

WELLNESS IS BETTER TOGETHER

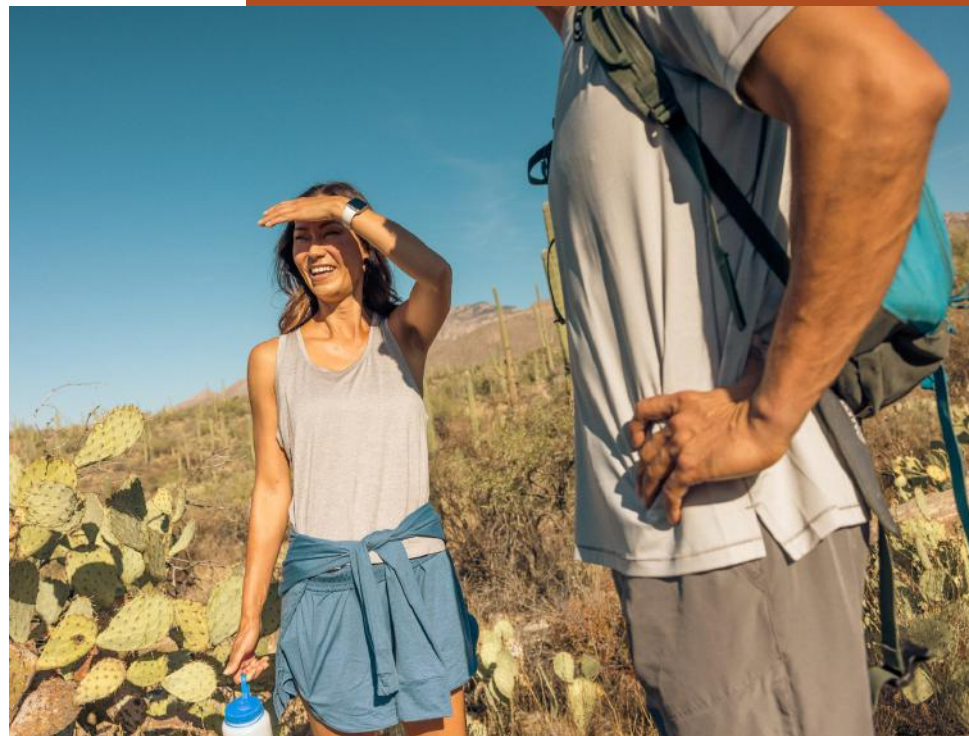
GROUP STAYS AT
CANYON RANCH



CANYONRANCH.

*When life gets in
the way...come together at*
CANYON RANCH

Gather your group — be they friends, family, or coworkers — for an unforgettable experience where you can connect, grow closer, and prioritize wellness together.

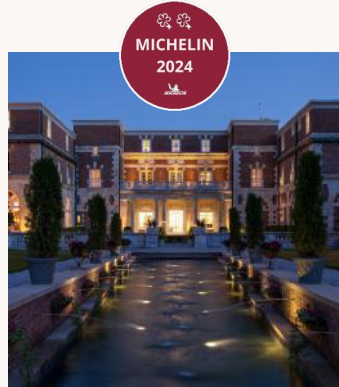


CANYONRANCH.

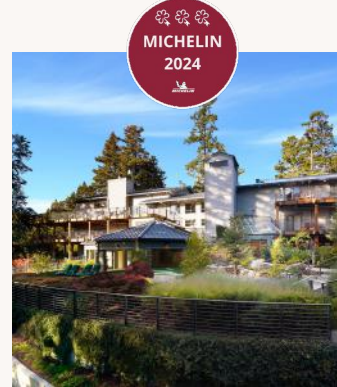
Choose any of our three
MICHELIN AWARD-WINNING RESORTS



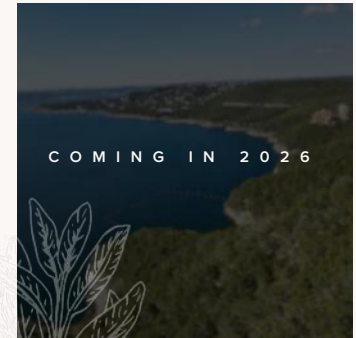
THE DESERT
TUCSON, AZ



THE MOUNTAINS
LENOX, MA



THE FOREST
WOODSIDE, CA



THE HILLS
AUSTIN, TX

Canyon Ranch resorts have been awarded the top honor of three keys in the 2024 Michelin Hotel Guide – an achievement shared by only 16 resorts in the country. Experience world-class wellness at one of our three (soon to be four!) resort locations.

CANYONRANCH.

All recognized as
A TOP WELLNESS DESTINATION IN THE COUNTRY
CANYONRANCH.

TRAVEL+
LEISURE

[Our Reader's Favorite Destination
in the World of 2024](#)

Condé Nast
Traveler

[Top 20 Destination Spa Resorts in the
United States:
Readers' Choice Awards 2024](#)

The New York Times

[6 Vacations That Could Help You
Live Longer and Healthier](#)

BUSINESS
TRAVELER

[A Four-Day Stay at Canyon Ranch's
LONGEVITY8 Program
Could Change Your Life](#)

Forbes

[Canyon Ranch's Annual "Enchant"
Beauty and Wellness Event is a
Gorgeous Getaway](#)

FT

**FINANCIAL
TIMES**

[The biometric retreat: executive
getaways that fight stress with science](#)

EXPERIENCE OUR FIVE PILLARS OF WELLNESS

CANYONRANCH.



1.

HEALTH & PERFORMANCE

Go beyond symptoms with personalized plans for prevention from licensed physicians

2.

MIND & SPIRIT

Pursue balance and purpose with behavioral therapy and spiritual guidance

3.

FITNESS & MOVEMENT

Enhance everyday mobility and athletic performance, guided by exercise experts

4.

NUTRITION & FOOD

Pinpoint strategies for optimal weight and holistic health informed by nutritionists and chefs

5.

SPA & BEAUTY

Promote relaxation and energy with healing bodywork and therapeutic treatments



AND GET A COMPLETE RESET AT CANYON RANCH

Unlike typical retreats, Canyon Ranch offers a customized wellness experience to help groups recharge, build stronger connections and return with a renewed sense of focus.

30+ Daily Activities

Everything from fitness and outdoor adventures to mindfulness practices, ensuring there's something for everyone.

200+ Personalized Services

Including spa treatments, health consultations, and custom wellness programs tailored to meet individual and team needs.

100+ Wellness Experts

Insights and guidance from a dedicated team of over 100 wellness experts, ready to help your group achieve their personal and professional well-being goals.

Enrich your stay

WITH OUR DAILY SCHEDULE OF
AWARD-WINNING WELLNESS EXPERIENCES

Sign Up For Our Top Daily Activities

- Core Conditioning
- Dynamic Stretch
- Yoga Sculpt
- Zen Meditation
- Desert Drumming
- The Art of Paper Flowers
- Posture & Balance
- The Truth About Longevity
- Community Table
- Mindfulness: Stress Antidote to Enhance Lifespan

Drop-in on just one or fill every hour with nourishing activities that leave you rejuvenated.



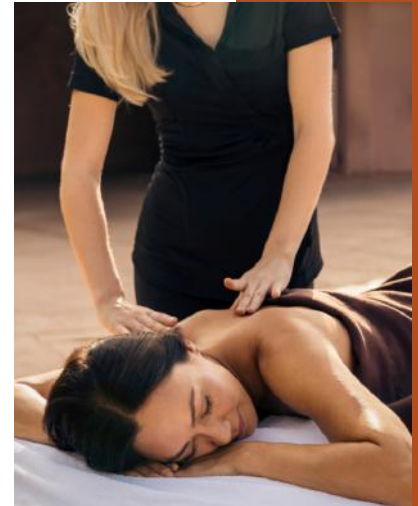
...And customize your wellness journey

WITH OUR MOST POPULAR
PERSONALIZED SERVICES

Touching on every aspect of well-being — from movement to mental health — our extensive selection of expert-led, award-winning services are designed to support you in beginning or deepening a lasting wellness journey.

- Canyon Ranch Massage
 - Pickleball Clinic
 - Collagen Facial
 - Tarot Card Reading
 - Hungarian Scrub
- Musculoskeletal/Joint Assessment
 - Personalized Nutrition Consultation
 - Comprehensive Exercise Assessment
 - Crystal Sound Activation
 - DEXA Body Composition Scan

Note: Varies amongst properties.





ALL WHILE TAKING PART IN UNFORGETTABLE GROUP EXPERIENCES

CANYONRANCH

MIND & SPIRIT

Crystal Singing Bowl
Meditation

Tarot Reading

Handwriting Analysis

HEALTH & PERFORMANCE

Burnout & Resilience
Workshop

Secrets to Sleeping
Soundly

Fast Fitness Workshop

FITNESS & MOVEMENT

Primitive Fire Making

High Ropes Challenge
Course

Pickleball/Tennis
Session

SPA & BEAUTY

Tranquil Nights:
Aromatherapy for Restful
Sleep

Post-Travel Recharge:
Experience CR Vitality

Beauty Sleep: Secrets to
Overnight Skin Care

NUTRITION & FOOD

Healthy Meal Prep for
Busy Days

Create Your Own
Cooking Competition

Chef's Wine Dinner

Led by licensed
WELLNESS EXPERTS

Access to fitness trainers,
nutritionists, spiritual wellness
guides, physicians, and
behavioral therapists to help
you on your wellness journey.

CANYONRANCH.



Stephen C. Brewer
Medical Director, Tucson



Eric Williamson
Director of Nutrition, Tucson



Christina Corral
Director of Fitness & Outdoor Sports,
Tucson



Yvonne Wong
Yoga Instructor, Woodside



Tryshe Dhevney
Spiritual Wellness Provider, Tucson



Brendan Murray
Director of Sports Medicine, Tucson



Amy Hawthorne
Director of Mental Health & Wellness,
Tucson



Dan Brinton
Outdoor Sports Guide, Lenexa

A photograph of two women standing in front of the Canyon Ranch building entrance. The woman on the left is wearing a bright blue dress and a black bag. The woman on the right is wearing a striped tank top and white pants, carrying a colorful patterned bag. The building has a textured, reddish-brown facade with the words "canyon ranch" in large, dark, lowercase letters. There are two small lamps above the entrance and some greenery in a planter box below the sign.

canyon ranch

Always included

IN YOUR STAY

- Group Discount on Luxury Accommodations
- Unlimited Meals, Snacks and Beverages
- Arrival Service
- Daily Activities
- Unlimited Use of Spa & Fitness Facilities
- Unrestricted Aquatics and Outdoor Sports Access

Sample Itinerary

WHAT YOUR DAY COULD LOOK LIKE

- 5:30am – 7am » **Breakfast on Your Own**
- 7am – 8am » **Group Activity: Sunrise Yoga**
- 8am – 9:30am » **Workshop: Beat Stress & Burnout**
- 10am – 12pm » **Team Meeting**
- 12pm – 1:30pm » **Group Lunch**
- 2pm – 5pm » **1:1 Service: Personalized Nutrition Consult**
- 5pm – 7pm » **Private Cooking Demonstration**
- 7pm – 9pm » **Free Time for 1:1 Personalized Services**



RECHARGE



FROM THE SONORAN DESERT TO
THE BERKSHIRE MOUNTAINS TO
THE REDWOOD FORESTS, EVERY LOCATION
OFFERS A UNIQUE EXPERIENCE

CANYONRANCH.

CANYON RANCH TUCSON

WHERE IT ALL BEGAN. IN THE COOL SHADE OF THE SANTA CATALINA MOUNTAINS
LIES A SERENE SPACE OF DISCOVERY AND TRANSFORMATION.



CANYON RANCH TUCSON



World-class facilities IN AN INSPIRATIONAL SETTING

150 acres in the striking Santa Catalina foothills

SPA & FITNESS CENTER

Remodeled 80,000-square-foot spa and fitness complex

HIKING AND BIKING

Nature, archaeology, night vision walks

OUTDOOR ADVENTURES

High ropes course, rock climbing, zipline, archery

DEMO KITCHEN

Cooking demonstrations and classes led by expert chefs

NINE EXERCISE STUDIOS

For private or group yoga, pilates, cardio and strength, indoor cycling and personal training sessions

POOLS & AQUATIC CENTER

3 outdoor heated pools, indoor aquatic center with lap pool, therapy pool and Watsu center

SPORTS

Sport courts, tennis, squash, racquetball, pickleball, wallyball

Relax in **COMFORT**

CANYON RANCH TUCSON



170 “casita style” premium accommodations, including suites, haciendas, all with signature amenities included.

The Reserve is a new 20-room enclave, including The Residence, a 1,200-square-foot private living suite, kitchen and dining area for gatherings and meals with shared space, firepits, and stunning views of the Santa Catalina Mountains.

DELUXE ROOMS

264–276 ft² | Sleeps 1–4

EXECUTIVE ROOMS

390–606 ft² | Sleeps 2–4

JUNIOR SUITES

640–678 ft² | Sleeps 4

LUXURY SUITES

704–960 ft² | Sleeps 3–5



Event SPACES

CANYON RANCH TUCSON



MEETING ROOMS	SIZE	CEILING	SQ. FT.	THEATER	CLASSROOM	U SHAPE	CONFERENCE	RECEPTION	BANQUET
Cactus Room	22' x 31'	8'	611	40	24	20	22	25	28
Catalina Room	28' x 24'	9'	627	42	18	23	22	25	35
Demonstration Kitchen	25' x 30'	8'	750	38	24	26	22	20	35
Mesquite Room	26' x 22'	8'6"	557	33	18	11	16	15	21
Sanctuary	27'4" x 27'	13'8"	664	30	18	26	22	25	-
Semi-Private Dining	16'9" x 40'	8'5"	668	-	-	-	-	25	28
Pavilion	38' x 59'	9'3"	1,961	135	58	41	50	100	80



LIFE ENHANCEMENT CENTER*	SIZE	CEILING	SQ. FT.	THEATER	CLASSROOM	U SHAPE	CONFERENCE	RECEPTION	BANQUET
Saguaro Room	34' x 37'	8'5"	1,254	-	42	-	-	-	-
Ocotillo Room	29' x 14'	8'11"	406	-	-	-	12	-	-
Dining Room	30' x 45'	9'	1,350	-	-	-	-	85	50
Hummingbird Lobby	24' x 54'	8'5"	1,296	-	-	-	-	100	-
Mohave Room	34' x 46'	9'	1,564	140	-	46	42	-	-

The Life Enhancement Center houses meeting rooms, gyms, locker rooms and a dining room – all of which can be reserved for the exclusive use of your group. In addition, your group members will have full access to the extensive facilities and services available to every Canyon Ranch guest.

DINING VENUES

SEMI-PRIVATE DINING: Canyon Ranch Grill™ – 28 guests maximum | PRIVATE DINING: Pavilion – 80 guests maximum | Demonstration Kitchen – 36 guests
Fees will vary for semi-private or private dining.



OUTDOOR SPACES	SIZE	SQ. FT.	RECEPTION	BANQUET
Casita Park Deck	25' x 27' 12' x 45'	1,215	40	65
T-Pool Ramada	12' x 52'	624	40	34
T-Pool Deck	31' x 76'	2,356	75	56
Flagstone Pool Deck	-	-	55	48
Flagstone Lawn	-	-	70	64

CASA GRANDE	SIZE	SQ. FT.	RECEPTION	BANQUET
Kitchen/Living/Dining	13' x 1'	1,020	25	20
Outside Patio	-	900	50	20

With its spacious rooms and stunning views, this luxurious private home setting can serve a variety of purposes. Small groups will enjoy the intimate feel and comfort of the surroundings. Casa Grande is also ideal as a hospitality suite, for receptions or as VIP lodgings. From its luxurious interior to the lovely patio, this beautiful three-bedroom accommodation provides a distinctive and inspiring environment. Fees will apply for use of this accommodation or meeting space.



Food

FOR LIFE

Indulge your palate with delicious, healthy cuisine sourced from organic, unprocessed whole foods and ingredients prepared to exacting nutritional standards.

VAQUERO

Enjoy vibrant flavors and seasonal dishes crafted from the freshest, locally sourced ingredients. Vegan and gluten-free options available.

DOUBLE U CAFÉ

Delight in chef-created plant-forward fare at our poolside cafe with a mountain view.

DEMO KITCHEN

Watch Canyon Ranch chefs as they prepare guest favorites for you at our complimentary Lunch & Learn.

JAVELINA CANTINA

Relax and unwind at our outdoor bar with thoughtfully selected cocktails, wines, local beers, and refreshing house-made "Ranch" water.



A dark, monochromatic photograph of numerous leaves, likely from a tree, covered in water droplets. The leaves are arranged in a dense, overlapping pattern, filling the entire frame. The lighting is soft, highlighting the texture of the leaves and the glistening water droplets. The overall mood is serene and natural.

CANYON RANCH LENOX

A BREATH OF FRESH AIR IN THE BEAUTIFUL BERKSHIRES,
A SHORT DRIVE FROM BUSTLING EAST COAST CITIES.



CANYON RANCH LENOX



The Berkshire Life – AN INSPIRING SETTING

2.5 hours from NYC and 2 hours from Boston in the town of Lenox.

Cultural epicenter with five-minute drive to quaint town of Tanglewood, with Shakespeare & Co, Rockwell Museum, and MASS MoCA nearby.

120 acres with two miles of trails, outdoor MoveStrong fitness equipment.

World-class facilities

SPA

100,000-square-foot spa with saunas, steamrooms, whirlpools and salon

FITNESS CENTER

State of the art fitness rooms, dance and yoga studios, Pilates/Gyrotonic studio, indoor cycling studio, indoor rowing studio

DEMO KITCHEN

Cooking demonstrations and classes led by expert chefs

SPORTS

Racquet and basketball courts, indoor track

POOLS

Indoor pool & outdoor pool

OUTDOOR ADVENTURES

High ropes course and zip lines

HIKING & BIKING

Hiking in the Berkshires and the Appalachian Trail, kayaking on pristine lakes, cross-country skiing, biking down leafy lanes. Stellar summer concerts

– On the site of the Grand Historic Bellfontaine Mansion –



Relax in
COMFORT

126 premium guest rooms and suites to meet your need. All accommodations feature extensive amenities.

DELUXE/STANDARD ROOMS

364 ft² | Sleeps 2

PREMIUM DELUXE ROOMS

364 ft² | Sleeps 2

EXECUTIVE ROOMS

450 ft² | Sleeps 2

LUXURY SUITES

800 ft² | Sleeps 3–4



Event SPACES

CANYON RANCH LENOX



LENOX, MASSACHUSETTS

MEETING ROOMS	SIZE	CEILING	SQ. FT.	THEATER	CLASSROOM	U SHAPE	CONFERENCE	RECEPTION	BANQUET
Berkshire Room	29' x 33'	9'3"	957	50	30	20	20	30	30
Culinary Rebel™	21' x 35'	9'	735	-	-	-	-	50	40
Demonstration Kitchen	38' x 13'	9'	494	-	-	-	-	20	32
Mansion Library	44' x 17'	8'	748	-	-	-	-	30	-
Rockwell Room	25' x 32'	9'6"	800	40	20	20	20	40	30
Sargent Brooke Lounge	54' x 26'	8'	1,404	-	-	-	16	24	24
Garden Room	20' x 17'	9'	340	-	-	-	-	24	24
Stockbridge Room	25' x 17'	9'6"	425	20	15	15	12	25	20
Stockbridge & Rockwell	25' x 49'	9'6"	1,225	70	40	30	20	50	50
Tanglewood Room	27' x 28'	8'3"	756	40	25	15	15	30	30

YOUR MEETING INCLUDES COMPLIMENTARY USE OF OUR STANDARD EQUIPMENT

HD projectors with laptops | Screens, TVs, and DVD players | Podiums

Other equipment can be arranged for an additional fee with advance notice.

DINING VENUES

DINING IN THE DEMONSTRATION KITCHEN: 32 guest maximum (fees vary) **GARDEN ROOM:** 24 guests maximum (fees vary)

Note: We encourage that some meals be "on your own," so you can enjoy the full menu and the individual dining experience.

Food FOR LIFE

Canyon Ranch's signature healthy meets delicious approach is on display at the gourmet Canyon Ranch Grill, the Demonstration Kitchen, Culinary Rebel and outdoors at Culinary Rebel on the Lawn.

Remarkable mansion-set spaces for private group meals.

CANYON RANCH GRILL

Seasonal, regional dishes are prepared using fresh, wholesome ingredients free of additives and unhealthy extras. Vegan and gluten-free options available.

CULINARY REBEL

The delightful Culinary Rebel™ serves snacks and light fare. Enjoy delicious meals in a lovely setting on the Great Lawn, weather permitting.

DEMO KITCHEN

Watch a Lunch & Learn, then enjoy the results. Or pick up pro techniques in a private or group hands-on cooking class. Take home tips to spice up your kitchen.

CANYON RANCH LENOX



CANYON RANCH WOODSIDE

SET AMONG CENTURIES-OLD REDWOODS NEAR SAN FRANCISCO,
AN INTIMATE, IMMERSIVE RETREAT EXPERIENCE THOUGHTFULLY ORCHESTRATED
TO INSPIRE CONNECTION NATURE, TO OTHERS, AND TO SELF



A focused group WELLNESS EXPERIENCE

Nestled among 16 forested acres of centuries-old California Redwoods along Skyline Boulevard, 30 minutes from San Francisco and Silicon Valley, yet feels as though you are transported a million miles away.

Reimagines the concept of an exclusive group retreat for lasting impact

For groups or individuals, the forest is a companion always in sight

Forest fitness course and 1.5 miles of natural trails for hiking, and wandering to transport you a million miles away

World-class bike trails nearby



Relax in
COMFORT

Our Michelin 3-Key Award-Winning California wellness retreat's 38 rooms are more than places to rest your head—they are welcoming sanctuaries that invite the outdoors in.

RETREAT ROOMS

416 ft² | Sleeps 2

TREEHOUSE

434 ft² | Sleeps 2



Event SPACES

CANYON RANCH WOODSIDE



The Loft Meeting Space offers natural light, wrap around decks and sitting areas for creative group breakouts underneath the redwood canopy.

- > Meet exclusively in inspiring spaces
- > Blue sky thinking on outdoor decks

Customize your itinerary from a group programming menu to include wellness activities, outdoor adventures, memorable meals or local excursions

- > Team building on a forest obstacle course
- > Share inspired presentations around a fire pit



Food FOR LIFE

Indulge your palate with delicious, healthy cuisine sourced from organic, unprocessed whole foods and ingredients prepared to exacting nutritional standards.

THE HEARTH

In a welcoming environment with a sense of community, dine on meals sourced by local farms and artisans who share our wellness and ecologically friendly philosophies.

HIDEAWAY BAR & LOUNGE

The inviting Hideaway lounge offers carefully selected local libations including natural, biodynamic, and organic wine, beer, and ciders available for purchase by the bottle.



Get in touch to
START PLANNING

REQUEST PROPOSAL

canyonranch.com/request-proposal

CANYONRANCH.

