



CANYON RANCH®

SPA SALON FITNESS WELLNESS

SPACLUB® ON QUEEN MARY 2



SPACLUB® on Queen Mary 2

Explore the singular day spa that perfectly complements your Queen Mary 2 experience. Canyon Ranch SpaClub® elevates every spa treatment, environment and activity to unprecedented levels. Worthy of your QM2 voyage. Worthy of you.

Enhance your cruise with spa services, fitness classes and presentations – all of them geared toward your well-being. You'll find Canyon Ranch cuisine in the beautiful Britannia,® Queens Grill and Princess Grill restaurants, as well. Check the menu for our exquisite selections – revelations in healthy eating.

ABOUT CANYON RANCH

Welcome to Canyon Ranch SpaClub®, 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 SpaClub 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 charged with growing this brand's global influence, and share our mission of transformative wellness to live your fullest life.

Enjoy!



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.



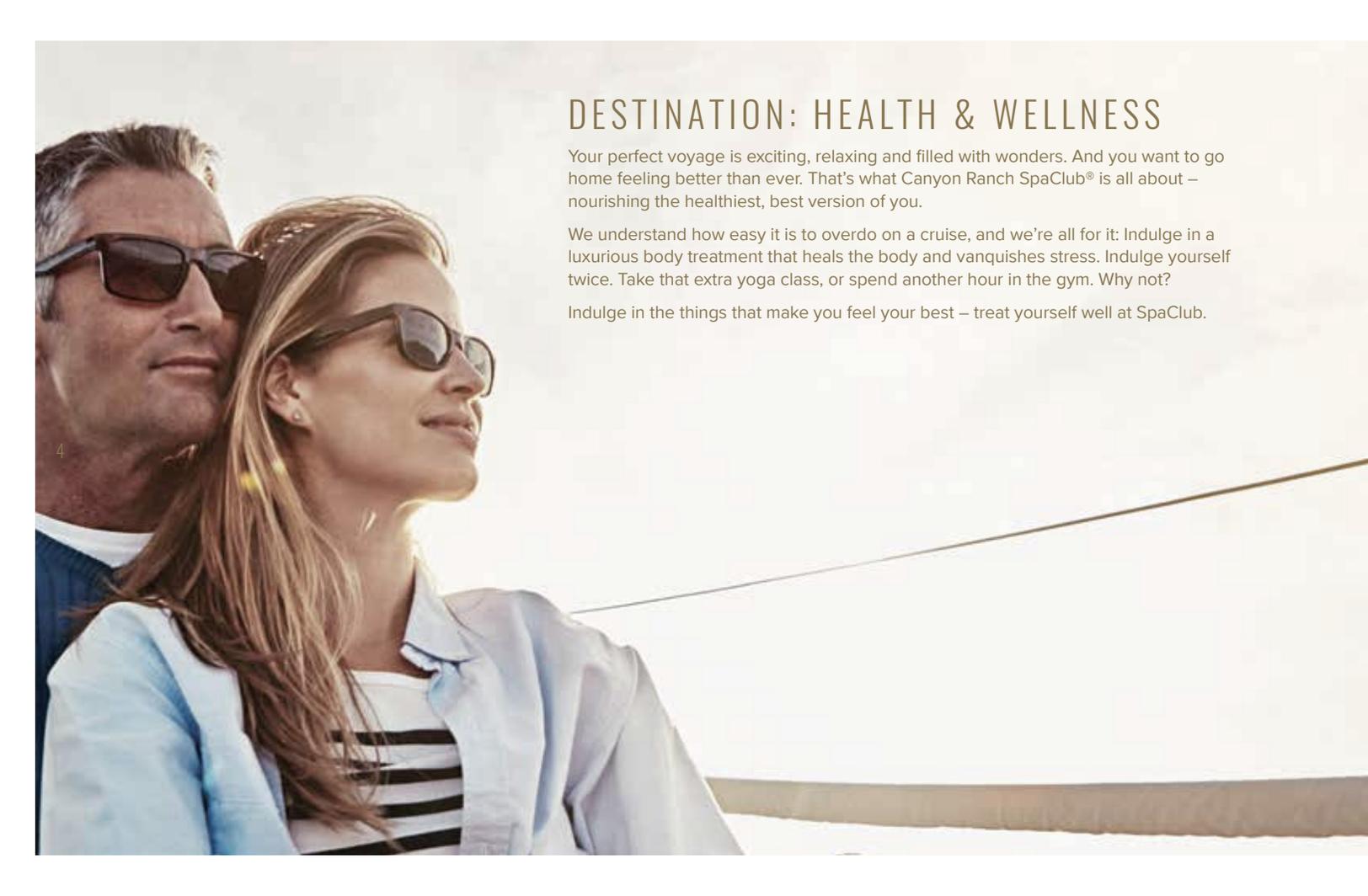
**WELLNESS RESORT
LENOX, MASSACHUSETTS**

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.



**CANYON RANCH SPA CLUB®
LAS VEGAS**

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



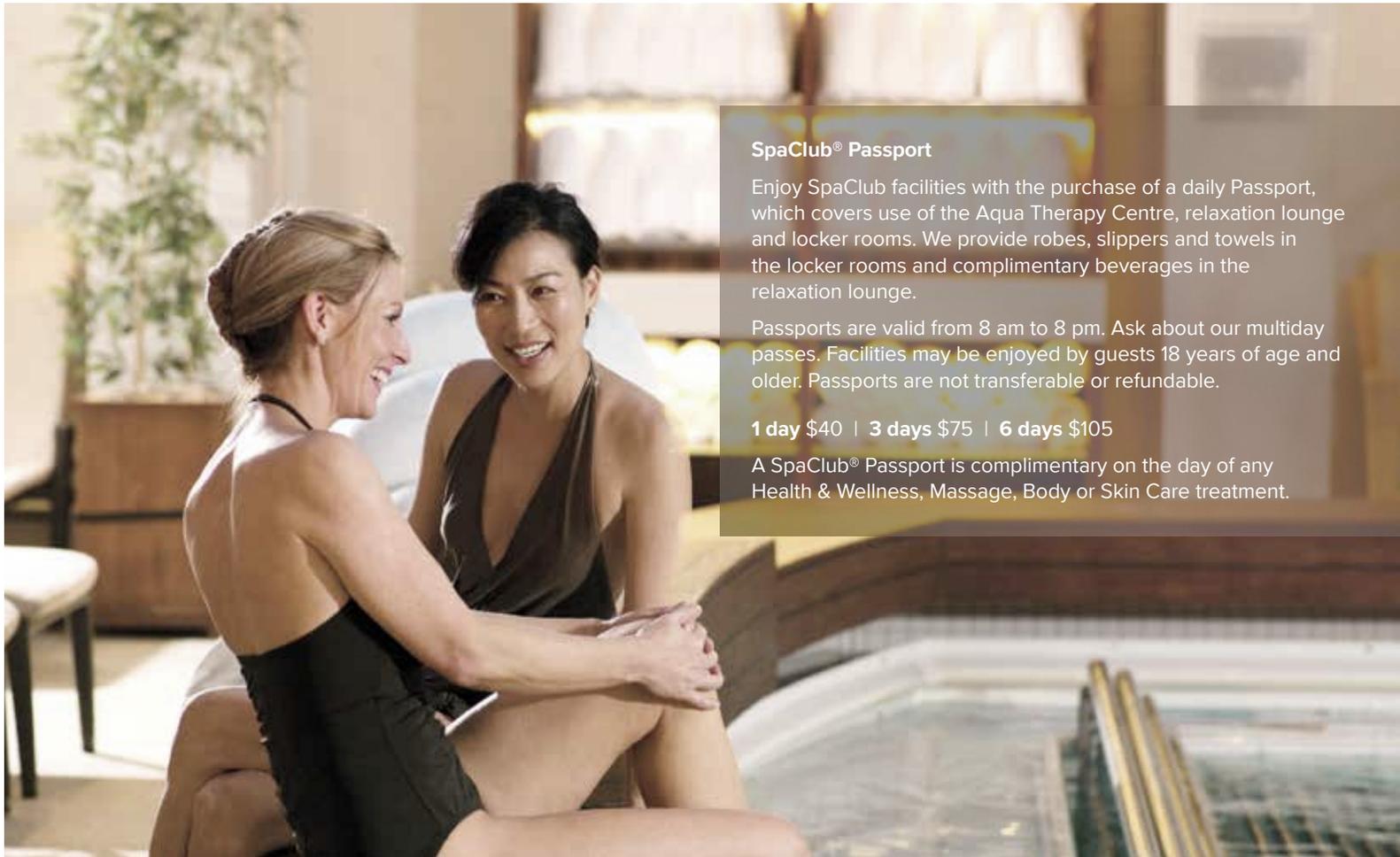
DESTINATION: HEALTH & WELLNESS

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 SpaClub® 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 SpaClub.

AQUA THERAPY CENTRE	7	SALON	32
		Hair Services	33
SKIN CARE	8	Barber Services	34
Facials	9	Manicures	34
Gentlemen's Facials	10	Pedicures	36
Facial & Body Waxing	11	Beauty Essentials	37
CANYON RANCH AESTHETICS	12	FITNESS & WELLNESS	38
3-Part Rejuvenation Plan	13		
3-Part Age-Defying Treatment Plan	14	SPA PRODUCTS	42
3-Part Men's Recharge Plan	16	Canyon Ranch Bath & Body Products	43
BODY TREATMENTS	18	GENERAL INFORMATION	44
Conditioning Body Scrubs	20		
Organic Body Wraps	21		
Thermal Therapy	21		
MASSAGE & BODYWORK	22		
Massage	24		
From the East	26		
Acupuncture	28		
Chiropractic	28		
Healthy Feet	29		
Optional Massage Enhancements	30		
Two-by-Two Massage	30		



SpaClub® 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.

1 day \$40 | 3 days \$75 | 6 days \$105

A SpaClub® Passport is complimentary on the day of any Health & Wellness, Massage, Body or Skin Care treatment.

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 festive evening 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 aquatic experience. Let the pure liquid power of moving water in our 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

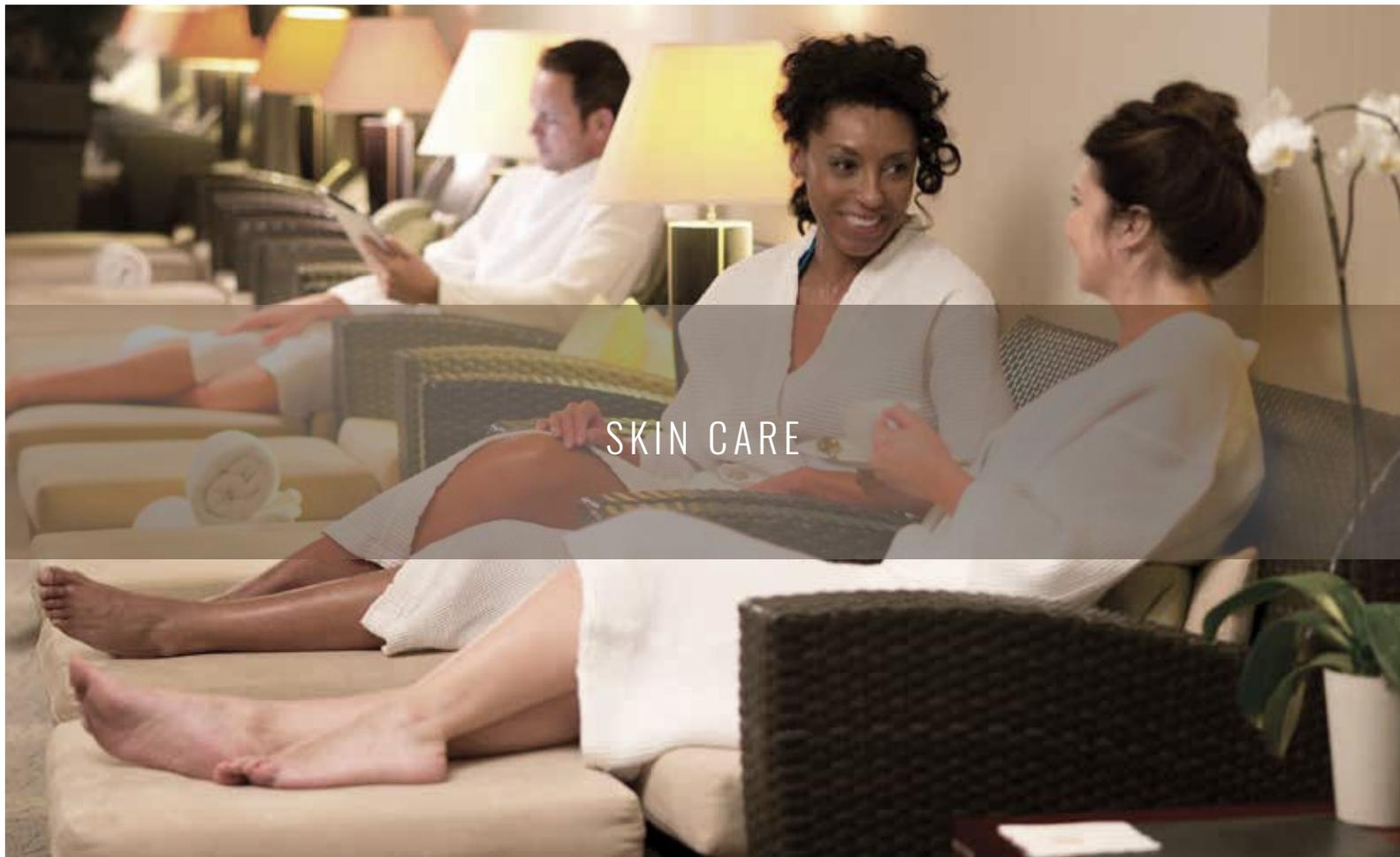
Going dancing? Revitalise your feet and lower legs with a soothing hydrotherapeutic massage while you relax on a heated bench. Energising whirlpool action features a choice of hot or cold water to ease aches and stimulate circulation.

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 crisp 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.



SKIN CARE

FACIALS

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

\$279

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. Attention is also given to neck, décolleté, hands and arms.

AGE-DEFYING RESTORATIVE FACIAL

50 / 80 minutes

\$186 / 243

Suitable for all skin types, particularly for those in search of anti-ageing results. A mix of seaweed and botanical ingredients helps 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.

AGELESS OXYGEN BOOST FACIAL

50 minutes

\$251

The next generation of skin care – pharmaceutical results in 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 minutes

\$344

Enjoy our Ageless Oxygen Boost Facial, but with an added bonus. 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

\$169

A deep cleansing and exfoliation treatment for your back 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

\$169 / 248

Deep-cleansing facial helps eliminate the appearance of blackheads, whiteheads and congestion. Your newly exfoliated and smoothed skin will feel clean, calm and refreshed.

SENSITIVE SKIN FACIAL

50 minutes

\$175

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.

VITAMIN INFUSION FACIAL

50 / 80 minutes

\$186 / 243

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.

GENTLEMEN'S FACIALS

AGE-DEFYING MEN'S FACIAL

50 minutes

\$142

Using the best ingredients formulated for men, this treatment will help maintain an energised, youthful appearance. Smooths wrinkles, strengthens skin around the eyes, and reduces puffiness and dark circles.

ESSENTIAL MEN'S FACIAL

50 minutes

\$142

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.

HIGH-PERFORMANCE MEN'S FACIAL MASSAGE

80 minutes

\$210

Enjoy the combined benefits of a relaxing cranial massage followed by a deep-cleansing facial and exfoliation.

OPTIONAL FACIAL ENHANCEMENTS

Brow tinting	\$43	Age-defying neck & décolleté treatment	\$54
Eyelash tinting	\$54	Age-defying therapeutic masque	\$54
Masque add-ons	\$54	Specialised eye treatments	\$43
Marine eye treatment	\$54		

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.).			\$50
Sonophoresis involves the use of sound waves to transport vitamin molecules through the skin. It upgrades the effectiveness of our soothing Alginate Masque.			\$40

FACIAL & BODY WAXING

Bikini	\$54	Full body	\$243
Brazilian	\$100	Full leg	\$108
Chin	\$33	Full leg & bikini	\$156
Eyebrow arch	\$43	Half leg	\$54
Forearm	\$54	Hollywood	\$115
Full arm	\$65	Lip	\$33
Full back	\$86	Underarm	\$43

CANYON RANCH AESTHETICS

These advanced medi-spa treatments, performed by a physician trained in aesthetic medicine, feature the finest skin care products and gold-standard nonsurgical procedures. Wrinkle relaxers reduce the appearance of fine lines and wrinkles, and dermal fillers lift and smooth your skin. Our signature plans provide optimal assessment and recommended pre- and post-care treatment, starting with a complimentary, no-obligation consultation with a physician.



3-PART REJUVENATION PLAN – makes mature skin smoother, firmer and glowing again

1 PRE-TREATMENT OPTIONS, DAY 1 OR 2 OF TREATMENT PLAN

Choose one of the following:

ULTIMATE VITAMIN THERAPY FACIAL
80 minutes **\$310**

Designed to effectively address a wide range of skin care concerns. Improves fine lines, wrinkles and lax skin.

DEEP-CLEANSING FACIAL
50 / 80 minutes **\$169 / 248**

Specially blended products exfoliate and deeply cleanse skin to eliminate the appearance of blackheads, whiteheads and congestion.

2 CLEANSE & ADVANCED TREATMENT

SIMPLY CLEANSE
25 minutes **\$74**

A thorough cleansing treatment that leaves your skin supple, hydrated and perfectly prepared to receive advanced treatment benefits.

ADVANCED TREATMENT **Prices vary**

Based on your physician consultation, you'll receive wrinkle relaxers to reduce the appearance of fine lines and wrinkles around your forehead and eyes and/or dermal fillers to lift and smooth your skin.

3 POST-TREATMENT, 24 HOURS OR MORE AFTER ADVANCED TREATMENT

VITAMIN INFUSION FACIAL
50 / 80 minutes **\$186 / 243**

Restore your skin's radiance as you combat signs of environmental damage from the sun, pollution and stress. This soothing facial features powerful vitamins and antioxidants that help foster a smooth, youthful look of clarity and firmness.

FINISHING TOUCH MAKEUP
30 minutes **Complimentary**

After your Canyon Ranch Aesthetics service, our makeup artist will complete your look with just the right touch, leaving you with a healthy, polished glow.

FOLLOW-UP
30 minutes **Complimentary**

Your physician will answer any questions you may have, and your aesthetician will give you a take-home plan for healthy skin, including recommendations for safe and effective products.

3-PART AGE-DEFYING TREATMENT PLAN – nurture your youthful appearance

1 PRE-TREATMENT OPTIONS, DAY 1 OR 2 OF TREATMENT PLAN

Choose one of the following:

ADVANCED AGE-MANAGEMENT FACIAL

80 minutes

\$279

This extraordinary facial uses vitamins A, C and E to reduce the look of fine lines, lax skin, sun damage and scarring. We add a special eye treatment to diminish crow's feet. You'll be all set to enjoy maximum benefits from the rest of your treatments!

14 AGELESS OXYGEN BOOST FACIAL

50 minutes

\$251

Medical-grade bioactives and certified Bio-Suisse extracts are perfectly blended to visibly correct sun conditions associated with ageing, such as lines, wrinkles, discoloration and loss of elasticity. A next-generation oxygen treatment builds collagen and elastin, hydrates and increases cell turnover, and restores your skin's youthful glow.

AGELESS OXYGEN BOOST FACIAL ... THE ULTIMATE!

80 minutes

\$344

Enjoy the service above, plus a collagen masque and 20-minute oxygen infusion. You'll love your fresh, glowing results!

2 CLEANSE & ADVANCED TREATMENT

SIMPLY CLEANSE

25 minutes

\$74

A thorough cleansing service that leaves your skin supple, hydrated and perfectly prepared to receive advanced treatment benefits.

ADVANCED TREATMENTS

Prices vary

Based on your physician consultation, you'll receive wrinkle relaxers to reduce the appearance of fine lines and wrinkles around your forehead and eyes and/or dermal fillers to lift and smooth your skin.

3 POST-TREATMENT, 24 HOURS OR MORE AFTER ADVANCED TREATMENT**SENSITIVE SKIN FACIAL**
50 minutes**\$175**

A soothing combination of vitamins, antioxidants and growth factors helps rebalance and restore your skin's integrity, alleviates any irritation or dryness, and leaves your face looking smooth, healthy and hydrated.

FOLLOW-UP**Complimentary**

Your physician will answer any questions you may have, and your aesthetician will give you a take-home plan for healthy skin, including recommendations for safe and effective products.

FINISHING TOUCH MAKEUP
30 minutes**Complimentary**

After your Canyon Ranch Aesthetics service, our makeup artist will complete your look with just the right touch, leaving you with a healthy, polished glow.

15

**Services not available when the vessel is in port.*

3-PART MEN'S RECHARGE PLAN – take charge, look great

1 PRE-TREATMENT OPTIONS, DAY 1 OR 2 OF TREATMENT PLAN

Choose one of the following:

ESSENTIAL MEN'S FACIAL 50 minutes

\$142

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. A gentle scrub eliminates dead skin buildup, and moisturisers give a firm, energised look.

HIGH-PERFORMANCE MEN'S FACIAL MASSAGE 80 minutes

\$210

Enjoy the combined benefits of a relaxing cranial massage followed by a deep-cleansing facial and exfoliation. We finish with five point pressures to dispel the last bit of tension. You'll look relaxed, refreshed and youthful.

2 CLEANSE & ADVANCED TREATMENT

SIMPLY CLEANSE 25 minutes

\$74

A thorough cleansing treatment that leaves your skin supple, hydrated and perfectly prepared to receive advanced treatment benefits.

ADVANCED TREATMENTS

Prices vary

Based on your physician consultation, you'll receive wrinkle relaxers to reduce the appearance of fine lines and wrinkles around your forehead and eyes and/or dermal fillers to lift and smooth your skin.

3 POST-TREATMENT, 24 HOURS OR MORE AFTER ADVANCED TREATMENT

Choose one of the following:

AGE-DEFYING MEN'S FACIAL**50 minutes****\$142**

Using the best ingredients formulated for men, this treatment helps maintain an energised, youthful appearance. Scientifically developed, nonirritating skin care products help smooth wrinkles and strengthen skin around the eyes while reducing puffiness and dark circles.

HIGH-PERFORMANCE MEN'S FACIAL MASSAGE**80 minutes****\$210**

Enjoy the combined benefits of a relaxing cranial massage followed by a deep-cleansing facial and exfoliation. We finish with five point pressures to dispel the last bit of tension. You'll look relaxed, refreshed and youthful.

FOLLOW-UP**Complimentary**

Your physician will answer any questions you may have, and your aesthetician will give you a take-home plan for healthy skin, including recommendations for safe and effective products.



BODY TREATMENTS

AGE-DEFYING BODY TREATMENT

50 minutes

\$199

This hydrating and exfoliating body treatment focuses on signs of ageing and enhances the appearance of the skin. Your skin will take on a more vibrant, youthful appearance.

BODY CONTOURING TREATMENT

50 minutes

\$199

This powerful treatment smooths the look of skin and helps reduce the appearance of cellulite. Infused with minerals and vitamins that will cleanse, exfoliate and soften your skin. For best results, follow-up care at home is recommended.

DETOXIFYING RITUAL

100 minutes

\$302

A vigorous scrub with a blend of coffee, olive stones and fresh lemons, followed by a rich rhassoul clay body wrap to help speed the removal of toxins. You'll receive a warm Turkish massage, then an application of shea butter and fig cream to protect, heal and restore your skin.

EUPHORIA RITUAL

100 minutes

\$302

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

100 minutes

\$302

A mushroom and phytonutrient wrap stimulates your lymphatic system. Next, an organic birch and mineral hydrotherapy soak releases muscle tension, preparing you to relax into a deep-tissue massage with Arctic berry and evergreen oils.

REVITALISING RITUAL
100 minutes**\$302**

This is a six-part body massage ritual, perfected in Japan. You'll be vigorously scrubbed with warming ginger grass and bamboo before an awakening poultice stimulates the meridian lines. While wrapped in nutrient-rich rice bran, you'll receive an acupressure facial massage. Soak in infused mineral waters before a shiatsu-inspired massage.

SEAWEED LEAF WRAP CEREMONY**100 minutes****\$302**

Imagine being wrapped from head to toe in hand-harvested seaweed. Your wrap is followed by a relaxing full-body massage. This amazing, all-organic treatment detoxifies, firms and softens skin.

SEAWEED PEAT WRAP CEREMONY**100 minutes****\$302**

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

CONDITIONING BODY SCRUBS

BLACK OLIVE & COFFEE FIRMING POLISH**50 minutes****\$169**

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.

ORGANIC SEA SALT SCRUB**50 minutes****\$169**

Dry brushing with organic Dead Sea salts stimulates the lymphatic system, while an application of biodynamic honey, spirulina and essential oil leaves skin supple and calm.

ORGANIC BODY WRAPS

MERMAID'S PURSE WRAP

50 minutes

\$186

Fresher, younger-looking skin is the result after 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

\$257

Imagine being wrapped from head to toe in hand-harvested seaweed. This amazing, all-organic treatment detoxifies, firms and softens skin.

SEAWEED PEAT WRAP

80 minutes

\$257

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.

TANGLE ME UP WRAP

80 minutes

\$257

Using grounded Laminaria digitata algae, which helps relax tired muscles, relieve stress and banish fatigue. The powerful antioxidant compounds work to firm and tone your skin and to alleviate the appearance of cellulite and signs of ageing.

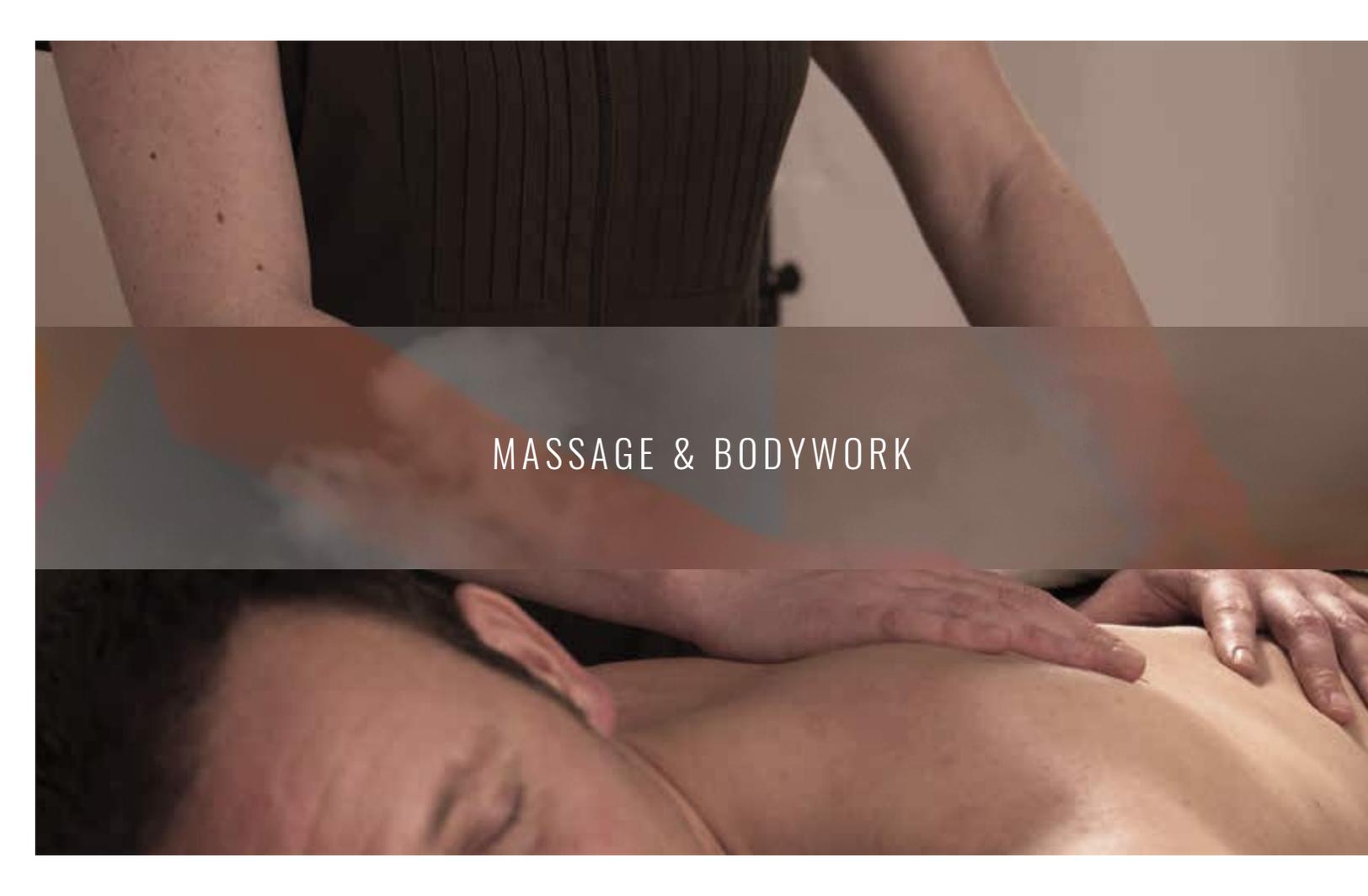
THERMAL THERAPY

RASUL CEREMONY

50 minutes

Single \$156 / Couple 177

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 together.

A close-up photograph of a person lying on their back, receiving a massage. The therapist's hands are visible, resting on the person's back. The person's face is partially visible in the lower left, with their eyes closed. The therapist is wearing a dark, ribbed top. The background is a plain, light-colored wall.

MASSAGE & BODYWORK

HOW TO 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.

MASSAGE

AROMATHERAPY MASSAGE

50 / 80 minutes

\$169 / 237

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 minutes

\$237

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

AWAKENING MASSAGE

50 minutes

\$156

Energise body, mind and spirit with this invigorating experience. Begin with an all-over body massage followed by a foot massage, which will restore a positive state of mind.

CANYON RANCH MASSAGE

50 / 80 minutes

\$156 / 225

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

CANYON STONE MASSAGE

80 minutes

\$237

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 minutes

\$191 / 282 / 345

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.

SOLE REJUVENATION

50 minutes

\$168

Your tired, overworked feet will be cleansed and softened with a relaxing scrub, preparing them for a dedicated massage to soothe aches and melt away tension.

Note: You are welcome to wear loose-fitting clothing.

SPORTS MASSAGE

50 / 80 minutes

\$181 / 272

Sports massage is a generic term for three types of massage associated with athletic performance. Each type provides its own benefits and uses different techniques.

Pre-event

Helps to warm up the muscles, stretching them and making them flexible.

Post-event

Helps reduce the swelling caused by microtraumas; loosens tired, stiff muscles; helps maintain flexibility.

Maintenance massage

Increases the flow of blood and nutrients to the muscles.

TENSION ZONE MASSAGE

50 minutes

\$156

Get that weight off your shoulders. Your therapist will relieve the tension in your head, neck and shoulders.

Note: Not a full-body massage.

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

\$186

Steeped in ayurvedic tradition, this service is intended to connect body and mind, promoting harmony through the application of herbal infusions to the five points of the body: head, hands and feet.

AYURVEDIC SIGNATURE BODY WRAPS

50 minutes

\$186

Avarna – Sanskrit for “envelopment” – a beautiful description of the cocooning effect of body wraps.

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 (perfect for overexposure 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

\$156

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

SHIATSU*

50 / 80 / 100 minutes

\$156 / 226 / 279

In this Asian technique, the therapist uses thumbs, fingers and palms to stimulate the body's energy system, applying pressure to acupoints to help release tension.

SHIRODHARA

50 minutes

\$168

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*

50 / 80 minutes

\$156 / 226

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.

THAI REFLEXOLOGY*

50 minutes

\$156

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

ACUPUNCTURE

ACUPUNCTURE

50 minutes

\$177

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.

ACUPUNCTURE MASSAGE

50 / 80 minutes

\$177 / 252

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.

CHIROPRACTIC

CHIROPRACTIC SESSION

25 / 50 / 80 minutes

\$113 / 177 / 252

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

\$286

Experience muscle soothing and relaxation on a new level. This complete treatment includes all the benefits of a full chiropractic consultation (assessment and treatment) and a 30-minute deep-tissue massage.

HEALTHY FEET

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

FOOT DOCTOR EXPRESS

25 minutes

\$79

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.

GAIT ANALYSIS

25 minutes

\$85

This service offers a computerised 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 for purchase.)

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

HEALTHY ON YOUR FEET

50 minutes

\$137

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.

OPTIONAL MASSAGE ENHANCEMENTS

DRY-NO-MORE SCALP TREATMENT

A restorative treatment that protects and moisturises the scalp and revitalises the hair. Targeted products combat dryness and benefit the hair follicle while enhancing the appearance of hair, leaving it full and shiny.

\$40

OILY-NO-MORE SCALP TREATMENT

This relaxing treatment protects and moisturises while helping to control dandruff caused by excess oil and inflammation of the hair follicle. Effective products stimulate circulation, leaving hair balanced, healthy-looking and lustrous.

\$40

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.

\$40

TWO-BY-TWO MASSAGE

Share the Canyon Ranch experience with side-by-side massages. You can book two therapists and two tables for your choice of:

AROMATHERAPY MASSAGE
50 / 80 minutes

\$337 / 463

DEEP-TISSUE MASSAGE
50 / 80 minutes

\$377 / 559

CANYON RANCH MASSAGE
50 / 80 minutes

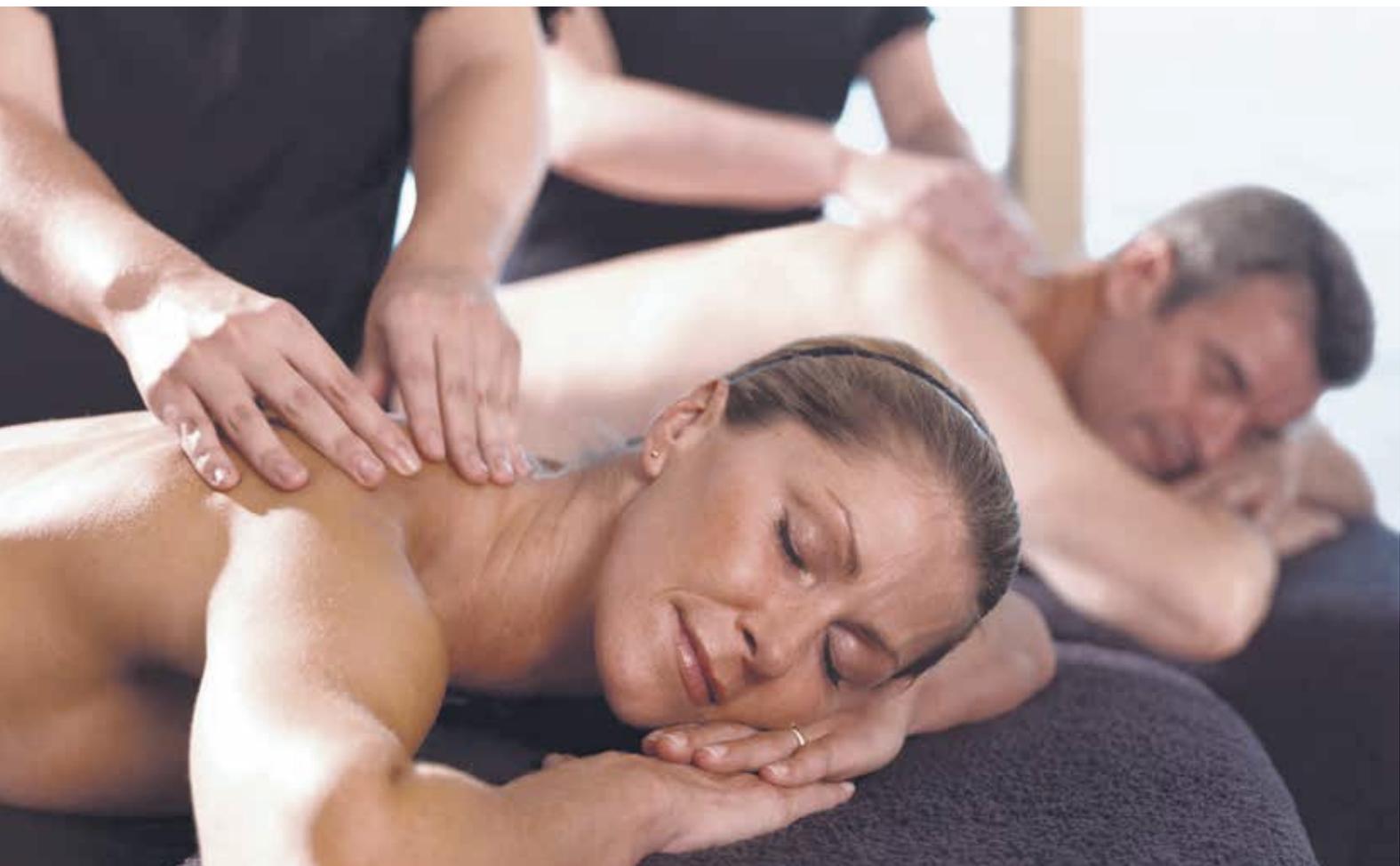
\$311 / 446

TENSION ZONE MASSAGE
50 minutes

\$311

CANYON STONE MASSAGE
80 minutes

\$468





SALON

HAIR SERVICES

HAIR DESIGN

Bang / fringe trim	\$17
Comb-out	\$48
Cut & style	
short	\$89
medium-length	\$99
long	\$110
Shampoo, cut & blow-dry	
short	\$89
medium-length	\$99
long	\$110
Shampoo, rollerset & blow-dry	
short	\$58
medium-length	\$69
long	\$79
Blow-dry enhancements	
add-ons	\$38
extra-long	\$28
super curly	\$28

Updo / upstyle	
medium-length	\$79
long	\$89

COLOUR & HIGHLIGHTING

Bleach	\$77
Full highlights	\$171
Highlights – 2 to 4 foils	\$48
Partial highlights	\$120
Tint, toner or semi-permanent colour	
short	\$99
medium-length	\$109
long	\$120
Tint – roots only	\$89

HAIR & SCALP TREATMENT

80 minutes

Restore your hair's natural vitality with custom hair care and scalp treatments. A designer style completes the treatment.

\$171

BARBER SERVICES

Beard trim express	\$45	Head shave	\$55
Beard trim / shave	\$85	Moustache outline	\$15
Haircut	\$38	Straight razor shave	\$65

MANICURES

AGE-DEFYING MANICURE

45 minutes

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

\$101

CANYON RANCH MANICURE

45 minutes

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

\$48

FRENCH MANICURE

50 minutes

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

\$58

SHELLAC MANICURE

50 minutes

Say goodbye to nicks, chips and smudges. Enjoy a Canyon Ranch manicure finished with gel polish.

\$90

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.

\$40

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.

\$95

NAILS

Acrylic fills**\$79****Nail repair****\$28****File & polish****\$28****Overlay with acrylics****\$89****Full-set**

Acrylics

\$110**Paraffin treatment**

Hands or feet

\$38

Add on French polish

\$38**Polish change**

Pink & white acrylics

\$140

Fingers or toes

\$28

Full-set pink & white rebalance / fill

\$89

French

\$38**Soak-off****\$15**

PEDICURES

AGE-DEFYING PEDICURE

50 minutes

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

\$135

CANYON RANCH PEDICURE

50 minutes

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

\$79

CANYON STONE PEDICURE

80 minutes

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.

\$180

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.

\$129

FRENCH PEDICURE

50 minutes

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

\$89

SHELLAC PEDICURE

50 minutes**\$89**

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

GENTLEMEN'S PEDICURE

30 minutes**\$62**

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.

SPORTS PEDICURE

50 minutes**\$89**

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

BEAUTY ESSENTIALS

EXPRESS TEETH WHITENING

20 minutes**\$199**

Brighten your smile today! This peroxide-free laser teeth-whitening system 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 adults of all ages, as long as your teeth and gums are healthy.

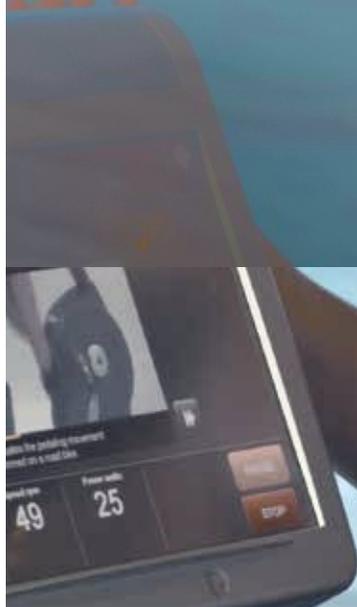
MAKEUP CREATION & LESSON

50 minutes**\$99**

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



FITNESS & WELLNESS



COMPLIMENTARY 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.

Take this chance to consult one-on-one with a fitness expert about how to achieve your optimal health, fitness and lifestyle goals.

BASIC FITNESS ASSESSMENT

80 minutes

\$169

We will assess your fitness level through five tests: cardiovascular endurance, muscular strength, muscular endurance, flexibility and body composition. Then we'll design a safe and effective exercise programme just for you.

BODYSTAT® BODY COMPOSITION ANALYSIS

25 minutes

\$65

Quick, comprehensive and noninvasive, the Bodystat Body Composition Analysis provides a complete picture of your body makeup 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).

EXERCISE FOR WEIGHT LOSS

50 minutes

\$108

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.

Please note that select classes require a registration fee.

PERSONAL PILATES SESSION

50 minutes

\$108

A private Pilates session on the mat.

PERSONAL TRAINING SESSION

25 / 50 minutes**\$67 / 108**

In this private session, a trainer will 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 • Exercise for travel • Pregnancy • Strength • Cardiovascular fitness

PERSONAL TRAINING SESSION (2 PEOPLE)

50 minutes**\$149**

Two people meet with a trainer. Focus on any of the topics listed on the previous page or on another interest you share.

SPA CLUB® EXERCISE PRESCRIPTION

50 minutes**\$108**

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.

SPA PRODUCTS



PROUDLY OFFERING:

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



Indulgent skin care 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-ageing 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.



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



For more than 25 years, 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.



Unsurpassed products and treatments that satisfy the simple desire for exceptional hair.



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.



Simply the finest all-natural and organic men's grooming and skin care product line available. All men's shave services at Canyon Ranch SpaClub® use The Gentlemen's™ Refinery products and service protocols. We offer our male clients the most healthful and luxurious spa experience possible.



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!

- Revitalising body wash
- Soothing body scrub
- Gentle shampoo
- Nourishing conditioner
- Soothing moisturiser
- Sun defence lotion
- After-sun cooling gel
- Lip shield
- Uplifting candle

Products are available for purchase at the Spa and from our online store, shop.canyonranch.com



GENERAL INFORMATION

- SpaClub® guests must be at least 18 years of age.
- Smoking is not permitted.
- Alcoholic beverages are not served or permitted.
- Mobile phones and laptops are not allowed.

FOR APPOINTMENTS

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

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.

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, or 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.

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: spaclubatsea@canyonranch.com or call **855-206-6655**, or to dial internationally, **520.239.3283**.

SPA CLUB® ON QUEEN MARY 2

Reservations: 866.860.4662

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

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

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