



Canyon Ranch Healthy Feet

You walk, dance, hike, play and run on them. They're subjected to high heels and pointy toes, banged against cement, jumped on, stressed and overused – and they never get a day's rest. No wonder your feet hurt.

Give your feet the care they deserve, alleviate pain, and find solutions to problems at Canyon Ranch Healthy Feet.™ Developed in partnership with Dr. Glenn Copeland, author of *The Foot Book* and *The Foot Doctor*, the center is devoted to advanced foot health and comfort.

Painful feet can cause your knees, hips and back to hurt as well. Canyon Ranch Healthy Feet experts offer full gait analysis, orthotics and rejuvenating foot and leg therapies that help you feel better all over. You'll enjoy serious relief right now and can address underlying problems so you'll be more comfortable every day. Your feet will thank you.





serious relief FOR YOUR FEET

Because your feet are subject to enormous use and constant wear, even small abnormalities can cause big problems. Orthotics – inserts for shoes – can effectively correct many physical problems that arise from improper foot mechanics. Find out if orthotics are for you.

GAIT ANALYSIS

FEES VARY

25 minutes

This service includes video analysis of your gait using a specially equipped treadmill, and a precise, 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, customized and custom orthotics are available and will fit most types of shoes.) *25 minutes*

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

Consider a Gait Analysis if:

- You suffer from general aches and pains from the foot to the lower back
- You have “flat” feet or “high arches”
- You suffer from pain anywhere in the foot, or in the ankles, knees, calves, hip or low back, either chronically or with athletic activity
- You have calluses or corns
- You have abnormal wear on your shoes
- You have arthritis in your lower body

AMAZING FOOT & LEG THERAPIES

Canyon Ranch Healthy Feet offers a range of relaxing, therapeutic services focused on feet and lower legs – received in a Zero Gravity chair from specially trained therapists using botanical therapeutic products by Gehwol, a German company that's been all about foot health for more than a century. Nothing feels better than a good foot massage, and these services take it to a whole new level.

ALL-STAR TREATMENT FOR ATHLETES

An intensive service designed to release tight leg muscles, Achilles tendonitis and plantar fasciitis (heel or arch pain). This therapy may help improve circulation, break up adhesions and speed up the lymphatic system to facilitate quicker recovery. Includes deep oscillation, which may reduce swelling, relieve pain and speed healing. *80 minutes.*

Tuesday–Thursday \$255

Friday–Monday \$265

Note: Please wear shorts for this service.

CANYON RANCH SIGNATURE FOOT & LOWER-LEG REJUVENATION

Take time to enjoy the ultimate in instant relief for feet from the effects of travel and too much standing. This luxurious service includes a warm herbal soak, followed by deep oscillation, and concludes with an extended foot and leg massage to leave you walking on air. *80 minutes.*

Tuesday–Thursday \$255

Friday–Monday \$265

Note: Please wear shorts for this service.



INSTANT RELIEF

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. *50 minutes.*

Tuesday–Thursday \$155

Friday–Monday \$165

HEALTHY ON YOUR FEET

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 and relax your entire lower body. *50 minutes.*

Tuesday–Thursday \$155

Friday–Monday \$165

HEALTHY IN HEELS

If you often trade comfort for fashion, this treatment is for you. Your therapist will concentrate on your trouble zones using delightful herbal products, expert massage and gentle stretching to soothe and revitalize. Your feet will be happy and fashionable once again! *50 minutes.*

Tuesday–Thursday \$155

Friday–Monday \$165



FOOT DOCTOR EXPRESS

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

25 minutes.

Tuesday–Thursday

\$95

Friday–Monday

\$100

FOOT RESCUE!

This therapeutic, invigorating treatment for feet begins with a soothing foot bath in herbal salts. Your technician 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. *50 minutes.*

7 days a week

\$100

Prices subject to change without notice.

ABOUT CANYON RANCH

Since opening its first health resort in 1979, Canyon Ranch has become the gold standard for healthy vacations, day spas, nutritious cuisine, wellness products and a healthy living philosophy that has inspired countless people. Canyon Ranch is a perennial award winner among prestigious publications, and the favorite of savvy spa lovers who value superb service, innovative thinking and a preventive approach toward lifelong wellness and vitality.

Canyon Ranch Healthy Feet is an important component in our overall approach toward head-to-toe wellness. If your feet feel good, you can enjoy life more and stay active every day, which is essential to staying fit and healthy.

ALL-INCLUSIVE, LIFE-ENHANCEMENT HEALTH RESORTS

Tucson, Arizona | Lenox, Massachusetts

À LA CARTE, ALL-SUITE, HEALTHY OCEANFRONT HOTEL & SPA

Miami Beach

LUXURY DAY SPAS

Las Vegas | Cunard's Queen Mary 2® | Oceania Cruises®
Regent Seven Seas Cruises®



CANYONRANCH *SpaClub*

3355 Las Vegas Boulevard South, Suite 1159
Las Vegas, Nevada 89109

SpaClub: 877-220-2688 | SpaClub local: 702-414-3600 | SpaClub group sales: 877-862-0583

THE VENETIAN HOTEL RESERVATIONS:

877-2VENICE (283-6423)
702-414-1000
venetian.com

THE PALAZZO HOTEL RESERVATIONS:

866-263-3001
702-607-7777
palazzolasvegas.com

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HEALTH RESORTS Tucson, Arizona | Lenox, Massachusetts | HOTEL & SPA Miami Beach
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