

Exhibit H

Exhibit H



FREE UNLIMITED
INTERNET ACCESS

plus UPGRADE
TO BUSINESS CLASS AIR
FROM ONLY \$699

Regent
SEVEN SEAS CRUISES®

ONLY 4 WEEKS LEFT
OFFERS EXPIRE MARCH 31, 2013

June - November 2013 Voyages



enjoy...

IT'S ALL INCLUDED.

THE MOST INCLUSIVE LUXURY CRUISE EXPERIENCE™

This is cruising as it was meant to be – a luxurious world where everything is included without exception and without compromise. Personal service soars into the sublime aboard our elegant ships, liberating you to follow your heart, fulfill your desires, and explore exciting new places in complete and absolute comfort. Expect gratifying voyages. Anticipate the world's most exotic destinations. Indulge in world-class cuisine. Trust that your voyage will be enlightening in ways you never imagined. Regent Seven Seas Cruises promises an extraordinary experience. Enjoy... it's all included.

BOOK BEFORE MARCH 31

PRICES SUBJECT TO INCREASE APRIL 1

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**CALL REGENT SEVEN SEAS CRUISES
AT 866.229.6232 | VISIT WWW.RSSC.COM
OR CONTACT YOUR TRAVEL AGENT**

IT'S ALL INCLUDED

- **2-for-1 Fares**
- **Additional Bonus Savings** of up to \$4,000 Per Suite
- **FREE Roundtrip Air***
- **FREE Unlimited Shore Excursions**
- **FREE 1-Night Pre-Cruise Luxury Hotel Package**
- **FREE Pre-Paid Gratuities**
- **FREE Ground Transfers**
- **FREE Unlimited Beverages** including Fine Wines and Premium Spirits
- **FREE Open Bars and Lounges** Plus In-Suite Mini-Bar Replenished Daily
- **FREE Specialty Restaurants**
- **FREE 24-hour Room Service**
- **Upgrade to Business Class Air** From Only \$699 One Way in Suite Categories D-H on Select Voyages

DISTINCTIONS

- With an enviable staff-to-guest ratio of 1 to 15, our mid-sized ships have maximum capacity for only 490 or 700 guests.
- All-suite accommodations, 97% with private balconies – voted the best at sea by *CNN* and *Nat'l Traveler*.
- Up to four gourmet restaurants, including the iconic steakhouse Prime 7, our new authentic Italian evening restaurant Setto Mari at La Veranda, haute French cuisine at Signatures and Continental dining at Compass Rose, plus casual indoor and outdoor dining at La Veranda and the all-inclusive Pool Grill.
- World-famous Canyon Ranch SpaClub.
- An enriching onboard experience brought to life through spectacular Broadway-style shows, virtuoso performances, culinary demonstrations and wine tastings, knowledgeable lectures and Canyon Ranch SpaClub wellness programs.
- Wireless Internet access available throughout the ship.
- Elegant casual dress code.
- Enticing voyages to more than 300 ports around the continents, with access to intimate ports that larger vessels cannot reach.

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LAST
CALL

Regent
SEVEN SEAS CRUISES

WINTER GETAWAYS

January - April 2013 Voyages



Regent
SEVEN SEAS CRUISES



Seven Seas Navigator

Newly Refurbished. Only 490 Guests.

CARIBBEAN 2012-2013

ALASKA 2013



SETTE MARI AT LA VERANDA — SEVEN SEAS NAVIGATOR

CIOPPINO,
SETTE MARI AT LA VERANDA
SEVEN SEAS NAVIGATOR

OUR LATEST CULINARY MASTERPIECE SETTE MARI AT LA VERANDA

Each evening across our fleet, La Veranda transforms into Sette Mari at La Veranda, a casual, intimate dining experience. Guests enjoy an extensive menu of authentic antipasti and Italian specialties served a la carte and paired with fine Italian wines — complimentary of course. Delectable dishes are prepared à la minute by our talented chefs using only the freshest gourmet ingredients and served by our attentive waiters.

CALL REGENT SEVEN SEAS CRUISES AT 866.827.3167 | VISIT WWW.RSSC.COM
OR CONTACT YOUR TRAVEL AGENT

- With an enviable staff-to-guest ratio of 1 to 15, Seven Seas Navigator has a maximum capacity for only 490 guests.
- All-suite accommodations, 90% with private balconies — voted the best at sea by *Condé Nast Traveler*.
- Three gourmet restaurants, including the iconic steakhouse Prime 7. Continental dining at Compass Rose, our new Tuscan-inspired evening restaurant Sette Mari at La Veranda, plus casual indoor and outdoor dining at La Veranda and the *il Jaso Pool Grill*.
- World-famous Canyon Ranch SpaClub.
- Elegant casual dress code. Formal and semi-formal attire on sailings of 16 nights or longer at your option.
- Enticing voyages to more than 300 ports around the continents, with access to intimate ports and auays larger vessels cannot reach.

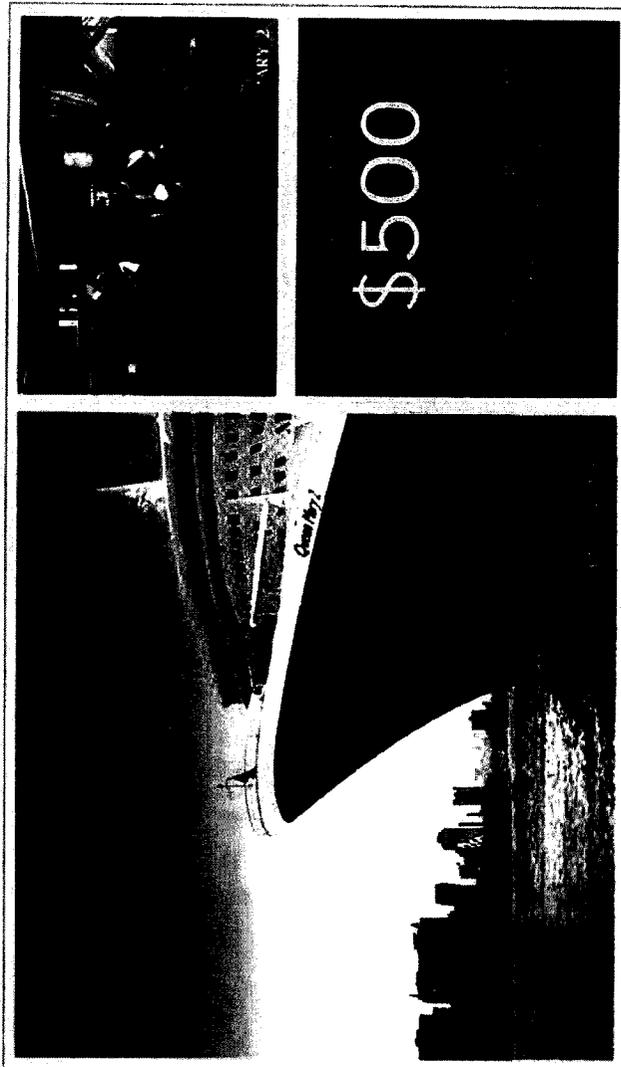
Embark on a Glamorous Adventure

\$1,000

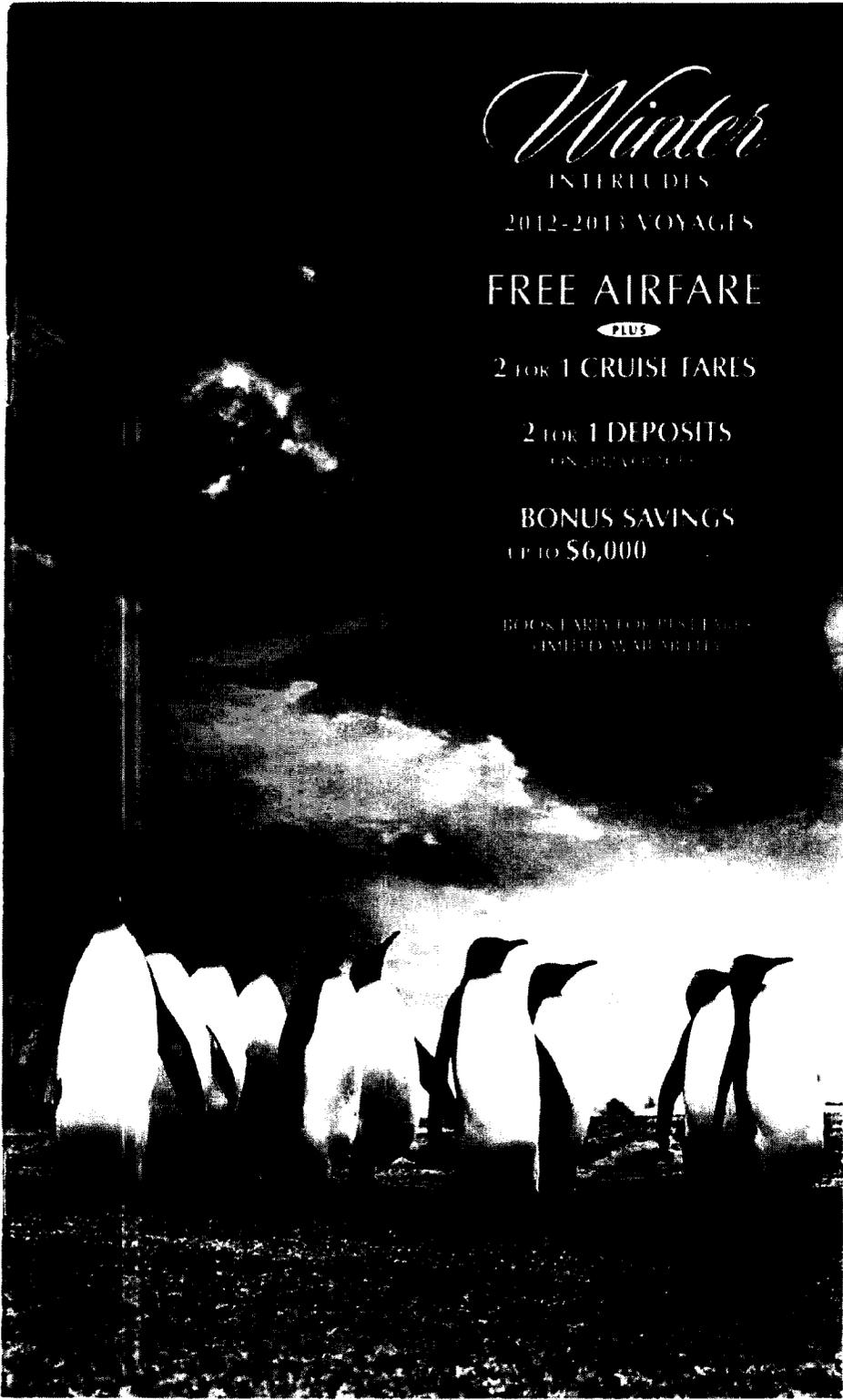
Beyond Compare — The Transatlantic Crossing



Experience travel as royalty, film stars and dignitaries did during the *golden age of ocean travel* with a **QUEEN MARY 2** Transatlantic Crossing, a voyage Cunard has perfected and has sailed since 1840. You'll receive star treatment from the moment you step aboard for seven glorious days between New York and Southampton, and enjoy the nearly endless array of activities aboard **QUEEN MARY 2**, a ship built for this very voyage. Learn the finer points of acting from members of the Royal Academy of Dramatic Art or relax in the Canyon Ranch SpaClubSM. At night, toast new friends in the Veuve Clicquot Champagne Bar and dance to a big band on the largest dance floor at sea. You'll soon discover that this voyage is truly unlike any other, because the journey itself is the reason you sail



\$500



Winter

INTERLUDES

2012-2013 VOYAGES

FREE AIRFARE

PLUS

2 FOR 1 CRUISE FARES

2 FOR 1 DEPOSITS

ON DEPARTURES

BONUS SAVINGS

UP TO \$6,000

BOOK EARLY FOR BEST SAVINGS
(LIMITED AVAILABILITY)

 OCEANIA CRUISES®
Your World. Your Way.®

ASIA | CANADA & NEW ENGLAND
CARIBBEAN & PANAMA CANAL | EUROPE
SOUTH AMERICA | SOUTH PACIFIC & AUSTRALIA

POINTS OF DISTINCTION

- Elegant mid-size ships catering to just 684 or 1,250 guests
- FREE AIRFARE on every voyage*
- Finest cuisine at sea, served in a variety of distinctive open-seating restaurants, *all at no additional charge*
- Gourmet culinary program created by world-renowned Master Chef Jacques Pépin
- Port-intensive itineraries featuring more overnight visits and extended evening port stays
- Country club-casual ambiance; tuxedos and gowns are never required
- Butler service offered in all suites
- Acclaimed Canyon Ranch SpaClub®
- Extraordinarily high staff-to-guest ratio ensures exemplary personalized service
- Youngest fleet in premium-class cruising with 85% of accommodations featuring private balconies

BEST VALUE IN UPSCALE CRUISING



Berlitz

Voted One of the World's Best Cruise Lines

FREE AIRFARE*

2-1 CRUISE TARIFFS

2-1 DEPOSITS

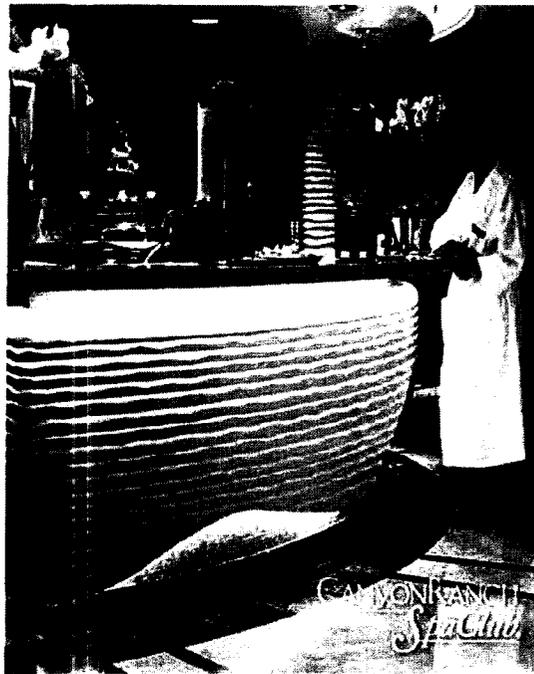
BONUS SAVINGS - \$26,000

Call Oceania Cruises at 800-404-6306

Visit OceaniaCruises.com WSI

or Contact Your Travel Agent





Rejuvenate

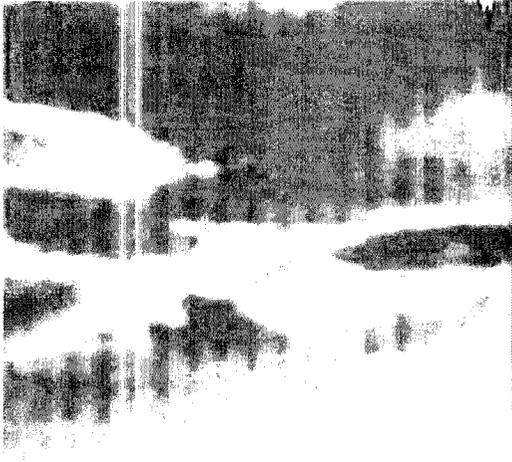
IT'S A SPA AND THEN SOME

The Canyon Ranch SpaClub® onboard each of our ships is the embodiment of healthy living and spiritual awareness, using therapies developed by renowned Canyon Ranch health resorts in sunny Tucson, Arizona, and charming Lenox, Massachusetts. Participate in invigorating exercise, indulge in healing therapies, and then savor exquisite Canyon Ranch cuisine in our restaurants. Of course, the centerpiece of the Canyon Ranch menu of services is a soothing massage. It's more than a spa: it's an experience you'll never forget.

BEAUTY & WELLNESS

- Canyon Ranch SpaClub signature treatments
- State-of-the-art fitness center offering yoga, Pilates, fitness classes and personal training
- Private Spa Terrace featuring thalassotherapy pool or whirlpool tubs
- Sauna, steam room, fitness track and beauty salon
- Canyon Ranch cuisine served in the Grand Dining Room and Terrace Cafe
- Nutrition and lifestyle consultations; wellness presentations
- Relaxation Room
- Heated ceramic loungers

© Canyon Ranch SpaClub. All rights reserved.



FREE AIRFARE*
PLUS
2 FOR 1 CRUISE FARES
2 FOR 1 DEPOSITS
ON 2 VOYAGES
BONUS SAVINGS
UP TO \$3,000



FARES FROM \$1,616*
LAST CHANCE - OFFERS EXPIRE JUNE 30, 2012
EXcludes TAXES AND PORT FEES



Caribbean Splendor's

2012 - 2013 VOYAGES

POINTS OF DISTINCTION

- Elegant mid-size ships catering to just 684 or 1,250 guests
- FREE AIRFARE on every voyage*
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- Butler service offered in all suites
- Acclaimed Canyon Ranch SpaClub
- Extraordinarily high staff-to-guest ratio ensures exemplary personalized service
- Youngest fleet in premium-class cruising with 85% of accommodations featuring private balconies

BEST VALUE IN UPSCALE CRUISING



Berlitz
Marina ★★★★★



Voted One of the World's Best Cruise Lines

Experience

IT'S LIKE WE READ YOUR MIND

Our mid-size ships were thoughtfully designed with you in mind. Everything you could ever want or imagine is here, wonderfully wrapped in a world of elegance without pretense. Perhaps even more delightful, our ships remain comfortably casual, which just naturally encourages you to be yourself. Smoke-free environments ensure your utmost comfort and well-being. Feel free to enjoy the warm, inviting ambiance and revel in immensely personalized service. After all, that is the experience you deserve.



ALWAYS
FEATURING

FREE
unlimited
SHORE

Regent
SEVEN SEAS CRUISES

EUROPE 2011
APRIL – AUGUST



BOOK BEFORE DECEMBER 30
PRICES SUBJECT TO INCREASE JANUARY 1

- 2-for-1 Fares plus additional bonus savings of up to \$4,000 per suite
- FREE Roundtrip Air
- FREE Unlimited Shore Excursions
- FREE Business Class Air and FREE Butler service in Penthouse Suites and higher

IT'S ALL INCLUDED.

Exotic and provocative destinations in and of themselves, *Seven Seas Voyager*, *Seven Seas Mariner* and *Seven Seas Navigator* are expressions of nautical perfection, personifications of elegance and grace. The accommodations are all suites, 97% boasting private balconies. Being mid-sized, with space for only 490 or 700 pampered guests, our ships offer ideal settings for impeccable personalized service, remarkable dining, and generous included amenities.

These are only a few of the advantages of sailing our six-star mid-sized ships where almost everything imaginable is included in the value-packed cruise fare. Guests will also enjoy new enhancements to our onboard lifestyle and the famed Canyon Ranch SpaClub[®]. Indeed, our luxurious ships are the ultimate way to cruise the world.

WHAT'S INCLUDED:

- Mid-sized ships with maximum capacity for only 490 or 700 guests
- All-suite accommodations, 97% with private balconies
- Up to four gourmet restaurants, including the iconic new Steakhouse Prime 7 and Signatures, featuring Le Cordon Bleu[™]-inspired cuisine, Compass Rose, La Veranda, plus the al fresco Pool Grill
- Butler service in Penthouse Suites and higher, including complimentary in-suite mini-bar setup and iPod[™] docking station
- Canyon Ranch SpaClub
- Wireless internet access throughout the ship
- Interactive flat screen television in each suite with extensive media library and complimentary movies-on-demand

CALL YOUR TRAVEL AGENT OR REGENT SEVEN SEAS CRUISES
866.284.4184 | www.RSSC.com

SHE ESTABLISHMENTS 13

CRUISE DINING

IT'S ALL INCLUDED.

One might expect to pay additional for the privilege of dining nightly on gourmet cuisine this extravagant, but rest assured it's all included. Menus change daily as a multitude of different dishes are offered during the course of your voyage. You might start with Ahi Tuna Tartare or a bowl of Truffle-flavored Consommé with Foie Gras Ravioli. Enjoy a fresh French Farmer's Salad, and then a refreshing intermezzo of Campari Mandarin Sorbet. Savor a hearty 32-ounce USDA Prime Porterhouse Steak with Shallot-Red Wine Bordelaise Sauce or a flavorful Bouillabaisse Marseillaise, saving room for a classic Crème Brûlée for dessert.

The fact that our restaurants are open seating only adds to the options, as you are free to dine whenever, wherever and with whomever you choose. Simply request a table when the mood strikes, and the Maître D' will happily seat your party.

PRIME 7, our newest restaurant, is already a legend on the high seas offering contemporary interpretations of classic American steakhouse fare. Reservations required.

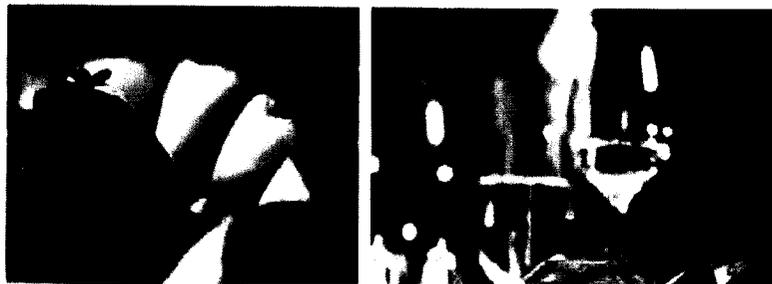
SIGNATURES serving haute French cuisine inspired by Le Cordon Bleu® of Paris, on *Seven Seas Voyager* and *Seven Seas Mariner*. Reservations required.

COMPASS ROSE, the flagship restaurant, features European-inspired Continental specialties as well as vegetarian, kosher and Canyon Ranch SpaClub® cuisines.

LA VERANDA serves elegant breakfast, lunch and dinner buffets with an enticing mix of regional specialties and succulent old-time favorites.

POOL GRILL is an *al fresco* venue serving casual breakfast and lunch, with specialty and themed regional barbecues. Featuring our popular Burger Bar.

ROOM SERVICE serves a delectable choice of appetizers, main courses and desserts along with sandwiches, burgers, pizzas, soups and salads 24 hours a day. You may order from the Compass Rose menu during regular dining hours and it will be graciously served course by course in the comfort and privacy of your suite.



FREE AIRFARE

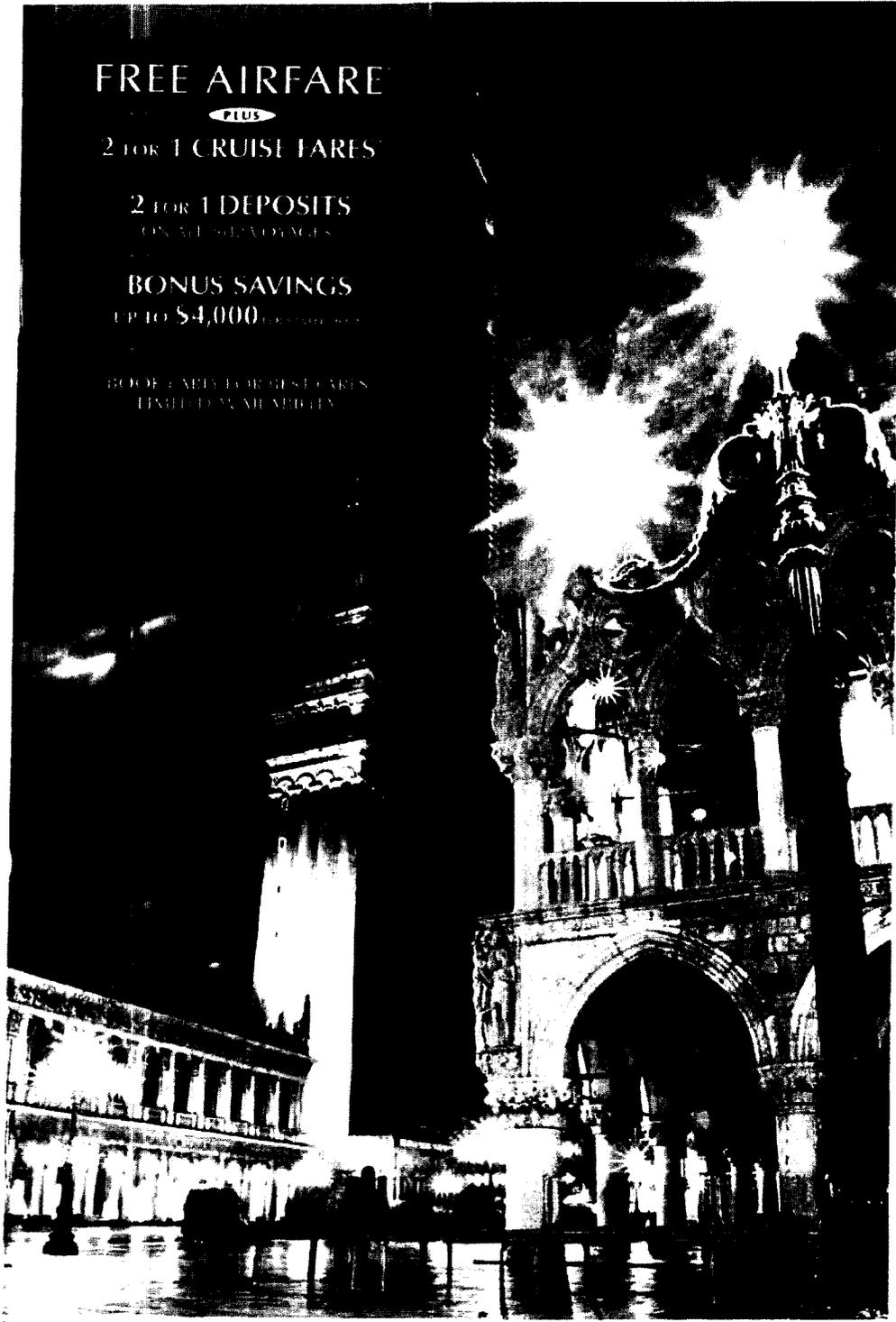
PLUS

2 FOR 1 CRUISE FARES*

2 FOR 1 DEPOSITS
ON ALL VOYAGES

BONUS SAVINGS
UP TO \$4,000^{per person}

GOOD EARLY BOOKING SAVED
LIMITED BY AVAILABILITY



OCEANIA CRUISES®
Your World. Your Way.®

European Reflections

2012-2013 VOYAGES

POINTS OF DISTINCTION

- Elegant mid-size ships catering to just 684 or 1,250 guests
- FREE AIRFARE on every voyage*
- Finest cuisine at sea, served in a variety of distinctive open-seating restaurants, *all at no additional charge*
- Gourmet culinary program created by world-renowned Master Chef Jacques Pépin
- Port-intensive itineraries featuring more overnight visits and extended evening port stays
- Country club-casual ambiance; tuxedos and gowns are never required
- Butler service offered in all suites
- Acclaimed Canyon Ranch SpaClub*
- Extraordinarily high staff-to-guest ratio ensures exemplary personalized service
- Youngest fleet in premium-class cruising with 85% of accommodations featuring private balconies

BEST VALUE IN UPSCALE CRUISING



Berlitz

Voted One of the World's Best Cruise Lines

FREE AIRFARE and 2000 YACHT CRUISE FARES
plus
2000 DEPOSITS
BONUS SAVINGS up to \$4,000

Call Oceania Cruises at 800-541-0638
Visit OceaniaCruises.com
or contact your travel agent





Rejuvenate

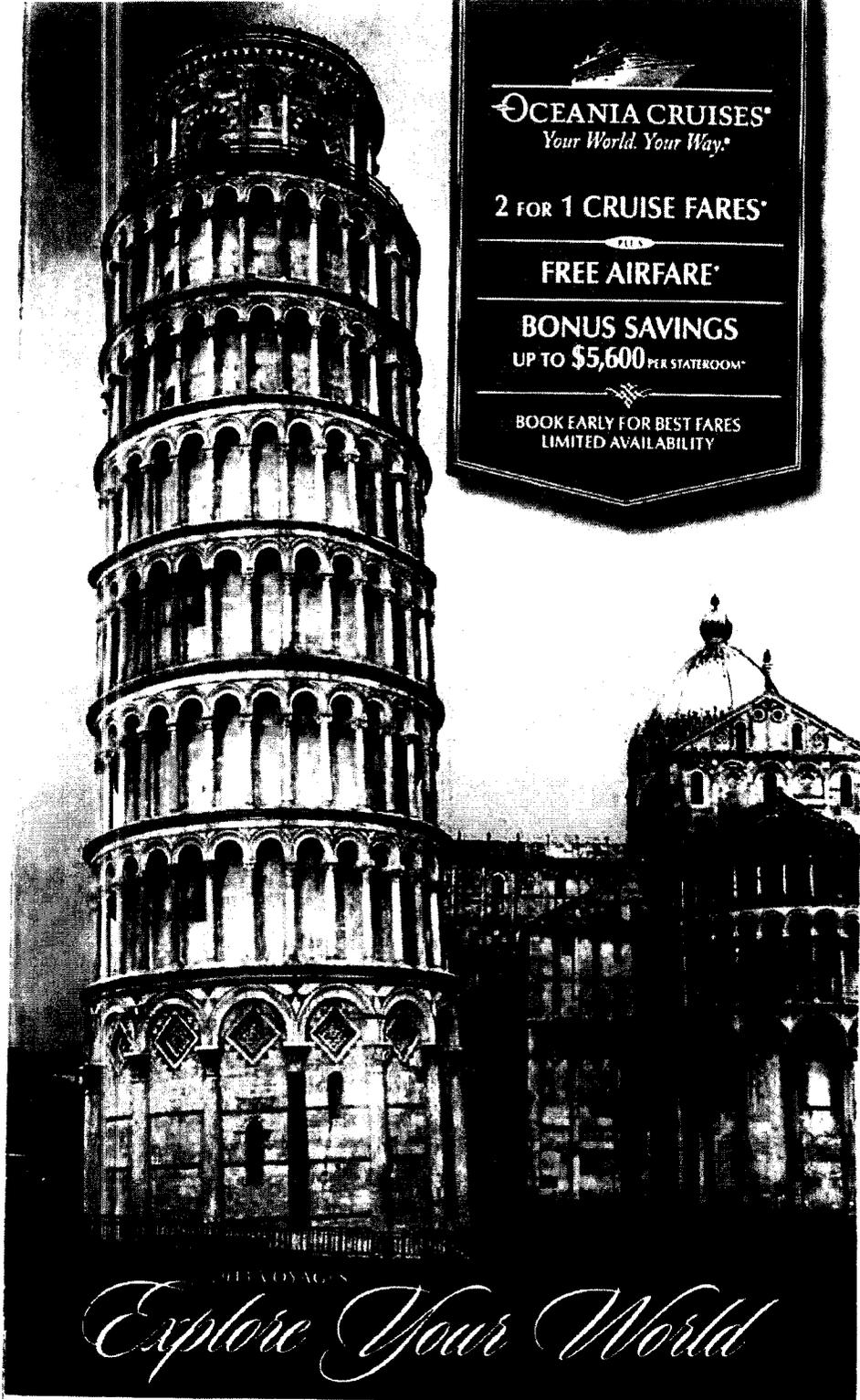
IT'S A SPA AND THEN SOME

The Canyon Ranch SpaClub® onboard each of our ships is the embodiment of healthy living and spiritual awareness, using therapies developed by renowned Canyon Ranch health resorts in sunny Tucson, Arizona, and charming Lenox, Massachusetts. Participate in invigorating exercise, indulge in healing therapies, and then savor exquisite Canyon Ranch cuisine in our restaurants. Of course, the centerpiece of the Canyon Ranch menu of services is a soothing massage. It's more than a spa: it's an experience you'll never forget.

BEAUTY & WELLNESS

- Canyon Ranch SpaClub® signature treatments
- State-of-the-art fitness center offering yoga, Pilates, fitness classes and personal training
- Kinesis® workout wall
- Private Spa Terrace featuring thalassotherapy pool or whirlpool tubs
- Sauna, steam room, fitness track and beauty salon
- Canyon Ranch cuisine served in the Grand Dining Room and Terrace Café
- Nutrition and lifestyle consultations; wellness presentations
- Relaxation Room
- Heated ceramic loungers

Available on Grand Voyages & Cruises



OCEANIA CRUISES®
Your World. Your Way.®

2 FOR 1 CRUISE FARES*

PLUS
FREE AIRFARE*

BONUS SAVINGS
UP TO \$5,600 PER STATEROOM*

BOOK EARLY FOR BEST FARES
LIMITED AVAILABILITY

THE VOYAGES
Explore Your World

WINTER SALE

EUROPE BUSINESS CLASS
AIR UPGRADE FROM \$799 PER PERSON EACH WAY*

2 FOR 1 ALASKA UNLIMITED
SHORE EXCURSION PACKAGE*

POINTS OF DISTINCTION

- FREE AIRFARE on every voyage*
- Mid-size, elegant ships catering to just 684 or 1,250 guests
- Finest cuisine at sea, served in a variety of distinctive open-seating restaurants, *at no additional charge*
- Gourmet culinary program created by world-renowned Master Chef Jacques Pépin
- Port-intensive itineraries featuring more overnight visits and extended evening port stays
- Country club-casual ambiance; tuxedos and gowns are never required
- Bon Appétit Culinary Center, the only hands-on cooking school at sea*
- Acclaimed Canyon Ranch SpaClub®
- Extraordinarily high staff-to-guest ratio ensures exemplary personalized service
- Youngest fleet in premium-class cruising with 85% of accommodations featuring private balconies

BEST VALUE IN UPSCALE CRUISING

*Available onboard *Mauna* and *Rivers*



Recognized Worldwide for Excellence

2009 EURO CRUISE FARES (with FREE AIRFARE)
and BONUS SAVINGS: \$100,000

EUROPE BUSINESS CLASS AIR UP, ROUND
and \$700

\$2,000 UNLIMITED SHORE EXCURSION
PACKAGE (up to 10 MASKA VOYAGES)

Call Orlando at 888-820-0111 x200

Visit www.zodiaccruises.com

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CANYON RANCH
Spa Club.

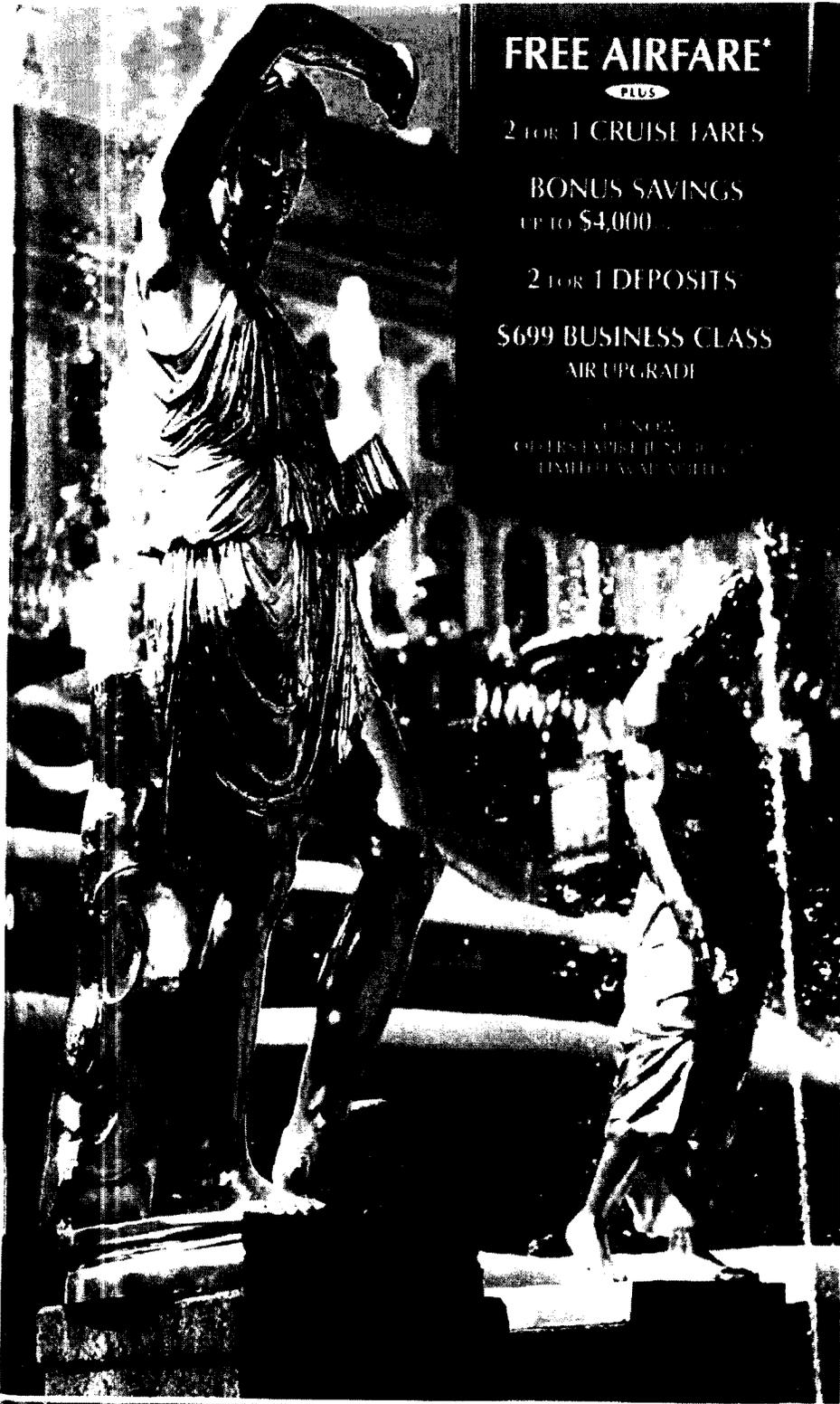
Rejuvenate

IT'S A SPA AND THEN SOME

The Canyon Ranch SpaClub® onboard each of our ships is the embodiment of healthy living and spiritual awareness, using therapies developed by renowned Canyon Ranch health resorts in sunny Tucson, Arizona, and charming Lenox, Massachusetts. Participate in invigorating exercise, indulge in healing therapies, and then savor exquisite Canyon Ranch cuisine in our restaurants. Of course, the centerpiece of the Canyon Ranch menu of services is a soothing massage. It's more than a spa; it's an experience you'll never forget.

BEAUTY & WELLNESS

- Canyon Ranch SpaClub signature treatments
- State-of-the-art fitness center offering yoga, Pilates, fitness classes and personal training
- Kinesis® exercise wall
- Private Spa Terrace featuring thalassotherapy pool or whirlpool tubs
- Sauna, steam room, fitness track and beauty salon
- Canyon Ranch cuisine served in the Grand Dining Room and Terrace Cafe
- Nutrition and lifestyle consultations; wellness presentations
- Relaxation Room
- Heated mineral treatments



FREE AIRFARE*

PLUS

2 FOR 1 CRUISE FARES

**BONUS SAVINGS
UP TO \$4,000**

2 FOR 1 DEPOSITS

**\$699 BUSINESS CLASS
AIR UPGRADE**

*OFFER SUBJECT TO SEVERAL
LIMITATIONS AND RESTRICTIONS


OCEANIA CRUISES*
Your World. Your Way.®

European Marvels
2012 VOYAGES

Discover

THE GLOBE OF STAVANSE OF THE ROPE. The ship's crew is a mix of people from all over the world, and the ship's atmosphere is warm and friendly. The ship's crew is a mix of people from all over the world, and the ship's atmosphere is warm and friendly. The ship's crew is a mix of people from all over the world, and the ship's atmosphere is warm and friendly.

SMALL TREASURES, GREAT REWARDS. While the ship's crew is a mix of people from all over the world, the ship's atmosphere is warm and friendly. The ship's crew is a mix of people from all over the world, and the ship's atmosphere is warm and friendly.

POINTS OF DISTINCTION

- Elegant mid-size ships catering to just 684 or 1,250 guests
- FREE AIRFARE on every voyage*
- Finest cuisine at sea, served in a variety of distinctive open-seating restaurants, *all at no additional charge*
- Gourmet culinary program created by world-renowned Master Chef Jacques Pépin
- Port-intensive itineraries featuring more overnight visits and extended evening port stays
- Country club-casual ambiance; tuxedos and gowns are never required
- Butler service offered in all suites
- Acclaimed Canyon Ranch SpaClub[®]
- Extraordinarily high staff-to-guest ratio ensures exemplary personalized service
- Youngest fleet in premium-class cruising with 85% of accommodations featuring private balconies

BEST VALUE IN UPSCALE CRUISING



Berlitz

Voted One of the World's Best Cruise Lines

FREE AIRFARE TO SELECT CRUISE FAIRS
BOON SAVINGS ON FUEL
SOME BUSINESS CLASS AIR UPGRADE



Rejuvenate

SO MUCH MORE THAN JUST A SPA
Created in 1979 in sunny Tucson, Arizona, the Canyon Ranch health resort experience encourages healthy living and spiritual awareness. Oceania Cruises is proud to offer the inspiring philosophy of Canyon Ranch throughout our entire fleet. Through fitness opportunities, exquisite Canyon Ranch cuisine and healing therapies, you will discover ways to unleash your untapped potential. Of course, the centerpiece of the Canyon Ranch experience is a soothing massage. What better way to promote a radiant lifestyle than with the Canyon Ranch SpaClub[®] onboard our ships?

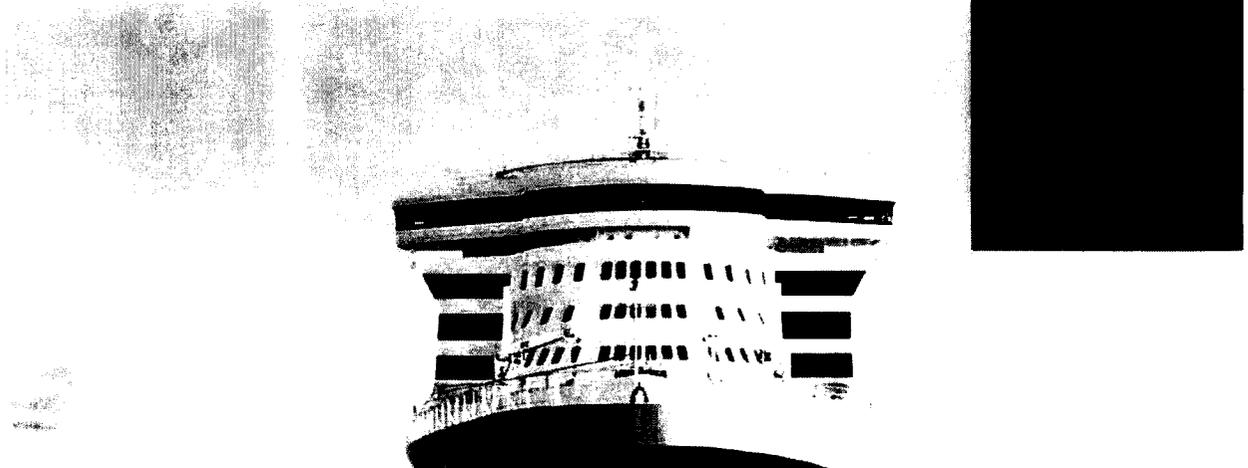
BEAUTY & WELLNESS

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- Private Spa Terrace featuring thalassotherapy pool or whirlpool tubs
- Sauna, steam room, fitness track and beauty salon
- Canyon Ranch cuisine served in the Grand Dining Room and Terrace Café
- Nutrition and lifestyle consultations; wellness presentations
- Relaxation Room
- Heated ceramic loungers

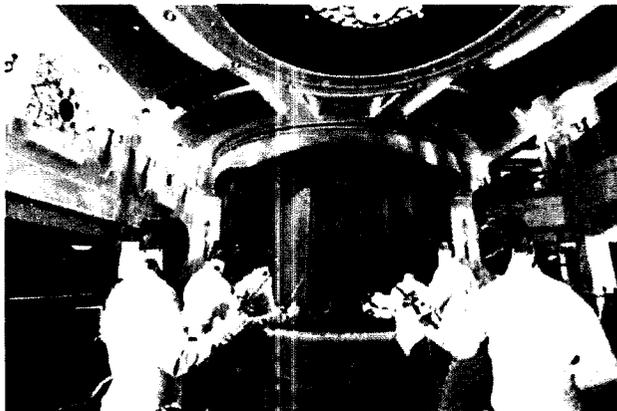
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ACT NOW | OFFERS EXPIRE JUNE 30, 2012 | LIMITED AVAILABILITY

7



Take a new-fashioned approach to old world elegance.



Save with up to 2-for-1 fares[†] on select voyages

TRANSATLANTIC • MEDITERRANEAN • AMERICAS • CARIBBEAN • CANADA & NEW ENGLAND

[†]See inside for details.



ON BOARD, THE POSSIBILITIES are endless. Begin your day with a relaxing spa treatment. Find the perfect memento at one of our unique boutiques. Unwind and enjoy authentic British traditions like afternoon tea. As twilight reveals crisp tuxedos and stunning evening gowns, savour the gourmet creations in our Britannia restaurant and attend a performance in the Royal Court Theatre. Join us for a Cunard voyage, and not only will you visit the world's finest destinations, you'll sail aboard one

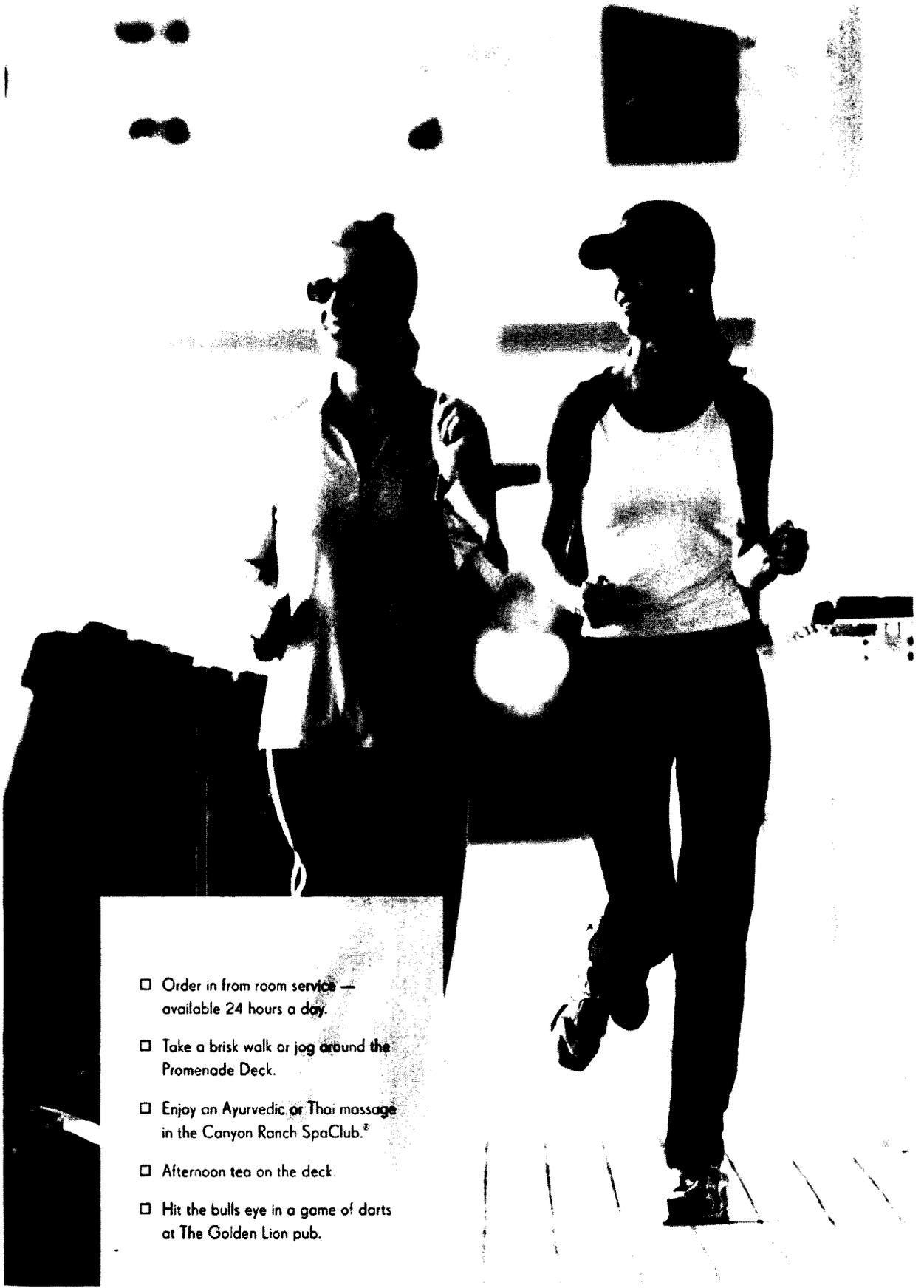


SAVE UP TO
\$600 per person



A Transatlantic Crossing with Cunard is unlike any other cruise, and you soon discover why the moment you step aboard the magnificent **QUEEN MARY 2**. Its nine gourmet dining choices, including the tempting **Todd English Restaurant**, twelve bars and lounges, the **Royal Court Theatre**, **Queens Room Ballroom**, five swimming pools and **Canyon Ranch SpaClub®** offer unsurpassed amenities. Signature **White Star Service** ensures everyone is treated like royalty. Put simply, a voyage on majestic **QUEEN MARY 2** is no ordinary vacation. It's a passport to a world of endless possibility. How will you enjoy some of the finest experiences at sea, as only Cunard can provide?

We invite you to discover the legendary Transatlantic Crossing and make every moment **YOUR** moment.



- Order in from room service — available 24 hours a day.
- Take a brisk walk or jog around the Promenade Deck.
- Enjoy an Ayurvedic or Thai massage in the Canyon Ranch SpaClub.[®]
- Afternoon tea on the deck.
- Hit the bulls eye in a game of darts at The Golden Lion pub.

VOYAGES

ENJOY
COMPLIMENTARY
BALCONY
STATEROOMS
ON A CUNARD VOYAGE

EXPERIENCE THE
GRANDEUR
Our Spectacular Baltic Voyages
Will Leave You Breathless



CELEBRATE!

Discover America's Heritage
on a Spectacular 14-Day Voyage

CROSS THE POND IN STYLE

Delight in Our Legendary
Tea and Dinner Dressing

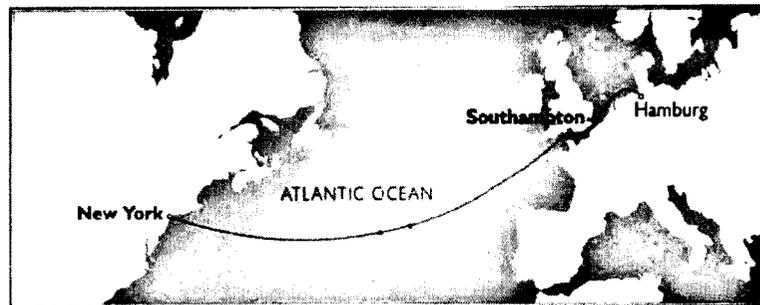
With a Baltic Cruise
Explore the Sapphire Seas
of the Mediterranean



Experience a Legendary Transatlantic Crossing Aboard QUEEN MARY 2

QUEEN MARY 2 is an ocean liner built to cross the Atlantic. This is more than a cruise; it's one of travel's great rites of passage, a voyage where the journey becomes the destination — and what a journey it is, from the bright lights of New York to the charm of England or the medieval remnants of Hamburg.

Along the way, pamper yourself in the first 'Canyon Ranch SpaClub' at sea, glide along the largest dance floor afloat at the lavish Royal Nights themed balls, experience the wonders of the night skies in the *Illuminations* planetarium or explore a variety of topics presented by renowned speakers through the *Cunard Insights* programme. It's all yours to experience on this timeless, classic voyage.



7 DAYS

NEW YORK TO
SOUTHAMPTON

3 May
7 Jun
6 Jul
27 Jul

OR

SOUTHAMPTON TO
NEW YORK

26 Apr
20 May
14 Jun
20 Jul

9 DAYS

NEW YORK TO
HAMBURG

3 May

OR

HAMBURG TO
NEW YORK

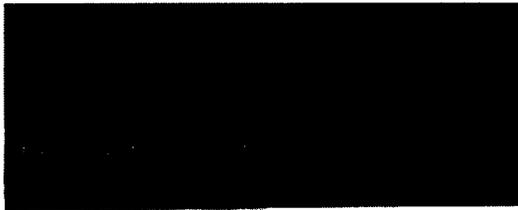
27 May

	Special Fares from*
Queens Suite (Q7)	\$4,799
Princess Suite (P2)	\$3,599
Balcony (BD)	\$1,499
Oceanview (ED)	\$1,499
Inside (ID)	\$1,199

	Special Fares from*
Queens Suite (Q7)	\$6,349
Princess Suite (P2)	\$4,849
Balcony (BD)	\$1,999
Oceanview (ED)	\$1,999
Inside (ID)	\$1,599

*Fares based on bolded departure date only. Fares for other dates may vary. Government fees and taxes of up to \$80 per person are additional and subject to change. Cunard reserves the right to impose a fuel supplement of up to \$9 per person per day on all passengers if the NYMEX oil price exceeds \$70 per barrel, even if fares have been paid in full.

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CRUISE
NEW ENGLAND

Twelve

Extraordinary Voyages to and from North America
on the Youngest Fleet at Sea

BARB
Famously

SAVE \$900 per person

Embrace The Royal Treatment and Explore the Many Wonderful Activities Aboard Our Three Magnificent Ships

The Most Famous Ocean Liner Experience at Sea

When you embark on a majestic journey with Cunard, a host of exciting occasions await you. From the dawn's golden horizon to the dazzling ambience of enchanted evenings, every day sparkles with glamorous possibilities aboard our awe-inspiring Cunard QUEENS.



Enjoy the view from the private theatre boxes in the Royal Court Theatres aboard QUEEN VICTORIA and QUEEN ELIZABETH



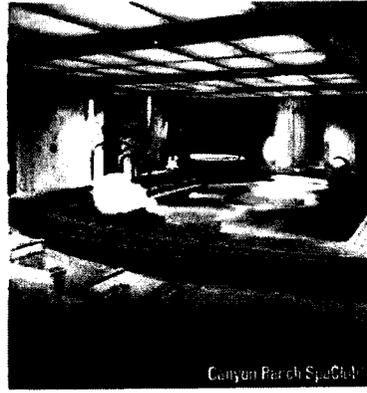
Expand your horizons with a virtual ride through space in the only planetarium at sea, Illuminations, aboard QUEEN MARY 2



Participate in British pastimes like paddle tennis and croquet on the Games Deck aboard QUEEN ELIZABETH



Dance with your loved one in grand celebration at our elegant Royal Nights themed balls



Receive royal treatment at the world-famous Canyon Ranch SpaClub® available on QUEEN MARY 2



Partake in exciting fencing classes available on board QUEEN ELIZABETH and QUEEN VICTORIA

FEEL FAMOUS. SAIL CUNARD. | 7

2 FOR 1 CRUISE FARES

PLUS

2 FOR 1 DEPOSITS

UP TO \$1,000 PER PERSON

BONUS SAVINGS

UP TO \$6,000

300+ DAYS OF OPEN BOOKING

FOR ALL VOYAGES

OCEANIC CRUISES

CRUISE LINE

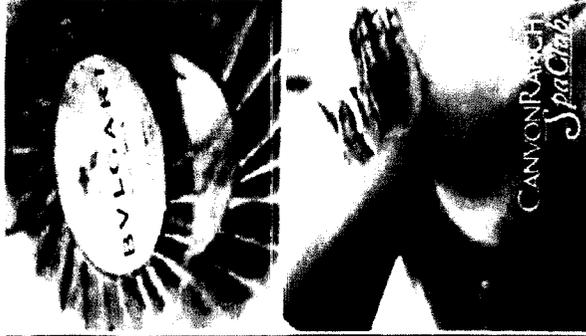
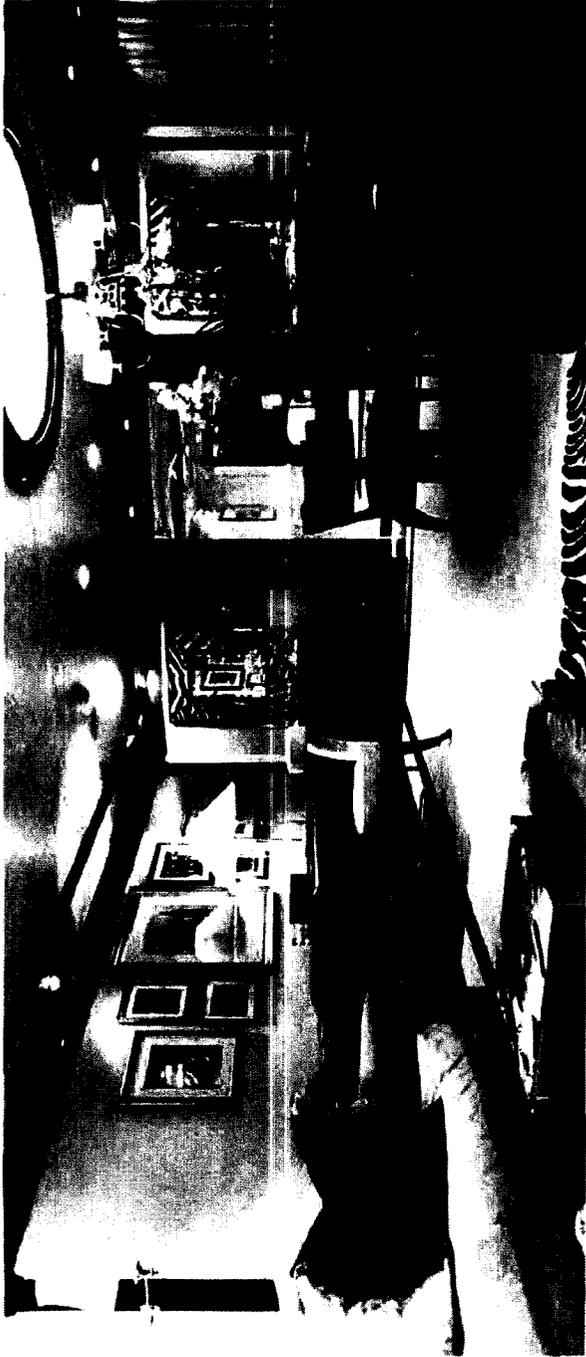
FARES FROM \$849

PER PERSON PER VOYAGE

Explore
YOUR WORLD

2012-2013 VOYAGES

ALASKA, CANADA, NEW ENGLAND, MEDITERRANEAN, CARIBBEAN, PACIFIC, SOUTH AMERICA, AUSTRALIA, ANTARCTICA, POLAR VOYAGES



REJUVENATE

IT'S A SPA AND THEN SOME

The Canyon Ranch SpaClub™ onboard each of our ships is the embodiment of healthy living and spiritual awareness, using therapies developed by renowned Canyon Ranch health resorts in sunny Tucson, Arizona, and charming Lenox, Massachusetts. Participate in invigorating exercise, indulge in healing therapies, and then savor exquisite Canyon Ranch cuisine in our restaurants. Of course, the centerpiece of the Canyon Ranch menu of services is a soothing massage. It's more than a spa; it's an experience you'll never forget.

HAVEN

RETREAT INTO A PRIVATE WORLD

Everybody yearns for a private retreat where they can truly relax and recharge. This was the guiding principle behind our suites and staterooms. We designed them to be grand, remarkably spacious and so immensely comfortable that each moment spent behind closed doors feels like being in an oasis of luxury all your own. Our accommodations are handsomely appointed with soothing colors, soft textures, stylish furnishings, luxurious linens, plush towels, and custom-milled French and Italian toiletries.

LARGEST VERANDA STATEROOMS AT SEA*

Marvel at a stunning sunset from your furnished private veranda, a luxury included in all suites, and the vast majority of our staterooms. The Veranda Staterooms on *Marina* and *Riviera* bear the distinction of being the largest at sea. Entertain friends in the sitting area with champagne. Feel free to indulge in the generous amenities and watch live news, first-run movies or DVDs on the flat-screen television. When it's time to retire, slip between the lavish linens of the Prestige Tranquility Bed, an Oceania Cruises exclusive, knowing that tomorrow will be just as wonderful.

BEAUTY & WELLNESS

- Canyon Ranch SpaClub signature treatments
- State-of-the-art fitness center
- Yoga, Pilates, indoor cycling, aerobics, private, and group fitness classes and personal training
- Kinetics® workout wall*
- Private Spa Terrace featuring hydrotherapy pool or whirlpool tubs
- Sauna†, steam room, fitness track and beauty salon
- Canyon Ranch cuisine served in the Grand Dining Room and Terrace Cafe
- Nutrition and lifestyle consultations; wellness presentations
- Relaxation Room*
- Heated ceramic loungers†

*Available on select itineraries



INCOMPARABLE. UNFORGETTABLE.

THE TRANSATLANTIC CROSSING ABOARD QUEEN MARY 2



**ROYAL
UPGRADE
CELEBRATION**

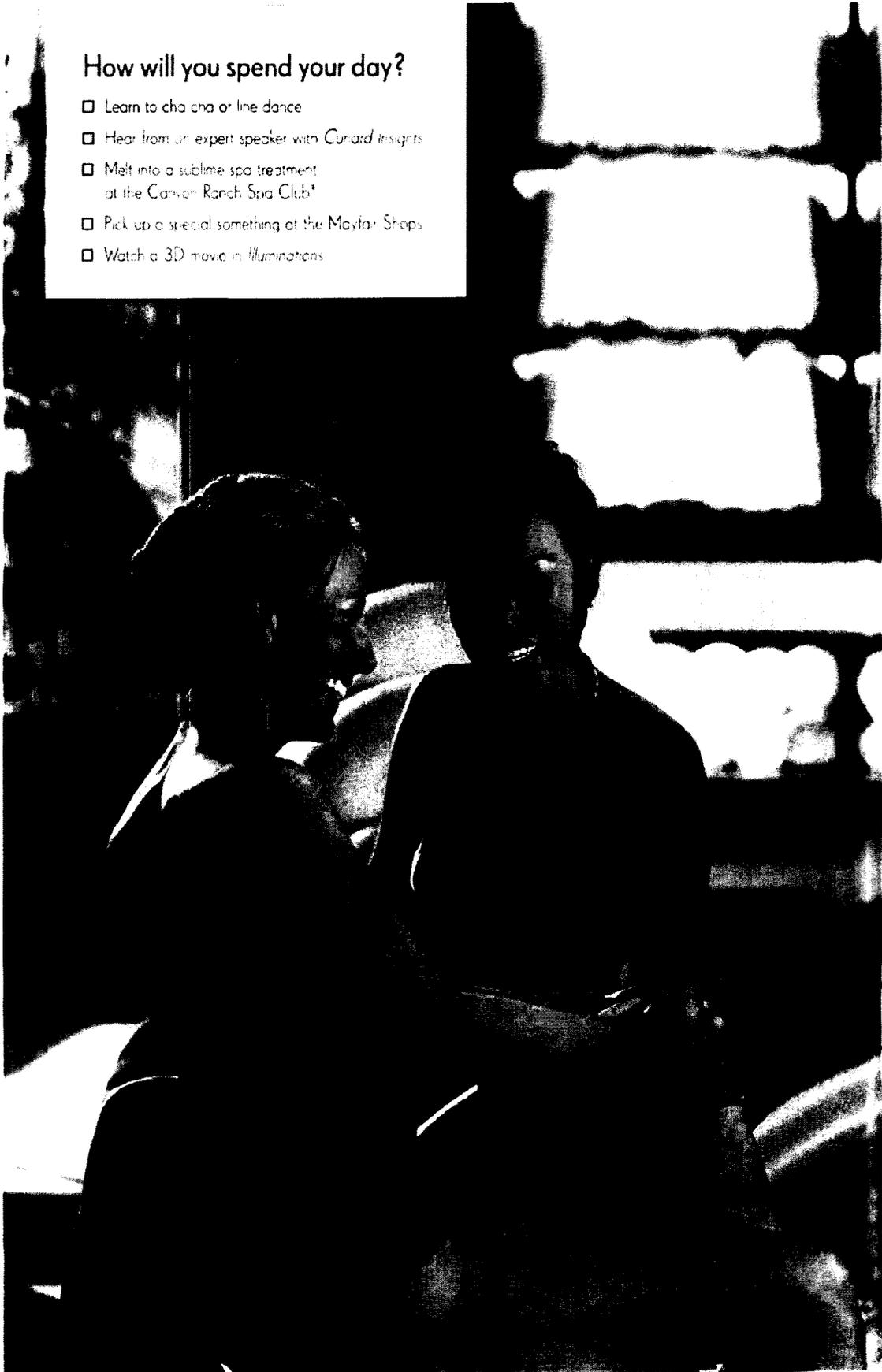
COMPLIMENTARY
UPGRADES

COMPLIMENTARY
GRATUITIES

PLUS PER PERSON
REDUCED DEPOSIT

How will you spend your day?

- Learn to cha cha or line dance
- Hear from an expert speaker with *Curaid Insights*
- Melt into a sublime spa treatment at the Canyon Ranch Spa Club*
- Pick up a special something at the Mayfair Shops
- Watch a 3D movie in *Illuminations*





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at 877-505-5370

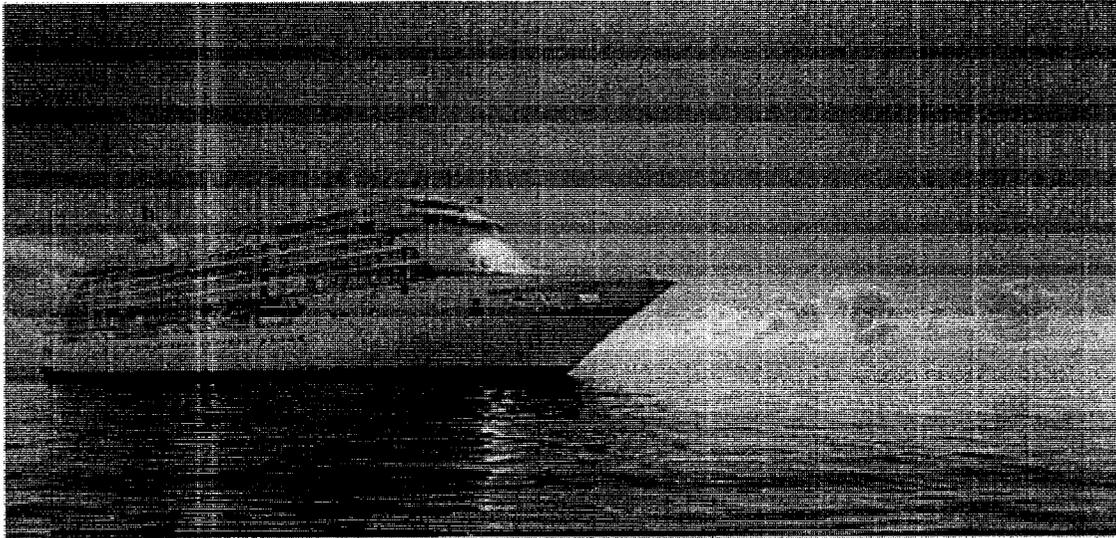
FIND A CRUISE	THE ALL-INCLUSIVE REGENT EXPERIENCE	FREE UNLIMITED SHORE EXCURSIONS	OUR SHIPS	WORLDWIDE DESTINATIONS	SPECIAL OFFERS	SEVEN SEAS SOCIETY®	MY ACCOUNT
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SEVEN SEAS VOYAGER

EXCEEDING THE LOFTIEST EXPECTATIONS FOR LUXURY

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A trailblazer in the exclusive world of all-suite, all-balcony ships, *Seven Seas Voyager* exceeds even the loftiest expectations for luxury. Considering her size, the amenities are surprisingly plentiful and include four main dining venues where you can dine wherever, whenever and with whomever you choose. With 447 international crew members attending to a maximum of but 700 guests, personal service is exceedingly indulgent throughout.

Launch our Discover our Ships feature to learn more about *Seven Seas Voyager*.

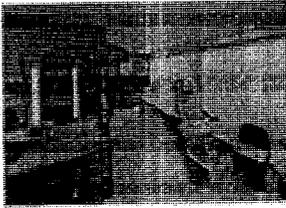
SUITES LUXURY ACCOMMODATIONS SEE DETAILS	ACTIVITIES DAYTIME ENRICHMENT SEE DETAILS	ENTERTAINMENT NIGHTTIME ACTIVITIES SEE DETAILS
CUISINE EXQUISITE DINING SEE DETAILS	SPA & FITNESS ENERGIZING INDULGENCE SEE DETAILS	AMENITIES 6-STAR SHIPS SEE DETAILS

x

SEVEN SEAS VOYAGER SPAS & FITNESS

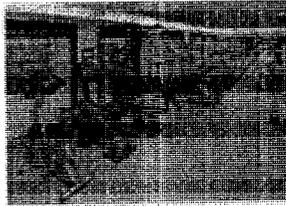
CANYON RANCH SPA CLUB®

Seven Seas Voyager | Regent Seven Seas Cruises



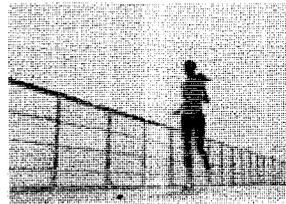
Wherever we sail, we take with us the world's premier spa, Canyon Ranch SpaClub® offering an unrivalled approach to health and beauty, with spa services customized for you alone. Enjoy an array of treatments including signature massages and therapeutic bodywork, aromatherapy, ayurvedic and seaweed treatments as well as facials. While you're here, explore our extraordinary selection of luxurious beauty treatments, including hair care, manicures, pedicures and more available in the salon.

Click here to download a menu of available treatments and services. You may also consult with fitness professionals and attend presentations by wellness professionals who can help you feel your best for life. Guests under 16 are not permitted in the Spa unless accompanied by an adult.



FITNESS FACILITIES

Canyon Ranch fitness experts lead popular exercise classes, such as Pilates, yoga and aerobics and are on hand to offer advice and demonstrate the use of fitness equipment. One-on-one training can be arranged with a Fitness Instructor. Equipment includes Lifecycles, free weights, striders, StairMasters, treadmills, weight benches, a Nautilus machine, workout mats and step benches. Guests under 16 are not permitted in the Fitness Center unless accompanied by an adult.



JOGGING TRACK

In addition to planned activities in the Fitness Center, take advantage of other sports-related activities throughout the ship. Deck 12 provides golf cages, shuffleboard, paddle tennis and a full-circle jogging track. Seven laps around the Seven Seas Voyager track is equal to one mile.

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Spa services

Enjoy the ultimate in pampering and wellness at one of our exquisite spas. With innovative and indulgent treatments, you can choose from an extensive range of services.

Queen Victoria and Queen Elizabeth

You can pre-reserve your treatments by:

Emailing royalspa@steinertisure.com

Calling 0044 800 369 9977

US guests can call toll free on 1-877 561-6064.

[Download the Royal Spa Menu of Services](#)

Queen Mary 2

Appointments may be made 21 days or more prior to sailing. If less than 21 days, you will need to book on board. You can download the SpaClub Guide to Services or contact us and we will be happy to send you a Guide to Services by email or in the post.

To book your Canyon Ranch SpaClub® services, please call:

US: Toll-free 866-860-4662

Worldwide: Call collect/reverse charges: +1-702-414.6279

E-mail QM2@canyonranch.com. This email is for questions only. To make an appointment please call.

Visit the [Canyon Ranch website](#) for further information.

[Download the SpaClub Guide to Services](#)

[Download the SpaClub Price List](#)

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Queen Mary 2

Queen Mary 2 is Cunard's flagship and the most magnificent ocean liner ever built. A Transatlantic Crossing to or from New York on this incredible ship is a holiday like no other but her cruises from Southampton are also very special.

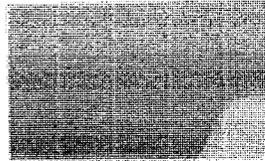
She offers so much space on board and such an array of state of the art facilities including a 3D Cinema, planetarium and a superb spa.

Right now onboard
Queen Mary 2

19:09



Queen Mary 2 is
currently at sea
[VIEW ITINERARY](#)



Bridge Webcam
Watch the latest from
the bridge webcam
[VIEW WEBCAM](#)

Find your perfect
cruises aboard
Queen Mary 2

[START YOUR SEARCH](#)

A taster of what there is to do





2014 Cruises on Queen Mary 2

<p>FEATURED CRUISE</p>	<p>FEATURED CRUISE</p>	<p>FEATURED CRUISE</p>	<p>FEATURED CRUISE</p>
<p>Fri 3 Jan to 10 Jan 2014</p> <p>Eastbound Transatlantic Crossing</p> <p>7 nights from \$1,199 per person</p> <p>VIEW THIS CRUISE</p>	<p>Fri 9 May to 16 May 2014</p> <p>Westbound Transatlantic Crossing</p> <p>7 nights from \$1,099 per person</p> <p>VIEW THIS CRUISE</p>	<p>Fri 16 May to 23 May 2014</p> <p>Eastbound Transatlantic Crossing</p> <p>7 nights from \$1,198 per person</p> <p>VIEW THIS CRUISE</p>	<p>Fri 23 May to 26 May 2014</p> <p>Spring Escape</p> <p>3 nights from \$568 per person</p> <p>VIEW THIS CRUISE</p>

Download Deck Plan

2013-2014 CRUISES 2014-2015 CRUISES

Download the deck plan if your Queen Mary 2 cruise departs before 15 May 2014

Download the deck plan if your Queen Mary 2 cruise departs 16 May 2014 onwards

Explore and book

Where do you want to go?

I don't mind



When would you like to go?

I don't mind



For how long?

I don't mind



START YOUR SEARCH

10th Anniversary Visitor's Book

In 2014, Queen Mary 2 will celebrate her 10th Anniversary. To get ready for this special occasion, here is a look back on the last 10 years



Share with your friends and family

8+1 Like 2k

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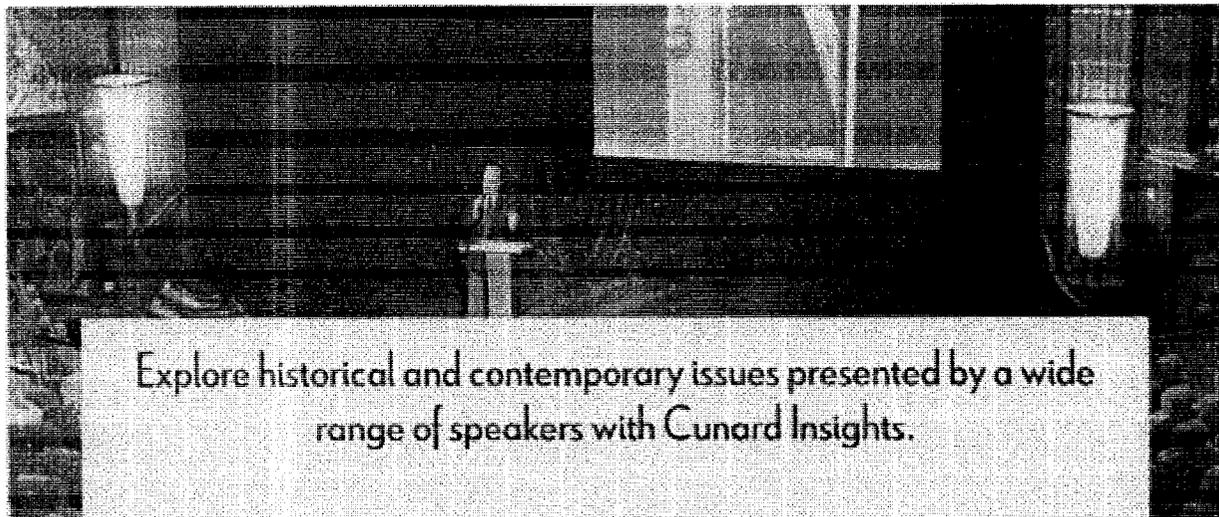
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Queen Mary 2 daytime activities

Queen Mary 2 provides a wealth of engaging experiences to enjoy every day.

Broaden your horizons with a variety of Cunard Insights lectures and stimulating workshops. Unwind in the exclusive Canyon Ranch SpaClub, the most luxurious spa at sea. If you fancy a little shopping, fine boutiques centred around the ship's magnificent Grand Lobby, providing a range of products from tempting souvenirs and gifts to exquisite jewellery and designer clothing.



ENRICHMENT & SPEAKER PROGRAMMES

SHOPPING AND GALLERIES

SPORTS

SPA AND FITNESS

RELAXATION AND LEISURE

CHILDREN'S ACTIVITIES

WINE PROGRAMME

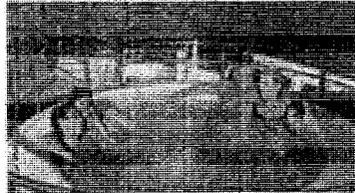
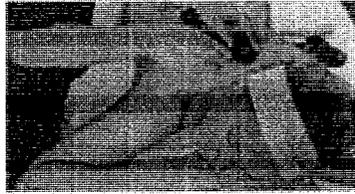
KENNEL PROGRAMME



Spa and Fitness

Canyon Ranch SpaClub

Enjoy the ultimate in pampering and wellness at the exquisite on board Canyon Ranch SpaClub®. Indulge in signature Canyon Ranch massages, treatments and facials from the classic Canyon Stone Massage or Rasul Ceremony, to exotic Ayurvedic or Thai treatments.



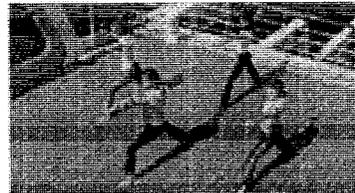
Swimming pools

There are a total of five swimming pools on board Queen Mary 2, including the Terrace Pool on Deck 8, The Minnows Pool especially for children on Deck 9, the Sun Deck Splash Pool on the top of the ship and our most popular Pavilion Pool on Deck 12 which features a retractable dome for any weather!



Gymnasium

Our Fitness Centre has views out forward to the covered promenade deck. Open from 6am, feel free to run the treadmill, take to the bikes or try the step machines all before a hearty and well earned breakfast.



Fitness Class

Choose from a range of activities from relaxing Yoga and Pilates sessions to more energetic 'Funk Aerobics' and Spinning classes.

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- ↓ [Traveling with Children](#)

Bars, Clubs & Lounges



Lounges & Bars

- | | |
|------------------------|------------|
| Martini Bar | Martinis |
| Intimate Lounge | Grand Bar |
| Wine Bar | La Reserve |
| Coffee Bar | Baristas |
| Casino Bar | Casino Bar |



Music & Dancing

- | | |
|-----------------------|---------------|
| Live Music Bar | Marina Lounge |
| | Horizons Bar |

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Casino & Gambling



- Casino: Deck Six
- Table Games: Blackjack, Poker or Roulette
- Slot Machines
- Currencies accepted: US dollars, Euros, traveler's checks, cruise card and all major credit cards are accepted

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Spa



- Canyon Ranch Spa Club®
- Offering a wide array of body treatments including: massages, body wraps, body scrubs, acupuncture, Reiki, skin care, tanning, and more
- Thalassotherapy Whirlpool
- Aromatherapy
- Sauna and Steam room
- Private sun deck with Balinese Day beds
- Heated ceramic loungers
- Couples treatment rooms
- Canyon Ranch Spa cuisine
- Salon
- Offering color, highlighting, hair design, manicures, pedicures and makeup
- Please Note: spa and salon services are an additional fee

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Sports & Fitness

Fitness

Entertainment & Activities

- Fitness Center
- State-of-the-art equipment
- Technogym strength-training machines
- Free weight area
- Cardiovascular equipment
- Exercise Classes: aerobics, step, spinning, Yoga, Pilates, and strength training classes
- Jogging Track: Outside deck 15
- Nutrition and lifestyle consultation
- Personal training
- Please Note: some classes and personal training are an additional fee

Sports

- Golf: putting course offering a combined 18 holes of play
- Caged golf driving ranges
- Paddle Tennis Court: a full-size, enclosed, lighted court
- Portside Green: home to croquet and bocce tournaments
- Shuffleboard Court



Pools

- Swimming Pool: heated swimming pool
- Whirlpools (3)
- The Patio & Sanctuary: shaded on-deck lounges overlooking sea and feature Balinese day beds

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Shops



- Boutiques
- Duty free shopping includes fine jewelry, fragrances, sundries and Oceania logo wear

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Leisure

Shows

- Headline Entertainers
- Comedians
- Magicians
- Musical revues
- Guest lecturers

Parties and Theme Nights

- Cruise specific theme nights or parties are based on the destination of the ship or itinerary

Music & Dance

- Dance Lessons
- Live Music
- Eight-piece orchestra
- Flamenco Guitarist
- Disco and karaoke
- Cabaret-style performances
- Classical string quartet
- Jazz Nights in Horizons



Contests & Tournaments

- Bridge tournament



Other Features

- Art Auction
- Premium Tastings - wine, scotch, champagne, cheese, chocolate
- Masterclasses

Entertainment & Activities



- Martinis
- Movies Under the Stars
- Library: well stocked with 2000 books and periodicals
- Internet Center

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Enrichment



- Bon Appetit Culinary Center
- Culinary art demonstration
- World-renowned guests lecturers
- Artist Loft Enrichment Center
- Learn how to paint with water colors, needle point or other arts and crafts
- Computer courses
- Wellness and Health program

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Traveling with Children

Please Note: Oceania does not have children's programs available onboard.

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From booking to boarding and beyond, a personal concierge's expert knowledge can help guide you in arranging the luxury cruise of your dreams.

Please fill out the form to the right and a concierge will call you shortly.

1-800-386-9283 | 9am-9pm EST M-F, 9am-6pm EST Sat

* First Name: * Last Name:

* Phone Number:

Best Time To Call You:
 Anytime EST

* Email Address:

What Would You Like Your Concierge to Know About Your Cruise?
 e.g. Anniversary, 1st cruise

* Required fields

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Bars, Clubs & Lounges

Lounges & Bars



- | | |
|------------------------|------------|
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- | | |
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| | Horizons Bar |

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What Would You Like Your Concierge to Know About Your Cruise?
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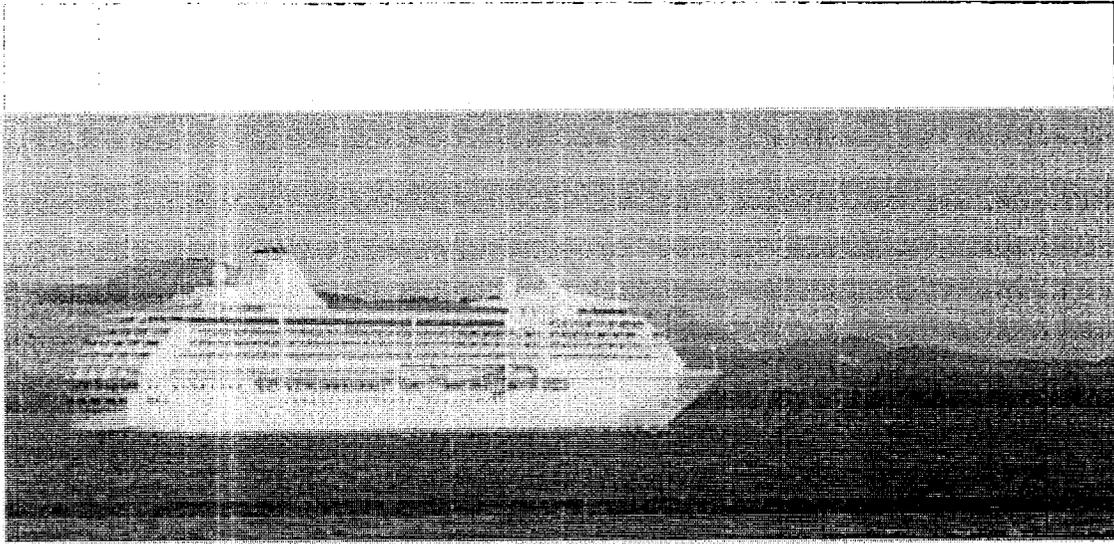
- FIND A CRUISE
- THE ALL-INCLUSIVE REGENT EXPERIENCE
- FREE UNLIMITED SHORE EXCURSIONS
- OUR SHIPS
- WORLDWIDE DESTINATIONS
- SPECIAL OFFERS
- SEVEN SEAS SOCIETY®
- MY ACCOUNT

SEVEN SEAS MARINER

EXCEEDING YOUR EXPECTATIONS SINCE 1962

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The world's first all-suite, all-balcony ship, *Seven Seas Mariner* features four gourmet restaurants with open seating. Hallmarks include generous amenities and a welcome spaciousness. Catering to only 700 guests, her staff-to-guest ratio of 1 to 1.6 ensures the absolute highest level of personal service.

Launch our Discover our Ships feature to learn more about *Seven Seas Mariner*.

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CUISINE

EXQUISITE DINING

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SPA & FITNESS

ENERGIZING INDULGENCE

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AMENITIES

6-STAR SHIPS

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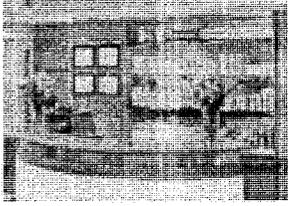
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SEVEN SEAS MARINER SPAS & FITNESS

CANYON RANCH SPA CLUB®

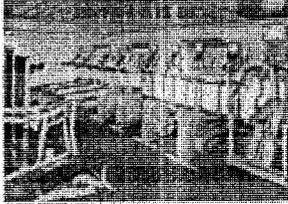
Wherever we sail, we take with us the world's premier spa, Canyon Ranch SpaClub® offering an unrivalled approach to health and beauty, with spa services customized for you alone. Enjoy an array of treatments including signature massages and therapeutic bodywork, aromatherapy, ayurvedic and seaweed treatments as well as facials. While you're here, explore our extraordinary selection of luxurious beauty treatments.

Seven Seas Mariner | Regent Seven Seas Cruises



including hair care, manicures, pedicures and more available in the salon.

Click here to download a menu of available treatments and services. You may also consult with fitness professionals and attend presentations by wellness professionals who can help you feel your best for life. Guests under 16 are not permitted in the Spa unless accompanied by an adult.



FITNESS FACILITIES

Canyon Ranch fitness experts lead popular exercise classes, such as Pilates, yoga and aerobics and are on hand to offer advice and demonstrate the use of fitness equipment. One-on-one training can be arranged with a Fitness Instructor. Equipment includes Lifecycles, free weights, striders, StairMasters, treadmills, weight benches, a Nautilus machine, workout mats and step benches. Guests under 16 are not permitted in the Fitness Center unless accompanied by an adult.

JOGGING TRACK



In addition to planned activities in the Fitness Center, take advantage of other sports-related activities throughout the ship. Deck 12 provides golf cages, shuffleboard, paddle tennis and a full-circle jogging track. Eleven laps around the Seven Seas Mariner track is equal to one mile.

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at 877-505-5370

FIND A
CRUISE

THE ALL-INCLUSIVE
REGENT EXPERIENCE

FREE UNLIMITED
SHORE EXCURSIONS

OUR
SHIPS

WORLDWIDE
DESTINATIONS

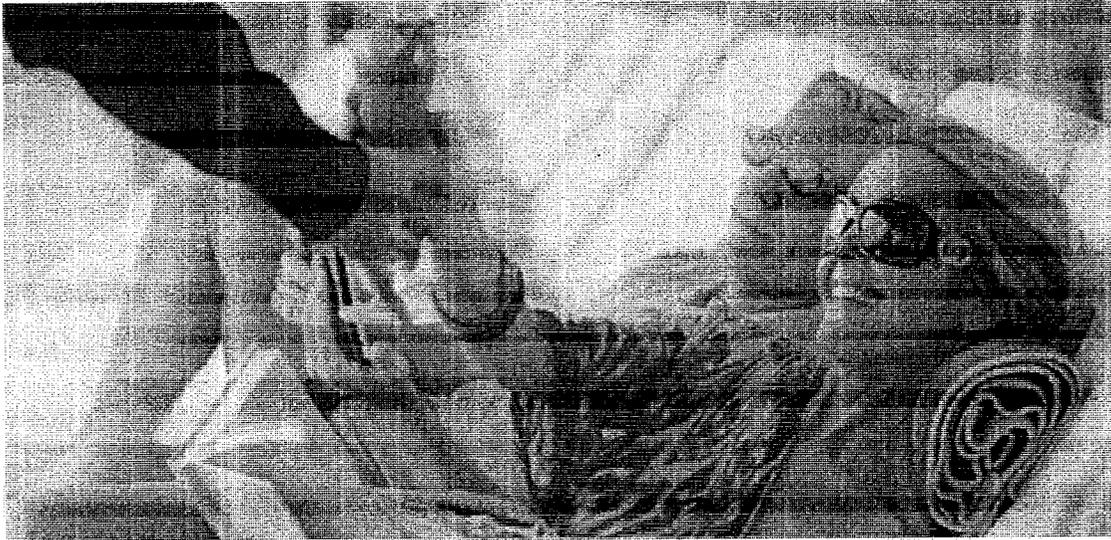
SPECIAL
OFFERS

SEVEN SEAS
SOCIETY®

MY
ACCOUNT

ONBOARD ACTIVITIES

[BACK TO THE REGENT EXPERIENCE](#)



We artfully combine a warm, friendly ambiance with the ultimate expression of elegance, yet casual onboard pleasures — nearly all are part of our all-inclusive fares. Finally, you can have that perfect day ... everyday.

A delicious escape is made even more delightful when you relish a sublime bouquet at one of our vintage wine and artisan cheese tastings. Pleasure and privilege replace pressure as your senses are pampered in our onboard Canyon Ranch SpaClub® or in the heated, shimmering waters of our sun-kissed resort pool.

Evenings offer all the sophisticated fun of a nightclub or cabaret, whether you mingle over cocktails in a clubby piano bar or plush lounge, samba across the dance floor without a care in the world or applaud an enthusiastic musical revue.

Indulge ... it's all included.

DAYTIME ACTIVITIES
[SEE DETAILS](#)

EVENING ENTERTAINMENT
[SEE DETAILS](#)

SPA & FITNESS
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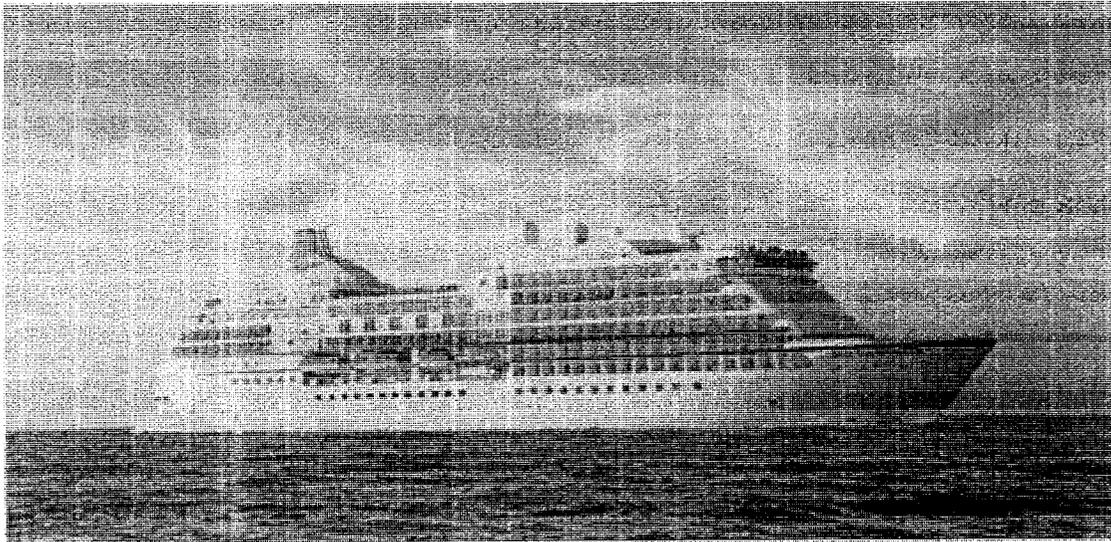
- FIND A CRUISE
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- OUR SHIPS
- WORLDWIDE DESTINATIONS
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- MY ACCOUNT

SEVEN SEAS NAVIGATOR

2014-2015 SEVEN SEAS NAVIGATOR SCHEDULE

[BACK TO OUR SHIPS](#)

[FIND CRUISES ON THIS SHIP](#)



Seven Seas Navigator has few equals, as all accommodations are suites with ocean views, the majority with private balconies. Her 490 guests enjoy an unusual level of luxury and some of the highest space and service ratios at sea. Additionally, her three restaurants, including the iconic *Prime 7* steakhouse, allow you to dine wherever, whenever and with whomever you choose, at no additional charge.

Launch our Discover our Ships feature to learn more about *Seven Seas Navigator*.

SUITES

LUXURY ACCOMMODATIONS
[SEE DETAILS](#)

ACTIVITIES

DAYTIME ENRICHMENT
[SEE DETAILS](#)

ENTERTAINMENT

NIGHTTIME ACTIVITIES
[SEE DETAILS](#)

CUISINE

EXQUISITE DINING
[SEE DETAILS](#)

SPA & FITNESS

ENERGIZING INDULGENCE
[SEE DETAILS](#)

AMENITIES

6-STAR SHIPS
[SEE DETAILS](#)

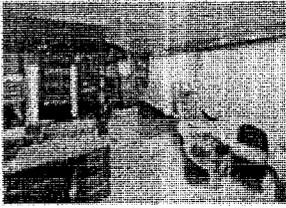
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SEVEN SEAS NAVIGATOR SPAS & FITNESS

CANYON RANCH SPA CLUB®

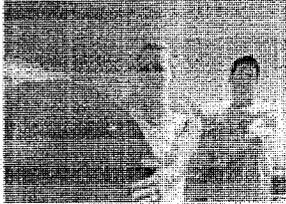
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Seven Seas Navigator | Regent Seven Seas Cruises



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Queen Mary 2

Queen Mary 2 is Cunard's flagship and the most magnificent ocean liner ever built. A Transatlantic Crossing to or from New York on this incredible ship is a holiday like no other but her cruises from Southampton are also very special.

She offers so much space on board and such an array of state of the art facilities including a 3D Cinema, planetarium and a superb spa.

Right now onboard
Queen Mary 2

19:09



Queen Mary 2 is
currently at sea
[VIEW ITINERARY](#)



Bridge Webcam
Watch the latest from
the bridge webcam
[VIEW WEBCAM](#)

Find your perfect
cruises aboard
Queen Mary 2

[START YOUR SEARCH](#)

A taster of what there is to do





2014 Cruises on Queen Mary 2

<p>FEATURED CRUISE</p>	<p>FEATURED CRUISE</p>	<p>FEATURED CRUISE</p>	<p>FEATURED CRUISE</p>
<p>Fri 3 Jan to 10 Jan 2014</p> <p>Eastbound Transatlantic Crossing</p> <p>7 nights from \$1,199 per person</p> <p>VIEW THIS CRUISE</p>	<p>Fri 9 May to 16 May 2014</p> <p>Westbound Transatlantic Crossing</p> <p>7 nights from \$1,099 per person</p> <p>VIEW THIS CRUISE</p>	<p>Fri 16 May to 23 May 2014</p> <p>Eastbound Transatlantic Crossing</p> <p>7 nights from \$1,198 per person</p> <p>VIEW THIS CRUISE</p>	<p>Fri 23 May to 26 May 2014</p> <p>Spring Escape</p> <p>3 nights from \$568 per person</p> <p>VIEW THIS CRUISE</p>

Download Deck Plan

2013-2014 CRUISES 2014-2015 CRUISES

[Download the deck plan if your Queen Mary 2 cruise departs before](#) [Download the deck plan if your Queen Mary 2 cruise departs 16 May](#)

Explore and book

Where do you want to go?

I don't mind

When would you like to go?

I don't mind

For how long?

I don't mind

START YOUR SEARCH

10th Anniversary Visitor's Book

In 2014, Queen Mary 2 will celebrate her 10th Anniversary. To get ready for this special occasion, here is a look back on the last 10 years



Share with your friends and family

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BACK TO TOP



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**Addendum
&
Menu of Services**



In addition to our regular
Guide to Services, we proudly
offer these **NEW SERVICES.**

NUTRITION

Eating for Optimal Fitness

50 minutes **\$119**

Your energy level is directly linked to your eating pattern, exercise levels and food choices. If you don't have the energy you need, your diet may be the reason. Learn the best nutrition strategies to boost energy and vitality.

Healthy Eating Nutrition

50 minutes **\$119**

Work with a nutritionist to put the "healthy" back in your diet. You select the topic, we provide the expert:

- * Eating for Exercise
- * Portion Control
- * Vegetarian Eating
- * Nutrition for the busy traveler

Nutrition for Weight Loss

50 minutes **\$119**

This service integrates mind-body skills with sound nutrition strategies to help you achieve and sustain healthy weight.

Healing Foods

50 minutes **\$119**

The food you eat is a powerful "Messenger," vital to your health and healing. In addition, certain vitamins, minerals and nutrients can dramatically influence prevention and healing of chronic conditions. Choose from a variety of subjects of such as:

- * Arthritis
- * High cholesterol
- * High blood pressure
- * Optimal aging
- * Osteoporosis
- * Type 1 diabetes

EXERCISE & WELLNESS

Basic Fitness Assessment

80 minutes **\$149**

An assessment covering general fitness principles including cardiovascular, strength, flexibility and body composition.

SpaClub Exercise Prescription

50 minutes **\$89**

Address your fitness and exercise needs with a customized program.

Exercise for Weight Loss

50 minutes **\$89**

A customized exercise program to boost metabolism and burn fat.

Body Composition Analysis
25 minutes \$49
Determine your percentages of body fat and lean body mass.

Personal Training Session
25 minutes \$49
A private half-hour session with a trainer.

Personal Training Session
50 minutes \$89
A private hour-long session with a trainer.

Personal Training Session (2 people)
50 minutes \$134
A private 50-minute session for two people with a trainer.

Personal Pilates Session
50 minutes \$89
A private 50-minute Pilates session using Mat or Reformer.
(Subject to room availability)

SPECIALIZED WELLNESS SERVICES

Back Care
50 minutes \$89
Practical recommendations and exercises to combat back pain.

Exercise & Pregnancy
50 minutes \$89
Safe and effective training tips and ideas for pregnancy.

Blood Pressure & Related Training
50 minutes \$89
Safe exercise programs for people with high blood pressure conditions.

TEETH-WHITENING (75 minutes)

Single guest \$119
Tandem (two guests) \$350

A tooth-whitening system performed by trained therapists in the spa. Leave with a cleaner, whiter smile. The fastest, safest, painless professional tooth-whitening process available.

MASSAGE

Ashiatsu – Deep Barefoot Massage
50 minutes \$129
80 minutes \$189

The ultimate deep massage therapy! In this deep compression massage, the therapist holds on to overhead bars for balance and exerts varying pressure with his or her feet to provide deep relaxation. Ashiatsu can be an effective technique for the relief of persistent back and neck pain.

Aromatherapy Muscle Soother

80 minutes **\$189**

A deep, focused all-over body massage designed to release tight, fatigued muscles and joints. The use of a calming gel and oil of rosemary, and ginger in this penetrating massage provides stimulation, invigoration and release of tension.

Sculpt a New You

80 minutes **\$189**

The world is at your therapist's fingertips! Embark on a journey to reveal the real you. Our international techniques and products will help contour your problem areas.

ACUPUNCTURE

Acupuncture

50 minutes **\$149**

Experience this holistic, ancient form of Chinese medicine designed to balance your energy (chi) and help stimulate your body's natural healing abilities. Acupuncture is a recognized alternative modality that is effective in addressing musculo-skeletal pain, arthritis, migraines, tension headaches, asthma, tendonitis and fatigue – and as an aid in preventing illness and promoting longevity.

Acupuncture for Weight Loss

Initial Consultation

80 minutes **\$209**

Follow-up

50 minutes **\$149**

This treatment is designed to explore the origins of weight gain and solve the problem by looking at the cause, not just the symptoms. The treatment includes acupuncture to stabilize digestion and metabolism.

Acutonics

50 minutes **\$149**

Acutonics is an energy-based, noninvasive treatment similar to acupuncture, but without needles. Precision-calibrated tuning forks are applied to specific acupuncture, acupressure and trigger points of the body to tap into Meridian and Chakra energy. promoting healing and inner harmony.

Chinese Herbal Consultation

50 minutes **\$149**

Chinese herbal medicine is the world's oldest continuously practiced herbal tradition. Using traditional methods of diagnosis, an Oriental medicine specialist chooses an herbal formula to address your health concerns. You will receive a report and herbal recommendations to enhance your energy, increase your resistance to disease and promote well-being.

Acupuncture-Massage

50 minutes	\$149
80 minutes	\$209
100 minutes	\$278

The combination of an ancient form of holistic Chinese medicine with Acupuncture and a therapeutic massage helps to balance and heal your body. This treatment is particularly good for musculo-skeletal pain and stress-related problems.

Oriental Vitality

100 minutes	\$278
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Explore and address the patterns of disharmony that may be keeping you from optimal health using the different aspects of Chinese medicine. This session allows for a comprehensive evaluation, acupuncture treatment and Chinese herbal recommendation to help you achieve optimal vitality.

Oriental Facial Rejuvenation

80 minutes	\$249
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Vitalize and rejuvenate your facial tissue at the cellular and energetic level with Chinese medicine. Includes mild electro-stimulation, facial needles, Chinese massage and Chinese herbal poultice. This comprehensive Chinese medical treatment may also include body acupuncture.

AYURVEDA

Ayurveda is a combination of traditional and medicinal treatments considered to be one of the treasures of India. It is now proudly offered for the first time on board QM2.

Abhyangam/Uzhichil Massage

50 minutes	\$129
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Ayurvedic complete body massage. Performed with warmed medicated oil, this treatment increases body temperature and improves blood circulation; tones and relaxes the muscles; makes the body feel lighter, more active and energetic and helps increase the body's resistance to disease.

Kizhi Medicated Herbal Pouch Treatment

50 minutes	\$149
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Specially prepared kizhies, or traditional medicated herbal pouches, are dipped in soothing warmed oil and used to massage the whole body. This treatment is excellent for removing stiffness in joints, improving posture, inducing sound sleep, improving concentration and focus. (Not suggested for guests with high blood pressure or heart conditions.)

Abhyangam/Uzhichil-Kizhi Combination Package

50 minutes	\$139
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Introductory Ayurvedic package consisting of an Abhyangam/Uzhichil body massage and traditional herbal pouch treatment.

Ayurvedic Back, Neck and Shoulder Refresher Massage

20 minutes	\$59
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Ayurvedic Head and Face Refresher Massage

20 minutes	\$59
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CHIROPRACTIC

50 minutes	\$149
80 minutes	\$209
Chiropractic Vitality (Chiro-Massage)	
110 minutes	\$278
Deep Tissue Chiropractic	
80 minutes	\$249
Sports Chiropractic	
50 minutes	\$159
80 minutes	\$219

BODY TREATMENTS

Revitalizing Waters

45 minutes	\$199
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Let the pure liquid power of moving water provide the sensation in our state-of-the-art hydrotherapy tubs. This rejuvenating experience includes a deep hands-on massage underwater. A revitalization of mind, body and senses.

18 Carats

80 minutes	\$199
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Shimmer and shine in this luxurious treatment laced with real gold. Our scrub and bath leave you radiant, but our finishing massage leaves you bedazzled!

Bamboo & Lemongrass Conditioning Body Scrub

50 minutes	\$129
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Experience nature's purity with Naturopathica's high quality blend of bamboo and lemongrass in this refreshing and effective body scrub. Enjoy a luxurious hydrotherapy tub treatment with its multiple jets guaranteed to dissolve stress and restore energy. The hydrotherapy treatment is followed by a moisturizing antioxidant rich full-body application of Thai herbal lotion massage style.

INSTANT TAN

Instant Caribbean Tanning Treatment

20 minutes	\$59
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Enjoy a healthy glow without the harmful effects of the sun. Our revolutionary spray is applied leaving you with a Caribbean bronzed tan in minutes. It's safe, effective and long lasting.

SPECIALTY ENHANCEMENTS

Make your 50- or 80-minute Canyon Ranch massage even more unforgettable with these specialty enhancements.

Sea Foam Mud Therapy \$19

Marine mud stimulates your tissue as soon as it touches your body. This mud has a self-heating, bubbling effect, which penetrates the tissue for detoxification and relaxation. Mudpacks relieve sports strains, edema and arthritis.

Peppermint Scalp Refresher \$19

This aromatherapy scalp treatment will complement any massage. The refreshing blend of essential oils on your scalp helps stimulate circulation from head to toe.

Cooling Yarrow Circulation Gel \$19

An anti-inflammatory gel is perfect for tense areas in need of de-stressing. Ask your therapist to use this gel during your Canyon Ranch massage service to target and restore circulation and to ease stress in any trouble spots.

Muscle Therapy Enhancement \$25

Ease discomfort caused by strenuous activity or life's stress. Your aches and pains will melt at first touch with our special warming ointment, followed by a cooling muscle gel, which is yours to take home.

Revitalizing Foot Treatment \$19

A great addition to any massage, it provides a mild exfoliation with gentle buffing grains that remove dry, flaky skin while nourishing your body. A peppermint tea tree foot balm is then massaged in to energize and restore circulation. A must for feet in need of a treat.

Lemon Verbena Treatment \$19

A hydrating enhancement to the Canyon Ranch massage service. First, a mild exfoliation with gentle buffing grains nourishes and softens your skin. Then, hydrating lemon verbena hand softener, rich in avocado and aloe vera moisturizers, completes the treatment. Also great for extra special attention for your feet.

Wild Lime Blossom Scalp & Massage Treatment \$19

For travelers experiencing jet lag and fatigue, this warm blend of nut oils, lime blossom, ginger and sandalwood nourish scalp and hair as the aromatic oil is massaged in to relieve tension. A perfect enhancement to the Canyon Ranch massage.



Menu of Services

Spa facilities are located on Deck 7; Salon is on Deck 8.
Both can be accessed by the A Stairway.

SPA CLUB PASSPORT

Includes use of Fitness Centre, locker rooms and your choice of daily fitness classes. Also, use of Aqua Therapy Centre, including whirlpool, aqua therapy pool, reflexology basin, sensory showers, Finnish sauna, aromatic steam room, herbal sauna and ice fountain is included. Bathing suit required.

1 day	\$29
3 consecutive days	49
5 consecutive days	79

A SpaClub Passport is complimentary on the day of any Health & Wellness, Massage, Body or Skin Care treatment.

HEALTH & WELLNESS

Use of Aqua Therapy Centre included in price.

NUTRITION (all 50 minutes)

Eating for Optimal Fitness	\$119
Healthy Eating Nutrition	119
Nutrition for Weight Loss	119
Healing Foods	119
Lifetime Nutrition Consultation	119

EXERCISE & WELLNESS

Basic Fitness Assessment	
80 minutes	\$149
SpaClub Exercise Prescription	
50 minutes	89
Exercise for Weight Loss	
50 minutes	89
Body Composition Analysis	
25 minutes	49

SPECIALIZED WELLNESS SERVICES

Back Care	
50 minutes	\$89
Personal Training Session	
25 minutes	49
Personal Training Session	
50 minutes	89
Personal Training Session (2 people)	
50 minutes	134

Personal Pilates Session	
50 minutes	89
Exercise & Pregnancy	
50 minutes	89
Exercise & Blood Pressure	
50 minutes	89
Exercise Classes	
45 minutes	complimentary

Use of Fitness Centre/Gymnasium is complimentary, and does not include use of locker rooms.

EDUCATIONAL LECTURES

45 to 60 minutes	complimentary
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Inquire at Canyon Ranch Reception for Workshops and Private Consultations pricing, availability and reservations.

TEETH WHITENING (75 minutes)

Use of Aqua Therapy Centre included in price.

Single guest	\$119
Tandem (2 guests)	350

MASSAGE

Use of Aqua Therapy Centre included in price.

Canyon Ranch Massage	
50 minutes	\$119
80 minutes	179
Canyon Stone Massage	
80 minutes	189
Sports Massage	
50 minutes	129
80 minutes	189
Head, Neck & Shoulders Massage	
50 minutes	119
Lymphatic Massage	
50 minutes	119
Aromatherapy Massage	
50 minutes	129
80 minutes	189
Aromatherapy Muscle Soother	
80 minutes	189
Deep Tissue Massage	
50 minutes	149
80 minutes	209
Sculpt a New You	
80 minutes	189

SPECIALTY ENHANCEMENTS

Sea-Esta!	\$19
Scalp Refresher	19

TREATMENTS FROM THE EAST

Use of Aqua Therapy Centre included in price.

Thai Massage	
50 minutes	\$129
80 minutes	189
Reflexology	
50 minutes	119
Thai Reflexology	
50 minutes	119
Shiatsu	
50 minutes	119
Ashiatsu – Deep Barefoot Massage	
50 minutes	129
80 minutes	189
Reiki	
50 minutes	119

ACUPUNCTURE

Use of Aqua Therapy Centre included in price.

Acupuncture Massage	
50 minutes	149
80 minutes	209
100 minutes	278
Acupuncture for Weight Loss	
Initial Consult - 80 minutes	209
Follow-up - 50 minutes	149
Acutonics	
50 minutes	149
Chinese Herbal Consultation	
50 minutes	149
Oriental Vitality	
100 minutes	278
Oriental Facial Rejuvenation	
80 minutes	249

TWO-BY-TWO MASSAGE

*Prices listed are for two people with two therapists.
Use of Aqua Therapy Centre included in price.*

Canyon Ranch Massage	
50 minutes	\$238
80 minutes	358

Canyon Stone Massage	
80 minutes	378
Aromatherapy Massage	
50 minutes	258
80 minutes	378
Sports Massage	
50 minutes	258
80 minutes	378

AYURVEDA

Use of Aqua Therapy Centre included in price.

Abhyangam/Uzhichil Massage	
50 minutes	129
Kizhi Medicated Herbal Pouch Treatment	
50 minutes	149
Abhyangam/Uzhichil-Kizhi	
Combination Package - 50 minutes	139
Ayurvedic Back, Neck & Shoulder	
Refresher Massage - 20 minutes	59
Ayurvedic Head & Face	
Refresher Massage - 20 minutes	59

CHIROPRACTIC

Use of Aqua Therapy Centre included in price.

Chiropractic Consultation	
50 minutes	149
80 minutes	209
Chiropractic Vitality (Chiro-Massage)	
100-minutes	278
Deep Tissue Chiropractic	
80 minutes	249
Sports Chiropractic	
50 minutes	159
80 minutes	219

SKIN CARE TREATMENTS

Use of Aqua Therapy Centre included in price.

The Classic Facial	
50 minutes	\$129
"C" A Difference Facial	
50 minutes	149
80 minutes	199
Back Facial	
50 minutes	129
Men's Fitness Facial	
50 minutes	129

Anti-Aging Facial	
50 minutes	149
80 minutes	199
Aromatherapy Facial	
50 minutes	139
Rosacea/Sensitive Skin Facial	
50 minutes	139
Aqualift Replenishing Facial	
80 minutes	209
Self-Tanning Treatment	
80 minutes	199
Self-Tanning Follow-up	
50 minutes	119
FACIAL ENHANCEMENTS	
All Mask Enhancements	\$39

FACIAL & BODY WAXING

Eyebrow Arch	\$29
Lip	19
Bikini	39
Forearm	39
Full Arm	49
Full Back	69
Full Body	209
Full Leg	89
Full Leg & Bikini	129
Half Leg	39
Underarm	29
Chin	19

THERMAL THERAPIES

Use of Aqua Therapy Centre included in price.

Rasul Ceremony – single	
50 minutes	\$129
Rasul Ceremony – per couple	
50 minutes	149

BODY TREATMENTS

Use of Aqua Therapy Centre included in price.

Euphoria SM	
100 minutes	\$239
Revitalizing Waters	
45 minutes	199

18-Carats 80 minutes	199
Bamboo Lemongrass Scrub 50 minutes	129
Mango Sugar Glo 50 minutes	129
Grape Seed Scrub 50 minutes	129
Detoxifying Cocoon 50 minutes	129
Moisturizing Cocoon 50 minutes	129
Body Thermal Contouring Seaweed - 50 minutes	129
Antioxidant Grape Seed Mud 50 minutes	129
Deluxe Conditioning Body Scrub 100 minutes	239

BODY TREATMENT ENHANCEMENTS

Sea Foam Mud Therapy	\$19
Peppermint Scalp Refresher	19
Cooling Yarrow Circulation Gel	19
Muscle Therapy Enhancement	25
Revitalizing Foot Treatment	19
Lemon Verbena Treatment	19
Wild Lime Blossom Scalp & Massage Treatment	19

INSTANT TANNING

Instant Caribbean Tanning Treatment 20 minutes	59
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HAIR DESIGN

Comb-out	\$39
Shampoo/RollerSet/Blow Dry	
Short Hair	49
Medium-Length Hair	59
Long Hair	69
Shampoo/Cut/Blow Dry	
Short Hair	79
Medium-Length Hair	89
Long Hair	99
Updo/Upstyle	
Medium-Length Hair	69

Long Hair	79
Woman's Designer Cut	69
Men's Haircut	39
Moustache/Beard Trim	12
Bang Trim/Fringe Trim	12

HAIR DESIGN ENHANCEMENTS

Blow Dry:	
Extra Long	\$20
Super Curly	20

COLOR & HIGHLIGHTING *Prices start at:*

Bleach	\$69
Full Highlights	159
Partial Highlights	109
Tint, Toner or Semi-Permanent	
Single Color	
Short Hair	89
Medium-Length Hair	99
Long Hair	109

COLOR ADD-ONS

Gloss/Mousse Color	
Short Hair	\$49
Medium-Length Hair	59
Long Hair	69
Tint - Roots Only	79
Highlights - 2 to 4 Foils	40

SPECIALTY SCALP & CONDITIONING TREATMENT

Hair & Scalp Treatment	
90 minutes	\$159

MANICURES

Spa Manicure	
30 minutes	\$39
French Manicure	
30 minutes	49

PEDICURES

Spa Pedicure	
50 minutes	\$69
French Pedicure	
50 minutes	79

Sports Pedicure 50 minutes	79
Canyon Stone Pedicure 80 minutes	119
Endless Energy Pedicure 80 minutes	119

NAILS

Full Set Acrylics	\$99
Full Set Pink & White Acrylics	129
Full Set Pink & White Rebalance/Fill	79
Nail Repairs	19
Polish Change – Fingers or Toes	19
French Polish Change	29
Fills – Acrylic	69
Soak-off	29
File & Polish	29
Overlay	79
Sculpture	149

NAIL ENHANCEMENTS

Paraffin Treatment – Hands or Feet	\$29
Sea-Esta	29

MAKEUP

Makeup Creation 30 minutes	\$59
Makeup Creation & Consultation 60 minutes	89

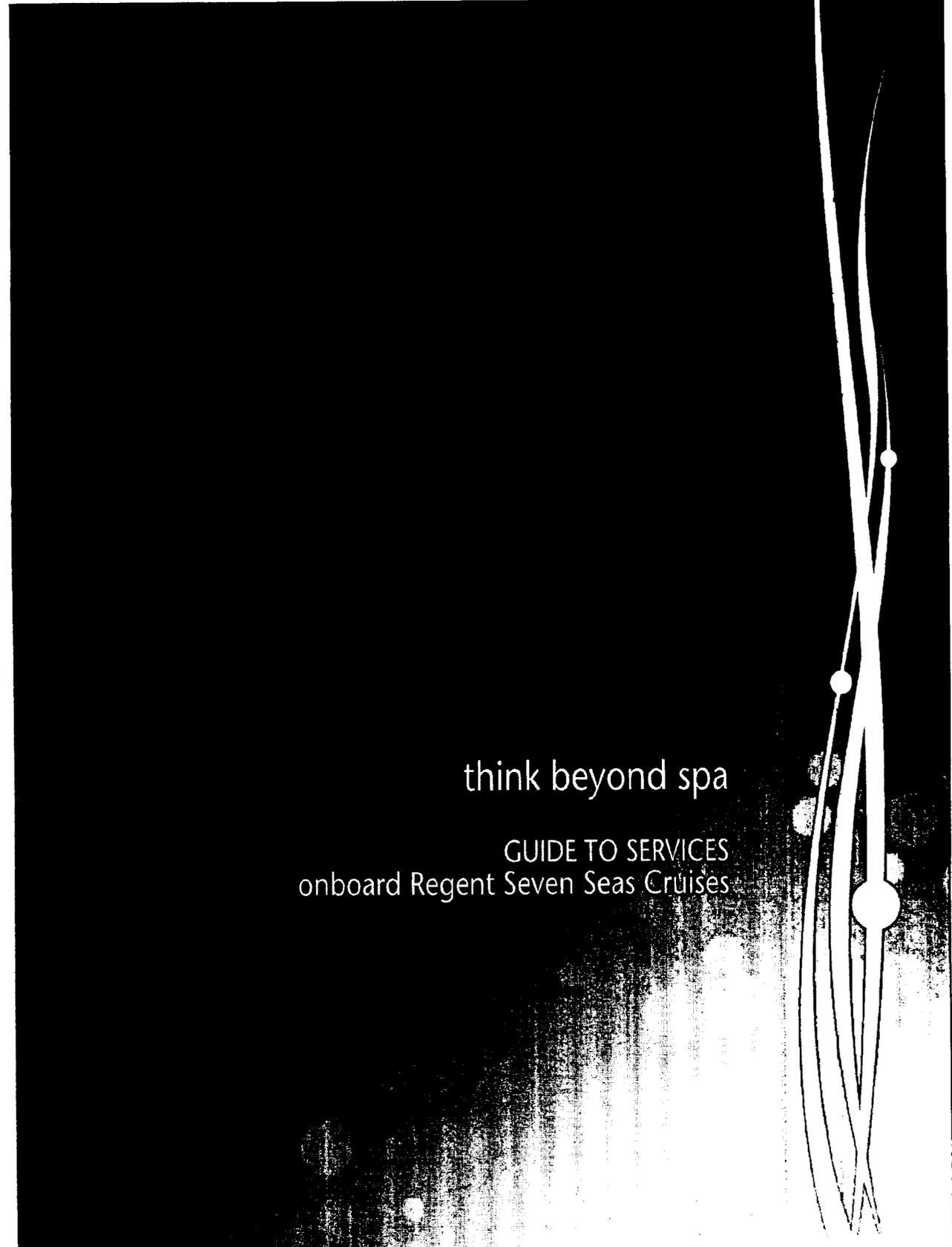
Rates & services are subject to change without notice.

**For information about Canyon Ranch Health Resorts in
Tucson, Lenox, Kissimmee, Las Vegas and Miami Beach,
call: 800-742-9000
or visit canyonranch.com**

**Pre-bookings for Spa and Salon services may be made
21 days or more prior to sailing by calling
Toll free: 866.860.4662.
International callers are invited to call
collect/reverse charges: +1.702.414.6279.**

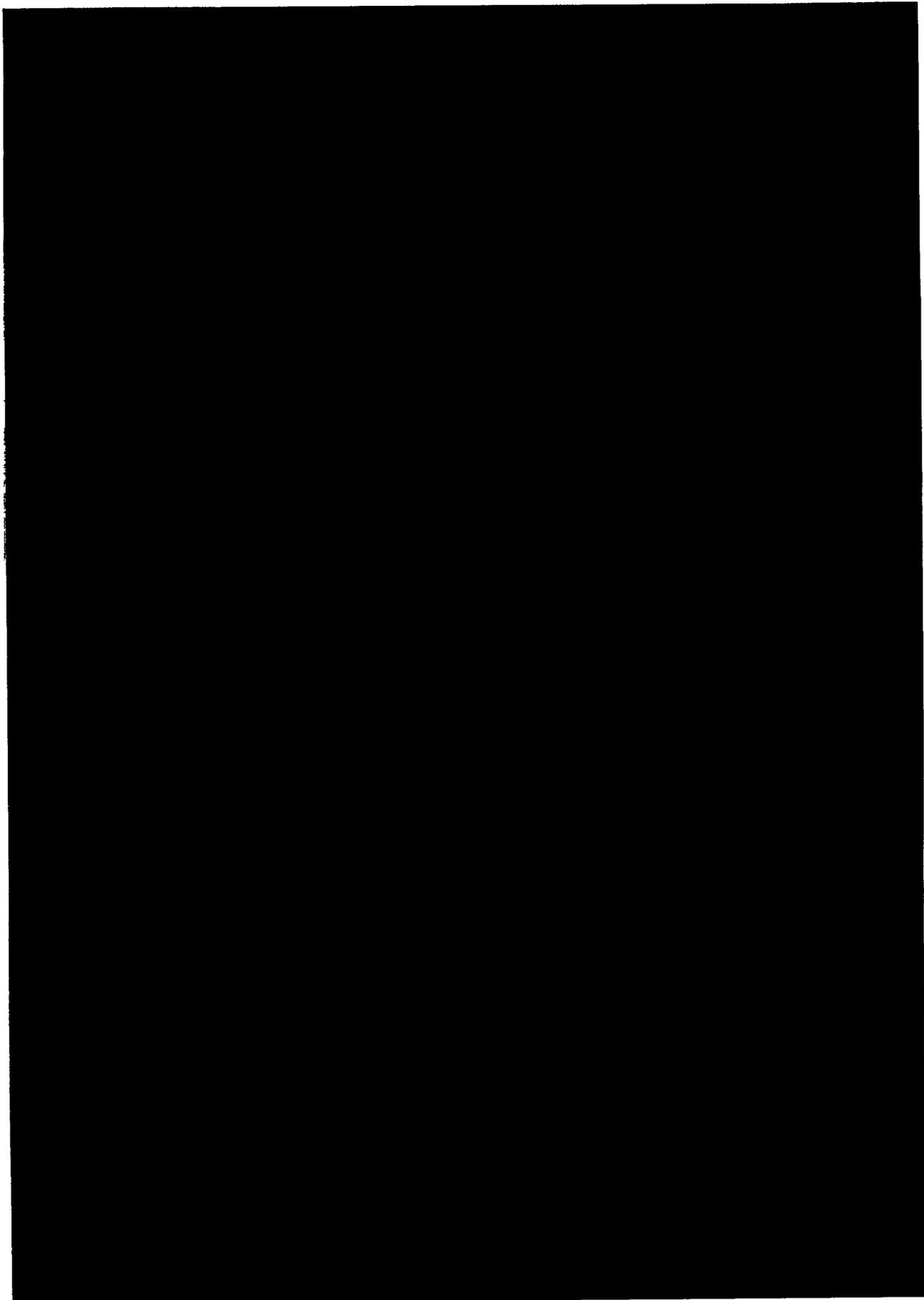
Detailed descriptions of all services are
in the *SpaClub Guide to Services*.





think beyond spa

GUIDE TO SERVICES
onboard Regent Seven Seas Cruises



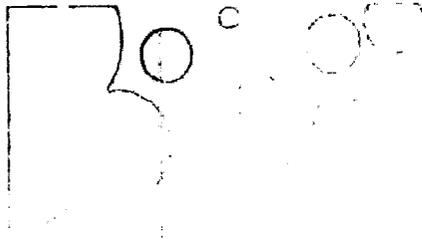


spaclub experience

THE POWER OF SERENITY

Discover a legendary spa experience onboard Regent Seven Seas Cruises. Award-winning Canyon Ranch – with its family of destination health resorts, hotel, wellness communities and SpaClub® facilities – has been the acknowledged world leader in healthy living expertise, and a haven of tranquility, comfort and warmth for more than 30 years.

Experience the profound pleasures of Canyon Ranch in a spectacular setting – Regent Seven Seas Cruises ultra luxury ships. Enhance your voyage with services, presentations and exercise classes that increase resilience, restore serenity and feel fantastic. And discover just how good “good for you” can taste. The Canyon Ranch culinary staff has worked with the chefs of Regent Seven Seas Cruises to bring our signature delicious, healthy cuisine to your Grand Dining Room experience. Choose the Canyon Ranch Balanced Selection at each meal and you’ll eat well – without regret – even on the high seas. Enjoy!



ABOUT CANYON RANCH

Since we created our first health resort in 1979, the Canyon Ranch experience has focused on pursuing optimal health – learning how to feel your best every day. We encourage people to become active, informed participants in their health care, because wellness is largely based on everyday lifestyle choices about nutrition, stress management, preventive care and staying fit. Whether you stay at one of our health resorts for a week or two, enjoy a stay at Canyon Ranch Hotel & Spa in Miami Beach, or a SpaClub experience for a day or more during your voyage, you'll find a place where you can relax, reduce stress and have a great time ... and it can also mean much more. This is a chance to explore your potential, learn about yourself and begin the lifestyle changes that lead to a healthier, more fulfilling life.

To your good health!

Enid and Mel Zuckerman

Enid and Mel Zuckerman
Canyon Ranch founders

AWARD-WINNING
Canyon Ranch Health Resorts



TUCSON, ARIZONA

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

LENOX, MASSACHUSETTS

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

Canyon Ranch Hotel & Spa

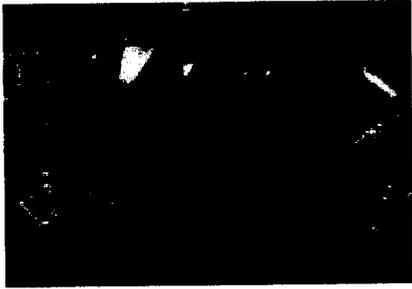
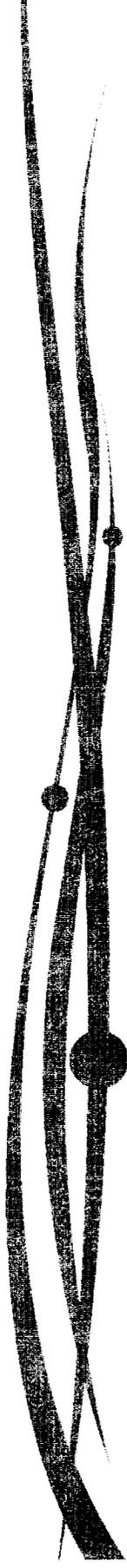
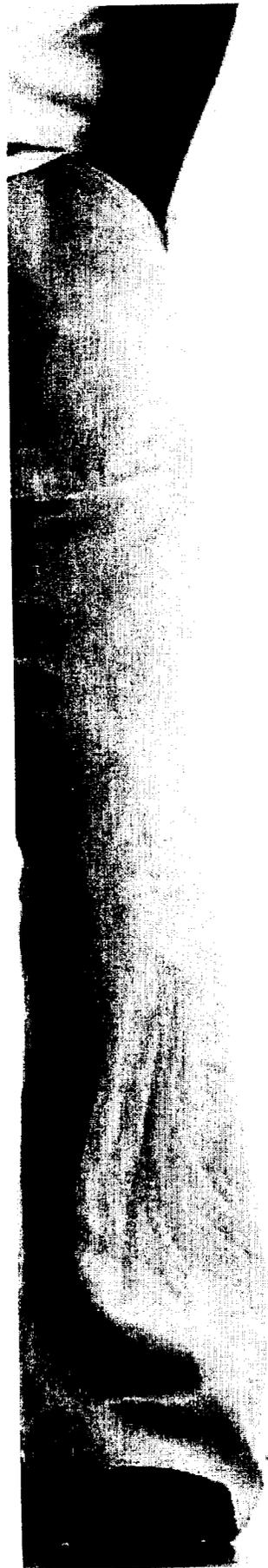


MIAMI BEACH, FLORIDA

Set on 750 feet of pristine beach at the edge of a vibrant city, Canyon Ranch Hotel & Spa is an all-suite boutique hotel in a beautifully restored South Florida landmark. This opulent expression of the Canyon Ranch's healthy-living philosophy offers hotel amenities, wellness opportunities and a serene, energizing environment.



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ABOUT OUR thermal environments

For thousands of years, people have found that moving water and temperature variations provide relief for muscle and joint problems, speed toxins from the body and promote deep relaxation. Unwind before a massage, facial or body treatment, relax after a class or workout, rejuvenate before a big night, or simply enjoy this unique, healthy environment at your leisure.

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



For thousands of years, people have found that moving water and temperature variations provide relief for muscle and joint problems, speed toxins from the body and promote deep relaxation. Unwind before a massage, facial or body treatment, relax after a class or workout, rejuvenate before a big night, or simply enjoy this unique, healthy environment at your leisure. (Bathing suit not required – environments are single-sex. Robe and slippers are provided.)

AROMATIC STEAM ROOM

Breathe deep and soak in the benefits of penetrating steam infused with pure plant essences in our temperature-regulated aromatic steam room. Choose either stimulating or relaxing herbal essences according to your needs, then bask in fragrant, 90-percent-plus humidity.

FINNISH SAUNA

Enjoy the health benefits of nurturing heat. Our traditional Finnish sauna with a classic hot and dry cabin is lined with Nordic cedar and heated by a hidden stove. Promotes increased circulation, relaxes muscles and soothes aches.

skin care

YOUR TRANSFORMATION FACIAL

50/80 minutes

Our exclusive signature facial features Canyon Ranch products with Pro-NAD®, which strengthens the skin barrier, taking action against DNA damage caused by sunlight and stimulating healthy cell production. This facial transforms skin health inside and out by delivering the combined effects of Pro-NAD, Ceraplex™ and AntiOx-3™ to the skin.

Nothing feels better than a facial, and our facials – which range from classic to high-tech – are the ultimate pleasure. Pamper yourself: You'll love the way you look and feel.

- Pro-NAD – A patented timed-release form of niacin, clinically proven to repair and resist skin damage.
- Ceraplex – A blend of skin-identical ceramides helps defend against signs of aging
- AntiOx-3 – An exclusive blend of antioxidants that uses potent free-radical fighters to produce great visible results. A restorative anti-age treatment for all skin types.

YOUR "TOTAL" TRANSFORMATION FACIAL

80 minutes

Our exclusive signature facial, but with an added "boost" – this union of science and technology is our most spectacular service. Luxurious Canyon Ranch products with Pro-NAD strengthen the skin barrier. Every treatment also includes an infusion of atoxelene, a serum enriched with a natural amino peptide complex to smooth skin and significantly diminish the appearance of fine lines. This is delivered by the latest in oxygen technology – an advanced pressurized application system that infuses products into skin for rapid absorption. Your aesthetician will customize your facial with one of two powerful serums:

- Rejuvenate – Immediately hydrates, builds skin integrity, increases firmness and radiance – skin instantly looks younger and tighter with visible lift.
- Opulence – A combination of skin brighteners and super-concentrated vitamin C to brighten skin and balance skin tone – skin instantly looks radiant.

The result is skin that's luminous, hydrated and glowing with visible, age-defying results. Suitable for all skin types.

AGELESS OXYGEN BOOST

50 minutes

A hybrid of medical-grade bioactives and bio-Swiss certified extracts are blended to pure perfection for a gold standard treatment. This treatment builds collagen and elastin, increases cell turnover, and hydrates, restoring the skin's youthful glow. Includes a double cleanse, deeply hydrating massage, and application of a serum specially chosen for your skin's needs.

Note: Extractions are performed as necessary.

AGELESS OXYGEN BOOST ... THE ULTIMATE!

80 minutes

Enjoy our Ageless Oxygen Facial, but with an added boost. This "ultimate" treatment also includes a luxurious massage to either detoxify or hydrate the skin, a collagen mask and a 20-minute oxygen infusion.

Note: Extractions are performed as necessary.

ADVANCED AGE-MANAGEMENT FACIAL

80 minutes

This is an extraordinary treatment, which gradually increases the concentration and penetration of professional medical-grade anti-aging ingredients to increase hydration. This treatment encourages production of collagen and elastin and decreases pigmentation, while plumping up wrinkles.

REVITALIZING HYDRATION FACIAL

50 minutes

This facial provides the ultimate in hydra-

tion and revitalization of the skin using luxurious gemstone-based products. Includes exfoliation, purification and hydration with rejuvenating massage techniques for perfectly glowing and balanced skin.

GEMSTONE ANTI-AGING FACIAL

80 minutes

Experience a luxurious facial treatment featuring products enriched by gemstones, precious minerals, amino acids, botanicals, peptides, vitamins and algae for complete nutrition and anti-aging benefits. Skin is nourished, hydrated, calmed and firmed by a pearl enzyme exfoliating mask and Kashmir perfecting mask combined with rose quartz wand massage for lymphatic drainage. Arm, hand, foot and leg pressure-point massage using amethyst wands for healing and clearing will leave you totally relaxed, and your skin balanced and rejuvenated.

DEEP-CLEANSING FACIAL

50/80 minutes

Specially blended products deep-clean, exfoliate and tone the décolleté, shoulders and face for an unforgettable experience.

VITAMIN INFUSION FACIAL

50/80 minutes

Maximize your skin's ability to resist environmental damage caused by the sun, pollution and stress. This service will fortify your skin with mega-doses of vitamins, nutrients and antioxidants.

CLEANSE & POLISH BACK TREATMENT

50 minutes

Unwind with this deep-cleansing treatment for your back. Your aesthetician removes impurities with gentle extractions, finishing with a deep moisturizing mask.

SENSITIVE SKIN FACIAL

50 minutes

This soothing and nourishing treatment minimized redness and inflammation, leaving a healthy, hydrated glow.

GENTLEMEN'S FACIAL

50 minutes

Designed for men and their skin. Includes cleansing, toning, steaming and exfoliation.

OPTIONAL FACIAL ENHANCEMENTS

- Anti-Aging Neck & Décolleté Treatment
- Anti-Aging Therapeutic Mask
- Eyelash & Brow Tinting
- Mask Add-Ons
- Specialized Eye Treatments

FACIAL & BODY WAXING

Facial and body waxing is available. Please inquire when scheduling your appointment.

body TREATMENTS

*Relax, enjoy, and know
that our opulent body
treatments are good
not just for skin, but for
body, mind and spirit.*

EUPHORIA

80 minutes

This elegant body treatment begins with a sage compress for your face and an aromatherapy scalp massage. After a warm botanical body mask is applied and gently buffed, you are immersed in a soaking tub with our specially designed aromatherapy blend. Your ritual concludes with a soothing massage using warm herb-infused oil.

REVITALIZING RITUAL

80 minutes

A luscious six-part massage body ritual combines the therapeutic properties of flower oils and fruit essences with rich minerals from the earth and sea to bring your body into balance and harmony. First, be purified with yuzu mimosa sea algae, deeply scrubbed with warming gingergrass, polished with nutrient-rich rice bran and hydrated with rose camellia water. Next, quench your whole body with wild lime silk oil and a Canyon Ranch Massage to energize and restore. Complete your journey with a plum wine cream to seal in the healing benefits.

DETOXIFYING RITUAL

80 minutes

Retreat into a ritual of steam and deep detox through an intense therapeutic transformation in this six-step healing massage ritual. Be cleansed with Moroccan mint tea and silt, vigorously scrubbed with a blend of coffee, olive stones and fresh lemons, and wrapped in rich rasul clay to draw deep impurities out of the body. Recharge with quince and orange blossoms and be warmed by a Canyon Ranch Massage using the curative essences of cardamom, jasmine, bergamot, amber and clove. Finally, your skin will be coated with shea butter and figs to protect, heal and restore.



NATURALLY NOURISHING RITUAL

80 minutes

Return to your natural essence and feel the exhilaration of being alive in a powerful six-part ritual based on Finnish traditions. Be invigorated and purified by the spirit of the icy sea, northern light and physical elation. The skin is nourished and cleansed with organic milk, exfoliated with bioactive peat enzymes and ripe, antioxidant-rich Arctic cloudberries. Then your lymphatic system is stimulated by a mushroom and phytonutrient wrap followed by an oxygenated ionizing mist. Your treatment finishes with a vigorous, releasing trigger-point/deep-tissue massage using Arctic berry extracts and oils of cypress and birch to increase circulation and vitality.

CONDITIONING BODY SCRUBS

Treat your skin to a scrub that leaves it feeling soft and velvety smooth. Choose from a variety of scrubs with pure natural ingredients to accommodate sensitive, normal or dry skin.

OCEAN SCRUB

50 minutes

A wonderfully restorative, exfoliating body treatment that cools skin on contact. Antibacterial essence of laurel opens the lungs while spirulina intensely hydrates. Dry brushing with organic Dead Sea salts stimulates the lymphatic system, while an application of biodynamic honey and Red Flower Ocean essential oil leaves skin supple and calm.

WORLD OF RELIEF BODY BUFF

50 minutes

Your choice of organic essential oils combined with organic Dead Sea salts and a thorough dry brushing stimulates and exfoliates. A finishing application of biodynamic honey and essential oils – choose from any of seven luscious aromatherapeutic Red Flower botanicals – hydrates and nourishes.

EUPHORIC COFFEE SCRUB

50 minutes

Exfoliate, tone and come alive with an intensely vitalizing scrub that blends coffee, black olive, crushed almond, neroli, orange and lemon peel and fresh lemon juice. Finish with a light application of cardamom oil.

OHANA CIRCULATION POLISH

50 minutes

Rough, dry skin is removed and circulation throughout the body is stimulated by a powerful exfoliation with crushed bamboo, bamboo sap and oils of ginger and fir. End 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

Experience the warm, muscle-melting embrace of a body wrap.

SEAWEED LEAF WRAP

80 minutes

Imagine being wrapped from head to toe in hand-harvested seaweed from the wild northwest coast of Ireland. You're then wrapped in organic muslin and cocooned in a thermal blanket. This amazing, all-organic treatment detoxifies, firms and softens skin.

SEAWEED PEAT WRAP

50 minutes

Peat wraps have long been used in Eastern Europe to treat a variety of skin and rheumatic conditions. This wrap, which mixes organic seaweed extracts with micronized peat, offers potent detoxification because it's richly infused with trace elements, vitamins, carbohydrates, polyphenols, lipids, and, especially, humic acid. Research has shown that humic acid has an astringent effect and helps drain toxic substances from the body.

LIQUID SEAWEED WRAP

50 minutes

If you're results-driven, this is the wrap for you. We soak organic muslin in pure seaweed extracts, cold-pressed within one hour of harvesting on the wild northwest coast of Ireland. This wrap delivers immediate and noticeable plumping and toning of the skin, and is a serious detoxifier, metabolism stimulant and natural anti-aging boost.

EUPHORIC DETOX WRAP

50 minutes

This purifying wrap uses pure essence of rose – loaded with vitamin C and other natural antioxidants – and natural rasul clay to bind with impurities, leaving skin supple, clean and glowing. A touch of moisturizing tangerine fig cream seals the deal.

massage & BODYWORK

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

MASSAGE

GET THE MOST FROM YOUR MASSAGE

Take time

Give yourself plenty of time before your massage so you can enjoy the steam room. Warm muscles benefit most from body work.

Shower

A warm shower just before your massage is relaxing and washes away any salts, minerals or chemicals that could clog pores when mixed with massage oils. Then put on your robe and meet your therapist.

(Un)dress the part

Unless the service description specifies that your massage will be received clothed, undress completely and wear just a robe to your massage. You will be able to take your robe off and cover yourself in privacy, and you will be draped with a sheet throughout the service. For services that are received clothed, shorts and a T-shirt are ideal.

Talk with your therapist

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

Relax

Close your eyes and allow your mind and body 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.

CANYON RANCH MASSAGE

50/80 minutes

Indulgent and uniquely relaxing, our signature full-body massage stimulates circulation and soothes tight muscles. Our gifted therapists adapt their eclectic techniques to your particular needs and preferences. Tension dissolves, leaving only comfort and well-being behind.

CANYON STONE MASSAGE

80 minutes

Smooth, rounded basalt stones are gently heated and used by the therapist as extensions of his or her hands. The weight and radiant heat of the stones combined with a calming essential oil penetrates muscle tissue, inducing deep relaxation without overheating.

AROMATHERAPY MASSAGE

50/80 minutes

Enjoy an all-natural, sense-seducing escape from the everyday world. Nourish the skin, eliminate toxins and strengthen the immune system while restoring equilibrium to mind, body and spirit. This fragrant, full-body treatment is the ultimate healthy pleasure. Just breathe.

TENSION-ZONE MASSAGE

50 minutes

Tight neck? Tense shoulders? Your therapist will relieve the tension in your head, neck and shoulders with a focused treatment employing a variety of highly effective techniques. Get that weight off your shoulders in less than an hour.

AROMATHERAPY MUSCLE SOOTHER

80 minutes

A focused, all-over body massage designed to release tight, fatigued muscles and joints. The use of a calming gel and oil of rosemary and ginger in this penetrating massage provides stimulation, invigoration and release of tension.

DEEP-TISSUE MASSAGE

50/80 minutes

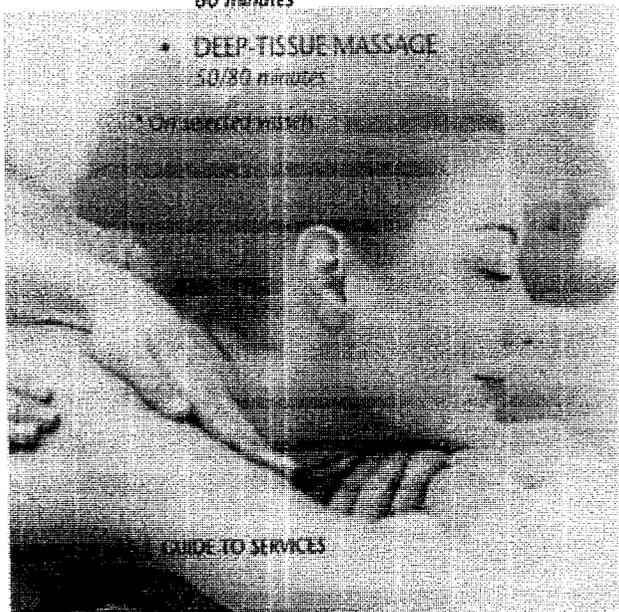
This treatment is recommended for those who regularly receive massage and who enjoy intense body work. Focused techniques reach deep muscle layers, addressing points of attachment as well as the belly of the muscles.

TWO-BY-TWO MASSAGE*

Share the Canyon Ranch experience with someone special with side-by-side massages. You can book two therapists and two tables for your choice of:

- CANYON RANCH MASSAGE
50/80 minutes
- CANYON STONE MASSAGE
80 minutes
- AROMATHERAPY MASSAGE
50/80 minutes
- TENSION-ZONE MASSAGE
50 minutes
- AROMATHERAPY MUSCLE SOOTHER
80 minutes

- DEEP-TISSUE MASSAGE
50/80 minutes



SOLE REJUVENATION

50 minutes

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

OPTIONAL MASSAGE ENHANCEMENTS

Make your Canyon Ranch massage even more unforgettable.

DRY-NO-MORE SCALP TREATMENT

A restorative treatment that protects and moisturizes the scalp and revitalizes the hair. MoroccanOil® combats scalp dryness and benefits the hair follicle at the root while enhancing the healthy appearance of hair, leaving it full and shiny.

OILY-NO-MORE SCALP TREATMENT

This relaxing treatment protects and moisturizes the scalp while helping to control dandruff caused by excess oil and inflammation of the hair follicle. MoroccanOil® also stimulates circulation, leaving hair balanced, healthy-looking and lustrous.

PEPPERMINT SCALP REFRESHER

This delicious aromatherapy scalp treatment complements any massage. The refreshing blend of essential oils on your scalp stimulates circulation from head to toe.

REVITALIZING FOOT TREATMENT

A great addition to any massage, this luscious treatment provides a mild exfoliation with gentle buffing grains that remove dry, flaky skin while nourishing your body. A peppermint and tea tree foot balm is then massaged in to energize and restore circulation.

TREATMENTS FROM THE EAST

Asian therapies focus on restoring balance to body and spirit. Please wear light, loose-fitting clothing for these services.

THAI MASSAGE*

50/80 minutes

Harmonize your vital life energy with a graceful, nurturing style of bodywork that promotes physical flexibility and ease. Using slow, focused movements and compressions to guide the body through stretches, Thai massage encourages a serene yet buoyant state of mind. Given on a futon.

SHIATSU*

50/80 minutes

Experience this 2,000-year-old Japanese tradition – a whole-body tune-up that both relaxes and invigorates. Thumb pressure is applied to points along the meridians to tone, stimulate and balance the body's energy.

REFLEXOLOGY

50 minutes

Release life's tensions through the energy meridians on the soles of your feet. Delight in a relaxing, therapeutic foot massage that improves circulation and restores energy flow through the entire body.

* On selected vessels.

HEALING ENERGY

REIKI*

50 minutes

Harmonize your body through methods rooted in spiritual tradition. The therapist balances and restores nature's energy flow with a calm, light, nurturing touch.

AYURVEDA

Ayurveda is an ancient healing tradition that's considered to be one of the treasures of India.

ABHYANGA MASSAGE

50/80 minutes

Feel light, more energetic and active with a complete ayurvedic body massage. Performed with warmed medicated oil, this fairly vigorous massage treatment increases body temperature and improves blood circulation, tones and relaxes the muscles, and helps increase your resistance to disease.

HAIR SERVICES

HAIR DESIGN

- Cut & Style
- Updo/Upstyle
- Shampoo, Rollerset & Blow Dry (short/medium/long hair)
- Shampoo, Cut & Blow Dry (short/medium/long hair)
- Bang/Fringe Trim
- Comb Out
- Men's Haircut
- Moustache & Beard Trim

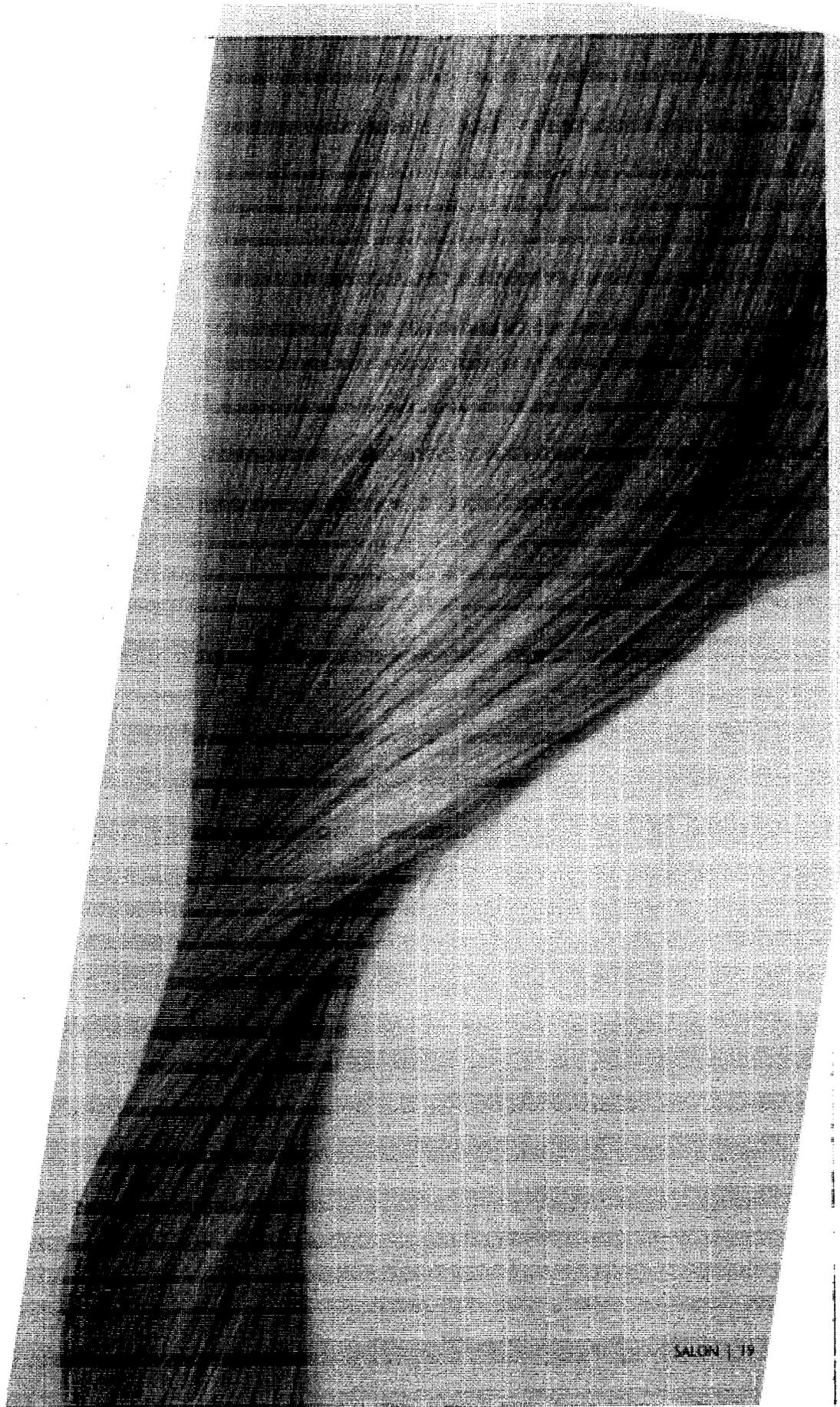
COLOR & HIGHLIGHTING

- Bleach
- Full Highlights
- Partial Highlights
- Tint, Toner or Semi-Permanent Color

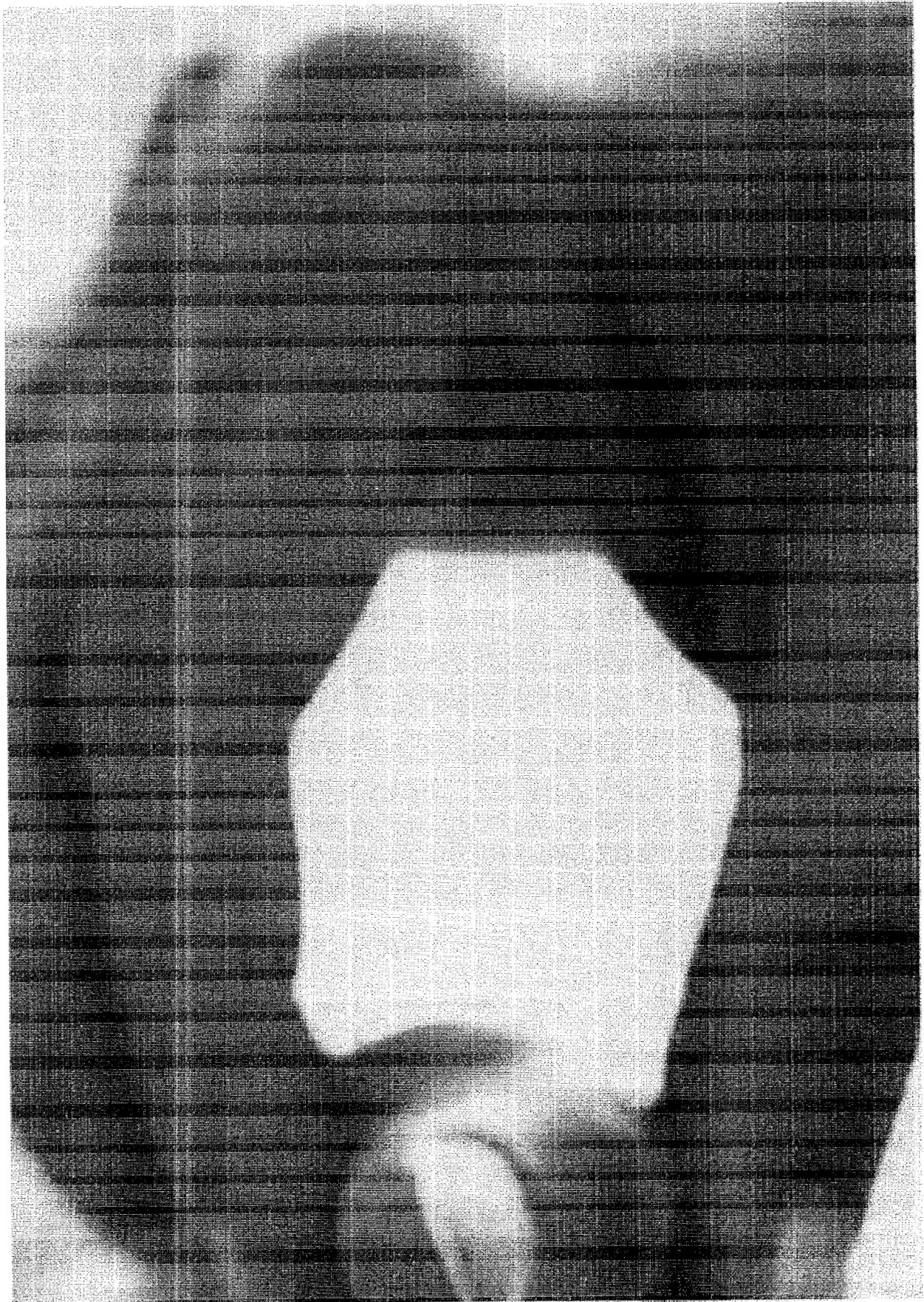
HAIR & SCALP TREATMENT

80 minutes

Restore your hair's natural vitality with custom hair care and scalp treatments. Clean, soothe and moisturize for easy styling, ultimate shine and healthy, beautiful hair. A designer style completes the treatment.



SALON | 19



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NAILS

- Full-Set Acrylics*
- Full-Set Pink & White Acrylics*
- Full-Set/French Polish Change*
- Overlay with Acrylics*
- Acrylic Fills*
- File & Polish
- Nail Repair
- Paraffin Treatment

PEDICURES

CANYON STONE PEDICURE

80 minutes

The ultimate treat for legs and feet – all the benefits of our Spa Essentials Pedicure with a soothing massage using basalt stones and aromatic essential oils. A nourishing mask with warm paraffin provides the final touch.

FEET SO SOFT PEDICURE

50 minutes

Warm paraffin hydrates dry skin and soothes aching joints like nothing else. Say goodbye to painful joints and dried-out cuticles with this comforting, complete treatment for feet.

GEL PEDICURE

50 minutes

Say goodbye to nicks, chips and smudges. Enjoy all the essentials of a perfect spa pedicure finished with a breakthrough gel polish that combines the ease of polish with the permanence of gels.

GENTLEMEN'S PEDICURE

45 minutes

A delightful treatment provides hydration and exfoliation using aromatherapeutic products that appeal to a gentleman's senses. Includes a file, soak, groom, massage and buff to renew the feet.

AGE-DEFYING PEDICURE

50 minutes

This treatment features vitamins A, C and E plus alpha hydroxy acids to soften dry, rough, chapped skin, unveiling smooth-as-silk feet.

SPA ESSENTIALS PEDICURE

50 minutes

Maintain healthy and refreshed feet with a gentle exfoliation, an aromatic soak and moisturizing essential lotions.

SPORTS PEDICURE

50 minutes

Smooth and cool your active feet. Self-heating oil relieves aches and increases blood circulation; a final cooling gel leaves your feet feeling like new.

MAKEUP

MAKEUP CONSULTATION

Let our professional makeup artists create a new look for your special event or evening out.

* On selected vessels.

health & WELLNESS

Here's your chance to consult one-on-one with one of our fitness experts about the shape your body is in – and how to achieve your optimal health, fitness and lifestyle goals.

EXERCISE & WELLNESS

BASIC FITNESS ASSESSMENT

80 minutes

How fit are you? Let an exercise specialist provide a thorough assessment of your current fitness level, including body composition testing and cardiovascular and muscular fitness. Professionals will tailor a safe and effective exercise program that addresses your fitness and lifestyle goals.

SPA CLUB® EXERCISE PRESCRIPTION

50 minutes

Receive a customized exercise program from a Canyon Ranch exercise professional to help you achieve your fitness goals, no matter what your current level of physical activity.

EXERCISE FOR WEIGHT LOSS

50 minutes

Want to get real about losing weight and keeping it off? Whether you are beginning a program or are an avid exerciser, we can create an effective exercise program based on your goals, fitness level and abilities with a focus on stimulating metabolism and reducing body fat.

BODY COMPOSITION ANALYSIS

25 minutes

Know your number! Using calipers to measure skinfold thickness at four sites, we can determine your body's percentage of fat in relation to lean body mass. We'll then use the results to determine a realistic body-weight target range.

PERSONAL TRAINING SESSION

25/50 minutes

A private session with a trainer. Develop or fine-tune a fitness program tailored to your specific needs, preferences and goals.

Popular areas of focus include:

- Blood Pressure
- Bone Health
- Exercise for Travel
- Cardiovascular Fitness
- Body Sculpting
- Strength
- Pregnancy

PERSONAL TRAINING SESSION

(2 PEOPLE)

50 minutes

A private session for two people with a trainer. Focus on any of the topics above, or on another interest you share.

SPECIALIZED WELLNESS SERVICES

PERFORMANCE ORTHOTICS

ASSESSMENT

25 minutes

Your feet are subject to enormous forces as you run, hike, dance, play – even just walk – so small abnormalities can cause big problems: Ninety percent of all foot pain and a great deal of knee, hip and back pain is caused by abnormal biomechanics of the feet. This quick, precise, computerized assessment of the way you walk is used to make recommendations for orthotics – inserts for shoes – that correct these problems simply and effectively, preventing further wear and tear, and, in many cases, greatly reducing pain. (Cost of orthotic inserts is in addition to service fee.)

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

BACK CARE

50 minutes

Do something about that aching back. Our fitness specialists, skilled in addressing musculoskeletal problems, make a professional assessment, providing you with practical preventive care recommendations.

FITNESS CLASSES

45 minutes

From yoga to aerobics, Pilates to indoor cycling, our schedule of daily classes offers nearly endless opportunities to learn, get fit and have fun. Consult your daily program for times, locations and descriptions. Sign-up in the gym or at Spa Reception. Classes are complimentary.

EDUCATIONAL PRESENTATIONS & WORKSHOPS

Learn, be inspired and have fun during complimentary presentations and workshops offered by Canyon Ranch professionals. Consult your daily program for topics, times and locations.



GENERAL INFORMATION

- SpaClub® guests must be at least 18 years old.
- No smoking allowed.
- Alcoholic beverages are not served or permitted.

HOURS

Fitness Center: 7 am to 9 pm daily

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

GRATUITIES

An 18% service charge has been included in all prices for your convenience. Any 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 SpaClub® 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

While every effort is made to ensure that printed material is up to date, please note that pricing is subject to change. Please ask one of our staff members for the price of your treatment before you book.

APPOINTMENTS

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

CANYON RANCH SPA CLUB

The SpaClub experience offers a rich sampling of the programs and services that have made Canyon Ranch famous worldwide. Experience a touch of Canyon Ranch, right down to the unsurpassed service, remarkable settings and quality staff.

SPA CLUB ONBOARD REGENT SEVEN SEAS CRUISES

Regent Reservations: 877-329-1924

Recharge your spirit and renew your energy at our other SpaClub locations:

SPA CLUB AT THE VENETIAN AND THE PALAZZO

3355 Las Vegas Boulevard South, Suite 1159
Las Vegas, Nevada 89109
Reservations: 877-220-2688

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CANYONRANCH
SpaClub

800-742-9000 | canyonranch.com

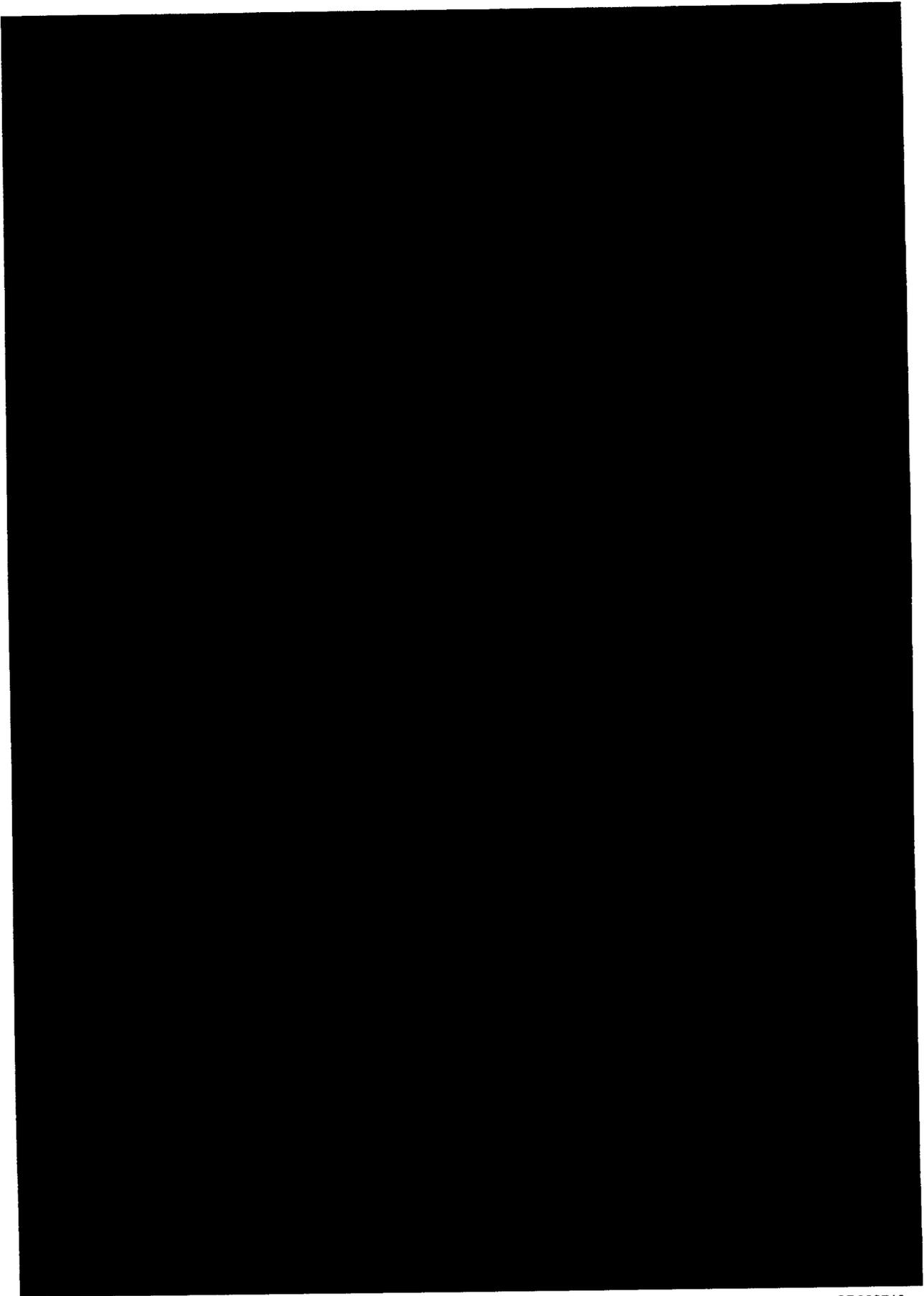
CANYONRANCH.
The Dance of Drunkenity.

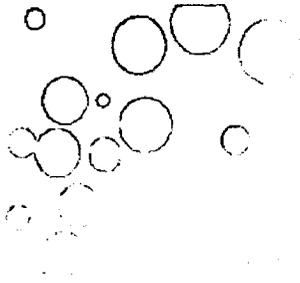
HEALTH RESORTS Tucson, Arizona | Lenox, Massachusetts HOTEL & SPA Miami Beach
SPACLUB[®] Las Vegas | Cunard's Queen Mary 2[®] | Oceania Cruises[®] | Regent Seven Seas Cruises[®]

CANYON RANCH
Spa Club[®]
QUEEN MARY 2

think beyond spa

GUIDE TO SERVICES



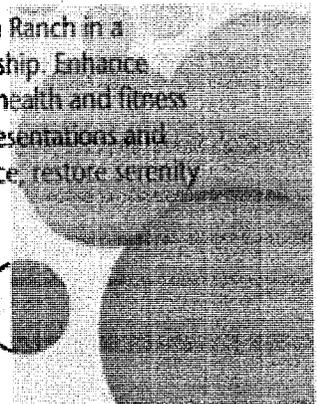
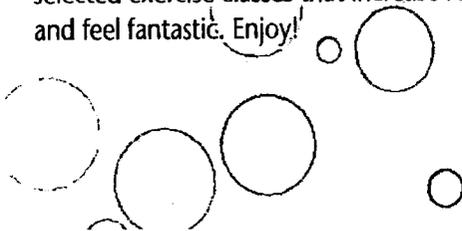


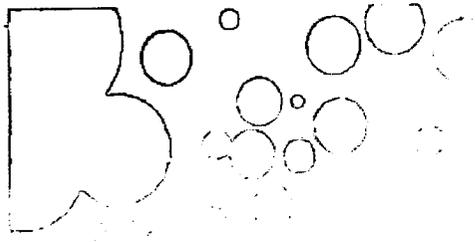
spaclub experience

THE POWER OF SERENITY

Discover for yourself the one-of-a-kind confluence of two legends – Canyon Ranch SpaClub® on QUEEN MARY 2. Award-winning Canyon Ranch® – with its family of destination health resorts, hotel, wellness communities and SpaClub luxury spas – has been the acknowledged world leader in healthy living expertise, and a haven of tranquility, comfort and warmth for more than 30 years.

Experience the profound pleasures of Canyon Ranch in a spectacular setting – on Cunard's storied flagship. Enhance your voyage with a Passport to our inspiring health and fitness oasis on Decks 7 and 8, and with services, presentations and selected exercise classes that increase resilience, restore serenity and feel fantastic. Enjoy!

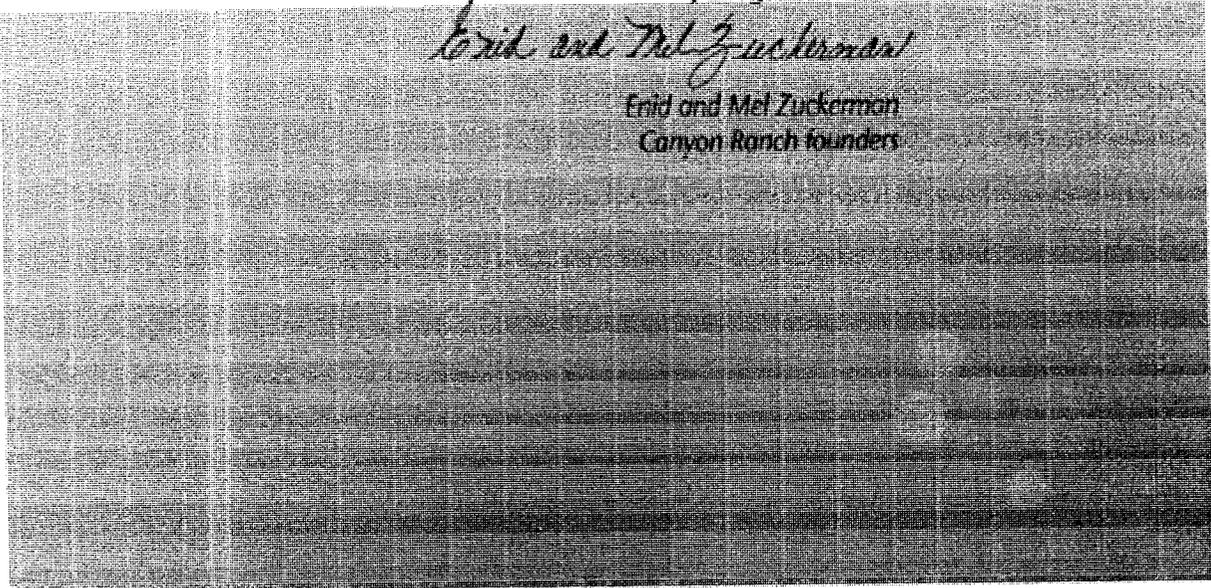




ABOUT CANYON RANCH

Since we created our first health resort in 1979, the Canyon Ranch experience has focused on pursuing optimal health – learning how to feel your best every day. We encourage people to become active, informed participants in their health care, because wellness is largely based on everyday lifestyle choices about nutrition, stress management, preventive care and staying fit. Whether you stay at one of our health resorts for a week or two, enjoy a stay at Canyon Ranch Hotel & Spa in Miami Beach, or a SpaClub® experience for a day or more during your voyage, you'll find a place where you can relax, reduce stress and have a great time ... and it can also mean much more. This is a chance to explore your potential, learn about yourself and begin the lifestyle changes that lead to a healthier, more fulfilling life.

To your good health!



Enid and Mel Zuckerman

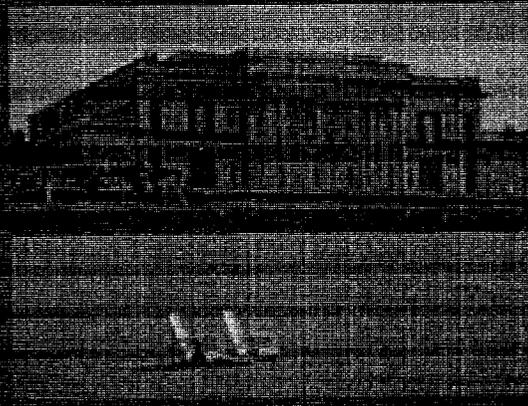
Enid and Mel Zuckerman
Canyon Ranch founders

AWARD-WINNING
Canyon Ranch Health Resorts
The lineage of SpaClub[®] on board Cunard's QUEEN MARY 2



TUCSON, ARIZONA

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



LENOX, MASSACHUSETTS

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

Canyon Ranch Hotel & Spa



MIAMI BEACH, FLORIDA

Set on 750 feet of pristine beach at the edge of a vibrant city, Canyon Ranch Hotel & Spa is an all-suite boutique hotel in a beautifully restored South Florida landmark. This opulent expression of the Canyon Ranch healthy-living philosophy offers hotel amenities, wellness opportunities and a serene, energizing environment.



B PASSPORT

Enjoy spa club® facilities with the purchase of a daily passport, which covers use of the Aqua Therapy Centre, relaxation lounge and locker rooms. We provide robes, slippers and towels in the locker rooms and complimentary beverages in the relaxation lounge.

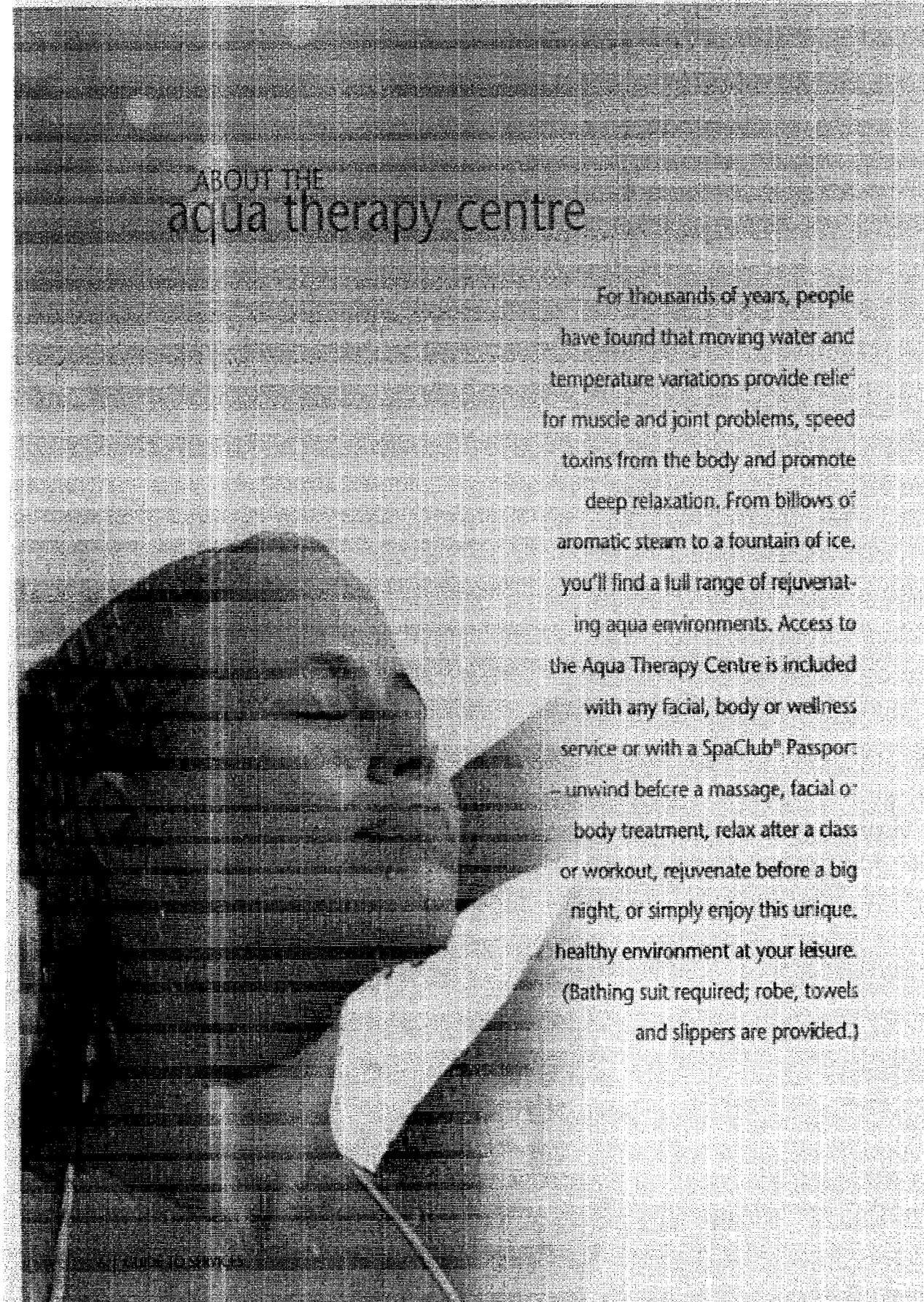
Passports are valid from 8 am to 8 pm. Ask about our multi-day passes. Facilities may be enjoyed by guests 18 years of age and older. *Passports are not transferable or refundable.*



**IN THE BRITANNIA RESTAURANT
SAVOUR THE GREAT TASTE
OF CANYON RANCH**

See the lunch and dinner menus in the Britannia Restaurant for fresh, satisfying, innovative cuisine created by our renowned chefs. You'll find nutritional information for each selection, as you would at our world-famous resorts – the Canyon Ranch food philosophy is all about making healthy choice delicious. Find out just how great "good for you" can taste.

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ABOUT THE aqua therapy centre

For thousands of years, people have found that moving water and temperature variations provide relief for muscle and joint problems, speed toxins from the body and promote deep relaxation. From billows of aromatic steam to a fountain of ice, you'll find a full range of rejuvenating aqua environments. Access to the Aqua Therapy Centre is included with any facial, body or wellness service or with a SpaClub® Passport – unwind before a massage, facial or body treatment, relax after a class or workout, rejuvenate before a big night, or simply enjoy this unique, healthy environment at your leisure. (Bathing suit required; robe, towels and slippers are provided.)

AQUA THERAPY POOL

Revitalize your mind and body with this sensational aquatic experience. Let the pure liquid power of moving water in our state-of-the-art massage pool bubble away your stress and cares.

AROMATIC STEAM ROOM

Breathe deep and soak in the benefits of penetrating steam infused with pure plant essences in our temperature-regulated aromatic steam room.

FINNISH SAUNA

Enjoy the health benefits of nurturing heat. Our traditional Finnish sauna with a classic hot and dry cabin is lined with aromatic Nordic cedar and heated by a hidden stove. Promotes increased circulation, relaxes muscles and soothes aches.

HERBAL SAUNA

The perfect start to the total spa experience, this sauna is a gentle, relaxing heated environment. Unwind in an average temperature of 60 degrees Celsius and 60-percent humidity.

ICE FOUNTAIN

The ideal environment after any heat treatment, with crushed ice to leave you feeling invigorated, vibrant and alive.

REFLEXOLOGY BASIN

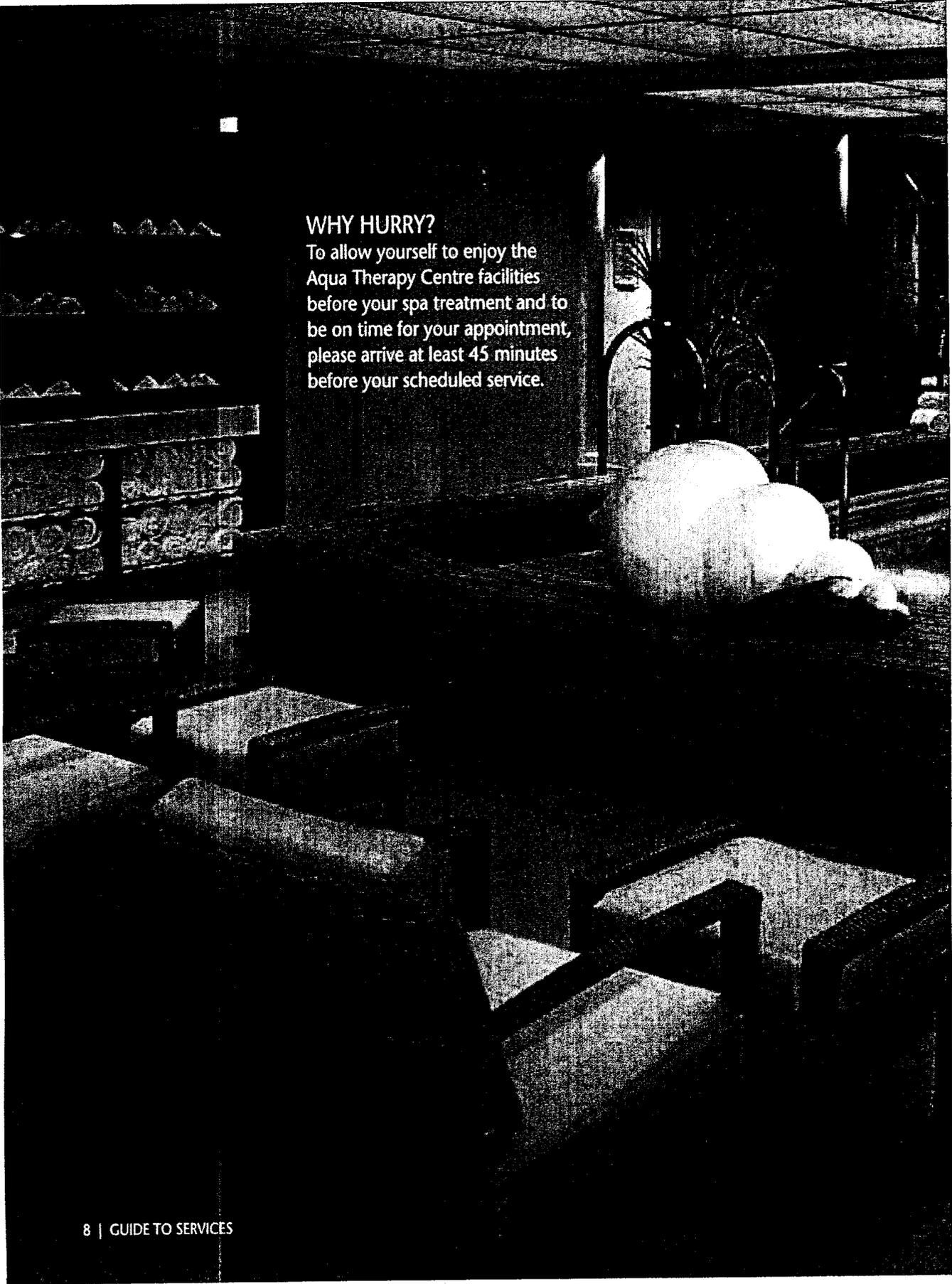
Been on a long tour? Tired feet? Going dancing? Revitalize your feet and lower legs with a soothing hydrotherapeutic massage while you relax on a heated bench. Energizing whirlpool action features a choice of hot or cold water to ease aches and stimulate circulation.

SENSORY SHOWERS

Cool off after a heat treatment or sauna with this invigorating shower – featuring six water jets and an overhead spray – and enjoy cool fog in combination with a fresh scent and cool blue fibre-optic light. Or unwind with a warm tropical rain shower infused with exotic natural aromas.

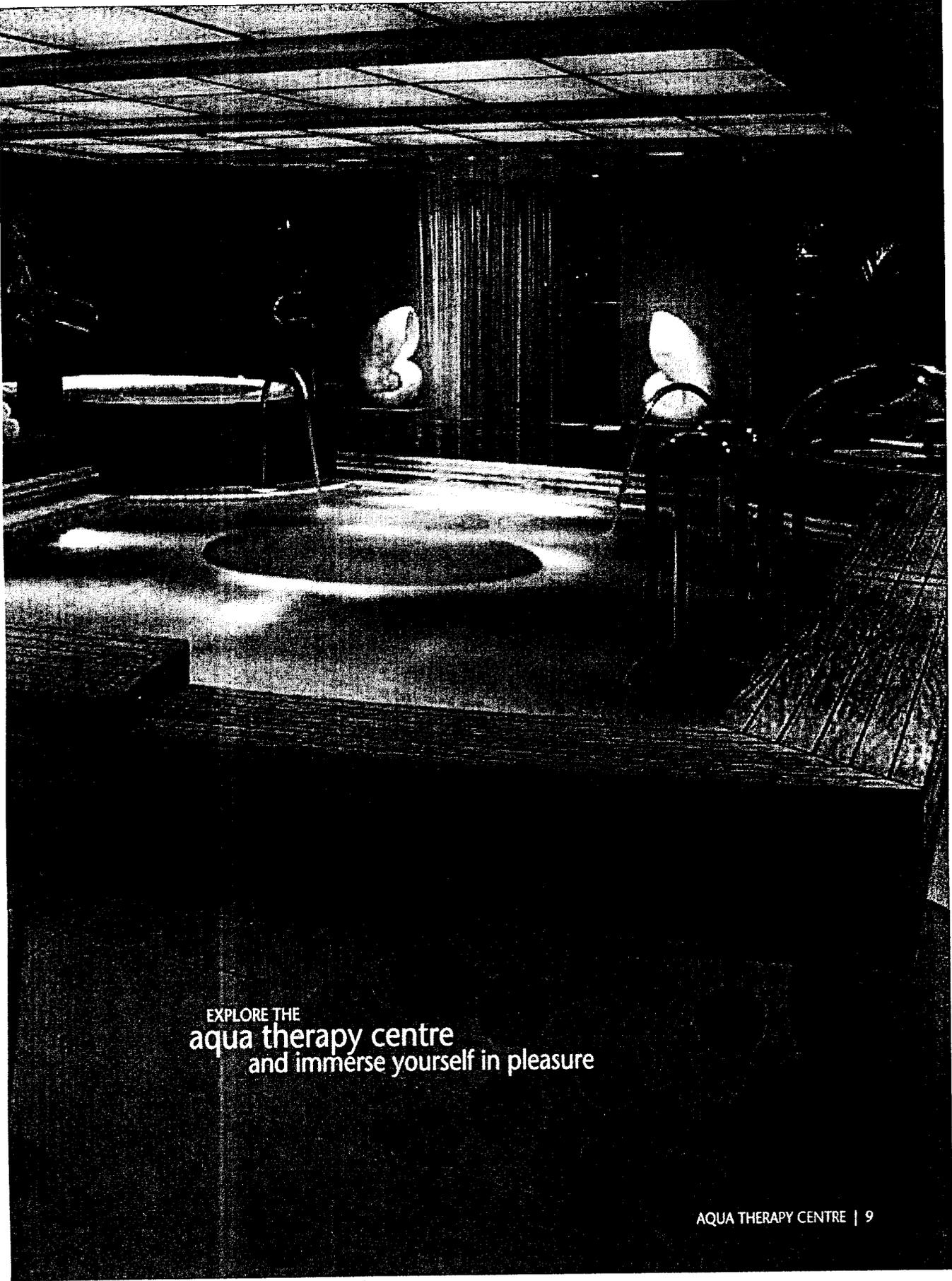
WHIRLPOOL

Melt away every ache and worry in our super-bubbling, jetted whirlpool. Rejuvenate with friends in this most relaxed of all possible meeting places.



WHY HURRY?

To allow yourself to enjoy the Aqua Therapy Centre facilities before your spa treatment and to be on time for your appointment, please arrive at least 45 minutes before your scheduled service.



EXPLORE THE
aqua therapy centre
and immerse yourself in pleasure

AQUA THERAPY CENTRE | 9

skin care

Nothing feels better than a facial, and our facials – which range from classic to exotic – are the ultimate pleasure. Pamper yourself: You'll love the way you look and feel.

OPTIONAL FACIAL ENHANCEMENTS

- Anti-Aging Neck & Decollete Treatment
- Anti-Aging Therapeutic Mask
- Eyelash & Brow Tinting
- Mask Add-Ons
- Specialized Eye Treatments

YOUR TRANSFORMATION FACIAL

50/80 minutes

Our exclusive signature facial features Canyon Ranch products with Pro-NAD[®], which strengthens the skin barrier, taking action against DNA damage caused by sunlight and stimulating healthy cell production. This facial transforms skin health inside and out by delivering the combined effects of Pro-NAD, Ceraplex[™] and AntiOx-3[™] to the skin.

- Pro-NAD – A patented timed-release form of niacin, clinically proven to repair and resist skin damage.
- Ceraplex – A blend of skin-identical ceramides helps defend against signs of aging
- AntiOx-3 – An exclusive blend of antioxidants that uses potent free-radical fighters to produce great visible results. A restorative anti-age treatment for all skin types.

YOUR "TOTAL" TRANSFORMATION FACIAL

80 minutes

Our exclusive signature facial, but with an added "boost" – this union of science and technology is our most spectacular service. Luxurious Canyon Ranch products with Pro-NAD strengthen the skin barrier. Every treatment also includes an infusion of atoxelene, a serum enriched with a natural amino peptide complex to smooth skin and significantly diminish the appearance of fine lines. This is delivered by the latest in oxygen technology – an advanced pressurized application system that infuses products into skin for rapid absorption. Your aesthetician will customize your facial with one of two powerful serums:

- Rejuvenate – Immediately hydrates, builds skin integrity, increases firmness and radiance – skin instantly looks younger and tighter with visible lift.

- Opulence – A combination of skin brighteners and super-concentrated vitamin C to brighten skin and balance skin tone – skin instantly looks radiant.

The result is skin that's luminous, hydrated and glowing with visible, age-defying results. Suitable for all skin types.

ADVANCED AGE-MANAGEMENT FACIAL 80 minutes

This is an extraordinary treatment, which gradually increases the concentration and penetration of professional medical-grade anti-aging ingredients to increase hydration. This treatment encourages production of collagen and elastin and decreases pigmentation, while plumping up wrinkles.

AGELESS OXYGEN BOOST 50 minutes

A hybrid of medical-grade bioactives and bio-Swiss certified extracts are blended to pure perfection for a gold standard treatment. This treatment builds collagen and elastin, increases cell turnover, and hydrates, restoring the skin's youthful glow. Includes a double cleanse, deeply hydrating massage, and application of a serum specially chosen for your skin's needs.

Note: Extractions are performed as necessary.

AGELESS OXYGEN BOOST ... THE ULTIMATE!

80 minutes

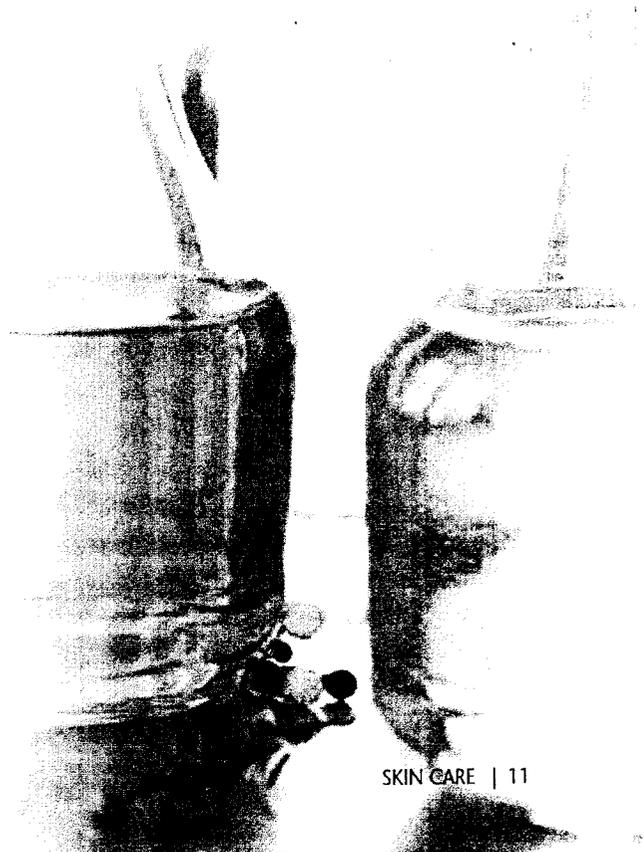
Enjoy our Ageless Oxygen Facial, but with an added boost. This "ultimate" treatment also includes a luxurious massage to either detoxify or hydrate the skin, a collagen mask and a 20-minute oxygen infusion.

Note: Extractions are performed as necessary.

GEMSTONE ANTI-AGING FACIAL

80 minutes

Experience a luxurious facial treatment featuring products enriched by gemstones, precious minerals, amino acids, botanicals, peptides, vitamins and algae for complete nutrition and anti-aging benefits. Skin is nourished, hydrated, calmed and firmed by a pearl enzyme exfoliating mask and Kashmir perfecting mask combined with rose quartz wand massage for lymphatic drainage. Arm, hand, foot and leg pressure-point massage using amethyst wands for healing and clearing will leave you totally relaxed, and your skin balanced and rejuvenated.



SKIN CARE | 11

REVITALIZING HYDRATION FACIAL

50 minutes

This facial provides the ultimate in hydration and revitalization of the skin using luxurious gemstone-based products. Includes exfoliation, purification and hydration with rejuvenating massage techniques for perfectly glowing and balanced skin.

DEEP-CLEANSING FACIAL

50/80 minutes

Specially blended products deep clean, exfoliate and tone the décolleté, shoulders and face for an unforgettable experience.

VITAMIN INFUSION FACIAL

50/80 minutes

Maximize your skin's ability to resist environmental damage caused by the sun, pollution and stress. This service will fortify your skin with mega-doses of vitamins, nutrients and antioxidants.

CLEANSE & POLISH BACK TREATMENT

50 minutes

Unwind with this deep-cleansing treatment for your back. Your aesthetician removes impurities with gentle extractions, finishing with a deep moisturizing masque.

SENSITIVE SKIN FACIAL

50 minutes

This soothing and nourishing treatment minimizes redness and inflammation, leaving a healthy, hydrated glow.

GENTLEMEN'S FACIAL

50 minutes

Designed for men and their skin. Includes cleansing, toning, steaming and exfoliation.

FACIAL & BODY WAXING

Facial and body waxing is available. Please enquire when scheduling your appointment.



body TREATMENTS

*Relax, enjoy, and know
that our opulent body
treatments are good
not just for skin, but for
body, mind and spirit.*

EUPHORIA

100 minutes

This elegant body treatment begins with a sage compress for your face and an aromatherapy scalp massage. After a warm botanical body mask is applied and gently buffed, you are immersed in a soaking tub with our specially designed aromatherapy blend. Your ritual concludes with a soothing massage using warm herb-infused oil.

REVITALIZING RITUAL

100 minutes

A luscious six-part massage body ritual combines the therapeutic properties of flower oils and fruit essences with rich minerals from the earth and sea to bring your body into balance and harmony. First, be purified with yuzu mimosa sea algae, deeply scrubbed with warming ginger-grass, polished with nutrient-rich rice bran and hydrated with rose camellia water. Next, quench your whole body with wild lime silk oil and a Canyon Ranch Massage to energize and restore. Complete your journey with a plum wine cream to seal in the healing benefits.

DETOXIFYING RITUAL

100 minutes

Retreat into a ritual of steam and deep detox through an intense therapeutic transformation in this six-step healing massage ritual. Be cleansed with Moroccan mint tea and silt, vigorously scrubbed with a blend of coffee, olive stones and fresh lemons, and wrapped in rich rasul clay to draw deep impurities out of the body. Recharge with quince and orange blossoms and be warmed by a Canyon Ranch Massage using the curative essences of cardamom, jasmine, bergamot, amber and clove. Finally, your skin will be coated with shea butter and figs to protect, heal and restore.

NATURALLY NOURISHING RITUAL

100 minutes

Return to your natural essence and feel the exhilaration of being alive in a powerful six-part ritual based on Finnish traditions. Be invigorated and purified by the spirit of the icy sea, northern light and physical elation. The skin is nourished and cleansed with organic milk, exfoliated with bioactive peat enzymes and ripe, antioxidant-rich Arctic cloudberries. Then your lymphatic system is stimulated by a mushroom and phytonutrient wrap followed by an oxygenated ionizing mist. Your treatment finishes with a Canyon Ranch Massage using Arctic berry extracts and oils of cypress and birch to increase circulation and vitality.

LIQUID SEAWEED WRAP CEREMONY

100 minutes

If you're results-driven, this is the wrap ceremony for you. We soak organic muslin in pure seaweed extracts, cold-pressed within one hour of harvesting on the wild northwest coast of Ireland. This wrap delivers immediate and noticeable plumping and toning of the skin, and is a serious detoxifier, metabolism stimulant and natural anti-aging boost. Your ceremony concludes with a stress-melting light-touch full-body massage.

SEAWEED LEAF WRAP CEREMONY

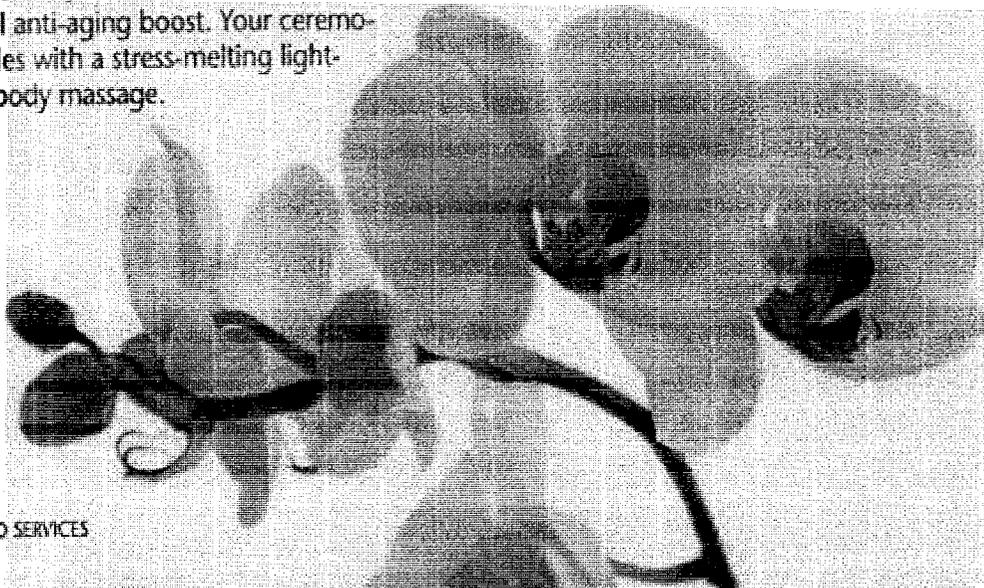
100 minutes

Imagine being wrapped from head to toe in hand-harvested seaweed from the wild northwest coast of Ireland. You're then wrapped in organic muslin and cocooned in a thermal blanket. Your wrap is followed by a relaxing full-body massage. This amazing all-organic treatment detoxifies, firms and softens skin while banishing muscular tension.

SEAWEED PEAT WRAP CEREMONY

100 minutes

Peat wraps have long been used in Eastern Europe to treat a variety of skin and rheumatic conditions. This wrap, which mixes organic seaweed extracts with micronized peat, offers potent detoxification because it's richly infused with trace elements, vitamins, carbohydrates, polyphenols, lipids, and, especially, humic acid. Research has shown that humic acid has an astringent effect and helps drain toxic substances from the body. Your ceremony concludes with a relaxing full-body massage.



CONDITIONING BODY SCRUBS

Treat your skin to a scrub that leaves it feeling soft and velvety smooth. Choose from a variety of scrubs with natural ingredients to accommodate sensitive, normal or dry skin.

ORGANIC SEA SALT SCRUB

50 minutes

A wonderfully restorative, exfoliating body treatment that cools skin on contact.

Antibacterial essence of laurel opens the lungs while spirulina intensely hydrates.

Dry brushing with organic Dead Sea salts stimulates the lymphatic system, while an application of biodynamic honey and Red Flower Ocean essential oil leaves skin supple and calm.

FIRMING SEA SALT BODY SCRUB

50 minutes

Your choice of organic essential oils combined with organic Dead Sea salts and a thorough dry brushing stimulates and exfoliates. A finishing application of biodynamic honey and essential oils – choose from any of seven luscious aromatherapeutic Red Flower botanicals – hydrates and nourishes.

BLACK OLIVE & COFFEE

FIRMING POLISH

50 minutes

Exfoliate, tone and come alive with an intensely vitalizing scrub that blends coffee, black olive, crushed almond, neroli, orange and lemon peel and fresh lemon juice. Finish with a light application of cardamom oil.

KINMOXEI ENERGIZING BODY GLOW

50 minutes

Rough, dry skin is removed and circulation throughout the body is stimulated by a powerful exfoliation with crushed bamboo, bamboo sap and oils of ginger and fir. End 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

Experience the warm, muscle-melting embrace of a wrap.

SEAWEED LEAF WRAP

80 minutes

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SEAWEED PEAT WRAP

80 minutes

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LIQUID SEAWEED WRAP

80 minutes

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MERMAID'S PURSE WRAP

50 minutes

Fresher, younger-looking skin is the result of this deeply hydrating and detoxifying treatment for tired, dry, dull skin. By stimulating blood flow, this nourishing wrap encourages the body to renew itself.

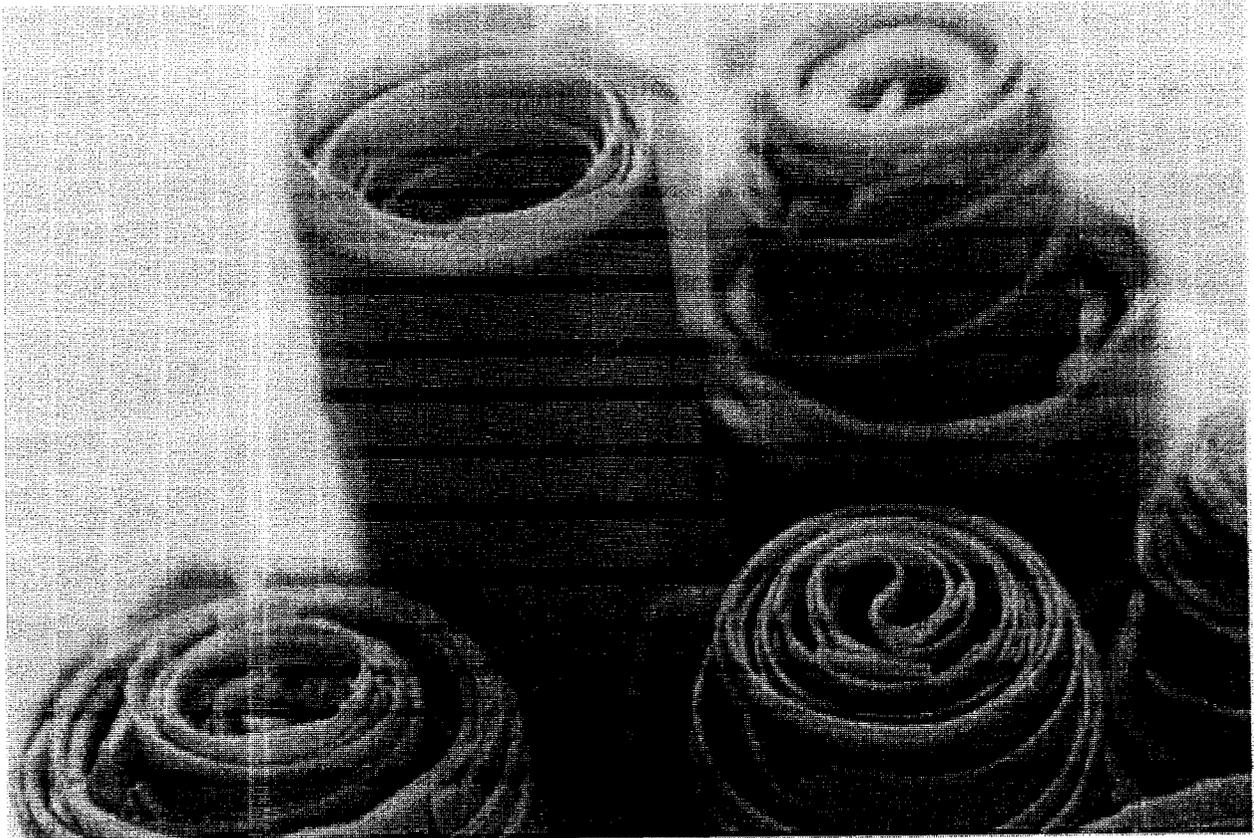
THERMAL THERAPIES

RASUL CEREMONY

50 minutes

Cleanse and purify your body in our exquisite, ornately tiled steam chamber designed entirely for your comfort and pleasure.

Lather your own or your partner's skin with rare, purifying muds and recline in a gently warmed, tiled chair as intermittent herbal steam surrounds you. Indulge your senses with this unique experience alone or with someone special.



massage & BODY WORK

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

MASSAGE

GET THE MOST FROM YOUR MASSAGE

Take time

Give yourself plenty of time before or after your massage so you can enjoy the steam room, sauna or whirlpool. Warm muscles benefit most from body work.

Shower

A warm shower just before your massage is relaxing and washes away any 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

Unless the service description specifies that your massage will be received clothed, undress completely and wear just a robe to your massage. You will be able to take your robe off and cover yourself in privacy, and you will be draped with a sheet throughout the service. For services that are received clothed, shorts and a T-shirt are ideal.

Talk with your therapist

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

Relax

Close your eyes and allow your mind and body 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.

CANYON RANCH MASSAGE

50/80 minutes

Indulgent and uniquely relaxing, our signature full-body massage stimulates circulation and soothes tight muscles. Our gifted therapists adapt their eclectic techniques to your particular needs and preferences. Tension dissolves, leaving only comfort and well-being behind.

CANYON STONE MASSAGE

80 minutes

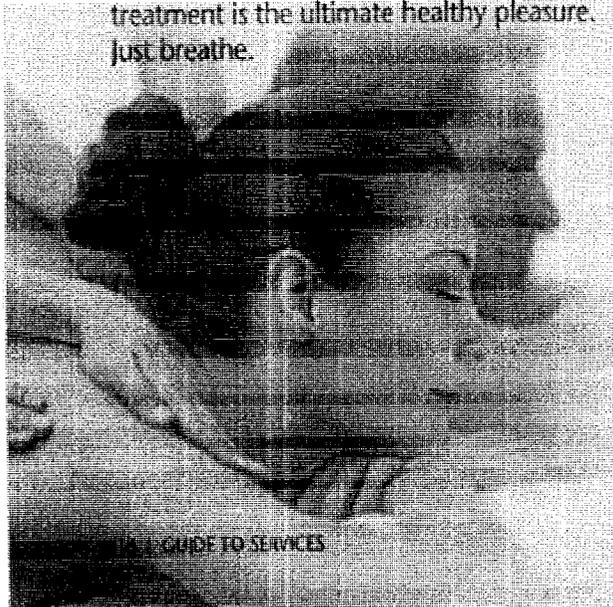
Smooth, rounded basalt stones are gently heated and used by the therapist as extensions of his or her hands. The weight and radiant heat of the stones combined with a calming essential oil penetrates muscle tissue, inducing deep relaxation without overheating.

AROMATHERAPY MASSAGE

50/80 minutes

Enjoy an all-natural, sense-seducing escape from the everyday world. Nourish the skin, eliminate toxins and strengthen the immune system while restoring equilibrium to mind, body and spirit. This fragrant, full-body

treatment is the ultimate healthy pleasure. Just breathe.



TENSION-ZONE MASSAGE

50 minutes

Tight neck? Tense shoulders? Your therapist will relieve the tension in your head, neck and shoulders with a focused treatment employing a variety of highly effective techniques. Get that weight off your shoulders in less than an hour.

LYMPHATIC MASSAGE

50 minutes

Not a traditional massage. Extremely light, sequenced stroking stimulates the movement of lymphatic fluid, thereby cleansing the body. Lymphatic massage is an excellent support for general health, and especially effective for reducing pain, fluid retention, chronic inflammation, sinus conditions, headaches and sprains.

TWO-BY-TWO MASSAGE

Share the Canyon Ranch® experience with someone special with side-by-side massages. You can book two therapists and two tables for your choice of:

- CANYON RANCH MASSAGE
50/80 minutes
- CANYON STONE MASSAGE
80 minutes
- TENSION-ZONE MASSAGE
50 minutes
- DEEP-TISSUE MASSAGE
50/80 minutes
- AROMATHERAPY MASSAGE
50/80 minutes

AROMATHERAPY MUSCLE SOOTHER

80 minutes

A focused, all-over body massage designed to release tight, fatigued muscles and joints. The use of a calming gel and oil of rosemary and ginger in this penetrating massage provides stimulation, invigoration and release of tension.

DEEP-TISSUE MASSAGE

50/80 minutes

This treatment is recommended for those who regularly receive massage and who enjoy intense body work. Focused techniques reach deep muscle layers, addressing points of attachment as well as the belly of the muscles.

SOLE REJUVENATION

50 minutes

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

OPTIONAL MASSAGE ENHANCEMENTS

Make your Canyon Ranch massage even more unforgettable.

DRY-NO-MORE SCALP TREATMENT

A restorative treatment that protects and moisturizes the scalp and revitalizes the hair. Moroccanoil® combats scalp dryness and benefits the hair follicle at the root while enhancing the healthy appearance of hair, leaving it full and shiny.

OILY-NO-MORE SCALP TREATMENT

This relaxing treatment protects and moisturizes the scalp while helping to control dandruff caused by excess oil and inflammation of the hair follicle. Moroccanoil® also stimulates circulation, leaving hair balanced, healthy-looking and lustrous.

PEPPERMINT SCALP REFRESHER

This delicious aromatherapy scalp treatment complements any massage. The refreshing blend of essential oils on your scalp stimulates circulation from head to toe.

REVITALIZING FOOT TREATMENT

A great addition to any massage, this luscious treatment provides a mild exfoliation with gentle buffing grains that remove dry, flaky skin while nourishing your body. A peppermint and tea tree foot balm is then massaged in to energize and restore circulation.

HEALTHY FEET

All treatments incorporate GEHWOL therapeutic products that will relieve, soothe and revitalize sore and aching feet.

GAIT ANALYSIS

25 minutes

This service includes video analysis of your gait using 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, customized and custom orthotics are available and will fit most types of shoes.)

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

HEALTHY ON YOUR FEET

50 minutes

This treatment is designed for those who spend a lot of time on their feet. If you experience foot, ankle or knee pain related to long periods standing, this focused foot and lower leg massage will enhance blood flow to your muscles, reduce inflammation around the joints and relax your entire lower body. You'll experience instant relief from muscle soreness and fatigue.

HEALTHY IN HEELS

50 minutes

If you are suffering from foot pain due to your love of fashionable footwear, then allow our therapist to concentrate on your areas of concern. Manipulation of your feet and lower leg will bring instant relief, and soothe and revitalize your sore, aching feet. Your feet will be happy and fashionable again!

FOOT DOCTOR EXPRESS

25 minutes

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

FOOT RESCUE!

50 minutes

This therapeutic, invigorating treatment for feet begins with a soothing foot bath in herbal salts that will refresh and relax your feet. Our technicians will focus on the three C's of wear and tear – calluses, corns and cracked dry skin. The health of your feet and nails will be restored.

INSTANT RELIEF

50 minutes

Your whole body is affected by stress held in your feet and lower legs. This treatment is designed to alleviate pain from conditions such as plantar fasciitis (heel or arch pain), Achilles tendonitis, Morton's neuroma, shin splints and metatarsalgia (pain in the ball of the foot). Our therapists will tailor this massage to meet your individual needs, improve circulation, reduce inflammation and increase mobility.

TREATMENTS FROM THE EAST

Asian therapies focus on restoring balance to body and spirit. Please wear light, loose-fitting clothing for these services.

THAI MASSAGE

50/80 minutes

Harmonize your vital life energy with a graceful, nurturing style of body work that promotes physical flexibility and ease. Using slow, focused movements and compressions to guide the body through stretches, Thai massage encourages a serene yet buoyant state of mind. Given on a futon.

REFLEXOLOGY

50 minutes

Release life's tensions through the energy meridians on the soles of your feet. Delight in a relaxing, therapeutic foot massage that improves circulation and restores energy flow through the entire body.

THAI REFLEXOLOGY

50 minutes

A unique spin on reflexology that feels oh-so good. A Thai therapist uses a reflexology stick to perform the ultimate foot massage, soothing away aches and pains and enhancing energy flow and circulation throughout your body.

REIKI

50 minutes

Harmonize your body through methods rooted in spiritual tradition. The therapist balances and restores nature's energy flow with a calm, light, nurturing touch.

ACUPUNCTURE

ACUPUNCTURE

50 minutes

This ancient Chinese modality, endorsed by the National Institutes of Health, is useful in addressing problems such as musculoskeletal pain, arthritis, migraines, tension headaches, asthma, tendonitis and fatigue. A session with a licensed acupuncturist helps balance the body's energy (chi), stimulates natural healing processes and provides a deep state of relaxation.

ACUPUNCTURE MASSAGE

50/80 minutes

Balance and heal your body with the combination of holistic acupuncture and a therapeutic massage – this combination is particularly good for relieving musculoskeletal pain and stress-related problems. Gain immediate, long-lasting benefits.

CHIROPRACTIC

CHIROPRACTIC SESSION

25/50/80 minutes

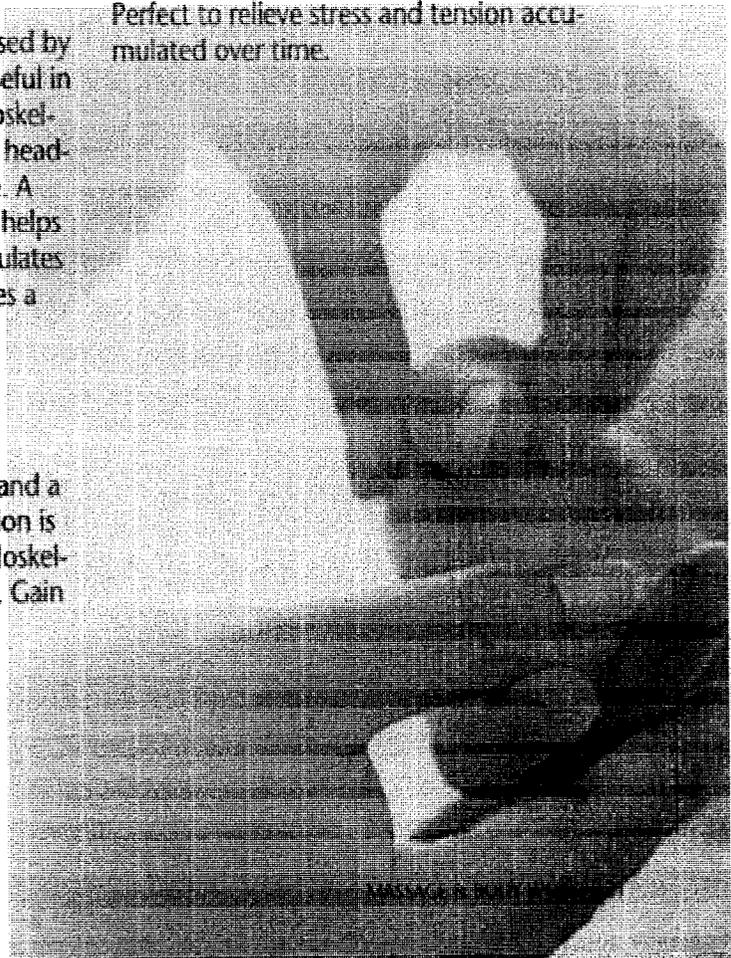
Includes consultation and treatment, which may include: acupuncture, ultrasound and other electromodalities, myofascial release, stretching, massage, spinal manipulative therapy, exercise education and practical preventive care for spinal health long after your departure.

DEEP-TISSUE CHIROPRACTIC

80 minutes

Experience muscle soothing and relaxation on a new level. This complete treatment includes both the benefits of a full chiropractic consultation (assessment and treatment) and a 30-minute Deep-Tissue Massage.

Perfect to relieve stress and tension accumulated over time.



salon

Look as beautiful as you feel! Let our creative salon professionals give you a look you'll love.

HAIR SERVICES

HAIR DESIGN

- Cut & Style
- Updo/Upstyle
- Shampoo, Rollerset & Blow Dry (short/medium/long hair)
- Shampoo, Cut & Blow Dry (short/medium/long hair)

- Bang/Fringe Trim
- Comb Out
- Men's Haircut
- Moustache & Beard Trim

COLOUR & HIGHLIGHTING

- Bleach
- Full Highlights
- Partial Highlights
- Tint, Toner or Semi-Permanent Colour

HAIR & SCALP TREATMENT

80 minutes

Restore your hair's natural vitality with custom hair care and scalp treatments. Clean, soothe and moisturize for easy styling, ultimate shine and healthy, beautiful hair. A designer style completes the treatment.

MANICURES

GEL MANICURE

50 minutes

Say goodbye to nicks, chips and smudges. Enjoy all the essentials of a perfect spa manicure finished with a breakthrough gel polish that combines the ease of polish with the permanence of gels.

GENTLEMEN'S MANICURE

30 minutes

This aromatherapy treatment provides hydration and exfoliation using products that appeal to a gentleman's senses. Includes a file, soak, groom, massage and buff to enhance a man's hands.

HANDS SO SOFT MANICURE

45 minutes

Warm paraffin hydrates dry skin, softens cuticles and soothes aching joints like nothing else – this is the manicure for hands in need of comfort.

AGE-DEFYING MANICURE

45 minutes

This treatment features vitamins A, C and E plus alpha hydroxy acids to soften dry, rough, chapped skin, unveiling smooth-as-silk hands.

SPA ESSENTIALS MANICURE

45 minutes

Condition hands with our special blend of minerals and aromatherapy oils. Gentle exfoliation, aromatic soak and lotions leave skin silky smooth.

NAILS

- Full-Set Acrylics
- Full-Set Pink & White Acrylics
- Full-Set/French Polish Change
- Acrylic Fills
- File & Polish
- Nail Repair
- Overlay with Acrylics
- Paraffin Treatment

PEDICURES

CANYON STONE PEDICURE

80 minutes

The ultimate treat for legs and feet – all the benefits of our Spa Essentials Pedicure with a soothing massage using basalt stones and aromatic essential oils. A nourishing masque with warm paraffin provides the final touch.

FEET SO SOFT PEDICURE

50 minutes

Warm paraffin hydrates dry skin and soothes aching joints like nothing else. Say goodbye to painful joints and dried-out cuticles with this comforting, complete treatment for feet.

GEL PEDICURE

50 minutes

Say goodbye to nicks, chips and smudges. Enjoy all the essentials of a perfect spa pedicure finished with a breakthrough gel polish that combines the ease of polish with the permanence of gels.

GENTLEMEN'S PEDICURE

30 minutes

A delightful treatment provides hydration and exfoliation using aromatherapeutic products that appeal to a gentleman's senses. Includes a file, soak, groom, massage and buff to renew the feet.

AGE-DEFYING PEDICURE

50 minutes

This treatment features vitamins A, C and E plus alpha hydroxy acids to soften dry, rough, chapped skin, unveiling smooth-as-silk feet.

SPA ESSENTIALS PEDICURE

50 minutes

Maintain healthy and refreshed feet with a gentle exfoliation, an aromatic soak and moisturizing essential lotions.

SPORTS PEDICURE

50 minutes

Smooth and cool your active feet. Self-heating oil relieves aches and increases blood circulation; a final cooling gel leaves your feet feeling like new.

MAKEUP

MAKEUP CREATION

25 minutes

Consult with our professional makeup artists and create a new look for your special event or evening out.

MAKEUP CREATION & LESSON

50 minutes

Become your own makeup artist. A professional makeup artist will show you how to make the most of your bone structure, complexion, skin type and lifestyle.



health & WELLNESS

*Use of Aqua Therapy Centre
included in price, excluding
25-minute sessions.*

*Here's your chance to
consult one-on-one with
one of our fitness experts
about the shape your body
is in – and how to achieve
your optimal health, fitness
and lifestyle goals.*

EXERCISE & WELLNESS

BASIC FITNESS ASSESSMENT

80 minutes

How fit are you? Let an exercise specialist provide a thorough assessment of your current fitness level, including body composition testing and cardiovascular and muscular fitness. Professionals will tailor a safe and effective exercise program that addresses your fitness and lifestyle goals.

SPACLUB® EXERCISE PRESCRIPTION

50 minutes

Receive a customized exercise program from a Canyon Ranch exercise professional to help you achieve your fitness goals, no matter what your current level of physical activity.

EXERCISE FOR WEIGHT LOSS

50 minutes

Want to get real about losing weight and keeping it off? Whether you are beginning a program or are an avid exerciser, we can create an effective exercise program based on your goals, fitness level and abilities with a focus on stimulating metabolism and reducing body fat.

BODY COMPOSITION ANALYSIS

25 minutes

Know your number! Using calipers to measure skinfold thickness at four sites, we can determine your body's percentage of fat in relation to lean body mass. We'll then use the results to determine a realistic body-weight target range.

PERSONAL PILATES SESSION

50 minutes

A private Pilates session on the mat.

PERSONAL TRAINING SESSION

25/50 minutes

A private session with a trainer. 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

PERSONAL TRAINING SESSION

(2 PEOPLE)

50 minutes

A private session for two people with a trainer. Focus on any of the topics above, or on another interest you share.

FITNESS CLASSES

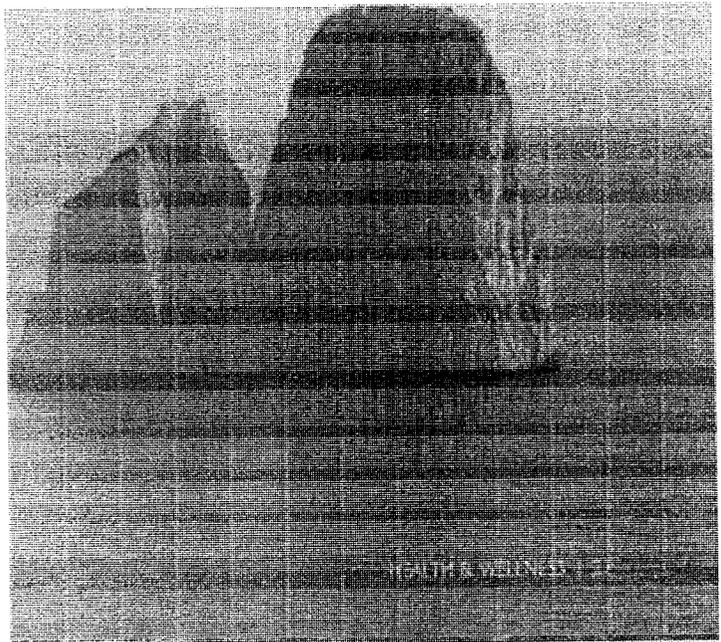
45 minutes

From yoga to aerobics, Pilates to indoor cycling, our schedule of daily classes offers nearly endless opportunities to learn, get fit and have fun. Consult your daily programme for times, locations and descriptions. Sign-up at Gym reception on Deck 7.

Please note that select classes require a registration fee.

EDUCATIONAL PRESENTATIONS & WORKSHOPS

Learn, be inspired and have fun during complimentary presentations and workshops offered by Canyon Ranch professionals. Consult your daily programme for topics, times and locations.



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GENERAL INFORMATION

- SpaClub® guests must be at least 18 years old.
- No smoking allowed.
- Alcoholic beverages are not served or permitted.
- No mobile phones or laptops permitted.

HOURS

Fitness Centre: 6 am to 8 pm daily

Spa & Aqua Therapy Centre:

8 am to 8 pm daily

Beauty Centre & Skin Care:

9 am to 8 pm daily

LOCATION

Canyon Ranch SpaClub is located on Decks 7 & 8, Forward A Stairway. The Beauty Centre is on Deck 8, Forward A Stairway.

GRATUITIES

A 12.5% gratuity will be added to all listed prices. Any 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 SpaClub experiences that will be beneficial and enjoyable.

SPACLUB PASSPORT

Must be 18 years or older to use facilities. Passports are valid per voyage only or on each leg of the World Voyage only. Passports are non-refundable and non-transferable.

FOR APPOINTMENTS

Visit us on Decks 7 & 8, or press the Spa button on your stateroom phone.

WHAT TO BRING

Please bring your own fitness wear and bathing suit – we do not provide clothing, although many items are available for purchase at our boutique. Shirts and close-toed athletic shoes must be worn in the fitness area. We suggest leaving 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

Although printed material on board is kept as up to date as possible, please note that pricing is subject to change. Please ask one of our staff members for the price of your treatment before you book.

REFUND POLICY – TREATMENTS

We aim to provide you with a professional service that exceeds your expectations and increases your feeling of well-being. If you are not completely satisfied with the treatment you receive, please tell the therapist before you leave the spa. We will do our best to resolve any concerns you raise. If you wish to make a complaint after you have left the spa, please contact the Spa Director as promptly as possible.

REFUND POLICY – PRODUCTS

We will exchange or refund the cost of unopened retail products if you change your mind. However, for the safety of all of our customers, we are unable to accept opened or used products. All exchanges or refunds must be requested in good time before the end of the voyage. No exchanges or refunds are possible after you leave the ship.

CANCELLATION POLICY

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

COMPLAINT POLICY

We aim to promptly address any issues. However, if it has not been possible to deal with your complaint to your satisfaction while on board, please write to Cunard Line's Passenger Relations Department:

Carnival House

100 Harbour Parade
Southampton
Hampshire SO15 1ST
England

CANYON RANCH SPA CLUB

The SpaClub experience offers a rich sampling of the programmes and services that have made Canyon Ranch® famous worldwide. Experience a touch of Canyon Ranch, right down to the unsurpassed service, remarkable settings and quality staff.

SPA CLUB ON BOARD QUEEN MARY 2

SpaClub appointments: 866-860-4662

Recharge your spirit and renew your energy at our other SpaClub location:

SPA CLUB AT THE VENETIAN AND THE PALAZZO

3355 Las Vegas Boulevard South
Suite 1159
Las Vegas, Nevada 89109
Reservations: 877-220-2688

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CANYONRANCH
SpaClub[®]
QUEEN MARY 2

canyonranch.com

CANYONRANCH.

The Prince of Pleasure

800-742-9000

HEALTH RESORTS Tucson, Arizona | Lenox, Massachusetts HOTEL & SPA Miami Beach
SPACLUB[®] Las Vegas | Cunard's Queen Mary 2[™] | Oceania Cruises[®] | Regent Seven Seas Cruises[®]

CUNARD WEDDINGS SPA SERVICES

CANYON RANCH *SpaClub*

QUEEN MARY 2

Enjoy the ultimate in pampering and preparation for your big day at the exquisite on board Canyon Ranch SpaClub®. You can enhance the bespoke bridal packages below or the wide range of spa services available with the rejuvenating experience of the unique Aqua Therapy Centre and Thermal Suite.

Bride's Hair Creation and Make-up for the big day

Book a consultation with the Stylist and Make-up Artist once you have embarked the vessel and decide and experience what the look will be like on the big day then return on the morning of your Big Day to re create that Bridal look. Please note this can also be taken by Bridesmaids and Mothers of the Bride and Groom.

\$140 per person

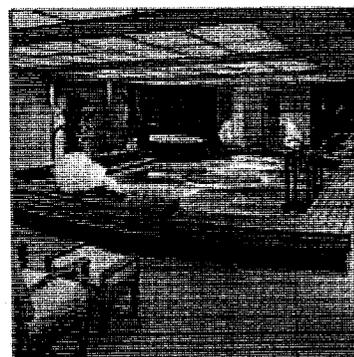
Bride's Deluxe Wedding Package

This package includes:

- The Ageless Oxygen Boost... THE ULTIMATE facial to ensure your skin looks radiant before the big day
- Gel effects manicure
- Up Style and Make Up for your Wedding Day. Simply book a consultation with the Stylist and Make Up Artist once you have embarked.

\$515 per person

Upgrade to the Ultimate Bride's package and add a Canyon Ranch Massage into the above for an extra \$99.



WWW.CUNARD.COM/WEDDINGS

Groom's Manicure, Hair Cut and General Grooming

This can also be taken by the Best Man and Fathers of the Bridal couple.

\$70 per person

Groom's Deluxe Wedding Package

This package includes:

- A Gentleman's Facial to ensure his skin looks fresh and healthy
- A Gentleman's manicure
- A Gentleman's hair cut and general grooming

\$199 per person

Upgrade to the Ultimate Groom's package and add a Canyon Ranch Massage into the above for an extra \$99.

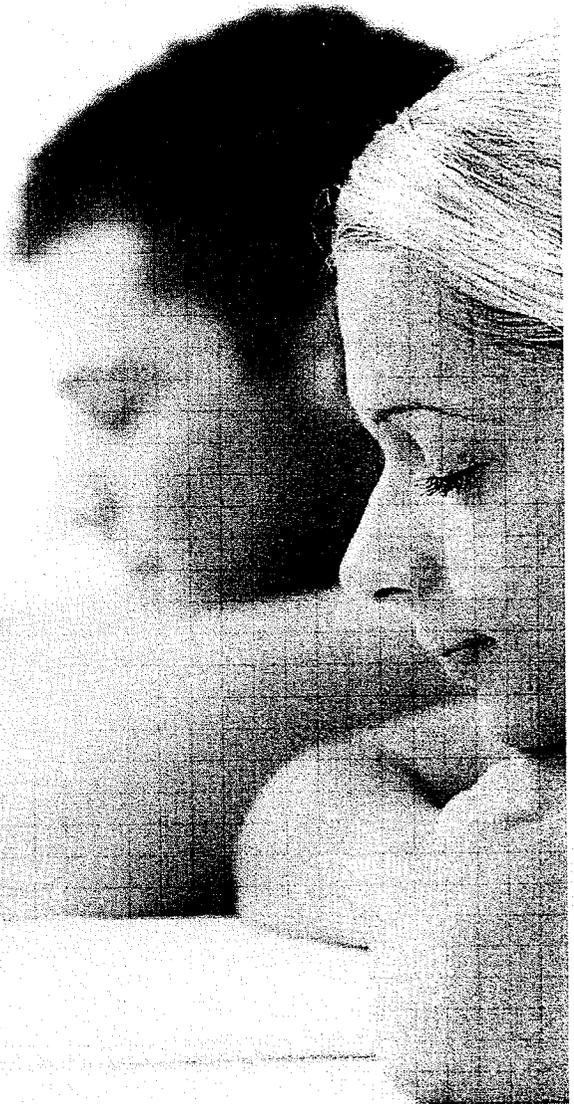
Couples Pre Wedding Ritual

Enjoy a Rosul Ceremony - a cleansing ritual which involves placing purifying muds onto each other's bodies in the privacy of your own steam chamber where you can then recline on warmed, tiled chairs while a herbal steam surrounds you both. This ceremony is followed by a couples side by side massage conducted in the same treatment room.

\$399 per couple

To Book

For more information, or to book, US guests should call +1 866 860 4662 toll free. All other nationalities can call collect/reverse charges +1 702 414 3600 or email apelletier@canyonranch.com



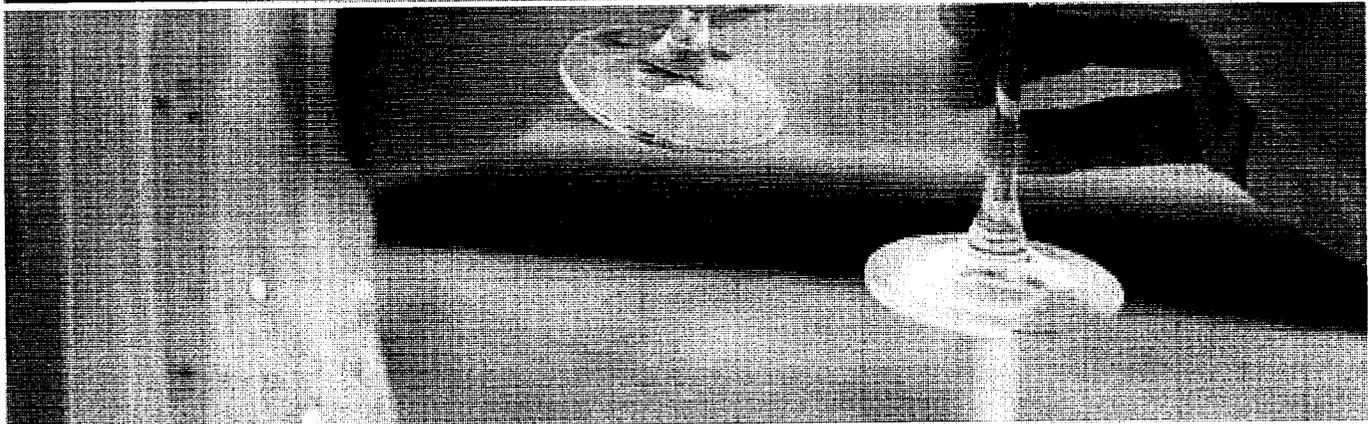
WWW.CUNARD.COM/WEDDINGS

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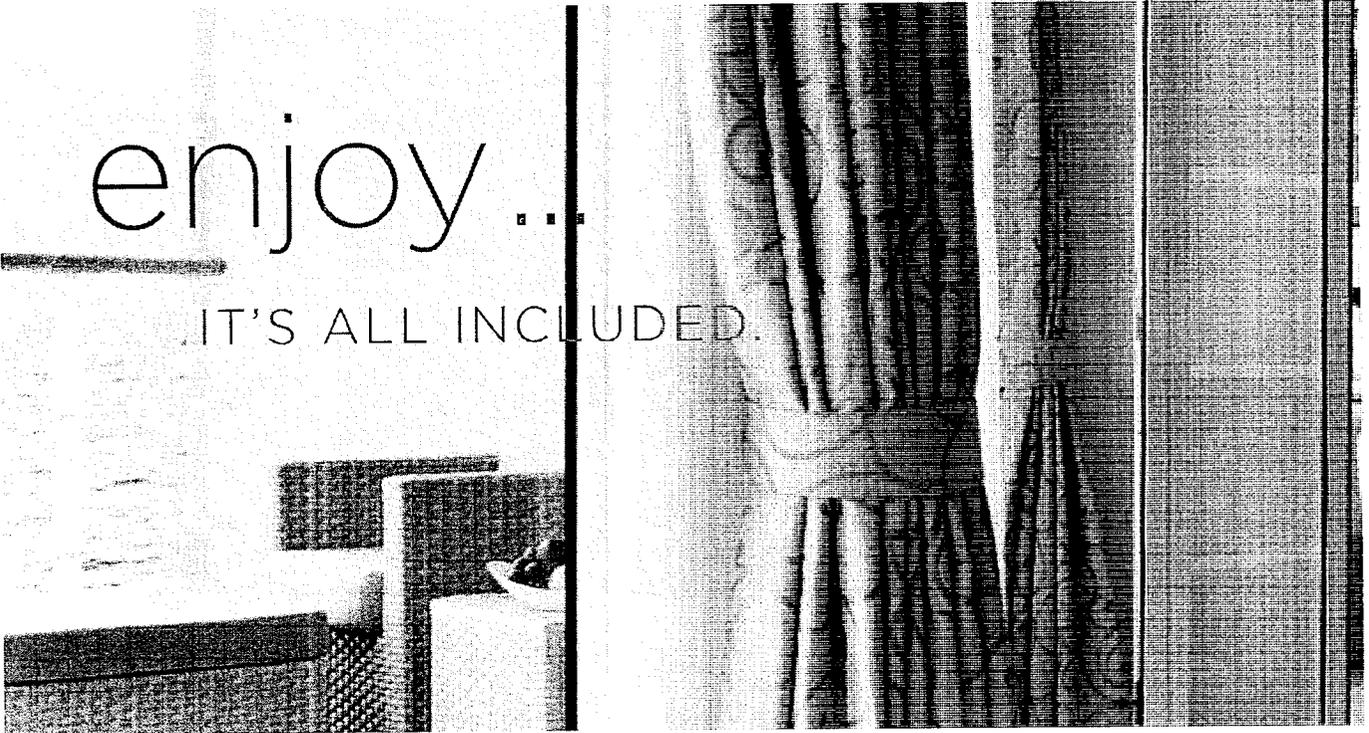


Regent
SEVEN SEAS CRUISES

THE BEST VALUE IN LUXURY CRUISING 2012



enjoy ..
IT'S ALL INCLUDED.



Dear Cruise Enthusiast,

Regent Seven Seas Cruises is pleased to offer you not only the finest luxury cruise experience, but also the best value in luxury cruising today.

As **The World's Most Inclusive Luxury Cruise Experience** we lead the way in offering you fares that cover virtually every travel need, including **FREE Roundtrip Air**, **FREE Unlimited Shore Excursions**, a **FREE 1-Night Luxury Hotel Package** and the finest service and dining you will find at sea. This is cruising as it was meant to be — where everything is included without exception and without compromise.

Please take a moment to look through this brochure, where we have set head-to-head price and value comparisons among three popular cruise lines focusing on the Tropics, Mediterranean and Canada/New England. In each case, Regent Seven Seas Cruises' all-inclusive luxury product is a better value. It's not all about price — it's also about the experience, the adventure and the romance of travel to the world's most spellbinding locations, while packing and unpacking only once.

We take great pride in exceeding our guests' expectations every day; and our dedicated staff is without question the finest at sea. As the world's only truly all-inclusive cruise line, we are proud to be recognized as the best of the best by the readers of *Condé Nast Traveler*. We also offer more fine dining options than any other luxury cruise line, and many premium ones as well, with up to four distinct, gourmet restaurants to choose from at no additional charge. Plus, our warm, inviting mid-sized ships carry just hundreds, not thousands of guests, visiting more intimate ports that cannot be accessed by larger vessels.

For further information or assistance, please don't hesitate to call your Travel Agent. We look forward to welcoming you aboard.

Kind regards,

Mark S. Conroy
President, Regent Seven Seas Cruises

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MARINER SUITE — SEVEN SEAS MARINER

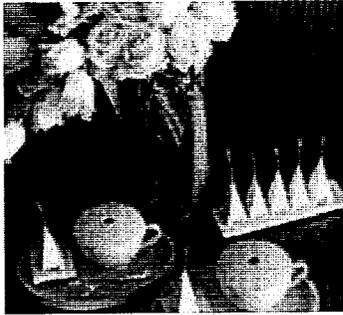
Sailing...

- With an enviable staff-to-guest ratio of 1 to 1.5 our mid-sized ships have maximum capacity for only 490 or 700 guests
- All-suite accommodations, 97% with private balconies — voted the best at sea
- Up to four gourmet restaurants, including the iconic steakhouse Prime 7, and Signatures, featuring Le Cordon Bleu®-inspired cuisine, Compass Rose, La Veranda, plus the *al fresco* Pool Grill
- Canyon Ranch SpaClub®
- An enriching onboard experience brought to life through spectacular Broadway-style shows, fine arts, culinary demonstrations and wine tastings, knowledgeable lectures, wellness and family programs
- Wireless Internet access throughout the ship
- Elegant casual dress code. Formal and semi-formal attire optional on sailings of 16 nights or longer
- Enticing voyages to more than 300 ports around the continents, with access to more intimate ports than larger vessels



THE POOL BAR

- FREE All-Inclusive 24-hour experience
- 2nd level and additional decks, 100 ft of Le 10 Signature Suite
- FREE Spa and Air
- FREE 3-course Dinner, 10 courses to Europe in Prime 7 Suites and Signatures
- FREE Onboard Shore Excursions
- FREE Lobby Hosts, Portals
- FREE Beverages including the wine and premium spirits
- FREE Fitness Facilities
- FREE Ground Staircase
- FREE In-suite mini-bar with 24-hour service
- FREE 24-hour room service and 24-hour concierge for a daily 24-hour service



POOL DECK

2012 TROPICS COMPARISON

CRUISE LINE	REGENT	HOLLAND AMERICA	CELEBRITY	PRINCESS
SHIP	<i>Seven Seas Navigator</i>	<i>ms Noordam</i>	<i>Equinox</i>	<i>Pacific Princess</i>
SAIL DATE	January 6, 2012	January 13, 2012	January 13, 2012	January 7, 2012
EMBARK PORT	Ft. Lauderdale	Ft. Lauderdale	Ft. Lauderdale	Ft. Lauderdale
DISSEMBARK PORT	Ft. Lauderdale	Ft. Lauderdale	Ft. Lauderdale	Ft. Lauderdale
CRUISE NIGHTS	10	10	10	10
PORTS VISITED	8	7	6	7
SIZE OF SHIP (GUESTS)	490	1,924	2,850	3,080
GUEST TO CREW RATIO	1 to 1.4	1 to 2.4	1 to 2.3	1 to 2.7
SPACE TO GUEST RATIO	58.3	42.8	42.8	37.7
SUITE SIZE (SQ. FT.)	356	212-359	379	323
CATEGORY	Deluxe Suite — F	Verandah — VF	Sky Suite — S2	Mini Suite — AE
CRUISE FARE	\$5,699	\$1,549	\$3,279	\$1,699
ADDITIONAL CHARGES				
GOVERNMENT FEES & TAXES	\$170	\$126	\$109	\$90
AIR FROM U.S. WEST COAST INCLUDING AIR CARRIER IMPOSED SURCHARGES AND OTHER TAXES	INCLUDED	\$429	\$450	\$576
GROUND TRANSFERS	INCLUDED	\$132	\$50	\$48
SHORE EXCURSIONS	INCLUDED	\$540	\$450	\$540
1-NIGHT PRE-CRUISE LUXURY HOTEL PACKAGE	INCLUDED	\$300	\$300	\$300
GRATUITIES/SERVICE CHARGES	INCLUDED	\$110	\$115	\$105
BAR DRINKS & WINE WITH GRATUITIES	INCLUDED	\$288	\$288	\$288
FROZEN DRINKS/SOFT DRINKS/ BOTTLED WATER	INCLUDED	\$115	\$115	\$115
ALTERNATIVE DINING (5 NIGHTS)	INCLUDED	\$100	\$150	\$100
TOTAL PER PERSON	\$5,869	\$3,689	\$5,306	\$3,861
SPEND PER DAY PER PERSON	\$587	\$369	\$531	\$386



HORIZON SUITE — SEVEN SEAS MARINER

VENICE, ITALY

2012 MEDITERRANEAN COMPARISON

CRUISE LINE	REGENT	HOLLAND AMERICA	CELEBRITY	PRINCESS
SHIP	<i>Seven Seas Mariner</i>	<i>ms Eurodam</i>	<i>Equinox</i>	<i>Ruby Princess</i>
SAIL DATE	April 30, 2012	May 11, 2012	May 11, 2012	May 6, 2012
EMBARK PORT	Barcelona	Rome	Rome	Barcelona
DISEMBARK PORT	Istanbul	Amsterdam	Rome	Venice
CRUISE NIGHTS	10	10	10	12
PORTS VISITED	9	8	8	10
SIZE OF SHIP (GUESTS)	700	2,104	2,850	3,070
GUEST TO CREW RATIO	1 to 1.6	1 to 2.3	1 to 2.3	1 to 2.7
SPACE TO GUEST RATIO	68.7	41.0	42.8	36.8
SUITE SIZE (SQ. FT.)	301	273-456	379	323
CATEGORY	Deluxe Suite — H	Superior Veranda — SY	Sky Suite — S2	Mini-Suite — AE
CRUISE FARE	\$5,499	\$2,999	\$3,999	\$3,490
ADDITIONAL CHARGES				
GOVERNMENT FEES & TAXES	\$163	\$87	\$90	\$75
AIR FROM U.S. EAST COAST INCLUDING AIR CARRIER IMPOSED SURCHARGES AND OTHER TAXES	INCLUDED	\$1,389	\$1,350	\$1,350
GROUND TRANSFERS	INCLUDED	\$138	\$113	\$78
SHORE EXCURSIONS	INCLUDED	\$695	\$973	\$1,251
1-NIGHT PRE-CRUISE LUXURY HOTEL PACKAGE	INCLUDED	\$300	\$300	\$300
GRATUITIES/SERVICE CHARGES	INCLUDED	\$110	\$115	\$126
BAR DRINKS & WINE WITH GRATUITIES	INCLUDED	\$288	\$288	\$345
FROZEN DRINKS/SOFT DRINKS/ BOTTLED WATER	INCLUDED	\$115	\$115	\$138
ALTERNATIVE DINING (3 NIGHTS)	INCLUDED	\$60	\$90	\$60
TOTAL PER PERSON	\$5,662	\$6,181	\$7,433	\$7,213
SPEND PER DAY PER PERSON	\$566	\$618	\$743	\$601

Sources: Individual cruise line websites and reservation centers. Assumptions have been made on: Bar Drinks and Wine with Gratuities at \$25 per person/ per day (plus 15% gratuity), Frozen Drink/Soft Drinks/Bottled Water \$10 per person/ per day (plus 15% gratuity). All 2012 Regent Seven Seas Cruises voyages offer FREE Unlimited Shore Excursions. Holland America and Princess Cruises shore excursions are based on 2011 Regent Seven Seas Cruises published excursions. Shore Excursion costs are based on Regent Seven Seas Cruises AVERAGE cost by destination sample ports (\$139 pp Europe/\$90 pp Caribbean).



PRIME 7



VICTORIA, CANADA

2012 CANADA/NEW ENGLAND COMPARISON

CRUISE LINE	REGENT	HOLLAND AMERICA	CELEBRITY	PRINCESS
SHIP	<i>Seven Seas Navigator</i>	<i>ms Eurodam</i>	<i>Summit</i>	<i>Emerald Princess</i>
SAIL DATE	October 14, 2012	October 4, 2012	October 6, 2012	October 16, 2012
EMBARK PORT	New York	New York	New Jersey	New York
DISEMBARK PORT	Montréal	Québec	New Jersey	Québec
CRUISE NIGHTS	10	10	14	10
PORTS VISITED	10	9	8	9
SIZE OF SHIP (GUESTS)	490	2,104	2,034	3,070
GUEST TO CREW RATIO	1 to 1.4	1 to 2.3	1 to 2.0	1 to 2.7
SPACE TO GUEST RATIO	58.3	41.0	44.7	36.8
SUITE SIZE (SQ. FT.)	356	273-456	308	323
CATEGORY	Deluxe Suite — F	Superior Verandah — SY	Sky Suite — S1	Mini Suite — AE
CRUISE FARE	\$6,699	\$3,899	\$4,199	\$2,849
ADDITIONAL CHARGES				
GOVERNMENT FEES & TAXES	\$170	\$201	\$179	\$130
AIR FROM U.S. WEST COAST INCLUDING AIR CARRIER IMPOSED SURCHARGES AND OTHER TAXES	INCLUDED	\$953	\$400	\$1,004
GROUND TRANSFERS	INCLUDED	\$63	\$65	\$53
SHORE EXCURSIONS	INCLUDED	\$720	\$720	\$720
1-NIGHT PRE-CRUISE LUXURY HOTEL PACKAGE	INCLUDED	\$300	\$300	\$300
GRATUITIES/SERVICE CHARGES	INCLUDED	\$110	\$161	\$105
BAR DRINKS & WINE WITH GRATUITIES	INCLUDED	\$288	\$403	\$288
FROZEN DRINKS/SOFT DRINKS/ BOTTLED WATER	INCLUDED	\$115	\$161	\$115
ALTERNATIVE DINING (3 NIGHTS)	INCLUDED	\$60	\$90	\$60
TOTAL PER PERSON	\$6,869	\$6,709	\$6,678	\$5,624
SPEND PER DAY PER PERSON	\$687	\$671	\$477	\$562

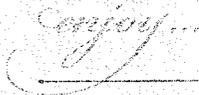
Regent Seven Seas Cruises' Fares listed are in U.S. dollars, per person, based on double occupancy. All fares and offers are for new bookings only, are capacity controlled and subject to availability, may not be combined with other offers and may be withdrawn at any time without prior notice. Cruise Ship Fuel Surcharge may apply and, if applicable, is additional revenue to Regent Seven Seas Cruises. 2-for-1 Fares are based on published Full Brochure Fares; fares may not include Personal Charges, Optional Facilities and Services Fees as defined in the Terms and Conditions of the Guest Ticket Contract. Full Brochure Fares may not have resulted in actual sales in all suite categories and may not have been in effect during the last 90 days. Air Inclusive Program applies to economy, roundtrip flights only from 22 select U.S. & Canadian gateways: ATL, DCA, EAT, DEN, DFW, EWR, FLL, MNL, IAD, IAH, JFK, LAX, LGA, MCO, MIA, MSP, ORD, PBI, PHL, PHLX, SAN, SEA, SFO, TPA, YUL, YVP, YYC and YYZ. Government fees and taxes of up to \$17 per person, per day are additional. Advertised fare includes air-rolled government taxes, surcharges and fees. Business Class Air upgrades, where offered, apply to international flights from the select U.S. & Canadian gateways. Air Inclusive Program and Air Upgrade offers are not combinable with 3rd and/or 4th guests in a suite. FREE Luxury Hotel Package applies to guests 1 and 2 only and includes breakfast, portage and transfers from the hotel to the ship. A supplement of \$300 per person applies for 3 or more guests. Regent Seven Seas Cruises reserves the right to cancel the availability of any hotel included in the package. FREE Unlimited Shore Excursion reservations are accepted on a first-come, first-served basis, and subject to availability. Restrictions apply and cancellations received 35 hours prior to shore excursion start date may incur penalties. Regent Seven Seas Cruises reserves the right to correct errors or omissions and to change any and all fares, fees, and surcharges at any time. Complete terms and conditions may be found in the Guest Ticket Contract available at www.RSSC.com. Ships' Registry, Bahamas and Bermuda. ©2011 Regent Seven Seas Cruises.



unwind...

IT'S ALL INCLUDED.

Regent Seven Seas Cruises adds the definitive all-inclusive amenity to your cruise experience a **FREE 1-NIGHT LUXURY HOTEL PACKAGE**. Air travel can be tiring and stressful, so in an effort to uncomplicate your travel experience, and with a charming sense of ease, we'll handle all the details once you land in your embarkation city.



• FREE pre-cruise 1-night luxury hotel stay*

• FREE transfers from the hotel to the ship

• FREE breakfast
• FREE portorage



explore...

IT'S ALL INCLUDED.

Only Regent Seven Seas Cruises offers **FREE UNLIMITED SHORE EXCURSIONS** in every port-of-call. And unlimited means you can take as many excursions in a day and during your entire voyage as time and your penchant for adventure allows.

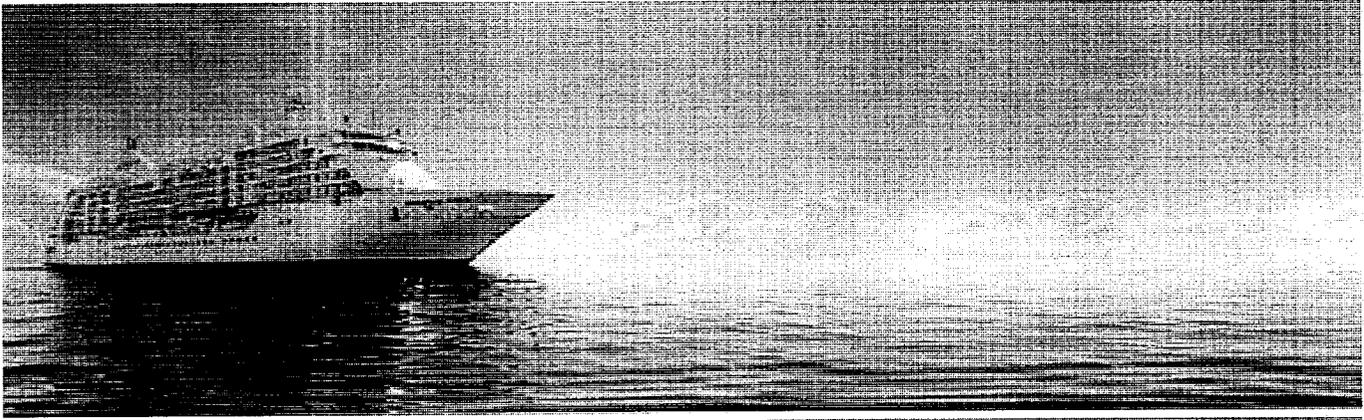


GUSTAVIA, ST. BARTS
TREKKING IN ST. BARTS
Originally \$179 now **FREE**

HALIFAX, CANADA
HISTORIC WALK & BREWERY TOUR
Originally \$99 now **FREE**

ROME (CIVITAVECCHIA), ITALY
THE COLORS & AROMA OF THE ETRUSCANS
Originally \$129 now **FREE**

SAINT-TROPEZ, FRANCE
WINE TASTING & PROVENÇALHILLTOP VILLAGE
Originally \$129 now **FREE**



OUR AWARD-WINNING FLEET

Regent Seven Seas Cruises Is The Only Luxury Cruise Line Whose Entire Fleet Was Voted Best Cabins By Avid Cruisers In 2011

World's Best Cruise Line

Condé Nast Traveler Readers' Choice Awards

Top-Rated Medium-Size Ship

Condé Nast Traveler Readers' Choice Awards

Best Mid-Size Cruise Line

Zagat

Best Cabins

Travel+Leisure World's Best Awards

Best Luxury Cruise Line

Porthole Magazine

Best Luxury Staterooms

Cruise Critic Editors' Picks Award

Best Cabins Small Ship

Cruise Critic Cruisers' Choice Awards



Regent

SEVEN SEAS CRUISES

THE REGENT EXPERIENCE

There are those for whom the sea is an adventure, not a retreat. The travelers who yearn for true exploration and discovery, there is Regent Seven Seas Cruises. Here, guests are treated to award-winning suites, service and itineraries. So what is it exactly that keeps us winning the awards?

- One of the best staff-to-guest service ratios in the cruise industry, exemplified by personal, intuitive service.
- The world's only all-suite, all-private veranda, with the highest percentage of private balconies of any cruise line or smaller, more intimate ships.
- A true all-inclusive experience featuring FREE Roundtrip Air, FREE Unlimited Shore Excursions, FREE Luxury Hotel Package, alternative dining options and no charge, and more.
- Entering 100+ ports to more than 300 ports around the continents, with access to more intimate ports than larger vessels.

Exhibit I

Exhibit I



TRAVELAGE WEST
 SAN FRANCISCO, CA
 WEEKLY 38,200
 OCT 9 2000

CRUISE

Canyon Ranch Heads for High Seas

Health resort plans to build two luxury spa cruise ships for a total cost of \$270 million

By Theresa Norton Masek

Canyon Ranch, the famed destination spa company based in Tucson, believes a natural extension of its business is to offer floating health resorts at sea.

The company has signed construction contracts with an Italian shipyard to build two 25,000-ton, 320-passenger vessels for a total cost of about \$270 million. The ships will be floating destination spas, as opposed to ships with onboard spas, said Gary Milner, director of new project development for Canyon Ranch.

"We feel a tremendous demand for spa ships," he said. "We've had guests tell us for years and we've had people in the cruise industry approach us about the idea repeatedly. So we know there are market forces interested in this."

While virtually all cruise ships have spas of various sizes and quality, Milner said the Canyon Ranch at Sea division will offer a complete destination experience not unlike that of its land resorts.

"We believe a ship represents the ultimate venue for a destination spa experience," he said. "It's a self-contained, immersion experience that affords a wonderful venue, without distractions, to work on self-actualization, self-improvement and to think and work on lifestyle issues. It seems conducive to the

destination spa experience."

Although the company originally dubbed the ships Quest I and Quest II, those names have been abandoned with new ones not yet determined.

The ships, to be built at Societa' Esercizio Cantieri in Viareggio, Italy, are scheduled for completion in summer 2002 and early 2003, Milner said.

The ships will have only oceanview suites, 90% with private balconies. The space ratio — an objective measurement of a ship's roominess calculated by dividing the gross registered tonnage by the number of lower berths — will be about 78.1, which currently would rank as the most spacious afloat. (Radisson Seven Seas Cruises'

Mariner, due out in March, is scheduled to have a space ratio of 71.4.)

The Canyon Ranch ships also are set to carry a staff of 300 for 320 passengers. Of the staff, about 120 will be spa and health professionals, company officials said.

Worldwide itineraries will be designed to attract new and existing clients. The cruises will also offer convenience.

"A number of people come to Canyon Ranch from the United Kingdom, and when we ask why they don't come more often or why their friends don't come, it comes

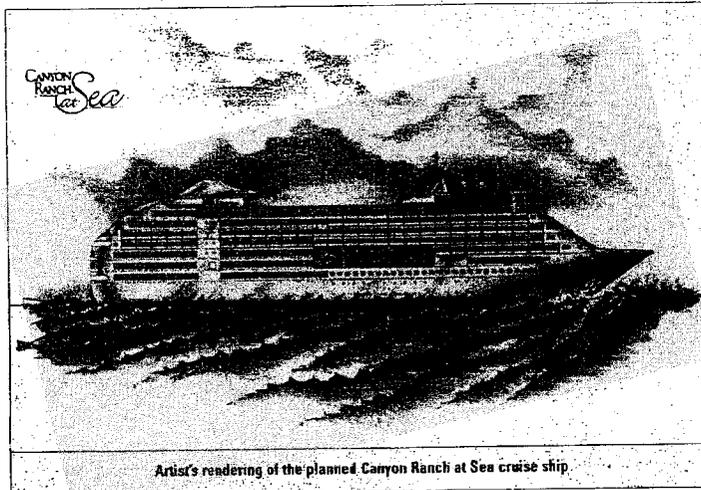
down to distance," Milner said. "They might love Canyon Ranch, but from the U.K. it's quite a trek. So we feel by positioning a ship in the Mediterranean, for example, the U.K. is just a short flight away, so we can really open up new markets with a predisposition to our product."

Although it is early in the development process to establish fares, Milner said agents can expect something in the neighborhood of \$5,000 a week for an outside veranda suite.

"As time goes on, it may be a little less or a little more, and that depends partially on



Gary Milner



Artist's rendering of the planned Canyon Ranch at Sea cruise ship.

what's going on in the industry two years from now," he said.

The Canyon Ranch vessels will have spas of about 54,000 square feet in size. "The largest I had heard of was 25,000 square feet, so we're not giving lip service," Milner said. "This really will be a spa ship."

The spa will have 35 massage, skin-care and body-treatment rooms; dozens of treadmills, stationary bicycles, stair machines and circuit-training machines; indoor and outdoor whirlpools; and steam rooms.

The ships will carry "floating lagoons" for swimming, sunning and water sports such as canoeing, kayaking and scuba diving. The ships will also carry 12-person underwater observation vehicles.

Other amenities on each ship will include a theater for first-run movies and educational presentations, a library, boutiques, meeting rooms, a cyber-cafe and a business center. The dining room and cafe will serve spa cuisine in open, single seatings. Wine will be served at dinner, and cocktails will be available on a limited basis.

In port, passengers will be able to engage in numerous physical activities, including hiking, mountain biking, golf, tennis, walking tours and cultural events.

Canyon Ranch expects to offer packages that will include the cruise, three meals daily, use of the fitness and spa facilities, gratuities and a selection of spa, sport and wellness services based upon the package selected. ■

Cosmetic World

NOVEMBER 26, 2001
VOLUME XXXVII
NUMBER 46

BULLETIN

FRAGRANCE FOUNDATION ELECTS NEW CHAIRMAN

Patrick Bousquet-Chavanne, group president, **The Estée Lauder Companies**, has been elected as the new board chairman of **The Fragrance Foundation**. He succeeds **Philip Shearer**, group president, **Estée Lauder International**, who resigned one year shy of serving his full term.

The newly elected members of the executive committee are: **Neil Katz**, president, **Liz Claiborne Cosmetics**, as first vice chairman; **Camille McDonald**, president & CEO, **Parfums Givenchy**, as second vice chairman; **Eric Thoreux**, president, **Coty Beauty Americas**, as third vice chairman; **Damas Thoman**, president, **Quest International**, as treasurer; and **Annette Green**, president, **The Fragrance Foundation**, as secretary.

Hilary Dart, president, **Calvin Klein Cosmetics**, and **Andrea Robinson**, president, **Ralph Lauren Fragrances Worldwide** have also joined the board.

IFF'S SHANGHAI CREATION

Last month **International Flavors and Fragrances (IFF)** opened its new China Technical and Creative Center in Shanghai, which will now replace Hong Kong as the location for headquarters of the company's Greater China operations. The 2,600-square-meter facility will also provide technical, creative, management, sales and marketing support.

LAUDER'S SPRING BITS AND BYTES

Estée Lauder brings makeup into the computer age this spring with the reportedly first-ever interactive CD-ROMs included in a gift with purchase (GWP). Inside the Spring 2002 GWP, consumers will find minis of the latest Lauder products, as well as one of seven CD-ROMs each with a different theme and an expert advisor offering makeup tips, techniques and product suggestions.

AVON'S GOT HEART

Avon Products, Inc. raised \$7 million in the first ten days of its sales of the **Avon Heart of America Pin**, with net proceeds funding children's programs for those affected by the events of September 11. Sales of the pin are still under way on **Avon.com** and through Avon independent sales representatives. One hundred percent of the proceeds will be distributed within six months of fundraising.

CANYON RANCH SETS SAIL

Canyon Ranch gets right into the swim of things as the company prepares to design and operate a spa, beauty salon, and wellness and fitness facilities aboard the **Queen Mary 2**. The SpaClub will occupy 20,000 square feet of the 150,000-ton ocean liner, **Cunard's** latest flagship, offering services fit for a queen.

REVLON HAS MOORE TO OFFER

Actress **Julianne Moore** has signed on with **Revlon** as one of the company's spokespeople. She will appear in various advertising campaigns with

the first television commercial breaking in January 2002. She will also partner with Revlon in their efforts dedicated to the fight against breast and ovarian cancer.

OOPS!

In last week's issue on page 818, **Friedrich Gerberding** was incorrectly listed as being with **Dragoco**. His correct corporate affiliation is **Fragrance Resources**.

TRAVEL AGENT

NEW YORK, NY
WEEKLY 51,504
NOV 19 2001

WEEK IN REVIEW MONDAY, NOVEMBER 19, 2001

Patriotic Ads

Bush Ads Delayed — Following the American Airlines crash in New York, the Travel Industry Association of America (TIA) delayed an ad campaign featuring President George W. Bush. The 30-second ads, developed by the TIA to encourage Americans to visit their own country, are part of a planned \$20 million campaign that will also be seen in the U.K., Europe, Asia and Canada. Ads will air Nov. 21, set back from Nov. 14.



Airlines

Airport Security — At press time an aviation security bill was close to being signed that would federalize airport security within 12 months, although airports could opt out of this arrangement within four years. A new security agency will also be created under the bill.

United Wants Stun Guns — United Airlines would install stun guns in all cockpits, should the FAA permit. The use of Taser weapons has been the source of major debate in Washington and the industry, with questions over the role of pilots as law enforcers and the presence of weapons onboard.

Car Rentals

ANC Bankruptcy — ANC Rental Corp., parent company of Alamo and National car rental firms, filed for Chapter 11 bankruptcy protection, listing assets of \$6.5 billion and debts of \$5.95 billion. Lawrence Ramaekers was recently named president of ANC to turn around ANC's business.

Travel Insurance

Access America — Access America limited supplier default coverage to a list of 84 travel companies. Call 800-284-8300 or visit [www.accessamerica.com].

Hotels & Resorts

AAA Gems — AAA gave its Five-Diamond Award to 12 hotels that haven't before received it: Raffles L'Ermitage Beverly Hills, Calif.; Beverly Hills Hotel; Four Seasons Hotel, Los Angeles; Four Seasons Resort Scottsdale at Troon North, Ariz.; Ritz Carlton, Washington, D.C.; Lodge at Sea Island Golf Club, St. Simons Island, Ga.; Ritz-Carlton, New Orleans; Bellagio, Las Vegas; St. Regis, Houston; Las Ventanas al Paraiso, San Jose del Cabo, Mexico; Four Seasons Resort Punta Mita, Mexico; and Ritz-Carlton Rose Hall, Jamaica.

Hotel Comeback — D.K. Shifflet and Assoc. says demand for the U.S. hotel industry will be down 6.2 percent for the first half of 2002, but will be up 3.7 percent for the second half. The lodging industry is expected to lose \$3 billion in revenue through December.

Cruises

Silversea Reassurance — Silversea Cruises launched its "Reassurance Program." Clients may cancel for any reason up to 14 days prior to their cruise and get a 100 percent future cruise credit certificate, valid for one year. The program is commissionable. Call 800-722-9955.

New Celebrity Head — Rick Sasso, president of Celebrity Cruises, will resign Jan. 1, and Jack Williams, president and COO of Royal Caribbean International (RCI) will head Celebrity, as well as RCI. Celebrity department heads will report directly to Williams, who will still oversee Royal Celebrity Tours; the brands remain separate.

QM2 Spa Plans — The Canyon Ranch health resort company will design and operate



the spa, beauty salon, wellness and fitness facilities on Cunard Line's Queen Mary 2, slated for delivery in December 2003. The ship will operate trans-Atlantic sailings, and other worldwide itineraries still being developed.

Surveys

Leisure Outlook Up — Yesawich, Pepperdine & Brown (YP&B), released results of a travel survey of 800 travelers Nov. 5 and compared the answers with polls taken Sept. 12 and Oct. 11. When asked if the events of Sept. 11 will influence future leisure travel plans, 22 percent said "yes" on Nov. 5, compared with 27 percent on Oct. 11 and 37 percent on Sept. 12.

Travel Technology

Expedia Holiday — Expedia has created a holiday travel center on its site to help travelers navigate in this new world of security procedures and changing travel policies. Called Holiday Travel Made Easy, the center is found at [www.expedia.com/holiday].

Orbitz News — 6.3 million unique visitors used the Orbitz travel site in October, up from 4 million in September, according to Nielsen/NetRatings. Orbitz also delivered its report to the Department of Transportation denying alleged antitrust violations.

ORBITZ

Rail

Amtrak Thanksgiving — Amtrak is adding 75,000 seats, 15 percent more capacity, in anticipation of its busiest Thanksgiving holiday ever. In Washington-Boston markets, it will operate all-reserved trains. The rail line is encouraging travelers to travel any other days than Wednesday and Sunday.

In Brief

Travel Guard will no longer cover supplier default for Aer Lingus and Global Leisure Travel and its subsidiaries. Pleasant Holidays will shortly announce its decision to leave the United States Tour Operators Association and to launch its own consumer protection plan. □

Business

ARIZONA DAILY STAR

ARIZONA DAILY STAR • SERVING TUCSON

TUCSON, AZ
TUESDAY 98,000
NOV 20 2001

Resort's SpaClub will be aboard the Queen Mary 2

Canyon Ranch to get sea legs

By Alan D. Fischer
ARIZONA DAILY STAR

Canyon Ranch will take to the high seas when the Queen Mary 2, the world's largest and most expensive ocean liner, begins service in December 2003.

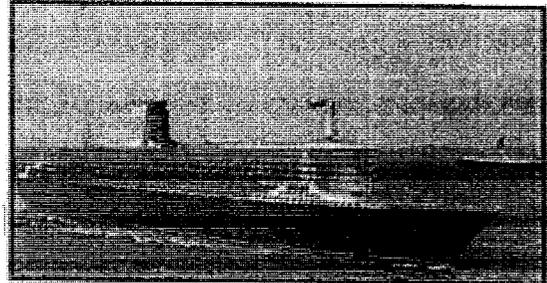
Canyon Ranch will design and operate SpaClub, 20,000 square feet of spa, wellness and fitness facilities aboard the ship, said Gayle Brady, vice president of spa operations and development at Canyon Ranch in Tucson.

The seagoing spa will have 51 Canyon Ranch staffers, positions in

which many of Canyon Ranch's 2,000 current employees have already expressed an interest, Brady said.

Canyon Ranch now operates destination resorts in Tucson and Lenox, Mass., and operates a SpaClub at The Venetian Resort in Las Vegas. The Queen Mary 2 SpaClub, part of the Canyon Ranch At Sea division, will be the firm's fourth property.

Edie Bornstein, vice president of business development for Cunard Line, said her company spent many months exploring partnerships for the ship's



Courtesy of Cunard Line
The yet-to-be built Queen Mary 2, as pictured in this artist's rendering, will be the world's largest, costliest ocean liner.

SEE SEA SPA / D6

SEA SPA

Canyon Ranch to offer health, gym service aboard Queen Mary 2

Continued from Page D1

health and fitness facility.

"We sincerely felt that of the plethora of options available, the Canyon Ranch At Sea option was the best for our product," Bornstein said. She said the two companies have a good fit and attract the same type of customer.

Although many ships offer spa and gym facilities, this deal marks the first time that a major spa company has partnered with a ship firm for an oceangoing facility, she said.

The SpaClub will offer massages and therapeutic body work, mud, aromatherapy and seaweed treatments, facials and masks, conditioning body scrubs and therapeutic body cocoons. There also will be a gym, weight room, juice bar, whirlpool, herbal sauna, Finnish sauna, reflexology basins and an aromatic steam room.

Brady said the facility will have 25 treatment rooms and will be able to accommodate about 1,650 passengers during a six-day cruise, with the average treatment lasting an hour.

"That's a lot of people for us to be able to share our Canyon Ranch experience with," she said.

Brady said Canyon Ranch will offer full packages that will include treatments, nutritional and exercise consultations, and other services.

In addition, other ship passengers will be allowed to partake on a per-service basis, Bornstein said.

The Queen Mary 2's primary itinerary will be six-day crossings between New York and Southampton, England, with some longer cruises scheduled.

The 150,000-ton ship will be 1,131 feet long, 131 feet wide and will cruise at 28.5 knots, or about 33 miles per hour. The ship will accommodate more than 3,000 passengers, with a crew of 1,253.

The \$800 million ship will be built at the Alstom Chantiers de l'Atlantique shipyard in Saint-Nazaire, France, Bornstein said.

Workers there will begin construction in January, and lay the keel in June, with a delivery date of December 2003, Bornstein said.

She said the spa area was designed specifically for the ship.

Brady said a seagoing spa offers some unusual design challenges. For example, massage tables must be oriented to fall in line with the direction of the ship's travel, because the other way may feel unsettling for people receiving massages.

Prices have not yet been set for traveling on the Queen Mary 2, or the Canyon Ranch SpaClub packages.

Contact Alan D. Fischer at 573-4175 or at afischer@azstarnet.com.

TRAVEL WEEKLY

SECAUCUS, NJ
MONDAY 50,511
NOV 19 2001

ARIZONA REPUBLIC

PHOENIX, AZ
WEDNESDAY 365,079
NOV 21 2001

**BUSINESS JOURNAL
(PHOENIX & VALLEY OF
THE SUN)**

PHOENIX, AZ
WEEKLY 14,900
NOV 23 2001

**Canyon Ranch
enters pact
for Cunard spa**

NEW YORK — Cunard Line unveiled an agreement with spa operator Canyon Ranch for the firm to design and operate the spa, beauty salon and fitness facilities aboard Cunard's 150,000-ton Queen Mary 2, scheduled to enter service in December 2003.

The Canyon Ranch SpaClub will encompass 20,000 square feet of spa and fitness space and feature a thalassotherapy pool, 24 treatment rooms and a "thermal suite" that includes an herbal sauna, Finnish sauna and an aromatic steam room.

Also, Canyon Ranch chefs will design spa selections for various Queen Mary 2 restaurants.

The Queen Mary spa will be Canyon Ranch's first ship-board project.

**Tucson spa to open
facility on cruise ship**

Tucson-based Canyon Ranch will design and operate a 20,000-square-foot spa on the world's most expensive ocean liner.

Although many ships offer spa and gym facilities, the deal with the Queen Mary 2 marks the first time that a major spa company has joined with a cruise line for an oceangoing facility, said Gayle Brady, vice president of spa operations and development at Canyon

Ranch in Tucson

Canyon Ranch now operates destination resorts in Tucson and Lenox, Mass., and operates a SpaClub at the Venetian Resort in Las Vegas.

The SpaClub will employ 51 Canyon Ranch staff members. It will have 25 treatment rooms and will accommodate about 1,650 passengers during a six-day cruise, with the average treatment lasting an hour.

The Queen Mary 2 is scheduled to set sail in December 2003. The primary itinerary will be six-day crossings between New York and Southampton, England, with some longer cruises scheduled.

Tucson spa is jumping in

Tucson's world-renowned Canyon Ranch spa has been selected to design and operate the spa, beauty salon, wellness center and fitness facilities on-board the cruise ship Queen Mary 2.

The Queen Mary 2 is slated to be the flagship of the Cunard Line when the 150,000-ton ocean liner enters service in late 2003.

The 20,000-square-foot spa will feature 24 treatment rooms and employ 51 people.

Canyon Ranch opened a facility at The Venetian Resort in Las Vegas in 1999. It operates a destination spa in Lenox, Mass., in addition to the original location in Tucson.

NEWSDAY (NASSAU
EDITION)

LONG ISLAND, NY
SUNDAY 565,979
NOV 18 2001

ON THE GO

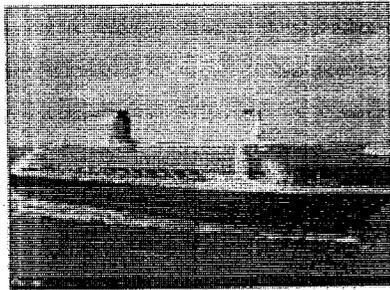
By Rhoda Amon

STAFF WRITER

QM2 IS COMING WITH A BIG SPA

The Queen Mary 2, billed as "the greatest liner of the new century," is off the drawing boards and expected to go to sea by December 2003.

The 150,000-ton luxury liner, first new ship to be built by the Cunard Line in 30 years, will not only be the world's largest and widest passenger ship, it's expected to host the world's most com-



AP Photo

An artist's rendering of Cunard's new Queen Mary 2, expected to sail by December 2003.

plete seagoing health spa.

Cunard, builder of big ships since the first Queen Mary was launched in 1936, has engaged Canyon Ranch health resorts to design and operate a two-deck, 20,000-square-foot spa and fitness center.

The emphasis on health and fitness is a departure from the usual show biz-and-games fare of most ocean vessels, according to Deborah Natansohn, the line's senior vice president for worldwide sales and marketing, who announced the spa connection in New York this week. Fitness, she said, is "a principal point in today's lifestyle, not a secondary one."

The beauty of spa life aboard ship, she explained, is that it doesn't have to be an all-consuming occupation as might a visit to a land-based spa. While one passenger may be luxuriating in one of the ship's 24 massage and body care treatment rooms, "we'll keep the rest of the family entertained," Natansohn said.

The spa will also include a gymnasium, weight training room, co-ed Thalassotherapy pool, deluge waterfall, massage jet benches, Finnish sauna and aromatic steam room.

Besides the spa, the four-football-field-long ship will have five duplex apartments (served by a butler) and four deluxe penthouses overlook-

ing the ship's bow. The QM2 will have "more cerebral" activities than wall-climbing, said Alycia Oliphant, regional sales manager.

However, in the wake of the Sept. 11 attacks and the consequent slow-down in bookings, she's finding travelers most bent on "getting a deal."

One recent caller said she wanted to book a cruise on the QE2 for four people but she "would not pay for the third and fourth person — will you accept my booking?" Oliphant worked out a compromise with the deal-hunter.



TARA MANDY

Home for the Holidays

Booking a hotel room in Manhattan during the holidays is never easy: Accommodations often sell out weeks in advance, and the few available rooms can cost up to three times their regular rates. But with this season's shaky travel

Cruising Speed

The cruise industry is slowly shedding its less-than-hip image with the launching of stylish new ships and more interesting itineraries. Worth noting are Continental Waterways' new luxury barge, the *M.S. Paraguay*, which will soon cruise the Paraguay River, accommodating

50 passengers in comfy rooms decked out with sofas, writing desks, and TVs (www.continentalwaterways.com; from \$1,690 per person). Windstar Cruises, known for its upscale journeys aboard sailing yachts, brings the 308-passenger *Wind Surf* (pictured) back to the States after a decade abroad.

Starting January 13, seven-day cruises to the Florida Keys and Bahamas will depart Sundays from Fort Lauderdale (800-258-7245; from \$1,295 per person). And in 2003, Cunard launches its \$800 million *Queen Mary 2*, transporting passengers between New York and Southampton, England, in high style with huge suites and high-tech amenities, plus a full-scale Canyon Ranch spa. (To get on the waiting list, call 800-528-6273.)

climate, not only are rooms available but some are downright affordable. The Stanhope's (212-774-1234) romantic ambience usually means Christmastime rates between \$395 and \$425, but it is booking rooms this year from just \$245 a night. At the Royalton (212-869-4400), rates after December 15 start at \$195 (\$265 on New Year's Eve), and the W hotels (877-946-8357)

DEAL OF THE WEEK

Thanks to a major renovation, Tobago's Blue Haven Hotel (featured in last month's "Island Escapes" issue) has updated the classic, elegant charm that lured celebrities back in the forties. Call this month and get a free room upgrade plus dinner for two and a free massage when you mention this page (868-660-7400).

are offering rooms from \$199 a night, a bit more on New Year's Eve. Even the Plaza (212-759-3000) and the Waldorf (212-355-3000) still have plenty of beds available for the holidays.

Rooms at the Plaza start at \$324 (down from \$500), while the Waldorf's rates are as low as \$159 over Christmas, or \$299 on New Year's Eve.

Hawaiian Lei Overs

If you've always wanted to visit those Hawaiian getaways that cater to superstars like Bruce Willis, Tiger Woods, and Steven Spielberg, now's your chance: Many of Hawaii's

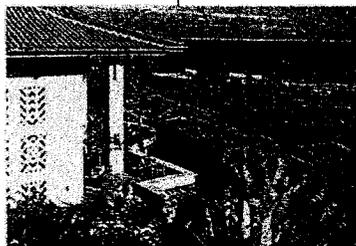


HAVE A BLUE CHRISTMAS: GREAT ROOMS AT Tobago's classic Blue Haven Hotel

most spectacular resorts are brandishing tantalizing deals in order to lure reluctant visitors this winter. (Yes, you'll have to fly, but at least you'll still be in one of these United States.) The Hyatt Regency Maui Resort and Spa (pictured; 808-742-1234) is offering more than 50 percent off on ocean-view rooms throughout January, and at the Sheraton Maui (800-782-9488; mention "Fallsave Rate"), you can book one for \$265 (normally \$500). Also, the Grand Wailea Resort and Spa (800-888-6100) has knocked \$100 off its rates, while the Kahala Mandarin Oriental (800-367-2525), the Fairmont Kea Lani Maui (800-441-1414), and the Four Seasons Resort Hualalai (888-340-5662) have all extended their fall deals by tossing in extras like free nights, breakfast, or car rentals. Be prepared for some Christmas and New Year's blackouts, and if you need a travel agent to sort through the best deals, we

recommend Robbie Brandt at HNL Travel Associates (808-591-2011).

AMY BOSHACK



beta-peeled complexes (60 Sloane Avenue; 011-44-207-

etc.

GUIDING BITE This month, Zagat introduces its first *Europe's Top Restaurants Guide*, covering 25 cities and announcing the best (Paris) and worst (London) dining towns (\$12.95). **VIRGIN TERRITORY** Peter Island Resort, the British Virgin Islands' most luxurious private-island hideaway, kicks off the winter season with twenty revamped beachfront suites. Starting at \$660 a night, the entirely redone rooms flaunt huge ocean-view windows, Jacuzzis, and gorgeous Mediterranean-tile frescoes (800-346-4451). **THE PEEL DEAL** Thanks to BlissSpa's brand-new London outpost, New York's pampered jet-setters don't have to fly back home to maintain their oxygen-blasted, alpha-

584-3888). **DESERT COZE** Le Bernardin's Maguy Le Coze and chef Eric Ripert have just opened a sister restaurant, Azur, at California's La Quinta Resort & Club in Palm Springs. Expect the same easy ambience and brilliant take on seafood (760-777-4835). **OVER THE RIVER** The Woolverton Inn in Stockton, New Jersey—about five minutes from New Hope—debuts four new luxury cottages, featuring cathedral ceilings, two-level suites, Whirlpool baths, and even one fireside hammock (from \$225; 888-264-6648).

TRAVEL WEEKLY

SUTTON, SURREY, EN
WEEKLY 16,500
NOV 26 2001

IN BRIEF

■ COSTA TARGETS FAMILIES WITH 'KIDS GO FREE' DEAL

Costa Cruises is targeting the family market with a 'children go free' offer on its Christmas Canary Islands cruise. The company aims to stimulate interest from families in the UK and the introduction of *Victoria* would give the company an opportunity to test the market. Prices lead in at £770 per person and children up to 16 years old cruise for free but pay £160 each to cover flights.

■ FESTIVAL OFFERS 15% EARLY-BOOKING DISCOUNT

Festival Cruises is offering a reduction of 15% for bookings made before January 2 on its Spectacular Voyage. The two-week programme, departing from Venice on May 4, includes calls at Messina, Pylos, Canakale, Epidaurus, Ithaca, Amoudia and Parga. Prices lead in at £1,270 per person.

■ CANYON RANCH TO OPERATE SPA ON QUEEN MARY II

Cunard has appointed Canyon Ranch health resorts to design and operate the spa on its new ship *Queen Mary II*. It will include spa and fitness facilities located on two decks of the 150,000-tonne vessel, due to enter service in January 2004.

ARIZONA DAILY STAR

TUCSON, AZ
TUESDAY 98,000
DEC 18 2001

Business

Tucson Industry

TOURISM

► **Canyon Ranch** will operate the spa, beauty salon, wellness and fitness facilities at the **Gaylord Palms Resort and Convention Center** in Kissimmee, Fla., to open in February. Canyon Ranch SpaClub at Gaylord Palms will employ 70 people. The spa will feature a 20,000-square-foot spa, including 25 massage, body and skin treatment rooms, wellness and fitness facilities, and a full-service beauty salon. Canyon Ranch has a SpaClub at The Venetian Resort in Las Vegas, and will operate spa facilities in late 2003 on board the **Queen Mary 2**, a luxury cruise liner from Cunard Line. Gaylord Palms is a 1,406-room destination resort within five minutes of the main gate of the Walt Disney World Resort.

MODERN SALON

LINCOLNSHIRE, IL
MONTHLY 127,757
JANUARY 2001

ENDPAPERS

6740A

- ▶ **THE MAN SHOW:** "A dark room and music playing and you're sitting there in your underwear. It's not a guy thing; it's just total exposure," whines client Steve Kent, a Goldman, Sachs and Co. analyst who had just experienced his first spa day. Kent's comments were part of a *Wall Street Journal* report on the **surge in male spa services**. Women still account for 80 percent of spa goers, however, which means "spa directors find themselves analyzing fear of massage and offering male-modesty products such as disposable boxer shorts."
- ▶ **WATER THERAPY:** If you're already onboard the spa boat, do we have a cruise for you. Canyon Ranch resorts and spas have announced plans to launch two customized, five-star ships that will feature more than 50,000 square feet of state-of-the-art gyms, massage and treatment rooms, jogging track, rock climbing wall and a fully staffed Health and Healing Center. **One-third of each ship's 300-member crew will be spa professionals**, and each cruise will accommodate a maximum of 320 guests. The only bad news? A two-year wait for the boats to be built. To request more information and be one of the first to ship out, visit www.canyonranch.com.
- ▶ **SPA SCHTICK:** How far is too far to go in concocting and promoting signature services? Whatever draws—and keeps—clients is, in our book, smart marketing. The editors of *Newsweek* magazine's trends section, however, think **some spas may be slathering it on** a little thick with the regional theme thing. They report clients can get a **Whipped Cocoa Bath** at the Hotel Hershey in Pennsylvania; a **Grape Seed Scrub** followed by vintage Chardonnay cream at the Meadowood Napa Valley resort in California; and, in Dallas, they can be basted in a warm sauce of tomato, cayenne pepper, paprika and brown sugar at the Hotel Crescent Court as part of that spa's **Texas Cornmeal Scrub and Honey Barbecue Wrap**. (So, what we want to know, is lunch served with any of those services? Or simply included?)

spa news management

FEBRUARY 2001

United Kingdom

spa news

canyon ranch sails away

Canyon Ranch, the US-based spa company, has signed a deal to build two 'floating health resorts' by 2003.

The two luxury cruise ships will feature 50,000sq ft of fitness, wellness and spa facilities, including 35 massage, skincare and body treatment rooms, beauty salon, movement therapy and Pilates studio, Spinning gym, jogging track, climbing wall, swimming pools, whirlpools, steamrooms and wellness offices.

One third of the 300-member crew will be spa profes-

sionals and health experts, and personal trainers will be available for one-to-one instruction.

Each 25,000 ton vessel will also have a 12-person underwater observation vehicle for exploring the sea, and a floating lagoon for swimming and watersports such as canoeing, sea kayaking and scuba diving.

Mel Zuckerman, founder, president and CEO of the group, says: "Since its founding in 1979, Canyon Ranch has been dedicated to creating a vacation experience that educates and motivates guests to



adopt healthier lifestyles. With Canyon Ranch at Sea we will be able to give people who love to cruise, the opportunity to experience a healthy vacation with long-lasting benefits."

Canyon Ranch has two health resorts in the States, in

Tucson, Arizona and Lenox, Massachusetts. In 1999 it opened a SpaClub in the Venetian resort, Las Vegas. *Gourmet* magazine voted Canyon Ranch the world's number one destination spa. See www.canyonranch.com

NewsRoom

3/1/02 Cruise Travel 41
2002 WLNR 14112709

Cruise Travel
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March 1, 2002

Volume 23; Issue 5

QM2 spa to Canyon Ranch. (Cruise News).

Cunard Line has selected world-famous Canyon Ranch health resorts to design and operate the spa, beauty salon, wellness, and fitness facilities onboard its new \$800-million flagship, the Queen Mary 2. The extraordinary 150,000-gross-register-ton vessel is expected to enter service in December 2003 as the largest cruise liner ever.

The QM2 will measure 1,132 feet in length and 237 feet in height from keel to funnel top, with beam of 135 feet, making her not only the longest, but also the widest passenger ship in the world. The ship's health club--Canyon Ranch SpaClub--will feature 20,000 square feet of state-of-the-art spa and fitness facilities located on two decks and employing a staff of 51.

For more information contact your travel agent or Cunard Line (Cruise Travel Magazine), 6100 Blue Lagoon Dr., Miami, FL 33126; or log on to www.cunardline.com.

--- Index References ---

Company: CRUISE AND VACATION SHOPPES; CUNARD LINE LTD

Industry: (Water Transportation (1WA23); Ocean Shipping (1OC22); Transportation (1TR48); Travel & Tourism (1TR07); Passenger Transportation (1PA35); Passenger Cruises (1PA13))

Region: (North America (1NO39); Florida (1FL79); Americas (1AM92); USA (1US73))

Language: EN

Other Indexing: (CRUISE; CRUISE NEWS; QUEEN MARY) (Cunard Line) (United States)

Keywords: (Travel, recreation and leisure); (Contracts); (Health facilities); (Health facilities - Management)

Company Terms: CUNARD LINE LTD; CANYON RANCH (TUCSON ARIZONA)

Word Count: 172

End of Document

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NewsRoom

NewsRoom

12/18/03 Boston Herald 69
2003 WLNR 636376

Boston Herald (MA)
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December 18, 2003

Section: Travel

Famed spa launches branch on new liner

Fran Golden

Canyon Ranch spa in Lenox boasts a bucolic Berkshires setting and programs that promote health, both of the mind and the body. The original Canyon Ranch in Tucson, Ariz., does the same in a desert setting. Day spa offshoots have been introduced at hotels in Las Vegas and Orlando, Fla.

And now Canyon Ranch is heading out to sea.

When Cunard's Queen Mary 2 debuts next month as the largest passenger ship ever, the oceanliner will boast, among other things, the first floating Canyon Ranch SpaClub.

Darryll S. Leiman, director of cruise operations for Canyon Ranch, said the idea is to give QM2 passengers a sampling of what Canyon Ranch is all about.

"They will get a taste of Canyon Ranch and hopefully will get positively turned on to try a bit more," he said.

The big, two-deck spa on the QM2 will offer a full menu of treatments, exercise classes and lectures to promote a "positive lifestyle."

The space has been designed with water in mind, with designers incorporating unique water features throughout, emphasizing the healing and therapeutic benefits of water and heat.

Facilities will include an Aqua Therapy Centre (there's a usage fee that is waived if you book a treatment) with a massage pool, a whirlpool and a Thermal Suite area with steam room and saunas. There's even an area where you can rub yourself with crushed ice.

The spa staff will number 50, including personnel from the Canyon Ranch operations in Tucson and Las Vegas, and new recruits from eight countries including Thailand, New Zealand, South Africa and Australia - in some of these countries, Canyon Ranch has set up schools to educate workers on what Leiman termed "Canyon Ranch philosophy."

Famed spa launches branch on new liner, 2003 WLNR 636376

Visiting speakers will come from the land-based properties and spend a week at a time onboard , offering workshops and lectures in their area of expertise - mind power, prevention of illness, nutrition and so forth. Always onboard will be an acupuncturist and nutritionist/weight loss therapist.

On most cruise ships, exercise classes are offered in the early morning and late afternoon. Classes on the QM2 will be every hour and will range from aerobics and toning to aqua classes and tai chi. All classes will be free, as is use of the ship's state-of-the-art gym, which will have a separate weight room.

Treatments are priced comparably to what Canyon Ranch charges in Las Vegas and Orlando - a signature Canyon Ranch Massage will cost \$99 on port days and \$119 on sea days, including gratuities.

Canyon Ranch has received Thai government approval to have sanctioned Thai therapists onboard offering real Thai massage, something Leiman said has never been done on a cruise ship.

The QM2's spa will have a beauty parlor and facial area, with Canyon Ranch products for sale (when you get a facial at Canyon Ranch the service includes a prescriptionlike form recommending products, but there is no hard sell).

Guests in the QM2's top level Queen's and Princess suites will be able to prebook treatments before they arrive at the ship, a move designed to lessen the typically long lines as passengers sign up for treatments. In a further move to eliminate the lines, the spa will have nine reservations terminals, Leiman said.

Passengers on the QM2 also will be able to get a taste of Canyon Ranch, literally, with restaurants on the ocean liner featuring Canyon Ranch menu items - the spa company has shared 123 of its signature recipes.

At the land-based spas, part of the Canyon Ranch experience is getting outdoors and enjoying the fresh air while participating in an organized activity. During port calls, the QM2's tour desk will also offer Canyon Ranch-branded activities - hiking and biking included - accompanied by a Canyon Ranch staff person as well as a professional guide.

Canyon Ranch has toyed with the idea of launching its own cruise line, but for now has no plans to expand to other ships, Leiman said.

For Queen Mary 2 reservations, call your travel agent or 800-7-CUNARD, or go to www.cunard.com.

Caption: SP-AHHH: An artist's rendering of the new spa promises luxury.

--- Index References ---

Region: (Thailand (1TH74); Indo China (1IN61); USA (1US73); Americas (1AM92); North America (1NO39); Far East (1FA27); Asia (1AS61); Nevada (1NE81))

Language: EN

Other Indexing: (AQUA THERAPY CENTRE; CUNARD; QUEEN; QUEEN MARY; THERMAL SUITE) (Canyon; Canyon Ranch; Canyon Ranch Massage; Darryll S. Leiman; Facilities; Famed; Guests; Leiman; Ranch; Visiting)

Edition: All

Word Count: 823

Famed spa launches branch on new liner, 2003 WLNR 636376

End of Document

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2004 WLNR 6217982

USA Today (USA)
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January 8, 2004

Section: LIFE

Queen Mary 2 to cross Atlantic in grandeur

Gene Sloan

England's Queen Elizabeth II will kick off a new era in luxury cruising today when she christens the first new ocean liner in three decades and the largest one ever built.

Cunard's Queen Mary 2 is more than twice the size of its predecessor, the Queen Elizabeth 2, and can carry up to 2,620 passengers, an anomaly in today's luxury cruise market of boutique ships in the 200- to 600-person range.

"This is really something different," says Mike Driscoll, editor of industry newsletter Cruise Week. "It almost has as much capacity as all the other luxury ships combined."

Being unveiled in a ceremony in Southampton, England, the ship is designed to reinvigorate the tradition of elegant trans-Atlantic crossings, which faded with the Jet Age.

Stretching 1,132 feet, nearly as long as four football fields, it will offer amenities such as the first planetarium at sea, a Veuve Clicquot champagne bar, Chanel and Dunhill shops and a "pillow concierge" offering nine kinds of pillows. The largest spa at sea will be run by industry leader Canyon Ranch, famed chef Daniel Boulud designed the menus, and Britain's Royal Academy of Dramatic Arts heads up shows.

Still, some wonder if luxury can be delivered on such a mass scale. "That's the great unknown," Driscoll says.

Another question mark is whether Cunard can continue to fill a ship this big after the initial excitement wears off.

Travel agents say bookings have been stronger than expected. But to succeed, the line will have to maintain the momentum without resorting to the steep discounting that has plagued the rest of the industry.

Prices start around \$1,500 a person for six-night trans-Atlantic crossings and rise to as much as \$25,000 a person for the most luxurious suites.

Cunard president Pam Conover says the success of the ship's predecessor, the Queen Elizabeth 2, proves the demand for lazy, six-day crossings of the Atlantic. And the grandeur of the new Queen Mary 2 will draw an even bigger pool of voyagers. "In today's fast-paced world, to be able to take six days off to relax is very appealing," she says.

Queen Mary 2 to cross Atlantic in grandeur, 2004 WLNR 6217982

Security will be tight Monday when the Queen Mary 2 sets sail on its 14-day maiden voyage to Fort Lauderdale. But Cunard says that, contrary to weekend news reports, it hasn't received terrorist threats against the ship.

GRAPHIC, Color, Alejandro Gonzalez, USA TODAY, Sources: National Park Service, PBS.org, Cunard (DIAGRAM)

— Index References —

Company: VEUVE CLICQUOT; SOURCES

Region: (United Kingdom (1UN38); Europe (1EU83); England (1EN10); Western Europe (1WE41))

Language: EN

Other Indexing: (NATIONAL PARK SERVICE; NEW QUEEN MARY 2; PBS; QUEEN; QUEEN MARY; QUEEN MARY 2; ROYAL ACADEMY OF DRAMATIC ARTS; SOURCES; USA; VEUVE CLICQUOT) (Alejandro Gonzalez; Canyon Ranch; Chanel; Cunard; Daniel Boulud; Driscoll; Dunhill; England; Mike Driscoll; Pam Conover; Prices)

Edition: FINAL

Word Count: 481

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American Fitness
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September 1, 2004

Volume 22; Issue 5

All aboard! From top-notch fitness equipment to soothing spa treatments,
Canyon Ranch SpaClub on the Queen Mary 2 has something for everyone.

It should come as no surprise that Cunard's Queen Mary 2, one of the most luxurious cruise ships in the world, features a state-of-the-art fitness, spa and beauty facility. Occupying parts of two deck and with a staff of over 50, the 20,000-square-foot SpaClub was designed and is operated by Canyon Ranch, a health resort company known for its luxury facilities devoted to healthy living. With every amenity of the finest day spas and features not found anywhere else, the Canyon Ranch SpaClub has something for every passenger, from top-of-the-line fitness equipment to soothing body treatments.

Health and Wellness

Fitness enthusiasts can be adamant about maintaining their exercise routines during travel. Even while on a cruise ship, people who work out regularly want access to fitness equipment. Most prefer the same premium equipment they use in their local health clubs, so they can get a gym-quality workout even when at sea. Therefore, Cunard outfitted the Canyon Ranch SpaClub's fitness facility with more than 50 cardiovascular and strength-training exercise machines from Life Fitness, an exercise equipment manufacturer known for the sophisticated design, superior performance and accessibility of its products.

The extensive array of cardio equipment includes treadmills, total-body elliptical cross-trainers, upright and recumbent Lifecycle exercise bikes and stairclimbers. These feature heart-rate monitoring, various speed and elevation settings as well as a variety of workout programs to help keep exercisers interested and motivated. Strength-training equipment includes a wide range of selected equipment, benches and racks from Life Fitness' Cable Motion, Club Series, Fit Series, Hammer Strength, Pro Series and Pro2 SE Scrics lines.

Certified fitness instructors conduct daily group and private fitness, yoga and tai chi classes. Additionally, Canyon Ranch experts perform fitness assessments and body composition analysis, create customized exercise programs and present workshops addressing healthy living topics, such as lifestyle change, stress management, smoking cessation, healthy aging and disease prevention.

Spa Treatments and Packages

Passengers can experience a multitude of rejuvenating spa treatments. The facility is equipped with 24 treatment rooms for massages, therapeutic bodywork, facials, conditioning body scrubs and cocoons. Massage choices include aromatherapy, lymphatic, reflexology, shiatsu, sports, Swedish and Thai. Couples can also schedule side-by-side massages. Facials include Canyon Ranch Signature skin care treatments, such as The Classic Canyon Ranch Facial, aromatherapy facial, aqua-lift

replenishing facial and men's fitness facial. There's also a rosacea/sensitive skin treatment, self-tanning treatment and facial as well as body waxing. For total-body treatments, passengers may select from among Canyon Ranch's Mango Sugar Glo Body Scrub, mineral salt scrub, grape seed scrub or deluxe conditioning body scrub. Alternatives to the body scrubs include Euphoria, a 100-minute full-body treatment, Cocoon, a 50-minute body conditioning treatment, and Aroma Boosters, 50-minute treatments that promote physical and emotional well-being and include Anti-Aging, Detox Body, Renewal and Travel Fatigue.

Thermal and Aqua Therapies

Knowing the therapeutic benefits of water and heat, SpaClub designers incorporated unique water features throughout the facility. The Aqua Therapy Centre features a 30-by-15-foot co-ed thalassotherapy pool with airbed recliner lounges, neck fountains, a deluge waterfall and an air tub with body massage jet benches. The pool area also has a whirlpool and extensive thermal suite featuring herbal and Finnish saunas, reflexology basins, sensory showers, aromatic steam room and ice fountain.

The SpaClub also offers the exotic Rasul ceremony, a Canyon Ranch signature treatment. This medicinal mud and steam therapy, which takes place in an ornately tiled steam chamber, is derived from an ancient Middle Eastern cleansing ritual.

Queen Mary 2

Billed by Cunard as a veritable city at sea, the Queen Mary 2 measures 1,132 feet in length, making it the largest ship in the world. It weighs 151,400 gross tons and cost \$800 million to build. With 14 passenger decks, the vessel is loaded with the finest amenities, including 10 top-notch dining facilities, the world's first planetarium at sea, a two-story theater, a casino, five indoor and outdoor swimming pools, hot tubs, boutiques, children's facilities as well as the largest ballroom, library and wine collection at sea.

--- Index References ---

Company: CANYON RANCH ENTERPRISES INC

Industry: (Sports Equipment (1SP85); Water Transportation (1WA23); Cosmetics & Fragrances (1CO83); Entertainment (1EN08); Transportation (1TR48); Passenger Transportation (1PA35); Sports (1SP75); Consumer Products & Services (1CO62); Skin Care (1SK78); Personal Care & Beauty Aids (1PE87); Passenger Cruises (1PA13))

Language: EN

Other Indexing: (AQUA THERAPY CENTRE; CANYON RANCH; CANYON RANCH SPA CLUB; CLASSIC CANYON RANCH FACIAL; CLUB SERIES; CUNARD; DETOX BODY; MANGO SUGAR GLO BODY SCRUB; MOTION; QUEEN MARY; QUEEN MARY 2; SPA CLUB) (Aging; Aqua Therapies; Aroma Boosters; Certified; Cocoon; Couples; Fit Series; Hammer Strength; Middle Eastern; Occupying; Pro Series; Renewal; Treatments) (United States)

Keywords: (Sports and fitness); (Passenger Ships); (Health Clubs & Spas); (Services information); (Cruise lines); (Cruise lines - Services); (Health clubs); (Health clubs - Services)

Product: Deep Sea Transportation Of Passengers; Physical Fitness Facilities; Deep Sea Passenger Transportation; Fitness and Recreational Sports Centers

Sic: 4481; 7991

Naics Code: 483112; 71394

Word Count: 911

All aboard! From top-notch fitness equipment to soothing..., 2004 WLNR 22411284

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NewsRoom

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7/9/06 Chi. Trib. Q8
2006 WLNR 11830988

CHICAGO TRIBUNE
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July 9, 2006

Section: Q

RESOURCES

Verna Noel Jones

A shipshape body

Cruises aren't just about lounging around and stuffing your face anymore. Today luxury liners compete to offer the best in fitness and nutrition, reports a feature in the July issue of Shape.

Here are the four cruise ships that win the magazine's top fitness rating:

- Costa Concordia: The wellness and fitness center covers two decks, and you can even book a cabin inside the Samsara Spa (costacruises.com).
- Cunard Queen Mary 2: The luxury liner hosts a ship-worthy version of the prestigious Canyon Ranch SpaClub, and its fitness center is loaded with strength and cardio equipment (cunard.com).
- Disney Magic: The Vista Spa and fitness center boasts pilates rooms, cycling classes and loaner iPods (disneycruise.com).
- Royal Caribbean Freedom of the Seas: Besides a massive 12,000-square-foot gym, this ship has an ice-skating rink, a boxing ring and a FlowRider surfing simulator (freedomoftheseas.com).

Signs of oral cancer

When actress Blythe Danner's husband, Bruce Paltrow, grew increasingly hoarse, neither he nor his wife realized it was a symptom of oral cancer. He died from it because they didn't recognize the problem until it had progressed too far.

Detected early, however, oral cancer has a high cure rate, Danner says in the July 11 issue of Women's Day. She is reaching out to educate others about this disease, which is diagnosed in about 40,000 Americans annually and kills more than 7,000.

Symptoms to watch for:

- Sore throat or lingering mouth pain.

RESOURCES, 2006 WLNR 11830988

- Trouble or pain with swallowing.
- Prolonged hoarseness.
- Ear pain.
- Unhealed sore or lump.
- Blocked sinuses that won't clear.

For more information, visit oralcancerfoundation.org.

Alzheimer's help

If your loved one is among the estimated 4 million Americans living with Alzheimer's disease, the July issue of the Mayo Clinic Health Letter recommends the following resources:

- Family Caregiver Alliance. Visit caregiver.org or call 800-445-8106.
- National Institute on Aging's Alzheimer's Disease Education and Referral Center. Visit www.nia.nih.gov and click on the Alzheimer's information link, or call 800-438-4380.
- "Mayo Clinic Guide to Alzheimer's Disease." For a copy of this book, call 877-647-6397, or order it at bookstore.mayoclinic.com.

— **Index References** —

Company: REFAC (OLD); RESOURCES

News Subject: (Health & Wellness (1HE60); Aging & Elderly (1AG22); Health & Family (1HE30))

Industry: (Transportation (1TR48); Alzheimer's Disease & Dementia (1AL59); Healthcare (1HE06); Geriatrics (1GE28); Water Transportation (1WA23); Neurology (1NE95); Healthcare Practice Specialties (1HE49); Passenger Cruises (1PA13); Passenger Transportation (1PA35))

Language: EN

Other Indexing: (CANYON RANCH SPACLUB; FLOWRIDER; MAYO CLINIC GUIDE; MAYO CLINIC HEALTH LETTER; NATIONAL INSTITUTE ON AGING; REFERRAL CENTER; RESOURCES; SAMSARA SPA; VISTA SPA) (Alzheimer; Blocked; Blythe Danner; Bruce Paltrow; Danner; Ear; Prolonged; Royal Caribbean Freedom)

Keywords: BRIEFS; HEALTH; GUIDELINE (QUALITIES OF LIFE)

Edition: Chicagoland Final

Word Count: 447

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2007 WLNR 19359882

Baltimore Sun (MD)
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September 30, 2007

Section: Travel

EUPHORIA AT A FLOATING SPA CLUB CANYON RANCH PAMPERS PASSENGERS TRAVELING ON THE ELEGANT QUEEN MARY 2

Houston Chronicle

Harry Shattuck

AS A 10-TIME WINNER OF CONDE NAST Traveler magazine's best destination spa award, Canyon Ranch health resorts in Massachusetts and Arizona are renowned for pampering guests. Meanwhile, Cunard Line's Queen Mary 2 is one of the most elegant ocean liners afloat.

Combine them and what do we discover? Euphoria.

Indeed, Euphoria is the most popular treatment of about 120 services at Canyon Ranch's first floating SpaClub, which encompasses more than 20,000 square feet on two forward decks aboard the QM2.

Relax in one of 24 treatment rooms while soft recorded music -- no, not the love theme from Titanic -- plays in the background. Warm, wet towels scented with sage oil are draped on your face, your scalp is massaged with rose geranium oil and a heated botanical mask is applied to your body. And that's just the beginning. An attendant prepares your bath in a whirlpool tub, then after a leisurely soak comes the finale of this 100-minute exercise in bliss -- a light massage with lavender-scented oil.

Aside from other signature Canyon Ranch services, including Swedish and Thai massages and a mango sugar body scrub, there's at least one treatment you won't find in the Arizona desert: a 50-minute massage for seasickness, ideal for stormy Atlantic crossings.

The staff are tops in their fields, recruited internationally. As at Canyon Ranch's full-service resorts, you'll pay top-dollar for most services (Euphoria costs \$245), but passengers can benefit from much of the Canyon Ranch experience for the basic cruise fare. Several free fitness sessions are conducted daily -- including yoga and Pilates on an open deck and a muscle-conditioning "body-blast."

The facility's most striking feature is its Aqua Therapy Centre, a beautiful oasis away from the commotion on this 2,700-passenger vessel. Among the attractions: an airbed lounge recliner in a 30-by-15-foot thalassotherapy pool. The thermal center also includes herbal and Finnish saunas, a deluge shower, an aromatherapy steam room and an ice fountain.

The QM2's autumn agenda includes a nine-day voyage from New York to New England and Canada. From late October into early April, the QM2 will sail from New York to the Caribbean. Go to cunard.com for more information.

REFERENCE POINTS

>>> CANCUN & THE YUCATAN: DAY BY DAY

Frommer's / Wiley / \$12.99

People continue to flock to these regions of Mexico for many reasons, but perhaps a lot of it has to do with the white sandy beaches and pre-Columbian ruins. If your time is limited, authors Irene and Bill Sunley offer the best of the Yucatan in three days, as well as one-week and two-week durations. They describe the best beaches, underwater Yucatan (including the Great Mesoamerican Reef) and the best golf courses. There is also a chapter devoted to special-interest tours. Other topics include charming cities and towns (including Campeche and Cozumel) and, of course, Cancun itself.

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[JUNE SAWYERS]

TRENDS

A shipbuilding spurt

With more than 12 million vacationers ambling up the gangways last year and nearly 13 million expected to sail this year, cruise lines' coffers are awash with profits -- with lots of it slated for shipbuilding. A dozen new liners will make debuts this year, according to the Cruise Lines International Association. The building spurt will add 22,039 berths to the fleet of floating resorts that now ply the oceans. Among those planning new launches this year are Costa Cruises (Serena), Carnival (Freedom), Princess (Emerald), Royal Caribbean (Freedom of the Seas), MSC (Orchestra), Norwegian Cruise Line (Gem) and Cunard (Queen Victoria).

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[CHICAGO TRIBUNE]

PASSAGES

Plying the Intracoastal Waterway

This fall, the 100-passenger American Spirit makes a two-week journey from Baltimore to Jacksonville, Fla., through the Intracoastal Waterway. Along the way, the vessel passes marshes, wildlife refuges and farmland -- and calls at more than a dozen ports, including Charleston, S.C. and Savannah, Ga. Prices start at \$6,380 for the Nov. 10-24 East Coast Inland Passage Cruise, plus \$310 in fees and port charges. Gratuities, shore excursions and transportation home are extra. The American Spirit is operated by American Cruise Lines. Call 800-814-6880 or go to americancruiselines.com.

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[CHICAGO TRIBUNE]

10 FOR THE ROAD

Top large-ship cruise lines

The best large-ship cruise lines, according to a survey of nearly 19,000 readers of Travel + Leisure magazine:

1. Crystal
 2. Regent Seven Seas
 3. Oceania
 4. Disney
 5. Cunard
 6. Celebrity
 7. Holland America
 8. Orient
 9. Princess
 10. Royal Caribbean
- THEMES

Jazz up a trip to the Caribbean

The many styles of jazz take center stage Dec. 1-8 on a Caribbean jazz cruise aboard the Crystal Symphony. Nightly performances throughout the ship, a jazz brunch and lectures by jazz expert Robert G. O'Meally are high notes. The cruise runs round-trip from Miami, calling at Key West, Fla., and ports in Mexico and Belize. Fares start at \$2,920, plus port fees of \$165 and a fuel surcharge of \$5 per day per person. Shore excursions and transportation between home and Miami are additional. Call 888-799-4625 or go to crystalcruises.com.

.....

[CHICAGO TRIBUNE]

— **Index References** —

Company: NCL HOLDING ASA; AMERICAN SPIRIT CORP

Industry: (Water Transportation (1WA23); Engineering (1EN73); Shipbuilding (1SH40); Passenger Cruises (IPA13); Transportation (1TR48); Passenger Transportation (1PA35); Resorts (1RE44))

Region: (Belize (1BE52); North America (1NO39); New York (1NE72); Central America (1CE62); Mexico (1ME48); USA (1US73); Americas (1AM92); Florida (1FL79); Illinois (1IL01); Latin America (1LA15))

Language: EN

Other Indexing: (AMERICAN CRUISE; AMERICAN SPIRIT; AQUA THERAPY CENTRE; CHICAGO TRIBUNE; COAST INLAND PASSAGE CRUISE; CRUISE LINES INTERNATIONAL ASSOCIATION; CRYSTAL SYMPHONY; EUPHORIA; INTRACOASTAL WATERWAY; JUNE; NORWEGIAN CRUISE; PASSAGES; SAWYERS) (7.; Bill Sunley;

EUPHORIA AT A FLOATING SPA CLUB, 2007 WLNR 19359882

Campeche; Cancun; Canyon; Canyon Ranch; Charleston; Combine; Cunard; Cunard Line; Euphoria; Frommer; Gratuities; Irene; Mary; Nightly; Prices; Ranch; Relax; Robert G. O'Meally; Warm)

Edition: Final

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Section: Enterprise

Spa Makeover

Canyon Ranch is the ultimate in health resorts. Now it's expanding to condos, day retreats and a cruise ship.

Daniel McGinn

Canyon Ranch is the ultimate in health resorts. Now it's expanding to condos, day retreats and a cruise ship.

Mel Zuckerman and Jerry Cohen were hiking in the Arizona mountains in 1995 when they wound up having the conversation that determined their company's future. Zuckerman is the founder of Canyon Ranch, the Tucson-based spa resort; Cohen is vice chairman. Canyon Ranch has a devout following among affluent travelers and, to capitalize on that, companies were constantly pitching to Zuckerman licensing deals to stamp its name on frozen food, fitness equipment and face cream. Guests, meanwhile, were urging him to open more locations. Amid the desert scenery, the two men talked about the headaches and risks of trying to expand—particularly as Zuckerman neared 70. Cohen played devil's advocate. "You built this place to get away from stress, and you love your life," he said. "What do you want to grow for?" Zuckerman pondered, then replied: "Once an entrepreneur, always an entrepreneur." And after a few final moments of respite, they hiked down the mountain and began the work of turning Canyon Ranch into an empire.

The dilemma that faced Zuckerman—to grow or stand pat?—commonly faces small companies. But Zuckerman faced unusual circumstances. He decided to embark on this growth spurt at a time when most company founders are contemplating retirement—and unlike hard-charging, type-A CEOs, Zuckerman and his brand are all about balance. But driven by his desire to bring his company's healthy-living message to more people, Zuckerman has hired a new generation of managers to lead a drive for growth. This fall, the first

residents will move into a Canyon Ranch Living condo complex in Miami; another is under construction in Chicago. Today the Canyon Ranch name is on skin-care products and day spas. Outsiders see a brand just beginning to tap its potential. "I consider Canyon Ranch to be one of the great business inventions of the last 25 years," says Michael Silverstein, managing director at Boston Consulting Group.

Zuckerman will turn 80 next spring, but he looks remarkably fit. He and his wife, Enid, live on the Tucson property and work out daily. Each week he gives a talk to guests describing the personal transformation that led him to create the resort. In 1978, he was a 50-year-old Arizona real-estate developer who was 40 pounds overweight. His father, a lifelong smoker, had just died of lung cancer. For years Zuckerman had tried to get into shape, without success. So he decided to spend a week at The Oaks at Ojai, a California "fat farm." "Mel walked in and he kind of knew he needed to be here, but he wasn't convinced this

was where he wanted to be," says Sheila Cluff, the Oaks' owner. But under guidance from a fitness instructor, Zuckerman blossomed. Instead of a week, he stayed a month. He lost weight and felt revitalized—and he wanted others to experience the same feeling. Returning to Tucson, he sold off all his investments and cobbled together \$5.8 million. He bought and renovated an old dude ranch at the base of the Santa Catalina mountains. Nine months later, he opened Canyon Ranch. It had 66 rooms, served an 800-calorie-per-day menu and cost a pricey \$85 per night, double occupancy. Like Zuckerman, most early guests were overweight and looking for a change.

It wasn't an overnight success. But within a few years, as the formula evolved, it caught on. The company replaced the ultra-low-cal menus with light gourmet food (including lots of vegetables, chicken and fish), though it remained alcohol-free. Zuckerman added doctors to the staff, figuring guests might really change their lifestyle if medical pros told them to. Celebrities like Jane Seymour began arriving, and travel magazines gushed over the attentive staff and lush surroundings. "During the '80s, this became a vacation of choice, not a vacation of need," he says. Profits began flowing, so Zuckerman bought an old mansion in Lenox, Mass., which became the company's second location. Today Canyon Ranch has 184 rooms in Tucson and 126 rooms in Lenox. The average guest spends \$900 a day, including extra fees for massages, nutrition consultations, trainers, diagnostic blood tests and bone scans. (The staff also includes a clairvoyant, astrologer, sex therapist and tarot-card reader.) The resorts boast occupancy rates of 85 percent (many hotels average below 70 percent), with 60 percent of business coming from repeat guests.

It's a nice franchise—but to grow, Canyon Ranch had to move beyond Arizona and the Berkshires. The first step was in 1999, when Zuckerman opened a day spa in the Venetian Hotel in Las Vegas. In 2002, the second SpaClub opened at Florida's Gaylord Palms resort; the third opened in 2004 on the Queen Mary 2. Opening day spas was a big compromise: Zuckerman believes the heart of the Canyon Ranch experience requires multiday, total-immersion tutorials in fitness, nutrition and health, not the drop-in, 50-minute, \$160 Thai Massage With Wild Lime Blossom scalp treatments that are the day spas' specialty. "I had no desire to create a place with pampering," he says. But he defends the day spas as giving "a taste of Canyon Ranch" to hundreds of thousands of visitors a year—some of whom might try the real deal. "It's a feeder ... but the main guts of our business are the resorts."

The bigger drive for growth began in 2001, when Zuckerman hired a real-estate developer named Kevin Kelly, now 49 and the firm's president. "My job was to come in and think about how to grow the brand creatively," Kelly says. His biggest deal was announced in 2003, in Miami. When complete, the six-acre oceanfront site a few miles from South Beach will house 467 condos (prices start at about \$700,000), 150 hotel suites (rates start at \$600 per night) and a 75,000-square-foot spa facility with restaurants, a juice bar, yoga studios and 23 treatment rooms. To do the deal, Canyon Ranch partnered with a local developer who's responsible for construction and sales; Canyon Ranch collects fees for helping to design the property and putting its name out front, as well as up to 7 percent of the sale price of the condos and management fees for running the spa. The developer is supplying the capital, but by using the Canyon Ranch brand, the condos have been selling for an average of 49 percent above comparable properties.

The project is nearly sold out, and Kelly says Canyon Ranch stands to earn tens of millions on the deal. But there are some big ifs. The Miami condo market has tumbled since the project launched, and Canyon Ranch Living could face the same high cancellation rates afflicting other builders. "The question becomes how many people, in a worsening environment, are going to be closing?" asks Lew Goodkin, a Miami consultant. Kelly says surveys show that less than 20 percent of his buyers are speculators who are prone to cancel. The other big variable: will the beaches and Miami nightlife distract guests and residents from spa outings? Kelly's team has created models to anticipate these utilization rates, but he admits it's a gamble, akin to the one taken by developers who build golf-course communities and bet buyers will play a certain number of rounds each year.

As Canyon Ranch's new businesses come online, they should spark growth. Today, the firm's revenues are about \$150 million a year, Kelly says, with profit margins of 18 to 20 percent. Zuckerman and Cohen still own a controlling stake, but sold off a piece of the business a decade ago; today Morgan Stanley owns 48 percent. Zuckerman says the firm is currently worth about \$600 million—but if the expansions go well, he says, Canyon Ranch could be worth \$3 billion in five years. There are hurdles

beyond the real-estate risks. Its payroll will double over the next few years, and managers worry whether new employees will be able to match the current staff's legendary attentiveness. Another worry: the new locations in Miami and Chicago could lure big-spending guests away from Tucson and Lenox. "We talk about that all the time—will there be cannibalization or dilution of the brand?" Kelly says.

Canyon Ranch also faces competition as it expands into resort real estate. Ritz-Carlton and Marriott now sell time shares. Rival healthy-living resorts like the Greenbrier in West Virginia, La Costa Resort and Spa in Carlsbad, Calif., and the Cooper Institute in Dallas sell homes or condos on-site. Like Zuckerman, the rivals say the communities let people live a year-round spa lifestyle. "They essentially get rid of the excuses for people being unhealthy," says Tyler Cooper, who runs Cooper Living. Real-estate deals also make it easier to finance expansion since selling condos offers a faster payback on investment than renting out rooms by the night.

Canyon Ranch's closest competitor, the Tucson-based spa Miraval, is also expanding. The company, majority-owned by AOL founder Steve Case, is converting a 41-story building on Manhattan's Upper East Side to become Miraval Living. Apartments will start at \$700,000, and the complex will feature a spa with swimming, yoga, basketball and fitness classes. Kelly says Canyon Ranch considered opening a branch in Manhattan—home to many of its most loyal guests—but couldn't find a deal that would provide enough space. Among serious spa-goers, opinions differ whether Miraval or Canyon Ranch is better. South Carolina stay-at-home mom Kelly Lewis has visited both; she prefers Canyon Ranch's programming and seminars, but says Miraval is slightly more luxurious, couple-friendly and exclusive. But Miraval's move illustrates the risks of staying in place: if Canyon Ranch's Big Apple customers can sample Miraval without getting on a plane, they may come to prefer it for vacations, too.

Canyon Ranch also face challenges as its core client base ages. Fundamentally a boomer brand, its average clients cluster around 50. The company has been trying to woo younger travelers and, back at the Tucson headquarters, there's evidence it's working. In the gyms there are still some older, out-of-shape guests who look at an elliptical machine like it's some futuristic gizmo—the kind of folks you really don't want to see naked in the locker room. But there are younger people, too, including a few pregnant women. When NEWSWEEK joined a late-afternoon class that teaches a new exercise called yamuna body rolling, a few guests were in their 30s, hard-bodied and hot.

And even as he approaches octogenarian status—at which point he'll reduce his day-to-day duties—Zuckerman remains engaged in finding new ways to please guests. The company's close to a deal for a new resort in Costa Rica. There's a new partnership with the Cleveland Clinic to provide \$3,700 executive physicals—though it's off to a slow start, signing up just 202 guests in its first year. And while he remains leery of putting the Canyon Ranch name on too many products, more brand extensions feel inevitable. "For 20 years, we said no to everything," Zuckerman says. "We were single-minded about the main purpose of our business—to get people to understand their own power over their aging process and quality of life." In the future, it's clear Canyon Ranch will be saying yes a lot more often.

With Catharine Skipp In Miami And Roxana Popescu In Boston

--- Index References ---

Company: BOSTON CONSULTING GROUP (THE) (BUENOS AIRES); AOL LLC; CLEVELAND CLINIC; MORGAN, STANLEY AND CO INC; TIME WARNER INC; ARIZONA AND CALIFORNIA RAILROAD CO; AMERICA ONLINE INC; BARRA INC; MORGAN STANLEY; BOSTON CONSULTING GROUP INC

Industry: (Skin Care (1SK78); Resorts (1RE44); Internet (1IN27); Cosmetics & Fragrances (1CO83); Passenger Transportation (1PA35); Emerging Internet Business Applications (1EM61); Transportation (1TR48); Consumer Products & Services (1CO62); Water Transportation (1WA23); Personal Care & Beauty Aids (1PE87); Passenger Cruises (1PA13); Real Estate (1RE57))



Spa Makeover, 2007 WLNR 19943721

Region: (Americas (1AM92); New England (1NE37); North America (1NO39); Central America (1CE62); Latin America (1LA15); Massachusetts (1MA15); USA (1US73); Arizona (1AR13); Illinois (1IL01); Florida (1FL79); New York (1NE72); Costa Rica (1CO98))

Language: EN

Other Indexing: (AOL; ARIZONA; BERKSHIRES; BOSTON CONSULTING GROUP; CATHARINE SKIPP; CLEVELAND CLINIC; COOPER INSTITUTE; COOPER LIVING; GAYLORD PALMS; MORGAN STANLEY; OAKS; ROXANA POPESCU; SANTA CATALINA; TYLER COOPER; WILD LIME BLOSSOM) (Canyon; Canyon Ranch; Celebrities; Cohen; Enid; Fundamentally; Jane Seymour; Jerry Cohen; Kelly; Kelly Lewis; Kevin Kelly; La Costa Resort; Lew Goodkin; Makeover Canyon Ranch; Mary; Mel; Mel Zuckerman; Michael Silverstein; Miraval; Miraval Living; Ranch; Ranch Living; Returning; Sheila Cluff; Steve Case; Zuckerman)

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Arizona Daily Star (AZ)

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July 24, 2009

Section: BUSINESS

Canyon Ranch expands sea spa

ARIZONA DAILY STAR

Canyon Ranch, which first took its health spa operations to sea when Cunard launched the Queen Mary 2 in 2004, has announced a similar deal with Oceania Cruises.

The Tucson-based company's SpaClub at Sea will debut next month aboard Oceania Cruises ships Regatta, Insignia and Nautica, and it will also be aboard the line's newest ship, the Marina, expected to be put into service in 2010.

A news release Thursday from Canyon Ranch referred to Oceania Cruises as "the world's only upper-premium cruise line" and said it "offers an unrivaled combination of the finest cuisine at sea, elegant accommodations, exceptional personalized service and extraordinary value."

Oceania's ships sail out of Miami and Los Angeles, and visit more than 180 ports worldwide.

The Canyon Ranch shipboard spas will include a fitness and wellness facility made up of 16 treatment rooms; a gym and weight room with more than 50 pieces of cardio and weight-training equipment; a juice bar; men's and women's locker rooms; a thalassotherapy (seawater) pool; two whirlpools; a thermal suite; and a full-service salon.

Canyon Ranch also will take its culinary operation to sea with Oceania Cruise, which will feature "Canyon Ranch-inspired healthy menu offerings aboard Regatta, Insignia and Nautica in April and May 2010, and aboard Marina in late 2010."

The health and wellness company also announced it will continue to operate and expand its SpaClub at Sea aboard the Cunard flagship.

Canyon Ranch will be staffing the Oceania Cruise ship spas with at least 100 massage therapists, estheticians, hairstylists, and fitness and wellness instructors.

At least one staffer from the Tucson Canyon Ranch, 8600 E. Rockcliff Road, will be joining the staff, said Canyon Ranch spokeswoman Meredith C. Miller.

She said other positions will be filled from within the company's other locations, and that new staffers will also be hired from outside the company. But she said there are no plans to do that hiring here.

Canyon Ranch expands sea spa, 2009 WLNR 14323830

The company also announced Thursday that it has created a new division, Canyon Ranch SpaClub at Sea, to manage its shipboard operations.

--- Index References ---

Industry: (Water Transportation (1WA23); Transportation (1TR48); Press Releases (1PR19); Passenger Transportation (1PA35); Passenger Cruises (1PA13))

Language: EN

Other Indexing: (QUEEN MARY) (Canyon; Canyon Ranch; Cruises; Insignia; Meredith C. Miller; Nautica; Oceania; Oceania Cruise; Oceania Cruises; Ranch; Ranch SpaClub)

Company Terms: CUNARD; OCEANIA CRUISES; NAUTICA

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July 23, 2009

Canyon Ranch Expands Shipboard Presence and Launches Canyon Ranch SpaClub at Sea Adds Four Additional Ships to SpaClub Portfolio

TUCSON, AZ 07/23/09

TUCSON, AZ, July 23 / MARKET WIRE/ --

Canyon Ranch is pleased to announce the launch of Canyon Ranch SpaClub at Sea, a new division of the famed health and wellness company based in Tucson, Arizona. Rounding out its offerings -- full immersion resorts, living communities, hotel and multiple on-land SpaClub locations -- this at-sea division will enable Canyon Ranch to introduce itself to a new audience as well as offer an additional type of experience to its existing guests. Canyon Ranch has operated a SpaClub aboard Cunard's flagship luxury ocean liner Queen Mary 2 since she set sail in 2004, and will continue to do so -- expanding its offerings to include new treatments and services. Additionally, Canyon Ranch will be collaborating with Cunard on cooperative marketing and promotions -- including food & beverage and shore excursion activities.

In August 2009, Canyon Ranch SpaClub will debut fleet-wide aboard Oceania Cruises' Regatta, Insignia and Nautica. Oceania is the world's only upper-premium cruise line and offers an unrivaled combination of the finest cuisine at sea, elegant accommodations, exceptional personalized service and extraordinary value. Itineraries visit more than 180 ports around the world, and in the United States, Oceania sails from Miami and Los Angeles to multiple Caribbean and Central American destinations.

Additionally, Canyon Ranch is developing a SpaClub aboard the newest member of Oceania's fleet, Marina, set to debut in late 2010. The visually stunning SpaClub will feature a fitness and wellness facility comprised of 16 treatment rooms, gym/weight room with more than 50 state-of-the-art pieces of cardio and weight training equipment, juice bar, men's and women's locker rooms, a thalassotherapy pool, two whirlpools, a Thermal Suite, and a full-service salon.

"Canyon Ranch SpaClub at Sea is a natural brand extension for us," stated Peter Smith, Canyon Ranch chief operating officer. "For the past 30 years we have offered a completely unique health and wellness experience to guests on land, and we look forward to introducing ourselves and the Canyon Ranch lifestyle to a new, at-sea audience."

Shipboard guests will also experience Canyon Ranch while they dine. Corporate Chef Scott Uehlein works with Cunard's culinary staff to design nutritious spa menu selections offered aboard Queen Mary 2; and Oceania will also feature Canyon Ranch-inspired healthy menu offerings aboard Regatta, Insignia and Nautica in April and May, 2010 and aboard Marina in late 2010.

Recruitment and training for the Oceania fleet has begun and it is expected that by the end of 2010, this division will employ over 100 massage therapists, estheticians, hairstylists, and fitness/wellness instructors. "This expansion enables Canyon Ranch

Canyon Ranch Expands Shipboard Presence and Launches Canyon Ranch...

to employ a diverse international team of professionals who offer one-of-a-kind experiences for our guests. All of our staff are fully trained according to Canyon Ranch quality standards and proudly embrace the Canyon Ranch health and wellness philosophy," stated Sandra Foyil, Canyon Ranch vice president of human resources.

Canyon Ranch pioneered the evolution of wellness lifestyle and has been an industry leader for 30 years. Operating the world's most celebrated collection of life-enhancement properties, Canyon Ranch has destination health resorts in Tucson, Ariz., Lenox Mass., and Spa Clubs (spa, wellness and fitness facilities designed to give guests a taste of the more intensive resort experiences) at The Venetian/The Palazzo hotel in Las Vegas, Gaylord Palms Resort in Kissimmee, Fla., and onboard the Queen Mary 2 luxury ocean liner. In addition, the company recently opened Canyon Ranch Hotel & Spa in Miami Beach, the nation's first luxury wellness hotel and residential community. Canyon Ranch has been named the "Healthiest Spain America" by Health magazine as well as the "Best Spa for Food" by Gourmet magazine. Also, Canyon Ranch is the only 11-time recipient of the Condé Nast Traveler Best Destination Spa Award.

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Company: CANYON RANCH; CANYON RANCH ENTERPRISES INC

Industry: (Water Transportation (IWA23); Transportation (1TR48); Press Releases (1PR19); Passenger Transportation (1PA35); Resorts (IRE44); Passenger Cruises (1PA13))

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2013 WLNR 2699427

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February 3, 2013

Section: Travel

Floating spas

Best cruise ship spas, according to SpaFinder.com's Readers' Choice Awards (tinyurl.com/9fjnsz5):

1. Canyon Ranch Spa Club, Oceania Cruises
2. Cloud 9 Spa, Carnival Cruise Line
3. AquaSpa, Celebrity Cruise
4. Crystal Cruises
5. Senses Spa & Salon, Disney's Dream Cruise Line
6. Greenhouse Spa & Salon, Holland America Line
7. Mandara Spa, Norwegian Cruise Line
8. Lotus Spa, Princess Cruise Ships
9. Royal Caribbean International
10. The Spa at Seabourn, Seabourn Cruise Line

Photo: (Woman getting a Massage)

COLUMN: TEN FOR THE ROAD

--- Index References ---

Company: WALT DISNEY CO (THE); CLOUD 9 GAMES INC; ROYAL CARIBBEAN CRUISE LINE AS; HOLLAND AMERICA LINE INC; LOTUS BAKERIES NV; GREENHOUSE SOLUTIONS INC

Floating spas, 2013 WLNR 2699427

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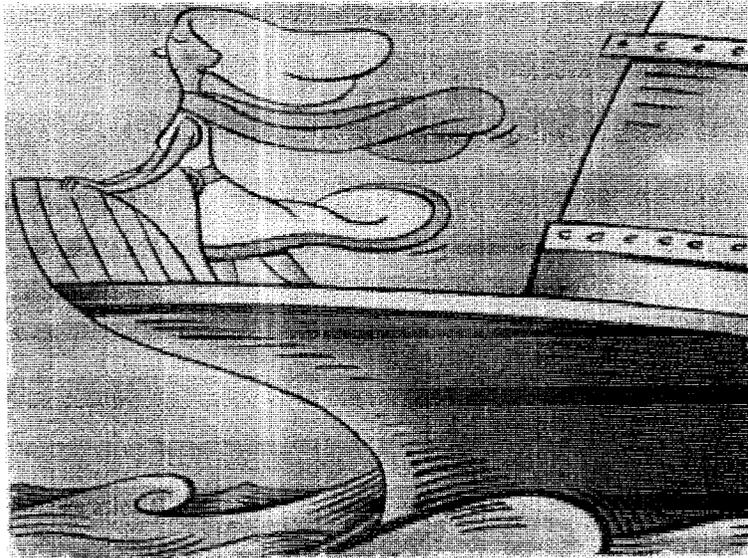
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NewsRoom

THE GETAWAY

How to Cruise Solo



Tim Robinson

By STEPHANIE ROSENBLUM
Published: February 6, 2013 | 58 Comments

Toying with the idea of setting sail on your own? Consider your age, your budget and — perhaps most important — your goal. Are you looking for romance? Enrichment? Rest and relaxation?

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Readers' Comments

Readers shared their thoughts on this article. Read All Comments (58)

Take your pick, then dive in alone.

Romance

If you have any illusions that cruising solo is likely to result in a steamy Kate Winslet-Leonardo DiCaprio smooch-fest in the bowels of the ship, let me disabuse you of that fantasy. (Besides, that affair didn't end well.) I'm not saying it never happens, so please: if you met the love of your life at the buffet, spare me the hate mail.

Here's why you're unlikely to find a soul mate on the sun deck: nearly 80 percent of people who take a cruise are married, according to a Cruise Lines International Association market profile. "Virtually no one travels alone," the study said.

But can you tip the odds in your favor? Yes. If you sign up for a singles cruise.

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What's Popular Now

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5. U.S. Vessel to Aid Ships Stuck in Antarctica

6. Record-Low Belt

7. Polar Vortex: Temperatures Fall Far, Fast

8. Bone-Chilling Cold a Crippling Blow to Air Travel

9. Stuck Ships Break Free Near Antarctica

Still reading? Good. Now let's manage expectations: joining a singles cruise does not mean the entire ship will be akin to a floating bar rife with prospects. Rather, companies like [Singlescruise.com](#), [Vacationstogo.com](#), [Singlestravelintl.com](#), and [Singlesatsea.com](#) organize groups of single travelers — often by demographic (like 20s and 30s, and 50s and older) or theme — and then escort them on larger cruises. Tour operators reserve rooms for participants and help match them with roommates if they request one. That's helpful since cruise lines typically charge solo travelers an added fee (a few cruise lines offer discounts; a topic I'll address in a future column).

The price of a singles cruise usually includes the cruise, a cabin, meals and exclusive group activities that range from the refined (cooking lessons and wine tastings) to the "never-post-photos-of-this-on-Facebook" variety (Jacuzzi parties and 1970s theme dances). If you want a good turnout, try traveling during Halloween. Singlescruise.com says its [Halloween Spectacular cruise](#) is its largest (last year more than 600 people attended; this year it's a weeklong Caribbean cruise on Carnival Liberty, departing from Miami on Oct. 26 with private cabins starting from \$1,402.27 and shared cabins from \$783.27). But take heed: masks, capes and fangs can make evaluating potential lovers tricky.

The kinds of singles you'll meet on board will depend in part on the cruise theme: Singles Cruise's [20s and 30s Spring Break](#) cruise from Fort Lauderdale to the Caribbean (starting at \$694.74) is likely to have a different atmosphere than Singles Travel International's [Alaska Cruise Adventure](#) (starting at \$1,129). So it's best to call the travel company to ask questions — especially about the projected number of attendees and the male-to-female ratio. After all, while Singlescruise.com tells visitors to "forget online dating," it's far harder to jump ship on a ship.

Enrichment

If your goal is not to meet Mr. or Ms. Right but rather to learn Japanese, the piano, or how to design a Web site, you're in luck.

[Crystal Cruises](#) offers free courses on its ships with experts from companies and organizations like Berlitz, the Tai Chi Cultural Center and the Cleveland Clinic. Spanish classes are available on most cruises, and many include language lessons befitting the trip, like Italian on the Amalfi Coast or French on the Riviera. The Society of Wine Educators offers tasting instruction. And a program called Computer University@Sea enables passengers to learn everything from rudimentary computer skills to getting the most out of their iPads to digital photo finishing to Web site design.

Passengers on certain [Cunard Line](#) voyages can star gaze and learn about constellations with the Royal Astronomical Society (founded in 1820), while guests on [Seabourn](#) can attend [talks](#) by diplomats, art scholars and maritime historians. (These and other activities are included in the price of the cruise.)

Another suggestion if you're going solo and looking to meet or volunteer with the locals: think small. River cruise companies contend that they are appealing to solo travelers who want a lot of interaction on board with the crew, and with the people they meet at the smaller ports and towns the ships visit.

[Grand Circle Cruise Line](#), which has ships that carry 50 to 164 passengers, says that about 25 percent of the people who book its cruises are solo travelers. Most are baby boomers. The ships' small groups allow for activities everyone can join in on. For example, Priscilla O'Reilly, a spokeswoman for Grand Circle, said that in India, passengers have the opportunity to meet and sing songs with teachers and students in the rural area of Ramsinghpura. "On all of our trips, travelers share meals or snacks in the homes of local families and get to find out what life is like in a community," she said in an e-mail message.

And don't forget theme cruises, which are yet another way for solo travelers to immerse themselves in a favorite subject and meet like-minded passengers. The major cruise lines post their upcoming themes on their Web sites, but sites like [Thecruisefinder.com](#) list a



10. Arctic Blast Proves Unwelcome Novelty, Especially Across South

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number of options, be it cruises for conservatives or the Marilyn Monroe tribute cruise.

Rest and Relaxation

Some of us require little more than sunshine and a deck chair to unwind. But if your desires go beyond a tan and a disco nap, be sure to pick a ship with a good spa.

Canyon Ranch SpaClubs (yes, that Canyon Ranch) are some of the most luxurious at sea. You'll find them on Oceania Cruises, Regent Seven Seas Cruises and Cunard's Queen Mary 2. This last ship's SpaClub is some 20,000-square feet, with a coed relaxation lounge, fitness center and salon.

The "ship features finder" on the Cruise Lines International Association's Web site enables visitors to search a variety of ships (the association is made up of 26 major cruise lines serving North America) for different spa and wellness amenities like saunas, steam rooms and Pilates classes. The cost depends on the cruise line, the ship and the treatment. A 50-minute Swedish massage on Disney Cruise Line's Fantasy is \$118; the 100-minute Absolute Spa Ritual (which includes a facial and a full body Swedish massage) is \$249.

A more affordable path to tranquility is an adults-only sun deck or lounge.

Many Carnival Cruise Lines ships have a Serenity Adult Retreat, an area for passengers ages 21 and older with whirlpools, bar service and "mellow music."

Disney Cruise Line ships have a Quiet Cove Pool for ages 18 and older with whirlpool spas or a hot tub (though this being Disney, there are games even at the grown-up pool).

Princess Cruises has one of the most deluxe adults-only respites: the Sanctuary. Here, while you're sprawled on a cushy chaise lounge, "serenity stewards" will bring you chilled face towels, Evian water atomizers, food, drinks, even an MP3 player with noise-canceling headphones. Not hungry? On some ships you can order an al fresco massage instead. And at the end of the day, you can take a sunset yoga class.

This particular brand of serenity, however, will cost you.

Entry to the Sanctuary is \$10 a person for an approximately four-to-five-hour period. Massages cost, as one might imagine, significantly more. Thus you might find yourself alone, lying under a cold, damp towel, pondering an existential question: what price Zen?

A version of this article appeared in print on February 10, 2013, on page TR2 of the New York edition with the headline: Sailing Solo on the Open Seas.

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58 Comments

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rogue runner terra firma
i spent six to seven months each year travel around the world either by air or land, but never in a cruise ship.

i was in the brown water navy when i was young, that sort of convinced me never to set foot on a cruise ship, a floating prison with very limited choices.
Feb. 11, 2013 at 5:45 a.m.

Bob NYC
I have cruised 3 times now and each time I have paid a 100% "single supplement". I am now contemplating a new stragety to get the cruise lines attention. I will find a homeless person living on the street and have

them accompany me on the cruise. They will have unlimited food, bathing privileges in the hot tubs, warm accommodations and a warm place to sleep at night (casino, lounges, restaurants, etc., anyplace but my room). The cruise line may squeel but they will have a fully paid ticket !!!!!. (Want to see discrimination displayed at its highest level?). It may cost a couple of bucks extra for a passport or drivers license, for I.D. purposes, but it will be worth it to get the attention of the cruise lines. Please feel free to use my idea, no supplement necessary!.

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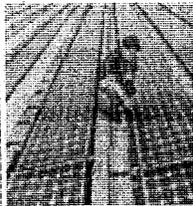
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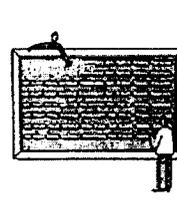
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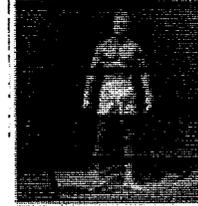
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December 13, 2013

Volume 5; Issue 50
Section: Travel

Sail the Seven Seas in Style
U.S. News' Best Cruises rankings help make vacation decisions easier

Miriam Weiner

The cruise industry has taken a publicity hit in recent years following some high-profile accidents and ship malfunctions. The subsequent media frenzy has left a lot of travelers wondering whether taking a cruise is a smart idea.

The truth is, now may be the best time to consider a cruise vacation. While airfares and hotel prices are higher than they have been in recent years, cruise prices are lower on average. And the launch of brand new megaships and the improvements made in ship safety and amenities have helped make cruising a compelling alternative to a hotel-based vacation.

Why should you consider a cruise for your next holiday? First, it's easy. If you don't like to sweat the details, then taking a cruise eliminates the need for you to find a hotel, restaurants and activities -- or to pay for them all separately. Second, you get variety. A typical seven-day cruise may stop in five or six different destinations. And, finally, many companies are offering bargain prices right now. After all, those ships must often set sail regardless of how many passengers they have, so cruise companies will do whatever they can to fill cabins, including offering deeply discounted rates.

If you still have concerns about signing up, then you are not alone. Choosing the right cruise line, ship and itinerary can be a daunting task. That's where U.S. News & World Report's Best Cruises rankings come in. U.S. News listed 15 major lines based on how their cruises were regarded by travel experts, how they were rated by travelers (using data collected in collaboration with Cruiseline.com), and how they fared in health and safety evaluations by the Centers for Disease Control and Prevention. Here are the best bets for a great vacation.

Best Luxury Cruise Lines

1. Crystal Cruises. Aboard the Crystal Serenity and the Crystal Symphony, you can taste imaginative dishes concocted by the celebrated chef Nobu Matsuhisa and count on unparalleled customer service. (Crystal carries nearly one crew member per passenger.) The cruise line also offers a wide range of enrichment programs ranging from language lessons to cooking demos.
2. Silversea Cruises. Silversea specializes in exclusivity and personalization with all-suite accommodations, exotic itineraries and a plethora of gourmet restaurants. While its ships are smaller than some other luxury competitors (the vessels carry between 100 and 540 passengers), Silversea has continued to set the bar high for upscale cruising.

3. Regent Seven Seas Cruises. Guests have access to a bevy of sophisticated restaurants and lounges, not to mention the decadent Canyon Ranch SpaClub, on each of Regent Seven Seas' all-suite ships. The cruise line also offers enrichment programs that spotlight a variety of topics, including the culinary and cultural histories of different regions.

Best Cruise Lines for the Money

1. Royal Caribbean International. Royal Caribbean is one of the largest lines on the seven seas setting sail hundreds of times each year to destinations around the world. And having the ability to accommodate thousands of guests per ship allows Royal Caribbean to keep rates low. Cruisers won't have trouble finding itineraries costing less than \$100 per person per day.

2. Disney Cruise Line. When you add up the cost of a hotel and park tickets, a trip to Walt Disney World will no doubt put a dent in your wallet -- but a Disney cruise doesn't have to. Rates offered by Disney Cruise Line are higher than those advertised by larger cruise companies, but this line provides spacious cabins and a wealth of family-friendly entertainment at no additional cost.

3. Celebrity Cruises. Celebrity only has 11 ships, yet it offers the floating-city experience of a larger ship as well as the intimacy of a smaller vessel. And you can't argue with the rates: Vacationers can find Celebrity itineraries costing less than \$100 per person per night.

Best Cruise Lines for Families

1. Disney Cruise Line. From its signature Sail-Away Celebration -- a kid-friendly dance party -- to its pirate-themed dinners and nighttime fireworks, Disney earns a nod of approval from cruising clans for its emphasis on kids programs and entertainment. Life-size Disney characters can be found mingling with kiddos poolside or wandering the ships' sports and activity areas.

2. Royal Caribbean International. Royal Caribbean offers versatile amenities that cater to cruisers of all ages. Some of the line's 22 vessels keep kids entertained with rock climbing walls and ice rinks, while others feature zip lines and bumper cars.

3. Celebrity Cruises. Celebrity offers plenty of amenities to satisfy families with young children all year round. Passengers can take advantage of educational programs in video editing, nutrition and physical fitness. And youth programs are split into four age groups so the little ones can partake in crafts while teens spend time at late-night dances.

Best Cruise Lines for Romance

1. Crystal Cruises. If you want to enjoy the caliber of luxury provided by big ships but experience the small crowds and attentive service of smaller vessels, Crystal might just fit the bill. You and your significant other can cozy up on deck as you sail to awe-inspiring destinations before stealing away to your sumptuous Penthouse Suite.

2. Cunard Line. Cunard offers an elegant experience geared toward sophisticated travelers age 50 and older who crave personalized service and an upscale atmosphere. If you're sailing to celebrate an anniversary or other special occasion, consider springing for one of the Princess Grill or Queens Grill suites for a little more space to spread out and personalized concierge service in these select accommodations.

3. Azamara Club Cruises. Azamara's ships are limited to 694 guests, meaning it won't be difficult to find secluded nooks where you and your special someone can admire enchanting views together. And every cruise on Azamara features a poolside party with elegantly draped tables, a buffet, boutique wines and live music.

Best Cruise Lines in the Caribbean

1. Disney Cruise Line. Disney's ships sail to 12 ports across the Caribbean, with stops in top spots like St. Kitts and Grenada.
2. Royal Caribbean International. Royal Caribbean is known for its plethora of island itineraries -- popular stops include Barbados, Jamaica and the Cayman Islands.
3. Silversea Cruises. Silversea's seven ships sail to 19 Caribbean ports, with stops at more exclusive destinations like Bonaire and Îles des Saintes.

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Industry: (Transportation (1TR48); Passenger Transportation (1PA35); Passenger Cruises (1PA13); Water Transportation (1WA23); Media & Entertainment Firms (1DI98); Entertainment (1EN08); Travel Bargains (1TR46); Travel & Tourism (1TR07))

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NewsRoom



2007
american spa
PROFESSIONAL'S CHOICE
AWARDS

The third time is a charm for the Professional's Choice Awards. For the third year in a row, American Spa Awards honored the best spas, products, equipment, brands, and professionals. Yes, we were so proud to recognize the professionals at Canyon Ranch for their award-winning hot tub and spa technology provided to Canyon Ranch. The award is...





2007 PROFESSIONAL'S CHOICE AWARDS

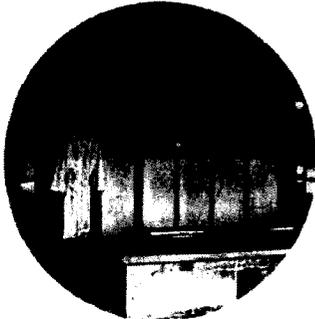
Favorite Selection of Retail Offerings at a Spa

- ELISSA
(Multiple Locations)
1. Canyon Ranch
(Tucson, AZ, and Lenox, MA)
2. The Spa at the Wynn Las Vegas
3. Cornelia Day Resort
(New York City)



Favorite Day Spa

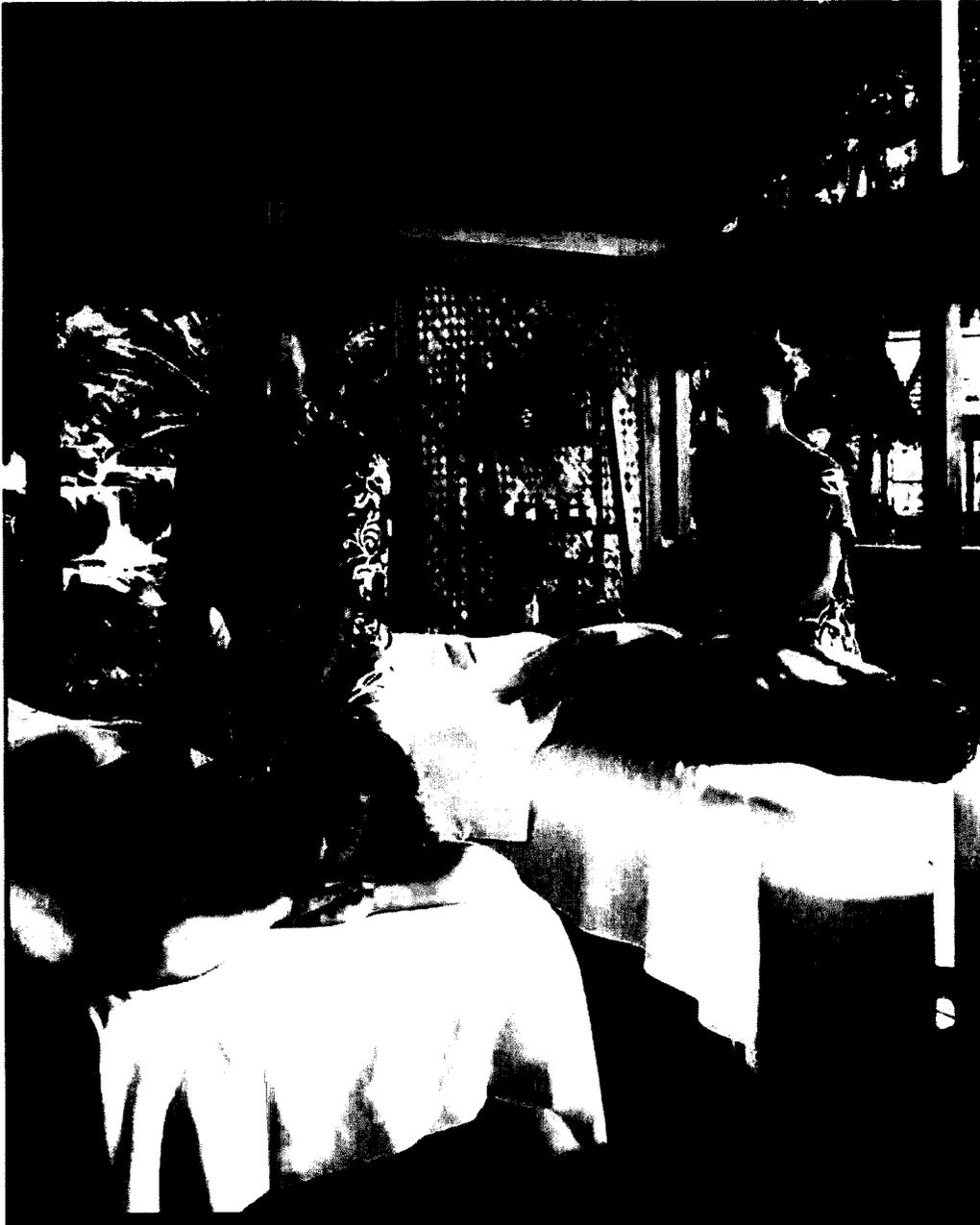
- BURKE WILLIAMS
(Multiple Locations)
1. Bliss (Multiple Locations)
2. Aveda (Multiple Locations)
3. Glen Ivy (Multiple Locations)



Favorite Cruise Spa

- CANYON RANCH SPA CLUB
(aboard the Queen Mary I)
1. Aqua Spa
(aboard Celebrity Cruises)
2. Spa Carnival
(aboard Carnival Cruise Lines)
3. Lotus Spa
(aboard Princess Cruises)





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TOP **54 SPAS**
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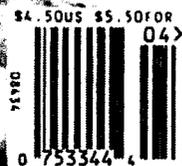
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Top 54 SPAS

in North America, the Caribbean, and at sea

Beauty sleep: At Canyon Ranch Tucson, a 50-minute massage with a therapist addresses the physical and mental needs of spa. This is a busy weekend.

stress, illness, lagging energy, and less time to deal with it all: these are the challenges that guests bring to today's spa-driven spas. Readers steer you to the best of the best, whether you've got an hour or a week to spend

- 
Number of Rooms
- 
Price
- 
Overall Score
- 
Location/Setting
- 
Treatments
- 
Staff/Service
- 
Rooms
- 
Diet/Cuisine
- 
Programs/Facilities
- 
Other Activities
- 
Workout Facilities

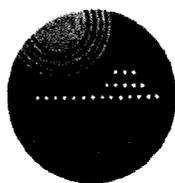
Top 54 SPAS



Power plants: Linden Spa uses herbs including (clockwise from top) rose hips, yasmine, lavender, verbena, and calendula.

YE OLDE BACK RUB

Historic Americana is inspiring spa rituals: In Virginia, the **Spa of Colonial Williamsburg** debuted last spring with treatments from the 1700s, such as the Root and Herbal Spa Experience (herbs are put on the skin to clarify and invigorate). The **Linden Spa** at the Inn at Perry Cabin, in St. Michael's, Maryland, taps into the benefits of regional herbs like bayberry root, black birch, and linden flower. And **Bedford, Pennsylvania**, has been luring wellness seekers since the 1880s with its natural springs, reputed to cure indigestion, osteoporosis, and more. Now, the **Bedford Springs Resort** offers the Herbal Body Cure, in which warm herb-infused linens are wrapped on the torso and limbs to draw out internal toxins.



CRUISE LINE

Cunard Line tops with scores for treatments on the *Queen Mary 2* (with Canyon Ranch), the *Queen Elizabeth 2* (run by spa specialists Steiner), and the new *Queen Victoria*. Regent Seven Seas also scores high for treatments by classic French brand Carita.

	OVERALL SCORE	Treatments	Staff Service	Cabins	Workout Facilities
Cunard Line; 800-728-6273	90.4	96.6	90.0	93.1	82.1
Regent Seven Seas Cruises; 877-505-5370	88.7	87.8	89.6	100	77.6
Disney Cruise Line; 800-370-0097	86.3	86.8	92.3	84.2	81.8
Silversea Cruises; 800-722-9955	84.9	91.3	91.7	100	56.5
Crystal Cruises; 800-466-6620	82.7	83.7	86.4	88.4	72.5
Celebrity Cruises; 800-437-3111	80.8	81.3	84.4	83.0	74.7
Oceania; 800-531-5619	80.4	76.7	84.4	90.6	70.0
Seabourn Cruise Line; 800-929-9391	79.2	89.5	90.0	90.0	47.4
Holland America Line; 800-426-0327	77.5	74.8	80.7	83.8	70.8
Royal Caribbean Int'l.; 800-398-9819	72.5	72.2	71.2	75.1	71.4
Princess Cruises; 800-421-5022	72.1	72.3	72.2	76.6	67.3

Top RESORT SPAS for

SETTING

- 100 **Enchantment Resort & Mii Amo Spa, Sedona**
- 100 **Mauna Lani Resort, Big Island**
- 100 **Rancho Bernardo Inn, San Diego**
- 100 **Royal Hideaway Playacar, Playa del Carmen, Mexico**
- 100 **StoweBake Mountain Resort, Stowe, Vt.**

PROGRAMS

- 95.7 **Mauna Lani Resort at Kalahouipa'a, Big Island**
- 91.3 **The Phoenician, Scottsdale**
- 90.9 **Rancho Bernardo Inn, San Diego**
- 90.5 **Barton Creek Resort & Spa, Austin**
- 90.5 **Enchantment Resort & Mii Amo Spa, Sedona**
- 90.5 **JW Marriott Desert Ridge Resort & Spa, Phoenix**

TREATMENTS

- 96.9 **Grand Hyatt Kauai Resort & Spa, Kauai**
- 95.7 **Mauna Lani Resort at Kalahouipa'a, Big Island**
- 92.1 **Trump International Sonesta Beach Resort, Sunny Isles Beach, Fla.**
- 92.0 **Nemacolin Woodlands Resort, Ferrisburgh, Pa.**
- 90.9 **JW Marriott Desert Ridge Resort & Spa, Phoenix**
- 90.9 **Mountain View Grand Resort & Spa, Whitefield, N.H.**



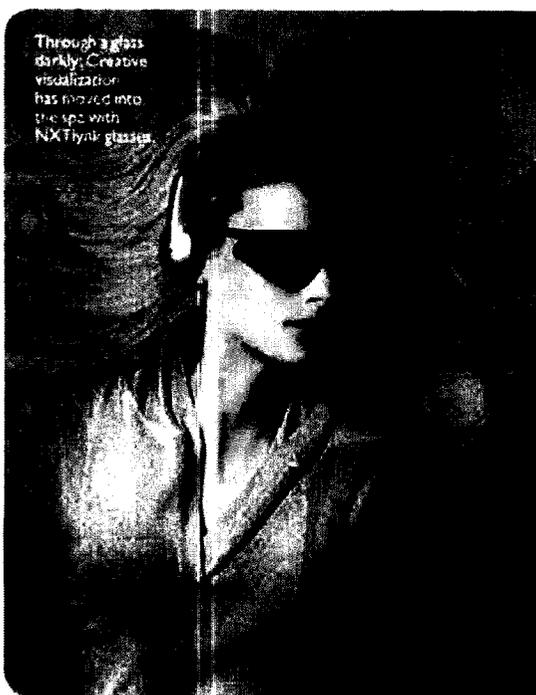
SERVICE

- 97.0 **Mountain View Grand Resort & Spa, Whitefield, N.H.**
- 95.7 **Mauna Lani Resort at Kalahouipa'a, Big Island**
- 95.5 **Rancho Bernardo Inn, San Diego**
- 95.2 **Barton Creek Resort & Spa, Austin**
- 95.2 **Enchantment Resort & Mii Amo Spa, Sedona**

Top 54 SPAS

HIP SIP

Tea is the new relaxation tool. While the beverage is energizing, it has a gentle amino acid, L-theanine, which induces a natural high by releasing calming glutamic acid in the brain. At Las Vegas's **Qua Spa at Caesars Palace**, a tea sommelier has matched 12 teas to treatments, such as a collagen-boosting white tea served during facials. In February, **Montage Spa**, in Laguna Beach, California, debuted an organic loose-leaf blend specially mixed for its spa lounges by Bamboo Tea Company. At **Enchantment Resort & Mii Amo Spa**, in Sedona, and California's **Spa at Ojai Valley Inn and Resort**, shops report strong sales of White Lion Tea sachets.



Through a glass darkly: Creative visualization has moved into the spa with NXYthink glasses.

BODY ELECTRIC

Flashing lights and electronics sound more circuslike than soothing, but now cutting-edge spa treatments use them to make clients look and feel better. At **Mezzanine Spa**, in Manhattan, the NXYthink ("Nextlink") coaching system has spa-goers donning headphones and mirrored sunglasses, lying back, and closing their eyes while lights pulse in front of them. Optic nerves are both stimulated and soothed, while a pre-recorded voice prods users to lessen nervous tension, quit smoking, speed surgical recovery, master golf—more than a dozen topics. Management consultant Wendy Bosalavage listened to a 20-minute weight loss recording for four months and lost eight pounds. "I was very skeptical, since I've tried a lot of alternative therapies, but this is the real deal," she says. "My daughter uses it now for de-stressing." And at spas like **Skin Renewal Systems**, in Pinehurst, North Carolina, Revitalight machines bathe hands in red, blue, and amber LEDs to reduce redness, increase blood flow, and diminish wrinkles by promoting collagen production.



DESTINATION

More than 100 treatments and 25 treatment rooms move last year's second-place destination spa to the top of the list this year. Set in a lake house decorated by its antiques-buff owner, **Lake Austin Spa Resort** garners high marks across the board. Rounding out the top four, the two Canyon Ranches and Miraval have been top scorers for the past eight years.

	Number of Rooms	Doubles	OVERALL SCORE	Location/Setting	Treatments	Staff/Service	Rooms	Diet/Cuisine	Programs/Facilities
Lake Austin Spa Resort, Tex.: 512-372-7380	40	\$\$\$	88.1	85.7	92.9	92.6	80.0	89.3	92.9
Canyon Ranch, Tucson: 800-742-9000	175	\$\$\$	84.8	88.1	85.4	87.8	89.7	73.2	82.9
Canyon Ranch Lenox, Mass.: 413-637-4100	126	\$\$\$	84.5	86.4	86.4	86.4	72.7	90.5	90.5
Miraval Life in Balance Spa, Catalina, Ariz.: 520-825-4000	102	\$\$\$	83.5	93.1	92.9	78.6	75.0	77.8	82.1
Oaks at Ojai, Calif.: 805-646-5573	48	\$	80.6	92.9	88.9	85.7	64.0	71.4	74.1
Ten Thousand Waves, Santa Fe: 505-992-5025	13	\$\$	75.2	93.8	96.9	71.9	55.6	57.9	75.0
Chopra Center at La Costa Resort & Spa, Carlsbad, Calif.: 760-438-9111	608	\$\$	73.8	81.8	75.0	85.7	68.4	57.9	77.8
Two Bunch Palms Resort & Spa, Desert Hot Springs, Calif.: 760-329-8791	52	\$\$	72.8	88.9	69.2	77.8	65.4	63.0	57.7

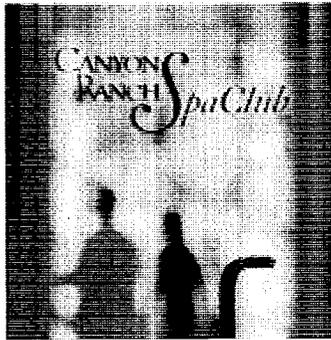


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Spa & Wellness Travel
 Regent Seven Seas Cruises Adds Canyon Ranch SpaClub to Fleet

SHARE



Regent Seven Seas Cruises (RSSC) announced that world famous Canyon Ranch, the leading operator of destination health resorts, will soon operate the spa, beauty salon, wellness and fitness facilities on board the line's fleet of all-suite ultra-luxury ships.

Aboard Seven Seas Voyager, Seven Seas Mariner and Seven Seas Navigator, the Canyon Ranch SpaClub, from the Canyon Ranch at Sea division, will feature a state-of-the-art spa, wellness and fitness facility, plus a luxurious, full-service beauty salon. SpaClub will offer the most desirable spa amenities available: massage, body and skin-care treatment rooms, a gym and weight room with cardio and weight training equipment, a juice bar, men's and women's locker rooms, thalassotherapy, sauna and steam rooms.

Canyon Ranch SpaClub will be installed on each ship in December 2009, with the first cruises featuring this luxurious facility being Dec. 18 for Seven Seas Voyager, Dec. 20 for Seven Seas Mariner, and Dec. 28 for Seven Seas Navigator.

Regent Seven Seas Cruises will also feature a full range of culinary offerings from Canyon Ranch's incomparable Spa Cuisine, which is both nutritious and created with the highest gourmet standards. This array of healthy cuisine will be available starting in the spring of 2010 at breakfast, lunch and dinner in each of the ships' main dining room, Compass Rose; for breakfast and lunch in the more casual dining venue La Veranda; at the Pool Grill, and on the 24-hour Room Service menu for in-suite dining.

More Than a Spa, A Lifestyle...Canyon Ranch pioneered the evolution of wellness lifestyle and has been an industry leader for nearly 30 years. Operating the world's most celebrated collection of life-enhancement properties, Canyon Ranch has destination health resorts in Tucson, Arizona, and Lenox, Mass., and SpaClub facilities (spa, wellness and fitness facilities designed to give guests a taste of the full immersion resort experience) at The Venetian/The Palazzo hotel in Las Vegas, Gaylord Palms Resort in Kissimmee, Fla., and onboard cruise ships. In addition, the company recently opened Canyon Ranch Living and Canyon Ranch Hotel & Spa in Miami Beach, the nation's first luxury wellness hotel and residential community. The only 11-time recipient of the Conde Nast Traveler Best Destination Spa Award, Canyon Ranch has also been named "Healthiest Spa in America" by Health magazine as well as "Best Spa for Food" by Gourmet magazine.

Canyon Ranch certified fitness instructors will conduct daily group and private fitness, yoga and tai chi classes for guests. In addition, on select voyages Canyon Ranch healthy living experts will offer on-board presentations and workshops addressing lifestyle change, healthy living, stress management and a variety of other topics.

The Canyon Ranch SpaClub Beauty Salon will offer complete beauty services for women and men. The extensive Salon menu will feature hair design and nail care treatments, including luxurious spa manicures and pedicures, makeup consultations and makeovers.

The facility will offer an array of rejuvenating spa treatments, some created specially for Regent guests, include massages and therapeutic bodywork, mud, aromatherapy, ayurvedic and seaweed treatments, facials and masks featuring Canyon Ranch's award winning Your Transformation skincare products, conditioning body scrubs and therapeutic body cocoons.

Regent Seven Seas Cruises, a Prestige Cruise Holdings company, operates a fleet of medium-sized luxury cruise ships that visit over 300 ports on all seven continents, including Antarctica. RSSC is consistently rated among the world's top three cruise lines by readers of luxury travel magazines. Travel professionals worldwide voted RSSC the "World's Best Luxury Cruise Line" for the fifth consecutive year as of the 2008 Travel Weekly Awards and readers of Conde Nast Traveler magazine voted RSSC "World's Best Small-Ship Cruise Line" in 2007. For reservations, visit www.RSSC.com or call toll-free 800-285-1835.

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Falkenstein Schlosshotel Velden - Austria 5 Star Luxury Resort The new Premium Collection Hotel offers a noble retreat with unique architecture that has been a popular destination for centuries. Glamorous and light-hearted, surrounded by style, tradition and modernity, the Schlosshotel Velden receives its guests with exquisite personalized service

Alila Villas Uluwatu - Bali, Indonesia - 5 Star Boutique Luxury Resort Here contemporary Bali-inspired living design seamlessly integrates with personal journeys of cultural richness, continuing the Alila tradition of a total destination experience that is serene, sensual, and surprisingly different

Grey Cliffs Ranch - Three Forks, Montana - Luxury Guest Ranch This state of the art 8,000 square foot lodge is the gem in the middle of the 5,200 acre ranch. Worldly decor with a contemporary western feel adorns each room of the lodge. A private two mile driveway winds through the ranch ending at the magnificent lodge

Auberge Saint-Antoine - Quebec City, Canada Come and discover one of the "100 Best Hotels in the World" named by Travel + Leisure, located in one of UNESCO's World Heritage Cities. Recognized for its charm and quality of service, Auberge Saint-Antoine, located in the Old Port of Quebec City is an unforgettable journey in culture, fine cuisine and the history of New France

Bianthire - Lenox, The Berkshires, Mass Experience the opulence of the Gilded Age in the Berkshires. This beautiful region of western Massachusetts is filled with stunning 19th-century architecture, as well as an abundant variety of art. Tour the intimate galleries at the Clark Art Institute and Mass MoCA, dedicated to both performing and contemporary arts.



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Queen Mary 2's Maiden Voyage - Part 3

By Ted Scul
January 26, 2004 [Queen Mary 2 Spotlight Page](#)

Part 1 Part 2



Queen Mary 2

After steaming southwesterly through the Atlantic for almost 10 days and calling at four ports, the RMS Queen Mary 2 is presently heading north and slightly west through the Caribbean toward St. Thomas and finally Fort Lauderdale.

Most passengers I spoke to have settled in to the extent that they wish the crossing could go on a bit longer. We all feel that for a maiden voyage, there have been very few glitches. The erratic service in the main restaurant has evened out, and the hotel manager has responded to the demand for larger portions in the restaurant.

Article continues below

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After a most satisfying meal in the Todd English restaurant, I returned for another, and especially memorable was the lobster and baby corn soup. In a somewhat unorthodox presentation, the bowl arrived with ingredients in a heap, then the liquid was poured over them, and the result was absolutely delicious.



Todd English
Restaurant

The hotel manager said he realizes there will be a problem satisfying the demand for reservations at the Todd English restaurant, but he is adamant that it should be first come, first served, with no preference given to suite passengers and no pre-booking through travel agents. My suggestion is to make straight for the reservation desk that opens at 2 p.m. on embarkation day; it's located aft on Deck 8. A follow-up strategy is to show up at lunch and see if there are cancellations, or to wait at the bar and perhaps begin the meal there as many have done on this trip.

Additional restaurants I experienced include La Piazza, the Italian part of the Kings Court at night. The meal begins with an appetizing antipasto buffet, followed by a waiter-served main course and dessert. I ordered the Veal Involtini (rolled) with asparagus and spring onions, which I would give a C+, with a B+ for the Madeira Sponge Cake enveloped in a Hazelnut Candied Fruit Mousse. In my opinion, the Thai-style sampler menu at Lotus was far superior.

For lunch, the Golden Lion offers a pub menu, though the people who frequent the place seem to linger there for hours as they might at their local back home. After two failed attempts, we were seated during the Barbados port call, and I was more satisfied with the menu than with the ersatz Holiday Inn-style ambiance. The Cottage Pie with minced beef, peas and a mashed potato crust was as good as one would find in England, and friends thought the Fish (cod) and Chips passed muster too. Bangers (sausages) and Mash and Steak and Mushroom Pie are additional daily staples.

The professionally-staffed library and book shop make this ship, along with running mate Queen Elizabeth 2, unique on the high seas. On the QM2, the somewhat out of the way location forward on Deck 8 has not deterred use one bit. The hours extend from 9 a.m. to 6:30 p.m. rather than being open in three separate sessions, as the librarians have 160 book cabinets containing 8,000 volumes to unlock and lock. Seating is limited, and most passengers take books out to the deck or back to their cabins. But the library's reading chairs offer terrific ocean views. The shop sells ocean liner books and memorabilia such as videos, postcards, posters, and souvenir items. Internet connections are available at six tables, in addition to the two cafes on a lower deck. Rates are 50 cents a minute, dropping to 25 cents when buying in bulk.

The maiden voyage commemorative clothing shop experienced a frenzied onslaught akin to a fire sale at Filene's Basement. Passengers literally cleaned the place out of maiden voyage-branded polo shirts, tee shirts, caps, and fine Wedgewood plates, cups and saucers. Some inventory had been left on the pier in Southampton and when it caught up with the ship, the shop manager had to limit items to two per person and allow just so many people in at one time. At 9 a.m. today, 150 people stood in line panting to get in.

The QE2 always had insufficient outdoor space for warm weather cruising, but on QM2, every effort was made to maximize the options, and the capacity is equal to the demand. The promenade decks offer more than 300 wooden deck chairs, with another couple of hundred on the suite balconies. The tiered afterdecks and the highest decks, portions of 12 and 13, have sectioned areas and wind protection, so passengers have many varied locations. Queen's Grill passengers have a private deck. There are five pools, accompanying whirlpools, deck tennis, a golf range, basketball practice hoops and two shuffleboard courts.

Probably the only failing in the outdoor department is the limited table seating for breakfast and lunch at the Boardwalk Cafe. Some passengers do take the King's Court buffet food to the promenade deck chairs.

Vantage points for outdoor viewing are numerous, with sufficient railing space for all to watch the port arrivals and departures. My favorite is the covered forward observation deck that spans the width of the ship just above the bridge. It can be easily reached by a glass-enclosed elevator from the promenade deck. Then two decks above is a glass-protected lookout -- ideal in cold, rainy weather or when one desires protection from the hot sun.



Canyon Ranch Spa

Canyon Ranch Spa, the largest at sea, is getting high marks from its patrons, and one California couple reported that the Thai massage was the very best they had ever experienced. And they don't push the beauty products like they do on some ships.

After-dark entertainment featured John Martin, a British comedian everyone raved about, and G32, the disco, gets high praise when the former QE2 band Onyx is playing -- then dies when they leave. Ballroom dancing takes place in the Queen's Room, but the acoustics need adjusting to lower the noise level under the central dome. Movies are shown outdoors on Deck 12, and the all-important popcorn is now freshly popped.

The passenger complement on this two-week maiden voyage parallels a typical QE2 transatlantic crossing with 45% British, 43% American, 4% German, and 7% from Asia and Australia. No less than 1,657 or roughly 65% of the passengers are repeaters, the largest number Cunard has ever carried. For them the ship is an out-and-out winner, but the company is eager to attract first-time passengers, and a younger crowd at that, to fill the ship.

The Queen Mary 2 gives them the glamour, the array of dining choices, the elaborate Canyon Ranch Spa, the Veuve Clicquot Champagne and Caviar Bar, and does not overdo the formality, keeping just two formal nights on a transatlantic crossing instead of the present four aboard the QE2.

On this voyage, nearly every passenger is complying with the formal, informal and casual designations, setting the QM2 well apart from the way passengers treat the guidelines on most large ships today. On this voyage, smartly attired passengers match the elegant and spacious surroundings of what is unmistakably a true North Atlantic liner. It remains to be seen how regular passengers -- not on a crossing, but on a routine cruise -- respond to the setting and the ship, which after all will be competing head to head with the Caribbean mega-ships.

Carnival Corporation paid a 40% premium to build a true liner to take North Atlantic weather, and it is here that she needs to draw sufficient custom to make her pay. And in my opinion, all the bells and whistles and the grandeur of an ocean liner are in place, if this first crossing is any indication.

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Queen Mary 2 Is First Ship to Feature Top-Rated Canyon Ranch Health Spa

Cunard Line selected Canyon Ranch to design and operate the spa, beauty salon, wellness and fitness facilities on its \$800-million *Queen Mary 2* because the most famous ocean liner of the new century deserves the top name in health clubs.

Queen Mary 2 (*Queen Mary 2*) measures 1,132 feet in length and 237 feet in height from keel to funnel top, with a beam of 135 feet, making it the grandest passenger ship in the world. The ship's health club – Canyon Ranch SpaClub® – features 20,000 square feet of state-of-the-art spa, beauty and fitness facilities located on two decks, with a staff of 51.

The Canyon Ranch SpaClub offers 24 massage, body and skin care treatment rooms, a gymnasium and weight room with more than 50 pieces of cardio and weight-training equipment, a juice bar, and men's and women's locker rooms. Designers incorporated unique water features throughout, emphasizing the healing and therapeutic benefits of water and heat.

Facilities include a 30x15-foot co-ed Thalassotherapy Pool that features airbed recliner lounges, neck fountains, a deluge waterfall, air tub and body massage jet benches. The pool area also has a whirlpool. Adjacent to the pool is an extensive Thermal Suite featuring an herbal sauna, Finnish sauna, reflexology basins and an aromatic steam room.

Guests aboard *Queen Mary 2* are able to experience an array of rejuvenating spa treatments, including massages and therapeutic bodywork, mud, aromatherapy, ayurvedic and seaweed treatments, facials and masks, conditioning body scrubs and therapeutic body cocoons.

The ship's SpaClub also offers the exotic Rasul Ceremony, a Canyon Ranch signature treatment. This medicinal mud and steam therapy, which takes place in an ornately tiled steam chamber, is derived from an ancient Middle Eastern cleansing ritual.

The beauty salon is a luxurious facility offering a full array of Canyon Ranch services including hair design and nail care treatments, manicures, pedicures and

makeup consultations.

In addition to the ship's extensive spa, beauty and fitness facilities, Canyon Ranch certified instructors conduct daily group and private fitness, yoga and tai chi classes. Canyon Ranch "healthy living experts" offer on-board lectures and workshops addressing lifestyle change, health and medical issues, stress management, smoking cessation, healthy aging and disease prevention.

According to Jerry Cohen, Canyon Ranch president and CEO, "We are delighted to be part of *Queen Mary 2* and to make our unique experience available to the guests of what will be the world's grandest passenger vessel ever constructed."

In an effort to provide guests with a more complete experience, Canyon Ranch chefs worked closely with Cunard Culinary Ambassador and Executive Chef Jean-Marie Zimmerman to design spa selections for *Queen Mary 2* restaurants. "Our superb menus are complimented by Canyon Ranch cuisine that is both nutritious and created with the highest gourmet standards," said Peter Shanks, president of Cunard Line.

The SpaClub on *Queen Mary 2* is the first such facility for Canyon Ranch on board a ship. The firm also operates a SpaClub at The Venetian Resort in Las Vegas and two destination health resorts: the original Canyon Ranch in Tucson and Canyon Ranch in the Berkshires, Massachusetts.

Cunard's flagship *Queen Mary 2* offers sweeping staircases, expansive promenades, lavish suites and luxurious staterooms – nearly three-quarters of which have private balconies. Facilities include 10 dining venues, including the only shipboard restaurant by celebrity chef Todd English, the world's first planetarium at sea, the largest ballroom at sea, the largest library at sea, and the largest wine collection at sea. The ship also features a Veuve Clicquot Champagne bar, several other bars and showrooms, a two-story theatre, a casino, indoor and outdoor swimming pools, hot tubs, boutiques, a pet kennel, and a children's facility with British nannies.

For more information on *Queen Mary 2*, contact a professional travel agent, call Cunard toll-free at 1-800-7-CUNARD or visit the website www.cunard.com.

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About Cunard Line

Cunard Line, operator of the luxury ocean liners **Queen Mary 2** and **Queen Victoria**, has long been synonymous with the quest for new discoveries and the epitome of British refinement since the company's first paddle-wheeled steamer, *Britannia*, crossed the Atlantic in 1840. Cunard voyages bring

together like-minded travellers who seek a civilised adventure and relish the Cunard hallmarks of impeccable White Star Service™, gourmet dining and world-class entertainment. Today, Cunard offers the only regularly scheduled Transatlantic liner service and continues the legacy of world cruising which it began in 1922. **Queen Elizabeth** joins the fleet in October 2010.

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Exhibit J

Exhibit J

NewsRoom

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2003 WLNR 18616303

Chicago Sun Times (IL)
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October 19, 2003

Section: News

Home, spa, home: Living at Canyon Ranch

Andrea Petersen

Wall Street Journal

Everybody loves a day at the spa. But do you really want to live at one?

Canyon Ranch Health Resorts, operator of a pair of high-end spas, is betting some people will. It is planning a 467-condominium ocean-front development in Miami Beach, dubbed Canyon Ranch Living, where residents will have access to the same fitness classes, medical services and hot-stone massages that are available at the company's spas.

The company is even exploring an arm band to let residents and their Canyon Ranch doctors keep tabs on their pulse and blood pressure, a smart card for keeping track of how many calories you burn in the workout room, and devices for the wait staff that beam nutritional information to a resident's hand-held electronic organizer. Those who want to eat at home can have their Canyon Ranch-approved meals delivered to their doorstep.

The company says the project is partly geared to rectify a frequent lament of spa-goers: slippage. "The biggest complaint we've heard is that 'after I leave I do well for a few weeks or two or three months and then I start slipping,'" says Mel Zuckerman, Canyon Ranch's 75-year-old founder.

But clean living doesn't come cheap. The condos are expected to have price tags ranging from \$400,000 to \$3 million. Recognizing that people might not want to be good all of the time, Canyon Ranch has promised to relax some of its more ascetic rules for the Miami project. Beer and wine will be sold at the restaurant, for example. Alcohol isn't served at the company's resorts in Tucson, Ariz., and Lenox, Mass., though housekeepers often find smuggled wine bottles in rooms.

The new project will face plenty of competition. In the past few years, a number of upscale hotel companies, including Four Seasons Hotels & Resorts, Marriott International Inc.'s Ritz-Carlton Hotels, and W Hotels, a unit of Starwood Hotels & Resorts Worldwide Inc., have unveiled residential developments that have a lot of pampering and handholding amenities.

The Miami Beach development is just the latest, and potentially the riskiest, effort by Canyon Ranch to exploit its well-known name. It already has about 80 homes connected to its Tucson resort and is developing an additional 20 as well as a handful of lots at its Lenox property.

There are now Canyon Ranch day spas at the Venetian hotel in Las Vegas and Gaylord Palms in Florida. A third club will open in January on the new luxury ocean liner the Queen Mary 2. Canyon Ranch is also mulling a family-oriented spa. And it plans to unveil a handful of consumer products, the first of which will be a skin-care line.

The question is whether the company can dramatically expand without losing its exclusive aura and while still keeping its standards of quality. Part of the allure for Canyon Ranch guests, who pay about \$800 a night at its resorts in Tucson and Lenox is its exclusivity and uniqueness.

Lehman Bros. is providing the funding for the Miami project, which will be owned by its developer, closely held WSG Development Co. of Miami Beach, and managed by CR License LLC, a company majority owned by Mr. Zuckerman. He sold the real-estate assets of his two flagship resorts to Crescent Real Estate Equities Inc., a Texas-based real-estate investment trust, in 1996, but another of his companies continues to manage them.

The move comes at a key juncture for the nation's spas. The industry has seen rapid growth, with revenue more than doubling in two years to \$10.7 billion in 2001, the most recent year for which figures are available. Now spas are trying a variety of tactics to keep the numbers up -- targeting men and kids, cutting prices, bringing in medical technology and coming up with a dizzying array of treatments.

But Canyon Ranch is unusual among pure spas for building condos. Mr. Zuckerman, the founder, says he is convinced there will be an appetite for a place that offers the company's blend of healthy living in deluxe surroundings. The company plans to initially court the 110,000 people who have been to its resorts during the past five years.

The project involves rebuilding an existing hotel and building two new high-rise towers. The developer says it won't begin major construction until it has pre-sold about 60 percent of the condo units. WSG says it has already taken some reservations, but marketing of the units won't begin until November. Construction is targeted to begin next spring, with completion expected in the fall of 2005.

If the Miami project sells, the company hopes to build another 10 or so "Canyon Ranch Living" communities -- half of which would be condos in cities such as New York and Boston, and the other half would be planned communities with individual homes, along the lines of Walt Disney Co.'s Celebration.

Canyon Ranch has seen one of its past projects stumble. Just two years ago, it postponed plans for two resort cruise liners due to its development partner's financial troubles and the post-Sept. 11 travel slump.

At the Miami project, a 720-square-foot one-bedroom unit with a kitchenette and sitting room and no ocean view will run \$400,000. A 2,200-square-foot three-bedroom penthouse facing the ocean will cost about \$3 million. Besides the 467 condominiums, the development is slated to have another 151 units that will be individually owned but, when not in use, can be rented out as hotel rooms.

There will also be a monthly spa and maintenance fee of \$850 to \$1,900 per month. Each month, owners will receive \$100 worth of credit in the Canyon Ranch restaurant and a \$100 voucher for medical tests, appointments with nutritionists or massages.

— Index References —

Company: DEVELOPMENT CO; STARWOOD HOTELS AND RESORTS WORLDWIDE INC; MARRIOTT INTERNATIONAL INC; WIELKOPOLSKA SPOLKA GAZOWNICTWA SP ZOO; SODEXHO MARRIOTT SERVICES INC; DEVELOPMENT COMPANY FOUNDED BY THE CONTRACTORS AND BUILDERS; MARRIOTT INTERNATIONAL INC (SPAIN); WALT DISNEY CO (THE)

Home, spa, home: Living at Canyon Ranch, 2003 WLNR 18616303

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Other Indexing: (CR LICENSE LLC; CRESCENT REAL ESTATE EQUITIES INC; DEVELOPMENT CO; GAYLORD PALMS; MARRIOTT INTERNATIONAL INC; MEL ZUCKERMAN; QUEEN MARY; STARWOOD HOTELS RESORTS WORLDWIDE INC; WALT DISNEY CO; WSG) (Alcohol; Beer; Lehman Bros.; Zuckerman)

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July 1, 2005

Volume 27; Issue 5

Spa life.

Shoemaker, Stacy

In an increasingly health-conscious society, Canyon Ranch, one of the nation's leading spa companies, is taking the trend to the next level. The company is launching Canyon Ranch Living-Miami Beach, the nation's first community dedicated to healthy living. The six-acre oceanfront property will feature 467 condo units, 150 apartment-style hotel suites, dining, and a 70,000-square-foot SpaClub, all designed by renowned architecture and design firms Arquitectonica and the Rockwell Group.

"This is the natural evolution of the Canyon Ranch experience," says Mel Zuckerman, Canyon Ranch's founder. "The project is the fulfillment of Canyon Ranch's mission to develop a community where residents can embrace the joy of healthy living on a daily basis."

Set to open in late 2006, Canyon Ranch Living is a direct response to the results of one of the largest U.S. values-based studies ever conducted for community and wellness commissioned by Canyon Ranch and carried out by American LIVES, Inc., a market research firm. Nearly one-third of the more than 8,000 respondents in 10 major markets indicated a desire to live in a community devoted to healthy living; almost two-thirds agreed they would like to have a full spa and wellness center near where they lived.

The project, a collaboration with WSG Development company, will be located on the site of the former Carillon Hotel, a late '50s historic hotel known for its distinctive mid-century Moderne style, which has been closed since 1987. Local firm Arquitectonica is giving the two new condo towers a purist look of random white grids and pale blue glass to complement the hotel's existing glass curtain wall. The result is transparency throughout, connecting the interior spaces with the direct view of the ocean. Inside, New York City-based Rockwell uses natural materials to translate the healthy living concept into a fully realized environment. For instance, the lobby is dressed in a monolithic coral stonewall and 20-foot-tall natural wood encased columns. And sculptural landscaped areas--an atrium, waterfall, and linear pool and garden--connect the buildings to the site's natural surroundings.

--- Index References ---

Company: SPA

Region: (North America (1NO39); Florida (1FL79); Americas (1AM92); USA (1US73))

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Company Terms: ROCKWELL ARCHITECTURE PLANNING AND DESIGN P C; CANYON RANCH (TUCSON ARIZONA)

Product: Hotels, Motels & Tourist Courts; Architectural Services; Hotels (Except Casino Hotels) and Motels; Architectural Services

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April 28, 2006

Section: LIFE

Massage, wraps, meals -- all included
Spa-goers won't flinch at \$6,700 price

Kitty Bean Yancey

The new destination spa opening in early June at Connecticut's venerable Mayflower Inn will incorporate a novel concept that brings to mind an all-you-can-eat buffet.

All the spa treatments you can cram in during a five-night weekday stay are included.

"It's a first as far as we know," says Mayflower spokeswoman Marissa Mastellone. "It takes the pressure off about what treatments to choose."

Such bounty comes at a price -- from \$6,700 a person plus tax, including accommodation, meals and gratuities. But the conversion of this high-rated luxury lodging into a spa on weekdays is yet another sign that spas are in demand, and that vacationers are willing to pay to be pampered.

A new study of U.S. travelers who visit spas while away from home finds that they're well-heeled and well-educated. Nearly half (47%) have household incomes of \$100,000 or more; 19% are from households bringing in \$150,000 and up. And 86% of spa travelers say they have a college or post-graduate degree.

The first-ever "Identifying the Spa Traveler" study, prepared for the International SPA Association (ISPA) and the Canadian Tourism Commission, surveyed 2,000 U.S. adults via telephone and about 1,700 U.S. spa-goers online last September.

Some findings:

*81% of U.S. spa-goers have visited a resort/hotel spa on vacation. Other choices: day spa (23%), destination spa (21%), cruise ship spa (16%). Just 1% say they've been to a medical spa on vacation.

*Men are more likely to go to a spa on vacation than while at home. Thirty-six percent of spa travelers are male, vs. the 23% who say they've been to a spa at home.

*Top motivation for visiting a spa on vacation is "to relax and relieve stress," followed by getting a break from the grind back home. Pampering is third on the list.

*Massage is by far the treatment of choice: 88% of spa vacationers usually spring for one. Also popular are facials (51%) and other body treatments, such as salt scrubs and wraps (51%).

*California is the most popular spot for a spa visit on vacation, followed by Arizona and Nevada.

*As testament to the ever-growing power of Internet travel booking, 62% use websites to plan spa vacations. And 60% ask family or friends for recommendations; 33% consult guidebooks. Just 9% say they use a travel agent to book spa getaways.

*At a time when resort massages and treatments are often priced at more than \$100, 73% of U.S. spa-goers say treatments are too expensive to purchase more often.

*The ranks of spa-goers are increasing: 9% of spa-goers went for the first time in the six months before being surveyed; 31% say they started going to spas in the last three to five years. Based on survey results, an estimated 57 million U.S. adults have been to a spa of any sort and had more than a manicure or pedicure.

"People are integrating the spa into their lifestyle," says industry expert Susie Ellis, president of Spa Finder Inc. Its ventures include the Luxury SpaFinder Magazine and spafinder.com, which helps vacationers find the spa most suited to their needs.

Ellis is seeing a boom in resort and hotel spas -- which are viewed as profit centers for hotels -- and predicts that destination spas will enjoy even greater popularity.

"They're going to become important again as a place to get back into relaxation, healthy eating and exercise. To be isolated from the temptation (found in everyday life)," she says.

"The experience is so precious ... it's life-transforming. It's not what you get at a hotel spa."

Signs of the destination spa's appeal for baby boomers: villa communities springing up at prestigious spas such as Canyon Ranch and Miraval in Arizona and Red Mountain Spa in Utah. Canyon Ranch is building a Canyon Ranch Living residential community in Miami Beach. This week, plans for another Canyon Ranch Living community outside Washington, D.C., in Bethesda, Md., were announced.

June brings two new retreats marketing themselves as destination spas with their own guest rooms -- the first in the USA since 2001, when Mii Amo launched on the grounds of the Enchantment Resort in the red-rock country of Sedona, Ariz.

The 20,000-foot Mayflower spa, in a clapboard building adjacent to the sprawling white shingled inn in Washington, Conn., will serve as a destination spa from Sunday nights to Friday at midday. Spa-goers get a personal adviser and use of warm-up suits and MP3 players. Weekend inn guests can swim in the heated indoor pool, use the yoga studio and order treatments, including a \$140 hour-long massage and \$190 hammam steam-bath ritual.

Also opening in June: the 58-room Lodge at Woodloch in Hawley, Penn., a two-hour drive from New York City. It's planned as a true destination spa -- not attached to a hotel or resort.

Set in the country on 70 wooded acres, it will feature a 40,000-square-foot spa with 27 treatment rooms. There will be a cooking demonstration kitchen and restaurant serving spa cuisine, along with wine and beer. Introductory rates start at \$730 a person per day, including meals, activities, one spa treatment, tax and gratuity.

Meanwhile, hotels continue to expand existing spas and open new ones. Last week, the Peninsula chain announced a "Peninsula Wellness" initiative that will be rolled out over the next 12 months at its seven hotels, including The Peninsula New York.

and The Peninsula Beverly Hills. The program includes mind/body spa treatments incorporating both Eastern and Western therapies, new spa-like bath amenities and spa cuisine.

Next, get ready for the golden age of the medical spa, where teams of physicians work alongside spa therapists. They're gaining in popularity, and an important one on the horizon is a mega-wellness center from the Dole food company.

The California Wellbeing Institute, complete with an on-site hotel managed by Four Seasons, is due to open in Westlake Village near Los Angeles this fall. The 20-acre complex will serve up diagnoses and advice from more than a dozen doctors, healthy living programs, fitness and spa services, nutrition programs, longevity testing -- even plastic-surgery recovery.

E-mail kyancey@usatoday.com

--- Index References ---

Company: ISPA

Region: (Connecticut (1CO13); USA (1US73); Americas (1AM92); Arizona (1AR13); Florida (1FL79); New England (1NE37); North America (1NO39); California (1CA98))

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Section: Real Estate

New buildings' massage services for health-minded residents

Jane Adler, Special to the Tribune

How about a hot-stone massage with that new condo?

Seeking to attract mostly empty-nesters and the over 55 crowd, developers are adding spa treatments and services to new condo projects, such as Canyon Ranch Living-Chicago. The downtown high-rise is to start construction next year. Chicago-based LR Development Co. has teamed with Tucson's best-known spa operator, Canyon Ranch. The building will have 256 condos, 128 hotel-condos (for sale) and a combination spa and wellness center. The project also will include a restaurant. The 67-story building will be at 680 N. Rush St., adjacent to St. James Cathedral.

"What's different about this building is its integrative wellness approach," said Laura Sherman, senior vice president at LR Development. The building will offer not only spa treatments but also fitness counseling, access to Cleveland Clinic doctors and programs, stress management, a lecture series and nutrition advice. A Canyon Ranch high-rise is under construction in Miami Beach. It is slated to open this winter. Another project was planned for North Bethesda, Md., but the developer is re-evaluating because of rising construction costs and the market slowdown, news reports say. A representative for Canyon Ranch Living says, however, that the Maryland project has not been cancelled.

LR Development's Sherman says she expects Chicago sales to start this fall. Prices aren't available yet, though Sherman says it's a "high-end" building. Prices in the Miami Beach building start at about \$700,000.

The Canyon Ranch project comes at a time when interest is growing in wellness communities, many of which are targeted at wealthy older people. Residents can get healthy food, a fitness trainer, and, in some cases, a spiritual adviser.

One such project is taking shape east of San Diego in Borrego Springs, Calif. It's called Montesorro and has townhouses along with single-family homes.

Developer Gregory Perlman of GH Capital said he has bought the local grocery store, which he plans to turn into an organic food market.

Everyone who has a home in Montesorro will be assigned to a service coordinator who will oversee the resident's well-being. Prices start at about \$550,000.

At Canyon Ranch Living-Chicago, residents get a fitness club membership, with programs tailored to their needs.

But Canyon Ranch Living-Chicago "makes room for everyone," said Sherman. "It's a very non-judgmental atmosphere."

Write to Jane Adler at realestate@tribune.com. Answers will be supplied only through the newspaper.

PHOTO: The 67-story Canyon Ranch Living-Chicago high-rise will go up at 680 N. Rush St.

COLUMN: 55 PLUS

— Index References —

Company: CANYON-RANCH

Industry: (Personal Services (1PE76); Consumer Products & Services (1CO62))

Region: (Maryland (1MA47); USA (1US73); Americas (1AM92); Illinois (1IL01); Florida (1FL79); North America (1NO39))

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NewsRoom

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August 17, 2007

Section: J

Frommer: Why not opt for a serious fitness vacation?

ARTHUR FROMMER, King Features

Why not devote your next vacation to health? Instead of lazing on a beach or boating on a lake, which do very little for you, why not enroll in a resort that offers an intense, dedicated routine of weight reduction and physical fitness?

These are found throughout the nation and in every price range. I've stayed at four detailed below.

The Duke Diet & Fitness Center, in Durham, N.C., is the top facility. Its results carry on into the later years of close to 60 percent of the people who attend. That's because it doesn't offer a fad diet but a balanced assortment of tasty American foods, the kind you'll be eating when you return home.

But by limiting your daily meals to 1,000 calories -- a server on the cafeteria line actually consults a computer printout of the foods you receive -- and requiring active daily exercise and nutrition instruction, it brings about substantial weight loss. I dropped 10 pounds during my first two-week stay and maintained the weight loss for several years thereafter.

The downside? Duke charges \$2,700 a week for the first two weeks (plus the cost of accommodations in various \$70-a-night condos and motels located close to the center); the price comes down so sharply for a third or fourth week that a full, recommended, one-month stay works out to about \$1,700 a week. (Don't confuse Duke's Diet & Fitness Center with the entirely separate Rice House for seriously obese people.)

Those wanting more comfortable, attractive accommodations might consider Durham's competing Structure House for weight reduction, which I also visited but obtained less impressive results than at Duke.

Information: 800-235-3853; www.dukedietcenter.org.

My second-place choice, Rancho La Puerta at Tecate, Mexico, is so close to San Diego that it's like a U.S. resort. You arrive, with everyone else, on a Saturday, flying into San Diego Airport, where you're whisked away by bus to a breathtaking setting in Tecate.

Here, the activities program is the dominant element; you attend so many exercise classes that the atmosphere is like that of a Marine boot camp.

But the fat-free, largely vegetarian meals -- while excellent -- are served cafeteria style, and because of that, people eat more than at Duke and lose less weight, in my experience.

The West-Coast clientele of every background and the physical setting are both so interesting that the facility (now in its seventh decade) is a gem of the fitness and weight-reduction world. The cost: usually, \$2,690 a week, double occupancy.

Information: 800-443-7565; www.rancholapuerta.com.

Tennessee Fitness Center, near Waynesboro, Tenn., is the cheapie -- but it's a place so special that only the most relaxed and unpretentious of tourists will enjoy their week or two there.

You arrive on a Sunday at the Nashville airport, where you're taken by van through the very plain rural countryside (dilapidated barns, thin mules) to Waynesboro, about two hours away, to the rustic complex of plain buildings that constitutes the resort.

The food is so-so and not always planned to limit caloric intake. However, the exercise program is as intense and well-planned as any other, the fitness facilities are fine, and the big lure is the price of as little as \$875 per person per week in double occupancy rooms, all-inclusive. This is probably the cheapest spa resort in all of America.

Information: 800-235-8365 or 931-722-5589. No Web site.

How about the two famous Canyon Ranch Spas, near Tucson, Ariz., and Lenox, Mass.? They're both elegant beyond compare, with remarkable exercise equipment and superb, diet-worthy meals, but their prices are fiendishly expensive and often amount to \$700 and \$800 per day per person. I can't recommend a vacation that breaks the bank.

--- Index References ---

News Subject: (Health & Wellness (IHE60); Obesity & Weight Control (IOB69); Health & Family (IHE30); Nutrition (INU67))

Industry: (Food & Beverage Production (IFO79))

Region: (USA (IUS73); Americas (IAM92); Tennessee (ITE37); North America (INO39))

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Other Indexing: (DIET FITNESS CENTER; DUKE; DUKE DIET FITNESS CENTER; RICE HOUSE; STRUCTURE HOUSE; TENNESSEE FITNESS CENTER) (Canyon Ranch Spas; Information; Rancho La Puerta) (Durham) (Mexico) (San Diego) (San Diego Airport) (Nashville airport) (Tucson, Ariz) (us; usa; na; us.fl; us.fl.miami; mex; mx; nam; us.az; us.ca; us.nc; us.az.tucson; us.ca.sandgo; us.nc.durham)

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Healthy Retreat: Canyon Ranch Miami Beach

Adult Fat Camp

pmeritfitnesscamp.com/FatCamp

#1 Fat Camp. Lose Up To 20lbs/wk. Dr Supervised. Work Hard, Live Well

SEPTEMBER 2, 2013 BY KIM BUTTON

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Canyon Ranch's palm lined gardens lead to the ocean

In the midst of excessive partying and glittering displays of beautiful people parading around Miami Beach, Florida, the Canyon Ranch Hotel and Spa is a bit of an enigma. At this resort, you won't find a dance club pulsing 'til the wee hours of the night, a raucous bar full of drunk twenty-somethings, or cabana boys delivering fried chicken tenders to guests by the pool. That is exactly why people stay here—and they like it.

A mecca of health and wellness, Canyon Ranch Hotel and Spa in Miami Beach is part of the famous Canyon Ranch chain of resorts across America, with some traveler-friendly specialty features: The resort offers rooms by the night, it's a la carte, and alcohol is served. So for anyone wondering what the Canyon Ranch philosophy is all about, without wanting to commit to an intensive week-long stay, the Miami Beach resort is for you.

The promise of a wellness vacation completely escaped my mind, though, as I was driving into Miami Beach. With the windows rolled down and the welcome scent of salt spray from the ocean permeating the car, I was giddy with the thought of "This is it! This is what I've always seen on TV!" since I've never been to Miami Beach. The art deco architecture competed with high-rise resorts, water views could be glimpsed in between buildings, and suddenly that famous Miami Beach vibe was everywhere. I was happily surprised that Canyon Ranch was close to the action of South Beach—just ten minutes away.

The property

It's hard to tear yourself away from the activities of Canyon Ranch to explore downtown Miami Beach, though, as I would soon find out. Upon check-in, which happens at four informal desks in the main lobby and where guests sit down and chat with the front desk staff, I was given a four-page pamphlet featuring the daily activities happening at the resort for the week. More than 40 activities are scheduled each day—and the majority of them are all free. If you're bored on your vacation here, it's your own fault.

A bit overwhelmed, I headed to my suite to begin my three-night stay. Yes, a suite, because all guest rooms at the Canyon Ranch Hotel and Spa are one- or two-bedroom suites ranging from 720 to 1,200 square feet. The entrance opened into a kitchen adjacent to the living room with spectacular ocean views from the balcony. In the spacious bedroom with a king-size bed, another balcony delivered the same stunning ocean views.

What was most impressive, though, was the enormous bathroom. Never before have I seen a

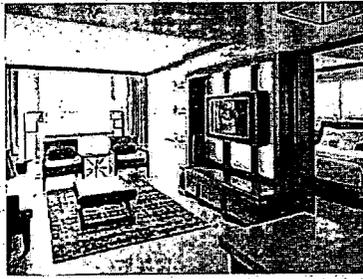
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Healthy Retreat: Canyon Ranch Miami Beach - Johnny Jet

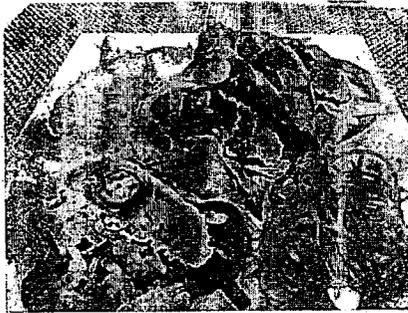
bathroom this big or luxurious in a hotel suite. A deep soaking tub and glass-enclosed shower were stocked with eco-conscious toiletries, a scale sat underneath the full-length mirror (this is a wellness resort, after all) and a separate makeup table all surrounded a glass-tile mosaic inlaid floor.

The dining

Though the ocean and spa facilities were calling, the rumbling in my stomach won out and I made my first of many visits to Canyon



An oceanfront guest suite



Tuna wraps served poolside

Ranch Grill. With this one meal, the philosophy of the entire resort became clearly evident. Catering to expected indulgences, the resort offers healthy twists. There were fries on the menu, but they were the property's famed artichoke fries—not made from potatoes and certainly not fried, but delicious all the same.

Milkshakes, sodas and chocolate chip cookies can be found, too, but the sodas are handmade and the cookies baked with whole wheat flour. Each menu item lists an

extensive array of nutritional calculations, from calorie count to salt content to whether or not the item is gluten free.

The food is not only healthy—it's also extremely delicious. A poolside cabana offers more casual fare, including piña colodas and other alcoholic drinks, as does the Carillon Lounge. The main dining room is open throughout the day with oceanfront seating. The ingredients are local and seasonal, and you can expect a heavy emphasis on fruits and veggies.

The activities

Looking at the list of activities, I narrowed down my top choices for the next couple of days. With so much to choose from, it can be hard to allocate your time, especially with the many pools and extensive fitness center available.

I chose an early morning Qigong class on the beach to start off my list, but there was also indoor rock climbing (with ocean views), salsa dancing, ballet, belly dancing and candlelight stretching. Those are in addition to a serious lineup of fitness classes, from spinning to body sculpting to core training, all from 7 am to 7 pm each day.



Qigong on the beach

The spa

While the scheduled activities were tempting, my passion led me to the world-class spa. Here's a wonderful surprise: The Aquavana thermal suites are included in your stay! Score!!! Free spa facilities for your unlimited use. I'd just entered nirvana.

The Aquavana suites are a collection of healing waters, thermal cabins and soaking pools. Among my favorite destinations in Aquavana were the Experiential Rains, where sound-, light- and temperature-specific rains mimic the feel of a Caribbean monsoon or an Atlantic storm. From yin to yang, I would leave the tropical climates of Experiential Rains for the Igloo, where the frozen tundra is replicated in an arctic-inspired room with twinkling lights and the scents of menthol or eucalyptus wafting through the chilly mist raining down.

A bubbling footbath, Finnish sauna, herbal laconium and crystal steam room were among the

other options, as well as heated loungers and a hydrosipa. Throughout the day, a decent number of guests can be found in Aquavana, but in the early morning and late at night, I was the only one in the entire complex. A thoroughly indulgent experience.

Of course, I had to have spa treatments in the largest spa in Florida. The staff were excellent, even when I showed up for a treatment about 15 minutes late. They were courteous and professional, with no sales pitches for products to buy. The Detoxifying Body Wrap smoothed my skin with all natural ingredients before I "floated" in a pool for healing relaxation. The next day, I received an Ayurvedic Herbal Purification treatment that was more than two hours long, with a dead sea salt scrub, full body massage and a steam treatment. I was so relaxed that it was an effort to take the elevator just four floors back to my room before I succumbed to a long nap.



View from Room 820

The beach—and the rest

My brief stay didn't allow me too much time to simply lay on the beach (the summer storms didn't help, either). If I had been able to while away a day in the sand, I would have enjoyed doing so in a complimentary lounge chair under an umbrella. In addition to no fees for using chairs or umbrellas on the 750-foot expanse of ocean, there are also no resort fees—and Wi-Fi is complimentary at the Canyon Ranch Hotel and Spa. It's nice not to be nicked and dimed.

Guests can indulge in or completely avoid the health and wellness aspects of the resort. For those seeking insight into a healthier lifestyle, though, you will not be disappointed. Canyon Ranch Miami Beach offers a spot of healthy tranquil serenity, and in today's world,

we could all use a little more of that.



Serving up a Purple Pillow cocktail



Canyon Ranch's palm-lined gardens lead to the ocean



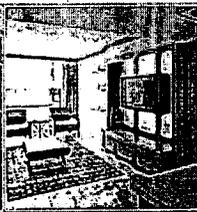
View from Room 820



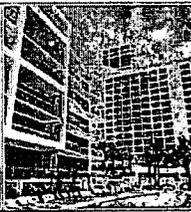
Canyon Ranch's lobby pays homage to its historic past, formerly known as the Carillon



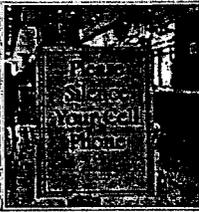
An extensive exercise room overlooks the Atlantic Ocean



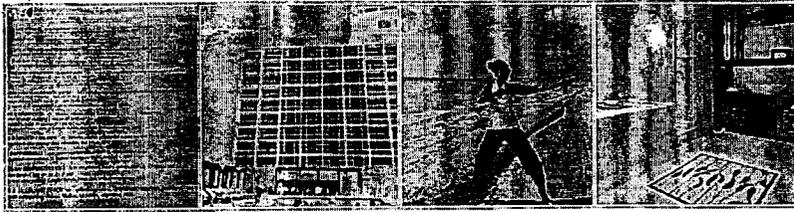
An oceanfront guest suite



The family pool at Canyon Ranch Miami Beach



Dining is more relaxing thanks to Canyon Ranch's cell phone policy



No need to worry about calories at Canyon Ranch. All nutritional information is clearly presented in the menu.

A Burdenko water fitness class takes place in the adult pool

Qigong on the beach

A deep soaking tub is standard in guest bathrooms



Tuna wraps served poolside

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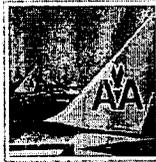
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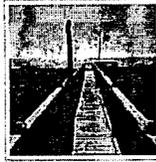
Travel Style: Paul Rubio



Travel Style: Aaron Hall



American Airlines to Fly Nonstop Between Los Angeles and Palm Beach



Myrtle Beach's Secret Season

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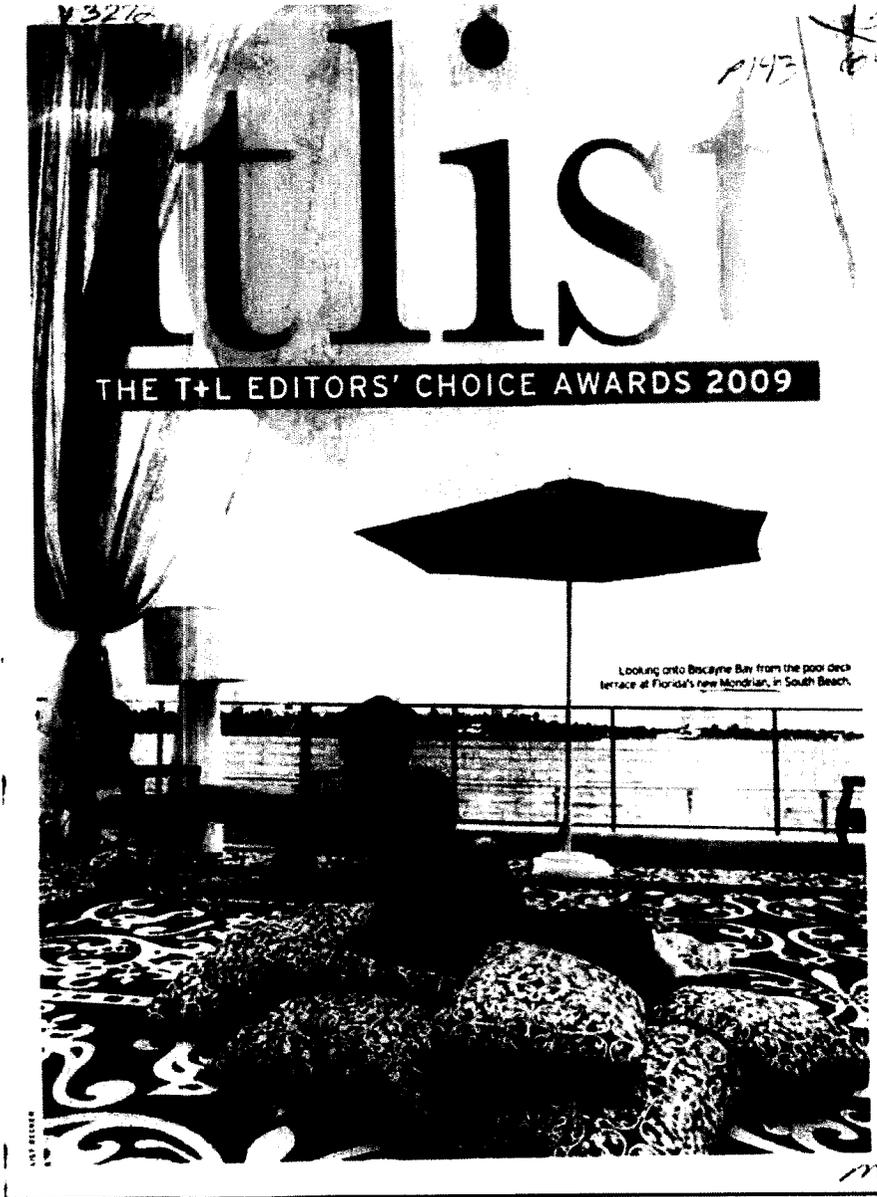
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In compiling *Travel + Leisure's* fourth annual It List, our editors once again visited hundreds of new hotels around the globe. What makes 2009 different? Properties closer to home really caught our attention: there are a record number in the United States alone! So whether you're looking for a quick getaway or hoping to get away from it all for a while, we've found the place for you.



the top 45 new hotels of the year

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InterContinental Montelucia Resort & Spa, Scottsdale 152	Mandarin Oriental, Boston 177	MAYAKOBA	ITALY	HONG KONG	MAURITIUS
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	JAMAICA	LONDON	BEIJING	PACIFIC	Priory Country Lodge 150
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BEACH RIVIERA MAYA, MEXICO

**Banyan Tree
 Mayakoba Resort
 & Spa**

How do you make a splash in a destination that's already seen its share of It List hotels? Banyan Tree's first foray into North America starts with an impressive 50-foot pagoda-style lobby; moves into Asian-meets-Mexican-style villas with outdoor pools, Jacuzzis, and rooftop terraces; and really delivers on the promise of an Asian property by staffing its spa only with Thai-trained therapists. Once we were suitably relaxed (who can resist an alfresco treatment?), a riverboat awaited to bring us through a lush mangrove forest to a stretch of powdery white sand. *Km 298, Ctra. Federal Chetumal-Puerto Juárez, Playa del Carmen; 800/591-0439; banyantree.com; doubles from \$495.*

BEACH THE GRENADINES

Firefly Bequia

Looking for your Next Great Caribbean Getaway? We're betting it may be the Grenadines, a part of the still-unspoiled Windward Islands just west of Barbados, and especially Bequia, one of the largest of the archipelago. At Firefly, a four-room oasis on an 18th-century plantation, a martini-shaking bartender arrives by speedboat; the wild beach is practically yours alone; and turndown includes candlelight, Billie Holiday on an iPod, and Italian linens. More hotels are on the horizon in Bequia, but for now, this is the spot for an idyllic, sybaritic fantasy. *781/458-3414; fireflybequia.com; doubles from \$495, including breakfast.*

BEACH MIAMI BEACH

Fontainebleau

It's got Rat Pack glamour and Morris Lapidus' design-iron status, and now, after a \$1 billion renovation, the Fontainebleau also has top restaurants and lounges (11 of them, including Alan Yau's much-anticipated Hakkasan) and 1,504 guest

rooms, with plasma TV's and iMacs. The staff is still adjusting to the demands of such a huge hotel, but it's the public spaces that really impress: the epic lobby, the glowing floor of the Bleu Bar, and, outside, a seemingly endless series of pools, lounge chairs, palm trees, and more pools. *1441 Collins Ave.; 800/548-8886; fontainebleau.com; doubles from \$249.*

BEACH HAINAN ISLAND, CHINA

Ritz-Carlton Sanya

Welcome to the Hawaii of the South China Sea. The 450-room Ritz-Carlton is a standout among the growing number of resorts on Hainan, China's only tropical island. Amid crowds of well-heeled mainland Chinese (including lovestruck newlyweds in matching Hawaiian shirts) we found a Forbidden City-inspired retreat with gardens, reflective lagoons, and wooden pillar-lined walkways. After a day spent by your villa's plunge pool, don't be daunted by the distance to the seawater-themed Espa at the other end of the resort; a personal butler awaits to drive you there. *Yalong Bay National Resort District; 800/241-3333; ritzcarlton.com; doubles from \$190.*

BEACH PHUKET, THAILAND

Six Senses

Spa-obsessed jet-setters, take note: Six Senses has brought the best of Southeast Asia's healing arts to a speck of land off Phuket's eastern coast. A 26-acre retreat houses four individual spas—yes, four each dedicated to Chinese, Indian, Indonesian, or Thai traditions. Many of the practitioners have trained for years to fine-tune a single treatment, which became apparent during our deep-tissue Indian Abhyanga massage. Between appointments, we lounged by the ocean and ordered seaside delivery of addictive Thai dishes such as chili lobster. *32 Moo 5, Tambol Paklok, Amphur Thalang; 800/591-7480; sixsenses.com; doubles from \$2,686, including treatments and meals.*

BEACH TRANCOSO, BRAZIL

Uxama Hotel

Bahia's sexiest beach village takes a giant leap forward with this nine-suite gem masterminded by the creative director of Diesel. The design is outdoorsy elegant, with burnished reclaimed timber, billowing muslin curtains, and Midcentury Brazilian furnishings. The three best villas open onto the Quadrado Trancoso's town green, and every evening, bossa nova waltz across the lawn, and you're right in the heart of the action. *55 731/3668-2166; uxamaahotel.com.br; doubles from \$790, including breakfast.*

DESK ZURICH

Dolder Grand

It's rare that a hotel feels both stolidly conservative and explosively futuristic, but that's the effect architect Norman Foster has achieved with his redesign of the Dolder Grand, in Zurich. The hilltop property overlooks the city and lake, and the original 1899 façade and turrets, now restored, are flanked by dramatic new stone-and-glass buildings, the Golf Wing and the Spa Wing. Inside, gently curving hallways evoke a 2001: A Space Odyssey sort of mood, and wooden doors open to reveal quietly modern guest rooms: off-white leather upholstery, smoked-oak flooring, and private terraces. *65 Kohlenstrasse; 41 411/156-6000; thedoldergrand.com; doubles from \$769.*

DESK BARCELONA

Melia Poble Nou

We may never have ventured into Poblenou, Barcelona's emerging tech district, if it weren't for Dominique Perrault's 400-foot-tall glass-and-steel den of cool. Barcelona's beautiful people bear the 15-minute cab ride from the city center to arrive at this hotel (surprisingly, run by Sol Meliá, better known for its all-inclusives), where they gather on ebony wingback chairs and chalk-white daybeds at Angels & Kings, an outpost of musician Pete Wentz's New York bar. We couldn't get over our room's postcard-perfect views of the Sagrada Família, the Agbar Tower, and the hills of Catalonia beyond. *272 Pça IV; 866/436-3542;*

me-banclona.com; doubles from \$236.

DESIGN MIAMI BEACH

Molere Hotel
Dutch designer Marcel Wanders's Baroque-minimalist palace on the calm waters of Biscayne Bay is a feast for the imagination. Step inside, and South Beach's Art Deco aesthetic melts away. In the lobby, stark white surfaces lead to a latticed black spiral staircase, and rooms come with enormous digitally manipulated femme-fatale paintings. When it all becomes too much—the chandelier that turns out to be a showerhead, the trompe l'oeil cloud-mosaic bathroom tiles—retreat to the hotel's waterside patio to take in the Technicolor sunset over downtown Miami. *1100 West Ave., 800/606-6090; morganshotelgroup.com; doubles from \$495.*

DESK SHANGHAI

Hyatt Regency Shanghai
Situating atop the towering 101-story Shanghai World Financial Center, the Park Hyatt radiates calm. Interior designer Tony Chi's decor is almost monastic in its restraint, but unlike monks, guests are invited to indulge: a cream-of-artichoke soup with caviar in the Dining Room, an acupuncture massage in the dreamlike Water's Edge spa, or a swim past curious egg-shaped sculptures in the infinity pool. We were only lured outside into the city below by the hotel's well-thought-out menu of guided tours on food, art, and architecture. *100 Century Ave., 800/233-1231; park.hyatt.com; doubles from \$807.*

DESIGN LOS ANGELES

SLS Hotel at Beverly Hills, A Luxury Collection Hotel
Combine Philippe Starck's exuberant interiors with the genius for tapas of chef José Andrés and the retail vision of design curator Murray Moss, and you have a hotel unlike any other. Though the lobby scene may border

on chaotic, the guest rooms are whisper-quiet and *American Gigolo* minimalist, with peekaboo sliding doors between the bath and boudoir. But God help you if you have self-esteem issues: virtually every surface in the rooms is reflective. Ultra-trendy though it may be, SLS delivers service that is doing to a fault. *465 S. La Cienega Blvd., 888/1627-8544; slshotels.com; doubles from \$ 689.*

DESK HONG KONG

W Hong Kong
The "Whatever, Whenever" motto of Starwood's boutique brand couldn't be more appropriate in Asia's frenetic financial capital. Sure, the concierge can have a bespoke suit tailored in just 24 hours, but if money is no object he can also have a private jet at the ready for that last-minute trip to Shanghai. All 393 guest rooms have skyline views and remote-controlled everything (blackout curtains; multicolored mood lighting; iPod docking stations), but be sure to request harbor-facing rooms, as the ICC tower obstructs the panorama on the Hong Kong city side. *1 Austin Rd. W., Kowloon Station, Kowloon; 877/946-8357; starwoodhotels.com; doubles from \$257.*

DESK JOSÉ IGNACIO, URUGUAY

Estancia Vik
Looking for the boho-chic crowd that made Punta del Este the ne plus ultra of South American beach destinations? You'll find them in José Ignacio, armed with reservations at Estancia Vik, the town's first luxury guest estancia. All 12 spare suites feature installations by Uruguayan artists; big names, including sculptor Pablo Atchugarry and painter Clever Lara, have work in the public spaces. The location—on 4,000 acres of pasture five miles from the beach—is still close enough to town that you can grab dinner at midnight, as locals do. *km 8, Cam. Eugenio Sáiz Martínez; 598-641675-838; estanciavikjoseignacio.com; doubles from \$750.*

DESK MOMBARRUZZO, ITALY

LaVilla Hotel

€ If Piedmont's Slow Food movement has meant better eating for everyone, an unexpected consequence has been the increased popularity of this once sleepy corner of western Italy. Which is why LaVilla, just east of the town of Le Langhe, is such a welcome addition. The 17th-century palazzo sits amid rolling hills, and its rooms are understated, with covetable antiques (claw-foot tubs; 19th-century armoires) and all the comforts (heated tile floors; overstuffed down pillows; an honor bar stocked with the best Barbera wines). The complimentary breakfast of freshly baked croissants, fruits, artisanal cheeses, and prosciutto is a highlight. *7 Via Torino; 39-041/793-890; lavillahotel.net; doubles from \$204.*

DESK MADIKWE GAME RESERVE, SOUTH AFRICA

Moloti Safari Lodge
Tucked into the hills of South Africa's Madikwe Game Reserve, the five-suite Moloti Safari Lodge presents a compelling argument for the place of indulgence in a recessionary world. South African designer Stephen Falcke mixes traditional elements (thatched roofs; carved-wood statues) with Fendi chairs and gilded Louis XVI style chairs. Indeed, the lodge excels at fantasy fulfillment. Fancy a romantic wood-fired *braai* (barbecue)? A candlelit table and chef are at the ready. And let's not forget the game drives: two a day with an expert ranger. Should you find yourself wondering where Africa lies in all of this, open the retractable-glass walls of your suite and step out onto your deck. An elephant is around the corner. *Madikwe Game Reserve; 27-82/613-5723; moloti.com; doubles from \$1,870, all-inclusive.*

DESK BOTHWELL, AUSTRALIA

Priory Country Lodge
The 1848 Tudor-style lodge in Bothwell, a Tasmanian town known for game hunting, offers a dizzying roster of activities. Guests can fill their days with trout fishing, rounds of golf (the nearby course is the oldest



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in the Southern Hemisphere), visits to a whiskey distillery, and guided walks through World Heritage protected wilderness. The nightly cookouts are also a hit — especially

the highland favorite: braised lamb shanks on mash. 2 *Wentworth St.*; 61-316259-4012; *thepriorycountrylodge.com*; doubles from \$550.



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OKAVANGO DELTA, BOTSWANA
Nudum Okavango Delta Lodge

Amid the colonial-throwback camps in Botswana's Okavango Delta, there's an iconoclastic new kid in town from &Beyond, the safari company formerly known as CC Africa. The 62,000-acre reserve, one of the largest in any permanent African delta, is a part-land, part-water experience. Guests from the nine pinewood suites punt for hours along water channels in *mekoro* dugouts, or make incursions into the acacia- and palm-studded plains, hot on the trail of hippos, Cape buffalo, and a profusion of wild cats (hence the lion research institute that's the reserve's only other tenant). *Okavango Delta*; 888/882-3742; *andbeyond.com*; doubles from \$1,375 per person.

PHUKET, THAILAND
Anantara Phuket Resort & Spa

For its first Phuket property, Anantara eschewed bare-bones minimalism in favor of a fresh take on classic Thai aesthetics. Hidden within a former coconut plantation are 83 bougainvillea-covered villas, whose wooden walls and sloping roofs make guests feel as if they're meandering through a local village. But there's nothing rustic here: each villa, clad in teak and raw silk, comes with a swimming pool, an outdoor daybed, and a terrazzo bathtub. The expansive spa lured us from our rooms for the kind of massage that makes jet-lagged muscles thankful to be in Thailand. *888 Moo 3, Tambon Mai Khao*; 66-76/336-100; *anantara.com*; villas from \$846.

DUBAI
Atlantis, The Palm

In a place that already defines excess, Atlantis manages to push the envelope further. Situated on the arch of the Palm Jumeirah artificial island, the Dubai incarnation of the Bahamas resort is ersatz-oceanic in style—with a 4-million-gallon Aquaventure theme park, a mile of powdery man-made beachfront, and a 65,000-creature marine habitat. And then

there are the rooms—1,539 in all—with waterfront balconies that look onto the Persian Gulf or the construction-project-in-action that is Dubai. *971-41426-1000*; *atlantis.thepalm.com*; doubles from \$500.

MIAMI BEACH
Canyon Ranch Miami Beach

Miami's hotel spas trembled at the arrival of Canyon Ranch earlier this year. Here, yogis replace *Bancatch*-style joggers, and a 70,000-square-foot maze of David Rockwell-designed spaces serves as the backdrop to a host of treatments ranging from mud baths to thalassotherapy. An over-the-top gimmick: "experiential" showers (picture a simulated rainstorm, with the sound and lighting effects to match). Guest rooms offer ocean views and residence-style touches such as granite-clad kitchens—these are condo-hotel rooms, after all—and refrigerators that can be stocked with healthful organic staples upon request. *6801 Collins, br.*; 800/712-9000; *canyonranch.com*; doubles from \$370.

SANTA FE, NEW MEXICO
Encantado

It was with a sigh of relief that we entered the airy casita at Auberge Resorts' newest spa property just north of busy Santa Fe. It wasn't only the perfect late-afternoon light that did us in (who doesn't love sun streaming onto a plush down bed while a piñon-scented fire crackles in an Indian kiva?), but the fact that a stay here delivered what we didn't even realize we'd hoped for: a luxurious Southwestern desert experience minus even a hint of dream-catcher kitsch. *198 State Rd. 592*; 877/262-1666; *encantadoresort.com*; doubles from \$573.

SCOTTSDALE, ARIZONA
InterContinental Montelucia Resort & Spa

With its graceful plazas and arched walkways, this 35-acre retreat so resembles an Andalusian *pueblo blanco* that you'll forget you're in Arizona. To set apart its North

American flagship in resort-rich Scottsdale, InterContinental created a \$325-million Spanish hideaway made up of four "villages" featuring fountain-filled courtyards, garden terraces, and vistas of Camelback Mountain from the onsize suites. Unexpected flourishes, such as live flamenco music at the Prado restaurant, complete the picture. *4949 E. Lincoln Dr., Paradise Valley*; 888/627-3010; *intermontelucia.com*; doubles from \$295.

NEWPORT BEACH, CALIFORNIA

Frankly, we didn't want to like the Resort at Pelican Hill going in—after all, who wouldn't find the sprawling Palladian-inspired resort, with its marble-tiled, mansion-size villas and 23,000-square-foot spa (treatments start at \$180)—to be a little out of touch with the pared-down sensibility of 2009? And yet when we were hiking or biking the 504 coastal acres, strolling past colonnades and through archways, or lounging beside the circular Colosseum pool, we had to admit that it was fun to play *cortesita* for a day. *22701 Pelican Hill Rd. S.*; 800/820-6800; *pelicanhill.com*; doubles from \$695.

ZIGHY BAY, OMAN
Six Senses Hideaway Zighy Bay

Just getting there is an adventure whether by 4 x 4 on a dirt road cresting a jagged mountain, by speedboat, or by paraglider. But once you've arrived at this rough-hewn yet ever-so-stylish and comfortable eco-hideaway, stretched out along a white sand beach on Oman's remote Musandam Peninsula, you won't want to stray far. There are private plunge pools at the villas; dazzling views of the Strait of Hormuz; a spa with two hammams and classic Six Senses and regional treatments; and a cliff-top bar and restaurant overlooking it all. *Zighy Bay, Musandam Peninsula*; 800/591-7480; *sixsenses.com*; doubles from \$1,282.

BEIJING
Atlantis, The Palm



Amanresorts' first foray into China is a cocoon of quiet sophistication near the heart of the frenzied capital. The 51 rooms and suites—housed in what was once a Ch'ing-dynasty imperial complex—are steps from the Summer Palace (pop through a private door and you're on the grounds) and are decorated with Ming-style furniture, carved wooden screens, and Jin clay tiles. Some 400 preservation experts and traditional craftsmen worked on the multiyear project, which painstakingly restored and re-created the internal courtyards

and ornate pavilions. *Li Gongmenqian St., Summer Palace; 800/477-9180; amanresorts.com; doubles from \$350.*

CURIO FLORENCE

Renaissance palazzo? Check. Fifteenth-century frescoes? Check. Florence's largest private garden? Check. If you've ever imagined what it might be like to sleep in the Pitti Palace, look no further. A stay at the Four Seasons Florence will make all

your Medici fantasies come true. The former papal residence, a short walk from the Duomo, has been meticulously restored. Guest rooms are decorated in silks and velvets chosen to set off the delicate tones of the original quattrocento painted ceilings. All this and the Tuscan countryside, too, in chef Vito Mollica's locally sourced menu: eggs come from a farm outside Pisa, Cinta Senese salami from Siena, and olive oil from nearby Mont Amiata. *99 Borgo Pitti; 800/332-3442; fourseasons.com; doubles from \$658.*





(Continued from page 151)

CLASCO CUZCO, PERU

Since it opened, this conquistador's mansion has challenged the 10-year-old Hotel Monasterio for the title of Cuzco's finest address. In fact, La Casoma is just a short stroll across the Plaza Las Nazarenas from the grande dame herself. Inside, the 16th-century colonial building has ornate frescoes of monkeys and roosters, beds are topped with handwoven blankets, and large marble baths are furnished with a nearby apothecary's mint- and heliotrope-scented amenities. The requisite Wi-Fi and DVD's are as available to all—but we swear in the name of Machu Picchu that you won't use them. 113 Plaza Nazarenas; 51 11610 9400; inkaterra.com; doubles from \$720, including breakfast.

CLASCO COLCA CANYON, PERU

The word casita is a misnomer for the first upscale resort in Peru's dramatic Colca Canyon. These "little houses"—20 in all, scattered on 60 acres in one of the deepest canyons in the Americas—are 200 square feet apiece, each with a private pool. Here, luxury and authenticity go hand in hand: a day might start with condor-spotting or a trip to a pre-Incan village, followed by a massage with plant-infused oils under giant eucalyptus trees. At night in your chandelier-lit guest room, you could almost forget that you're in the Andean outback—until you step out on the terrace beneath a blanket of stars. Parque Curúna s/n Yanque; 51 11610-8300; lascasitasdelcolca.com; \$523 per person, all inclusive.

NEW DELHI

No one is able to escape the tumult of New Delhi, but Aman embraced this challenge, unleashing the equivalent of design Naxos—interior spaces in warm sandstone; acres of manicured lawns that enclose the hotel like a verdant moat at its new urban resort. We wonder: Will anyone use the plunge pools on the

private terraces adjoining most of the rooms? Or will they dive instead into the full-size pool that Italian designer Rosita Missoni described as "a perfect length for swimming laps, which you rarely find in a hotel," never mind one nestled in the center of a seductive and confounding capital city. Lodhi Rd.; 800/477-9180; amanresorts.com; doubles from \$550.

MEXICO CITY

An elevator ride up 28 floors lands you in a cool lobby of monochromatic granite, high above the haze blanketing Mexico City. The 30 rooms in Grupo Habit's latest sceney hangout in the Santa Fe business district have a starkly macho sensibility, with glazed-tile baths, crisp white platform beds, and studio windows. What saves Distrito Capital from becoming just a Modernist box? Clever flourishes by Paris-based designer Joseph Dirand, including Thomas Glassford's silver Aster sculptures that dominate reception and an already-packed rooftop bar and pool terrace (much tequila, unguin inhibitions). 37 Juan Salvador Aguirre; 52 53/5237 1300; desquhotel.com; doubles from \$190.

LAS VEGAS

In a city where one-upmanship is the reigning mantra, the 45-story Encore delivers grandeur and a degree of intimacy unprecedented on the Strip. Casino mogul Steve Wynn added the requisite bling to his second namesake hotel (we are in Vegas, after all) in the form of Swarovski-crystal peacock sculptures, and 16-inch swiveling flat-screen TV's in the ebony-and-gold rooms. But we fell for the natural touches: sunlight inside the casino and a botanical backdrop of sculpted flower beds, laurel trees, and potted palms that make the 2.3 million square feet of public space feel downright cozy. 3131 Las Vegas Blvd. S.; 888/320 7125; encorelasvegas.com;

doubles from \$189.

ISTANBUL

A former Ottoman palace on the European side of the Bosphorus has quickly become one of Istanbul's most coveted destinations, thanks to a nine-year restoration. Sure, the marble-covered building down the way from Çiragan Palace Kempinski is a hit with Turkish brides, but jet-lagged travelers can still find serenity beneath the Murano chandeliers in the understated guest rooms, or when taking in the views of Asia from the waterfront pool deck. The unfailingly discreet service—not to mention three sultan-worthy hammams—has already proven to be a draw for the likes of Sarah Jessica Parker, Lenny Kravitz, and Colin Farrell. 28 Çarşamba Cad., Beşiktaş; 800/332 3412; fourseasons.com; doubles from \$533.

SALTA, ARGENTINA

This handsome provincial capital, known for its meat empanadas and some of the world's best-preserved mummies, has lately been burnishing its claim as Argentina's third city for tourism, after Buenos Aires and Mendoza. Still, we were surprised to come across a hotel so refined, especially on a noisy commercial street near the main square. Each of the 11 guest rooms in this former private residence is named for a notable person (a poet; a gaucho; a sculptor) and dressed accordingly with art from the region. Guests can linger in the courtyard for hours under swaying alamo trees while sampling the region's tangy, refreshing Torrontés wines. 617 Mitre; 54 387122 3736; legadamitro.com; doubles from \$170.

BOSTON

For its fifth stateside hotel, or copying a prime spot in tony Back Bay, the



Mandarin Oriental group pulled out all the stops. The \$300 million tower of limestone, marble, and New England brick—designed according to feng shui principles, of course—offers massive Asia-opulent rooms and the largest hotel spa in town. Expect the perfect balance between a contemporary elegance (touch-activated fireplaces; glowing marble and noble hardwoods) and sheer indulgence (cloudlike Ploch duvets; soundproof windows that actually open). *776 Bayton St.; 800/526-6366; mandarinoriental.com; doubles from \$373.* »

ATLANTA

The Mansion on Peachtree, A Rosewood Hotel & Residence

Set in Buckhead, a.k.a. Beverly Hills East, Robert A.M. Stern's serene Neoclassical limestone hotel stands in welcome contrast to the two shopping malls across the street. The ebony-and-cream interior mixes classical motifs with modern touches (an Impressionist painting peels back via remote control, revealing a flat-screen TV). Want to unwind? Start your grapeseed-infused massage with a complimentary glass of Chardonnay. Got a late-night craving for braised beef short ribs? Room service comes courtesy of Tom Colicchio's fourth outpost of Craft, located on the premises. *3376 Peachtree Rd.; 888/767-3966; rosewoodhotels.com; doubles from \$199.*

LOS ANGELES

A Maybach parked out front sets the tone at the Montage Beverly Hills, which channels old Hollywood (beamed ceilings; muralled walls) and new L.A. (rooftop pool; Pilates studio). Despite the fact that the hotel opened in November—during one of the worst economic moments in history—this sister to the super-successful Montage Laguna Beach still pampers with perks like poolside foot massages and a monogrammed bolster on the bed. Oh,

and did we mention the Mercedes convertibles available to guests staying in suites, and the hotel's gold-ink pens? Both are befitting of this glamorous address. *225 N. Canon Dr., Beverly Hills; 888/860-0788; montagebeverlyhills.com; doubles from \$495.*

PORTLAND, OREGON

The Nines, A Luxury Collection Hotel

To see the future of green design, take a close look at the Nines (as in "dressed to the..."), set on the top floors of the former Meier & Frank department store overlooking Portland's Pioneer Square. Fashion-inspired interiors—Ralph Pucci designed mannequins in the lobby and Tiffany-blue guest rooms—belie the serious environmental effort behind the scenes. For example, 90 percent of the waste produced during renovation was recycled, and all of the hotel's electricity comes from renewable sources. Expected in 2009: LEED Silver certification, which will make this one of the greenest urban luxury hotels in the United States. *525 SW Morrison St.; 800/325-3589; thenines.com; doubles from \$209.*

ISTANBUL

Park Hyatt Macka Palas

In the heart of the fashionable Nisantasi district—known for its Art Nouveau façades and high-fashion boutiques—the 90-room Macka Palas has become a home away from home for European jet-setters. Media moguls and creative types holmoh in the bar of this 1920s palazzo-style town house, sleep in » chocolate-and-beige guest rooms (some with French balconies), and feast on dry-aged sirloin at the hotel's Prime restaurant, the first steak house in the city. If you want to feel plugged in, this is the place to go in Istanbul. *Teskire, 1 Basm. St., Nisli; 800/233-1234; park.hyatt.com; doubles from \$163.*

LONDON

Four Seasons

Don't expect an elevator, soundproofed walls, TV's, or en-suite baths at this new B&B in London's King's Cross area. What you can expect is a visual experiment that mixes opulence and grit. The Georgian terrace has been partially stripped back to its circa-1827 bones, then draped with a selection of bespoke textiles—ranging from psychedelic riffs on Fortuny damasks to Technicolor pony skin—and a witty collection of contemporary art. It's not for everyone, but it is worth checking out—even if only via afternoon tea in the jewel of a back garden (call ahead to book). *1 Bokenhead St.; 44-201/7837-5338; roughluxe.co.uk; doubles from \$228.*

NEW YORK

Standard Hotel

André Balazs's fourth Standard hotel, a glass-and-concrete behemoth towering over the Meatpacking District's low-slung warehouses, has fast become a crash pad for the international style set. Inside the Todd Schliemann-designed building—straddling the city's new High Line park on 60-foot pylons—scene-seeking denizens mingle over sidewalk and single malts. The modish vibe melted away in our fifth-floor room, decorated with a tambour wooden headboard reaching dramatically up to the ceiling; a glass-enclosed shower; and walls of windows showcasing the Hudson River, the Statue of Liberty, and the sprawling cityscape. *848 Washington St.; 212/645-4646; standardhotels.com; doubles from \$195.*

MIAMI

Kimpton Hotel

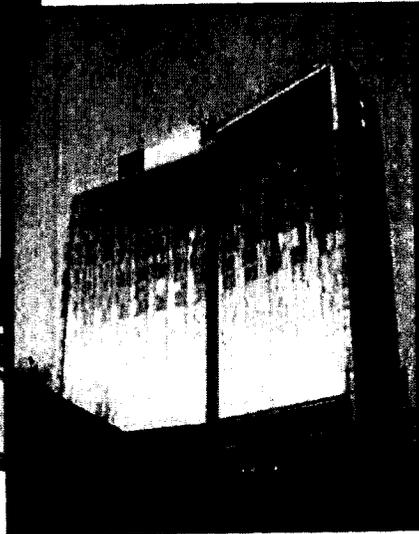
Kor Hotels and its design doyenne Kelly Wearstler strike again—this time in downtown Miami. Using her signature spin on Hollywood Regency and chinoiserie, she has transformed what could have been just another drab high-rise into a bold statement. (Our favorite Wearstlerisms: Asian foo dog lamps and fanciful nine-foot-tall cranes painted onto lobby walls.) The Biscayne Bay property (which shares a spa with the Philippe Starck-designed Iron Brickell condo building next door)

heated up further when chef Michael Psilakis and restaurateur Donatella Arpaia, both of New York's Anthos, moved into its 15th-floor restaurant, *485 Bunkell Ave.; 866/781-9924; vicenymiami.com; doubles from \$500.* +

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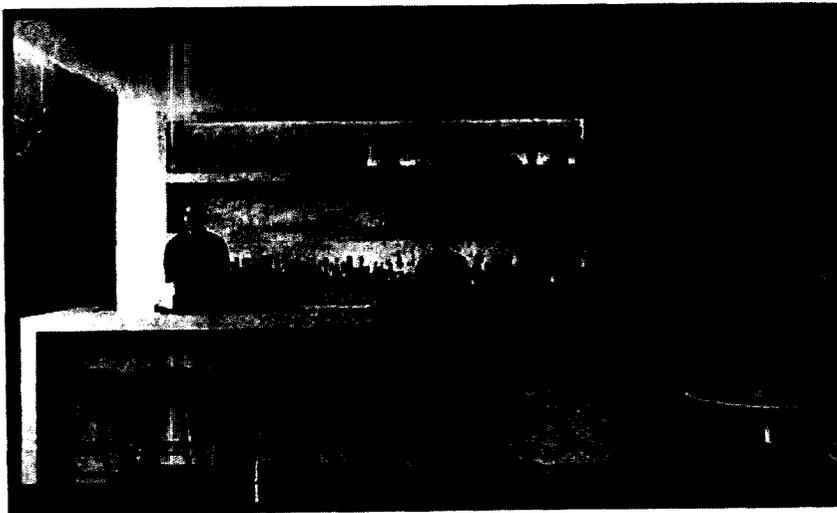
A Kelly Wearstler-designed suite at the Viceroy Miami, above. Right: André Balazs's Standard hotel, atop the High Line, in New York's Meatpacking District.



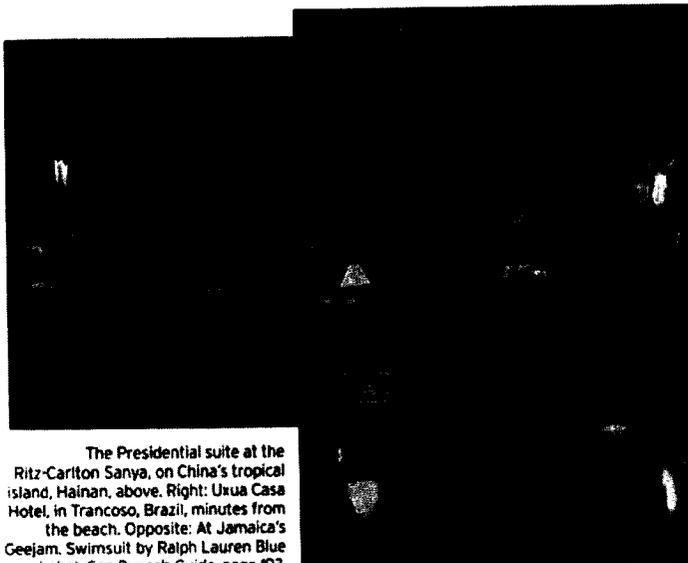
A guest room at the Nines, Portland's newest green hotel, above. Right: The rooftop pool at Montage Beverly Hills.



The Mandarin Oriental in Boston's Back Bay, left. Above:
The Four Seasons Hotel at the Bosphorus, in Istanbul.



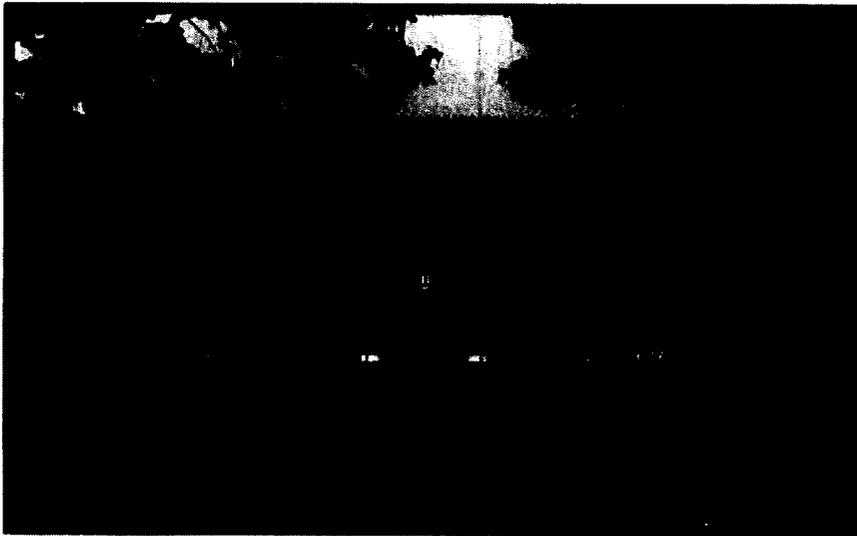
At Distrito Capital,
in Mexico City



The Presidential suite at the Ritz-Carlton Sanya, on China's tropical island, Hainan, above. Right: Uxua Casa Hotel, in Trancoso, Brazil, minutes from the beach. Opposite: At Jamaica's Geejam, Swimsuit by Ralph Lauren Blue Label. See Buyer's Guide, page 193.



The guest entrance at SLS Hotel at Beverly Hills, right. Opposite, clockwise from top left: At ME Barcelona: Norman Foster's redesigned Dolder Grand, in Zurich; the lobby of the Mondrian, in South Beach; the pool at Park Hyatt Shanghai, designed by Tony Chi.



The Imperial suite
at Beijing's
new Aman at
Summer Palace.



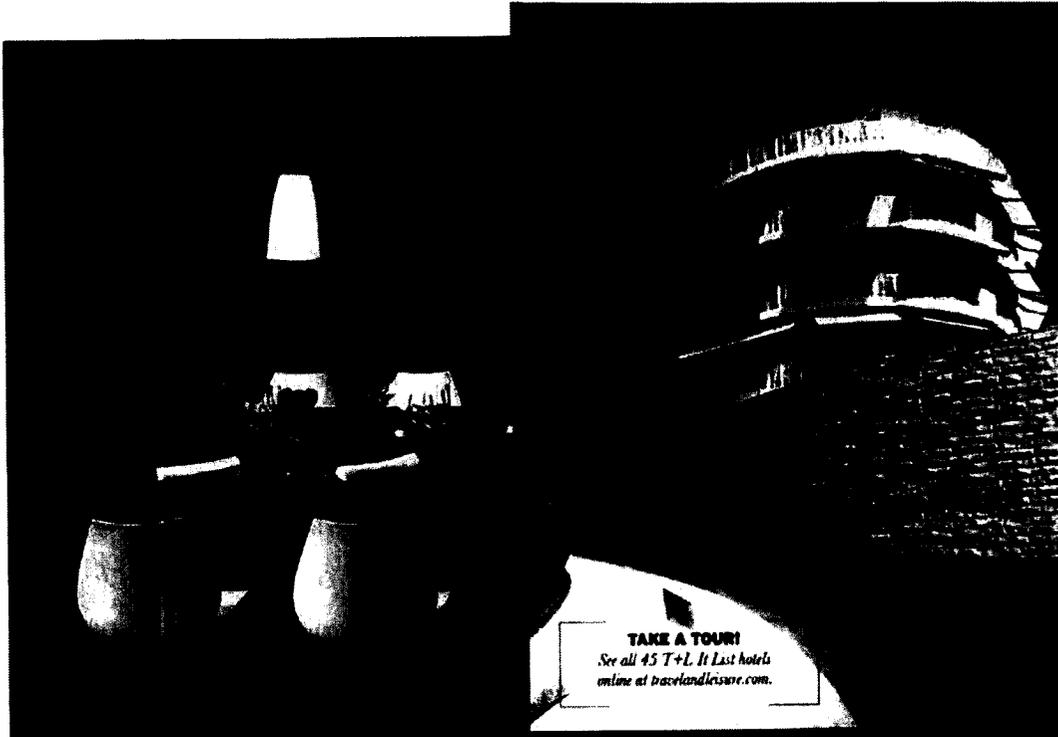
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Dinner at Xudum, Botswana's newest game lodge, on the Okavango Delta, above. Right: The Metsi deck at Molori Safari Lodge, in South Africa's Madikwe Game Reserve.



A Dale Chihuly sculpture presides over the lobby at Atlantis, The Palm, in Dubai, right. Opposite, clockwise from top left: Taking in the Atlantic views from a terrace at Canyon Ranch Miami Beach; Auberge Resorts' new Encantado, north of Santa Fe; a private picnic at Six Senses Hideaway Zighy Bay, in Oman; daybeds for two at Anantara Phuket Resort & Spa.



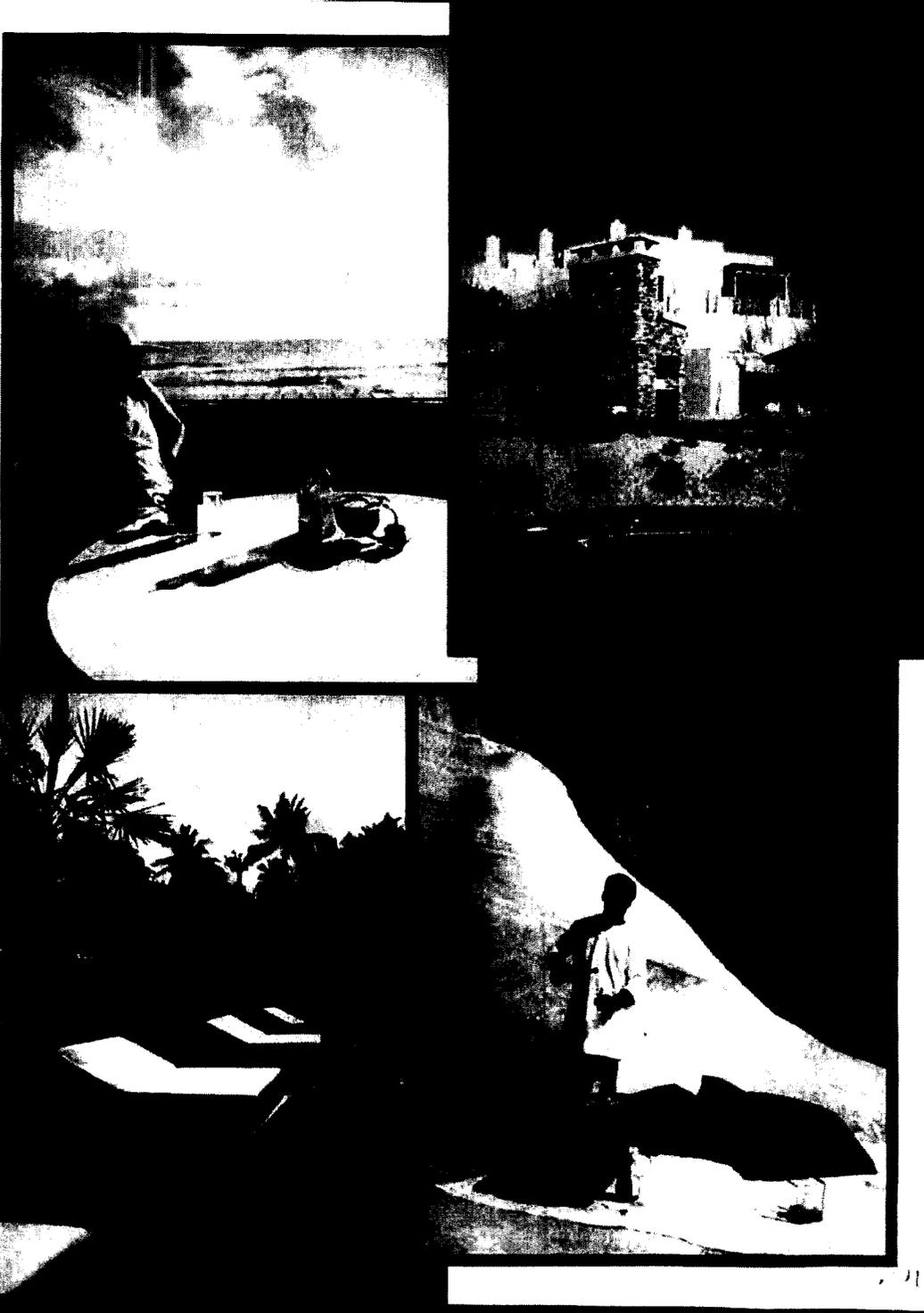
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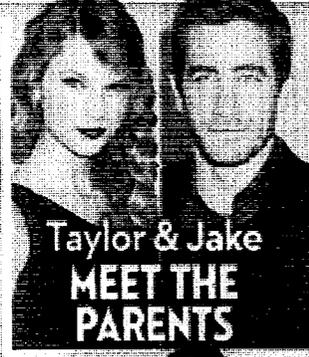
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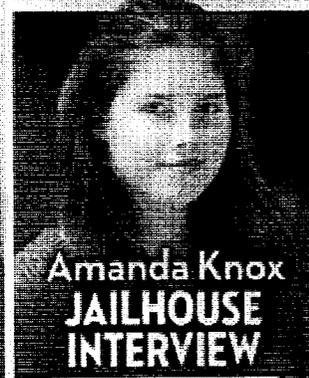
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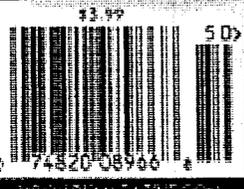
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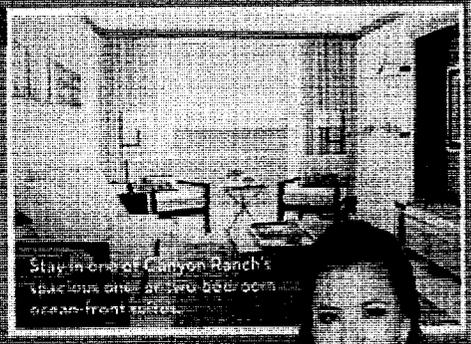
FROM RELAXING MESSAGES TO FUTURISTIC FACIALS, DISCOVER THE HOTTEST A-LIST BEAUTY GETAWAYS

LUXURIOUS BEACH RETREAT

When Eva Longoria and Shakira hit Miami, they head to the glamorous Canyon Ranch Hotel & Spa in Miami Beach.

The resort houses Florida's largest spa facility, offering cutting-edge treatments next to a 750-foot-long stretch of beach and four landscaped swimming pools. For a true A-list

experience, try the Canyon Ranch Travel package, which offers an entire day of pampering for \$450. The most popular treatments in the package include an alcohol-free facial, candle wax pedicure, your Transformation facials at the Canyon Ranch Massage plus access to over 20 indoor and outdoor fitness classes. (canyonranch.com/miami/crtravel)



Stay in one of Canyon Ranch's spacious one- or two-bedroom ocean-front suites.

MORE ADDRESS BOOK SECRETS! STARS SHARE THEIR FAVORITE



Audrina Patridge loves the Glen Ivy Hot Springs Spa in Corona, Calif. "They have a huge mud bath outside and two or three mineral pools," she tells OK! (glenivy.com)



Katie Lee hits up Gretta Monahan's G Spa in Boston. "I always go to get a mani-pedi and a massage and a facial," she confides. "They do such a good job." (gspa.com)



"I go to Kate Somerville in L.A. for my skin care needs," explains **Lauren Conrad** of the secret behind her fresh-faced glow. "I get facials there." (katesomerville.com)

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WELLNESS

The Healing Touch

Hotels that put well-being center stage. **By Elizabeth Woodson**



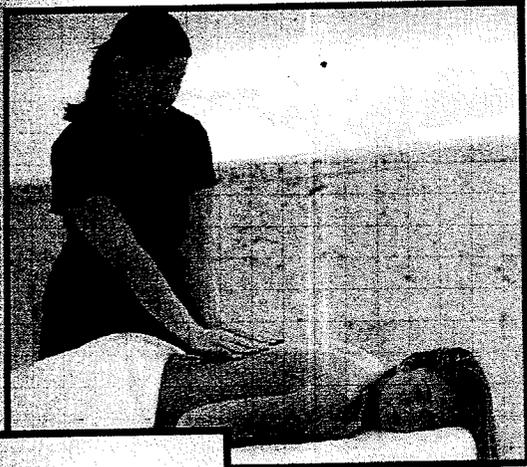
ON A RECENT THURSDAY afternoon in Miami, a thirty-something couple from Long Island shuffled into the waiting room of Dr. Karen Koffler, a dynamic physician who projects a stylish earth mother-meets-Sarah Jessica Parker vibe. They'd come to the new David Rockwell-designed Canyon Ranch Hotel & Spa in Miami Beach for a week away from their

children, and, so far, the vacation proved everything they asked for: days spent lying on the hotel's glorious stretch of sand, with nights partying in South Beach. One mojito often leads to another; thus time for a little TLC at the spa.

As such, they wound up on Koffler's couch, sipping purified water from Bodum glasses and discussing issues like life expectancy and weight loss. By the time the 80-minute consultation ended, the wife had signed up for three days of well-choreographed services that included diagnostic treatments such as body composition scans and metabolic tests, and the husband had blood drawn to check for predisposition to a number of ailments. They eventually found the spa across the hall for a de-stressing chakra ritual, but their time with Koffler was the trip's highlight, prompting promises of return visits, with kids.

Forget deprivation and detoxing: Canyon Ranch is far from yesteryear's roads to Wellville. Rising from a pristine oceanfront stretch in the heart of Miami Beach, it's part of an increasing trend of catering to travelers in search of a tune-up - be it physical or mental - along





Canyon Ranch in the big city: Alfresco massage and (left) Miami-appropriate cuisine. Opposite: Meditating on the good life.

with 500-thread-count sheets, Bruno Paillard Champagne, and multicourse meals. These new hybrid hotels specialize in any number of health services just short of going under the knife – territory formerly left to destination spas (as Canyon Ranch well knows). However, whereas traditional health retreats completely immerse clients in structured (and usually restrictive) programs of diets and workouts, guests at Canyon Ranch Miami Beach freely partake of all the city's hedonistic pleasures. After all, South Beach is just a few blocks down Collins Avenue.

Of course, the property tries its best to counter excess with a full enrichment-activity roster: more than 230 fitness classes per week, from active (spinning) to contemplative (sandcastle building, anyone?); lectures on a number of health and wellness topics; and Aquavana, an elaborate circuit of pools, showers, saunas, and other thermal experiences. Then there's Koffler's medical program featuring her team of experts, including one of the country's top exercise physiologists, a Chinese medicine practitioner, a nutritionist, a life management coach, and a physical therapist who will regale you with stories of his days training fashion editors in New York.

Book one of the ranch's health packages and you'll walk away with a file inches thick, along with an incredibly detailed fitness prescription for prolonging your life, grounded in both Eastern and Western medicines. It may not be Ponce de León's fountain of youth, but it's likely the closest you'll find in Florida. *Doubles from \$350, including breakfast and a \$100 spa credit.*

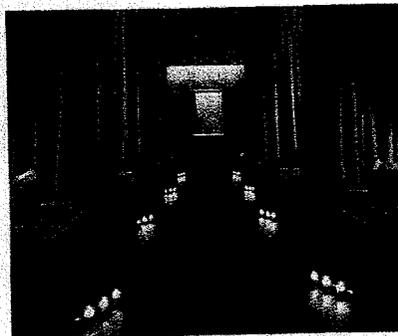
MORE TO-YOUR-HEALTH VACATIONS



2 Velden, Austria's legendary, 104-room Alpine resort **Capella Schloss Velden** complements spa offerings with wellness programs that address stress, physique, and relationships. Guests sign up for a combination of nutrition appointments, life management counseling, yoga classes, and (of course) massage services. There's even a medical spa for those desiring a little extra touch-up. *Doubles from \$337, including breakfast and a sunset boat outing.*



Located on a 1,000-acre private island in the Turks and Caicos, 58-room **Parrot Cay** – part of Christina Ong's stylish hotel empire – is home to the Como Shambhala Retreat, one of the Caribbean's more holistically minded havens. Check in for yoga classes, spa treatments, and a diet tailored to your *dosha* (body type) by the on-site ayurvedic doctor. The center also runs multiday yoga retreats led by some of today's top talents, such as Rodney Yee. *Doubles from \$621 (three-night minimum stay), including breakfast and lunch once during stay.*



3 A rotating mix of holistic healers – from naturopathic doctors to chiropractors, acupuncturists, abdominal massage specialists, and traditional Chinese medicine doctors – supplements diverse spa offerings at Thailand's **Six Senses Hideaway Yao Noi** resort. The 54-room retreat sits on the tiny island of Yao Noi, a 45-minute boat ride from Phuket, and offers prearrival consultations with the spa director to craft a health-oriented stay. *Doubles from \$795, including breakfast and an 80-minute massage. VI.*

BEST OF THE YEAR!

bon appétit

EAT WELL · SAVOR LIFE

TOP DISH

MEATBALLS! 5 AMAZING RECIPES

P. 36

SMOKY ROAST
CHICKEN
QUICK
LENTIL SOUP
ASIAN SPINACH
SALAD
HEARTY
BEEF GOULASH
ITALIAN
SEAFOOD
STEW

10 BEST
RESTAURANT
DISHERS FOR
\$10 OR LESS

P. 31

THE \$5 SECRET
INGREDIENT
EVERY COOK
NEEDS

P. 27

TOP PARTY
VEGETARIAN
FEAST

P. 22

SMOKY
ROAST CHICKEN
WITH SPINACH
SALAD

TOP DESSERTS

ALL-AMERICAN
PUDDINGS, CAKES,
AND PIES ...

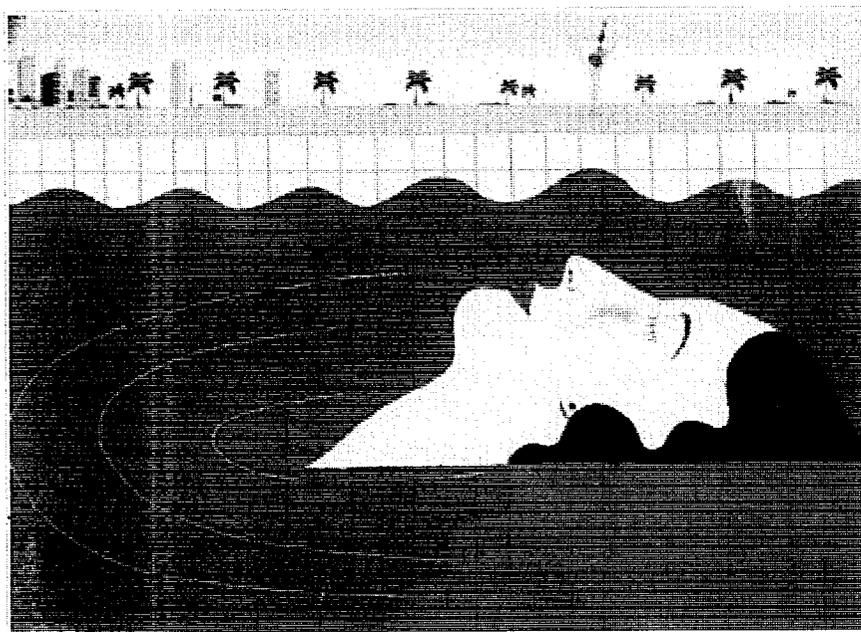


Discover more getaways in our Foodie Spa Vacation story or get the recipe for Canyon Ranch Hotel & Spa's Fruit and Oat Muesli.

BY Mollie Chen

ILLUSTRATION BY Christopher Silas Neal

JANUARY 2010



THE RECIPE: Fruit and Oat Muesli from the Canyon Ranch Hotel & Spa

At some point in the past couple of years, I began to think of Negronis as a health tonic—they were bracing and slightly medicinal, and they helped to soothe the stress of the day or the excesses of the previous night. The fact that I turned to a cocktail of gin, Campari, and vermouth to remedy my indulgent lifestyle should have tipped me off: I was due for a detox.

Manhattan will do that to you. The city, with its endless diversions and pleasures, makes it seem like a duty to partake, and partake liberally. But I felt sluggish and puffy, overfed and underslept. Now, Miami Beach may not seem like the best place to simplify—are Cuban sandwiches considered spa food?—but the recent arrival of the Canyon Ranch Hotel & Spa means you can recharge without sacrificing civilization. Since opening its first location in Tucson in 1979, Canyon Ranch resorts have earned a reputation for helping people make life changes—and making them stick. This new location has soaring high-rise hotel towers with sleek David Rockwell decor, and a restaurant that serves alcohol (organic and sustainable, mind you). It is, as a Canyon Ranch veteran quipped in my sunrise yoga class, "Canyon Ranch lite." There's no tough love: Instead, the place seeks to gently help you break bad habits, clear your head, or start anew. It doesn't feel like a hard-core detox as much as a big warm hug.

I had signed up for the Stress Management for Healthy Living weekend, which included blood tests, a nutritionist consultation, a fitness assessment, and a massage. I went over my schedule with medical director Dr. Karen Koffler, a former student of wellness guru Andrew Weil. This unfussy Lauren Bacall type took one look at my activities schedule—with scribbled notes and yellow highlighting—and laughed. The point is to relax, she said. I was prescribed meditation classes, slow yoga, and sleep.

I still tried a bit of everything, from a muscle conditioning class led by a bouncy Cyndi Lauper type, to Budokon, a rigorous hybrid of yoga and martial arts. I climbed the rock wall, but I also had a guided one-on-one meditation session, and Gyrokinesis, a stretching and breathing practice. My first night, still sore from the previous day's 3 1/2-inch heels, I had Sole Reflexology, which combines foot massage with sound therapy. I floated back to my room, where I slept better than I had in months.

It would have been very tempting to hang out at the restaurant and pool café all day, replacing all the calories I had burned—and then some. The food is that good. Thankfully, no foods are taboo here; they've just been tweaked: Meat is grass-fed, and desserts are made with wholesome sweeteners like honey. I began my days with strong iced coffee and creamy muesli topped with plump fruit. For lunch I ate huge Cobb salads made with local lettuces, veal bacon, and seared salmon, or a petite (four-ounce) cheeseburger. At night I sat at a counter and watched the chefs sear fat diver scallops to serve over a savory stew of melted leeks, sweet corn, and asparagus. For dessert, there were chewy white chocolate macadamia nut cookies, dense banana bread pudding, and dark chocolate sorbet. As for cocktails, I had those, too—tangy mango puree with club soda one day, spicy homemade ginger ale the next.

On my last day, I met with Brad Kerschensteiner, a life coach, to talk about ways to maintain my newfound calm. For me, that means simple pleasures: taking long walks, cooking, reading the Sunday paper. It's about doing less, he said, not more. Like a Chinese finger trap? I asked. Yes, exactly.

Back home, my worries and stresses returned, but they didn't seem as epic. I kept restaurant- and bar-hopping, but I also worked new, healthier recipes into my repertoire. A few weeks after my trip, I left work early on a Friday and started walking with no particular destination. I stopped at the Greenmarket, where I picked some perfect tomatoes and fragrant peaches, continued on to my favorite cheese shop, and grabbed a crusty baguette. It was a beautiful night, so I wandered over to the river, where I settled down on a patch of grass and had a picnic. It was simple, lovely, and easy.

THE RECIPE: Fruit and Oat Muesli from the Canyon Ranch Hotel & Spa

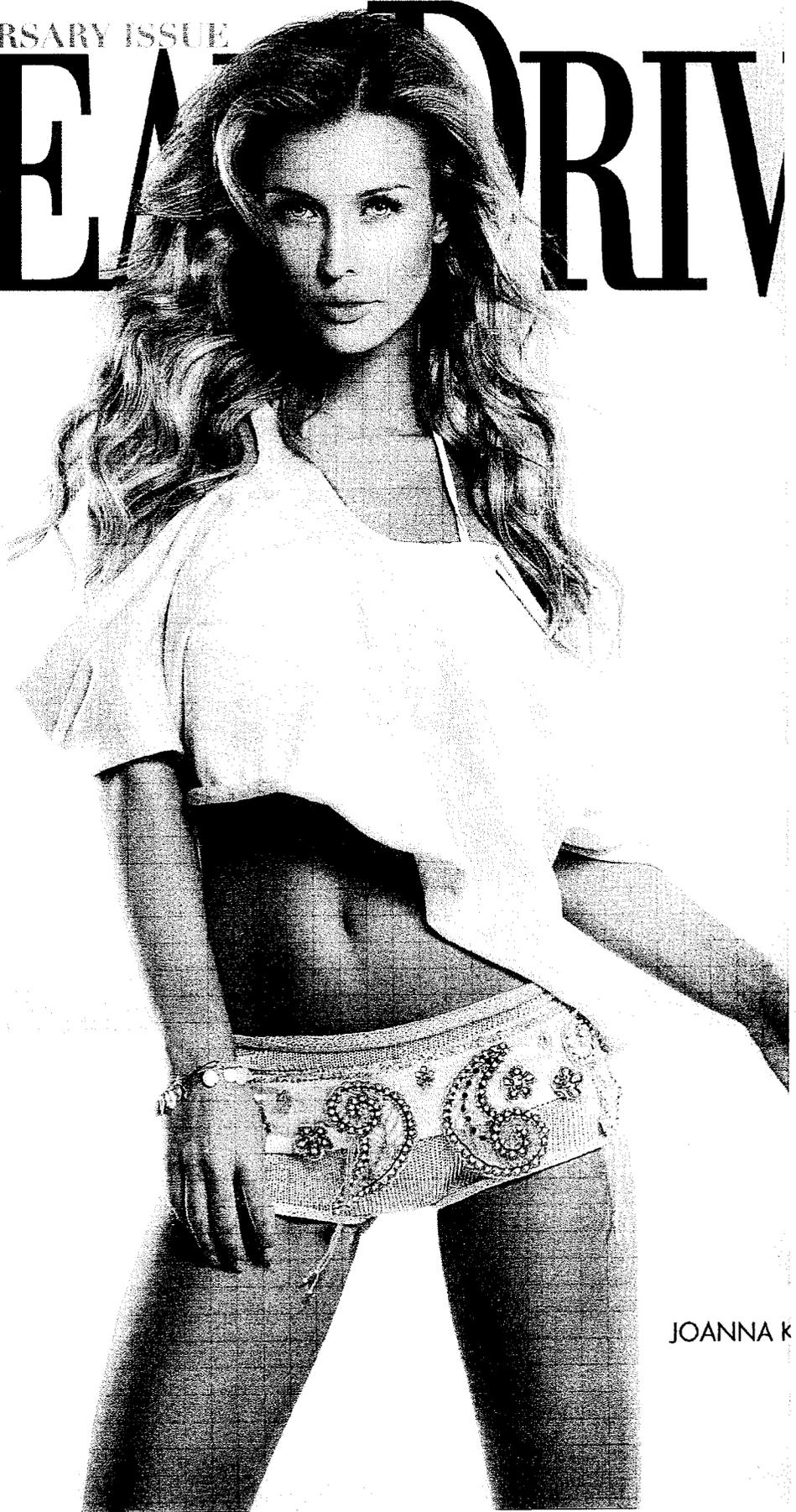
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ANNIVERSARY ISSUE

OCEAN DRIVE



JOANNA K

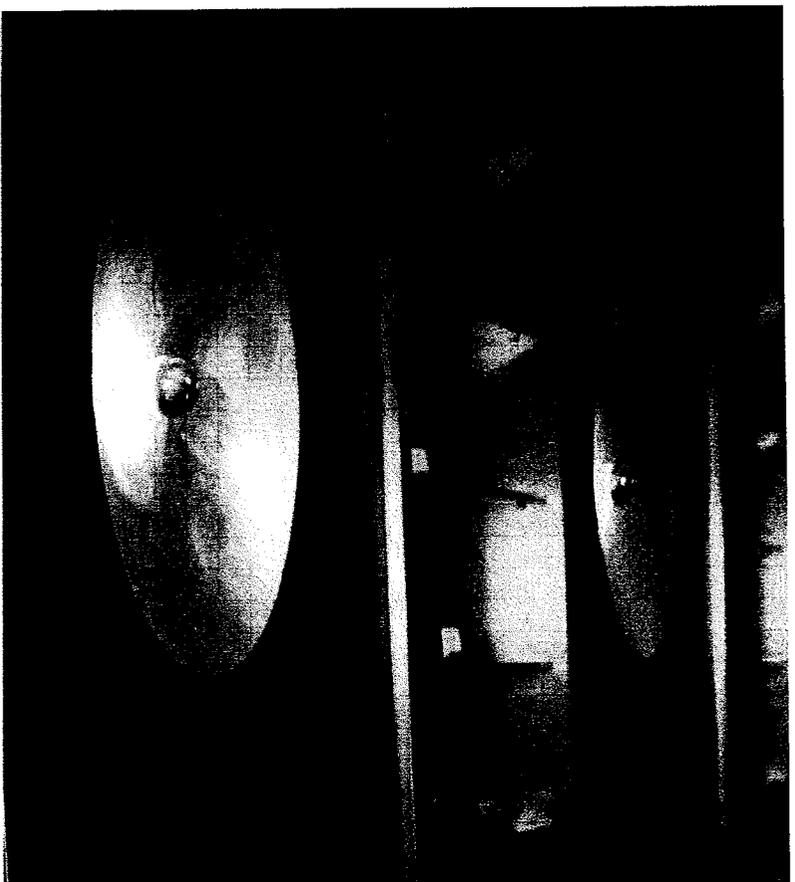
CANYON RANCH

Emerging from a sea of architectural outcroppings alluding to our most obvious natural asset (The Shore Club and The Tides come to mind), it's especially strange to have a resort bearing "Canyon" and "Ranch" in its name—truly a misnomer in a city without so much as a hill and nary a cowboy, let alone mountains. However, the new Canyon Ranch Miami Beach doesn't seem to suffer from an identity crisis. The entrances, all the major amenities, and a good portion of the hotel rooms and residences face and are inspired by the water—and the brand's reputation speaks for itself.

The first Canyon Ranch Resort, in Tucson, Arizona, was designed to serve the body, mind and spirit of its guests by providing enlightenment in a variety of ways, from fitness and nutrition to the metaphysical and sexual. Now more than 30 years old, it has birthed a more modern version in its Miami Beach location, greatly due to the efforts and insight of WSG Development Company co-owner Eric Sheppard.

Getting to opening day this past November, however, didn't come easy. Five years ago, when Sheppard first ventured to Tucson, he probably thought he didn't belong in such a place. A Miami Beach native in his early 30s, surely he was too consumed with clubbing, working and socializing to schlep to another time zone. But his partner, Philip Wolman, who had been going to Canyon Ranch for 20 years, convinced him otherwise, and soon the two men and their wives were out in the desert.

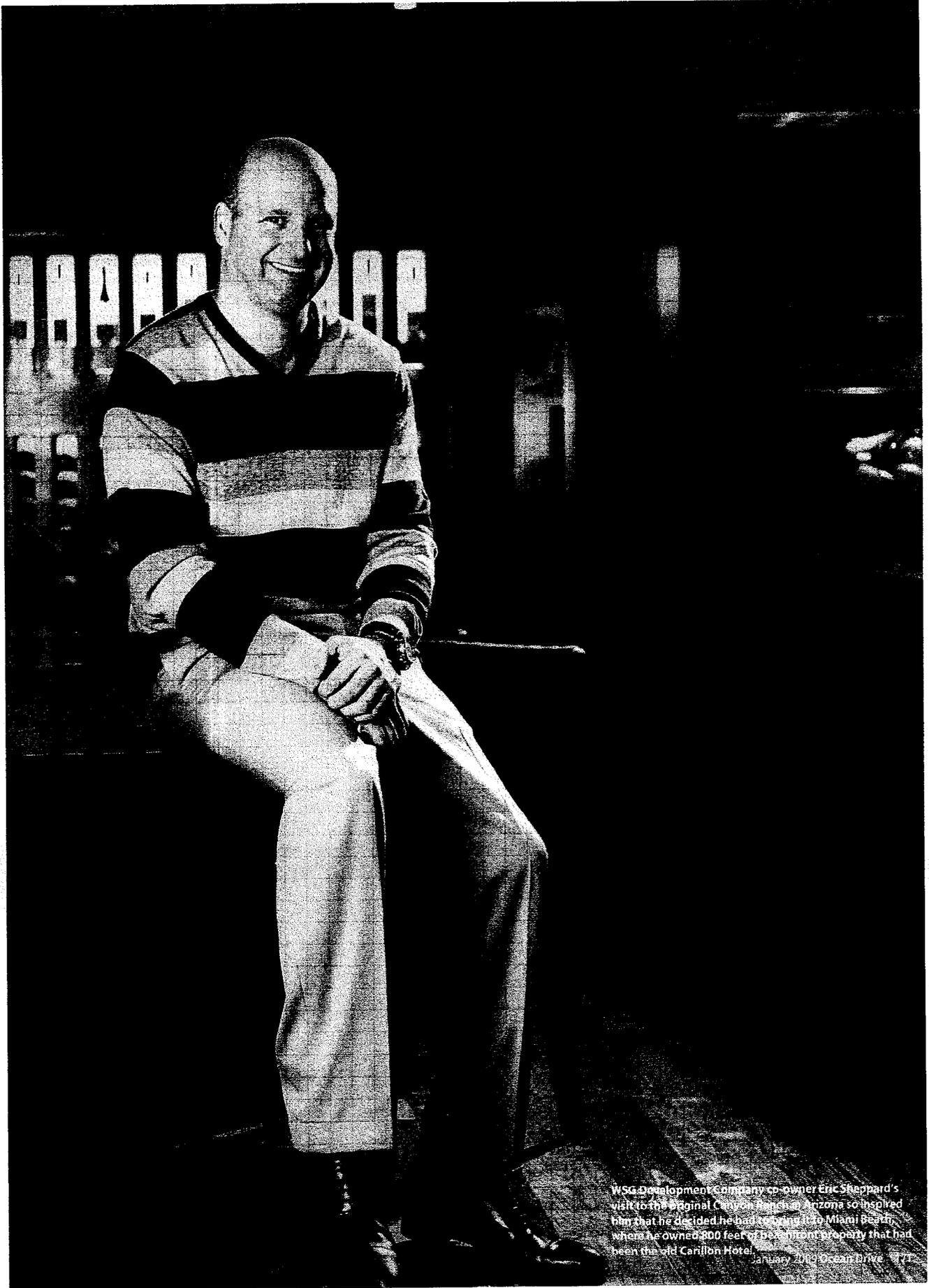
Sheppard met with a Canyon Ranch program advisor to discuss his lifestyle practices and goals holistically, followed by various specialists who ran him through a series of tests. "They had machines on me. It was like I was in *Star Trek*," he recalls. "They found I had 297 cholesterol at almost 35 years old, which is huge. I was 222 pounds." Sheppard, who is just over six feet tall, also complained of heartburn. After gathering all the results, the physician sat him down and told him he had a Ferrari body that was being treated like a Yugo. "They scare you first," he divulges in a convincing tone. But the fear factor paid off: Six months after his visit, his weight had dropped to 204 pounds, his cholesterol



THE ROAD TO WELLVILLE

Meet the talented health and hospitality professionals behind the new **Canyon Ranch Miami Beach**, which has brought the legend's spa's forward-thinking philosophies and treatments to the Magic City.

BY RIKI ALTMAN
PHOTOGRAPHS BY GARY JAMES



WSC Development Company co-owner Eric Sheppard's visit to the original Canyon Ranch in Arizona so inspired him that he decided he had to come to Miami Beach, where he owned 300 feet of beachfront property that had been the old Carillon Hotel.

January 2000 Ocean Drive 77



CANYON RANCH

Interior designer David Rockwell designed Canyon Ranch's new towers in a style that is both modern and traditional, featuring river rock and mango wood accents, as well as teakwood ceiling.

had fallen to 147 without the use of medication, and his heartburn was gone. And in addition, Sheppard gained a deep desire to build a Canyon Ranch in his hometown.

The brand's story begins in 1975 when an overweight, unhappy 50-year-old guy named Mel Zuckerman had an epiphany: He didn't want to be another rat in the race. On the Canyon Ranch website he explains that his mission was to create an environment in which a guest could "make a direct, emotional connection between your good intentions and what you actually do every day." So he and his wife, Enid, set to work sowing the seeds of what would eventually become his utopia. It wouldn't be a place where individuals could get an occasional rubdown, pig out and party all night. Instead, he envisioned a spa-cum-resort providing a new kind of vacation, so focused on health, nutrition and lifestyle changes that its impression would be left on guests forever.

Today the Tucson property offers everything from handwriting analysis and genomics consultations to Pilates Golf lessons and Yamuna Body Roll deep-tissue massage performed with rubber balls. After receiving numerous awards from magazines and birthing another location in Lenox, Massachusetts, it is still considered a premier destination for everyone from young couples whose honeymooning has earned them a couple of extra pounds to seniors suffering

from debilitating diseases, along with those who just want to tweak their habits and others who are curious regarding what all the talk is about.

As fate would have it, it just so happens Sheppard owned a prime piece of real estate that would suit the concept perfectly: nearly 800 feet of beachfront property that had been the Carillon Hotel, where he had served as a pool boy two decades prior. Wolman and Sheppard convinced Zuckerman that Miami was the place to be: "We basically said, Listen, you have the

The property offers everything from handwriting analysis and genomics consultations to Pilates Golf lessons and Yamuna Body Roll deep-tissue massage performed with rubber balls.

desert, you have the mountains...now you need the water."

Zuckerman conceded. "The reason he went with us is because everyone approached him about making money, about building a real-estate portfolio," Sheppard explains. "This was strictly about his vision, a passion for living a more balanced life and believing in the mission. That differentiated us from everyone else. This is about changing people's lives."

Touring the property, it's easy to be overwhelmed by Canyon Ranch's enchanting Six oceanfront acres surround three towers. Two of the former Carillon Hotel (a darling of vacationers before it closed in the late 1980s) now boast hotel suites and 80 residential units, while the Tower comprises 207 residential units and the Tower has 143 of the same. Popular New York interior designer David Rockwell designed all three as an ode to nature, featuring suspended mangrove

mangrove, scallop abalone-shell floor and teakwood ceiling.

On the bottom of the Canyon Tower sits a conservatory, the Café for light noon Canyon Ranch

the Oceanfront Terrace with its unsurpassed for dining above the sand. The outside year-round pool is a few sandy footsteps away from the water.

Also found downstairs is the Living Boutique, offering not only Canyon Ranch products but also jewelry from Miami designers and wares from local vendors. On the fourth floor, providing treatments such as vegan marma

to find the enormous fitness area, a true study in technology. Gone is the honor system or the personal trainer; as guests are given preprogrammed chips that go into the machines, telling them how many reps to do and at what weight. There's also a Kinesis area, one of the first in Florida, where pulley systems provide a full-body workout. And if you aren't a fan of exercising, there's no need to hide: The resort offers 220 activities each week. Or you can find kindred spirits seeking nirvana in the Reading Garden, wading in the property's numerous pools, or scaling the 100-foot rock-climbing wall overlooking the ocean. The 70,000-square-foot Spa & Wellness Center not only boasts 54 treatment rooms providing everything from healing-sounds table to Deep Sea mud wraps, but also encompasses Aquavana, a self-guided walk-through series of sense-stimulating, hot-to-cold steam showers and saunas. Even simple, everyday tasks like taking a shower are raised to a new level, as guests can choose to experience a cold Atlantic rain, a Caribbean monsoon with thunder and lightning effects, or a cooling polar mist. After subjecting themselves to a supercritical skin-imaging machine or receiving a nature facial, they can shop at a skincare boutique, offering the Canyon Ranch signature Your Skin's Best Formation line, Ayurvedic-inspired Sundari, and its luxe botanical line from Paris, and, of course,

ocean-based Phytomer products.

And the luxury doesn't end with the amenities. The hotel rooms, whether a 720-square-foot one-bedroom suite or 1,200-square-foot two-bedroom suite, are decorated in sublime style with natural elements and appliances from Miele and Eurotech. Each comes with a petite washer/dryer, dishwasher and refrigerator. Details such as deep soaking tubs, floor-to-ceiling windows, balconies extending out from the rooms, and individually hand-laid mosaics on the floors and walls add to their appeal.

Units in the residential towers offer the same

Everyday tasks like taking a shower are raised to a new level, as guests can experience a cold Atlantic rain or a Caribbean monsoon with lightning effects.

appointments, along with more living space. Six 2,100- to 3,500-square-foot townhomes are also up for the taking, as were two sumptuous penthouse units until one buyer swiped up both to create an aerie with one hell of a panoramic view.

"It's the largest project I've ever done, and it's the

most complicated project I've ever done, and it's by far the most rewarding," Sheppard says. The residential aspect, called Canyon Ranch Living, is the first of its kind. At press time, he reported sales coming in close to \$550 million, with 511 of the 581 units sold. A good portion of the buyers, he claims, are locals who will consider their purchases "beach houses."

Sheppard also laid claim to a penthouse residence there, boasting an indoor basketball court, wine cellar, movie theater and private rooftop pool. One can imagine what that spot would market for, as basic residential floor plans start at \$700,000 and units in the North Tower range from \$1 to \$8 million. Perhaps he considers it a prize for receiving the Developers & Builders Alliance Visionary Award, wherein Canyon Ranch Miami Beach was labeled the 2008 High-Rise Project of the Year

internationally.

Some will call this advanced lifestyle home. Jerry Siegel, the owner of multiple Häagen-Dazs outlets (one of which was on Lincoln and Alton roads) and a Katrina evacuee from New Orleans along with his wife, actress Francine Segal, bought their three-bedroom condo in



Ren Koffler, the property's medical director, meets with each Canyon Ranch guest to discuss individual needs and, with a team of certified staff members, implements a health policy to be followed during the stay.

CANYON RANCH

2005. "We had been to the Canyon Ranch in Arizona about five times and it changed our lives," he says. "When we discovered this was here, we immediately bought into it. We had been waiting patiently for three years but it was more than worth the wait. It's above my expectations. Everywhere you walk you hear or see

"Nobody has perfect health. And everybody can learn something more about maintaining their good health or optimizing in other ways."

the ocean."

"Everyone thought we were crazy to do this venture," Sheppard says. "But the reality is we actually did what this brand is all about—longevity. Our buyers are closing. With cash. People are doing it for the lifestyle. We are well beyond the expectations of this [economic] environment. People are happy because we're delivering on our promise."

Yes, the structures are truly spectacular, but so is

the effect Canyon Ranch will have on its residents and guests, pledges Dr. Karen Koffler, the property's medical director. She holds the responsibility of delivering wellness to all who partake in the program, and her unorthodox background qualifies her perfectly. After earning her M.D. at the University of Miami and serving her residency at the University of Colorado in the emergency room and intensive-care unit, Koffler did a two-year fellowship in integrative medicine at

the University of Arizona, studying under alternative-medicine proponent Dr. Andrew Weil. Soon she became the director of integrative medicine at Evanston Northwestern Hospital in Illinois and eventually found her way back to Florida.

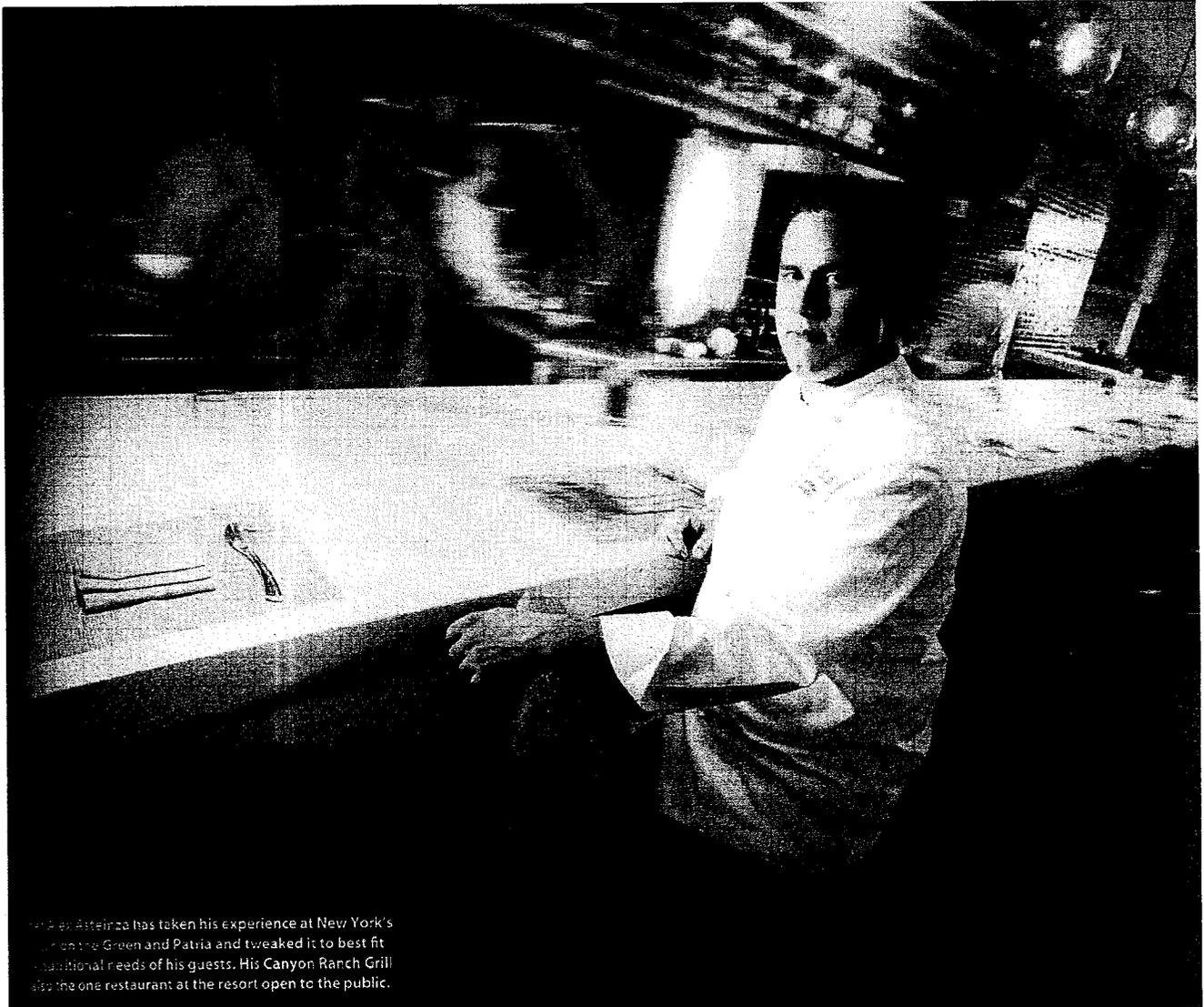
Her passion for wellness is infectious. "I had never questioned my traditional training at all," she asserts, "until about 2005, while working with a patient at the intensive-care unit who had been admitted several

times for the same problem. [I] realized we were getting to the root of his disorder. Suddenly I became aware of the phenomena in medicine, which is hustle like heck to patch them up, stabilize them 'em out, only to have them come back again. So I began to realize limitations in medicine. After attending one of Weil's lectures, she changed her focus to using more natural ways to treat patients. "If you just write a prescription, you're missing a big message."

"Nobody has perfect health. And everybody can learn something more about maintaining their good health or optimizing in other ways," she continues. Koffler makes time to meet and converse with Canyon Ranch guests, and many of them will meet with staff members including board-certified physicians, registered nurses and nutritionists, management therapists, acupuncturists, exercise physiologists and various other health practitioners. Koffler is implementing a one-of-a-kind service at the Miami Beach location wherein guests with chronic health problems can sit with all of the primary



Director of spa and fitness Charol Prescott oversees the 70,000-sq-ft Spa & Wellness Center, which has treatment rooms providing the procedures for which Canyon Ranch is renowned.



Alex Asteinz has taken his experience at New York's Tavern on the Green and Patria and tweaked it to best fit the traditional needs of his guests. His Canyon Ranch Grill is the one restaurant at the resort open to the public.

actioners for a two-hour session, enabling the team to design a comprehensive plan of action.

All guests and residents are invited and encouraged to partake in evaluations, labs, consultations and screenings, along with workshops and classes held throughout the resort. One site destined to become a popular hotspot is executive chef Alex Asteinz's exposed kitchen. Responsible for the trio of aforementioned eateries, along with a juice bar, cabana café and in-suite dining, this 30-year-old New Yorker is also tasked with serving gourmet products from local organic farms. And though he considers it more a challenge than a restriction, he also has to submit every creation for approval. "Here, everything is measured," he explains. "And every recipe that we create, it's not just trying out a dish and, hey, it's put it on the menu. No. We have to write down the recipe and send it to a food-development committee. And then they analyze it, check the fat, the fiber, the protein, the calories, the sodium, everything."

Though he can now be found preparing proteins and vegetables amidst rigid standards, his career began with heaping helpings of fat and sugar. Before serving as chef de cuisine for the Soho Grand and

Tribeca Grand hotels, Asteinz baked wedding cakes for Sir Ben Kingsley and Tavern on the Green in his early 20s. From 1999 to 2004, he served as executive pastry chef at Patria in New York, established by Miami favorite and father of Nuevo Latino cuisine chef Douglas Rodriguez.

Being that both gentlemen are Cuban, it's no coincidence that many of Canyon Ranch Miami Beach's restaurant offerings include seafood, tropical flavors

"A lot of my food fits in, like ceviches. Ceviches are very low in fat."

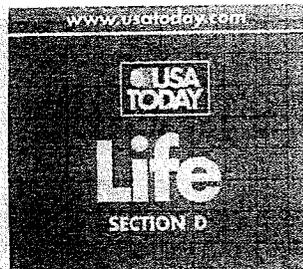
and influences from exotic lands. "A lot of my food fits in, like ceviches. Ceviches are very low in fat, it's a lot of raw ingredients, a lot of fresh vegetables, so it works great." Two of his favorites are a kicky Thai version with Key West shrimp, *jicama*, pomelo (Chinese grapefruit) and Thai chiles, and the Chifa Tiradito: thinly sliced black bass topped with red miso, pickled *jalapeño* and a squeeze of Key-lime juice.

His Canyon Ranch Grill is one of the only three spots at Canyon Ranch Miami Beach open to the

public (the other two are the salon and boutique). It was a smart public-relations move: Asteinz's creations should birth an army of regulars smitten by the riddle of creamy risotto sans dairy-based finishing ingredients and sweet desserts not tainted by a single granule of sugar.

At press time he announced plans to launch "Lunch and Learn," a prix-fixe, four-course meal served with a side of education where Asteinz, a behaviorist and nutritionist, will unleash so many secrets. He promises participants will walk away with more than just happy stomachs.

"We have reason to believe that a few of our guests 'escape' entirely untouched," Zuckerman writes. Sheppard, who calls Canyon Ranch an "immersion resort," is a living testament. "I look at life tremendously differently," he says, reflecting on his first visit to the Arizona location. "What you learn most is about yourself, about your values, your life and your family. You learn how to appreciate yourself; that will enable you to appreciate and help others more. That's what they're trying to do here, get you to balance." 



Friday, November 21, 2008

Destina &

Give thanks for Pinot Noir



For th
somet
friend

By Karyn Vancey

Trav

You'll moon over these new, and updated, Miami resorts

Miami Beach will have a half-dozen new luxury lodgings this winter. Whether the economy will rain on these chic sunspots remains to be seen. Meanwhile, USA TODAY's **Kitty Bean Vancey** checks into two just-opened big names on the beach.

Fontainebleau Miami Beach

What's new: One of the USA's grande-dame resorts, fresh from a \$500 million face lift/expansion, aims to compete with hip South Beach neighbors. **Claim to fame:** In its '50s and '60s heyday, the Rat Pack partied here, and Sean Connery filmed scenes for *Goldfinger*. Its reopening last weekend included appearances by Mariah Carey, Usher, Sean "Diddy" Combs, Gwyneth Paltrow, Paris Hilton and a Victoria's Secret fashion show taped to air Dec. 3. **Vital stats:** 1,504 rooms and rentable suites in the main building and three towers (two house condos, almost all rented by the night). Recently revamped accommodations are in the main "Château" and "Versailles" tower. Condo suites are 8 months to 4 years old and have a different modern look; older suites will be updated in December.

The scene: Miamians are flocking to gawk as workers put on finishing touches. The look is sleek and minimalist vs. the more mainstream style that reigned in the Fontainebleau's past incarnation as a Hilton. The lobby has stunning white marble floors with inlaid black marble bow ties, as originally designed by Morris Lapidus. Its lobby Bleu Bar, re-done with white leather furnishings and glass floor aqua-lighted from below, is prime for people-watching. Servers in black halter tops and hot pants get as much attention as the mojitos. Redesigned pools are South Beach-meets-Vegas with white-curtained cabanas (\$250 and up daily) boasting flat-screen TVs, circular white daybeds (\$50 and up), a topless sunbathing area and blaring lounge music.

Bedding down: Frumpy rooms have turned boutique-chic with cushy, ultra-high ivory leatherlike headboards, modern art and white marble bathrooms. Billed as a hotel first: An Apple iMac is in every room. Order food, surf certain websites free, ask for extra pillows. (The system isn't fully up yet. My e-mail request for extra toiletries ASAP went unanswered.)

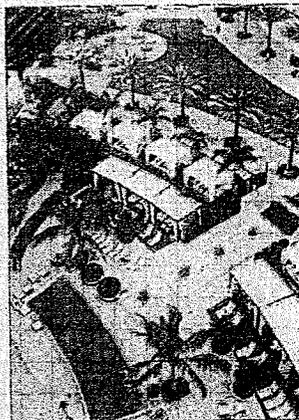
Who'll like it: Hotel-design mavens; those itchy for a new scene.

Who won't: Traditionalists and guests seeking a serene hideaway. Its no-self-parking policy resulted in a long wait for a valet-scrapped car for this reporter. The jury's out on whether the latest Fontainebleau incarnation — with expanded convention space — will go over with the meeting crowd. Or if it will appeal to young scenesters, given new SoBe entries such as the Garseywood South and soon-to-open Mondrian South Beach.

Wining and dining: 11 eateries, lounges and club, most yet to open. Big names include Scarpetta, due today, and Gotham Steak, Monday.

Indulgences: A 40,000-foot spa, still to come. **The deal:** Rates start at \$229 in slow periods; \$399 and higher at prime times. You can get a \$50 resort credit on stays of two nights or more.

Information: 800-548-8886; fontainebleau.com



Cabana nirvana: The expanded pools at the Fontainebleau include cabanas renting for \$250 a day.

Canyon Ranch Miami Beach

What's new: What's billed as the first hotel/condo spa and wellness community. **Claim to fame:** Canyon Ranch, headquartered in Tucson, is a giant in the spa world.

Vital stats: 150 luxury hotel suites, 425 condos and 70,000-square-foot spa, workout center and health center on a North Miami Beach oceanfront site. Sophisticated medical testing is available.

The scene: A haven from Miami Beach frenzy. Cellphones aren't allowed on in public areas. Scented candles and staffers who seem to genuinely care about guests' well-being await in the elegant, calming lobby, designed by New York's prestigious Rockwell Group, with Guatemalan mangrove sculpture. No makeup and yoga pants replace stilettos and teeny bikinis. VIPs opting for Canyon Ranch Living include CSI: Miami's David Caruso. Residents and guests get a full menu of spa services and complimentary classes (from Pilates to rock climbing), plus lectures by physicians. Outsiders can eat at the restaurant, where dishes such as \$17 shrimp ceviche marinated in grapefruit, cilantro and chiles or \$26 lavender-stuffed quail have calorie, carb and protein counts listed. Unlike other Canyon Ranches, this one serves alcohol.

Bedding down: Guest suites are drop-dead beautiful, with ocean and/or bay views, tranquil bedrooms in muted hues, lavish bathrooms, contemporary-chic living rooms with sofas, flat-screen TVs, plus kitchenettes with washer/dryers. To enter, simply wave your keycard in front of the lock.

Who'll like it: Spa junkies and luxe lovers bored with South Beach blare who'll pay to be pampered, even in tough times. Residents say Kate Hudson left the Fontainebleau to do the spa thing here.

Who won't: Party-hearders. **Indulgences:** Start with a staff that within a week of opening is functioning at world-class level; add top-notch facilities and massage. And the spa's heated chaise longues are dreamy.

The deal: Canyon Ranch is a steal through Dec. 3, with suites starting at \$200. Rates rise to \$900-plus January to April; \$550 and up in summer.

Information: 800-742-9000; canyonranch.com



Spa with a view: Intro rates for luxe hotel suites at Canyon Ranch Miami Beach are as low as \$200.



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ROCKWELL GROUP

Canyon Ranch Living

Miami Beach, Fla.

2008

Mel Zuckerman, the founder of the well-known Canyon Ranch spa, first met Rockwell more than 20 years ago. For years, the two plotted how to build upon the Canyon Ranch brand. This year, the first Canyon Ranch-branded residences — featuring Rockwell's interior design — opened in Miami.

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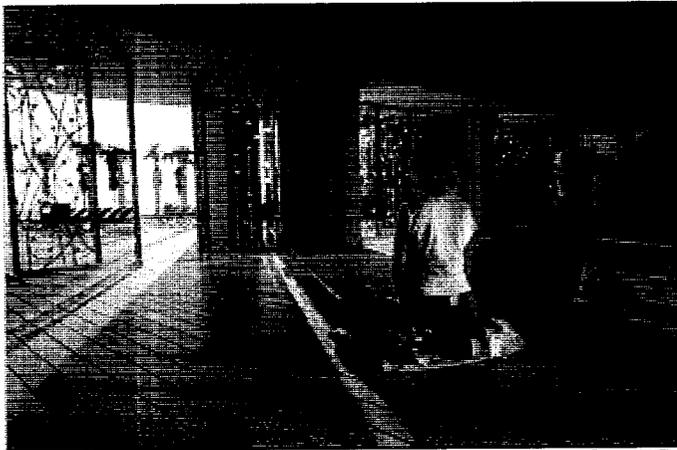
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Mind, Body and Organic Martinis in Miami Beach



Alex Quoadra for The New York Times

At the new Canyon Ranch Miami Beach, the sun shines in at morning meditation. More Photos >

By MAUREEN OOWD
Published: January 11, 2009

ONCE you went to a [spa](#) when you felt tense. Now you feel tense going to a spa.

Miami Travel Guide

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[Canyon Ranch Comes to South Beach](#)

Have you stayed at Canyon Ranch?

Is it really right to lie around in sunny Florida, at the opulent [Canyon Ranch Miami Beach](#), getting an oil-drizzle four-handed massage when the grandfatherly grifter Bernie Madoff has left large chunks of Palm Beach and New York — not to mention Kevin Bacon and Kyra Sedgwick — tapped out? (Six Degrees of Depression?)

Isn't it obnoxiously self-regarding to focus on "Your Transformation" — a phrase [Canyon Ranch](#) has somehow trademarked — when America has undergone a transformation into a place where vain fripperies and vulgar extravagances are met with a gimlet eye?

Over New Year's, Paris Hilton garnered worldwide headlines for "callous excess" when she spent nearly \$4,000 in a 40-minute shopping spree in [Sydney](#). At Christmas, Kathy Fuld, wife of the Lehman Brothers barbarian Dick Fuld, led the way in "stealth shopping," asking Hermès sales clerks to put purchases in plain white shopping bags rather than the labeled orange ones. A sheathing practice once reserved for men's magazine

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pornography is now used to mask the pornography of spending. And Hollywood makeup artists report that \$500 handmade mink eyelashes are definitely out.

With our Ponzi-scheme economy collapsing, can primping be justified? With America so busy detoxifying from its toxic greed, hubris and overreaching, is there still room for the more aesthetic form of detoxifying? Will our depleted nation finally learn the existential lesson that eyebrow plucking can be done at home?

The willowy Barack Obama, the perfect president for an ascetic age, has demonstrated that you can stay supremely fit and eat healthily no matter how crazy your schedule, without a lot of pampering and Sanskrit mumbo jumbo, if you are willing to get up at dawn to exercise and eschew fattening foods — even, as his daughter Sasha pointed out with amazement, ice cream.

Besides, in the 21st-century Depression, toxifying may be the tonic we need. The Washington Post's New Year's "Out-In" list predicted that "drinking like 'Mad Men'" will be the rage in 2009.

Americans are suffering from "luxury shame," as it's called, sacrificing overpriced indulgences and spurning high-end brand names, trying belatedly to channel the thriftiness and prudence of the last generation that endured an economic collapse.

My mom always warned me that there was something immoral about a \$5 cup of coffee, a \$1.75 bottle of water, a \$27 fifth of bourbon and a \$40 candle. I'm sure the \$500 pizhichil massage (without tip) offered by Canyon Ranch would have appalled her. It made my friend Alessandra, who had the "body ritual," featuring two masseuses squeezing pieces of linen dipped in "medicinal oil" all over her body for 80 minutes, cringe a bit as well. "I felt like a fat Mafioso being serviced by Thai hookers," she confessed afterward.

The shhhhh is in shopping, as The Times of London put it. Is the ax falling on extravagant relaxing?

To find out if spa guilt is rampant, Alessandra and I spent a long weekend at the new Canyon Ranch in the old Carillon Hotel in Miami Beach, which bills itself as the first condo, luxury hotel and wellness spa "of its kind!"

Like other spas, Canyon Ranch hopes to alleviate spa guilt by stressing the holistic benefits of "a deeper wellness," "a healing energy," "a Shamanic journey" — rather than simple exfoliating, waxing and cycling. It boasts a sensual 70,000-square-foot spa "where body meets soul" (while money leaves wallet).

In December, the spa had been open a few weeks and was offering most, but not all, of the services it will eventually have. It was pretty deserted, and Miami itself had a weird deserted feel as well, with cab drivers grouching that business in this normally peak time was at a nadir.

It was hard to tell if the paucity of guests and the unsure, nervous attitude that floated through the place were due to the soft opening or the jolt of hard times. Staff members privately fretted about the economy and about whether, amid all the bling-y temptations and splashy spas of Miami, people would flock to — or even fathom — the lofty Canyon Ranch philosophy about utilizing your internal energy, unleashing your potential, balancing your dosha and expanding your chi to find "the most amazing you."

I overheard one of the managers, who was discussing the issue of whether people would pay for health spas in this economy, sum it up fortune-cookie style to a colleague: "The first half of your life, you spend your health to get your money; the second half, you spend your money to get your health."

I wondered if spas were a bit out of date. Shouldn't they be offering more cutting-edge fare than the usual back rubs, rock-wall basics and lectures on "The Secret to Perfect Posture" and "Understanding Chakras"? What about face transplants instead of face cleansing? Social climbing in the Obama era rather than rock-wall climbing? Cure you of a man rather than a manicure?

1 | 2 | 3 | **NEXT PAGE** »

This article has been revised to reflect the following correction:

Correction: February 1, 2009

An article on Jan. 18 about the new Canyon Ranch spa in Miami Beach misstated, at one point, the name of the street where Casa Casuarina (the former Versace Mansion) is located. As the article noted elsewhere, it is Ocean Drive, not Ocean Avenue.

INSIDE NYTIMES.COM

A version of this article appeared in print on January 18, 2009, on page TR1 of the New York edition with the headline: Mind, Body and Organic Martinis.

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Canyon Ranch Miami Still Wants You To Have a Good Time

Where: 6801 Collins Ave [\[map\]](#), [Miami Beach, fl, United States, 33141-3243](#)
January 19, 2009 at 11:41 AM | by [KatieK](#) | [Comment \(1\)](#)



Big news, friends: the [Canyon Ranch Miami Beach](#) serves booze. That's right, Canyon Ranch has its first (!!)
liquor-dispensing location, [reports](#) the New York Times' Maureen Dowd. Naturally, we're talking 100 percent
organic spirits along the lines of raspberry-vodka-and-hibiscus-tea martinis, but hey, that's still going to do the
job a whole lot quicker than all that [biodynamic wine](#) it's known for.

Though Canyon Ranch seems to maintain its aversion to alcohol at its other two locations (in [Tucson](#) and the
[Berkshires](#)), the temptations of Miami have presumably proven too powerful. If you can't beat 'em, join 'em,
right? "Our beverage offerings are reflective of our beliefs," panders the drinks menu. "Research indicates that
alcohol, when consumed in moderation, can help people live long and well."

Well, we could have told you that. No word on whether room service cuts you off once you've "consumed in
moderation" or if they let you be the judge of that.

[Photo: [Alex Quesada](#) for The New York Times]

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NewsRoom

7/13/04 PR Newswire 17:00:00

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July 13, 2004

Luxe Worldwide Hotels Welcomes Canyon Ranch Health Resorts

LOS ANGELES, July 13 /PRNewswire/ – Luxe Worldwide Hotels announced their portfolio addition of the award-winning Canyon Ranch health resorts in Tucson, Arizona and Lenox, Massachusetts. Luxe President and CEO, Efreem Harkham, made the announcement at a recent sales meeting held in Los Angeles, adding "We're pleased to welcome these two outstanding properties to LUXE. We look forward to promoting their innovations in the concept of life-enhancing vacations and healthy living."

Guests at both Canyon Ranch health resorts enjoy a full array of indoor and outdoor fitness activities and classes, hiking and biking programs, luxurious spa and body treatments, nutritious gourmet dining, private consultations and workshops with medical and wellness experts. Dining emphasizes nutrition and taste; demonstration kitchens allow guests to learn more about the resorts' healthful cooking techniques. All-inclusive, active and casual vacations at Canyon Ranch give guests the opportunity to unwind, play and possibly change the way they live.

In 1979, Mel and Enid Zuckerman founded the original Canyon Ranch health resort in Tucson, Arizona. Sited in Arizona's majestic Sonoran Desert, the former dude ranch benefits from its serene, almost magical and stress-free location, which lets guest exhilarate in an inspiring natural setting.

Located in the gentle Berkshire Mountains, in scenic western Massachusetts near the historic town of Lenox, is Canyon Ranch in the Berkshires, which opened in 1989.

With two successful health resorts serving nearly 25,000 guests each year, Canyon Ranch has consistently been named best spa by the readers of Conde Nast Traveler, Travel + Leisure and Departures magazines.

In addition to two destination health resorts, Canyon Ranch operates SpaClubs(TM) at The Venetian Resort in Las Vegas, Nevada, The Gaylord Palms Resort in Kissimmee, Florida and onboard Queen Mary 2 luxury ocean liner. Canyon Ranch Living(TM), the company's first healthy living residential community, is scheduled to open in Miami Beach, Florida in 2005.

Luxe Worldwide Hotels headquartered in Los Angeles, California, is a premier representation company of independently owned and operated hotels situated in prominent international locales. Luxe provides global sales, reservations, marketing and eBusiness services to hotel members worldwide. Make online reservations at www.luxehotels.com or call toll-free 24/7 866-LUXE-411 in North America.

SOURCE Luxe Worldwide Hotels

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Luxe Worldwide Hotels Welcomes Canyon Ranch Health Resorts

/CONTACT: media, Anna Gargioni of Luxe Worldwide Hotels, +1-310-691-7716,anna@luxehotels.com/

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Other Indexing: (CANYON RANCH; CANYON RANCH HEALTH; CANYON RANCH LIVING; CONDE NAST TRAVELER; EL; GAYLORD PALMS RESORT; LUXE; MEL; TM; VENETIAN RESORT) (Anna Gargioni; CO: Luxe; Departures; Efram Harkham; Enid Zuckerman; Luxe; Luxe President; Luxe Worldwide Hotels; Mary; Worldwide Hotels) (California, Arizona, Massachusetts)

Keywords: (TRA); (LEI); (PDT)

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Word Count: 564

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annie.taplin@smapr.com

CANYON RANCH HOTEL & SPA JOINS THE AMERICAN EXPRESS FINE HOTELS AND RESORTS PROGRAM

Luxury Miami Beach Hotel to Become Part of the Revered Hospitality Program Beginning 2013

Miami (September 11, 2012) – Canyon Ranch Hotel & Spa in Miami Beach has been recognized as a new partner of Fine Hotels and Resorts, an American Express program where U.S. – issued Platinum and Centurion cardholders can enjoy special amenities from some of the world's finest hotels and resorts. Beginning in 2013, Canyon Ranch Hotel & Spa will be one of over 700 luxury hotel partners from around the world, setting itself apart as a unique spa and wellness offering for those valued members.

"As one of the world's leading luxury health and wellness resorts, Canyon Ranch Hotel & Spa is dedicated to sharing our core values with each guest by providing truly exceptional one-of-a-kind experiences," said Matthias Kammerer, Managing Director of Canyon Ranch Hotel & Spa. "We are thrilled to partner with such a well-respected institution like American Express who through their Fine Hotels and Resorts program, is just as dedicated to serving their esteemed clientele with the best travel amenities from across the world."

For more than 30 years, Canyon Ranch Resorts has been changing the way people live their lives by empowering guests to live healthier and longer through fitness, nutrition and integrative wellness. Unique in the spa industry, Canyon Ranch offers two all-inclusive locations in Tucson, AZ and Lenox, MA that provide a luxury setting for any wellness vacation with offerings including medical testing and stress management services, along with beauty treatments and a multitude of fitness offerings. Canyon Ranch expanded south to Miami Beach in 2008, opening their newest all-suite luxury hotel and spa. The first in the nation with a luxury residential community and a wellness hotel, Canyon Ranch Hotel & Spa has quickly established itself as the pre-eminent destination for the healthful-minded traveler. Ideally situated on six acres of unspoiled oceanfront beach, Canyon Ranch Hotel & Spa provides guests with the ultimate in luxury from arrival to departure, including the award-winning Canyon Ranch Grill, on-site integrative medical experts who work with guests to develop a custom program of healthy eating, exercise and overall well-being and limitless activities for parents and teens. Housed in the former Carillon Hotel and redesigned by the renowned David Rockwell, Canyon Ranch Hotel & Spa combines the flexibility of à la carte 5 Star hotel services in addition to the 70,000-square-foot Spa and Wellness Facility, the largest complex in South Florida.

(more)

To become a partner of American Express Fine Hotels and Resorts, each applicant must meet the highest standards in service, accommodations, cuisine, amenities, and more. A global leader in customer service, American Express strives to understand their customers, treat them with respect, and go the extra mile to serve every need. Their dedication has earned them five consecutive J.D. Power and Associates awards for superior customer satisfaction among credit card companies, as well as several other honors for distinguished service nationwide. This is testament that all hospitality establishments accepted into the elite organization must meet the high expectations of American Express. The extremely selective process chooses not only the top hotels in the world, but the best hotels in each city. Distinguished by its focus on health and wellness, Canyon Ranch Hotel & Spa in Miami Beach demonstrates the austere standards for admittance as a partner of American Express Fine Hotels and Resorts in one of the world's most vivacious cities.

About Canyon Ranch Hotel & Spa

The nation's first luxury wellness hotel and residential community, Canyon Ranch Hotel & Spa in Miami Beach offers inspiring healthy living opportunities in a stunning luxury hotel setting. It encompasses the healthy choices and serene elegance of acclaimed Canyon Ranch health resorts, while providing easy access to everything an exciting city like Miami has to offer. Canyon Ranch Hotel & Spa has been voted Best Spa in the Best of the Best Hotel Awards from *Virtuoso Travel Network* and was named Favorite Resort + Hotel Spas – Southeast in *Spa Magazine*. Additionally, Canyon Ranch Hotel & Spa has placed 9th in the *Travel + Leisure World's Best Awards Readers' Survey*.

About American Express Fine Hotels & Resorts Program

The Fine Hotels & Resorts Program is a Card benefit of U.S.-issued Platinum and Centurion® Cards. With this benefit, Cardmembers enjoy special amenities when staying at any of our 700+ hotel partners around the world. Amenities include a complimentary room upgrade (when available), daily breakfast for two, 4pm late checkout and a unique amenity that varies at each property. To make a Fine Hotels & Resorts reservation, please go to the [Fine Hotels & Resorts website](#).

###

CANYON RANCH HOTEL & SPA IN MIAMI BEACH

6801 Collins Avenue, Miami Beach FL 33141

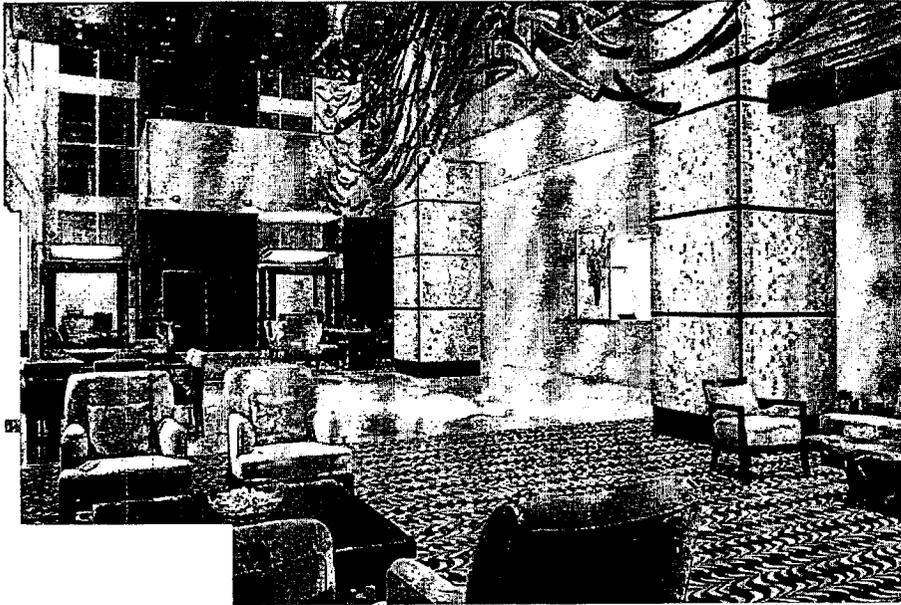
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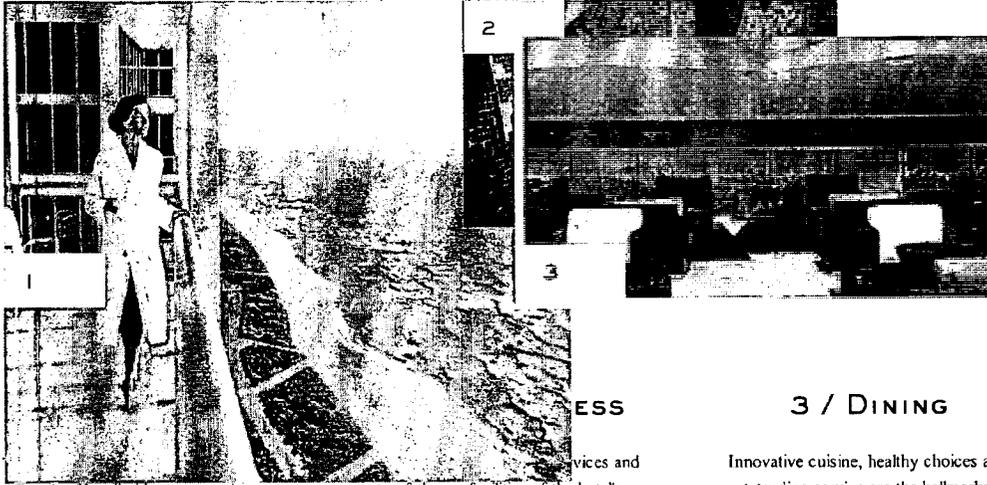
PROPERTY OVERVIEW

An oasis of tranquility, warmth and healthy living in one of the world's most vibrant cities.

Canyon Ranch Hotel & Spa in Miami Beach, the first of its kind, will enchant you with its exquisite design and matchless ocean views. Redesigned by renowned David Rockwell and housed in the historical Carillon Hotel - a classic of Miami Modern architecture - Canyon Ranch Hotel & Spa is situated on more than 750 linear feet of pristine white beach and is convenient to both South Beach and Bal Harbour. This luxury all-suite hotel, an oasis of warmth and tranquility, features the largest and most beautifully appointed Spa and Wellness facility in South Florida. Located in one of the world's most vibrant cities, at Canyon Ranch Hotel & Spa in Miami Beach you will find endless ways to reawaken your spirit and refresh your soul.

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Canyon Ranch offers limitless ocean views,
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services and
state-of-the-art facilities of the hotel's
renowned Wellness Spa, the largest in Florida
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3 / DINING
Innovative cuisine, healthy choices and
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ROOMS



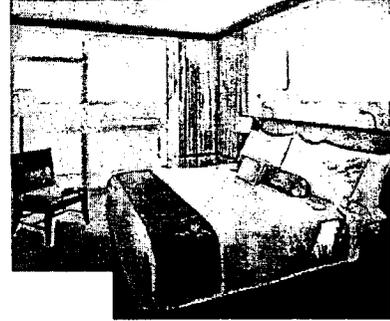
1 Bedroom Suite Canyon King City View
780-920SQF 76-93SQM, kitchen area, WIFI

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1 Bedroom Canyon Queen Suite, 2 Queens
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1 Bedrm: Ocean Sea Grape View Suite, 1 king
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Canyon Ranch Hotel & Spa in Miami Beach : Miami Beach, United States : Leading Hotels of the World

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- *Two-Story Climbing Wall*
- *100% smoke free*
- *All Suites*
- *Beach Resort*
- *Historic Landmark*
- *Swimming Pool(s)*

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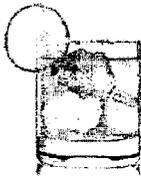
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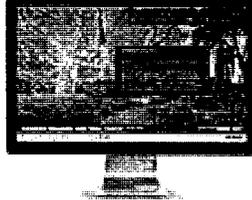
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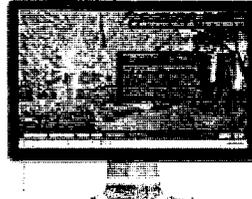
Acquisitions & Hotel Openings

Canyon Ranch Hotel & Spa Joins The Leading Hotels of the World

Miami Beach Luxury Hotel Becomes Newest Member of Esteemed Hospitality Organization

Miami - January 12, 2012 - Canyon Ranch Hotel & Spa in Miami Beach has been accepted as a new member of The Leading Hotels of the World, the largest luxury hospitality organization in the world, whose mission is to curate and champion an exclusive collection of independent properties. Canyon Ranch Hotel & Spa in Miami Beach is one of approximately 40 hotels in the United States to be represented by this prestigious hospitality group.

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"As the nation's first luxury hotel dedicated to wellness, Canyon Ranch Hotel & Spa is continuing the Canyon Ranch spirit in true Miami style," said Matthias Kammerer, Managing Director of Canyon Ranch Hotel & Spa. "Gaining acknowledgment from such an esteemed organization such as The Leading Hotels of the World is a testament to the hotel's commitment to deliver a one-of-a-kind, exceptional experience to our guests."

Canyon Ranch Hotel & Spa has quickly established itself as the pre-eminent destination for the healthful-

mindful traveler. A hotel like no other, Canyon Ranch provides guests with the ultimate in luxury from arrival to departure, including the award-winning Canyon Ranch Grill, on-site integrative medical experts who work with guests to develop a custom program of healthy eating, exercise and overall well-being and limitless activities for parents and teens. Housed in the former Carillon Hotel and redesigned by the renowned David Rockwell, Canyon Ranch Hotel & Spa in Miami Beach combines the flexibility of à la carte 5 Star hotel services with the boundless healthy choices of acclaimed Canyon Ranch health resorts. Ideally situated on six acres of unspoiled oceanfront beach, the all-suite property features 150 keys, ranging in size from 720 to 1,200 square feet, the largest entry level accommodations in the Miami luxury comp set coupled with a 70,000-square-foot Spa and Wellness Facility, the largest complex in South Florida.

To be considered for possible membership with The Leading Hotels of the World, each entrant must be in the luxury hotel category and meet the highest standards when it comes to service, cuisine, accommodations and more. Additionally, inspection reports, based on hundreds of specific criteria, are given to the Executive Committee who subsequently votes on acceptance or rejection, bringing in only the world's most distinguished properties. Admission of new member hotels is conducted yearly, with only about 40 hotels admitted from nearly 1,000 applicants. By its acceptance, Canyon Ranch Hotel & Spa in Miami Beach has proven to have met these strict standards for admittance as a member hotel in one of the world's most vibrant cities and starting January 16, 2012 you will find Canyon Ranch under LW GDS code.

"The Leading Hotels of the World is very pleased to add the exceptional Canyon Ranch Hotel & Spa in Miami Beach to our exclusive membership roster," said Claudia Kozma Kaplan, senior vice president and chief marketing officer for The Leading Hotels of the World. "With

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- EXPANSIONS & RENOVATIONS
Jonathan Litvack will Oversee \$45 Million Rejuvenation of Sheraton Los Angeles Downtown as GM

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The Castle Hotel Opens as the Newest Autograph Collection Property

- EXPANSIONS & RENOVATIONS
Newly Renovated Penthouse Suite at Hilton Bentley Miami Debuts

- ACQUISITIONS & HOTEL OPENINGS
Chatham Lodging Acquires 160-room SpringHill Suites by Marriott Savannah Downtown/Historic District

1/8/14

Canyon Ranch Hotel & Spa Joins The Leading Hotels of the World

their dedication to providing limitless healthy choices and luxurious amenities, Canyon Ranch clearly raises the bar when it comes to overall experience and quality."

About Canyon Ranch Hotel & Spa

The nation's first luxury wellness hotel and residential community, Canyon Ranch Hotel & Spa in Miami Beach offers inspiring healthy living opportunities in a stunning luxury hotel setting. It encompasses the healthy choices and serene elegance of acclaimed Canyon Ranch health resorts, while providing easy access to everything an exciting city like Miami has to offer. Canyon Ranch Hotel & Spa has been voted Best Spa in the Best of the Best Hotel Awards from Virtuoso Travel Network and was named Favorite Resort + Hotel Spas – Southeast in Spa Magazine. Additionally, Canyon Ranch Hotel & Spa has placed 9th in the Travel + Leisure World's Best Awards Readers' Survey.

About The Leading Hotels of the World, Ltd.

The Leading Hotels of the World, Ltd. is the largest luxury hospitality organization in the world, representing over 430 of the finest hotels, resorts and spas in over 80 countries. Its mission is to curate and champion an exclusive collection of independent properties, including grand palaces and intimate city hideaways, luxury tent enclaves and expansive self-contained resorts. Established in 1928 by several influential and forward-thinking European hoteliers, it started with 38 initial members. Its loyal customers demand levels of quality they have come to expect of the brand, while seeking authentic and enriching travel experiences. Leading Hotel members are utterly unique and boldly independent. To be considered for inclusion, a hotel must adhere to strict quality standards and master the art of extraordinary hospitality. For reservations, visit www.LHW.com. In the USA & Canada please call 1-800-223-6800 or contact a travel professional.

EXPANSIONS & RENOVATIONS

Cedarbrook Lodge Begins \$16 Million Expansion Project

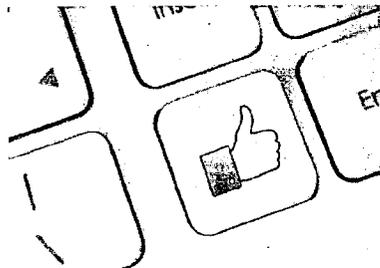
ACQUISITIONS & HOTEL OPENINGS

Four Points by Sheraton Opens Second Hotel in Jacksonville, Florida

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Coming Up In The February Online Hotel Business Review



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FEATURE FOCUS

Hotel Social Media: Adopting a Comprehensive Strategy

Consider these astounding online communication statistics: there are currently more than 2 billion e-mail users; 180 million blogs; 400 million daily tweets; and 8.6 trillion SMS text messages are sent annually. In addition, 61% of Millennials (those born after 1984) reference social media when deciding where and how to spend their travel and leisure dollars, and 78% of all small businesses now get at least a quarter of their new customers through the use of social media. As a result, it is incumbent upon all businesses - but especially the hospitality industries - to adopt a comprehensive social media strategy. Hotel guests will not only expect these communication channels to be in place but will demand them, given that they have already been integrated into their everyday lives. Next-generation hotels must connect with guests socially via Facebook, Twitter, Google+, YouTube, Pinterest, Instagram and more, and they must also manage their online presence on review sites like Yelp and Trip Advisor in order to protect their reputation and brand. Other social media tools might also include blogs (to promote thought leadership), video and photo sharing, e-newsletters, and geo-location applications that allow for real-time interactions when a guest is on-property. Having sufficient staff to manage these efforts is a challenge, as is the requirement that these processes must be tailored to conform to each of the major platforms - desktop, smart phone, and tablet. In order to shed some light on these critical issues, the February Hotel Business Review will explore how some hotels are successfully utilizing social media in their operations.

In this issue...

The Growing Importance of Mobile Marketing Strategies for Hotels

By Jennifer Dunphy, Vice President of Sales and Marketing, Vayu Media

Global Social Media: Taking Your Program Beyond the Ground Floor

By Deanna Shimota, Director of Marketing, Sajan, Inc.

Is Your WiFi Network Really Good Enough?

By Tony Heung, Director of Network Solutions, Quadriga Worldwide

Why Aren't There More Mobile Hotel Website Bookings?

By Mariana Mechoso Safer, Senior Vice President, Marketing, HeBS Digital

PLUS: Why Hotels Must Use Little Data, mPOS Expected to Replace POS, Why Aren't There

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Canyon Ranch Hotel & Spa Joins The Leading Hotels of the World

More Mobile Hotel Website Bookings?, Mobile PMS, Managing Information for Optimal Results, and much moreâ€¦!

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