

CANYONRANCH
SpaClub[®]

think beyond spa

GUIDE TO SERVICES
on Oceania Cruises[®]



spaclub® experience

THE POWER OF SERENITY

Discover a legendary spa experience on Oceania Cruises.[®] Award-winning Canyon Ranch[®] – with its family of destination health resorts, wellness communities and SpaClub[®] luxury spas – has been the acknowledged world leader in healthy living expertise, and a haven of tranquility, comfort and warmth since 1979.

Experience the profound pleasures of Canyon Ranch in a spectacular setting – Oceania Cruises' fleet of luxurious ships. Enhance your voyage with services, presentations and exercise classes that increase resilience, restore serenity and feel fantastic. Enjoy!

ABOUT CANYON RANCH

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

Whether you stay at one of our health resorts for a week or two, visit Canyon Ranch SpaClub® in Las Vegas, or enjoy a SpaClub experience for a day or more during your voyage, you'll find a place where you can relax, reduce stress and have a great time ... and it can also mean much more. This is a chance to explore your potential, learn about yourself and begin the lifestyle changes that lead to a healthier, more fulfilling life.

To your good health!



Enid and Mel Zuckerman
Canyon Ranch founders

AWARD-WINNING
Canyon Ranch Locations



CANYON RANCH HEALTH RESORT

TUCSON, ARIZONA

Legendary Canyon Ranch in Tucson, nestled 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.

CANYON RANCH HEALTH RESORT

LENOX, MASSACHUSETTS

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



CANYON RANCH SPA CLUB

LAS VEGAS

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

DAILY PASS

Enjoy our private thalasso-
therapy pool and sundeck
with the purchase of a
daily pass.



THERMAL ENVIRONMENTS	6
SKIN CARE	8
Facials	8
Optional Facial Enhancements	8
BODY TREATMENTS	14
Conditioning Body Scrubs	15
Organic Body Wraps	16
MASSAGE & BODYWORK	18
Optional Massage	
Enhancements	20
Treatments from the East	21
Healing Energy	21
Ayurveda	21
SALON	22
Hair Services	22
Manicures	24
Pedicures	25
Makeup	25
HEALTH & WELLNESS	26
Exercise & Wellness	26
Specialized Wellness Services	27
Educational Presentations & Workshops	27
GENERAL INFORMATION	28

A close-up photograph of a woman's face and upper body. She is wearing a light blue bikini top and has long dark hair. Water is pouring over her head and face, with droplets visible on her skin. Her eyes are closed, and she appears relaxed. The background is blurred.

ABOUT OUR thermal environments

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

AROMATIC STEAM ROOM

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

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

THALASSOTHERAPY POOL

The therapeutic and healing benefits of salt water and massage are united in the wonderful thalassotherapy pool where you can unwind and feel the power of flowing water unknotting 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.

skin care

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

ADVANCED AGE-MANAGEMENT FACIAL

80 minutes

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

OPTIONAL FACIAL ENHANCEMENTS

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

AGELESS OXYGEN BOOST

50 minutes

The next generation of skin care – pharmaceutical results in pure, preservative-free formulas. A hybrid of medical grade bioactives and Bio Suisse certified extracts are blended to pure perfection for a gold standard treatment. These ingredients are directed at correcting sun conditions associated with aging, such as lines and wrinkles, discoloration and loss of elasticity. With unsurpassed power to protect the skin from aging and environmental damage, this oxygen treatment builds collagen and elastin, increases cell turnover, and hydrates, restoring the skin's youthful glow. Includes a double cleanse, deeply hydrating massage, and application of a serum specially chosen for your skin's needs, and ends with an oxygen infusion.

Note: Extractions are performed as necessary.

AGELESS OXYGEN BOOST...

THE ULTIMATE!

80 minutes

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

Note: Extractions are performed as necessary.

CLEANSE & POLISH BACK TREATMENT

50 minutes

This treatment focuses on an often overlooked area and helps purify, soothe and balance the look of oily and problematic skin. A deep cleansing and exfoliation prevents and eliminates blackheads, whiteheads, breakouts and congestion – reducing the look of inflammation and irritation and leaving the skin clean and refreshed





DEEP CLEANSING FACIAL

50/80 minutes

This treatment helps purify, soothe and balance the look of problematic skin. Deep cleansing helps eliminate the appearance of blackheads, whiteheads and congestion. Your newly exfoliated and smoothed skin will feel clean, calm and refreshed.

FACIAL & BODY WAXING

Facial and body waxing is available. Please inquire when scheduling your appointment.

GEMSTONE ANTI-AGING FACIAL

80 minutes

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

GENTLEMEN'S FACIAL

50 minutes

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.

REVITALIZING HYDRATION FACIAL

50 minutes

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

SENSITIVE FACIAL

50 minutes

This calming and restorative skin treatment is for those who experience redness, irritation and dryness. A combination of vitamins, antioxidants and growth factors will gently begin to rebalance and restore your skin's integrity, leaving it looking soothed, smoothed, healthy and hydrated.



VITAMIN INFUSION FACIAL

50/80 minutes

To restore radiance, this superb treatment delivers nutrients to the skin to improve the signs of environmental damage from the sun, pollution and stress. Powerful vitamins A and C plus antioxidants help to re-establish the look of clarity and firmness and help guard against further damage. Skin appears brighter, smoother and more youthful.

YOUR "TOTAL" TRANSFORMATION FACIAL

80 minutes

Enjoy all the benefits of our Your Transformation Facial plus an amazing oxygen infusion technology. Your skin deeply absorbs a nourishing blend of botanical extracts that will leave your complexion smooth, youthful and glowing with health. This is truly the facial of a lifetime.

YOUR TRANSFORMATION FACIAL

50/80 minutes

Defy the effects of the sun and repair damaged skin starting at the deepest level. ProNAD® and other cutting-edge Canyon Ranch ingredients strengthen and moisturize skin and stimulate cell growth – with no artificial or harmful ingredients. The visible results will astonish you.

OPTIONAL UPGRADES

Enhance the results of our treatments by adding one or both of the following:

- **Iontophoresis** involves the use of an electrical current to facilitate greater penetration of vitamins into the skin. Choose two treatment areas (eyes, pigmentation, breakouts, scarring, etc.).
- **Sonophoresis** involves the use of sound waves to transport vitamin molecules through the skin. It upgrades the effectiveness of our soothing Alginate Masque.

body TREATMENTS

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

DETOXIFYING RITUAL

80 minutes

Retreat into a ritual of heat and pure scent for an intense therapeutic transformation based on the skin care practices of the traditional hammam bathhouse. You'll be intensely cleansed with Moroccan mint tea and silt purifier, and vigorously scrubbed with coffee, olive stones and fresh lemons. A rich rhassoul clay will then be applied to draw out impurities. You'll recharge with quince and orange blossoms and then have all this goodness sealed in with warming curative essences of cardamom, jasmine, bergamot, amber and clove. Concludes with a massage.

EUPHORIA RITUAL

80 minutes

Enter into 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.

NATURALLY NOURISHING RITUAL

80 minutes

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

REVITALIZING RITUAL

80 minutes

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

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 minutes

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

OCEAN SCRUB

50 minutes

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



OHANA CIRCULATION POLISH

50 minutes

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

WORLD OF RELIEF BODY BUFF

50 minutes

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

ORGANIC BODY WRAPS

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

EUPHORIC DETOX WRAP

50 minutes

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 deal.

SEAWEED LEAF WRAP

80 minutes

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

SEAWEED PEAT WRAP

50 minutes

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

TANGLE ME UP WRAP

50 minutes

This soothing body wrap contains ground Laminaria digitata algae, which helps relax tired muscles, relieve stress and banish fatigue. The powerful antioxidant compounds work to firm and tone your skin, alleviate the appearance of cellulite and signs of aging, and help protect against cell damage from environmental toxins. Your treatment includes a full body brushing to increase circulation and aid infusion of the potent seaweed gel.



massage & BODYWORK

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

MASSAGE

GET THE MOST FROM YOUR MASSAGE

Take time

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

(Un)dress the part

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

Talk with your therapist

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

Relax

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

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

AROMATHERAPY MASSAGE

50/80 minutes

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

AROMATHERAPY MUSCLE SOOTHER

80 minutes

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

CANYON RANCH MASSAGE

50/80 minutes

Indulgent and uniquely relaxing, our signature full-body massage stimulates circulation and soothes tight muscles. Our gifted therapists adapt their eclectic techniques to your particular needs and preferences. Tension dissolves, leaving only comfort and well-being behind.

CANYON STONE MASSAGE

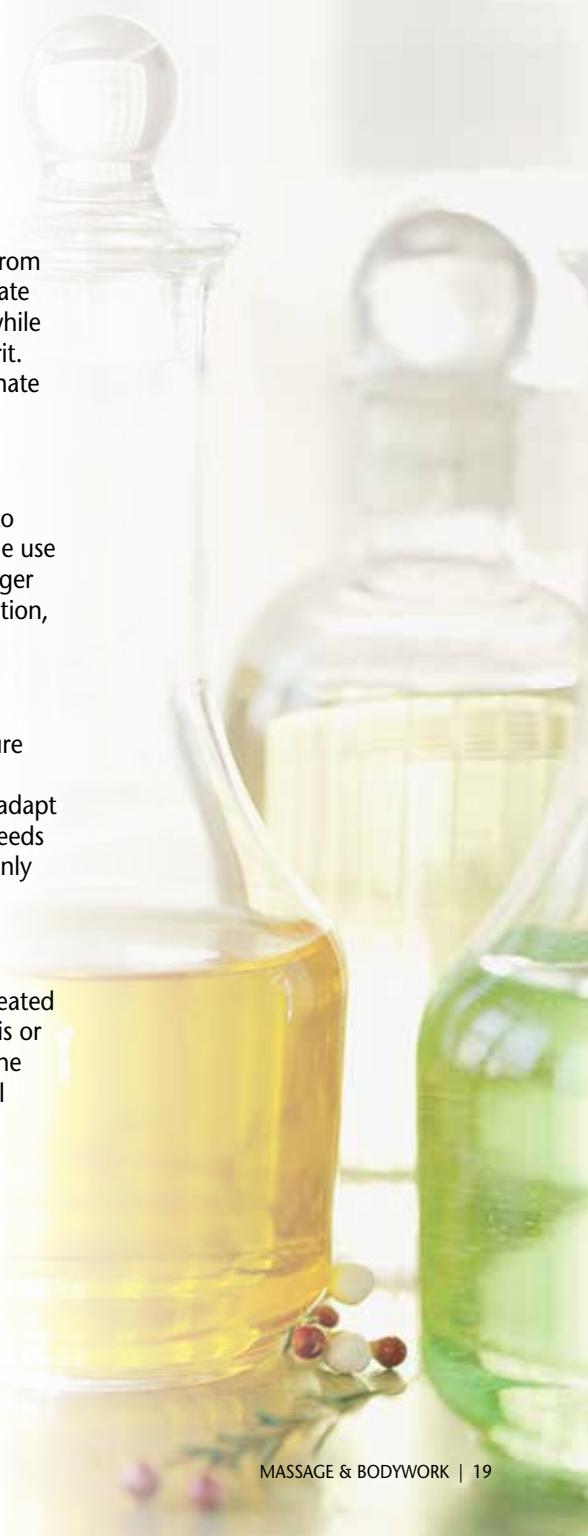
80 minutes

Smooth, rounded basalt stones are gently heated and used by the therapist as extensions of his or her hands. The weight and radiant heat of the stones combined with a calming essential oil penetrates muscle tissue, inducing deep relaxation without overheating.

DEEP TISSUE MASSAGE

50/80/100 minutes

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



SOLE REJUVENATION

50 minutes

Every aspect of wellness is connected, from head to hardworking 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 minutes

Tight neck? Tense shoulders? Your therapist will relieve the tension in your head, neck and shoulders with a focused treatment employing a variety of highly effective techniques. Get that weight off your shoulders and prepare to relax.

Note: Not a full-body massage.

OPTIONAL MASSAGE ENHANCEMENTS

Make your Canyon Ranch massage even more unforgettable.

DRY-NO-MORE SCALP TREATMENT

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

OILY-NO-MORE SCALP TREATMENT

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

PEPPERMINT SCALP REFRESHER

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

REVITALIZING FOOT TREATMENT

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

TREATMENTS FROM THE EAST

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

REFLEXOLOGY

50 minutes

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

SHIATSU*

50/80 minutes

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.

THAI MASSAGE*

50/80 minutes

Harmonize your vital life energy with graceful, nurturing bodywork that promotes physical flexibility and ease. Using slow, focused movements and compressions to guide the body through stretches, Thai massage creates a feeling of lightness and comfort while encouraging a serene yet buoyant state of mind. Given on a traditional floor mat.

HEALING ENERGY

REIKI*

50 minutes

Reiki promotes healing through methods rooted in Eastern spiritual tradition. The therapist gently places his or her hands over your head, chest, abdomen and back, producing a calming effect. You may experience decreased anxiety and fatigue, and improved circulation, concentration and sleep quality.

AYURVEDA

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

ABHYANGA MASSAGE*

50/80 minutes

Abhyanga, loosely translated, means "attending to a part of the body in the present moment." A therapist performs this full-body ayurvedic-style massage using warm sesame oil. Marmas, or subtle points of energy, are addressed on the face and feet to balance body, mind and spirit. This traditional therapy releases toxins, enhances immunity, nourishes the skin and creates deep relaxation.

* On selected vessels.

Look as beautiful as you feel! Let our creative salon professionals give you a look you'll love.

HAIR SERVICES

HAIR DESIGN

- Bang/Fringe Trim
- Blow-Dry Enhancement
(extra long/super curly/add-ons)
- Comb Out
- Cut & Style
(short/medium-length/long hair)
- Men's Haircut
- Mustache & Beard Trim
- Shampoo, Cut & Blow-Dry
(short/medium-length/long hair)
- Shampoo, Rollerset & Blow-Dry
(short/medium-length/long hair)
- Updo/Upstyle
(medium-length/long hair)

COLOR & HIGHLIGHTING

- Bleach
- Full Highlights
- Highlights – 2 to 4 Foils
- Partial Highlights
- Tint – Roots only
- Tint, Toner or Semipermanent Color
(short/medium-length/long hair)

HAIR & SCALP TREATMENT

80 minutes

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





NAILS

- ACRYLIC FILLS
- FILE & POLISH
- FULL SET ACRYLICS
- FULL SET/FRENCH POLISH CHANGE
- FULL SET PINK & WHITE ACRYLICS
- FULL SET PINK & WHITE REBALANCE/FILL
- NAIL REPAIR
- OVERLAY WITH ACRYLICS
- PARAFFIN TREATMENT
- POLISH CHANGE
- SOAK-OFF

MANICURES

AGE-DEFYING MANICURE

45 minutes

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

FRENCH MANICURE

50 minutes

Your Spa Essentials Manicure with an added elegant, nail varnish finish. A classic white tip look suitable for all occasions.

GEL MANICURE

50 minutes

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

GENTLEMEN'S MANICURE

30 minutes

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

HANDS SO SOFT MANICURE

45 minutes

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

SPA ESSENTIALS MANICURE

45 minutes

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

PEDICURES

AGE-DEFYING PEDICURE

50 minutes

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

CANYON STONE PEDICURE

80 minutes

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

FEET SO SOFT PEDICURE

50 minutes

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

GEL PEDICURE

50 minutes

No more nicks, chips and smudges. Enjoy all the essentials of a perfect spa pedicure finished with a breakthrough gel polish that combines the ease of polish with the permanence of gels.

GENTLEMEN'S PEDICURE

30 minutes

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 to renew the feet.

SPA ESSENTIALS PEDICURE

50 minutes

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

SPORTS PEDICURE

50 minutes

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

MAKEUP

MAKEUP CONSULTATION

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



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

EXERCISE & WELLNESS

BODY COMPOSITION ANALYSIS

25 minutes

Know your number! Using calipers to measure skinfold thickness at four sites, we can determine your body's percentage of fat in relation to lean body mass. We'll then use the results to determine a realistic body-weight target range.

BASIC FITNESS ASSESSMENT

80 minutes

Assess your fitness level through five tests: cardiovascular endurance, muscular strength, muscular endurance, flexibility and body composition. A Canyon Ranch exercise professional will use your results to design a safe and effective exercise program.

EXERCISE FOR WEIGHT LOSS

50 minutes

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

PERSONAL TRAINING SESSION

25/50 minutes

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

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

PERSONAL TRAINING SESSION (2 PEOPLE)

50 minutes

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

SPA CLUB® EXERCISE PRESCRIPTION

50 minutes

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

SPECIALIZED WELLNESS SERVICES

BACK CARE

50 minutes

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

FITNESS CLASSES

45 minutes

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

Please note that select classes require a registration fee.

GAIT ANALYSIS

25 minutes

This service offers video 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.

EDUCATIONAL PRESENTATIONS & WORKSHOPS

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

GENERAL INFORMATION

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

HOURS

Fitness Center: 6 am to 10 pm daily
Spa, Beauty Center & Skin Care:
8 am to 8 pm daily

GRATUITIES

An 18% service charge will be added to the service price for your convenience. Additional tips 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 SpaClub experiences that will be beneficial and enjoyable.

WHAT TO BRING

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

AVAILABILITY OF TREATMENTS, SERVICES & FACILITIES

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

PRICES

Rates are subject to change. Please ask one of our staff members for the price of your treatment 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

SpaClub® 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 SpaClub or press the Spa button on your stateroom phone to cancel appointments.

COMPLAINT POLICY

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 spaclubatsea@canyonranch.com or call 855-206-6655, or to dial internationally, 520-239-3283.

APPOINTMENTS

For more information or to book an appointment, please dial 03 on your in-suite telephone, or 2800 from any ship phone.

CANYON RANCH STORE

Visit the Canyon Ranch online store to purchase the premium skin care products used in your favorite SpaClub® 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.

CANYON RANCH SPACLUB®

The SpaClub 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.

SPA CLUB ON OCEANIA CRUISES

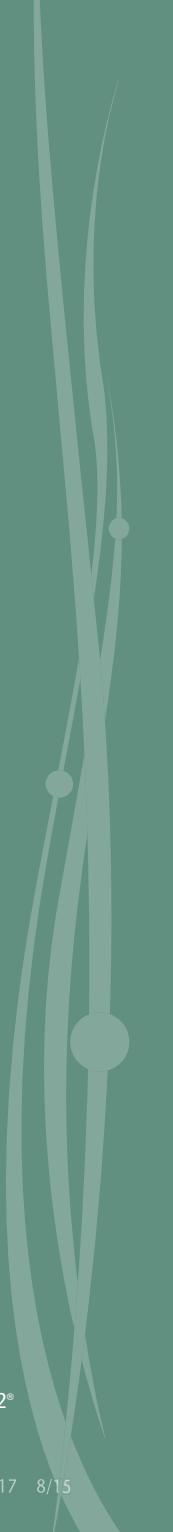
Reservations: 877-329-1924

Recharge your spirit and renew your energy at our other SpaClub location:

SPA CLUB AT THE VENETIAN® AND THE PALAZZO®

3355 Las Vegas Boulevard South, Suite 1159
Las Vegas, Nevada 89109
Reservations: 877-220-2688

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CANYONRANCH *SpaClub*[®]

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CANYONRANCH.
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