



Guide
TO SERVICES

Spa Services


Salon Services

Health &
Wellness Services

A Health & Fitness Oasis

CANYON RANCH
Spa Club
at
GAYLORD PALMS[®]



A close-up photograph of several green leaves, showing their intricate vein structure. The leaves are layered, with some in the foreground and others in the background, creating a sense of depth. The lighting is soft, highlighting the texture of the leaf surfaces. The quote is centered over the middle section of the image.

*Good health
is a matter
of choice,
not chance.*



The Power of Serenity

Welcome to Canyon Ranch SpaClub – the perfect spot to shed tension and luxuriate in the pleasures of healthy living.

Our inspiring oasis reflects the world-renowned Canyon Ranch experience. Here you can enjoy tranquility, restore natural resiliency and explore your potential, and, of course, bask in world-class pampering.

Replenish your spirit and relax your body at
Canyon Ranch SpaClub.



SpaClub Passport

Enjoy SpaClub facilities with the purchase of a daily Passport, which includes use of the fitness center, steam room, whirlpool, sauna, locker rooms and your choice of daily fitness classes. We provide robes, sandals and complimentary fruit and beverages in the coed tea lounge. Passports are valid from 9 a.m. to 9 p.m.

Ask about multi-day passes.

ABOUT CANYON RANCH

Since we created our first health resort in 1979, the Canyon Ranch experience has focused on optimal health. We encourage people to become active, informed participants in their health, because wellness is largely based on everyday choices about nutrition, stress management, preventive care and staying fit.

Whether you stay at one of our health resorts for a week or two, visit the new Canyon Ranch Living Miami, or enjoy SpaClub for a day, you'll find a place where you can relax, get rid of stress and have a great time. 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 & Mel Zuckerman
Canyon Ranch founders



**Canyon Ranch
in Tucson, Arizona**



**Canyon Ranch
in Lenox, Massachusetts**

Canyon Ranch health resorts – in Tucson, Arizona and Lenox, Massachusetts – enjoy a worldwide reputation for luxury vacations based on healthy living through therapeutic massage and bodywork, fitness, nutrition, and lifestyle education and awareness.

For more information, visit canyonranch.com or call 800-742-9000.



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Ask a Guest Services Representative about rates or refer to the Menu of Services.

All services and rates subject to change without notice.
Information/Appointments: 407-586-4SPA (4772)



BODYWORK



HOW TO RECEIVE A MASSAGE

Take time

Give yourself plenty of time before your massage so you can use the steam room or sauna first. Warm muscles benefit most from bodywork.

Shower

A warm shower just before your massage is relaxing and washes off any salts, minerals or chemicals that could clog pores when mixed with massage oils. Afterward, put on your robe and meet your therapist in the Relaxation/Tea Room waiting area.

Talk with your therapist

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

(Un)dress the part

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

“Deeper” doesn’t necessarily mean “better”

Our multi-talented massage staff is devoted to giving you a massage that will satisfy your needs, but every body is different. Please let your therapist know how you’re feeling, and remember that therapeutic massage should not be painful.

Relax

Close your eyes and allow your mind and body to be quiet. Breathe deeply and let tension slip away with each breath. Remember, this time is for you.

Note: We use fragrance-free massage oil; lotion is available upon request.

Therapeutic Bodywork

ABHYANGA

50 minutes

Balance, purify and relax as two therapists perform a synchronized, full-body and head massage using warm oil. This traditional ayurvedic therapy releases toxins, enhances immunity, nourishes the skin and creates deep relaxation in body and mind.

AUTHENTIC AROMATHERAPY MASSAGE

50 minutes

A relaxing antidote to stress, this massage combines specialized techniques with the therapeutic effects of pure essential oils. This complete, head-to-toe treatment promotes the elimination of toxins, strengthens the immune system and helps establish a healthy equilibrium of mind, body and spirit.

CANYON RANCH MASSAGE

50 or 80 minutes

Indulgent and uniquely relaxing, our classic massage stimulates circulation and soothes tight muscles. Your massage is customized so you can enjoy the bodywork that's right for you. Our gifted therapists adapt their eclectic techniques to your particular needs and preferences. Tension dissolves, leaving behind only comfort and well-being.

CANYON STONE MASSAGE

80 minutes

The healing power of the earth is in your therapist's hands as smooth, rounded basalt stones are gently heated, then lubricated with oil to persuade even the tightest muscles to let go completely. The soothing weight and radiant warmth of the stones, combined with therapeutic essential oil, penetrates muscle tissue, inducing deep relaxation. A Canyon Ranch signature service.



DEEP-TISSUE MASSAGE

50 or 80 minutes

This treatment is recommended for those who regularly receive massage and who enjoy intense bodywork. Specialized, focused techniques reach deep muscle layers, and address points of attachment as well as the belly of the muscles. Because these techniques tend to be slow and coordinated with deep breathing, just two or three areas can be thoroughly addressed in a 50-minute massage.

HEAD, NECK & SHOULDERS

25 minutes

This concentrated massage employs a variety of techniques to release tension in the head, neck and shoulders. Not a full-body massage.

HYDROMASSAGE

50 minutes

Experience a classic revitalizing therapy that stimulates the lymphatic and circulatory systems using the natural physical effects of water on the body. This treatment is performed in our highly specialized hydrotherapy tub using powerful water pressure and appropriate therapeutic oils, herbal extracts and sea products offering a variety of benefits.

Choose from the following alternatives:

- Water retention
- Stress and tension
- Muscle aches and pains
- Dry skin
- Energizing
- Detoxification
- Immune boosting

Note: Please wear a swimsuit for this service.

MUSCLE MELT FOR 'ROAD WARRIORS'

80 minutes

A treatment developed by the people of Thailand to ease aches and pains of warriors returning from war. Warm herbal pouches are firmly pressed into muscles to ease and melt the aches and pains out of every inch of your body. Traditional Thai oil massage with lemongrass oil releases any lingering tension, resulting in a calmer state of mind and a body that's ready to go out and conquer the world. (The pressure of this massage will be altered to suit your weary body's needs.)

TWO-BY-TWO THERAPIES

50 minutes

Share the Canyon Ranch experience with someone special in a side-by-side treatment:

- AUTHENTIC AROMATHERAPY MASSAGE
- CANYON RANCH MASSAGE

These side-by-side sessions are perfect for couples or friends who want to enjoy massage treatments together. Two therapists and two tables are used during these services.



PRENATAL MASSAGE

50 minutes

Our classic Canyon Ranch Massage adapted to provide complete comfort and safety for both of you. A specially designed support system relieves you of the strain of gravity while your muscles are massaged with a refreshing blend of oils formulated especially for pregnant women.

SHIATSU

50 minutes

In this active, rhythmic Oriental technique, the therapist uses thumbs, fingers and palms to stimulate acupressure points on the body. Pressure is applied along meridians and acupoints to tone, relax and balance. Please wear light, loose-fitting clothing.

SOLE REJUVENATION

50 minutes

Every aspect of wellness is connected, from head to hard-working toes. This relaxing foot massage relieves tension, soothes your aches and puts the spring back in your step. Please wear light, loose-fitting clothing.

Massage Enhancements

One of these relaxing enhancements can make your massage even more beneficial.

ISLAND SCALP MASSAGE

Warmed coconut oil is slowly drizzled over the scalp as the head is gently massaged, leaving hair shiny and healthy.

HAND TREATMENT

Experience our relaxing hand treatment in combination with any massage. Your hands will be gently exfoliated before being massaged using a hydrating lotion infused with natural botanicals to leave your skin soft, supple and moisturized.

FOOT TREATMENT

This foot therapy is a real treat. It begins with an exfoliation using an essential oil-infused walnut shell scrub followed by a relaxing massage – your feet will feel a total release of tension. Pair this treatment with any massage for the ultimate in stress-relief.

Healing Energy

While energy medicine is relatively new to Western culture, the study of energetic structures in Asia is thousands of years old. Energy medicine is based on the theory that, in addition to the physical body that we can see and touch, we have a simultaneous, superimposed energetic body that can be disrupted by everyday stressors, causing physical disease and pain. Gentle, hands-on energy healing techniques address these energy imbalances. Just as negative changes in the body's energy field can cause disease, positive changes can support resolution.

CRANIOSACRAL

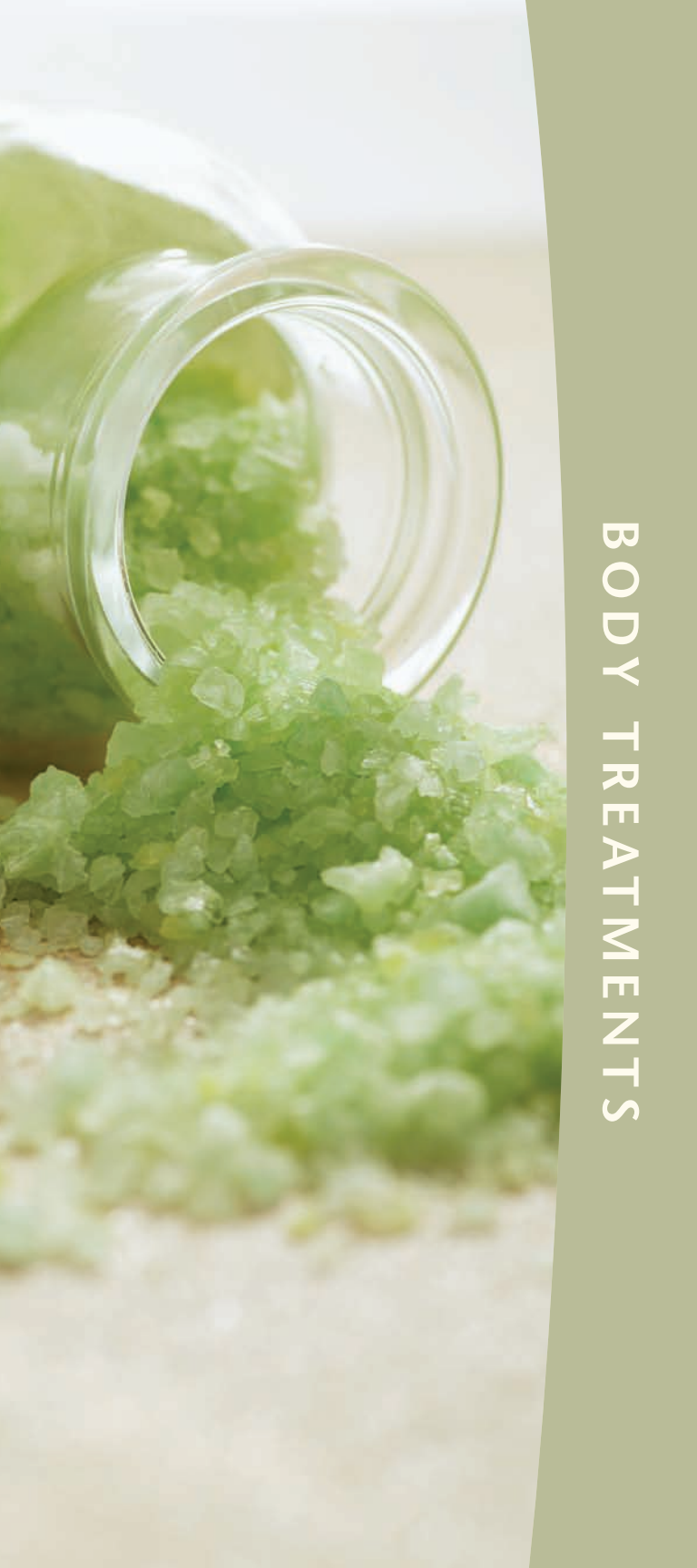
50 minutes

The craniosacral system gently pulses with the ebb and flow of cerebrospinal fluid. Using light touch, the therapist monitors this motion to determine where restrictions are located. This technique gently encourages optimal fluid movement to nourish all the tissues of the body, causing a self-correcting response. The result is a deep sense of calm, well-being and greater self-awareness. Please wear loose-fitting clothing.

REIKI

50 minutes

Based on the principles of chi, or universal life energy, Reiki promotes healing through methods rooted in spiritual tradition. The therapist's hands are gently placed over head, chest, abdomen and back, producing a calming and nurturing effect. Please wear loose-fitting clothing.



BODY TREATMENTS

Exfoliate & Hydrate

ANCIENT WAVES BODY GLOW

50 minutes

Organic cane sugar grown in the sun-drenched fields of Fiji is combined with exotic driftnut oils to gently buff away dry, dull skin and give the body a boost of nutrients. Exotic massage oil high in vitamins and skin-conditioning lipids is then applied, leaving your skin smooth, soft and glowing.

ANTI-AGING BODY TREATMENT

50 minutes

This scientifically based body treatment slows aging, protects from future damage and enhances the appearance of your skin. A powerful combination of vitamins A, C, E and AHAs triggers reversal of sun damage and strengthens skin by firming, exfoliating and hydrating. Expect immediate results!

CRYSTAL BODY TREATMENT

50 minutes

Experience a treatment that brings your skin to a silky, restorative glow. Triple-action antioxidant vitamins and microcrystals deeply exfoliate and stimulate, instantly revealing smoother, healthier and more beautiful skin. You'll be radiant from head to toe.

DILO REVITALIZING WRAP

25 minutes

Too much fun in the sun can result in dry, damaged skin. Cool off and start repairing damage fast with the amazing nut extract of the dilo tree, known in Fiji as the tree of a thousand virtues. Dilo nut oil is high in calophylic acid, which speeds healing and repairs free radical damage due to sun and environmental factors.

awaken

HYDRATING PARADISE WRAP

50 minutes

Hydrating for skin and detoxifying for your whole system, this treatment will leave your mind renewed and body restored. First, your skin is gently dry-brushed. Then warm, vitamin- and antioxidant-enriched oil is applied. Finally, you'll relax as a moisture wrap, warm oil scalp massage and mini cold-stone facial relieve all tension. This indulgent treatment leaves you hydrated, balanced and fully restored.

MANGO SUGAR GLO

50 minutes

Enjoy the sweet, tropical fragrance of mango in this luxurious Canyon Ranch original treatment. Derived from natural products including raw sugars and jojoba oil, this soothing body scrub rejuvenates and moisturizes your skin. Your treatment includes a light exfoliation to clear and balance skin, then the vitamin-enhanced, hydrating qualities of a mango bodywash gently cleanse and condition. Ultimately, a vitamin-enriched mango moisturizer is applied to soften and smooth even the most sensitive skin.

Body Rituals

EUPHORIASM

100 minutes

Music plays softly in the candlelit environment of our Spa Suite as you are draped in bath sheets, and your face is enveloped in towels dipped in sage oil. An aromatherapy scalp massage is followed by a warm botanical body mask. After the mask is gently buffed away, you're immersed in a soaking tub for a revitalizing bath. This delicious Canyon Ranch signature service concludes with a light, soothing massage using warm herb-infused oil.

FIJIAN MARAU RITUAL

80 minutes

Indulge in the ultimate island pampering. Marau, or “happy and satisfied,” is the way you’ll feel after experiencing this ancient ritual. You’ll start by bathing in coconut milk infused with exotic Fijian oils and botanical extracts to relax the body and ease the mind. Fijian scrub and exotic nut oils are then used to gently exfoliate and buff the skin and prepare it for a revitalizing moisture wrap. A Fijian scalp massage concludes this ultimate journey through the South Pacific.

RED FLOWER JAPAN

100 minutes

This ritual-based massage treatment is a vitalizing flow: breathe, release, purify, energize, soften and soak. This four-part treatment combines the therapeutic properties of flower oils and fruit essences with rich minerals from the earth and sea. Be deeply scrubbed with ohana ginger grass, polished with cherry blossom rice, and hydrated with rose, camellia and plum. Finish with a massage with kinmoxei wild-lime silk oil to energize and restore the whole body.

RED FLOWER HAMMAM

80 minutes

Replenishing skin care derived from the traditions and precious essences of the Middle East. You’ll begin with a cleansing coffee and olive-stone scrub, then purify with a clay body-wrap, hydrate with scented steam, and be replenished by the warming essences of cardamom, jasmine, bergamot, amber and clove.

SHIRODARA

50 minutes

Ayurveda (ay-yur-VAY-duh) is an ancient Indian science of healing that uses herbs, oils and touch to care for mind, body and spirit. This classic ayurvedic herbal hair and scalp treatment has far-reaching effects. The therapist directs a warm, gentle stream of oil onto the forehead, restoring calm to the mind while soothing the senses. This treatment incorporates massage for face, hands and feet.

A close-up, profile view of a man's face, smiling and looking down. The skin is clear and healthy. The background is a soft, out-of-focus white. A dark green vertical bar is on the right side of the image.

HEALTHY SKIN

Facials

Both men and women benefit from relaxing and luxurious treatments that recondition the skin and leave you looking and feeling your best from head to toe. Our licensed aestheticians will assess your needs, select the products that suit your skin and create a care plan for maintaining that healthy, glowing look.

CANYON RANCH FACIAL

50 minutes

Our exclusive, signature facial uses Canyon Ranch skincare products proven to improve the appearance and health of skin by stimulating healthy cell production and strengthening the skin barrier. Combined with a hydrating mask, this is an amazing preventive and restorative anti-aging treatment for all skin types. (Men: Do not shave just before this treatment.)

TOTAL ELEGANCE FACIAL

50 minutes

Discover a special retreat with this indulgent facial, which rejuvenates, repairs, balances and unveils an instant glow for any skin type. Allow us to customize your treatment with skin care products based on pure essential oils and other plant extracts.



Whether you prefer to target lightening, brightening, repairing, firming or age-minimization, this customizable service will provide amazing benefits.

awaken

CLEANSE & POLISH BACK TREATMENT

50 minutes

Enjoy a deep cleaning for an often-neglected area – the back. Repair, balance and purify with this targeted treatment. Promotes healing and helps prevent future breakouts. Note: Additional skin resurfacing peel is optional for deeper cleaning.

CLINICAL AGE-MANAGEMENT FACIAL

80 minutes

Every person's skin is different. Lifestyle, environment, age, genetics and other factors dictate how your skin ages. This comprehensive approach helps arrest, reverse and restore skin health. A trained aesthetician will make the appropriate clinical diagnosis and determine the treatment procedure. (This treatment can be received in a series or as a stand-alone facial.)

DEEP-CLEANSING FACIAL

80 minutes

Stress, hormonal imbalance, diet and environmental aggressions can cause skin to become problematic. This facial is designed to clear congested pores and provide an in-depth cleansing with a thorough exfoliation, steam and extractions, if required. Relax while a specially blended mask balances skin, leaving your face feeling clean, smooth and radiant.

GENTLEMEN'S FACIAL

50 minutes

Specially tailored to a man's skin and senses. Provides relief from razor burn and skin irritations while replenishing necessary nutrients lost during the shaving process. (Men: Do not shave just before this treatment.)

SECRETS OF INDIA FACIAL

80 minutes

Authentically rendered ayurvedic beauty techniques from ancient India cleanse, detoxify and nourish the skin, enhancing beauty from within. This treatment includes stimulation of facial marma (energy points), abhyanga (massage) and ayurvedic herbal applications for glowing, radiant skin. Scalp massage or Shirodhara – your choice – will complete your transcendence to bliss.

SENSITIVE SKIN FACIAL

50 minutes

This soothing and nourishing treatment minimizes redness and inflammation, leaving a healthy, hydrated glow. Designed for people with delicate skin and a tendency toward rosacea or irritation. Products used are colorant- and fragrance-free.

Facial Enhancements

Make your facial even more special with one of our luxurious enhancements.

CRYSTAL ENHANCEMENT

Experience a treatment that brings your skin to a silky restorative glow. Triple-action antioxidant vitamins and microcrystals deeply exfoliate and stimulate, instantly revealing smoother, healthier, more beautiful skin. You'll be radiant.

ISLAND SCALP MASSAGE

Warmed coconut oil is slowly drizzled over the scalp as the head is gently massaged, leaving hair shiny and healthy.

OXYGEN ENHANCEMENT

This oxygenation peel provides a conditioning “boost” of oxygen to gently stimulate and brighten skin. The oxygenation process destroys free radicals and harmful bacteria, resulting in beautiful, glowing skin.

PEELS

Advanced peels provide more active exfoliation.

A close-up photograph of a white orchid. The main focus is a large, white petal that is slightly out of focus. In the foreground, a smaller, more detailed part of the orchid is visible, showing a purple lip with a yellow center and brown spots. The background is a soft, out-of-focus white.

FINISHING TOUCHES

Manicures

CRYSTAL MANICURE

50 minutes

Experience deep exfoliation and polish with triple-action antioxidant vitamins for a beautiful glow.

GENTLEMEN'S MANICURE

30 minutes

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

HANDS SO SOFT MANICURE

50 minutes

Warm paraffin manicure hydrates dry skin – great for soothing arthritis and softening cuticles.

SEA MIST MANICURE

50 minutes

Our hands are one of the first parts of the body to show aging. In this luxurious manicure, the years wash away as your hands are bathed in rich coconut milk, then hands and lower arms are gently buffed with pineapple sugar. Finally, a hand mask rich in vitamins and antioxidants is gently massaged into skin to reduce fine lines and even out skin tone.

SPA MANICURE

30 minutes

Enjoy a luxurious custom-blend spa manicure that creates healthy nails. Your therapist will combine unique formulations to make your nails strong but flexible and resistant – just as nature intended.

ACRYLIC FILLS

60 minutes

discover



FULL SET ACRYLIC

90 minutes

POLISH CHANGE

15 minutes

Pedicures

BLUE OCEAN PEDICURE

50 minutes

As your feet slip into a warm bath of coconut milk and exotic driftnut oils, you're transported away to an island paradise. Rough dry skin is gently buffed away with organic cane sugar, leaving your feet and lower legs delightfully smooth. To conclude, a rich foot mask high in regenerating antioxidants gives the feet a moisture boost while the lower legs are massaged with exotic oil.

CRYSTAL PEDICURE

50 minutes

Experience deep exfoliation and polish with triple-action antioxidant vitamins for a beautiful glow.

FEET SO SOFT PEDICURE

50 minutes

Warm paraffin hydrates dry skin – great for soothing arthritis and softening cuticles.

GENTLEMEN'S PEDICURE

50 minutes

This aromatherapy treatment provides hydration and exfoliation, using products that appeal to a gentleman's senses. This service includes a file, soak, groom, massage and buff to renew the feet.

SPA PEDICURE

50 minutes

Enjoy a luxurious custom-blend spa pedicure that promotes healthy nails and feet. This treatment deep cleans, rejuvenates and exfoliates for healthier, softer skin using vegan nail products that make your nails strong, flexible and resilient – just as nature intended.

TOES ON THE GO

30 minutes

A groom and polish for feet in a hurry.

Hair Design

Our team of stylists offers a full spectrum of hair care services. From styling to dimensional colors, find a cut and color to enhance your individual style. We welcome you to enjoy a complimentary personalized consultation.

WOMEN'S CUT

Look your best with a designer haircut.

WOMEN'S CUT & STYLE

Share your ideas with an expert stylist for the cut and style that will suit you best.

TRADITIONAL MEN'S CUT

discover

STYLE

Look your best with a style meant for you.

COLOR

Our expert design team will create a new shade or match your color for hair with brilliant radiance.

DIMENSIONAL COLOR

Looking to enhance your color with highlights or low-lights? Allow us to customize the perfect dimension and depth of color that will bring vibrancy to your hair.

DESIGNER PERMS

Choose a designer or spiral perm.

Classic Barber Service

TRADITIONAL MEN'S CLOSE SHAVE

25 minutes

SpaClub brings back the classic safety straight razor shave. Complete with hot towel and heated foam.



Specialty Hair Treatment

HOT OIL ISLAND SCALP MASSAGE

50 minutes

Drift away as warm Fijian coconut and exotic nut oils are slowly drizzled over the scalp as the head and neck are gently massaged, restoring balance and leaving hair shiny and healthy. Followed by a shampoo and style.

Specialty Services

MAKEUP APPLICATION

30 minutes

Look as great as Canyon Ranch makes you feel. Let our professional makeup artists create a new look for your special event or evening out.

MAKEUP APPLICATION & CONSULTATION

50 minutes

Get advice from a professional you'll be able to use on your own.

WAXING

Facial and body waxing is available. Waxing must be booked separately. (Brazilian waxing is not offered.)



HEALTH & WELLNESS

Wellness Services

BODY COMPOSITION ANALYSIS

25 minutes

Skin-fold calipers are used to measure the percentage of body fat in relation to lean body mass. Learn how it relates to your current exercise program.

EXERCISE FOR WEIGHT LOSS & BODY DEFINITION

80 minutes

Get a customized exercise plan to increase your metabolism and reduce excess body fat. Includes a Body Composition Analysis by a fitness professional.

PERSONAL FITNESS TRAINING

50 minutes

A certified personal trainer takes you through a private workout including cardiovascular exercise, strength training and stretching.

TEAM-BUILDING & PRIVATE GROUP EXERCISE CLASSES

Presentations and classes led by certified fitness instructors. Can be tailored to the needs of your group. Times vary.

LIFETIME NUTRITION

50 minutes

Meet with a registered dietitian for expert recommendations based on your age, health risks, history, lifestyle and dietary patterns. Explore a nutrition topic such as:

- Healthy Weight
- Nutrition for the Busy Traveler
- Maximizing Metabolism
- Eating for Energy
- Vitamins & Supplements

move

FITNESS CLASSES

For a nominal fee, you may choose from a variety of daily fitness classes, from yoga to salsa. Explore the possibilities. Schedules are available at the Fitness Center.

SPA PACKAGES

Choose from an ever-changing array of seasonal and holiday gift packages and promotions. Spa Packages include the use of the steam room, sauna, locker rooms, access to our Coed Tea/Relaxation Lounge – including complimentary beverages and use of robes and sandals – plus access to your choice of fitness classes and a selection of services. Call us for those special occasions – a Spa Package makes an unforgettable gift.



General Information

- SpaClub guests must be at least 18 years old. Some exceptions may apply. Call the Spa for details.
- SpaClub is a nonsmoking facility.
- Alcohol is not served or permitted in SpaClub.
- Cell phone use is permitted in the SpaClub lobby only.
- Salon guests must be at least 16 years old.

HOURS

Fitness facility – 5:30 a.m. to 9:30 p.m. daily

SpaClub – 9 a.m. to 9 p.m. daily

Living Essentials spa boutique – 9 a.m. to 9 p.m. daily

Salon – 9 a.m. to 9 p.m. daily.

AT YOUR SERVICE

Our friendly and knowledgeable Guest Services Representatives will recommend and schedule SpaClub experiences that will be meaningful and enjoyable.

CANCELLATION POLICY

SpaClub cancellations must be received at least six hours prior to appointment time or the full service fee is charged. If an appointment is rescheduled on the day of the service, an additional \$35 fee will be charged.

ARRIVE EARLY

To keep on schedule without feeling rushed, please arrive at least 45 minutes before your scheduled service. Your treatment will start at the scheduled appointment time.

WHAT TO BRING

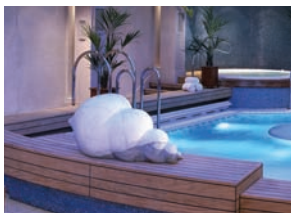
Please bring your own fitness wear – SpaClub does not provide clothing. Closed-toe athletic shoes must be worn in the fitness area. Please leave any valuables in your room safe, not in your locker.

CANYON RANCH LIVING ESSENTIALS® BOUTIQUE

Our boutique is your resource for healthy living products. Discover aromatherapy bath and body products, candles and healing essential oils, Canyon Ranch logo merchandise, distinctive gifts and accessories, and books, videos, DVDs and CDs on healthy living.

- Hours: 9 a.m. to 9 p.m.
- Phone: 407-586-2165

Recharge your spirit and renew your energy at either of our other SpaClub locations:



SpaClub on board Queen Mary 2
Cunard's grandest luxury ocean liner
SpaClub appointments: 800-742-9000



SpaClub at The Venetian
And in the amazing new Palazzo Tower
SpaClub information
& appointments: 877-220-2688

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ABOUT CANYON RANCH

Canyon Ranch health resorts – in Tucson, Arizona, and Lenox, Massachusetts – Canyon Ranch SpaClubs in Las Vegas and Kissimmee, and onboard Queen Mary 2, and Canyon Ranch Miami Beach enjoy a worldwide reputation for luxury vacations based on healthy living through fitness, nutrition, and lifestyle education and awareness.

For more information, visit canyonranch.com
or call 800-742-9000.



6000 W. Osceola Parkway
Kissimmee, Florida 34746

Information/Appointments: 407-586-4SPA (4772)
For more information, visit gaylordpalms.com/spa