscle and joint problems, speed toxins from the body and promote deep relaxation. Unwind before a massage, facial or body treatment, relax after a class or workout, rejuvenate before a big night, or simply enjoy this unique, healthy environment at your leisure. (Bathing suit not required – environments are single-sex. Robe and slippers are provided.)

#### AROMATIC STEAM ROOM

Breathe deep and soak in the benefits of penetrating steam infused with pure plant essences in our temperature-regulated aromatic steam room. Choose either stimulating or relaxing herbal essences according to your needs, then bask in fragrant, 90-percent-plus humidity.

#### FINNISH SAUNA

Enjoy the health benefits of nurturing heat. Our traditional Finnish sauna with a classic hot and dry cabin is lined with Nordic cedar and heated by a hidden stove. Promotes increased circulation, relaxes muscles and soothes aches.

*Nothing feels better than a facial, and our facials – which range from classic to high-tech – are the ultimate pleasure. Pamper yourself: You'll love the way you look and feel.*

## AGELESS OXYGEN BOOST

*50 minutes*

Technology meets nutrients for an unparalleled results-oriented treatment. After a thorough cleanse, this entire treatment is dedicated to using a pressurized oxygen application system that infuses a skin-specific cocktail of rejuvenating hydrators, essential vitamins, botanicals, antioxidants and amino peptides. Your aesthetician will customize your treatment with one of our special serums. Note: No extractions or massage included.

## AGELESS OXYGEN BOOST ... THE ULTIMATE!

*80 minutes*

Enjoy all the amazing benefits of the Ageless oxygen boost facial but with an added “boost.” This treatment offers a luxurious massage with one of the following formulas:

- Detox Massage Fluid, to decongest and detoxify the skin's surface layer
- Hydrating Massage Fluid, a formula that increases the skin's ability to naturally regenerate, nourish, hydrate and protect itself.

Additionally, you will enjoy a custom-blended Pure Molecular Oxygen Treatment Mask that will infuse your skin with CoQ10, vitamins, minerals and anti-irritant serums selected especially for you. (Extractions are performed as necessary.)

## ADVANCED AGE-MANAGEMENT FACIAL

*80 minutes*

This is an extraordinary treatment, which gradually increases the concentration and penetration of professional medical grade anti-aging ingredients to increase hydration. This treatment encourages production of collagen and elastin and decreases pigmentation, while plumping up wrinkles. Includes an at-home treatment regimen, featuring an easy-to-use instrument and product.



## REVITALIZING HYDRATION FACIAL

50 minutes

This facial provides the ultimate in hydration and revitalization of the skin using luxurious products. Includes exfoliation, purification and hydration with rejuvenating massage techniques for perfectly glowing and balanced skin.

## GEMSTONE ANTI-AGING FACIAL

80 minutes

Experience a luxurious facial treatment featuring products enriched by gemstones, precious minerals, amino acids, botanicals, peptides, vitamins and algae for complete nutrition and anti-aging benefits. Skin is nourished, hydrated, calmed and firmed by a pearl enzyme exfoliating mask and Kashmir perfecting mask combined with rose quartz wand massage for lymphatic drainage. Arm, hand, foot and leg pressure-point massage using amethyst wands for healing and clearing will leave you totally relaxed, and your skin balanced and rejuvenated.

## DEEP CLEANSING FACIAL

50/80 minutes

Specially blended products deep-clean, exfoliate and tone the décolleté, shoulders and face for an unforgettable experience.

## VITAMIN INFUSION FACIAL

50/80 minutes

High-potency vitamin C creates a difference you can see and feel. Designed to heal damage caused by sun, pollution and stress, this exclusively formulated treatment repairs and restores by providing optimal nutrition directly to skin.

## CLEANSE & POLISH BACK TREATMENT

50 minutes

Unwind with this deep-cleansing treatment for your back. Your aesthetician removes impurities with gentle extractions, finishing with a deep moisturizing mask.

## SENSITIVE SKIN FACIAL

50 minutes

A great soothing and calming treatment for delicate skin. Reduces irritation and redness.

## GENTLEMEN'S FACIAL

50 minutes

A treat designed for men and their skin. Includes cleansing, toning, steaming and exfoliation.

## OPTIONAL FACIAL ENHANCEMENTS

- ↳ Anti-Aging Neck & Décolleté Treatment
- ↳ Anti-Aging Therapeutic Mask
- ↳ Eyelash & Brow Tinting
- ↳ Mask Add-Ons
- ↳ Specialized Eye Treatments

## FACIAL & BODY WAXING

Facial and body (bikini, back, underarms and legs) waxing is available.

# body TREATMENTS

*Relax, enjoy, and know that our opulent body treatments are good not just for skin, but for body, mind and spirit.*

## EUPHORIA

*80 minutes*

Let your senses be indulged by an aromatherapy scalp massage while a warm botanical body mask is applied in this ultimate treat for face and body. Then let your troubles wash away as you sink into an exquisitely prepared bath. A light, soothing massage using warm, herb-infused oil is the perfect final touch.

## REVITALIZING RITUAL

*80 minutes*

A luscious six-part massage body ritual combines the therapeutic properties of flower oils and fruit essences with rich minerals from the earth and sea to bring your body into balance and harmony. First, be purified with yuzu mimosa sea algae, deeply scrubbed with warming gingergrass, polished with nutrient-rich rice bran and hydrated with rose camellia water. Next, quench your whole body with wild lime silk oil and a shiatsu massage to energize and restore. Complete your journey with a plum wine cream to seal in the healing benefits.

## DETOXIFYING RITUAL

*80 minutes*

Retreat into a ritual of steam and deep detox through an intense therapeutic transformation in this six-step healing massage ritual. Be cleansed with Moroccan mint tea and silt, vigorously scrubbed with a blend of coffee, olive stones and fresh lemons, and wrapped in rich rasul clay to draw deep impurities out of the body. Recharge with quince and orange blossoms and be warmed by a Turkish massage using the curative essences of cardamom, jasmine, bergamot, amber and clove. Finally, your skin will be coated with shea butter and figs to protect, heal and restore.

## NATURALLY NOURISHING RITUAL

*80 minutes*

Return to your natural essence and feel the exhilaration of being alive in a powerful six-part ritual based on Finnish traditions. Be invigorated and purified by the spirit of the icy sea, northern light and physical elation. The skin is nourished and cleansed with organic milk, exfoliated with bioactive peat enzymes and ripe, antioxidant-rich Arctic cloudbberries. Then your lymphatic system is stimulated by a mushroom and phytonutrient wrap followed by an oxygenated ionizing mist. Your treatment finishes with a vigorous, releasing trigger-point/deep-tissue massage using Arctic berry extracts and oils of cypress and birch to increase circulation and vitality.



## CONDITIONING BODY SCRUBS

*Treat your skin to a scrub that leaves it feeling soft and velvety smooth. Choose from a variety of scrubs with pure natural ingredients to accommodate sensitive, normal or dry skin.*

### OCEAN SCRUB

*50 minutes*

A wonderfully restorative, exfoliating body treatment that cools skin on contact. Antibacterial essence of laurel opens the lungs while spirulina intensely hydrates. Dry brushing with organic Dead Sea salts stimulates the lymphatic system, while an application of biodynamic honey and Red Flower Ocean essential oil leaves skin supple and calm.

### WORLD OF RELIEF BODY BUFF

*50 minutes*

Your choice of organic essential oils combined with organic Dead Sea salts and a thorough dry brushing stimulates and exfoliates. A finishing application of biodynamic honey and essential oils – choose from any of seven luscious aromatherapeutic Red Flower botanicals – hydrates and nourishes.

### EUPHORIC COFFEE SCRUB

*50 minutes*

Exfoliate, tone and come alive with an intensely vitalizing scrub that blends coffee, black olive, crushed almond, neroli, orange and lemon peel and fresh lemon juice. Finish with a light application of cardamom oil.

## OHANA CIRCULATION POLISH

50 minutes

Rough, dry skin is removed and circulation throughout the body is stimulated by a powerful exfoliation with crushed bamboo, bamboo sap and oils of ginger and fir. End with your choice of a warming rubdown with intensely moisturizing wild lime oil, or a cooling application of a protective cream made with plum blossoms and silk.

## ORGANIC BODY WRAPS

*Experience the warm, muscle-melting embrace of a body wrap.*

### SEAWEED LEAF WRAP

80 minutes

Imagine being wrapped from head to toe in hand-harvested seaweed from the wild northwest coast of Ireland. You're then wrapped in organic muslin and cocooned in a thermal blanket. This amazing, all-organic treatment detoxifies, firms and softens skin.

### SEAWEED PEAT WRAP

50 minutes

Peat wraps have long been used in Eastern Europe to treat a variety of skin and rheumatic conditions. This amazing wrap, which mixes organic seaweed extracts with micronized peat, offers potent detoxification because it's richly infused with trace elements, vitamins, carbohydrates, polyphenols, lipids, and, especially, humic acid. Research has shown that humic acid has an astringent effect and helps drain toxic substances from the body.

## LIQUID SEAWEED WRAP

50 minutes

If you're results-driven, this is the wrap for you. We soak organic muslin in pure seaweed extracts, cold-pressed within one hour of harvesting on the wild northwest coast of Ireland. This wrap delivers immediate and noticeable plumping and toning of the skin, and is a serious detoxifier, metabolism stimulant and natural anti-aging boost.

## EUPHORIC DETOX WRAP

50 minutes

This purifying wrap uses pure essence of rose – loaded with vitamin C and other natural antioxidants – and natural rasul clay to bind with impurities, leaving skin supple, clean and glowing. A touch of moisturizing tangerine fig cream seals the deal.



# massage & BODY WORK

*Massage feels incredibly good, which is one of the many reasons it's so good for you – when the body lets go, it heals. And when the body is comfortable, mind and spirit settle. Experience the power of informed, caring touch.*

## MASSAGE

### GET THE MOST FROM YOUR MASSAGE

#### **Take time**

Give yourself plenty of time before your massage so you can enjoy the steam room. Warm muscles benefit most from body work.

#### **Shower**

A warm shower just before your massage is relaxing and washes away any salts, minerals or chemicals that could clog pores when mixed with massage oils. Then put on your robe and meet your therapist.

#### **(Un)dress the part**

Unless the service description specifies that your massage will be received clothed, undress completely and wear just a robe to your massage. You will be able to take your robe off and cover yourself in privacy, and you will be draped with a sheet throughout the service. For services that are received clothed, shorts and a T-shirt are ideal.

#### **Talk with your therapist**

Before your massage, tell your therapist which areas you would like to focus on, and any areas to be avoided. During your massage, let your therapist know if you feel any discomfort. Communication is the key to getting the massage you want.

#### **Relax**

Close your eyes and allow your mind and body to enjoy the quiet. Focus on how you feel. Breathe deeply and let tension slip away with each breath. Remember, this time is for you.

## CANYON RANCH MASSAGE

*50/80 minutes*

Relieve muscle tension and promote relaxation with our full-body massage. Indulgent and utterly relaxing, it stimulates circulation and soothes tight muscles. Customized so you enjoy the body work that's right for you.

## CANYON STONE MASSAGE

*80 minutes*

The healing power of the earth is in your therapist's hands with smooth, rounded basalt stones that are gently heated. The weight and radiant heat of the stones, combined with a calming essential oil, penetrates muscle tissue and induces deep relaxation without overheating, persuading even the tightest muscles to let go completely.

## AROMATHERAPY MASSAGE

*50/80 minutes*

Enjoy an all-natural, sense-seducing escape from the everyday world. Nourish the skin, eliminate toxins and strengthen the immune system while restoring equilibrium to mind, body and spirit. This fragrant, full-body treatment is the ultimate healthy pleasure. Just breathe.

## TENSION-ZONE MASSAGE

*50 minutes*

Carrying the weight of the world on your shoulders? Shrug it off with this concentrated de-stresser. A full palette of sophisticated touch techniques reduces tension where it lives – your head, neck, shoulders and back. Stand taller, sleep better and say goodbye to nagging headaches.

## AROMATHERAPY MUSCLE SOOTHER

*80 minutes*

A focused, all-over body massage designed to release tight, fatigued muscles and joints. The use of a calming gel and oil of rosemary and ginger in this penetrating massage provides stimulation, invigoration and release of tension.

## DEEP-TISSUE MASSAGE

*50/80 minutes*

Stimulate muscles and unwind tension with this deep, focused all-over body massage. Designed to release tight, fatigued muscles and joints, this massage will leave you feeling like a new person.

### TWO-BY-TWO MASSAGE\*

Share the Canyon Ranch experience with someone special with side-by-side massages. You can book two therapists and two tables for your choice of:

☞ CANYON RANCH MASSAGE  
*50/80 minutes*

☞ CANYON STONE MASSAGE  
*80 minutes*

☞ AROMATHERAPY MASSAGE  
*50/80 minutes*

☞ TENSION-ZONE MASSAGE  
*50 minutes*

☞ AROMATHERAPY MUSCLE SOOTHER  
*80 minutes*

☞ DEEP-TISSUE MASSAGE  
*50/80 minutes*

\* On selected vessels.

## SPORTS MASSAGE

*50/80 minutes*

No matter what your sport or activity, it can make you hurt. This massage can help by reducing tension, increasing range of motion, reducing inflammation and providing a focused warm-up for critical joints and muscle groups. Please note that this is a specialized treatment targeting soft-tissue injury or specific concerns – not a full-body massage.

## SOLE REJUVENATION

*50 minutes*

Every aspect of wellness is connected, from your head to hardworking toes. This relaxing foot massage relieves tension, soothes aches, and puts the spring back in your step.

## OPTIONAL MASSAGE ENHANCEMENTS

*Make your Canyon Ranch massage even more unforgettable.*

### DRY-NO-MORE SCALP TREATMENT

A restorative treatment that protects and moisturizes the scalp and revitalizes the hair. Moroccan Oil combats scalp dryness and benefits the hair follicle at the root while enhancing the healthy appearance of hair, leaving it full and shiny.

### OILY-NO-MORE SCALP TREATMENT

This relaxing treatment protects and moisturizes the scalp while helping to control dandruff caused by excess oil and inflammation of the hair follicle. Moroccan Oil also stimulates circulation, leaving hair balanced, healthy-looking and lustrous.



## PEPPERMINT SCALP REFRESHER

This delicious aromatherapy scalp treatment complements any massage. The refreshing blend of essential oils on your scalp stimulates circulation from head to toe.

## REVITALIZING FOOT TREATMENT

A great addition to any massage, this luscious treatment provides a mild exfoliation with gentle buffing grains that remove dry, flaky skin while nourishing your body. A peppermint and tea tree foot balm is then massaged in to energize and restore circulation.

## TREATMENTS FROM THE EAST

*Asian therapies focus on restoring balance to body and spirit. Please wear light, loose-fitting clothing for these services.*

### THAI MASSAGE\*

*50/80 minutes*

Harmonize your vital life energy with a graceful, nurturing style of bodywork that promotes physical flexibility and ease. Using slow, focused movements and compressions, Thai massage encourages a serene yet buoyant state of mind. Given on a traditional massage pedestal.

### SHIATSU\*

*50/80 minutes*

Experience this 2,000-year-old Japanese tradition – a whole-body tune-up that both relaxes and invigorates. Thumb pressure is applied to points along the meridians to tone, stimulate and balance the body's energy.

## REFLEXOLOGY

*50 minutes*

Release life's tensions through the energy meridians on the soles of your feet. Delight in a relaxing, therapeutic foot-massage that improves circulation and restores energy flow through the entire body.

## HEALING ENERGY

### REIKI\*

*50 minutes*

Harmonize your body through methods rooted in spiritual tradition. The therapist balances and restores nature's energy flow with a calm, light, nurturing touch. You are welcome to wear light, loose-fitting clothing.

## AYURVEDA

*Ayurveda is an ancient healing tradition that's considered to be one of the treasures of India.*

### ABHYANGA MASSAGE

*50/80 minutes*

Feel light, more energetic and active with a complete ayurvedic body massage. Performed with warmed medicated oil, this fairly vigorous massage treatment increases body temperature and improves blood circulation, tones and relaxes the muscles, and helps increase your resistance to disease.

\* On selected vessels.

## HAIR SERVICES

### HAIR DESIGN

- ⌄ Designer Cut
- ⌄ Designer Cut & Style
- ⌄ Updo/Upstyle
- ⌄ Shampoo, Rollerset & Blow Dry (short/medium/long hair)
- ⌄ Shampoo, Cut & Blow Dry (short/medium/long hair)
- ⌄ Bang/Fringe Trim
- ⌄ Braids
- ⌄ Comb-Out
- ⌄ Men's Haircut
- ⌄ Moustache & Beard Trim

### COLOR & HIGHLIGHTING

- ⌄ Bleach
- ⌄ Full Highlights
- ⌄ Double Color Weave
- ⌄ Partial Highlights
- ⌄ Tint, Toner or Semi-Permanent Single Color

### HAIR & SCALP TREATMENT

*80 minutes*

Restore your hair's natural vitality with custom hair care and scalp treatments. Clean, soothe and moisturize for easy styling, ultimate shine and healthy, beautiful hair. A designer style completes the treatment.





## MANICURES

### GEL EFFECTS MANICURE

*50 minutes*

Say goodbye to nicks, chips and smudges. Enjoy all the essentials of a perfect spa manicure finished with a breakthrough gel polish that combines the ease of polish with the permanence of gels.

### GENTLEMEN'S MANICURE

*30 minutes*

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

### HANDS SO SOFT MANICURE

*45 minutes*

Warm paraffin hydrates dry skin, softens cuticles and soothes aching joints like nothing else – this is the manicure for hands in need of comfort.

### AGE-DEFYING MANICURE

*45 minutes*

This treatment features vitamins A, C and E plus alpha hydroxy acids to soften dry, rough, chapped skin, unveiling smooth-as-silk hands.

### SPA MANICURE

*45 minutes*

Condition hands with our special blend of minerals and aromatherapy oils. Gentle exfoliation, aromatic soak and lotions leave skin silky smooth.

## NAILS

- ↳ Full-Set Acrylics/Gels\*
- ↳ Full-Set Pink & White Acrylics\*
- ↳ Full-Set/French Polish Change\*
- ↳ Overlay\*
- ↳ Sculpture\*
- ↳ Acrylic Fills\*
- ↳ File & Polish
- ↳ Nail Repair
- ↳ Paraffin Treatment

## PEDICURES

### CANYON STONE PEDICURE

*80 minutes*

The ultimate treat for legs and feet – all the benefits of our Spa Essentials Pedicure with a soothing massage using basalt stones and aromatic essential oils. A nourishing mask with warm paraffin provides the final touch.

### FEET SO SOFT PEDICURE

*50 minutes*

Warm paraffin hydrates dry skin and soothes aching joints like nothing else. Say goodbye to painful joints and dried-out cuticles with this comforting, complete treatment for feet.

### GEL EFFECTS PEDICURE

*50 minutes*

Say goodbye to nicks, chips and smudges. Enjoy all the essentials of a perfect spa pedicure finished with a breakthrough gel polish that combines the ease of polish with the permanence of gels.

### GENTLEMEN'S PEDICURE

*45 minutes*

A delightful treatment provides hydration and exfoliation using aromatherapeutic products that appeal to a gentleman's senses. Includes a file, soak, groom, massage and buff to renew the feet.

## AGE-DEFYING PEDICURE

*50 minutes*

This treatment features vitamins A, C and E plus alpha hydroxy acids to soften dry, rough, chapped skin, unveiling smooth-as-silk feet.

## SPA PEDICURE

*50 minutes*

Maintain healthy and refreshed feet with a gentle exfoliation, an aromatic soak and moisturizing essential lotions.

## SPORTS PEDICURE

*50 minutes*

Smooth and cool your active feet. Self-heating oil relieves aches and increases blood circulation; a final cooling gel leaves your feet feeling like new.

## MAKEUP

### MAKEUP CONSULTATION

Let our professional makeup artists create a new look for your special event or evening out.



# health & WELLNESS

*Here's your chance to consult one-on-one with one of our fitness experts about the shape your body is in – and how to achieve your optimal health, fitness and lifestyle goals.*

## EXERCISE & WELLNESS

### BASIC FITNESS ASSESSMENT

*80 minutes*

How fit are you? Let an exercise specialist provide a thorough assessment of your current fitness level, including body composition testing and cardiovascular and muscular fitness. Our professional will tailor a safe and effective exercise program that addresses your fitness and lifestyle goals.

### SPA CLUB EXERCISE PRESCRIPTION

*50 minutes*

Receive a customized exercise program from a Canyon Ranch exercise professional to help you achieve your fitness goals, no matter what your current level of physical activity.

### EXERCISE FOR WEIGHT LOSS

*50 minutes*

Want to get real about losing weight and keeping it off? Whether you are beginning a program or are an avid exerciser, we can create an effective exercise program based on your goals, fitness level and abilities with a focus on stimulating metabolism and reducing body fat.

### BODY COMPOSITION ANALYSIS

*25 minutes*

Know your number! Determine your percentages of body fat and lean body mass via the skin-fold caliper method.

### PERSONAL TRAINING SESSION

*25/50 minutes*

A private session with a trainer. Develop or fine-tune a fitness program tailored to your specific needs, preferences and goals. Popular areas of focus include:

- Blood Pressure
- Bone Health
- Exercise for Travel
- Strength
- Body Sculpting
- Cardiovascular Fitness
- Pregnancy

## PERSONAL TRAINING SESSION (2 PEOPLE)

50 minutes

A private session for two people with a trainer. Focus on any of the topics above, or on another interest you share.

## SPECIALIZED WELLNESS SERVICES

### PERFORMANCE ORTHOTICS ASSESSMENT

25 minutes

Your feet are subject to enormous forces as you run, hike, dance, play – even just walk – so small abnormalities can cause big problems: Ninety percent of all foot pain and a great deal of knee, hip and back pain is caused by abnormal biomechanics of the feet. This quick, precise, computerized assessment of the way you walk is used to make recommendations for orthotics – inserts for shoes – that correct these problems simply and effectively, preventing further wear and tear, and, in many cases, greatly reducing pain. (Cost of orthotic inserts is in addition to service fee.)

*Note: This service is not appropriate for evaluating prescription orthotics you are already using.*

## BACK CARE

50 minutes

Do something about that aching back. Our fitness specialists, skilled in addressing musculoskeletal problems, make a professional assessment, providing you with practical preventive care recommendations.

## FITNESS CLASSES

45 minutes

From yoga to aerobics, Pilates to indoor cycling, our schedule of daily classes offers nearly endless opportunities to learn, get fit and have fun. Consult your daily program for times, locations and descriptions. Sign-up in the gym or at Spa Reception. Classes are complimentary.

### EDUCATIONAL PRESENTATIONS & WORKSHOPS

Learn, be inspired and have fun during complimentary presentations and workshops offered by Canyon Ranch professionals. Consult your daily program for topics, times and locations.



## GENERAL INFORMATION

- ☞ SpaClub® guests must be at least 18 years old.
- ☞ No smoking allowed.
- ☞ Alcoholic beverages are not served or permitted.

### HOURS

Fitness Center: 7 am to 9 pm daily  
Spa, Beauty Centre & Skin Care:  
8 am to 8 pm daily

### GRATUITIES

An 18% service charge has been included in all prices for your convenience. Any additional gratuities for exceptional service are appreciated, but not expected.

### AT YOUR SERVICE

Our friendly and knowledgeable staff is here to help recommend and schedule SpaClub® experiences that will be beneficial and enjoyable.

### WHAT TO BRING

Please bring your own fitness wear and bathing suit – we do not provide clothing. Shirts and closed-toed athletic shoes must be worn in the fitness area. We suggest locking valuables in your stateroom, not in your locker.

## AVAILABILITY OF TREATMENTS, SERVICES & FACILITIES

All treatments, services and facilities are subject to availability. Certain promotional treatments are only available during limited periods of the voyage, for example on a specified port day. While every effort is made to ensure the full availability of spa services, ongoing maintenance, refurbishment or unforeseen circumstances may result in some of the facilities being withdrawn at short notice.

### PRICES

While every effort is made to ensure that printed material is up to date, please note that pricing is subject to change. Please ask one of our staff members for the price of your treatment before you book.