

CANYON RANCH  
*Spa Club*<sup>®</sup>  
QUEEN MARY 2

think beyond spa

GUIDE TO SERVICES





## spaclub® experience

### THE POWER OF SERENITY



Discover for yourself the one-of-a-kind confluence of two legends – Canyon Ranch SpaClub® on QUEEN MARY 2® Award-winning Canyon Ranch® – with its family of destination health and wellness resorts, living 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 – on Cunard's storied flagship. Enhance your voyage with a Passport to our inspiring health and fitness oasis on Decks 7 and 8, and with services, presentations and selected 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 experience SpaClub 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*

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-energise.



## SPA CLUB PASSPORT

Enjoy SpaClub® facilities with the purchase of a daily Passport, which covers use of the Aqua Therapy Centre, relaxation lounge and locker rooms. We provide robes, slippers and towels in the locker rooms and complimentary beverages in the relaxation lounge.

Passports are valid from 8 am to 8 pm. Ask about our multiday passes. Facilities may be enjoyed by guests 18 years of age and older. *Passports are not transferable or refundable.*



## IN THE BRITANNIA RESTAURANT SAVOUR THE GREAT TASTE OF CANYON RANCH

See the lunch and dinner menus in the Britannia Restaurant for fresh, satisfying, innovative cuisine created by our renowned chefs. You'll find nutritional information for each selection, as you would at our world-famous resorts – the Canyon Ranch food philosophy is all about making healthy choices delicious. Find out just how great "good for you" can taste.

AQUA THERAPY CENTRE	6
SKIN CARE	10
Facials	10
Optional Facial Enhancements	10
BODY TREATMENTS	14
Conditioning Body Scrubs	16
Organic Body Wraps	17
Thermal Therapy	17
MASSAGE & BODYWORK	18
Two-by-Two Massage	20
Optional Massage	
Enhancements	21
Healthy Feet	22
Treatments from the East	23
Acupuncture	25
Chiropractic	25
SALON	26
Hair Services	26
Manicures	27
Pedicures	28
Makeup	29
Beauty Essentials	29
HEALTH & WELLNESS	30
Exercise & Wellness	30
Educational Presentations	
& Workshops	31
GENERAL INFORMATION	32



## ABOUT THE aqua therapy centre

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. From billows of aromatic steam to a fountain of ice, you'll find a full range of rejuvenating aqua environments. Access to the Aqua Therapy Centre is included with any facial, body or wellness service or with a SpaClub® Passport – 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 required; robe, towels and slippers are provided.)

### AQUA THERAPY POOL

Revitalise your mind and body with this sensational aquatic experience. Let the pure liquid power of moving water in our state-of-the-art massage pool bubble away your stress and cares.

### 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.

### FINNISH SAUNA

Enjoy the health benefits of nurturing heat. Our traditional Finnish sauna with a classic hot and dry cabin is lined with aromatic Nordic cedar and heated by a hidden stove. Promotes increased circulation, relaxes muscles and soothes aches.

### HERBAL SAUNA

The perfect start to the total spa experience, this sauna is a gentle, relaxing heated environment. Unwind in an average temperature of 60 degrees Celsius and 60 percent humidity.

### ICE FOUNTAIN

The ideal environment after any heat treatment, with crushed ice to leave you feeling invigorated, vibrant and alive.

### REFLEXOLOGY BASIN

Been on a long tour? Tired feet? Going dancing? Revitalise your feet and lower legs with a soothing hydrotherapeutic massage while you relax on a heated bench. Energising whirlpool action features a choice of hot or cold water to ease aches and stimulate circulation.

### SENSORY SHOWERS

Cool off after a heat treatment or sauna with this invigorating shower – featuring six water jets and an overhead spray – and enjoy cool fog in combination with a fresh scent and cool blue fibre-optic light. Or unwind with a warm tropical rain shower infused with exotic natural aromas.

### WHIRLPOOL

Melt away every ache and worry in our super-bubbling, jetted whirlpool. Rejuvenate with friends in this most relaxed of all possible meeting places.

A photograph of a spa lounge area. In the foreground, several wicker chairs with light-colored cushions are arranged. In the middle ground, a hot tub with a wooden deck is visible, with a large white towel and a smaller white towel draped over the edge. In the background, there is a shower area with a showerhead and a potted plant. To the left, a dark wooden shelving unit holds stacks of white towels. The ceiling is a grid of recessed lighting, and the overall atmosphere is calm and relaxing.

## WHY HURRY?

To allow yourself to enjoy the Aqua Therapy Centre facilities before your spa treatment and to be on time for your appointment, please arrive at least 45 minutes before your scheduled service.



EXPLORE THE  
aqua therapy centre  
and immerse yourself in pleasure

# 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.*

## OPTIONAL FACIAL ENHANCEMENTS

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

### 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.

### 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, discolouration 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.

## DIAMOND LIFT FACIAL

80 Minutes

This opulent, integrative facial features pure formulations that combine the perfect balance of skin-refining and firming elements. These products contain diamond, platinum, copper, nanogold, sapphire and pearl to promote rejuvenation and luminosity. Further enhancing the benefits, we use crystal massage wands, gemstone therapy and microcurrent technology to boost circulation, tone skin and lift facial contours.



## 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 discolouration. You'll look and feel relaxed and revitalised, ready for an active day.

## 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.



## REVITALISING HYDRATION FACIAL

*50 minutes*

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

## SENSITIVE SKIN 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 reduce 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 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 moisturise skin and stimulate cell growth – with no artificial or harmful ingredients. The visible results will astonish you.

## YOUR "TOTAL" TRANSFORMATION FACIAL

*80 minutes*

Enjoy all the benefits of our CANYON RANCH 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.

## FACIAL & BODY WAXING

*Times vary*

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

# body TREATMENTS

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

## ANTI-AGING BODY TREATMENT

*50 minutes*

This hydrating and exfoliating body treatment focuses on signs of aging and enhances the appearance of the skin. A gentle removal of dead cells using lactic acid is followed by an application of lotions containing vitamins A, C, E and beta carotene. A seaweed masque helps remineralize, tone and smooth. Your skin will take on a more vibrant, youthful appearance.

## BODY CONTOURING TREATMENT

*50 minutes*

This powerful treatment smoothes the look of skin and helps reduce the appearance of cellulite. Infused with minerals and vitamins, botanical oils and clay will cleanse, exfoliate and soften your skin. Firm pressure and application of body sculpting gel will promote a more youthful appearance. For best results, follow-up care at home is recommended.

## DETOXIFYING RITUAL

*100 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

*100 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, then you are immersed in a soaking tub with our specially designed aromatherapy blend. Your ritual concludes with a soothing massage using warm herb-infused oil.

## LIQUID SEAWEED WRAP CEREMONY

*100 minutes*

If you're results-driven, this is the wrap ceremony for you. We soak muslin in pure seaweed extracts, cold-pressed within one hour of harvesting on the wild northwest coast of Ireland. This wrap delivers immediate and noticeable plumping and toning of the skin, and is a serious detoxifier, metabolism stimulant and natural anti-aging boost. Your ceremony concludes with a stress-melting light-touch full-body massage.

## NATURALLY NOURISHING RITUAL

*100 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 cloudbberries. 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.

## REVITALISING RITUAL

*100 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 energise and restore. Complete your journey with a plum wine cream to seal in the healing benefits.



## SEAWEED LEAF WRAP CEREMONY

100 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. Your wrap is followed by a relaxing full-body massage. This amazing all-organic treatment detoxifies, firms and softens skin while banishing muscular tension.

## SEAWEED PEAT WRAP CEREMONY

100 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 micronised 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. Your ceremony concludes with a relaxing full-body massage.

## CONDITIONING BODY SCRUBS

*Treat your skin to a scrub that leaves it feeling soft and velvety smooth. Choose from a variety of scrubs with natural ingredients to accommodate sensitive, normal or dry skin.*

### BLACK OLIVE & COFFEE FIRMING POLISH

50 minutes

Exfoliate, tone and come alive with an intensely vitalising 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.

### FIRMING SEA SALT BODY SCRUB

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.

### KINMOXEI ENERGISING BODY GLOW

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 moisturising wild lime oil, or a cooling application of a protective cream made with plum blossoms and silk.



## ORGANIC SEA SALT 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.

## ORGANIC BODY WRAPS

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

### MERMAID'S PURSE WRAP

*50 minutes*

Fresher, younger-looking skin is the result of this deeply hydrating and detoxifying treatment for tired, dry, dull skin. By stimulating blood flow, this nourishing wrap encourages the body to renew itself.

### 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

*80 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 micronised 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

*80 minutes*

This soothing body wrap contains ground *Laminaria digitata* algae, to help 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.

## THERMAL THERAPY

### RASUL CEREMONY

*50 minutes*

Cleanse and purify your body in our exquisite, ornately tiled steam chamber designed entirely for your comfort and pleasure. Lather your own or your partner's skin with rare, purifying muds and recline in a gently warmed, tiled chair as intermittent herbal steam surrounds you. Indulge your senses with this unique experience alone or with someone special.

# massage & BODYWORK

*Massage feels incredibly good, which is one of the many reasons it's so good for you: When the body relaxes, 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 or 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, 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.

## 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

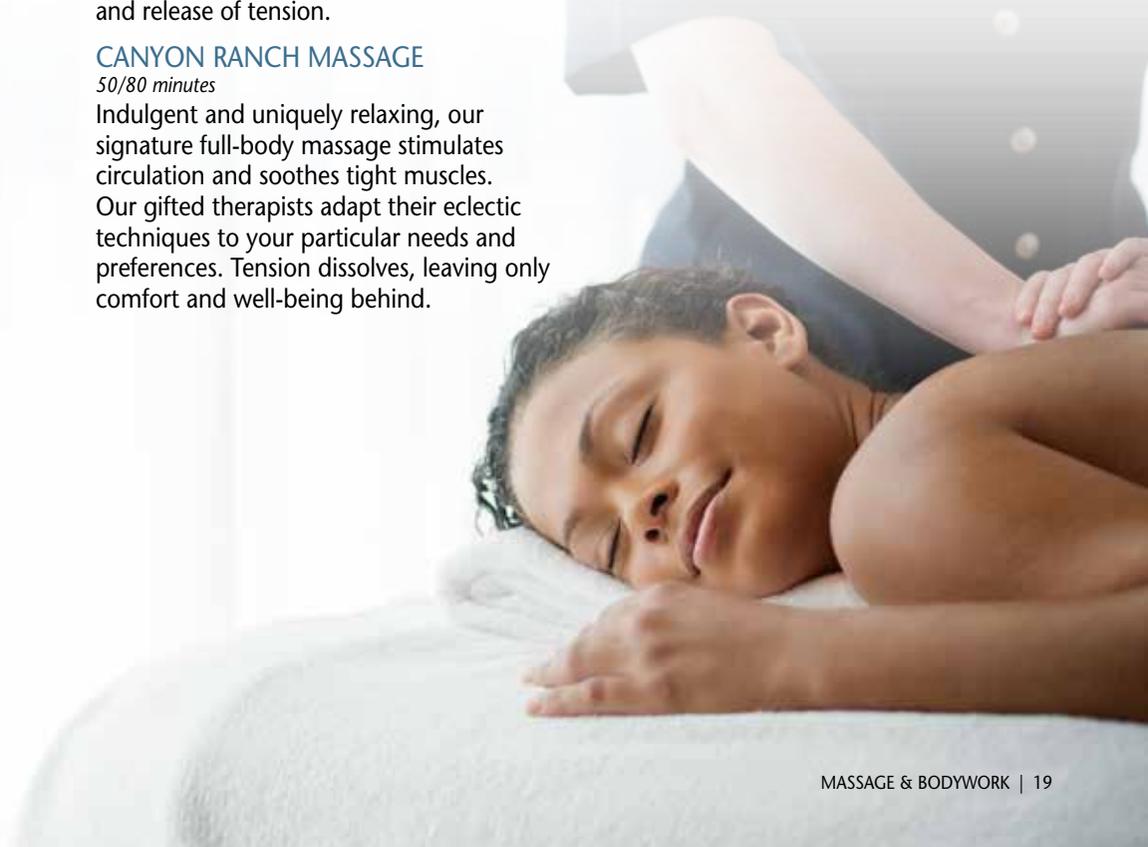
*80 minutes*

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 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.



## TWO-BY-TWO MASSAGE

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:

- CANYON RANCH MASSAGE  
*50/80 minutes*
- CANYON STONE MASSAGE  
*80 minutes*
- TENSION ZONE MASSAGE  
*50 minutes*
- DEEP TISSUE MASSAGE  
*50/80 minutes*
- AROMATHERAPY MASSAGE  
*50/80 minutes*

## LYMPHATIC TREATMENT

*50 minutes*

Extremely light, sequenced strokes stimulate the movement of lymphatic fluid, thereby cleansing the body. Excellent for reducing pain, fluid retention, chronic inflammation, sinus conditions, headaches and sprains.

## 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 moisturises the scalp and revitalises 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 moisturises 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.

### REVITALISING FOOT TREATMENT

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



## HEALTHY FEET

All treatments incorporate GEHWOL® therapeutic products that will relieve, soothe and revitalise sore and aching feet.

### FOOT DOCTOR EXPRESS

25 minutes

Get a new spring in your step in less than half an hour. A soothing and cleansing massage with special herbal products will refresh your feet and lower legs and de-stress all of you – pronto.

### FOOT RESCUE!

50 minutes

This therapeutic, invigorating treatment for feet begins with a soothing foot bath in herbal salts that will refresh and relax your feet. Our technicians will focus on the three C's of wear and tear – calluses, corns and cracked dry skin. The health of your feet and nails will be restored.

### 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 orthotics are available and will fit most types of shoes.)

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

## HEALTHY IN HEELS

50 minutes

If you often trade comfort for fashion, this treatment is for you. Your therapist will concentrate on your trouble zones using delightful herbal products, expertly massaging and gently stretching feet and lower legs to soothe and revitalise. Your feet will be happy and fashionable once again!

## HEALTHY ON YOUR FEET

50 minutes

If you experience foot, ankle or knee pain related to long periods of standing, this focused foot and lower leg massage may enhance blood flow to your muscles, reduce inflammation around the joints, and relax your entire lower body. Enjoy relief from muscle soreness and fatigue.

## INSTANT RELIEF

50 minutes

This treatment is designed to help alleviate painful symptoms associated with conditions such as plantar fasciitis (heel or arch pain), sore Achilles tendons, Morton's neuroma, shin splints or pain in the ball of the foot. Your therapist will tailor your massage to meet your individual needs, improve circulation, reduce inflammation and increase mobility.



## TREATMENTS 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 minutes*

This traditional ayurvedic practice focuses on healing in a five-point treatment of the scalp, hands and feet. This treatment connects body and mind, promoting harmony throughout the body using traditional herbal infusions and oils. A balancing bowl is used to realign the body's natural elements and stimulate marma points.

### AYURVEDIC SIGNATURE BODY WRAPS

*50 minutes*

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

- **Herbal Rejuvenation** – a tri-dosha experience for whole body nourishment, purification and hydration.
- **Cucumber & Aloe** – a soothing treatment designed to balance the fiery nature of Pitta dosha (a perfect treatment for over-exposure to the sun).
- **Lymphatic Detoxification\*** – to stimulate lymph flow and eliminate toxins.
- **Herbal Cellulite Wrap** – helps reduce the appearance of cellulite, tighten skin and alleviate the sluggishness of Kapha dosha types.

## REFLEXOLOGY

*50 minutes*

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

### REIKI\*

*50/80 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. In this balanced state, your body is able to access its own natural healing ability. You may experience decreased anxiety and fatigue and improved circulation, concentration and sleep quality, creating a profound effect on your well-being.

### SHIATSU\*

*50/80 minutes*

Relax, energize, awaken. Your 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. Please wear loose, comfortable clothing.

*\* Subject to provider availability*

## SHIRODHARA

*50 minutes*

This is a classic ayurvedic treatment designed to induce a state of meditation as it profoundly calms the nervous system. Your forearms, hands, lower legs and feet are massaged in traditional fashion. An Indian balancing bowl is used on your feet, and marma points are addressed to balance the energies of the body. The therapist directs a stream of warm, herb-infused oil over the third eye and forehead to de-stress the mind and emotions, then massages the oil into hair and scalp, which nourishes as it soothes.

## 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.

## THAI REFLEXOLOGY\*

*50 minutes*

A unique spin on reflexology that feels oh-so good. A Thai therapist uses a reflexology stick to perform the ultimate foot massage, soothing away aches and pains and enhancing energy flow and circulation throughout your body.

*\* Subject to provider availability*



## ACUPUNCTURE

### ACUPUNCTURE

*50 minutes*

This ancient Chinese modality, endorsed by the U.S. National Institutes of Health, is useful in addressing problems such as musculoskeletal pain, arthritis, migraines, tension headaches, asthma, tendonitis and fatigue. A session with an acupuncturist helps balance the body's energy (chi), stimulates natural healing processes and provides a deep state of relaxation.

### ACUPUNCTURE MASSAGE

*50/80 minutes*

Balance and heal your body with the combination of holistic acupuncture and a therapeutic massage – this combination is particularly good for relieving musculoskeletal pain and stress-related problems. Gain immediate, long-lasting benefits.

## CHIROPRACTIC

### CHIROPRACTIC SESSION

*25/50/80 minutes*

Includes consultation and treatment, which may include: acupuncture, ultrasound and other electromodalities, myofascial release, stretching, massage, spinal manipulative therapy, exercise education and practical preventive care for spinal health long after your departure.

### DEEP TISSUE CHIROPRACTIC

*80 minutes*

Experience muscle soothing and relaxation on a new level. This complete treatment includes both the benefits of a full chiropractic consultation (assessment and treatment) and a 30-minute Deep Tissue Massage. Perfect to relieve stress and tension accumulated over time.

# salon

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

### COLOUR & HIGHLIGHTING

- Bleach
- Full Highlights
- Partial Highlights
- Tint, Toner or Semipermanent Colour

### HAIR & SCALP TREATMENT

*80 minutes*

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

## BARBER SERVICES

- Beard Trim Express
- Beard Trim/Shave
- Haircut
- Head Shave
- Moustache Outline
- Straight Razor Shave

## 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.

### 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.

## NAILS

- Acrylic Fills
- File & Polish
- Full-Set Acrylics
- Full-Set Pink & White Acrylics
- Full-Set/French Polish Change
- Nail Repair
- Overlay with Acrylics
- Paraffin Treatment

## 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.

### EARTHING PEDICURE

*50 minutes*

Reconnect to the natural energy of the Earth with this revitalising, refreshing and exclusive new pedicure by pluggzSpa. Custom formulas of organic peppermint, jojoba and aloe vera help soothe, hydrate and restore your hardworking feet, leaving you grounded and your feet nourished. Take home a pair of pluggz™ grounding flip-flops to keep you balanced with a spring in your step long after your polish is dry!

### 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*

Say goodbye to 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

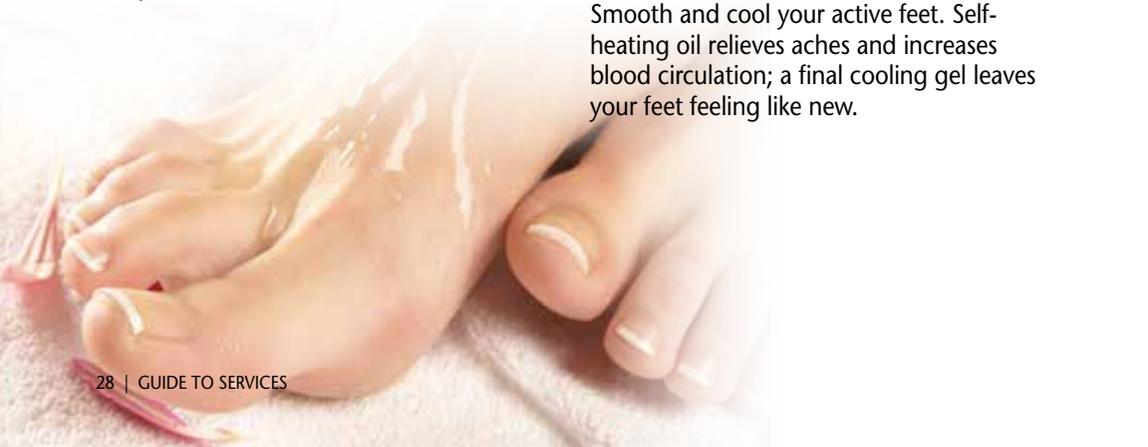
*50 minutes*

Maintain healthy and refreshed feet with a gentle exfoliation, an aromatic soak and moisturising 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 CREATION

*25 minutes*

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

### MAKEUP CREATION & LESSON

*50 minutes*

Become your own makeup artist. A professional makeup artist will show you how to make the most of your bone structure, complexion, skin type and lifestyle.

## BEAUTY ESSENTIALS

### HI BROW: GROOMED, GLOSSY & UTTERLY PERFECT BROWS

*50 minutes*

Shape, colour and style your brows to create the perfect look. Hi Brow Professional instantly transforms thin, pale and poorly maintained brows into perfect, face-shaping, streamlined statements.

### LA LA EXPRESS: GLAMOROUS LASHES IN 30 MINUTES

*30 minutes*

Perfect for a holiday, special occasion or just for fun, La La Express individual eyelash extensions will provide you with a fabulous flutter that lasts two to three weeks. Professional removal is required.

### LASH PERFECT: LUXURIOUS SEMIPERMANENT LASHES

*110 minutes*

Make your eyes appear larger, brighter and more alluring with Lash Perfect semipermanent eyelash extensions. These individual lashes are applied to each natural lash and can last up to eight weeks with regular maintenance.

### MEGAWHITE EXPRESS

*20 minutes*

Brighten your smile today! Megawhite® Express is a peroxide-free laser teeth-whitening system that provides immediate results in less than half an hour. It causes no structural or enamel change, and your experience will be painless. This process is recommended by dentists for all ages, as long as your teeth and gums are healthy.

### SET THE TONE

*30/50 minutes*

Enjoy a healthy glow without the harmful effects of the sun. LDN:SKINS™ is the quintessential sunless and natural-looking tan. Choose between the professionally applied lotion (50 minutes) or spray tan (30 minutes). LDN applications are the most convenient, stress-free way to achieve perfect golden results.

*Use of Aqua Therapy Centre included in price, excluding 25-minute sessions.*

*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

### 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 programme.

### 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.

### BODYSTAT® BODY COMPOSITION ANALYSIS

*25 minutes*

Quick, comprehensive and noninvasive, the Bodystat® Body Composition Analysis provides a complete picture of your body make up and hydration level. You'll learn how much of your total body weight is fat, and how much is lean tissue (including muscle and bone). With this information, your fitness professional will determine your personal exercise prescription for cardio and strength training. Afterwards, you'll receive a full report to help you understand your current body composition and track any changes over time.

## EXERCISE FOR WEIGHT LOSS

50 minutes

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

## 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 programme for times, locations and descriptions. Sign up at Gym reception on Deck 7.

## PERSONAL PILATES SESSION

50 minutes

A private Pilates session on the mat.

## PERSONAL TRAINING SESSION

25/50 minutes

A private session with a trainer. Develop or fine-tune a fitness programme 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

## EDUCATIONAL PRESENTATIONS & WORKSHOPS

Learn, be inspired and have fun during complimentary presentations and workshops offered by Canyon Ranch professionals.

Consult your daily programme for topics, times and locations.

## 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.

## SPACLUB® EXERCISE PRESCRIPTION

50 minutes

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

*Please note that select classes require a registration fee.*

## GENERAL INFORMATION

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

### HOURS

Fitness Centre: 6 am to 8 pm daily

Spa & Aqua Therapy Centre:

8 am to 8 pm daily

Beauty Centre & Skin Care:

9 am to 8 pm daily

### LOCATION

Canyon Ranch SpaClub is located on Decks 7 & 8, Forward A Stairway. The Beauty Centre is on Deck 8, Forward A Stairway.

### GRATUITIES

A 12.5% gratuity will be added to all listed prices. Any additional gratuities for exceptional service are appreciated, but not expected.

### AT YOUR SERVICE

Our friendly and knowledgeable staff is here to help recommend and book SpaClub experiences that will be beneficial and enjoyable.

### SPACLUB PASSPORT

Must be 18 years or older to use facilities. Passports are valid per voyage only or on each leg of the World Voyage only. Passports are nonrefundable and nontransferable.

## FOR APPOINTMENTS

Visit us on Decks 7 & 8, or press the Spa button on your stateroom phone.

## WHAT TO BRING

Please bring your own fitness wear and bathing suit – we do not provide clothing, although many items are available for purchase at our boutique. Shirts and closed-toed athletic shoes must be worn in the fitness area. We suggest leaving 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](mailto:spaclubatsea@canyonranch.com) or call 855-206-6655, or to dial internationally, 520-239-3283.

## CANYON RANCH SPA CLUB

The SpaClub experience offers a rich sampling of the programmes 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 BOARD QUEEN MARY 2  
Reservations: 866-860-4662

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

*Canyon Ranch® and SpaClub® are registered trademarks of CR License, LLC.*

## CANYON RANCH STORE

Visit the Canyon Ranch online store to purchase the premium hair care and skin care products used in your favourite 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](http://shop.canyonranch.com).

CANYON RANCH  
*Spa Club*<sup>®</sup>  
QUEEN MARY 2

866-860-4662 | [canyonranch.com](http://canyonranch.com)