

CANYONRANCH®

spa | beauty | fitness | wellness

ON REGENT SEVEN SEAS CRUISES®

Seven Seas Voyager® Seven Seas Mariner® Seven Seas Navigator®



CANYONRANCH®

spa | beauty | fitness | wellness



CANYON RANCH® ON REGENT SEVEN SEAS CRUISES®

Explore the singular Wellness Spa + Fitness experience that perfectly complements your Regent Seven Seas Cruises® vacation. Canyon Ranch elevates every spa treatment, environment and activity to unprecedented levels. Worthy of your Regent Seven Seas voyage. Worthy of you.

Enhance your cruise with spa services, fitness classes and presentations – all geared toward your well-being.



ABOUT CANYON RANCH

Welcome to Canyon Ranch®, where we've reimagined what a day spa can be. Here you can complement your voyage with life-enhancing experiences that are enduring and can inspire lasting lifestyle change.

Every offering is infused with the vision of our Canyon Ranch founders, Enid and Mel Zuckerman. In 1979, they sparked a worldwide health and fitness revolution, creating wellness resorts, luxury day spas and a healthy living philosophy that has inspired countless people to exercise, eat better and make positive lifestyle choices. I'm honored to be responsible for growing this brand's global influence, and to share our mission of transformative wellness to live your fullest life.

Enjoy!

A handwritten signature in white ink that reads "Susan E. Docherty". The signature is written in a cursive, flowing style.

Susan Docherty
Canyon Ranch CEO



WELLNESS RESORT
TUCSON, ARIZONA

Legendary Canyon Ranch in Tucson, in the spectacular Sonoran Desert of Southern Arizona, has inspired thousands of guests to “live younger longer” – and enjoy the healthy vacation of a lifetime.



WELLNESS RESORT
LENOX, MASSACHUSETTS

In a classic New England setting, nestled in the Berkshires, you'll soothe your spirit, ignite your imagination and nurture the best version of you.



WELLNESS SPA + FITNESS
LAS VEGAS

Canyon Ranch® is a haven of health and serenity in the heart of exciting Las Vegas. Our award-winning luxury day spa features everything you need to relax, refresh and re-energize.

DESTINATION: HEALTH + WELLNESS

Your perfect voyage is exciting, relaxing and filled with wonders. And you want to go home feeling better than ever. That's what Canyon Ranch® is all about – nourishing the healthiest, best version of you.

We understand how easy it is to “overdo” on a cruise, and we're all for it: Indulge in a luxurious body treatment that heals the body and vanquishes stress. Indulge yourself twice. Take that extra yoga class, or spend another hour in the gym. Why not?

Indulge in the things that make you feel your best – treat yourself well at Canyon Ranch.



HYDROTHERMAL ENVIRONMENTS **9**

BLISSFUL DREAMS PROGRAM **11**

SKIN CARE **12**

Facials

Gentlemen's Facials

Facial & Body Waxing

BODY TREATMENTS **14**

Conditioning Body Scrubs

Organic Body Wraps

Rituals

MASSAGE + BODYWORK **16**

Massage

From the East

SALON **23**

Hair Services

Manicures

Pedicures

Makeup

PRODUCTS **28**

Canyon Ranch Bath + Body Products

FITNESS + WELLNESS **31**

Educational Presentations + Workshops

Exercise + Wellness

Specialized Wellness Services

GENERAL INFORMATION **36**



HYDROTHERMAL ENVIRONMENTS

For thousands of years, people have found that moving water and temperature variations provide relief for muscle and joint issues, 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.



BLISSFUL DREAMS PROGRAM

Start better tomorrows today. Partake in a curated program of treatments, products and sleeping aids, as well as dining menu advisement, expert lectures and special instructional classes that complement our holistic approach to mindful sleep.

ORGANIC LAVENDER + SEAWEED SUGAR GLOW

50 min

\$165

Gently removes dead skin cells with sugar, and heals with seaweed extracts and lavender essential oil.

AGE-DEFYING RESTORATIVE FACIAL

50 min

\$171

A mix of seaweed and botanical ingredients to help stimulate collagen production and reduce the appearance of fine lines and wrinkles. This facial results in instantly firmed and tightened skin with a natural and more radiant glow.

ADD ON

Hair + Scalp Treatment – relaxing and restorative

20 min

\$38

Foot Treatment – soothing and nourishing

20 min

\$38

MINDFUL DREAMS RITUAL

75 min

\$295

This relaxing treatment creates an incomparable sleep-encouraging experience. Incorporating specially designed soothing products alongside sleep-inducing cultural massage and meditation techniques, this wellbeing-focused treatment evokes instant tranquility and fosters inner wellbeing, calmness and serenity.

ENHANCEMENTS

Mindful Shower Moments – A conscious point of time taken to reconnect and restore, designed specifically to instantly decompress and promote a restful night's sleep. This self-guided shower ritual envelops with essences of lavender and steam to calm the mind, ease tension and deeply relax the system.

Wellness Talks – Breathing, meditation and low-impact yoga

Aromaflage sleep spray with notes of French lavender, Brazilian rose and Madagascar vanilla to relax and induce sleep

VOYA Chamomile Tea to instill calmness

VOYA Tranquil Body Care range

SKIN CARE

FACIALS

ADVANCED AGE-MANAGEMENT FACIAL

80 min **\$310**

One of the most advanced approaches to reduce signs of premature aging, this extraordinary facial diminishes the look of fine lines, lax skin, pigmentation, sun damage and scarring. You'll receive a special eye treatment and serum to help diminish frown lines. Attention is also given to neck, décolleté, hands and arms.

AGELESS OXYGEN BOOST FACIAL

50 min **\$245**

The next generation of skin care – pharmaceutical results using pure, preservative-free formulas. This oxygen treatment builds collagen and elastin, increases cell turnover and hydrates, restoring the skin's youthful glow.

Note: Extractions are performed as necessary.

AGELESS OXYGEN BOOST FACIAL... THE ULTIMATE!

80 min **\$320**

Enjoy our Ageless Oxygen Boost Facial with an added bonus. This "ultimate" treatment also includes a collagen masque and 20-minute oxygen infusion.

Note: Extractions are performed as necessary.

CLEANSE + POLISH BACK TREATMENT

50 min **\$165**

This treatment focuses on an often-overlooked area and helps balance oily and problematic skin. A deep cleansing and exfoliation reduces the look of inflammation and irritation, and leaves the skin clean and refreshed.

DEEP CLEANSING FACIAL

50 / 80 min **\$165 / 245**

This facial purifies and soothes skin. Deep cleansing helps eliminate the appearance of blackheads, whiteheads and congestion. Your newly exfoliated and smoothed skin will look bright.

SENSITIVE SKIN FACIAL

50 min **\$175**

A calming and restorative skin treatment for anyone who experiences redness, irritation and dryness. A combination of vitamins, antioxidants and growth factors begin to rebalance and restore your skin's integrity.

VITAMIN INFUSION FACIAL

50 / 80 min **\$185 / 265**

Powerful vitamins A and C plus antioxidants help re-establish your skin's clarity and firmness and help guard against further damage. You'll have a brighter, smoother and more youthful look.

GENTLEMEN'S FACIALS

ANTI-AGING MEN'S FACIAL

50 min

\$165

Using the best ingredients formulated for men, this treatment will help maintain an energized, youthful appearance.

Smooth wrinkles, strengthen skin around the eyes and reduce puffiness and dark circles.

ESSENTIAL MEN'S FACIAL

50 min

\$165

Designed to address a man's skin care needs, this treatment uses powerful coconut- and aloe-based products, removing skin impurities that are deeper and harder to reach.

HIGH-PERFORMANCE MEN'S FACIAL MASSAGE

80 min

\$245

Enjoy the combined benefits of a relaxing cranial massage followed by a deep-cleansing facial and exfoliation. We finish with five-point pressure to dispel the last bit of tension.

FACIAL + BODY WAXING

Gentle facial and body waxing is available. Please inquire when making your appointment.

OPTIONAL FACIAL ENHANCEMENTS

ALGAE LIFTING + CONTOURING EYE ENHANCEMENT **\$55**

ANTI-AGING NECK + DÉCOLLETÉ TREATMENT **\$55**

ANTI-AGING THERAPEUTIC MASQUE **\$55**

BROW TINTING **\$45**

EYELASH TINTING **\$55**

MASQUE ADD-ONS **\$55**

SPECIALIZED EYE TREATMENTS **\$45**

OPTIONAL UPGRADES

Iontophoresis – involves the use of an electric current to facilitate greater penetration of vitamins into the skin. It upgrades the effectiveness of your soothing anti-aging masque. **\$50**

Sonophoresis – uses sound waves to transport vitamin molecules through the skin. Choose two treatment areas (eyes, pigmentation, breakouts scarring, etc.) **\$40**

BODY TREATMENTS

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.

EUPHORIC COFFEE SCRUB

50 min

\$165

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.

OCEAN SCRUB

50 min

\$165

Dry brushing with organic Dead Sea salts stimulates the lymphatic system, while an application of biodynamic honey and essential oil leaves skin supple and calm.

OHANA CIRCULATION POLISH

50 min

\$165

An exfoliation with crushed bamboo, bamboo sap and oils of ginger and fir. Finish 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.

WORLD OF RELIEF BODY BUFF

50 min

\$165

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 hydrates and nourishes.

ORGANIC BODY WRAPS

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

EUPHORIC DETOX WRAP

50 min

\$185

Pure essence of rose – loaded with vitamin C and other natural antioxidants – and natural rhassoul clay bind with impurities. A touch of moisturizing tangerine fig cream seals the benefits.

SEAWEED LEAF WRAP

80 min

\$295

You'll be warmly wrapped from head to toe in hand-harvested seaweed. This amazing, all-organic treatment detoxifies, firms and softens skin.

SEAWEED PEAT WRAP

50 min

\$185

Peat wraps have long been used in Eastern Europe to treat skin and rheumatic conditions. This wrap, which mixes organic seaweed extracts with micronized peat, offers potent detoxification.

TANGLE ME UP WRAP

50 min

\$185

Ground Laminaria digitata algae helps relax your tired muscles, relieve stress and banish fatigue. The powerful antioxidant compounds work to firm and tone your skin, and alleviate the appearance of cellulite and signs of aging.

RITUALS

Experience a multifaceted approach to well-being, blending therapeutic and healing properties that nourish the skin, soothe muscles and awaken the senses.

DETOXIFYING RITUAL

80 min

\$335

A vigorous scrub with a blend of coffee, olive stones and fresh lemons is followed by a rich Moroccan clay body wrap to help speed the removal of toxins. You'll receive a warm Turkish massage, then an application of shea butter and fig cream to protect, heal and restore your skin.

EUPHORIA RITUAL

80 min

\$335

Your journey begins with a sage compress for your face and an aromatherapy scalp massage. A warm botanical body masque is applied and gently buffed. Your ritual concludes with a soothing massage using warm herb-infused oil.

NATURALLY NOURISHING RITUAL

80 min

\$335

A mushroom and phytonutrient wrap stimulates your lymphatic system. An organic birch and mineral hydrotherapy soak releases muscle tension, preparing you for a deep-tissue massage with Arctic berry and evergreen oils.

REVITALIZING RITUAL

80 min

\$335

This six-part ritual was perfected in Japan. You'll be scrubbed with warming ginger grass and bamboo before an awakening poultice stimulates the meridian lines. While wrapped in nutrient-rich rice bran, you'll receive an acupressure facial massage. Soak in infused mineral waters before a shiatsu-inspired massage.



MASSAGE + BODYWORK

Get the most from your massage

Take time

Give yourself plenty of time before and after your massage, so you can enjoy the steam room, sauna or whirlpool. Warm muscles benefit most from bodywork.

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 in the relaxation lounge.

(Un)dress the part

Unless the service description specifies that your massage will be received clothed, we recommend that you 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.

MASSAGE + BODYWORK

MASSAGE

AROMATHERAPY MASSAGE

50 / 80 min

\$175 / 245

An all-natural, sense-seducing escape from the everyday world. This fragrant, full-body massage is the ultimate healthy pleasure. Just breathe.

AROMATHERAPY MUSCLE SOOTHER

80 min

\$245

A focused, all-over body massage designed to release tight, fatigued muscles and joints.

AWAKENING MASSAGE

50 min

\$175

An all-over body massage using cold-pressed Arctic berry seed oils to deliver a boost of regeneration to your whole being. Optimal health and a positive state of mind are restored with an awakening eucalyptus and laurel foot massage, ending with an uplifting flower mist.

CANYON RANCH MASSAGE

50 / 80 min

\$170 / 235

Uniquely relaxing, our signature full-body massage stimulates circulation and soothes tight muscles.

CANYON STONE MASSAGE

80 min

\$250

Smooth, rounded basalt stones are gently heated and used by the therapist as extensions of his or her hands. The heat of the stones penetrates muscle tissue, inducing deep relaxation without overheating.

DEEP TISSUE MASSAGE

50 / 80 min

\$200 / 280

Feel the need for a really deep massage? Put yourself in an expert therapist's hands for an intensive massage experience focused on releasing deep muscle layers.

SEAWEED FEET + LEG MASSAGE

25 / 45 min

\$70 / 123

Enjoy a sea salt scrub and a deeply relaxing massage of the lower legs, followed by a warmed Atlantic seaweed wrap to detoxify, increase circulation, and nourish tired feet and legs.

SOLE REJUVENATION

50 min

\$175

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

Note: You are welcome to wear loose-fitting clothing.

TENSION ZONE MASSAGE

50 min

\$180

Get that weight off your shoulders. Your therapist will relieve all the tension in your head, neck and shoulders.

Note: Not a full-body massage.

FROM THE EAST

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

5 POINT STAR

50 min **\$215**

Steeped in ayurvedic tradition, this service connects body and mind, promoting harmony with herbal infusions applied on the head, hands and feet.

ABHYANGA MASSAGE *(on selected vessels)*

50 / 80 min **\$210 / 270**

A full-body ayurvedic treatment performed by two therapists in synchronistic rhythm using warm sesame oil.

AYURVEDIC SIGNATURE BODY WRAPS *(on selected vessels)*

50 min **\$215**

Avarna – Sanskrit for “envelopment” – is a beautiful description of the enveloping and cocooning effect of these body wraps. The treatments are dosha-specific (corresponding to your ayurvedic type) and designed to nourish, hydrate, tone, ground and revitalize your being. You may select from the following:

Herbal Rejuvenation – a tri-dosha experience for whole-body nourishment, purification and hydration.

Cucumber + Aloe – a soothing treatment designed to balance the fiery nature of pitta dosha (perfect for overexposure to the sun).

Lymphatic Detoxification *(on selected vessels)* – to stimulate lymph flow and eliminate toxins.

Herbal Cellulite Wrap – helps reduce the appearance of cellulite, tightens skin and helps alleviate the sluggishness of kapha dosha types.

REFLEXOLOGY

50 min **\$175**

Release life’s tensions through the energy meridians on the soles of your feet.

SHIATSU *(on selected vessels)*

50 / 80 / 100 min **\$175 / 240 / 300**

In this Asian technique, the therapist uses thumbs, fingers and palms to stimulate the body’s energy system, applying pressure to acupoints to help release tension.

SHIRODHARA

50 min **\$195**

Feel the serenity as the warm oils nurture 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.

THAI MASSAGE *(on selected vessels)*

50 / 80 min **\$175 / 240**

Using slow, focused movements and compressions to guide the body through stretches, Thai massage creates a feeling of lightness and comfort. Given on a traditional floor mat.

MASSAGE + BODYWORK

TWO-BY-TWO MASSAGE

(on selected vessels)

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:

AROMATHERAPY MASSAGE
50 / 80 min **\$335 / 465**

AROMATHERAPY MUSCLE SOOTHER
80 min **\$465**

CANYON RANCH MASSAGE
50/ 80 min **\$325 / 450**

CANYON STONE MASSAGE
80 min **\$495**

DEEP TISSUE MASSAGE
50 / 80 min **\$380 / 550**

TENSION ZONE MASSAGE
50 minutes **\$325**

OPTIONAL MASSAGE ENHANCEMENTS

Make your Canyon Ranch massage even more unforgettable.

RELAXATION SCALP MASSAGE **\$42**

REVITALIZING FOOT TREATMENT **\$42**

WAKING UP SCALP MASSAGE **\$42**



SALON

hair makeup manicures pedicures products



HAIR SERVICES

BANG/FRINGE TRIM	\$18
BLOW-DRY ENHANCEMENT	
EXTRA-LONG	\$28
SUPER CURLY	\$28
ADD-ONS	\$39
COMB OUT	\$50
CUT + STYLE	
SHORT	\$92
MEDIUM-LENGTH	\$103
LONG	\$113
MEN'S HAIRCUT	\$39
MUSTACHE + BEARD TRIM	\$18
SHAMPOO, CUT + BLOW-DRY	
SHORT	\$92
MEDIUM-LENGTH	\$103
LONG	\$113
SHAMPOO, ROLLER SET + BLOW-DRY	
SHORT	\$60
MEDIUM-LENGTH	\$71
LONG	\$81
UPDO/UPSTYLE	
MEDIUM-LENGTH	\$81
LONG	\$92

COLOR + HIGHLIGHTING

Prices start at:

BLEACH	\$80
FULL HIGHLIGHTS	\$177
HIGHLIGHTS – 2 TO 4 FOILS	\$50
PARTIAL HIGHLIGHTS	\$124
TINT – ROOTS ONLY	\$92
TINT, TONER OR SEMI-PERMANENT COLOR	
SHORT	\$103
MEDIUM-LENGTH	\$113
LONG	\$124
HAIR + SCALP TREATMENT	
80 min	\$177

Restore your hair's natural vitality with a custom hair care and scalp treatment. A designer style completes the treatment.

SALON

MANICURES

AGE-DEFYING MANICURE

45 min **\$106**

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

CANYON RANCH MANICURE

45 min **\$50**

Gentle exfoliation, aromatic soak and soothing lotions leave skin silky smooth.

FRENCH MANICURE

50 min **\$55**

Your Canyon Ranch Manicure with an added elegant nail varnish finish. Classic white tip. Suitable for all occasions.

GENTLEMEN'S MANICURE

30 min **\$41**

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

HANDS SO SOFT MANICURE

45 min **\$100**

Warm paraffin hydrates dry skin, softens cuticles and soothes aching joints like nothing else.

SHELLAC MANICURE

50 min **\$106**

Say goodbye to nicks, chips and smudges. Enjoy all the essentials of a perfect spa manicure finished with gel polish.

NAIL SERVICES

FULL SET

• ACRYLICS *(on selected vessels)* **\$113**

• ACRYLIC FILLS *(on selected vessels)* **\$81**

• FRENCH POLISH *(on selected vessels)* **\$118**

• OVERLAY WITH ACRYLICS *(on selected vessels)* **\$92**

• PINK + WHITE ACRYLICS *(on selected vessels)* **\$145**

• PINK + WHITE REBALANCE/FILL *(on selected vessels)* **\$92**

FILE + POLISH **\$28**

NAIL REPAIR **\$28**

PARAFFIN TREATMENT HANDS OR FEET **\$39**

POLISH CHANGE FINGERS OR TOES **\$28**

POLISH CHANGE FINGERS OR TOES FRENCH **\$39**

SOAK-OFF **\$18**

PEDICURES

AGE-DEFYING PEDICURE

50 min **\$142**

Vitamins A, C and E plus alpha hydroxy acids soften dry, rough, chapped skin, unveiling smooth-as-silk feet.

CANYON RANCH PEDICURE

50 min **\$81**

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

CANYON STONE PEDICURE

80 min **\$181**

Prepare to experience the ultimate. Allow us to nurture your senses as your technician massages your feet and lower legs using warm basalt stones and fragrant essential oils. This pampering delight is followed by warm paraffin.

FEET SO SOFT PEDICURE

50 min **\$135**

Warm paraffin hydrates dry skin and soothes aching joints like nothing else. Say goodbye to painful joints and dried-out cuticles.

FRENCH PEDICURE

50 min **\$86**

Your Canyon Ranch Pedicure with an added elegant nail varnish finish. A classic white tip looks suitable for all occasions.

GENTLEMEN'S PEDICURE

30 min **\$81**

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

SHELLAC PEDICURE

50 min **\$112**

No more nicks, chips and smudges. Enjoy a Canyon Ranch pedicure finished with a gel polish.

SPORTS PEDICURE

50 min **\$92**

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

25 min **\$71**

Let our professional makeup artists create a new look for you.

OTHER PRODUCTS

BRICKELL MEN'S PRODUCTS

A high-performing natural skincare line designed exclusively for men that combines organic, high-quality natural ingredients with green technology.



Known for state-of-the-art, results-driven products and treatments to meet the needs of people of all ages, skin types and ethnicities. Contains vitamins A and C, antioxidants, peptides and growth factors that keep skin looking healthy and beautiful.



Unsurpassed products and treatments that satisfy the simple desire for exceptional hair.

Luzern Beauty Untouched.

Indulgent skincare at the forefront of clean beauty innovations for over a decade. Nutrient-rich formulas contain Bio-Suisse-certified extracts and advanced cosmeceuticals to ensure optimum potency without the use of skin-aging additives and irritants. The full line of spa products is toxin-free and processed in small batches for the perfect blend of purity and power.



The pioneering, toxin-free, luxury botanical beauty brand. Engage the senses with the therapeutic power of plants from around the world.



100% natural, effective products and holistic spa treatments with a unique East-West approach that promotes overall well-being. Ayurvedic treatments help bring balance to the whole person, leaving you feeling refreshed and able to fully enjoy your cruise.

VOYA

The leader in organic seaweed skin care worldwide for more than a decade. Created lovingly by the Walton family on the west coast of Ireland, VOYA is a spa brand that uses only hand-picked wild seaweed to help improve your health, skin and well-being.

CANYON RANCH BATH + BODY PRODUCTS

Gentle, replenishing and suitable for the most sensitive skin – the Canyon Ranch Bath & Body products line is all you'd expect from the most trusted name in health and wellness. We created these products with all-natural ingredients, a refreshing signature scent, rich, creamy textures and – naturally – no parabens, sulfates or propylene glycol. Rich dilo oil and chia seed oil, the key ingredients in our skin care and hair care products, unite nature's powerful health-enhancers to cleanse, nurture and protect, day after active day. Start your day with a fresh outlook – and enjoy the feeling all day long!

- Revitalizing Body Wash
- Soothing Body Scrub
- Gentle Shampoo
- Nourishing Conditioner
- Soothing Moisturizer
- Sun Defense Lotion
- After-Sun Cooling Gel
- Lip Shield
- Uplifting Candle



Products available for purchase
at the Spa and from our online store,
shop.canyonranch.com

FITNESS + WELLNESS

assessments classes personal training wellness services



FITNESS + WELLNESS

EDUCATIONAL PRESENTATIONS + WORKSHOPS

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

FITNESS CENTER/GYMNASIUM

Use of equipment and most classes are included. Registration is required; sign-up sheets are located at the gym desk or Spa Reception. Please note that select classes require a registration fee.

FITNESS CLASSES

45 min

Our schedule of daily classes offers nearly endless opportunities to learn, get fit and have fun. Try out Hatha Yoga, Vinyasa, Ashtanga, Power Yoga, Kundalini Yoga, Restorative Yoga, Pilates, Indoor Cycling and more. Consult your daily program for times, locations and descriptions. Sign up in the gym or at Spa Reception.

EXERCISE + WELLNESS

ASSISTED STRETCHING

25 min **First session complimentary; second session \$85**

Assisted stretching allows for what you cannot obtain through self stretching – maximal resistance that as you progress improves your resistance, flexibility and strength.

BASIC FITNESS ASSESSMENT

80 minutes

\$176

Have your fitness level assessed through five tests: cardiovascular endurance, muscular strength, muscular endurance, flexibility and body composition. An expert will then design a safe and effective exercise program just for you.

BODYSTAT® BODY COMPOSITION ANALYSIS

25 min

\$77

Quick, comprehensive and noninvasive, the Bodystat Body Composition Analysis provides a complete picture of your body makeup and hydration level. Learn how much of your total body weight is fat and how much is lean tissue (including muscle and bone).

EXERCISE FOR WEIGHT LOSS

50 min

\$112

Learn how to stimulate your metabolism to reduce body fat. Whether you're beginning a program or are an avid exerciser, we can create an effective fitness program based on your goals and abilities.



FITNESS + WELLNESS

PERSONAL TRAINING SESSION

25 / 50 min

\$77 / 112

In this private session, a trainer will develop or fine-tune a fitness program tailored to your specific needs, preferences and goals. Popular areas of focus include:

**Blood pressure | Body sculpting | Bone health
Cardiovascular fitness | Exercise for travel
Pregnancy | Strength**

PERSONAL TRAINING SESSION (2 PEOPLE)

50 min

\$171

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

EXERCISE PRESCRIPTION

50 min

\$112

A Canyon Ranch exercise professional creates a customized program to help you achieve your fitness goals, whether you're a novice or an experienced exerciser.

SPECIALIZED WELLNESS SERVICES

BACK CARE

50 min

\$112

A fitness specialist, skilled in addressing musculoskeletal problems, will make a professional assessment. You'll go home with practical recommendations for preventive care.

GAIT ANALYSIS

25 min

\$100

Get a computerized assessment of the biomechanics of your feet as you walk across an orthotics mat. Includes review and recommendations for orthotics, if indicated. (Off-the-shelf Foot Doctor orthotics are available.)

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

GENERAL INFORMATION

- Guests must be at least 18 years of age.
- Spa services for teens ages 16-17. Please inquire at the spa desk for details.
- Smoking is not permitted.
- Alcoholic beverages are not served or permitted.

HOURS

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

APPOINTMENTS

For more information or to book an appointment, please contact the spa onboard.

GRATUITIES

An 18% service charge has been included in all prices for your convenience. 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 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

Rates are subject to change. Please ask one of our staff members for the price of your service before you book.

REFUND POLICY

Our goal is to provide you with professional services and products that exceed your expectations and increase your feeling of well-being. If you are not completely satisfied, please contact the Spa Director.

CANCELLATION POLICY

Cancellations must be received at least 6 hours before scheduled Spa appointments, 3 hours before scheduled Salon appointments, or the full service fee is charged. Thank you for your understanding. Please visit the Spa or press the Spa button on your stateroom phone to cancel appointments.

CONCERNS?

We aim to promptly address any issues. However, if it has not been possible to deal with your complaint to your satisfaction while on board, please email atsea@canyonranch.com or call **855.206.6655**, or, to dial internationally, **520.239.3283**.

CANYON RANCH STORE

Visit our online store to purchase the premium skin care products used in your favorite services. You'll also find books and DVDs by Ranch professionals, our signature line of nutritional supplements, logo activewear and more at shop.canyonranch.com.

EXPLORE OUR BLOG FOR HEALTHY INSPIRATION

Learn how to feel your best today and every day. The Canyon Ranch blog features hundreds of articles on health, fitness, nutrition and the basic lifestyle choices that can make all the difference for you. You'll get leading-edge information from diverse experts, practical health tips and nutritious recipes to help you stay on track. Visit canyonranch.com/blog

CANYON RANCH

The Spa on Regent Seven Seas Cruises® experience offers a rich sampling of the programs and services that have made Canyon Ranch famous worldwide. Experience a touch of Canyon Ranch, right down to the unsurpassed service, remarkable settings and quality staff.

Reservations: 877.329.1924
regent@canyonranch.com

Canyon Ranch® is a registered trademark of CR License, LLC.

canyonranch.com

CANYONRANCH®

canyonranch.com