

CANYONRANCH®  
spa | beauty | fitness | wellness

ON REGENT SEVEN SEAS CRUISES®



Today, focus on mind, body and spirit.

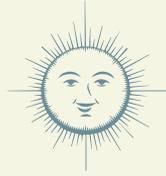


*Welcome to cruising  
as it was meant to be –  
an extraordinary adventure  
that's all about you.*



#### **PARTNERS IN WELLNESS**

Regent Seven Seas Cruises® and Canyon Ranch® have partnered to bring legendary health and wellness expertise to our onboard spa, fitness facilities, beauty salons and hydrothermal aquatherapy suites. Whether it's with a rejuvenating body treatment, a restorative fitness class or the mindful sleep program, Canyon Ranch wellness professionals help you achieve the peace of mind and spirit that's essential to looking and feeling your best. Together, we strive to enrich and inspire your onboard experience, while giving you the tools to continue your wellness journey long after you return home.



## FROM SUNRISE TO SUNSET: A DAY AT SEA

### **READY TO GLOW.**

The sun's up again and so are you. Rejuvenated. Ready.

You walk out on deck to catch a glimpse of the morning sun as it climbs above the water, listening to the waves as they lap against the ship and breathing in the refreshing scent of saltwater.

From here, you find your zen with a gentle, flowing Vinyasa yoga session led by an expert fitness instructor. Limbs are stretched and energy levels are rising as you get ready for the day ahead.

A wholesome breakfast, complete with freshly brewed herbal tea, fuels you forward. Your destination? A vitamin infusion facial and Canyon Ranch massage at the spa.

### **MIDDLE. GROUNDED.**

Next, you wander to the Aquavana® hydrotherapy center - a calming oasis - where you find complete serenity after alternating between warm and cool steam and shower treatments. After a nourishing and delicious lunch, you attend an informative wellness presentation and copy down notes to remember at home. But that's then, and this is now.

In preparation for the evening ahead, you indulge in a hair and scalp treatment, an age-defying manicure and a makeup application. Expert stylists listen to what you like and amp it up with new tips that you love.

### **ALL'S WELL THAT ENDS WELL.**

You take in the view as the sun sets on the horizon, before joining your travel companion for a health-conscious gourmet dinner at Compass Rose. The menu features a section of award-winning Canyon Ranch Balanced Selections, which incorporate fresh, seasonal, organic and sustainable ingredients that delight your palate and fuel your body. You savor every bite before closing out the night at a live musical performance.

Refreshed. Fulfilled. Tomorrow awaits, and you're thrilled for what it may bring.

### **PLAN YOUR DAY AT SEA.**

## WELLNESS

### **AQUAVANA®**

#### **HYDROTHERMAL EXPERIENCE**

#### **BLISSFUL DREAMS PROGRAM**

#### **BODY TREATMENTS**

CONDITIONING BODY SCRUBS

ORGANIC BODY WRAPS

RITUALS

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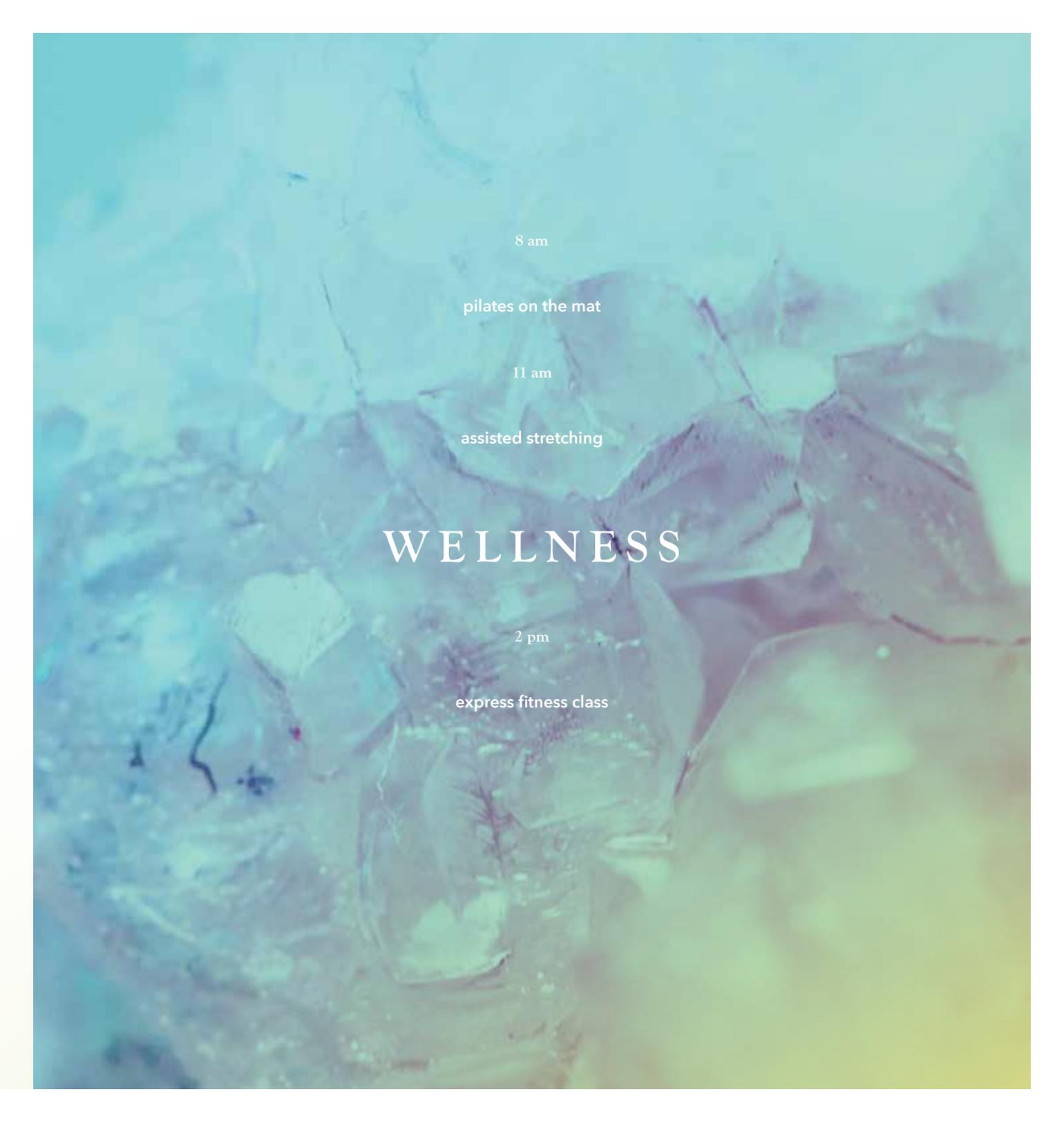
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An aerial photograph of a snowy mountain landscape. A ski lift is visible on the left side, and several buildings are scattered across the mountain. The scene is covered in snow, with some rocky outcrops visible. The overall tone is bright and clean, with a soft blue and white color palette.

8 am

pilates on the mat

11 am

assisted stretching

# WELLNESS

2 pm

express fitness class

Hydrothermal therapies have been used for thousands of years to support, strengthen and relax the body.

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### AQUAVANA® HYDROTHERMAL EXPERIENCE

Our unique combination of five hydrothermal environments\* provides relief for muscles and joints, can remove toxins from the body and promotes deep relaxation. Walk from warm to cool, wet to dry – take in every moment. 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 aquatherapy center at your leisure.

*Bathing suit not required – environments are single-sex. Robe and slippers are provided.*

\*Note: Environments may vary by ship.

#### ☉ INFRARED SAUNA (160°–200°F/70°–93°C)

Treat yourself to the detoxifying, healing and relaxing benefits of infrared technology with this advanced heat treatment. You'll emerge feeling warmer, healthier and more balanced.

#### ☉ COLD ROOM (50–54°F/10°–12°C)

Cool air, heated seating and lighting effects come together to re-energize body, mind and spirit. Cool therapy also improves muscle and joint function, blood circulation and oxygenation. Get invigorated!

#### ☉ EXPERIENTIAL SHOWER

Delight your senses with the immersive experience of our environmental rain showers. Choose from a warm tropical monsoon, cool Atlantic storm, gentle spring rain – or, try all three. Thoroughly refreshing.

#### ☉ AROMATIC STEAM ROOM (104°–118°F/40°–48°C)

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.

#### ☉ RELAXATION LOUNGE

Unwind and let go of all stress in the comfort of your heated lounge. 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

“Inadequate sleep is one of today’s most common health concerns. When untreated, lack of sleep erodes our physical and mental well-being. Plenty of restful sleep, on the other hand, can be your best natural medicine.”

– PARAM DEDHIA, MD. PHYSICIAN, WEIGHT LOSS PROGRAM LEADER & DIRECTOR OF SLEEP MEDICINE, CANYON RANCH

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 inquire about these and other Blissful Dreams Program services:

### 🕒 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.

### 🕒 VITAMIN INFUSION FACIAL

50 min

Powerful vitamins A and C – plus antioxidants – help re-establish your skin’s clarity and firmness and help guard against further damage. You’ll have a brighter, smoother and more youthful look.

### 🕒 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.



## 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

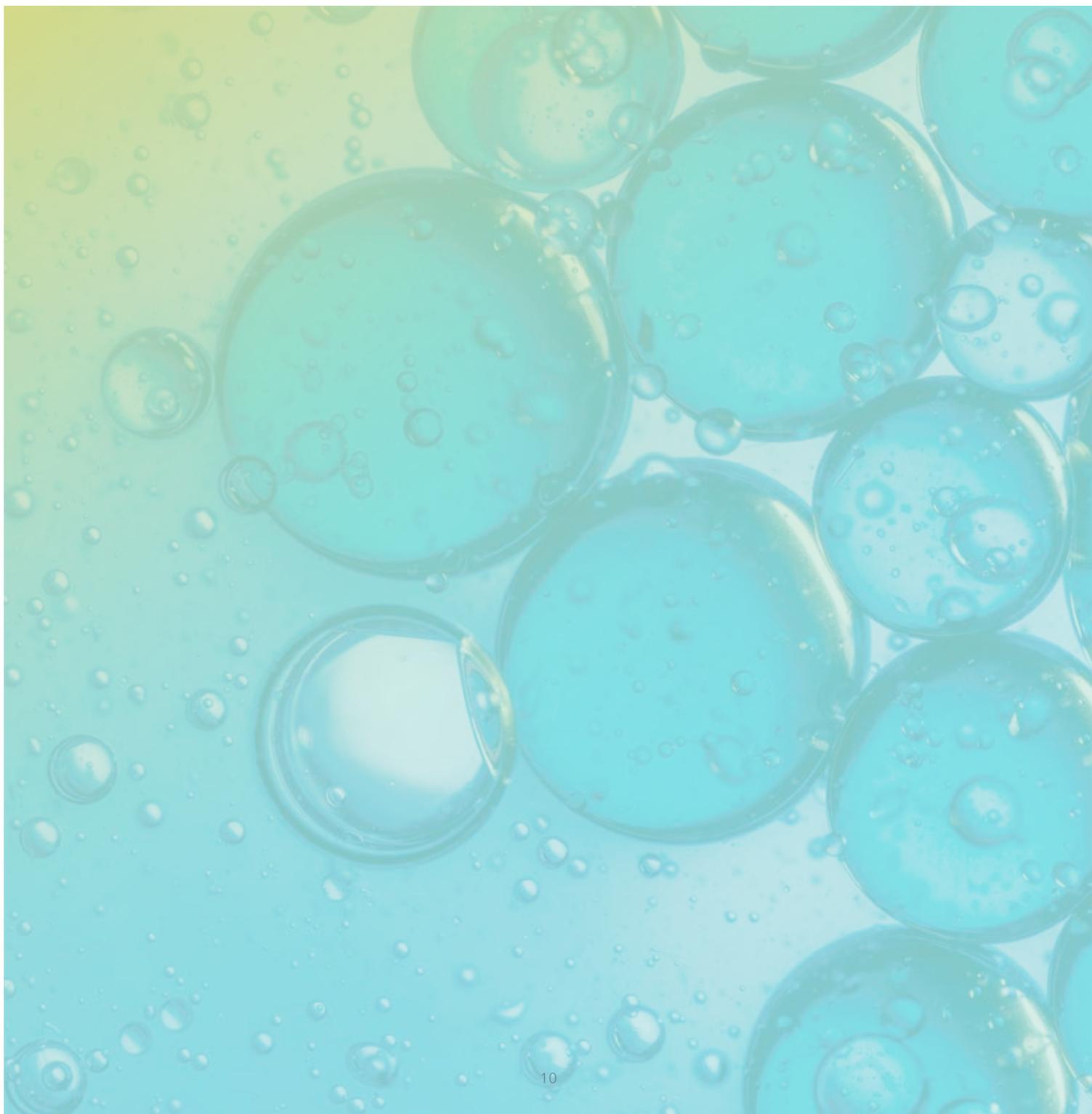
From educational talks on breathing techniques to guided meditation and low-impact yoga, you can choose from classes and presentations that will help you on your journey to greater wellness and more restful sleep.

### 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 VOYA's collection of 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*

“The best approach to treating your body well is to remember that it’s about your whole body – from head to toe, inside and out. Take care of yourself with exercise, nutrition and treatments that make you feel like your best self. That’s true beauty to me.”

– LAURA HITTLEMAN, CANYON RANCH CORPORATE DIRECTOR OF BEAUTY & RETAIL

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Explore today’s port of call during a shore excursion, soak up the sun from a poolside lounge or practice your golf game with 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 treatment incorporates dry brushing with organic Dead Sea salts to help stimulate the lymphatic system, remove toxins and give you a natural energy boost. Antibacterial essence of eucalyptus and laurel opens the airways while crushed clove intensely soothes. A final application of nourishing fruit and leaf butters leaves skin supple and calm.

### ☉ OHANA CIRCULATION POLISH

50 min

Promote circulation and reduce inflammation with our exfoliating scrub made with crushed bamboo, bamboo sap, ginger oil and fir oil. Finish with your choice of a warming, intensely moisturizing wild lime oil or cooling, protective plum blossom and silk cream.

## 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.

## 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'll receive an acupressure facial massage. Finally, you'll soak in infused mineral waters before enjoying a shiatsu-inspired massage.



## *Massage & Bodywork*

“Regular massage therapy has been shown to have a multitude of benefits, from reducing headaches and muscle tension to promoting sleep and improving digestion.”

– CINDY GEYER, MD, CANYON RANCH MEDICAL DIRECTOR

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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



### **MESSAGE TIPS: GET THE MOST FROM YOUR MESSAGE**

#### 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 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 + LEG MASSAGE

25/45 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.*

### **SIDE-BY-SIDE SERVICES**

*(on select vessels)*

Get more quality time with your travel companion when you book two therapists and two tables for your choice of the following massages.

#### AROMATHERAPY MASSAGE

50/80 min

#### AROMATHERAPY MUSCLE SOOTHER

80 min

#### CANYON RANCH MASSAGE

50/80 min

#### CANYON STONE MASSAGE

80 min

#### DEEP TISSUE MASSAGE

50/80 min

#### TENSION ZONE MASSAGE

50 min

### **ENHANCEMENTS + UPGRADES**

#### RELAXING SCALP MASSAGE

#### REVITALIZING FOOT TREATMENT

#### WAKING UP SCALP MASSAGE

## *Eastern Treatments*

“Our integrated approach to health honors both Eastern and Western medicine. These traditionally Eastern services have been used for thousands of years to achieve optimal wellness. We are constantly exploring time-honored and emerging philosophies.”

– RICHARD CARMONA, MD, MPH, FACS, CANYON RANCH CHIEF OF HEALTH INNOVATION, 17TH SURGEON GENERAL OF THE UNITED STATES, DISTINGUISHED PROFESSOR UNIVERSITY OF ARIZONA

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### © 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

“Practitioners believe that health is achieved when the doshas are in balance. Balance across the three doshas, as well as balance of well-being, is at the heart of Ayurvedic medicine.”

– TANJA BUNGARDT-PRICE, CAP, CEYT, NAMA BOARD-CERTIFIED AYURVEDIC PRACTITIONER, YOGA INSTRUCTOR CANYON RANCH

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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.

☉ 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 *(on select vessels)*  
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

80 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

80 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

80 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

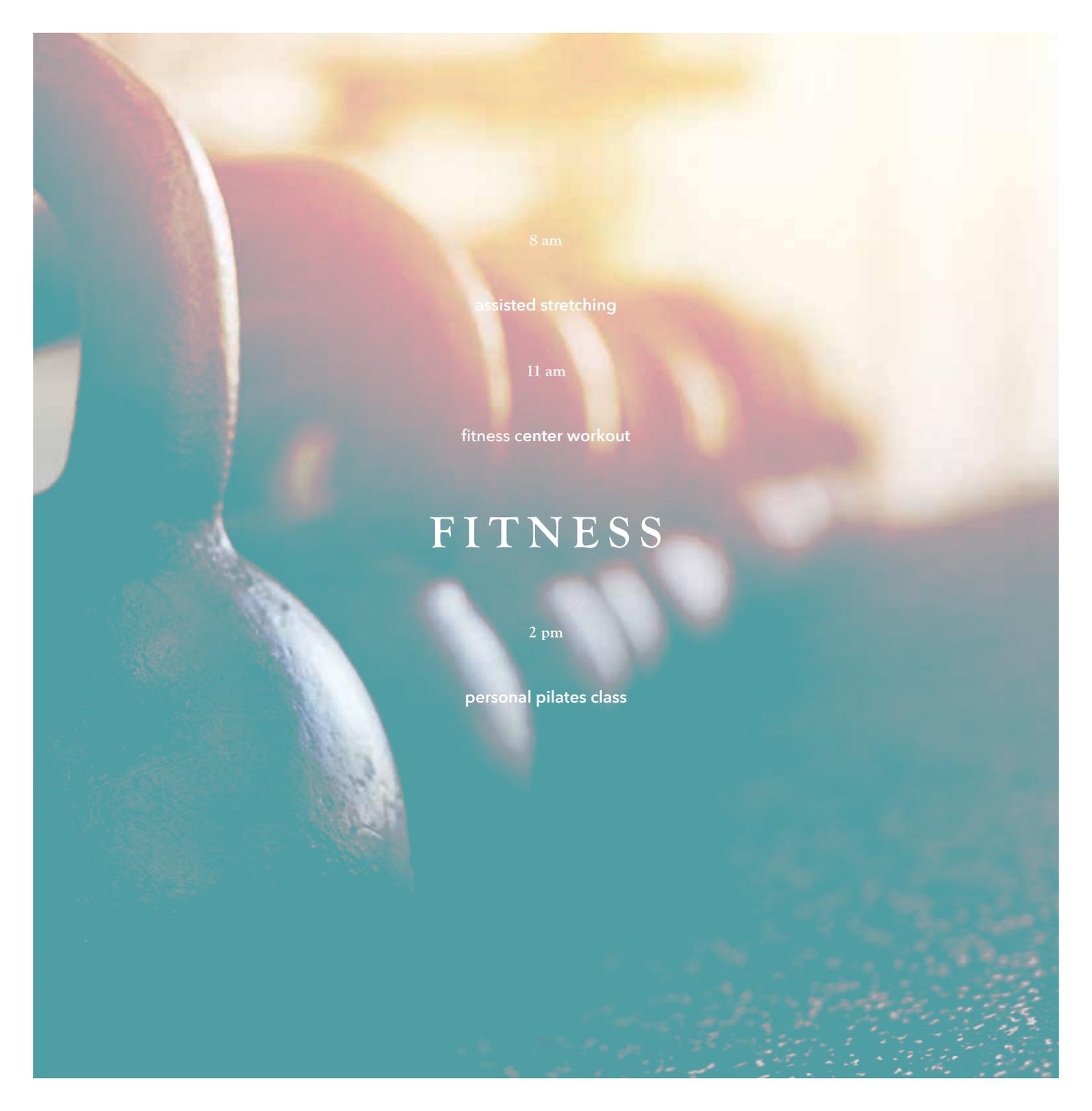
80 min

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

80 min

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



8 am

assisted stretching

11 am

fitness center workout

# FITNESS

2 pm

personal pilates class

“Exercise is crucial to your overall well-being. From the gentlest yoga class to an intense cardio session, physical activity will benefit your body and mind.”

– STEPHEN BREWER, MD, ABFM, CANYON RANCH MEDICAL DIRECTOR - HEALTH & HEALING

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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. Read on to explore more offerings.

### 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 Indoor Cycling, Fab Abs or Walk a Mile, among other options. For classes that are more calm, sign up for Stretch & Relaxation, Pilates on the Mat or Yoga Foundations. Consult your daily program for times, locations and descriptions of these and additional classes. 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.

### Ⓞ PERSONAL PILATES SESSION

50 minutes

Get one-on-one support in this Pilates mat session. Your trainer will guide you through breathing, flow, alignment and other elements of your practice.

## 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.

## *Healthy Cuisine*

“Food talks to your genes. Some foods lower your risk of heart disease, cancer, diabetes, mental health issues and even ease allergies. Eat smart for yourself and for your future.”

– TEREZA HUBKOVA, MD, ABIM, ABIHM, CANYON RANCH MEDICAL DOCTOR

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It's possible to eat healthy on a cruise, even when there are tempting treats gracing the dessert table at all times. The Compass Rose restaurant offers a robust selection of wholesome and delicious Canyon Ranch®-approved options during lunch and dinner every day. These dishes are prepared with organic, sustainable ingredients and feature whole grains, healthy proteins and fresh vegetables.

If you'd like to learn how to prepare nourishing, flavorful foods at home, you can sign up for a class through the Culinary Arts Kitchen, exclusively aboard Seven Seas Explorer.® Designed in collaboration with Canyon Ranch, several of these classes focus on healthy ingredients and cooking methods.

Another tip from our experts? Stay hydrated. Hydration is always important, but it's all the more so while you're spending your days in the sun, exploring new ports of call. To mix it up, you can choose water-rich foods like watermelon, spinach and cucumbers, or treat yourself to a smoothie packed with hydrating, nutrient-dense fruits and vegetables.





11 am

deep-cleansing facial

# BEAUTY

2 pm

french manicure

5 pm

shampoo, cut + blow-dry

## Salon

“When you’re happy with your appearance, it increases confidence, improves your mood and gives you a natural energy boost.”

– NICOLA FINLEY, MD, CANYON RANCH MEDICAL DOCTOR - HEALTH & HEALING

Take a break from your busy daily schedule and let us pamper you! Our expert stylists can give you a whole new look or freshen up a look you love, and have you ready to wow your travel companions and fellow guests all evening long.

### 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

“In skin care, less is more – as long as that ‘less’ is what you need. Make sure you’re doing the right things for your skin’s health. Get professional advice, stay educated on emerging products and create a skin care routine that works for you.”

– LAURA HITTLEMAN, CANYON RANCH CORPORATE DIRECTOR OF BEAUTY & RETAIL

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.*

### ADD-ONS

#### MASQUE + INFUSION

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 acupuncture at the end of your session to dispel any remaining tension.

**WAXING: FACIAL + BODY**

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

- BIKINI
- BRAZILIAN
- CHIN
- EYEBROW ARCH
- FOREARM
- FULL ARM
- FULL BACK
- FULL BODY
- FULL LEG
- FULL LEG & BIKINI
- HALF LEG
- HOLLYWOOD
- LIP
- UNDERARM

**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

### 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 (on select vessels)
- Acrylic fills (on select vessels)
- French polish (on select vessels)
- Overlay with acrylics (on select vessels)
- Pink + white acrylics (on select vessels)
- Pink + white rebalance/fill (on select vessels)

#### 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.

Ⓞ 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.

## 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**

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

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.

Alcoholic beverages are not served or permitted.

## **HOURS**

Fitness Center: 7 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 visit the Spa or press the Spa button on your stateroom phone.

## **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 you with professional services and products that exceed your expectations and increase your feeling of well-being. If you are not completely satisfied, please contact the Spa Director.

### **CANCELLATION POLICY**

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 Regent Seven Seas 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**

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

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[canyonranch.com](http://canyonranch.com)

What day will you design with  
Canyon Ranch® spa? More importantly –  
what will you learn here and take with  
you everywhere?

While this is a place like nowhere else, your  
experiences at Canyon Ranch spa prepare  
you for whatever is next. Recall a lesson in  
meditation every day, correct a yoga pose at  
your favorite studio, guide yourself through a  
mindful shower moment back home.

Lifelong change, and lifelong inspiration,  
begins with you. Here.



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