



# CANYON RANCH®

spa | beauty | fitness | wellness

ON OCEANIA CRUISES® *Marina* *Riviera*







ON OCEANIA CRUISES®

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

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

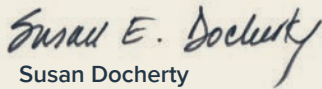


### **ABOUT CANYON RANCH**

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 black 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.



THERMAL ENVIRONMENTS **7**

BLISSFUL DREAMS PROGRAM **9**

SKIN CARE **10**

Facials

Gentlemen's Facials

Facial + Body Waxing

BODY TREATMENTS **12**

Conditioning Body Scrubs

Organic Body Wraps

Rituals

MASSAGE + BODYWORK **16**

Massage

From the East

SALON **23**

Hair Services

Makeup

Manicures

Pedicures

PRODUCTS **28**

FITNESS + WELLNESS **31**

Educational Presentations + Workshops

Exercise + Wellness

Specialized Wellness Services

GENERAL INFORMATION **36**





---

## THERMAL ENVIRONMENTS

Explore our aquatic suite – where the pleasures are rivaled only by the benefits. From billows of aromatic steam to relaxing saltwater pools, you'll find a full range of rejuvenating aquatic experiences. Unwind before a spa treatment, relax after a class or workout, rejuvenate before a big night, or simply enjoy this unique, therapeutic environment at your leisure. (Bathing suit not required – environments are single-sex. Robe and slippers are provided.)

### **AROMATIC STEAM ROOM**

This cleansing and fragrant therapeutic environment provides steam infused with essential oils for a multisensory healing and mood-enhancing experience.

**Enjoy these private environments with the purchase of a daily pass:**

### **THALASSOTHERAPY POOL**

The therapeutic and healing benefits of saltwater and massage are united in the wonderful thalassotherapy pool, where you can unwind and feel the power of flowing water unknitting tired muscles. Excellent post-workout or pre-massage.

### **SUNDECK**

Relax on our private sundeck after your thalassotherapy experience. Enjoy a quiet escape from the hustle and bustle of other travelers.



---

## THE 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**

**\$140**

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

### AGE-DEFYING RESTORATIVE FACIAL

**50 min**

**\$145**

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**

**\$32**

**Foot Treatment** – soothing and nourishing

**20 min**

**\$32**

### MINDFUL DREAMS RITUAL

**75 min**

**\$250**

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**



## FACIALS

### ADVANCED AGE-MANAGEMENT FACIAL

**80 min**

**\$265**

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**

**\$210**

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**

**\$270**

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**

**\$140**

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**

**\$140 / 210**

This treatment 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 FACIAL

**50 min**

**\$150**

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**

**\$155 / 225**

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**

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.

**\$140**

### ESSENTIAL MEN'S FACIAL

**50 min**

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.

**\$140**

### HIGH-PERFORMANCE MEN'S FACIAL MASSAGE

**80 min**

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

**\$210**

## FACIAL + BODY WAXING

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

### OPTIONAL FACIAL ENHANCEMENTS

ALGAE LIFTING + CONTOURING EYE ENHANCEMENT	<b>\$45</b>
ANTI-AGING NECK + DÉCOLLETÉ TREATMENT	<b>\$45</b>
ANTI-AGING THERAPEUTIC MASQUE	<b>\$45</b>
BROW TINTING	<b>\$36</b>
EYELASH TINTING	<b>\$45</b>
MASQUE ADD-ONS	<b>\$45</b>

### 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   organic body wraps   rituals*



---

## 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** **\$140**

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** **\$140**

A wonderfully restorative, exfoliating body treatment that cools skin on contact. Antibacterial essence of laurel opens the airways while spirulina intensely hydrates. 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** **\$140**

An exfoliation with crushed bamboo, bamboo sap and oils of ginger and fir removes rough, dry skin and stimulates circulation. 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** **\$140**

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

## ORGANIC BODY WRAPS

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

### EUPHORIC DETOX WRAP

**50 min** **\$155**

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

### MINERALIZING MARINE CLAY WRAP

**50 min** **\$155**

This unique body wrap features an organic mineral-rich natural clay – produced from naturally ground Atlantic Ocean coral – combined with algae extracts. The coral clay contains multiple minerals and vitamins to detoxify and leave your skin velvety soft. (No coral is harmed in harvesting this clay.)

## BODY TREATMENTS

---

### SEAWEED LEAF WRAP

**80 min**

**\$250**

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**

**\$155**

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**

**\$155**

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**

**\$280**

An intense therapeutic transformation based on the skin care practices of the traditional hamam bathhouse. You'll be cleansed with Moroccan mint tea and silt purifier, then scrubbed with coffee, olive stones and fresh lemons. A rich rhassoul clay then draws out impurities. Finally, recharge with quince and orange blossoms, sealed in with warming curative essences of cardamom, jasmine, bergamot, amber and clove. Concludes with a massage.

### EUPHORIA RITUAL

**80 min**

**\$280**

Enter a euphoric state of being in this elegant body treatment designed to calm the nervous system and relax the mind. 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.

---

### LAZY DAYS SEAWEED BATH RITUAL

**25 min**

**\$60**

Experience the healing benefits of seaweed in its most natural state. Your body absorbs the vitamins, amino acids and nutrients concentrated by this miraculous plant in a fantastic therapeutic soak.

### MINERAL-RICH HINOKI MINT BATH RITUAL

**25 min**

**\$60**

Draw water's energy into the skin, lift the spirits and relax the body with this balancing blend of Japanese hinoki wood mint oil, chlorophyll and minerals from deep within the earth.

### NATURALLY NOURISHING RITUAL

**80 min**

**\$280**

A powerful six-part ritual based on Finnish traditions. Skin is nourished and cleansed with organic milk, exfoliated with bioactive peat enzymes and ripe, antioxidant-rich Arctic cloudberries. Then your lymphatic system is stimulated by a mushroom and phytonutrient wrap followed by an oxygenated ionizing mist. Your treatment finishes with a Canyon Ranch Massage using Arctic berry extracts and oils of cypress and birch to increase circulation and vitality.

### REJUVENATING NEROLI CYPRESS BATH RITUAL

**25 min**

**\$60**

Mineral-enriched water offers a sensual retreat for the entire body. Release toxins from deep within and let the body float into a state of absolute relaxation in a bath blended with essential oils and the purest Dead Sea salt, clay and other cell-rejuvenating minerals.

### REVITALIZING RITUAL

**80 min**

**\$280**

A luscious six-part massage and body ritual that brings your body into balance and harmony. Be purified with yuzu mimosa sea algae, deeply scrubbed with warming gingergrass, polished with nutrient-rich rice bran and hydrated with rose camellia water. Next, quench your whole body with wild lime silk oil and a Canyon Ranch Massage to energize and restore. Complete your journey with a plum wine cream to seal in the healing benefits.





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.

*In-suite massages are available for guests occupying the Owners, Vista and Penthouse suites.*

### MASSAGE

#### AROMATHERAPY MASSAGE

**50 / 80 min** **\$150 / 200**

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** **\$210**

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

#### AWAKENING MASSAGE

**50 min** **\$150**

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** **\$145 / 200**

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

#### CANYON STONE MASSAGE

**80 min** **\$215**

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 / 100 min** **\$170 / 245 / 295**

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

#### SEAWEED FEET + LEG MASSAGE

**45 min** **\$115**

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** **\$150**

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** **\$145**

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.*



## ACUPUNCTURE

### ACUPUNCTURE

**50 min**

**\$170**

This ancient Chinese modality is endorsed by the National Institutes of Health. A session with an acupuncturist helps balance the body's energy (chi), stimulates natural healing processes and provides a deep state of relaxation. Acupuncture is useful in addressing problems such as:

**Insomnia | Anxiety | Depression | Migraines  
Arthritis | Allergies | Sea Sickness | Tension Headaches  
Tendonitis | Fatigue**

## 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**

**\$185**

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

### ABHYANGA MASSAGE

**50 / 80 min**

**\$175 / 230**

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**

**\$185**

**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 and 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.

## MASSAGE + BODYWORK

---

### REFLEXOLOGY

**50 min**

**\$150**

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

### SHIATSU *(on selected vessels)*

**50 / 80 / 100 min**

**\$150 / 210 / 288**

Relax, energize, awaken. In this active, rhythmic Asian technique, the therapist uses thumbs, fingers and palms to stimulate the body's energy system, applying pressure to acupoints and along meridians to balance yin and yang. Shiatsu is a deeply pleasurable whole-body tune-up.

### SHIRODHARA

**50 min**

**\$160**

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**

**\$150 / 210**

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.

## 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**

**\$300 / 400**

### AROMATHERAPY MUSCLE SOOTHER

**80 min**

**\$420**

### CANYON RANCH MASSAGE

**50 / 80 min**

**\$290 / 400**

### CANYON STONE MASSAGE

**80 min**

**\$430**

### DEEP TISSUE MASSAGE

**50 / 80 min**

**\$340 / 490**

### TENSION ZONE MASSAGE

**50 min**

**\$290**

## OPTIONAL MASSAGE ENHANCEMENTS

Make your Canyon Ranch massage even more unforgettable.

### RELAXATION SCALP MASSAGE

**\$35**

### REVITALIZING FOOT TREATMENT

**\$35**

### WAKING UP SCALP MASSAGE

**\$35**







**SALON**

*hair makeup manicures pedicures products*





## HAIR SERVICES

BANG/FRINGE TRIM	\$15
<b>BLOW-DRY ENHANCEMENT</b>	
EXTRA-LONG	\$24
SUPER CURLY	\$24
ADD-ONS	\$33
<b>COMB OUT</b>	\$42
<b>CUT + STYLE</b>	
SHORT	\$78
MEDIUM-LENGTH	\$87
LONG	\$96
<b>MEN'S HAIRCUT</b>	\$33
<b>MUSTACHE + BEARD TRIM</b>	\$15
<b>SHAMPOO, CUT + BLOW-DRY</b>	
SHORT	\$78
MEDIUM-LENGTH	\$87
LONG	\$96
<b>SHAMPOO, ROLLER SET + BLOW-DRY</b>	
SHORT	\$51
MEDIUM-LENGTH	\$60
LONG	\$69
<b>UPDO/UPSTYLE</b>	
MEDIUM-LENGTH	\$69
LONG	\$78

## COLOR + HIGHLIGHTING

*Prices start at:*

BLEACH	\$68
FULL HIGHLIGHTS	\$150
HIGHLIGHTS – 2 TO 4 FOILS	\$42
PARTIAL HIGHLIGHTS	\$105
TINT – ROOTS ONLY	\$78
<b>TINT, TONER OR SEMI-PERMANENT COLOR</b>	
SHORT	\$87
MEDIUM-LENGTH	\$96
LONG	\$105
<b>HAIR + SCALP TREATMENT</b>	
80 min	\$150
Restore your hair's natural vitality with a custom hair care and scalp treatment. A designer style completes the treatment.	

## MAKEUP

### MAKEUP CONSULTATION

**25 min** **\$60**

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

## MANICURES

### AGE-DEFYING MANICURE

**45 min** **\$90**

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** **\$42**

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

### FRENCH MANICURE

**50 min** **\$47**

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

### GENTLEMEN'S MANICURE

**30 min** **\$35**

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 minutes** **\$85**

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

### SHELLAC MANICURE

**50 minutes** **\$90**

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 **\$96**

• ACRYLIC FILLS **\$69**

• FRENCH POLISH **\$105**

• OVERLAY WITH ACRYLICS **\$78**

• PINK + WHITE ACRYLICS **\$123**

• PINK + WHITE REBALANCE/FILL **\$78**

FILE + POLISH **\$24**

NAIL REPAIR **\$24**

PARAFFIN TREATMENT HANDS OR FEET **\$33**

POLISH CHANGE FINGERS OR TOES **\$24**

POLISH CHANGE FINGERS OR TOES FRENCH **\$33**

SOAK-OFF **\$15**

---

## PEDICURES

### AGE-DEFYING PEDICURE

**50 min** **\$120**

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

### CANYON RANCH PEDICURE

**50 min** **\$69**

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

### CANYON STONE PEDICURE

**80 min** **\$154**

Experience the ultimate. We'll 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** **\$115**

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** **\$75**

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** **\$69**

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** **\$95**

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

### SPORTS PEDICURE

**50 min** **\$78**

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.

## PRODUCTS

---

### PROUDLY OFFERING:

#### **BRICKELL** MEN'S PRODUCTS

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



#### **ENVIRON**<sup>®</sup> beautiful skin for a lifetime

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.

#### **KÉRASTASE** PARIS

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.

#### **red flower**

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



#### **shankara**

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](http://shop.canyonranch.com)





**FITNESS + WELLNESS**

*assessments classes personal training gait analysis*



## 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.

## EXERCISE + WELLNESS

### ASSISTED STRETCHING

**25 min**     **First session complimentary; second session \$72**

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 min**     **\$149**

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.

### 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.

### BODYSTAT® BODY COMPOSITION ANALYSIS

**25 min**     **\$65**

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 + WELLNESS

### EXERCISE FOR WEIGHT LOSS

**50 min** **\$95**

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.

### PERSONAL KINESIS TRAINING

**45 min** **\$95**

Focused on balance, flexibility and stability, Kinesis® builds endurance and trains muscles to work together efficiently and safely. Wall-mounted grips, cables and weight stacks allow for 360-degree, resistance-based, multiplane motion.

### PERSONAL PILATES SESSION

**50 min** **\$95**

A private Pilates session on the mat.

### PERSONAL TRAINING SESSION

**25 / 50 min** **\$65 / 95**

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** **\$145**

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** **\$95**

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** **\$95**

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** **\$85**

This service offers analysis of your gait using 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



### DAILY PASS

Enjoy our private thalassotherapy pool and sundeck with the purchase of a daily pass.

- Guests must be at least 18 years of age.
- Spa services for teens ages 14–17. Please inquire at the spa desk for details.
- No smoking allowed.
- Alcoholic beverages are not served or permitted.

### HOURS

Fitness Center: 6 am to 9 pm daily

Spa, Beauty Center and Skin Care: 8 am to 8 pm, daily

### GRATUITIES

For your convenience, an 18% service charge will be added to all prices. Additional gratuities are not expected and are at the sole discretion of the guest.

### 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 Canyon Ranch 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**

## **APPOINTMENTS**

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

## **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](http://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](http://canyonranch.com/blog)**

## **CANYON RANCH**

The Spa on Oceania 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 | [oceania@canyonranch.com](mailto:oceania@canyonranch.com)**

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

**[canyonranch.com](http://canyonranch.com)**



CANYONRANCH.

[canyonranch.com](http://canyonranch.com)