Step into Canyon Ranch, one of the world’s most renowned spas.

Customize your wellness journey to suit your needs. Challenge yourself with an invigorating workout at the state-of-the-art fitness center. There are endless ways to inspire your path, from massages and facials to salon and barber services. Embrace the opportunity to take some time for yourself and discover what’s best for you.
NEW CANDLE MASSAGE
50 / 80 minutes
Mon-Thur $199 / 299, Fri-Sun $209 / $309
A beautiful experience, Seed to Skin’s signature massage with a warm
massage candle is profoundly relaxing. The massage candle, rich in skin
conditioning ingredients including argan oil, coconut extract, and shea
butter, and infused with the essence of oud wood and vanilla, is delicately
poured onto the skin and massaged with slow sweeping movements.

CANYON RANCH MASSAGE
50 / 100 minutes
Mon-Thur $189 / $289 / $369, Fri-Sun $199 / $299 / $379
Our signature massage is uniquely tailored to suit your needs. This
full-body massage stimulates circulation and soothes tight muscles.

NEW TRANQUILITY MASSAGE
80 minutes
Mon-Thur $309, Fri-Sun $319
An innovative treatment acting on three different sensory pathways for
profound relaxation. Feel the synergy of a unique blend of essential oils,
Tranquility Sound™, and relaxing massage modalities, all combined with
the use of soft brushes to soothe the senses. You’ll be gently guided into
a state of peace and tranquility that promotes sound sleep.

DEEP TISSUE MASSAGE
50 / 80 minutes
Mon-Thur $199 / $319, Fri-Sun $209 / $319
Firm to deep pressure is applied to reach deep muscle layers and
address your specific areas of concern.

NEW THAILATES
80 minutes (25 minutes Pilates and 50 minutes Thai Massage)
Mon-Sun $249
Let our fitness expert design your 25-minute Pilates Balanced Body
Reformer workout, then receive a Thai massage from one of our massage
therapists. Please wear loose-fitting clothing.

FIT MASSAGE
80 minutes
Mon-Sun $259 / $269
A certified fitness trainer will perform a 30-minute Fusionetics® Movement Analysis
to assess muscle strength and muscle groups that need attention. Based on your
results, a massage therapist will customize a 50-minute deep tissue massage to
meet your individual needs. A personalized take-home plan will be provided.

ENHANCEMENTS
AYURVEDIC HERBAL OIL $15
Choose from three specially blended oils designed to harmonize,
awaken or nourish.

PEPPERMINT FOOT SCRUB
$30
Mint-scented foot scrub that energize and restores circulation.

MOISTURIZING HAIR & SCALP TREATMENT
$30
Delivers new luster, bounce and manageability to damaged
or dry hair and scalp.

TENSION BALM
$30
A healing ointment is massaged into areas where muscle
tightness is a concern.

EXCLUSIVELY FOR COUPLES
COUPLES RETREAT
100 minutes: 2 GUESTS Mon-Thur $759, Fri-Sun $779
Share a sublime experience in our couples ritual room: scalp
massage, full-body exfoliation, cleansing shower and a luxurious
bath for two—followed by full-body massage.

COUPLES SERVICES
Most spa services can be offered for couples with a $20 per person
surcharge. See our website for a full list of couple’s services.
FROM THE EAST

ABHYANGA-SHIRODHARA
80 minutes
Mon-Sun $299
An enhanced Abhyanga, combined with the classic treatment of a Shirodhara. Enter a light state of meditation as a stream of warm herbal-infused oil soothes the spirit and helps balance your body’s energies.

REIKI
50 minutes
Mon-Sun $199
This Japanese technique for stress reduction and relaxation promotes healing through a light and nurturing touch. You may experience improved circulation and an overall sense of well-being. (Please wear loose-fitting clothing.)

SHIATSU
50 / 80 minutes
Mon-Sun $199 / $299
A deeply relaxing whole-body tune-up. The body’s energy system is stimulated by applying pressure to acupoints and along meridians to balance yin and yang.

CHAKRA BALANCING MASSAGE
80 minutes
Mon-Thur $309, Fri-Sun $319
Begin with an anointment of Rose and Lotus Flower essence and the sound of chimes to clear energy and provide focus. Ayurvedic Dosha balancing oils are applied to the body’s energy centers along the spine to facilitate opening and flow of energy in your chakras. Then an Ayurvedic Kansa wand is used to activate and balance your chakras. Semi-precious stones are placed on your chakras to further balance the body and provide peace and clarity to the mind. End with a Kansa foot bowl treatment to ground you for the rest of your day.

THAI MASSAGE
50 / 80 minutes
Mon-Sun $199 / $299
This massage uses slow, gentle rocking movements to stretch soft tissues and harmonize vital energies. This graceful therapy is performed on a floor mat and leaves you feeling relaxed, energized, and more flexible. (Please wear loose-fitting clothing.)

ASHIATSU MASSAGE
80 minutes
Mon-Sun $299
The ultimate deep massage. Your therapist uses overhead bars for balance while using their feet to release sore, tight tissues and to stimulate circulation.
BODY TREATMENTS

BODY SCRUB
50 minutes
Mon-Sun $189
Renew your skin with a scrub that leaves it feeling soft and velvety smooth. Choose from Revitalizing Sea Salt or Tropical.

BODY SCRUB & FULL-BODY MASSAGE
100 minutes
Mon-Thur $359, Fri-Sun $369
This luxurious extended experience is the ultimate in relaxation combining our body scrub and Canyon Ranch Custom Massage.

NEW ALCHEMIST’S RETREAT
100 minutes
Mon-Thur $359, Fri-Sun $369
Our signature journey starts with an uplifting, skin renewing body exfoliation with detoxifying sea salt. Afterwards, thermal mud is applied to your back, relieving tension, and recharging you with marine minerals. Followed by a luxurious warm candle wax massage, rich in nourishing oils and natural extracts of vanilla, rose and precious oud wood. This journey is finished with a stimulating scalp massage. Both energizing and relaxing, this ritual leaves the whole body, mind, and spirit completely balanced.

NEW AWAKENING EXFOLIATING BODY TREATMENT
50 minutes
Mon-Thur $199, Fri-Sun $209
Uplifting, detoxifying, nourishing. Seed to Skin’s exfoliating body treatment harnesses the power of mineral-rich raw sea salt and an extraordinary blend of spirulina, shea butter, and essential oils designed to stimulate circulation, detoxify, and slough away dead skin cells. Personalized application of warm, deeply restorative probiotic body balm will release tension, soothe the senses, and nourish the skin.

NEW BALANCING BODY TREATMENT
80 minutes
Mon-Thur $319, Fri-Sun $329
De-stressing, balancing, recharging. Seed to Skin’s detoxifying ritual starts with gentle body brushing to invigorate the senses, boost circulation and stimulate the lymphatic system. After a thermal mud is applied on the back, relieving tension and recharging the body with marine minerals. Followed by a luxurious warm candle massage, rich in nourishing oils and natural extracts of vanilla, rose, and precious oud wood. Both energizing and relaxing, this ritual leaves the whole body, mind, and spirit completely balanced.

NEW YON-KA® PARIS DETOXIFYING JOURNEY
80 minutes
Mon-Thur $319, Fri-Sun $329
Featuring the detoxifying and energy-balancing effects of the essential oils of Lavender, Everlasting and Petitgrain. This synergy of aromatics blends into a warm, bamboo and mango butter gentle scrub that safely and effectively exfoliates and hydrates the skin. A classic aromatherapeutic massage features relaxing effleurage as expert hands intensify the benefits of the essential oils. This traditional massage therapy boosts the body’s microcirculation, deeply eliminates toxins, and imparts a feeling of overall wellness.

NEW YON-KA® PARIS ENERGIZING JOURNEY
80 minutes
Mon-Thur $319, Fri-Sun $329
This uplifting spa treatment features the energy-boosting, sweet citrus scent of Mandarin and Sweet Orange. This synergy of aromatics begins with a warm double-sugar scrub to effectively exfoliate and nourish the skin, imparting an oxygen-boosting sunny citrus fragrance over the entire body. An energizing aromatherapeutic full-body massage includes acupressure techniques designed to eliminate blockages of the body’s subtle energy or “Chi” to awaken your senses, free you from stress, and support you during times of physical or mental fatigue.

NEW YON-KA® PARIS FIRMING JOURNEY
80 minutes
Mon-Thur $319, Fri-Sun $329
This stimulating spa treatment features the oxygenating and energy boosting freshness of the essential oils of Cedar, Cypress and Rosemary. This synergy of aromatics begins with blending them into warm sea salt infused with red and brown algae, plus nourishing plant oils for a robust and invigorating total-body exfoliation and detoxification A toning aromatherapeutic full-body massage includes Chinese Bamboo sticks for enhanced toning and sculpting benefits, with an emphasis of the lower body. These specialized techniques are both vibrational and gentle, bringing lightness and energy to the large muscles of the body.

NEW YON-KA® PARIS RELAXING JOURNEY
80 minutes
Mon-Thur $319, Fri-Sun $329
Featuring the warm and floral notes of essential oils of Tiare Flowers and Jasmine. This synergy of aromatics blends into a warm double-sugar scrub to effectively exfoliate and nourish the skin, with sweet floral notes over the entire body. A relaxing aromatherapeutic massage features heated, mineral-rich volcanic stones that glide precisely along the back, following the contours and helping release deep muscle tension along the spine. Both vibrational and gentle, these specialized techniques bring lightness and energy to the back muscles and deep relaxation to the entire body.
SEASONAL BODY SCRUB
50 minutes
Mon-Sun $209
A full-body scrub leaves you relaxed and rejuvenated with the scent of the season.

SEASONAL BODY SCRUB & FULL-BODY MASSAGE
100 minutes
Mon-Thur $379, Fri-Sun $389
This scent of the season duo is the ultimate in body treatment.

PRENATAL REPLENISHING TREATMENT
80 minutes
Mon-Thur $309, Fri-Sun $319
For the mommy to be, let your skin be nourished with a hydrating body polish and a relaxing prenatal massage to help improve circulation and get in touch with your body and your baby.

REFLEXOLOGY
50 minutes
Mon-Thur $209, Fri-Sun $219
A whole-body benefit. Your therapist will work on reflex points that correlate to the individual organs and parts of the body. Activating these reflexes helps improve circulation and promotes relaxation.

CRANIOSACRAL THERAPY
50 minutes
Mon-Sun $199
Using very light, sensitive touch, your therapist monitors the flow of the cerebrospinal fluid to determine where restrictions are located and gently releases them. This soothing therapy encourages optimal fluid movement throughout the body. The result is a deep sense of calm.

SPRAY TANNING & BODY EXFOLIATION
50 minutes
Mon-Thur $149, Fri-Sun $159
A customized self-tanning spray service. A full-body exfoliation is performed to ensure the skin is smooth and oil-free. An organic solution is then airbrushed onto the skin, leaving it glowing.

BODY WRAPS
COCOON
50 minutes
Mon-Sun $189
Experience a gentle exfoliation and soothing body treatment while you relax in a cocoon envelopment bed. Choice of seaweed detox or coconut nourish.

COCONUT & FULL-BODY MASSAGE
100 minutes
Mon-Thur $359, Fri-Sun $369
Your body will thank you with this luxurious cocoon plus a stress-melting massage. Choice of seaweed detox or coconut nourish.

SEASONAL COCOON
50 minutes
Mon-Sun $209
This cocoon features luxurious, organic products to reflect the season.

SEASONAL COCOON & FULL-BODY MASSAGE
100 minutes
Mon-Thur $379, Fri-Sun $389
This scent of the season duo will delight your body and spirit.

RITUAL BATHS
EUPHORIA KING’S BATH
100 minutes
Mon-Thur $359, Fri-Sun $369
Enter a euphoric state of being with this elegant treatment designed to calm and relax your body and mind. After a soothing aromatherapy scalp massage, and a healing body scrub, you’ll immerse in a soaking tub with a special aromatherapy blend. The final touch is a relaxing massage using warm herb-infused oil.

SERENITY BATH & MASSAGE
80 minutes
Mon-Thur $309, Fri-Sun $319
Take time to relax. After an exfoliation to remove dry skin and stimulate circulation, revel in a soothing soak of fragrant bath salts. The service concludes with a full-body massage using an aromatic herbal oil blend. Your skin and senses are revitalized, leaving you feeling restored and renewed.
FACIALS

GENTLEMEN’S FACIAL
50 / 80 minutes
Mon-Thur $189 / $289, Fri-Sun $199 / $299
Tailored to a man’s skin, this facial provides relief from irritation caused by breakouts, ingrown hairs, and razor burn while replenishing vitamins and nutrients to help reduce the appearance of sun damage, lines, and discoloration. You’ll look and feel relaxed and revitalized, ready for an active day.

COLLAGEN LIFTING FACIAL
50 / 80 minutes
Mon-Thur $199 / $309, Fri-Sun $209 / $319
Plump your skin with Babor’s collagen-boosting skin care. This ultra-potent collagen treatment, along with microcurrents for the eyes, plumps the skin from the inside out while smoothing fine lines and wrinkles.

SEASONAL FACIAL
50 minutes
Mon-Thur $224, Fri-Sun $234
This effective treatment uses ingredients of the season that leave your skin replenished and rejuvenated.

GLO2FACIAL
50 / 80 minutes
Mon-Thur $219 / $349, Fri-Sun $229 / $359
This superior anti-aging Glo2Facial 3-in-1 facial simultaneously provides exfoliation, infusion, and oxygenation while incorporating cutting edge technologies. Your esthetician will customize your facial to nourish, brighten, purify, or infuse vitamins that leave your skin hydrated and brighter to minimize pores and reduce the appearance of fine lines.

BAck FACIAL
50 minute
Mon-Sun $179
Show off your back and shoulders. A facial for your back that deep cleanses and exfoliates the tough to reach spots using Éminence organic Skin Care. Enjoy the results of clear, soft, toned skin and released muscular tension.

Purifying Facial
50 / 80 minutes
Mon-Thur $189 / $309, Fri-Sun $199 / $319
Delight your senses while purifying and deep cleansing your skin. Powerful botanicals deliver potent, revitalizing benefits and help the skin perform at its best, while addressing breakouts, pore refinement and balancing oil production. Experience glowing skin that is clarified, hydrated and help improve your skin’s performance.

VITAMIN-C ANTIOXIDANT FACIAL
50 / 80 minutes
Mon-Thur $199 / $299, Fri-Sun $209 / $309
A powerful antioxidant facial that is scientifically researched to deliver a balance of vitamin C that promotes and supports healthy, beautiful, firmer skin. This age-defying facial focuses on diminishing the look of fine lines, hyperpigmentation, and sun damage. Concentrated antioxidants and peptides nourish and work in synergy to defend against the visible signs of aging.
NEW FACIALS

HYDRAFACIAL MD®
50 / 80 minutes
Mon-Sun $275 / $375
This noninvasive, multistep treatment combines the benefits of HydraFacial resurfacing procedure, a mild chemical peel, automated painless extractions (no pinching), and a special delivery of antioxidants, hyaluronic acid, and peptides. Enjoy real results without downtime or irritation. Contraindications include: Botox or fillers within two weeks, or pregnancy. Hydrafacial MD® is a trademark of Edge Systems, LLC.

SWISS BRIGHT FACIAL
50 / 80 minutes
Mon-Thur $199 / $299, Fri-Sun $209 / $309
Revive your radiance with the Swiss Bright Facial, infused with Swissline’s award-winning Cell Shock White therapy, and experience the potent power of cellular renewal from Switzerland. This luxurious facial treatment minimizes the appearance of uneven skin tone by using a formulation made of powerful brightening and de-aging actives including real diamonds, organic Swiss botanicals, peptides, AHA, and Swiss biotechnology to help treat and prevent hyperpigmentation and skin discoloration. The result is unsurpassed brightening for a glowing, and even-toned complexion.

ABSOLUTE YOUTH-BOOST FACIAL
50 / 80 minutes
Mon-Thur $209 / $309, Fri-Sun $219 / $319
Skincare with a supercharged engine. This facial combines Face Gym vibrating T-Bar sonic vibrations and LED Light technology with VENN high-performance treatment products to address the look of wrinkles, the loss of elasticity and firmness, uneven skin tone, dullness, and dehydration.

SOOTHE & HYDRATE FACIAL
50 / 80 minutes
Mon-Thur $189 / $289, Fri-Sun $199 / $299
Specifically designed for dry, dehydrated & sensitive skins, this soothing and hydrating facial incorporates cryocicle ice globes that will calm, soothe and de-puff your skin. This indulgent facial will leave your skin feeling instantly calmer and more hydrated.

RADIANAT AGE-DEFYING FACIAL
80 minutes
Mon-Thur $319, Fri-Sun $329
Our Radiant Age Defying facial is the ultimate in skin rejuvenation. It stimulates cellular renewal, retextures, brightens, firms, and tones the skin. After a skin consultation with your aesthetician, you will select two of the most advanced technologies available based on your skin’s needs and concerns to infuse oxygen, firm, and exfoliate your skin. This luxurious facial leaves the skin looking a feeling more refreshed renewed and youthful.

BODY + FACIAL WAXING AVAILABLE
Visit [canyonranch.com/lasvegas](http://canyonranch.com/lasvegas) for full descriptions and details.

FACIAL ENHANCEMENTS

<table>
<thead>
<tr>
<th>SERVICE</th>
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<tr>
<td>CUSTOM MASK</td>
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<td>CONCENTRATED SERUM</td>
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<tr>
<td>EYE TREATMENT</td>
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<td>LIP TREATMENT</td>
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<td>DERMAFLASH</td>
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<td>PURE LIFT ENHANCEMENT</td>
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HAIR

HAIR DESIGN  Mon-Sun
BANG TRIM  $25
SALON HAIRCUT  $79
SALON CUT & STYLE
SHORT / MEDIUM / LONG  $139 / $159 / $169
BLOW DRY STYLE
SHORT / MEDIUM / LONG / EXTRA LONG  $59 / $79 / $109 / $129
UPDO  $119
BRIDAL UPDO  $130

CORRECTIVE COLOR WITH CONSULTATION
An extreme change in hair color. Using any and all hair coloring services required to correct previously colored hair or to restore hair’s integrity. times and fees vary
BLEACH  $179
FULL HIGHLIGHTS  $189
PARTIAL HIGHLIGHTS  $139
COLOR REGROWTH  $99
COLOR FULL HEAD  $169

SPECIALTY HAIR SERVICES
BALAYAGE  Mon-Sun $299
A free-hand painting color technique that creates a graduated, more natural-looking highlight effect.

BRAZILIAN BLOWOUT
Mon-Sun $399
This semi-permanent hair-smoothing treatment that smooths out your hair by sealing in a special keratin solution that gives you smooth frizz-free hair for up to 12 weeks.

CANYON RANCH HAIR & SCALP TREATMENT  Mon-Sun $189
Restore natural balance to your hair and scalp for more manageable styling and ultimate shine. A designer style completes this service.

EXTENSION CONSULTATION
Mon-Sun $49
A consultation with one of our specialized stylists.

HAIR EXTENSIONS
Times & Fees Vary
Let a certified hair extension specialist create your new style with extensions for length, thickness, and non-chemical highlights.
Note: A consultation is required.

HAIR ENHANCEMENT

EXPRESS TREATMENT  $35
A conditioning treatment selected for your specific needs restores balance and shine to hair.

BARBER

Nothing feels better than a great haircut, a professional shave, or a perfect trim. Our expert barbers offer a full spectrum of services, from styling to color, that will enhance your personal style. Enjoy these services in our Barber Suite:

BEARD TRIM & SHAVE  $99
NECKLINE CLEANUP  $39
HAIRCUT  $79
HAIR COLOR  $99
HEAD SHAVE  $89
MUSTACHE/GOATEE TRIM  $39
STRAIGHT-RAZOR SHAVE  $89
MANICURES

CANYON RANCH MANICURE
50 minutes
Mon-Sun $69
Take your senses on a journey as your hands enjoy a softening, fragrant soak and enjoy a manicure that pampers, restores, and refreshes.

GEL MANICURE
65 minutes
Mon-Sun $99
Say goodbye to nicks, chips, and smudges. All of the essentials of a perfect manicure finished with high-shine gel polish.

SEASONAL MANICURE
50 minutes
Mon-Sun $89
A delight to the senses that allows you to relax and escape into the fragrances of the season while your hands benefit from a soothing soak.

DIP POLISH MANICURE
90 minutes
Mon-Sun $119
Get stronger, lightweight and natural long-lasting nails with our easy-to-use dip powder and dip essentials. Dip powder is formulated without harsh chemicals and with added vitamins and calcium to strengthen natural nails.

NAILS ON THE GO
25 minutes
Mon-Sun $49
A classic groom and polish for hands in a hurry.

AROMATHERAPY MANICURE
50 minutes
$79
A healthy twist to a regular manicure. This deluxe treatment incorporates a unique Multi-Acid Peel for hand exfoliation based on a 20% multi-acid complex, moisturizing Nail Oil, a hand soak in muscle-relieving minerals and essential oils, and a massage based on Geranium, Grapefruit and Lavender Essences. All followed by the most comprehensive nail service to complete this experience.

NAIL ENHANCEMENTS

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<td>DAZZLE DRY</td>
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PEDICURES

CANYON RANCH PEDICURE
50 minutes
Mon-Sun $99
A revitalizing pedicure designed to perk up even the most overtaxed feet. Gentle exfoliation is followed by a moisturizing complex that keeps feet soft.

ULTIMATE PEDICURE
80 minutes
Mon-Sun $139
Our Canyon Ranch Pedicure, with the added therapy of a hot stone massage on lower legs and feet, will relieve tired and achy legs.

GEL PEDICURE
65 minutes
Mon-Sun $119
A classic groom for your feet. Finished with a no dry time, high shine gel polish.

FOOT RESCUE PEDICURE
50 minutes
Mon-Sun $109
Pure Relief. We’ll focus on restoring and energizing tired and over-worked feet.

AROMATHERAPY PEDICURE
50 minutes
$109
This pedicure helps to stimulate circulation as well as revitalize and re-mineralize tired feet. Lavender-scented towels envelope the feet to prepare for a gentle, yet thorough exfoliation using mineral-rich salts mixed with nourishing, invigorating oils. Following the exfoliation, feet are immersed in a soothing foot soak with magnesium salts and trace elements. A massage with invigorating balm concludes this revitalizing experience.

GENTLEMEN’S PEDICURE
50 minutes
Mon-Sun $109
Tailored to a man’s needs. We’ll focus on restoring and energizing tired and over-worked feet.

SEASONAL PEDICURE
50 minutes
Mon-Sun $110
A soothing soak will revitalize your feet while you escape into the fragrance of the season. This is followed by an exfoliation, masque, and moisturizing application.

TOES ON THE GO
25 minutes
Mon-Sun $69
A classic groom and polish for feet in a hurry.
MAKEUP

AIRBRUSH MAKEUP
45 minutes
Mon-Sun $125
Look flawless for that special event. Combined with traditional makeup application with airbrush artistry to create a photo-finish look. Perfect for brides.

EYES ONLY
30 minutes
Mon-Sun $59
For the woman on the go. Let our makeup professional create stunning eyes for your special event.

MAKEUP CREATION
45 minutes
Mon-Sun $89
Let our makeup professional create a new look for your special event or evening out.

LASH APPLICATIONS
Mon-Sun $35
Have on of our expert makeup artists apply your lashes.

LASH EXTENSIONS
Times & Fees Vary
Wake up to longer, thicker, more beautiful lashes. Semipermanent eyelash extensions will be applied to individual lashes, creating a full, natural look.

TINTING
Mon-Sun
EYEBROW TINT $39
LASH TINT $59

LASH LIFT & TINT
120 minutes
Mon-Sun $250
Mascara, be gone. All-natural keratin treatment that lifts, curls, and enriches the tone of your eyelashes. A great alternative to lash extensions that make your eyes bright and awake.
CHALLENGE

DROP-IN FITNESS CLASSES
Per Class: $20
Classes available seven days a week. See our website for details.

PERSONAL TRAINING
25 / 50 minutes
Mon-Sun $59 / $99
Your one-of-a-kind body calls for a one-of-a-kind workout plan. Our personal trainers hold the industry’s top certifications and have the experience that suits your needs, goals, and preference.

ROCK WALL CLIMBING
25 / 50 minutes
Mon-Sun $39 / $69
Challenge your body and spirit by climbing our 40-foot indoor rock wall. Shoes and helmets are provided.

RX FOR FITNESS
50 minutes
Mon-Sun $175
Kick-start an exercise program or get a fresh take on your current routine. Experts help you increase cardiovascular fitness/stamina, muscle mass, core strength, and more.

PRIVATE YOGA
25 / 50 minutes
Mon-Sun $59 / $99
Find greater balance in life with this long-honored mind-body practice. Get personal guidance to help you enjoy the benefits of your yoga practice. Great for beginners or for those who want to enhance their practice.

NOURISH

NUTRITION CONSULTATION
50 minutes
Mon-Sun $109
Get expert advice on everyday nutrition and how best to feed yourself and your family for optimal health and well-being. This entry-level consultation may be customized to suit your needs and interests.
IGNITE

COMPREHENSIVE EXERCISE ASSESSMENT
80 minutes
Mon-Sun $199
Let us customize your workout. An exercise physiologist assesses your fitness level through five tests: cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition, and shows you how to improve your fitness program.

BODY COMPOSITION SCREENING
25 minutes
Mon-Sun $79
A simple eight-minute test in our BOD POD® device will accurately measure body fat and lean body mass percentages. An exercise physiologist will review and explain your results. Please wear tight-fitting clothes.

EXERCISE FOR WEIGHT LOSS
50 minutes
Mon-Sun $159
Meet with a Performance Scientist at the resort for a customized program to optimize exercise time, maximize metabolism, increase lean body mass, build muscle, and promote weight loss.

FUSIONETICS® MOVEMENT ANALYSIS
25 / 50 minutes
Mon-Sun $59 / $99
The evidenced-based Fusionetics approach to mitigating musculoskeletal injury risk is to perform an “impairment” based movement analysis. We will also recommend a program solution to improve movement patterns for all activities/work life and play.

RECOVER

COMPRESSION RECOVERY
25 / 50 minutes
Mon-Sun $59 / $99
Enhance blood flow and speed up recovery with compression boots.

PERCUSSIVE RECOVERY
25 / 50 minutes
Mon-Sun $59 / $99
This Percussion technology device can relieve muscle soreness and stiffness, improve range of motion, promote circulation to accelerate recovery.

RECOVERY ROOM
$79 for 30 minutes
$139 for 60 minutes
You will have access to the following:
— Vibroacoustic Sound therapy Chair
— Therabody smart goggles
— Therabody compression boots
— Therabody Elite

ASSISTED STRETCH WITH PERCUSSIVE MASSAGE
$79 for 30 minutes

THERABODY JET BOOTS
$49 for 15 minutes
$69 for 30 minutes
AQUAVANA® EXPERIENTIAL ROOMS
Explore our suite of warm, chilled, and aquatic experiences to delight your senses and soothe your spirit. Enjoy our suggested sequence to focus on relaxation, energy, or stress relief – or customize an experience all your own.

CRYSTAL STEAM ROOM
Cultivate calm in an aromatic steam environment that cleanses and purifies the body. A space to clear the mind, meditate, reflect, and refocus.

EXPERIENTIAL RAINS
Step into an invigorating series of multi-sensory showers, including a Caribbean Storm, a Tropical Rain, and a romantic Cool Fog.

FINNISH SAUNA
A classic sauna experience – healing dry heat plus soothing colored light.

HERBAL LACONIUM
Inhale the warmth and comfort of an herbal-infused humid environment. The ideal place to delight your body and quiet your mind.

HYDROSPA
Saturate your senses. Experience a gentle pulsating massage from a variety of fountains. Soothe sore muscles and release tension throughout your body.

IGLOO
Three cool-air Arctic mist experiences enhanced by a fiber optic glow.

IN-SUITE SERVICES

SPA
CANYON RANCH MASSAGE
50 / 80 minutes
Mon-Thurs $260 / $385, Fri-Sun $270 / $395

BEAUTY
BARBER SERVICES 50 minutes $200
HAIR SERVICES 50 minutes $200
MAKEUP 50 minutes $200
MANICURE 50 minutes $140
PEDICURE 50 minutes $200

FITNESS + WELLNESS
PERSONAL TRAINER 50 minutes $120
PILATES 50 minutes $120
YOGA 50 minutes $120

CO-ED EXPERIENCES

SALT GROTTO
Soothing “sea air” washes over heated benches and intimate seating niches overlooking a bubbling fountain.

CONSERVATORY
Intimate seating, music, fresh fruit, and hot and cold beverages. A gracious space for relaxation and conversation.

WAVE ROOM
A multi-sensory experience simulating the look and feel of breaking waves under a domed canopy.
DINING VENUES

CANYON RANCH GRILL
Nourish your body with the healthy, innovative fare that Canyon Ranch is famous for. The serene setting and the fresh cuisine will refresh and satisfy you. Top off your meal with organic and sustainable wine, beer, or spirits. Indulge regret-free. Located at the spa entrance of The Palazzo® tower, just off the third-floor suite elevators by The Palazzo pool entrance.

TRUTH & TONIC WELLNESS CAFÉ (VEGAN OPTION)
The first all plant-based restaurant on the Strip. Our dishes feature clean ingredients and superfoods along with crafted healthy cocktails and fresh juices that result in a one-of-a-kind culinary experience. Located on the fourth floor of The Venetian® tower via the suite elevators near The Venetian pool deck.

CR CREAT™
Good. Grab. Go. For energy-boosting juices, guilt-free snacks, and nutritious salads, wraps, and sandwiches. Naturally, you’ll go back for more. Located at the Grand Canal Shoppes®, on the second floor of The Palazzo tower near guest elevators.

GENERAL INFORMATION

DAY PASS
(This experience is based on availability and on a first come first serve basis.)
Hotel Guests, Tue - Thu $75 | Fri - Mon $100
Non-Hotel Guests, Mon - Sun $125
Enjoy all-day access to one of the most extensive, beautifully equipped spas in North America. Immerse yourself in our exclusive Aquavana® experiential rooms and feel the healing and soothing power of water. Wander from one room to the next or follow our recommended sequence to focus on Relaxation, Energizing or Stress Relief. Workout in our extensively equipped fitness center.

LOCATION
Facilities may be accessed from the fourth floor of The Venetian tower via the suite elevator near The Venetian pool entrance. The Palazzo tower guests may access facilities by taking the suite elevator to the third floor located near The Palazzo pool entrance.

CANCELLATION POLICY
Cancellations must be received at least 24 hours prior to appointment time, or the full-service fee will be charged. If an appointment is rescheduled on the day of service, a charge will be assessed.

ARRIVAL TIME
We recommend that you arrive at least an hour before your scheduled service to enjoy all our experiential amenities.

WHAT TO BRING
You may bring fitness wear or swimwear. Shirts and closed-toe athletic shoes must be worn in the fitness area. If you forget, many items are available for purchase. Please bring your photo ID and credit card for check-in.

TEENS
Guests ages 14-17 are welcome to access our fitness facilities when accompanied by a parent or guardian. Specific tandem massages, bodywork, and skin care services are available with a parent or legal guardian booking the same service. Rockwall is available for ages 10 and up.

OTHER
A recommended gratuity of 15% will be added to your service, which you may modify at your discretion. A 5% non-adjustable service charge that will be added to your bill. Canyon Ranch is a non-smoking facility. Cell phone use is permitted in the lobby only.
TUCSON, ARIZONA
WELLNESS RESORT
In the inspiring Sonoran Desert, wellness and transformation are Canyon Ranch traditions. Experts help you create a healthy path forward combining fitness, nutrition, stress management, and balanced living. Seasonal cuisine, a positive spirit, and supportive environment foster joy and growth.

LENEX, MASSACHUSETTS
WELLNESS RESORT
Discover a Berkshires haven with an everything-is-possible atmosphere. Engaging experts lead mind-body classes and year-round outdoor adventures, culinary stars create superb seasonal cuisine, and integrative wellness professionals inspire you with effective strategies and renewed empowerment.

WOODSIDE CALIFORNIA
WELLNESS RETREAT
Reconnect with nature, community, and you at our intimate retreat near San Francisco. Surrounded by the Redwood Forest, your spirit is nurtured with guided activities, fitness classes, outdoor discoveries, and inner journeys. Wellness experts inspire you, wholesome meals nourish you, and your path becomes clear.
VISIT US
Open 6am to 8pm Daily
Call 702.414.3610 to make an appointment
or book online at spa.canyonranch.com.

Canyon Ranch Spa + Fitness + Beauty is accessed via the
3rd floor of The Palazzo tower, next to the pool
entrance and the 4th floor of The Venetian tower,
next to the pool entrance.