







Fuel your passions.  
Feel your best.  
Find your inspiration.

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**PARTNERS IN WELLNESS**

Set sail for a new perspective with Canyon Ranch® and Oceania Cruises®. During an Oceania Wellness Tour inspired by Canyon Ranch, your days could move from a personal training session to a mud-bathing ritual - complete with mineral-rich benefits - to your best rest as part of our Blissful Dreams program. All enhanced by meals that feature spa cuisine at its healthy best.

Experience more of the Canyon Ranch spa with the purchase of a daily pass, which provides access to private environments including a private sundeck and aromatic steam room.

Enhance your cruise with spa services, fitness classes, wellness talks and experiences that are all geared toward your good health.



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A photograph showing two people's hands clasped together in a supportive grip. The person on the left is wearing a light-colored short-sleeved shirt, and the person on the right is wearing a light-colored long-sleeved shirt and a gold watch. The background is a bright, slightly blurred indoor setting. The entire image is overlaid with a semi-transparent teal and yellow gradient. The word "WELLNESS" is centered in white, uppercase, sans-serif font.

WELLNESS

## Thermal Environments

*Our European-inspired suite of spa cabins, tubs and aquathermal bathing experiences can provide relief for muscles and joints, remove toxins from the body and promote deep relaxation. Experience the healing and tension-releasing power of these advanced thermal treatments before a massage, facial or body treatment; after a workout or excursion; or explore the aquatic suite at your leisure. (Robe and slippers are provided.)*

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### ☉ AROMATIC STEAM ROOM

Enhance your mood and improve your skin in this multisensory, temperature-regulated steam room. Breathe in steam infused with your choice of stimulating or relaxing pure herbal essences, then bask in fragrant, 90-percent-plus humidity.

**ENJOY THESE PRIVATE ENVIRONMENTS WITH THE PURCHASE OF A DAILY PASS (SEE PAGE 36):**

#### THALASSOTHERAPY POOL

Unwind in this unique therapeutic environment as flowing saltwater massages your tired muscles. Ideal after a workout or before a massage, saltwater therapy can also be used to help improve circulation and reduce joint pain.

#### SUNDECK

Let go of all stress as you relax on our private sundeck. It's the perfect spot for a meditative moment or a bit of me time before rejoining the ship's lively social environment.

## Blissful Dreams Program

*Getting more shut-eye offers benefits from improving heart health and boosting metabolism to sharpening memory and reducing inflammation. Our curated program of holistic treatments, products, educational offerings and nutritional guidance can help you enjoy sleep that enhances your life.*

*Enroll in the Blissful Dreams Program during your cruise to learn how you can sleep better long after you've returned home. Visit the Spa or press the Spa button on your stateroom phone to learn more.*

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### 🕒 ORGANIC LAVENDER + SEAWEED SUGAR GLOW

*50 min*

The ingredients in this full-body exfoliating treatment work together in a delightful way. Sugar gently sloughs away dead skin cells, seaweed extracts soothe and soften, and lavender essential oil melts away stress while giving you a powerful dose of antioxidants to prepare you for a restful, restorative night.

### 🕒 AGE-DEFYING RESTORATIVE FACIAL

*50 min*

Firm and tighten skin, and enjoy a more radiant, youthful glow. You'll see instant results, thanks to a blend of seaweed and botanical ingredients that help stimulate collagen production and reduce the appearance of fine lines and wrinkles.

### 🕒 MINDFUL DREAMS RITUAL

*75 min*

This multi-step ritual features massage, meditation and products specially selected to soothe your senses. These all work together to calm your body and mind, leaving you utterly relaxed.

### ADD-ONS

For an even more blissful experience, we suggest adding these treatments to your service.

#### HAIR + SCALP TREATMENT

*20 min*

Experience deep relaxation and restoration with this add-on service. A gentle, circular scalp massage combined with a custom hair care treatment may help to increase blood flow, decrease stress and promote overall hair health.

#### FOOT TREATMENT

*20 min*

Melt away tension from your temples to your toes. Acupressure and massage are used in this add-on service to soothe tired feet, relax your nerves and improve circulation.



## BLISSFUL DREAMS PROGRAM ENHANCEMENTS

### A RED FLOWER™ SHOWER MOMENT

This self-guided shower ritual encourages you to mindfully devote time to decompression. Billows of hydrating steam scented with lavender essence will calm the mind, ease tension and deeply relax to promote a restful night's sleep.

### WELLNESS SESSIONS

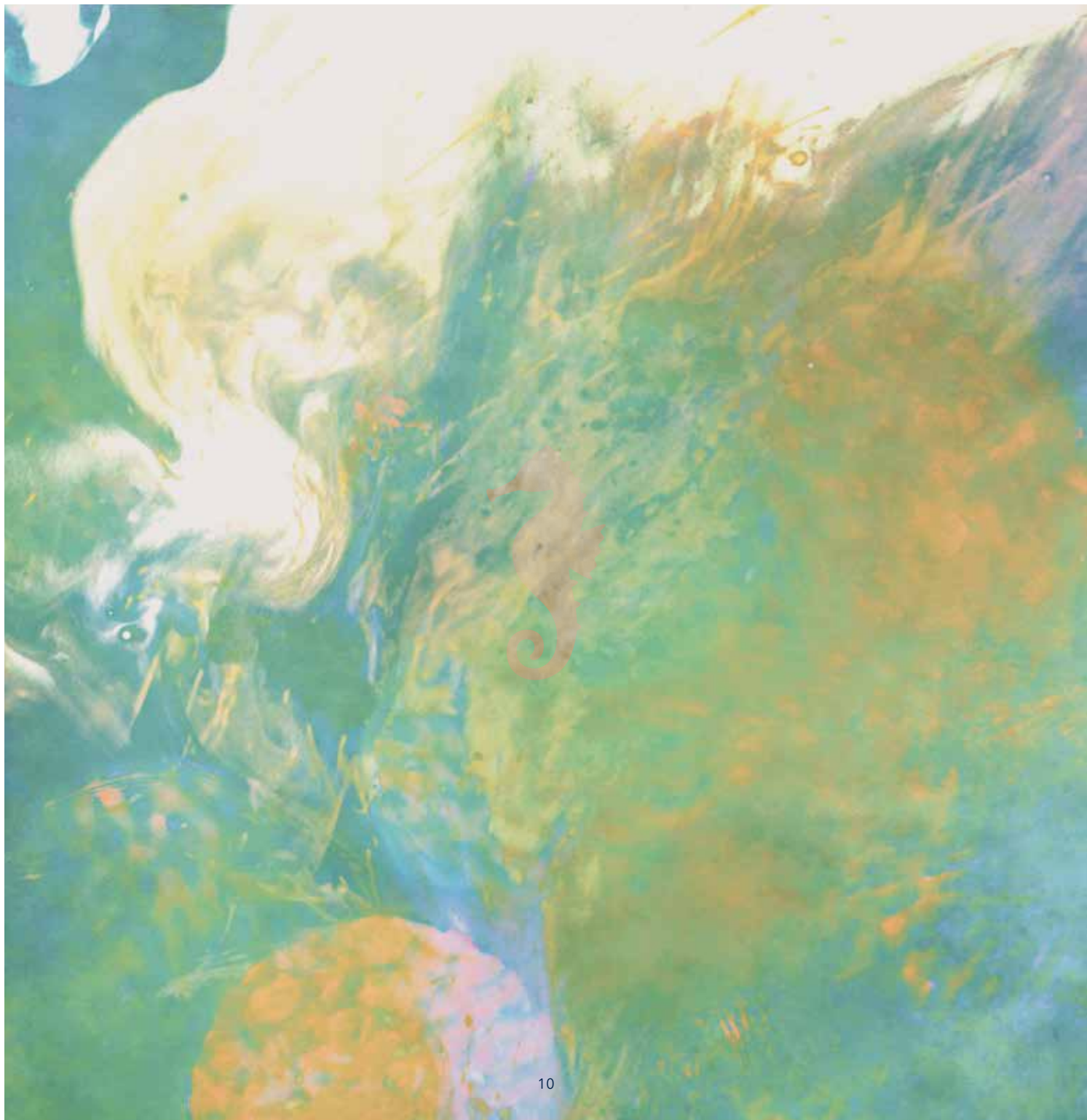
From educational talks on breathing techniques to guided meditation and low-impact yoga, you can choose from classes and presentations that will help you on your journey to greater wellness and more restful sleep.

### VOYA CHAMOMILE TEA

Chamomile is an ancient herb that has long been used for calming, soothing and relaxing. After your evening meal, enjoy the organic herbal blend of seaweed and chamomile from VOYA® to aid digestion and encourage sleep.

### VOYA TRANQUIL BODY CARE RANGE

Gently cleanse, soften and hydrate your skin with the collection of VOYA body care products, infused with the natural purifying properties of organic wild Irish seaweed. Most beneficial when used during a bath soak, use the products to de-stress before starting your day, or add them to your evening routine to relieve muscle fatigue and help you fall asleep.



## Body Treatments

*Explore today's port of call during a shore excursion, soak up the sun from a poolside lounge or practice your golf game from our ocean-view putting greens – then treat yourself to a pampering, restorative body treatment. Choose from exfoliating scrubs, rejuvenating wraps and nourishing rituals.*

### CONDITIONING BODY SCRUBS

#### ☉ EUPHORIC COFFEE SCRUB

*50 min*

A blend of coffee, black olive, crushed almond, neroli, orange and lemon peel, and fresh lemon juice come together in this intensely invigorating scrub that exfoliates, tones and wakes up your senses. The treatment concludes with a mood-boosting application of cardamom oil.

#### ☉ OCEAN SCRUB

*50 min*

This wonderfully restorative body treatment cools skin on contact. It uses antibacterial essence of eucalyptus and laurel to open your airways, and crushed clove to soothe and reduce inflammation. Exfoliation with organic Dead Sea salts will stimulate your lymphatic system, followed by an application of nourishing fruit and leaf butters to leave skin supple and calm.

#### ☉ OHANA CIRCULATION POLISH

*50 min*

An exfoliation with crushed bamboo, bamboo sap and oils of ginger and fir removes rough, dry skin and stimulates circulation. Finish with your choice of a warming rubdown with intensely moisturizing wild lime oil, or a cooling application of a protective cream made with plum blossoms and silk.

### ORGANIC BODY WRAPS

#### ☉ EUPHORIC DETOX WRAP

*50 min*

In this wrap, natural rhassoul clay binds to and removes impurities, while pure essence of rose gives your skin a boost of vitamin C and other natural antioxidants. An application of tangerine fig cream follows to hydrate and seal in vitamins.

#### ☉ SEAWEED LEAF WRAP

*80 min*

Experience one of the most powerful products of the sea with a warm, head-to-toe wrap of hand-harvested seaweed. This all-organic treatment detoxifies, firms and softens skin.

#### ☉ SEAWEED PEAT WRAP

*50 min*

Peat wraps have long been used in Eastern Europe to treat skin and rheumatic conditions, and now you can experience the benefits for yourself. This wrap, which mixes organic seaweed extracts with micronized peat, offers potent detoxification, boosts collagen production, and increases skin elasticity to help prevent and reverse signs of aging.

#### ☉ TANGLE ME UP WRAP

*50 min*

The powerful antioxidant compounds in this wrap work to firm and tone your skin, and alleviate the appearance of cellulite and signs of aging. The treatment also features ground *Laminaria digitata* algae, which will help relax tired muscles, relieve stress and banish fatigue.

## WELLNESS

### RITUALS

#### ☉ DETOXIFYING RITUAL

*80 min*

A vigorous scrub with a blend of coffee, olive stones and fresh lemons is followed by a rich Moroccan 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

*80 min*

Your treatment begins with a sage compress that is rich in antioxidants for your face, and then a profoundly relaxing aromatherapy scalp massage. Next, a warm botanical masque is applied to your body to condition and moisturize, then gently buffed away. The ritual concludes with a soothing herb-infused oil massage.

#### ☉ NATURALLY NOURISHING RITUAL

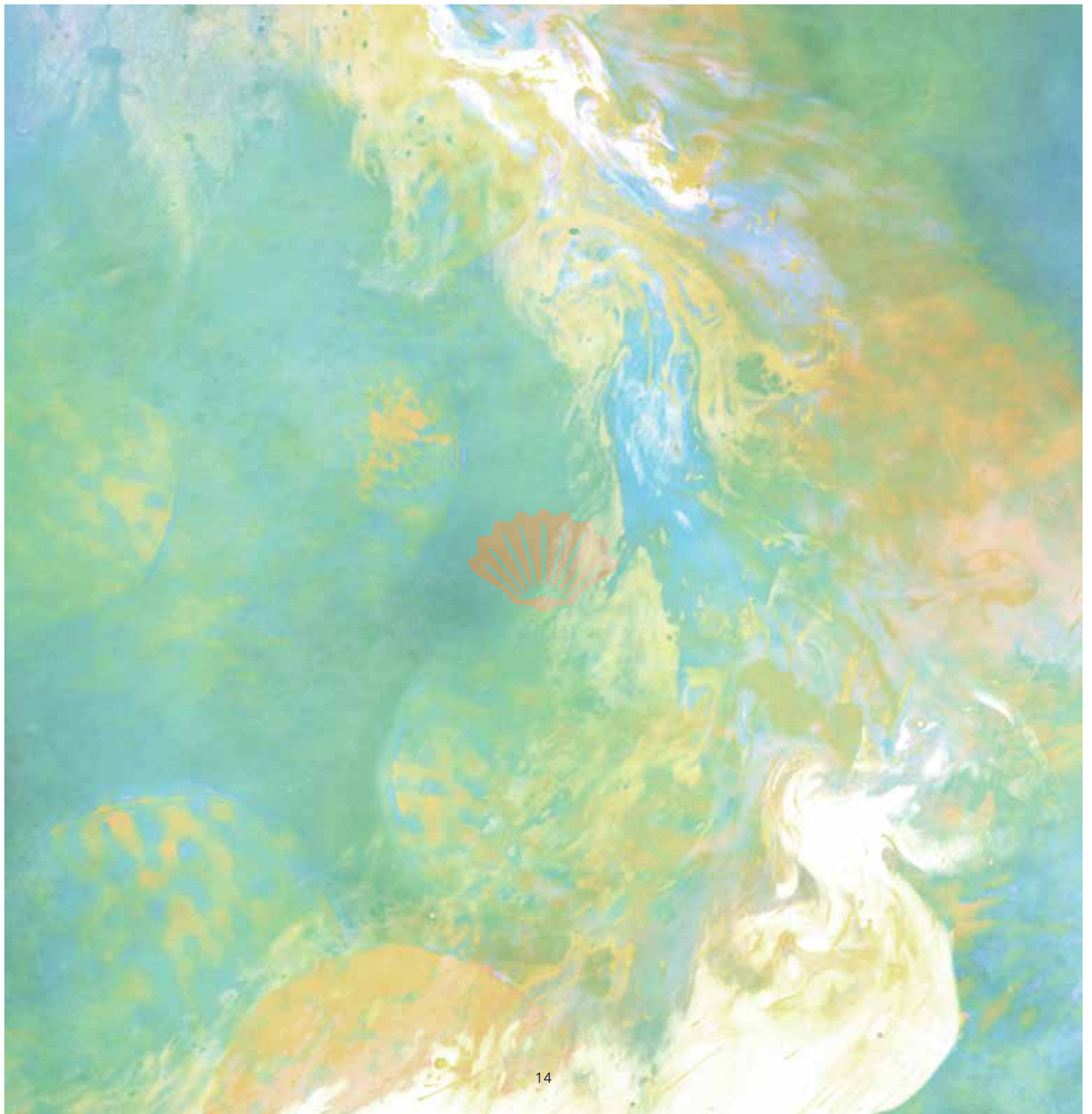
*80 min*

Boost your lymphatic system with a mushroom and phytonutrient body wrap, followed by a muscle-relaxing organic birch and mineral hydrotherapy soak. Then conclude your treatment with an invigorating deep-tissue massage using Arctic berry and evergreen oils.

#### ☉ REVITALIZING RITUAL

*80 min*

Perfected in Japan, this six-part ritual will nourish your skin, help balance your mind and relax your body. First, a warming ginger grass and bamboo scrub will be applied, followed by an awakening poultice to energize your meridian lines. Then you'll be wrapped in nutrient-rich rice bran that will lock in moisture while you receive an acupressure facial massage. Finally, you'll soak in infused mineral waters before enjoying a shiatsu-inspired massage.



## Massage & Bodywork

*The cruise experience can be busy – filled with activities from sunrise to long after sunset. Take a break from the excitement and make time to treat yourself to a bodywork session. Whether you're seeking a quiet, meditative moment, looking to soothe tired muscles after exploring during your last excursion, or planning a special time to connect with a loved one, there is a treatment that's perfect for you.*

## WELLNESS

### MASSAGE TIPS: 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. You'll get the most benefit from bodywork if your muscles are warm before your treatment.

#### SHOWER

Take a warm shower just before your massage to help you relax and wash away 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

If it's specified that your massage service will be received clothed, wearing shorts and a T-shirt is an ideal option. Otherwise, we recommend that you undress completely and wear just a robe to your massage. You will be able to remove your robe and cover yourself in privacy, and you will be draped with a sheet during your treatment.

#### TALK WITH YOUR THERAPIST

Communication is the key to getting the massage you want. Before your massage, let your therapist know which areas you would like to focus on, as well as any areas to be avoided, and be sure to disclose any medical conditions or concerns. During your treatment, speak up if you feel any discomfort.

#### RELAX

Close your eyes and allow yourself 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.



### MASSAGES

#### ⦿ AROMATHERAPY MASSAGE

*50/80 min*

This fragrant, full-body massage offers an all-natural, sense-seducing escape from the everyday world. Breathe in your choice of organic essential oils, customized based on your health and treatment goals - whether you seek a calming experience, increased energy, a mood boost or relief from a specific condition.

#### ⦿ AROMATHERAPY MUSCLE SOOTHER

*80 min*

Let tension slip away with each breath. This reflex point-focused, all-over massage uses lymphatic strokes and essential oils to release tight, fatigued muscles and joints across your body, addressing everything from shoulder tension to tired feet.

#### ⦿ AWAKENING MASSAGE

*50 min*

Boost your energy with an all-over body treatment using cold-pressed Arctic berry seed oils. An invigorating eucalyptus and laurel foot massage - followed by an uplifting flower mist - complete the service, helping to restore optimal health and a positive state of mind.

#### ⦿ CANYON RANCH MASSAGE

*50/80 min*

Our signature full-body massage stimulates circulation and soothes tight muscles. Uniquely relaxing, it's a great introduction to body work for those who are new to this type of treatment.

#### ⦿ CANYON STONE MASSAGE

*80 min*

Smooth, rounded basalt stones are gently heated and used as extensions of your therapist's hands. The warmth will penetrate muscle tissue to induce deep relaxation without overheating.

#### ⦿ DEEP TISSUE MASSAGE

*50/80/100 min*

Put yourself in an expert therapist's hands for an intensive massage experience focused on releasing deep muscle layers. This treatment uses firmer strokes than Swedish massage and acupressure, making it an ideal choice for athletes, as well as those who are looking to treat chronic injury or reduce stress and muscle tension.

#### ⦿ SEAWEED FEET + LEGS MASSAGE

*45 min*

Enjoy a sea salt scrub and a deeply relaxing massage of the lower legs, followed by a warmed Atlantic seaweed wrap. This service will help detoxify, increase circulation, and nourish tired feet and legs.

## WELLNESS

### ☉ SOLE REJUVENATION

*50 min*

Every aspect of wellness is connected, from head to hard-working toes. This deliciously relaxing foot scrub and massage relieves tension, soothes aches and puts the spring back in your step. Note: You are welcome to wear loose-fitting clothing.

### ☉ SPORTS MASSAGE

*50/80 min*

A combination of attention to trigger points and stretching, as well as cross-fiber friction and myofascial techniques to break down knots from a previous injury. This massage helps recovery from a strenuous workout, and is beneficial as part of a program to prevent muscle injury.

### ☉ TENSION ZONE MASSAGE

*50 min*

This treatment uses a combination of targeted strokes and pressure to melt away tension and stress from your head, neck and shoulders.

*Note: This is not a full-body massage.*

#### ENHANCEMENTS + UPGRADES

RELAXING SCALP MASSAGE

REVITALIZING FOOT TREATMENT

WAKING UP SCALP MASSAGE

## Eastern Treatments

### ☉ REFLEXOLOGY

*50 min*

Feel the stresses of the day fade away as gentle pressure is applied to the energy meridians on the soles of your feet. An ancient healing practice, reflexology may also help relieve pain, promote better sleep and improve circulation.

### ☉ SHIATSU *(on select vessels)*

*50/80/100 min*

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.



## Ayurvedic Services

Developed in Southeast Asia thousands of years ago, Ayurveda – or the “science of life” – is guided by the principle that mind and body are inextricably connected. In true Ayurvedic tradition, our therapies focus on restoring balance to body and spirit. Please wear light, loose-fitting clothing for these services.

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### ☉ 5-POINT STAR

*50 min*

Herbal infusions are applied to five key points on your body representing the five elements of Ayurveda: earth, fire, water, wind and ether. Placed on your head, hands and feet, the treatment helps connect your body and mind to promote inner and outer harmony.

### ☉ ABHYANGA MASSAGE

*50/80 min*

This full-body Ayurvedic massage features gentle pressure and specific, sequential strokes using generous amounts of warm sesame oil. This type of treatment has long been used to relieve pain, stiffness and fatigue, and is often performed in preparation for detoxification therapies.

### ☉ SHIRODHARA

*50 min*

Let yourself relax as warm oils are poured over your hair and scalp in this calming treatment. An Indian balancing bowl, used on the soles of your feet, will help soothe your spirit, reduce anxiety and encourage a good night's sleep.

### ☉ THAI MASSAGE *(on select vessels)*

*50/80 min*

Rooted in Ayurvedic tradition, this therapy uses slow, focused movements and compressions to guide the body through stretches and assisted yoga postures. Thai massage can help you relax, resulting in a sense of lightness and overall comfort. *Note: Treatment takes place on a traditional floor mat.*

## Shankara Body Wraps

Avarna, a Sanskrit noun for “envelopment,” is a beautiful description of the cocooning effect of these treatments. They are dosha-specific, and are designed to promote lymphatic drainage; stimulate exfoliation and cell turnover; nourish dry, tired skin; and revitalize your being. In these two-part services, a stimulating massage is followed by a warm, enveloping wrap to create space for deep relaxation and meditation.

### ☉ HERBAL CELLULITE SUPPORT WRAP

*50 min*

This energizing treatment is ideal for those with a Kapha dosha, or anyone who has been feeling run down or sluggish. First, you'll experience Gharsana, a dry massage that exfoliates skin and stimulates circulation, followed by an organic herbal wrap. The blend, including turmeric and fenugreek, will help tone your skin and reduce the appearance of cellulite.

### ☉ CUCUMBER ALOE SOOTHING WRAP

*50 min*

This naturally cooling body wrap will balance the fiery nature of those with a Pitta dosha. It also helps heal and protect skin after a day in the sun.

### ☉ HONEY HERBAL MOISTURE WRAP

*50 min*

A treatment to hydrate and nourish the skin, this massage and wrap treatment will help energize and ground those with a Vata dosha. This service can be beneficial for pregnant\* or nursing mothers, as well. \*Be sure to consult your doctor prior to booking this, or any, body treatment.

### ☉ LYMPHATIC DETOX SUPPORT WRAP

*50 min*

This ayurvedic herb treatment is recommended for anyone with sluggish immunity or who is recovering from an illness, is overly tired or is working on an aggressive exercise routine.

### ☉ HERBAL REJUVENATION

*50 min*

A tri-dosha experience for whole-body nourishment, purification and hydration that uses beneficial yogurt and honey to moisturize skin.

A photograph of a woman in a yoga class. She is wearing a light-colored tank top and has her hands pressed together in a prayer position (Anjali Mudra) in front of her chest. She is wearing several beaded bracelets on her right wrist. The background is softly blurred, showing another person in a dark top also in a similar pose. The overall lighting is warm and natural, suggesting an indoor setting with large windows.

# FITNESS

## FITNESS

Whether you want to push yourself to achieve a specific exercise goal, or you'd like to move, stretch and strengthen, you'll find everything you're looking for in our onboard fitness facilities. Up for a morning workout? Sweat it out with an Indoor Cycling session for an energizing wake-up. Need something to unwind at the end of the day? Restorative Yoga can help you achieve the ultimate relaxation.

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### FITNESS CENTER

Explore an extensive selection of expert-led classes, stationary and resistance machines, free weights and balance trainers. Use of equipment and most classes are complimentary; however, registration is required. Sign-up sheets are located at the Gym or Spa desk. Please note that select classes require a registration fee.

#### 🕒 EXERCISE CLASSES

*45 min*

Our schedule of daily classes offers nearly endless opportunities to learn, get fit and have fun. For an invigorating session, try Ashtanga Yoga, Power Yoga or Indoor Cycling, among other options. For classes that are more calm, sign up for Hatha Yoga, Vinyasa Yoga, Kundalini Yoga or Restorative Yoga. Consult your daily program for times, locations and descriptions of these and additional classes.

### ASSESSMENTS + TRAINING

#### 🕒 BASIC FITNESS ASSESSMENT

*80 min*

Have your fitness level assessed through five tests: cardiovascular endurance, muscular strength, muscular endurance, flexibility and body composition. Using your results, an expert trainer will design a safe and effective exercise program just for you.

#### 🕒 EXERCISE PRESCRIPTION

*50 min*

Meet with a Canyon Ranch exercise professional and receive a customized program to help you achieve your fitness goals, whether you're a novice or an experienced exerciser.

#### 🕒 BODYSTAT® BODY COMPOSITION ANALYSIS

*25 min*

Quick, comprehensive and noninvasive, the Bodystat Body Composition Analysis provides a complete picture of your body makeup and hydration level. Learn how much of your total body weight is fat and how much is lean tissue (including muscle and bone). You can use this information to help set more specific fitness goals.

## FITNESS

### ⦿ ASSISTED STRETCHING

25 min

There's no question that stretching on your own is important, but it has its limitations. Assisted stretching is a more effective method, because it uses maximal resistance to improve your flexibility and strength.

### ⦿ EXERCISE FOR WEIGHT LOSS

50 min

Learn how to stimulate your metabolism to reduce body fat. Whether you're beginning a program or are an avid exerciser, we can create an effective fitness program based on your goals and abilities.

### ⦿ PERSONAL TRAINING SESSION

25/50 min

In this private session, a trainer will develop or fine-tune a fitness program tailored to your specific needs, preferences and goals. Popular areas of focus include:

- Blood pressure
- Body sculpting
- Bone health
- Cardiovascular fitness
- Exercise for travel
- Pregnancy
- Strength

### ⦿ PARTNER TRAINING SESSION

50 min

A private session for two people with a trainer. Focus on any of the areas above, or another shared interest. Partner training can be a cost-effective and fun option for friends or family members at a similar fitness level.

### SPECIALIZED WELLNESS SERVICES

#### ⦿ BACK CARE

50 min

A fitness specialist, skilled in addressing musculoskeletal problems, will make a professional assessment. You'll go home with practical recommendations for preventive care.

#### ⦿ GAIT ANALYSIS

25 min

Get a computerized assessment of the biomechanics of your feet as you walk across an orthotics mat. Includes review and recommendations for orthotics, if indicated. (Off-the-shelf Foot Doctor orthotics are available.) *Note: This service is not appropriate for evaluating prescription orthotics you are already using.*

### EDUCATIONAL PRESENTATIONS + WORKSHOPS

Learn, be inspired and have fun during wellness talks and workshops offered by Canyon Ranch professionals. You'll also have the opportunity to ask questions about health, fitness and lifestyle goals. Consult your daily program for topics, times and locations.

### OCEANIA WELLNESS TOURS

Inspired by Canyon Ranch and run by Oceania Cruises, this innovative program expands wellness from beyond the spa to the world. Examples of wellness tours include spiritual drumming in Adelaide, exploring the healing benefits of aloe vera in the Canary Islands or meditating with a monk in Bangkok. Consult your daily program for topics, times and locations.

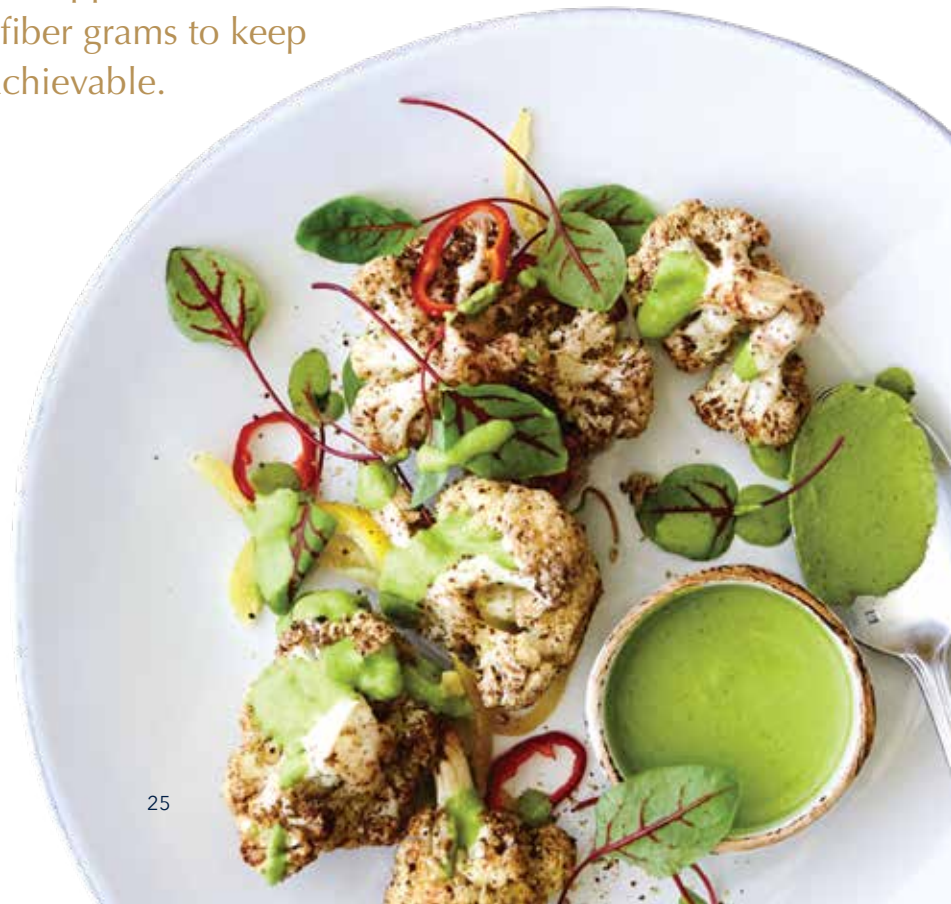


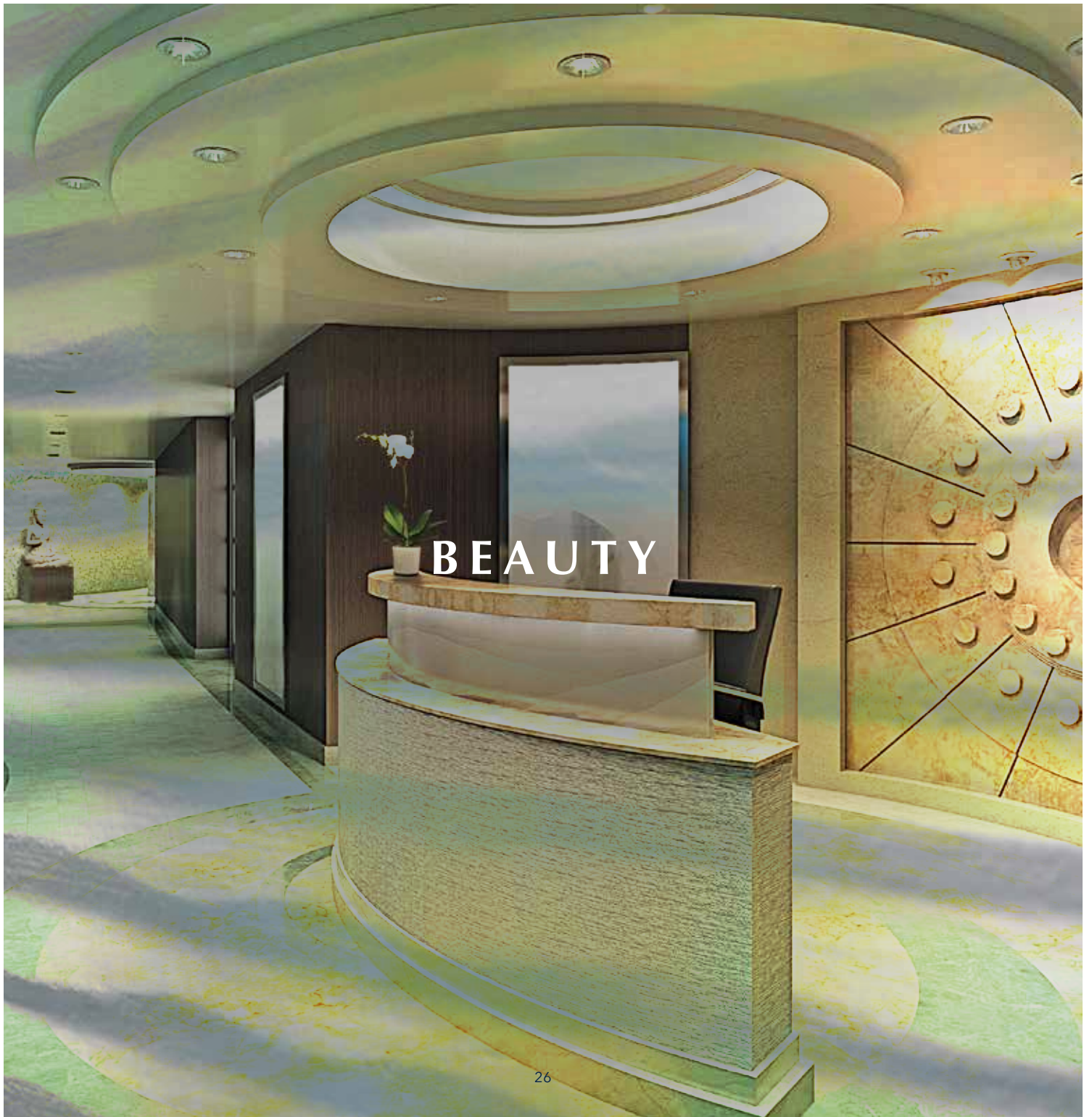
# Healthy Dining

THE FINEST CUISINE AT SEA™

From your first bite to your last, you'll experience the Oceania Cruises commitment to culinary excellence every time you dine. Using premium artisanal ingredients from around the world, legendary chefs – led by Executive Culinary Director Jacques Pépin – masterfully craft menus that are delectable and inventive. And with Canyon Ranch, nutritious.

Browse the “Balanced Selection” section of the menu in The Grand Dining Room for healthy, Canyon Ranch-approved items, which list out calories, fat grams and fiber grams to keep your health goals masterfully achievable.





BEAUTY

# Salon

Salon and beauty services at Canyon Ranch spa are provided by a team of experts dedicated to making you look and feel your best, whether that be a simple trim or a lipstick color you're feeling bold enough to try.

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## HAIR SERVICES

### BANG/FRINGE TRIM

#### BLOW-DRY ENHANCEMENT

- Extra-long
- Super curly
- Add-ons
- Comb out

#### CUT + STYLE

- Short
- Medium-length
- Long

#### SHAMPOO, CUT + BLOW-DRY

- Short
- Medium-length
- Long

#### SHAMPOO, ROLLER SET + BLOW-DRY

- Short
- Medium-length
- Long

#### UPDO/UPSTYLE

- Medium-length
- Long

#### HAIR + SCALP TREATMENT

*80 min*

Restore your hair's natural vitality with a custom hair care and scalp treatment, followed by a designer style.

## COLOR + HIGHLIGHTING

### BLEACH

### FULL HIGHLIGHTS

### HIGHLIGHTS - 2 TO 4 FOILS

### PARTIAL HIGHLIGHTS

### TINT - ROOTS ONLY

### TINT, TONER OR SEMI-PERMANENT COLOR

- Short
- Medium-length
- Long

## Skin Care

Our signature skin care services are designed to rehydrate, renew and refresh your skin. They'll also combat the effects of harsh sun and wind – especially important while you're cruising. Choose from a variety of treatments, including those designed for age-management, sensitive skin, deep cleansing and specific areas of the body, as well as select services created for men. Feel free to talk with one of our experts, who can help determine the treatments that will work best for you.

### FACIALS

#### ⦿ ADVANCED AGE-MANAGEMENT FACIAL

*80 min*

Reduce signs of premature aging with this treatment that diminishes the look of fine lines, lax skin, pigmentation, sun damage and scarring. Attention will be given to your face, neck, décolleté, hands and arms. You'll also receive a special eye treatment and serum to help address frown lines.

#### ⦿ AGELESS OXYGEN BOOST FACIAL

*50 min*

Get pharmaceutical results using pure, preservative-free formulas. This oxygen treatment builds collagen and elastin, increases cell turnover and hydrates to restore your skin's youthful glow. *Note: Extractions are performed as necessary.*

#### AGELESS OXYGEN BOOST FACIAL ADD-ONS

##### MASQUE + INFUSION

*additional 30 min*

Get even more powerful results when you add a collagen masque and oxygen infusion to your facial. Together, they'll further amplify collagen production, as well as plump, hydrate and calm your skin, making it smoother and more supple in a matter of minutes.

## BEAUTY

### ⦿ CLEANSE + POLISH BACK TREATMENT

*50 min*

Give this often-overlooked area a little T.L.C. with a deep cleansing and exfoliating treatment. It will calm inflammation and irritation, balance oily or otherwise problematic skin, and leave you feeling refreshed.

### ⦿ DEEP CLEANSING FACIAL

*50/80 min*

Purify, soothe and smooth your skin. Deep cleansing, including exfoliation, will help eliminate the appearance of blackheads, whiteheads and congestion, and give you a bright, natural glow.

### ⦿ SENSITIVE SKIN FACIAL

*50 min*

If you're prone to redness, irritation or dryness, this is the treatment for you. A blend of vitamins, antioxidants and growth factors will rebalance, restore and heal your skin.

### ⦿ VITAMIN INFUSION FACIAL

*50/80 min*

Get a more youthful look after just one treatment. A powerful combination of vitamins A and C plus antioxidants works together to help re-establish your skin's clarity and firmness and guard against further damage.

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## GENTLEMEN'S FACIALS

### ⦿ AGE-DEFYING MEN'S FACIAL

*50 min*

We use products formulated especially for men to give your skin a more energized, youthful appearance. Cleansing steam, exfoliation and a hydrating mask will help smooth wrinkles, strengthen skin around the eyes, and reduce puffiness and dark circles.

### ⦿ ESSENTIAL MEN'S FACIAL

*50 min*

Designed to address a man's skin care needs, this treatment uses powerful coconut- and aloe-based products to remove deep, tough-to-reach impurities. After just under an hour, your skin will feel thoroughly cleansed and refreshed.

### ⦿ HIGH-PERFORMANCE MEN'S FACIAL MASSAGE

*80 min*

Enjoy the combined benefits of a relaxing cranial massage followed by deep-cleansing and exfoliation. This includes five-point facial acupressure at the end of your session to dispel any remaining tension.

## BEAUTY

### WAXING: FACIAL + BODY

We offer a number of gentle facial and body waxing treatments. Please inquire for more details when making your appointment.

### ENHANCEMENTS + UPGRADES

ALGAE LIFTING + CONTOURING EYE TREATMENT

AGE-DEFYING NECK + DÉCOLLETÉ TREATMENT

AGE-DEFYING THERAPEUTIC MASQUE

BROW TINTING

EYELASH TINTING

MASQUE ADD-ONS

SPECIALIZED EYE TREATMENTS

#### IONTOPHORESIS UPGRADE

Make your facial masque more effective by adding an iontophoresis treatment to your service. We'll use an electric current to help the vitamins in the masque better penetrate your skin and deliver longer-lasting results.

#### SONOPHORESIS UPGRADE

Add this service to your facial and get smoother, younger-looking skin in a matter of minutes. In this treatment, ultrasound waves are used to transport vitamin molecules through the skin more quickly and effectively.



# Beauty Treatments

## MAKEUP

### Ⓞ CONSULTATION + APPLICATION

*25 min*

Your vacation is the perfect time to try out a new look, and our professional makeup artists are ready to help. They'll recommend products that fit your routine, help you select colors that flatter and show you how to apply them to enhance your best features. Bonus: You'll leave all glammed up for the evening's activities.

## MANICURES

### Ⓞ AGE-DEFYING MANICURE

*45 min*

See the difference a manicure can make. Vitamins A, C and E plus alpha hydroxy acids soften dry, rough, chapped skin, unveiling smooth, hydrated hands that look younger and healthier.

### Ⓞ CANYON RANCH MANICURE

*45 min*

Try our signature nail treatment; featuring gentle exfoliation, an aromatic soak and soothing lotions for perfectly polished nails and silky-smooth skin.

### Ⓞ FRENCH MANICURE

*50 min*

Get an elegant look that's ready for any occasion. Upgrade our signature manicure to include a classic white tip.

### Ⓞ HANDS SO SOFT MANICURE

*45 min*

Hydrate dry skin, soften cuticles and soothe aching joints with this luxurious nail service, featuring a warm paraffin treatment.

### Ⓞ SHELLAC MANICURE

*50 min*

Say goodbye to nicks, chips and smudges. Enjoy all the essentials of a perfect spa manicure finished with gel polish.

## ADDITIONAL NAIL SERVICES

*(Services vary on select vessels)*

### FULL SET

Acrylics  
Acrylic fills  
French polish  
Overlay with acrylics  
Pink + white acrylics  
Pink + white rebalance/fill

### FILE + POLISH

### NAIL REPAIR

### PARAFFIN TREATMENT - HANDS OR FEET

### POLISH CHANGE - FINGERS OR TOES

### POLISH CHANGE - FINGERS OR TOES (FRENCH)

### SOAK-OFF

**PEDICURES**

⦿ **AGE-DEFYING PEDICURE**

*50 min*

Smooth and hydrate every inch of your feet, with a potent blend of Vitamins A, C and E plus alpha hydroxy acids. Add polish and you'll be sandal ready.

⦿ **CANYON RANCH PEDICURE**

*50 min*

Keep your feet looking their best with our signature pedicure. Gentle exfoliation, an indulgent soak and lotion made with essential oils will leave you relaxed and refreshed to the tips of your toes.

⦿ **CANYON STONE PEDICURE**

*80 min*

Prepare to experience the ultimate in relaxation. Feel all your tensions melt away as your technician massages your feet and lower legs using warm basalt stones and fragrant essential oils, followed by a warm paraffin treatment.

⦿ **FEET SO SOFT PEDICURE**

*50 min*

Say goodbye to painful joints and dried-out cuticles. Enjoy the hydrating and soothing benefits of warm paraffin before we apply your polish.

⦿ **FRENCH PEDICURE**

*50 min*

Sandals, flip flops and open toed shoes. However you bare your feet, they'll be ready. Upgrade our signature pedicure to include a classic white tip.

⦿ **SHELLAC PEDICURE**

*50 min*

Get the polish that stays put. Enjoy a Canyon Ranch pedicure that will last long after you disembark, with no chips or smudges.

⦿ **SPORTS PEDICURE**

*50 min*

Smooth and cool your active feet. Self-heating oil will relieve aches and increase blood circulation, followed by a cooling gel to leave your feet feeling perfectly refreshed.



**MEN'S GROOMING**

☉ BARBER SERVICES

MEN'S HAIRCUT

MUSTACHE + BEARD TRIM

Choose one treatment, or book both back-to-back for the ultimate rejuvenating experience.

☉ GENTLEMEN'S MANICURE

*30 min*

This treatment exfoliates and hydrates using products that are designed for men, in refreshing scents that will invigorate your senses. Includes a file, soak, groom, buff and massage.

☉ GENTLEMEN'S PEDICURE

*30 min*

A hydrating treat for tired feet, this service will leave you feeling relaxed and ready for another day of touring a new port or an evening of dancing onboard. Includes a soak, file, buff and groom, as well as a gentle exfoliation and massage.



## Spa Products

We pride ourselves on personally checking production facilities for socially responsible technology, expert manufacturing and processing – ensuring the best for our onboard clients. The brands we select create products with ingredients that are sustainably harvested, wild-picked, botanical, biodynamic and toxin-free.

### CANYON RANCH BATH + BODY

Gentle, replenishing and suitable for the most sensitive skin, Canyon Ranch® Bath & Body products are everything you'd expect from the most trusted name in health and wellness. Healing dilo oil and antioxidant-rich chia seed oil, the key ingredients in our skin care and hair care line, unite to cleanse, nurture and protect. We created these formulas with all-natural ingredients, a refreshing signature scent and luxurious, creamy textures. They're also free of parabens, sulfates and propylene glycol.

Add our signature line of products to your routine to restore your skin and hair health, and enjoy a radiant look all day, every day.

- Revitalizing Body Wash
- Soothing Body Scrub
- Gentle Shampoo
- Nourishing Conditioner
- Soothing Moisturizer
- Sun Defense Lotion
- After-Sun Cooling Gel
- Lip Shield
- Uplifting Candle



Products available for purchase at the Spa and from our online store: [shop.canyonranch.com](http://shop.canyonranch.com)

## Chosen Luxury Brands

### BRICKELL

MEN'S PRODUCTS

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



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.

### KÉRASTASE

PARIS

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

### Luzern

Beauty Untouched.

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-aging 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.



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



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.

### VOYA

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.

# General Information

## DAILY PASS

Enjoy our private thalassotherapy pool and sundeck with the purchase of a daily pass.

Guests must be at least 18 years of age.

Limited spa services are available for teens ages 16-17.

Please inquire at the Spa desk for details.

Smoking is not permitted.

## HOURS

Fitness Center: 6 am to 9 pm daily

Spa, Beauty Center & Skin Care: 8 am to 8 pm daily

## APPOINTMENTS

For more information or to book an appointment, please contact the Spa onboard.

## GRATUITIES

An 18% service charge has been included in all prices for your convenience. Additional gratuities for exceptional service are appreciated, but not expected.

## AT YOUR SERVICE

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

## WHAT TO BRING

Please bring your own fitness wear and bathing suit. We do not provide clothing. Shirts and closed-toed athletic shoes must be worn in the fitness area. We suggest locking 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 to confirm the price of your service before you book.

### **REFUND POLICY**

Our goal is to provide 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**

Cancellations must be received at least 6 hours before scheduled Spa appointments and 3 hours before scheduled Salon appointments, or the full service fee will be charged. Thank you for your understanding. Please visit the Spa or press the Spa button on your stateroom phone to cancel appointments.

### **CONCERNS?**

We aim to promptly address any issues. However, if the solution to your complaint is not to your satisfaction while onboard, please email [atsea@canyonranch.com](mailto:atsea@canyonranch.com) or dial 855.206.6655. For international calls use 520.239.3283.

### **CANYON RANCH STORE**

Visit our online store at [shop.canyonranch.com](http://shop.canyonranch.com) to purchase the premium skin care products used in your favorite services. You'll also find books and DVDs by Canyon Ranch® professionals, our signature line of nutritional supplements, logo activewear and more.

### **CANYON RANCH EXPERIENCE**

The Spa on Oceania Cruises® offers a rich sampling of the programs and services that have made Canyon Ranch famous worldwide. Get a taste of the Canyon Ranch experience during your stay, from the remarkable settings to unsurpassed service and quality staff.

### **Reservations: 877.329.1924**

[oceania@canyonranch.com](mailto:oceania@canyonranch.com)

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