




think  beyond spa
GUIDE TO SERVICES

CANYONRANCH
SpaClub[®]

At The Venetian | At The Palazzo | Las Vegas



spaclub experience

THE POWER OF SERENITY

Welcome to a perfect world – Canyon Ranch SpaClub® at The Venetian and The Palazzo in Las Vegas. Our inspiring oasis embodies the world-renowned Canyon Ranch philosophy with a rich array of enticing, healthy pleasures. Here you can find serenity, replenish natural resilience, explore your potential, and, of course, bask in world-class pampering. Restore your spirit and relax your body at SpaClub.

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, or at Canyon Ranch Hotel & Spa in Miami Beach, or visit SpaClub for a day or more during your stay in Las Vegas, 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.

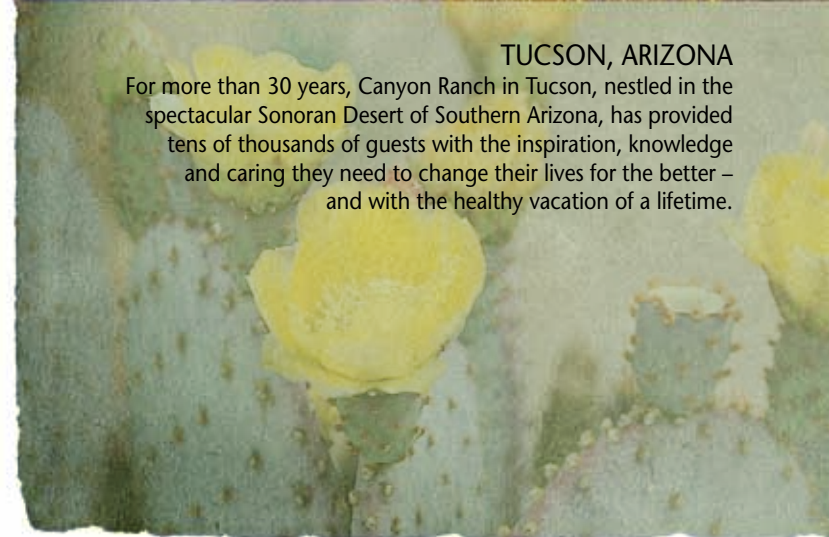
To your good health!

Enid and Mel Zuckerman
Enid & Mel Zuckerman
Canyon Ranch founders



TUCSON, ARIZONA

For more than 30 years, Canyon Ranch in Tucson, nestled in the spectacular Sonoran Desert of Southern Arizona, has provided tens of thousands of guests with the inspiration, knowledge and caring they need to change their lives for the better – and with the healthy vacation of a lifetime.





LENOX, MASSACHUSETTS

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



MIAMI BEACH, FLORIDA

Set on 750 feet of pristine beach at the edge of a vibrant city, Canyon Ranch Living® Miami Beach – a healthy-living condominium community and boutique hotel with a beautifully restored South Florida landmark at its center – is the latest and most opulent expression of the Canyon Ranch healthy-living philosophy.

ENJOY A HAVEN OF HEALTH & WELLNESS IN LAS VEGAS – YOUR WAY

While you're in Las Vegas...

Treat yourself to a Canyon Ranch SpaClub® Day Passport – and discover an oasis of health, serenity and relaxation on the Strip.

With a SpaClub Passport...

You'll receive complete, all-day access to one of the most extensive, beautifully equipped spas in North America. You can work out in sparkling fitness centers on state-of-the-art equipment, join in complimentary fitness and mind-body classes, and totally relax and refresh with the Aquavana® experience, a unique collection of European-style thermal cabins and aquatherapy environments.

Staying at The Venetian or The Palazzo?

Fitness access may have been included with your hotel reservation.* If so, this amenity includes use of two fitness centers, fitness locker room and wellness presentations. You may upgrade fitness-only access to include Aquavana thermal suite and wellness classes, or, if you purchase any service, Aquavana access is included at no additional charge.

**Please contact suite reservations to confirm.*



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ABOUT THE aquavana experience

For thousands of years, people have found that moving water and temperature variations provide relief for muscle and joint problems, speed toxins from the body and promote deep relaxation. Now you can experience the healing and tension-releasing power of advanced thermal treatments with Aquavana® thermal suite, a complete European-inspired suite of thermal spa cabins, tubs and aquathermal bathing experiences.

You'll enjoy all-day access to the Aquavana experience, and much more, when you book any service or purchase a SpaClub® Day Passport.





Enjoy any of these remarkable environments as the spirit moves you, or ask your Canyon Ranch SpaClub attendant for a circuit recommendation.

CO-ED ENVIRONMENTS

clothing required

Conservatory

Intimate seating, music, fresh fruit and hot and cold beverages. A gracious space for relaxation and conversation.

Salt Grotto

Soothing “sea air” washes over heated benches and intimate seating niches overlooking a bubbling fountain.

Wave Room

A multi-sensory experience simulating the look and feel of breaking waves under a domed canopy.



Men's HydroSpa

SINGLE-GENDER ENVIRONMENTS

clothing optional

Crystal Steam Room

Cleansing aromatic steam environment with a large crystal to inspire and focus meditation.

Experiential Rains

Invigorating, multi-sensory cooling showers. Select Caribbean Storm, Tropical Rain or Cool Fog.

Finnish Sauna

A classic Finnish dry-heat sauna environment lit by colored light refracted by crystals.

Herbal Laconium

A beautiful environment providing gentle warming of the body through herbal-infused steam.

HydroSpa

Radiant lounge chairs designed for relaxation and a variety of massage fountains providing gentle massage.

Igloo

Cool air and three Arctic mist experiences enhanced by twinkling fiber optics.

body WORK

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

MASSAGE

HOW TO RECEIVE A MASSAGE

Take time

Give yourself plenty of time before your massage so you can relax thoroughly in the warming environments of Aquavana® thermal suite. Warm muscles benefit most from bodywork.

Shower

A warm shower just before your massage washes off any salts, minerals or chemicals that could clog pores when mixed with massage oils. After your shower, put on your robe and take some time in the relaxation lounge.

(Un)dress the part

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

“Deeper” doesn’t necessarily mean “better”

Our superb bodywork staff is eclectic, multi-talented and devoted to giving you a massage that will satisfy your needs. Please communicate with your therapist and allow the therapist to “listen” to your body.

Relax

Close your eyes and allow your mind and body to be quiet. Focus on how you feel. Breathe deeply and let tension slip away with each breath. Remember, this time is for you. Revisit Aquavana® thermal suite to complete your experience.

Note: We use fragrance-free massage oil; lotion is available upon request.

SPECIAL NEEDS?

Ask a Guest Relations Representative about massages to meet your needs.



CANYON RANCH MASSAGE

50/80 minutes

Relieve muscle tension and promote relaxation with our signature full-body massage; our therapists adapt their eclectic techniques so you get the massage that's right for you. Indulgent and utterly relaxing.

CANYON STONE MASSAGE

80 minutes

The healing power of the earth is in your therapist's hands with warm, smooth, rounded basalt stones. The weight and radiant warmth of the stones, combined with calming essential oils, penetrates muscle tissue, inducing deep relaxation without overheating. Even the tightest muscles let go completely. It feels so good.

AUTHENTIC AROMATHERAPY TREATMENT

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 establishing equilibrium of mind, body and spirit. This fragrant, full-body treatment using pure botanical essences is the ultimate healthy pleasure. Just breathe.

ASHIATSU – DEEP BAREFOOT MASSAGE

50/80 minutes

From the Japanese words "ashi" meaning foot, and "atsu" meaning pressure, this is the ultimate deep-massage therapy. In this compression massage the therapist utilizes overhead bars for balance while using the feet to bring about release and structural change in chronically sore, tight tissues. Ashiatsu provides deep relaxation and stimulates the circulatory system. This is the modern version of a classic Asian therapy for persistent back and neck pain.

DEEP MUSCLE SOOTHER

80 minutes

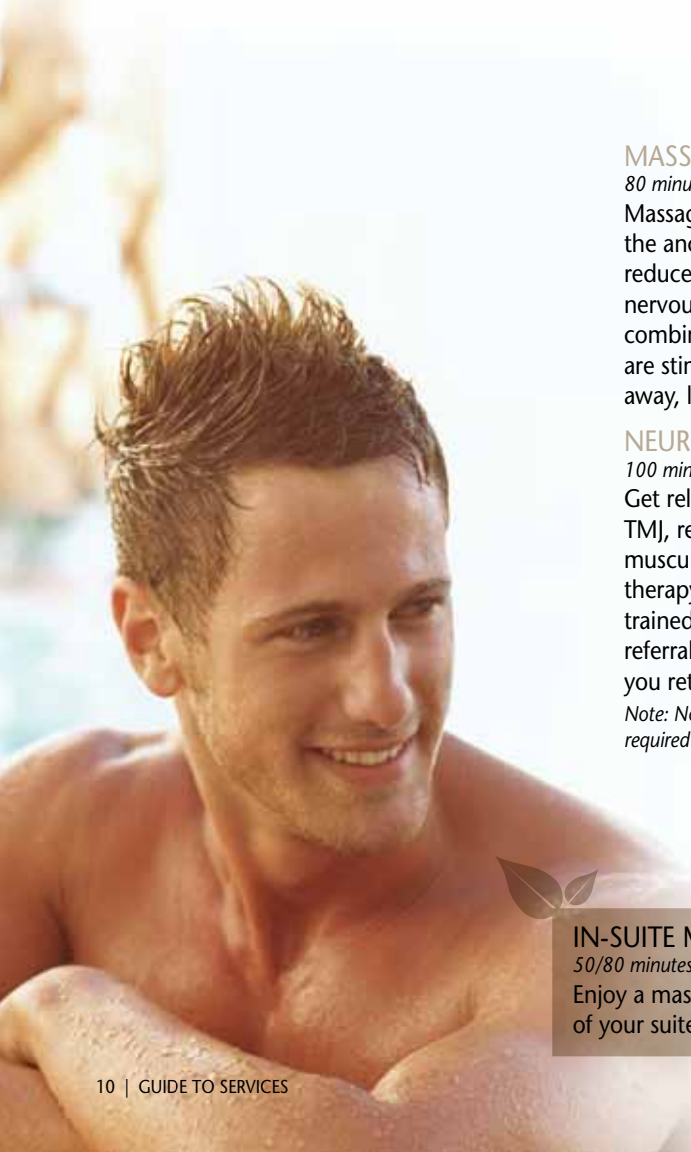
Stimulate and invigorate your muscles and release tension with this deep, focused all-over body massage. Designed to release tight, fatigued muscles and joints, this specialized service involves deep-tissue techniques that ease and open taut muscle tissue and disperse toxins. Prepare to feel better.

DEEP TISSUE MASSAGE

50/80 minutes

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





MASSAGE CUPPING

80 minutes

Massage cupping is an exciting adaptation of the ancient art of cupping, used for centuries to reduce swelling, flush toxins and stimulate the nervous system. Relax in this full-body massage combined with cupping, as your trigger points are stimulated to release, and toxins are flushed away, leaving you refreshed and restored.

NEUROMUSCULAR THERAPY

100 minutes

Get relief from tension headaches, back pain, TMJ, restricted range of movement and other musculoskeletal conditions with this focused therapy. This service, conducted by a specially trained neuromuscular therapist, includes referrals so you can continue treatments when you return home.

Note: Not a full-body massage. Underclothing is required for assessment.

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.

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

SHIATSU

50/80 minutes

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

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

SOLE REJUVENATION

50 minutes

Every aspect of wellness is connected, from head to hardworking toes. This deliciously relaxing foot massage relieves tension, soothes aches and puts the spring back in your step.

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



IN-SUITE MASSAGE

50/80 minutes

Enjoy a massage in the comfort of your suite.



TENSION ZONE THERAPY

50 minutes

Tight neck? Tense shoulders? Your therapist will banish 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 in less than an hour.

Note: Not a full-body massage.

THAI MASSAGE

50/100 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.

Note: Please wear light, loose-fitting clothing.

MIXOLOGY MASSAGE

50/80 minutes

Select from certified organic nutrients and essential oils from our Mixology Blending Bar in Canyon Ranch Salon. Blend them with massage oil for your therapist's use in your massage service. The ultimate in personalization.

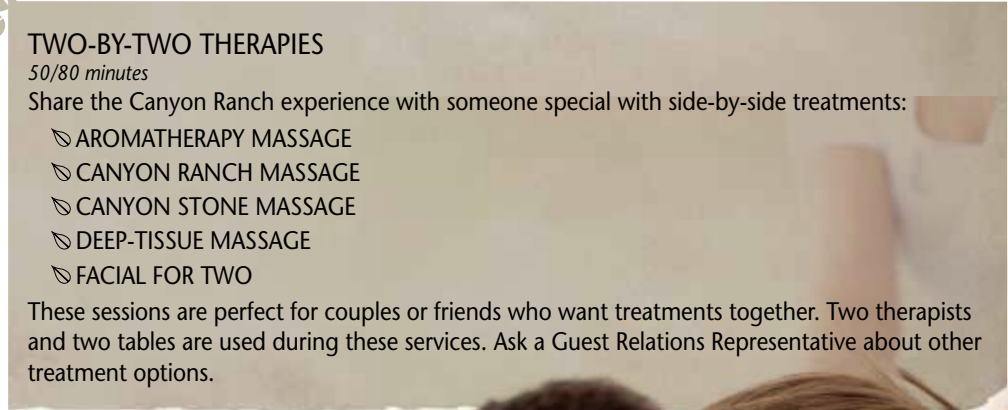
TWO-BY-TWO THERAPIES

50/80 minutes

Share the Canyon Ranch experience with someone special with side-by-side treatments:

- ✎ AROMATHERAPY MASSAGE
- ✎ CANYON RANCH MASSAGE
- ✎ CANYON STONE MASSAGE
- ✎ DEEP-TISSUE MASSAGE
- ✎ FACIAL FOR TWO

These sessions are perfect for couples or friends who want treatments together. Two therapists and two tables are used during these services. Ask a Guest Relations Representative about other treatment options.





MASSAGE ENHANCEMENTS

Make your massage even more special.

(A shower following your massage is necessary if you choose an enhancement for hair or scalp.)

MOISTURIZING HAIR & SCALP MASK

This luxurious mask gives new luster, bounce and manageability to damaged or dry hair and scalp.

MUSCLE THERAPY

Aches and pains will melt away with a special warming ointment, followed by a cooling gel.

NOURISHING HAIR & SCALP TREATMENT

For healthy scalp and smooth shiny hair, Moroccan oil has the unique quality of instant absorption into hair, creating an instant shine and long-term conditioning.

REVITALIZING FOOT TREATMENT

A mint-scented foot balm energizes and restores circulation.

SCALP REFRESHER

An uplifting, aromatic peppermint scalp product is used to deep cleanse, exfoliate the scalp, and stimulate the growth of healthy hair.

SEA FOAM MUD PATCH

This mud has a self-heating, bubbling effect that feels fantastic. A detoxifying treat.

TENSION BALM

Your therapist can massage this healing ointment into any area where muscle tightness is a concern.

SEASONAL ENHANCEMENT

We select a product and treatment to perfectly complement the season. Ask a guest relations attendant for the current offering.

ENERGY THERAPIES

Experience a sense of deep relaxation and emotional calm.

Note: You are welcome to wear light, loose-fitting clothing for all energy therapies.

CANYON RANCH ENERGY RENEWAL

50 minutes

Experience a unique Canyon Ranch energy session designed to connect, open and balance the energy centers, energetically release joints, and enhance the flow of energy in the body. Together with your therapist, you determine the intention of your treatment, anything from improving relaxation to healing a relationship. Holding this intention in the forefront, the therapist will focus on grounding, balancing, and chakra alignment to connect mind, body and spirit for a truly integrative, restorative session.

CRANIOSACRAL THERAPY

50 minutes

Attain a deep sense of calm and well-being. Using light touch, the therapist monitors the flow of cerebrospinal fluid to determine where restrictions are located. This soothing technique gently encourages optimal fluid movement to nourish all the tissues of the body.

REIKI

50 minutes

Harmonize your body through methods rooted in Asian spiritual traditions. Your therapist balances and restores nature's energy flow with a calm and nurturing touch.

VIBRATIONAL THERAPY

50 minutes

Experience the healing power of sound in this multi-sensory treatment. As you soak in revitalizing negative ionization in a special chamber, your therapist uses crystal sounding bowls, essential oils, chakra stone placements and acupoint stimulation to balance your body's energy fields. You'll emerge with renewed energy and a clear mind.

RITUAL BATHS

EUPHORIA

100 minutes

Indulge every sense in a luxurious ritual. You'll begin with a luscious, aromatic scalp massage and warm botanical body mask. Then your troubles wash away as you sink into an exquisitely prepared bath. A light, soothing massage using warm, herb-infused oil is the final, perfect touch.

SERENITY

100 minutes

Serenity is just a moment away! The subtle essences of the deep forest take you on an aromatic journey into relaxation.

KING'S BATH BOUQUET

80 minutes

Sink into a luxuriously scented bath in a golden tub afloat with rose petals and feel stress melt away. A full body massage completes this relaxing getaway.

BODY TREATMENTS

BODY THERMAL

50 minutes

Enjoy total ease as you take in the benefits of a shower enhanced with steam and pulsating water. A full-body exfoliation is followed by an application of your choice of natural products. Relax right where you are and enjoy a steam bath, rinse and application of a moisturizer.

Choose from:

- 🍃 Antioxidant
- 🍃 Detoxifying
- 🍃 Espresso Mud
- 🍃 Papaya Enzyme



RASUL CEREMONY

50 minutes

Cleanse and purify your body in our exquisite, ornately tiled steam chamber designed for your comfort and pleasure. Slather your skin or your partner's 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.

SEA-ESTA!

80 minutes

Lose yourself in a background of ocean sounds as warm and cool sensations engulf you in a specially designed chamber. Breathe negatively ionized "sea air" as warm sea muds, seawater mist, warmed ocean stones and cooling gel caress your skin in this deliciously hydrating, remineralizing treatment. Includes an invigorating scalp treatment.

Note: Plan on showering afterward to rinse out scalp treatment.

SEVENTH HEAVEN

80 minutes

The magnificence of youth is yours in this total body treatment. It incorporates exfoliating massage techniques and exclusive anti-aging ingredients from the sea to reverse the signs of time and dissolve every trace of tension. Gently

stretch, then exfoliate – massage style – with a hydrating butter scrub. Choose from:

- ☞ Moisturizing
- ☞ Anti-Aging

BODY WRAPS

COCOON

50 minutes

Let go completely as you float almost weightlessly in our cocooning envelopment bed. Light exfoliation is followed by a moisturizing treatment of your choice. Choose from:

- ☞ Contouring
- ☞ Detoxifying
- ☞ Moisturizing

HEALING COCOON

80 minutes

A unique, therapeutic ayurvedic body wrap that relaxes the mind and heals the body. Exfoliation with fragrant natural products enriched with essential oils starts the purification process, followed by a deep-cleansing mask and scalp massage. Your treatment finishes with a moisturizing application.

ULTRA-NOURISHING COCOON

100 minutes

Treat yourself to the nourishing qualities of coconut milk and honey products, renowned for their ability to hydrate and soften the skin, reduce redness and improve elasticity. After a gentle sugar scrub exfoliation, you'll be wrapped comfortably in our warm envelopment bed. A blissful massage seals in the benefits.

BODY SCRUBS

CONDITIONING BODY SCRUBS

50/100 minutes

Treat your skin to a scrub that leaves it feeling soft and velvety smooth. Choose from five different treatments featuring natural products attuned to sensitive, normal or dry skin. For the ultimate in relaxation, select the 100-minute service and complete the experience with a full-body massage. Total indulgence! Choose from:

- 🌿 **Mango Sugar Glo** – This conditioning, fruit-infused body scrub moisturizes dry, sensitive skin and leaves it glowing.

- 🌿 **Island Paradise** – Feed your skin the natural benefits of a delicious scrub enriched with vitamins and natural antioxidants from the tropics.

- 🌿 **Supplifying** – A truly invigorating ayurvedic exfoliating treatment enriched with omega 3-rich flaxseed oil to nourish, and antioxidant-rich rooibos tea to protect. Revel in the glow of health.

- 🌿 **Energizing** – Awaken your senses with an enlivening treatment inspired by the traditional Russian banya. A signature blend of ground Arabica coffee, nature's own microcellular stimulant, and Dead Sea salt, prized for its detoxifying benefits, polishes away dullness to reveal the skin's radiant glow while essential oils of rosemary, mint and citrus refresh your spirit.

- 🌿 **Mixology** – Select from certified organic nutrients and body butter from our Mixology Blending Bar to complement your salt or sugar scrub

AYURVEDIC TREATMENTS

ABHYANGA

50/80 minutes

This specialized massage from India, performed by two therapists, combines touch therapy with aromatherapy. Fragrant essential oils chosen to balance your dosha (constitution) are applied with light pressure to the energy points on the skin where, according to ayurvedic thought, your subconscious mind communicates with your body. Profoundly relaxing and energetically balancing.

SHIRODHARA

80 minutes

A classic pairing and a truly memorable experience, this service combines aromatherapeutic, full-body Abhyanga massage with a deliciously soothing Shirodhara scalp treatment. Experience balance and bliss.

skin care

You'll love the way our luxurious facials make you look and feel. Whether you choose a classic treatment or an exotic one, your aesthetician will tailor it to suit your skin. Experience the ultimate beauty treat on your own, or share the experience with someone special in our side-by-side treatment room.

OUR SIGNATURE COLLECTION

Uniquely transformative, clinically proven and an indulgent delight to the senses – that's our CANYON RANCH YOUR TRANSFORMATION® products and services. Developed by scientists, this complete skin care line transforms skin health inside and out using Pro-NAD®, a patented, timed-release form of bioactive niacin that helps cells repair and resist damage. In combination with other advanced ingredients and pure botanicals, Pro-NAD gives your skin a fighting chance against time. Experience transformation today with any of four beautiful services featuring these signature products – only at Canyon Ranch SpaClub®.



YOUR "TOTAL" TRANSFORMATION FACIAL

80 minutes

Our signature facial, but with an added boost – this union of science, aesthetics and technology is our most spectacular facial treatment. First, Canyon Ranch products take action against DNA damage caused by sunlight, and stimulate healthy cell production. Then enjoy an Ageless Oxygen Boost Treatment, with your choice of serum. The result is skin that's luminous, hydrated and glowing with visible, age-defying results.

YOUR TRANSFORMATION FACIAL

50 minutes

A complete, luxuriously detailed facial using our signature products. Restorative and anti-aging, this is both a treat and a results-oriented treatment that'll leave your skin glowing, healthy and restored.

YOUR TRANSFORMATION BODY REJUVENATION

50 minutes

This exclusive body rejuvenating treatment features our luxurious signature products. After a gentle manual exfoliation, your body will be infused with a mist of antioxidants and bioactive niacin to repair skin from the inside out. Your skin will be left hydrated, luminous and ready to defend itself from environmental harm.

YOUR TRANSFORMATION HEAD TO TOE

100 minutes

Experience an indulgent ceremony that delivers a healthy approach to repairing and restoring your skin – all of it. Your treatment begins with a full body exfoliation, followed by an application of niacin-rich mask and serum on sun-damaged areas, followed by a mist of antioxidants sealed with a soothing application of our Body Balm. Then your aesthetician performs our signature Your Transformation Facial. You'll emerge luminous from head to toe.

FACE, NECK & DÉCOLLETÉ

CLASSIC EUROPEAN FACIAL

50 minutes

Enjoy a deluxe signature treatment, featuring the purest, most luxurious products available, selected to address your skin's needs. Designed to pamper all your senses and induce a Zen-like state.

AGE DEFYING FACIAL

80 minutes

A sophisticated facial. Your skin's vitality is instantly restored and visibly smoother, younger and more beautiful.

WAXING

Facial and body waxing is available. This service must be booked separately.

ABSOLUTE CUSTOM FACIAL

80 minutes

This “red-carpet ready” facial is customized to suit all skin types, and is perfect for those looking for results *now*. The aesthetician assesses your skin’s needs and selects products from among the best of the best to accomplish the ultimate goal of beautiful, radiant, firm, dewy skin.

ETERNAL YOUTH FACIAL

80 minutes

An extended service with all the pampering extras from head to toe. A perfect blend of geothermal mud and mineral-enriched spring water is applied to the face and body, creating a truly unique, age-defying treatment.

18 CARAT FACIAL

50 minutes

A facial designed to softly illuminate your skin and bring a dewy radiance back to your face. This is a nourishing treatment that maximizes your skin’s ability to turn over new skin cells and enhance moisture retention, resulting in a supreme anti-aging treatment. Perfect for pre-party – the subtle golden mineral powders enhance your inner glow. Includes golden mineral rebalancing lotion for arms and décolletage.

GENTLEMEN’S FACIAL

50 minutes

A facial designed just for you, using clean-smelling products that appeal to a man’s senses. You’ll leave feeling fresh and relaxed.

SENSITIVE SKIN FACIAL

50 minutes

This soothing and nourishing treatment minimizes redness and inflammation, leaving a healthy hydrated glow. Designed for people with delicate skin with a tendency toward rosacea or irritation.

ULTIMATE HYDRATION FACIAL

50 minutes

The ultimate remedy for severely dehydrated, moisture-starved skin, this intensive treatment leaves you dewy and revitalized.

DEEP CLEANSING FACIAL

80 minutes

This facial is designed to clear congested pores and provide a more in-depth cleansing for problem skin. Your treatment includes an enzyme preparation, extractions and a specially formulated mask chosen for your skin type.

VITAMIN INFUSION FACIAL

50 minutes

Refresh your skin and maximize its ability to resist environmental damage caused by the sun, pollution and stress with a treatment fortified with mega-doses of vitamins, nutrients and antioxidants.

Note: Not for those sensitive to vitamin C.

AGELESS OXYGEN BOOST

50 minutes

An unparalleled, result-oriented treatment. Your aesthetician will customize your facial with either our Rejuvenate or Opulence treatment. Rejuvenate will firm, plump and rehydrate the skin. Opulence brightens and balances skin. Your face will feel smooth and clarified, nourished and hydrated. Great before a special event!

CUSTOM FACIAL ENHANCEMENTS

Your aesthetician will analyze your skin and recommend the best enhancements for you. Enhancements include:

- ☞ Atoxelene
- ☞ Collagen Mask
- ☞ Derma Peel
- ☞ Eco-Fin Treatment
- ☞ Enzyme Exfoliation
- ☞ Eye Contour Treatment
- ☞ Fancy Feet
- ☞ Luscious Lips
- ☞ Oxygen Boost

maternity

Mothers-to-be and new moms need nurturing, too. Let us care for you with one of these safe, comforting services designed with this unique life passage in mind.

FREE YOUR MIND

50 minutes

We pull out all the stops to ease you of the stresses associated with pregnancy. A cooling Mama Mio eye compress combined with calming pulse-point therapy initiates the relaxation. Gentle face and head massage then releases tension. Your treatment concludes with a deep, relaxing neck and shoulder massage. You'll feel so much better!

MELLOW MAMA MATERNITY MASSAGE

50 minutes

A complete body massage using specific techniques to increase circulation, alleviate tired muscles and reduce water retention. Retreat into a wonderful experience that gives mama a chance to truly relax and dream of baby.

MOMMY-TO-BE FACIAL

50 minutes

A delightfully pampering facial designed just for mummies-to-be. Subtle, safe fruit essences and calming ingredients care for your skin in all the ways expectant mummies need. This complete facial features a wonderful calming gel mask customized just for moms. Guaranteed to leave you feeling recharged and ready for your new addition!

THE SMOOTHIE

80 minutes

Rejuvenate your skin and clear your mind in preparation for the pending arrival. Mama Mio Smoothie will exfoliate your skin oh-so-gently (but effectively), then you'll enjoy a moisturizing massage that will leave you with skin to rival your baby's bottom.

salon

Look as good as you feel. At Canyon Ranch Salon, you'll find complete beauty services including sophisticated hairstyling, luxurious manicures and pedicures, makeup consultations and makeovers.

HAIR DESIGN

- ✎ Designer Cut
- ✎ Designer Cut & Style
- ✎ Designer Style
- ✎ Updo
- ✎ Wedding Hair

COLOR & HIGHLIGHTING

- ✎ Bleach
- ✎ Corrective Color with Consultation
- ✎ Full Highlights
- ✎ Partial Highlights
- ✎ Tint, Toner or Semi-Permanent – Single Color

DESIGNER PERMS

- ✎ Designer Permanent
- ✎ Relaxer

SPECIALTY ENHANCEMENTS

CANYON RANCH HAIR & SCALP TREATMENT

Restore natural balance to your hair and scalp for more manageable styling and ultimate shine. A designer style completes this service.

EXPRESS TREATMENT

A conditioning treatment selected for your specific needs restores balance and shine to hair.

HAIR EXTENSIONS

Customize a totally new look! Let a certified hair extension specialist create your new style with extensions for length, thickness and non-chemical highlights.

Note: A consultation is required so our specialists can customize the hair of your dreams.

HAIR STRAIGHTENING

Our revolutionary hair-straightening system, Yuko System Repair, was designed not only to straighten but also revitalize wavy or curly hair. Your hair will look and feel healthier than ever.

EXTENSION/STRAIGHTENING CONSULTATION

Speak with one of our specialized stylists to determine which hair treatment is right for you.

MAKEUP

MAKEUP CREATION

30 minutes

Look as great as Canyon Ranch makes you feel. Let a makeup professional create a new look for your special event or evening out.

MAKEUP CREATION & LESSON

50 minutes

Become your own makeup artist as a professional shows you how to make the most of your bone structure, complexion, skin type and lifestyle.

LASH EXTENSIONS

Wake up to longer, thicker, more beautiful lashes. Perfect for special occasions or everyday wear.

AIRBRUSH MAKEUP CREATION

30 minutes

Look flawless for that special event. A professional makeup artist combines traditional makeup application with airbrush artistry to create a photo-finish look. Perfect for brides.

FACIAL WAXING & TINTING

- 🍃 Chin Waxing
- 🍃 Eyebrow Arch
- 🍃 Lash Tint
- 🍃 Eyebrow Tint
- 🍃 Lip Waxing



MANICURES

SPA MANICURE

30 minutes

Get great nails on the go. This speedy manicure reshapes nails, cleans cuticles, moisturizes hands and finishes with a polish.

PEPPERMINT MANICURE

50 minutes

This deluxe manicure revives, restores and smoothes rough hands. Your hands will be pampered as your senses are refreshed by the delightful scent and feel of peppermint.

ULTIMATE MANICURE

50 minutes

Say good-bye to nicks, chips and smudges. All of the essentials of the perfect spa manicure finished with Shellac™ – a breakthrough, patent-pending UV3 technology that combines the ease of polish with the permanence of gels.

NAILS

- ✎ Pink & White or Gel Fills
- ✎ Fills – Acrylic, Fiberglass or Silk
- ✎ Full Set – Acrylic, Fiberglass or Silk Wraps
- ✎ Full Set – Pink & White or Gel
- ✎ Nail Repairs
- ✎ Polish Change (Fingers or Toes)
- ✎ Rejuvenating Acrylic Nail Removal

PEDICURES

BALANCING FOOT VEIL

80 minutes

Balance your doshas and relax from the soles up as your feet and lower legs are soothed and stimulated by a classic ayurvedic pedicure using natural Sundāri products.

ENDLESS ENERGY PEDICURE

80 minutes

Relieve tired, achy legs and feet with this remineralizing pedicure. Includes an exfoliation, self-heating mud mask and a cooling gel treatment.

NAIL ENHANCEMENTS

- ✎ Eco-Fin Treatment (Hands or Feet – petroleum-free deep moisturizing)
- ✎ Paraffin Treatment (Hands or Feet)
- ✎ French Style (Fingers or Toes)

SPA PEDICURE

50 minutes

A revitalizing pedicure designed to perk up even the most overtaxed feet. Gentle exfoliation is followed by a cooling mask and an intense moisturizing complex that aids in the repair of dry, cracked skin.

PEPPERMINT PEDICURE

50 minutes

Pamper rough, tired feet with this delicious pedicure. Antiseptic peppermint extract energizes as a therapeutic moisturizer softens, protects and deeply penetrates the skin.

ICE CREAM PEDICURE

50 minutes

Delight your senses with a special foot sundae. Bath Ice Cream fizzes and releases oils, minerals and fragrances into the water to soothe and revitalize feet. This is followed by an exfoliation using Shower Sherbet and an application of Body Icing. Choose your flavor for this special foot sundae!

TOES ON THE GO

30 minutes

A classic groom and polish for feet in a hurry.

BRIDAL SUITE

Savor each moment and glow like a star on your special day. Let preparing for your wedding be lavish, exciting and altogether unforgettable. Choose from an extensive selection of delightful services created to anticipate your every need and desire. An elegant, intimate environment, the Bridal Suite is perfect for your pre-wedding pampering party and all the wedding-day rituals. Located within Canyon Ranch Salon and connected to the women's locker room, the Bridal Suite features:

- ✎ Private gathering space for the bridal party
- ✎ 360-degree mirror and storage for gowns
- ✎ Refrigerated storage for flowers
- ✎ Food and beverage service
- ✎ Personal bridal concierge

BARBER SUITE

Nothing feels better than a great haircut, a professional shave or a perfect trim. Our design team of expert barbers offers a full spectrum of services, from styling to color, that will enhance your personal style. Enjoy these services in our all-guy Barber Suite:

- ✎ Straight-Razor Shave
- ✎ Hair Color
- ✎ Haircut
- ✎ Moustache/Goatee Trim
- ✎ Head Shave
- ✎ Beard Trim & Shave
- ✎ CEO Cleanup



health & wellness

Daily fitness classes and wellness presentations are included with the purchase of a SpaClub® Day Passport. A Guest Relations Representative can provide you with a class schedule.

Enjoy a sampling of the incredible quality and range of experiences and resources for healthy living available at award-winning Canyon Ranch health resorts and at our beautiful hotel & spa in Miami Beach.

EXERCISE/MOVEMENT

PERFORMANCE ORTHOTICS ASSESSMENT

25 minutes

Your feet are subject to enormous forces as you run, hike, or even just walk – so small abnormalities can cause big problems. This precise, computerized assessment of how you walk is used to prescribe orthotics – inserts for shoes – that correct these problems simply and effectively.

Note: Cost of orthotic inserts is in addition to service fee. This service is not appropriate for evaluating prescription orthotics that you are already using.

KINESIS®

30 minutes

Focused on balance, flexibility and stability, Kinesis builds endurance and trains muscles to work together efficiently and safely. Four panels of grips, cables and weight stacks allow for 360-degree, resistance-based, multi-plane motion. You'll be stronger, more graceful and able to perform everyday tasks with greater ease. Kinesis can also enhance other classic forms of exercise such as Pilates and yoga and assist in sports training and rehabilitation therapy.

YAMUNA® FOOT FITNESS

25 minutes

Revitalize your feet with Yamuna Foot Wakers®. Learn techniques to help you improve your strength and flexibility.

PILATES

50 minutes

Build strength through balanced motion by using the Pilates method. A one-on-one lesson will help find your center of alignment, increase range of motion and enhance concentration, resulting in improved posture and flexibility.

Note: Individual or sessions for two.

PERSONAL TRAINING

50 minutes

Have a certified personal trainer take you through a private workout covering cardiovascular exercise, strength training and stretching.

Work with an exercise physiologist to design an efficient exercise program based on your goals, fitness level, preferences and abilities.

ROCK-WALL CLIMBING

Challenge your body and spirit by climbing our 40-foot indoor rock wall. Shoes and helmets are provided and required. Please wear socks and fitness attire for this activity.

Choose from:

- 🍃 25-minute individual session
- 🍃 50-minute individual session
- 🍃 50-minute session for two

TEAM-BUILDING & PRIVATE GROUP EXERCISE CLASSES

Presentations, fitness classes and fit breaks led by certified fitness instructors are available upon request.

EDUCATIONAL PRESENTATIONS & WORKSHOPS

Learn, be inspired and have fun during complimentary presentations and workshops offered by Canyon Ranch professionals. Ask your Guest Relations Representative for topics, times and locations.

EXERCISE PHYSIOLOGY

BODY COMPOSITION ANALYSIS

25 minutes

Skin-fold calipers are used to measure the percentage of body fat in relation to lean body mass.

BASIC FITNESS ASSESSMENT

80 minutes

Assess your fitness level through five tests: cardiovascular endurance, muscular strength, muscular endurance, flexibility and body composition. An exercise physiologist will administer the tests and use your results to design a safe and effective exercise program that will help you achieve your goals.

EXERCISE FOR WEIGHT LOSS & BODY DEFINITION

50 minutes

Consult with an exercise physiologist and receive a customized exercise plan to increase your metabolism and reduce excess body fat.

R_x FOR EXERCISE

50 minutes

An exercise physiologist creates a customized exercise program to help achieve your fitness goals, whether you're a novice or an avid exerciser.

TARGET HEART-RATE DETERMINATION

50 minutes

Forget all those charts and graphs. Get an accurate, personalized target heart rate and be sure you're making the most efficient use of your workout time.

PASSPORT ENHANCEMENTS

Purchase a Day Passport and add any of these enhancements to maximize your benefit. A Guest Relations Representative can advise you about which enhancements are right for you.

- 🍃 Kinesis®
- 🍃 Personal Training
- 🍃 Pilates (single or group)
- 🍃 Rock-Wall Climbing (single or group)
- 🍃 Body Composition Analysis
- 🍃 Yamuna® Foot Fitness



NUTRITION

LIFETIME NUTRITION CONSULTATION

50 minutes

Optimize your energy, enhance your vitality and maximize your health potential by improving the way you eat. Meet with a registered dietitian who assesses your lifestyle, preferences and goals in order to help you optimize your food choices and eating patterns. Take home nutrition suggestions designed with both health and convenience in mind. Frequently addressed topics include:

- 🍴 Dining Out, Ordering In & Travel Tips
- 🍴 Eating for Energy
- 🍴 Healthy Pregnancy & Breast-Feeding
- 🍴 Kids & Food
- 🍴 Maximizing Your Metabolism
- 🍴 Multivitamins for Multitasking Lifestyles
- 🍴 “Quick Fixes” – Express Foods & Snacks
- 🍴 Vegetarian Needs

POWER LUNCH

80 minutes

Receive a nutrition consultation, then get answers to your questions about food from a registered dietitian while you enjoy a delicious lunch together in the Canyon Ranch Grill.™ What better way to practice your new skills in making better food choices?

Note: Cost of lunch is included

DIABETES MEAL PLANNING

80 minutes

Meet with a registered dietitian for recommendations on controlling your blood sugar through meal planning. The consultation includes an overview of diabetes and the major nutrients that affect blood sugar levels, a review of your current dietary habits and planning to help keep your diabetes under control.

FASTEST MEALS IMAGINABLE

50 minutes

Want to eat well, but don't have time to cook? You won't believe how many tips and strategies we have to fix that! You'll receive a complete Canyon Ranch guide to express meals and quick snack ideas, including dozens of recipes and a shopping list.

MENUS BY DESIGN

50 minutes

The ultimate in menu design. A Canyon Ranch registered dietitian assesses your needs, lifestyle and goals, then produces a tasty, balanced, customized menu cycle, complete with recipes, to meet your individual nutritional needs and food preferences. Your custom menus may address medical conditions like insulin resistance, diabetes or heart disease; food allergies or sensitivities; healthy weight-management; eating for optimal health and well-being; or any other concerns you may have.

Note: Cost includes initial consultation with a nutritionist only. Final cost varies depending on the length and complexity of the menu.

HEALTHY WEIGHT

HEALTHY WEIGHT TUNE-UP

50 minutes

Recommended if you are already in the process of achieving healthy weight and are interested in the latest information and continued nutritional coaching.

HEALTHY WEIGHT IN-DEPTH

80 minutes

Do you struggle with weight issues? Get an in-depth assessment, fresh ideas and recommendations for lasting, real-world weight loss and maintenance.

HEALTHY WEIGHT AT HOME

30 minutes

Receive ongoing nutritional guidance by phone to support your personalized program.

ACUPUNCTURE

ACUPUNCTURE

50 minutes

Acupuncture is a pillar of the ancient, holistic healing system of China. The acupuncturist uses very thin, sterile, disposable needles to adjust and balance energy as it circulates through the body's meridians. Acupuncture promotes the body's natural ability to heal and has been proven effective for enhancing the immune system, addressing chronic and acute health problems, relieving pain, supporting smoking cessation, preventing illness and promoting longevity.



Learn the proven Canyon Ranch approach to healthy weight maintenance. Integrating our leading-edge metabolic and mind-body nutrition strategies into your life can help you achieve and sustain a healthy weight. A registered dietitian assesses your current diet, eating patterns and lifestyle factors and provides customized advice about meeting your metabolic needs.

CANYONRANCH healthyfeet.™

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 FEET

Because your feet are subjected 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

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.)

Consider a Gait Analysis if:

- ☞ You suffer from general aches and pains from the foot to the low 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



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





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

50 minutes

An intensive service designed to release tight leg muscles, aggravated I.T. bands, shin splints, Achilles tendonitis and plantar fasciitis (heel or arch pain). This therapy may help improve circulation, break up adhesions and improve mobility and range of motion, as well as speed up the lymphatic system to facilitate quicker recovery. Includes deep oscillation which may reduce swelling, relieve pain and speed healing.

Note: Please wear shorts for this service.)

CANYON RANCH SIGNATURE FOOT & LOWER-LEG REJUVENATION

80 minutes

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, which may reduce swelling and discomfort and improve circulation, and concludes with an extended, expert foot and leg massage that will leave you walking on a cloud.

Note: Please wear shorts for this service.)

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 revitalize. 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. Relief is on the way!

FOOT RESCUE!

50 minutes

This therapeutic, invigorating treatment for feet begins with a soothing foot bath in herbal salts to refresh and relax the 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.

FOOT DOCTOR EXPRESS

25 minutes

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.



general information

- ✎ *Guests must be at least 18 years old.*
- ✎ *SpaClub® is a non-smoking facility.*
- ✎ *Cell phone use is permitted in the lobby only.*

LOCATION & HOURS

Canyon Ranch SpaClub® may be accessed from the fourth floor of The Venetian Resort via the suite elevator, the pool deck or by using the dedicated elevator located in the Grand Canal Shoppes. The Palazzo Resort guests may access SpaClub by taking the suite elevator to the third floor. Open 6 am to 8 pm daily.

GRATUITIES

Gratuities are at the guest's discretion and appreciated by the staff for outstanding service.

FOR APPOINTMENTS & RATES

SpaClub: 702-414-3600

Salon: 702-414-3600

Outside Las Vegas: 877-220-2688

Guests of The Venetian, Venezia or The Palazzo may call Ext. 4-3600 or press the Spa button on the in-suite telephone.

Group Sales Information: 877-862-0583

AT YOUR SERVICE

Our friendly and knowledgeable Guest Relations Attendants are here to recommend and schedule your perfect SpaClub experience.

ABOUT OUR PROFESSIONAL STAFF

Every SpaClub health and wellness professional is either a staff member or a private contractor. All meet the Canyon Ranch standards for training, education, experience and excellence.

CANCELLATION POLICY

Cancellations must be received at least 24 hours prior to appointment time or the full service fee will be charged. If an appointment is rescheduled on the day of service, a charge will be assessed. We suggest you schedule appointments at least six hours after your planned arrival in Las Vegas.

WHY HURRY?

You'll want to enjoy SpaClub facilities, including Aquavana® thermal suite, before your spa treatment. We recommend that you arrive at least an hour before your scheduled service.

WHAT TO BRING

SpaClub does not provide fitness wear or swimwear, although many items are available for purchase. Shirts and closed-toe athletic shoes must be worn in the fitness area. Our indoor cycling bikes accommodate athletic shoes, SPD and Look clips. Safe deposit boxes are available upon request.

CANYON RANCH SALON

Renowned stylists and stunning settings make any visit to a Canyon Ranch Salon a memorable experience. You'll find a complete array of beauty services including sophisticated hairstyling, luxurious manicures and pedicures, makeup consultations, lessons and makeovers. Resort guests may access the Salon from the suite elevators or via the Grand Canal Shoppes.

CANYON RANCH GRILL

Enjoy the innovative, fresh, healthy gourmet cuisine that Canyon Ranch is famous for. Canyon Ranch Grill™ offers specialty cocktails and features a variety of homemade soft drinks and juices along with organic and sustainable spirits, beers and wines. A private dining room is available. Serving breakfast and lunch, Canyon Ranch Grill is located at the SpaClub entrance in The Palazzo, just off the 3rd floor suite elevators.

CANYON RANCH CAFÉ

The enticing menu at Canyon Ranch Café™ unites great taste and good nutrition. Our ingredients are organic whenever possible and always free of preservatives and additives. Stop by for a fast, casual breakfast or lunch.

LIVING ESSENTIALS AT CANYON RANCH

Living Essentials® is located in The Palazzo Hotel at the SpaClub main lobby. This retail boutique offers fitness clothing, cookbooks, literature, logo apparel, fitness materials and music.

SPA TREATMENT BOUTIQUE

The Spa Treatment Boutique adjacent to the Conservatory provides service-based products for massage and skin care, in addition to CANYON RANCH YOUR TRANSFORMATION® skin care products. Other offerings include books and massage and skin care tools.

CANYON RANCH SPA CLUB

SpaClub offers a rich sampling of the programs and services that have put Canyon Ranch among the world's most celebrated health resorts. Experience a touch of Canyon Ranch, right down to the unsurpassed service, remarkable settings and quality staff. Recharge your spirit and renew your energy at any of our other SpaClub locations.

SPA CLUB ON QUEEN MARY 2

Queen Mary 2 reservations: 800-7-CUNARD
SpaClub appointments: 866-860-4662

SPA CLUB ON OCEANIA CRUISES

Oceania Cruises reservations: 800-531-5658

SPA CLUB ON

REGENT SEVEN SEAS CRUISES

Regent Seven Seas Cruises reservations:
877-505-5370

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For information about Canyon Ranch
in Tucson, Arizona, Lenox, Massachusetts,
and Miami Beach, Florida,
call 800-742-9000 or visit canyonranch.com

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

CANYON RANCH *Spa Club*[®]

At The Venetian | At The Palazzo | Las Vegas

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