

CANYON RANCH

Paid Media Campaigns



2022 - 2023 — Presented by **FINE**

FIND YOUR
PATHWAY

What do you seek?

CANYONRANCH.

"I want to do my best
in all areas of life."

CANYONRANCH.

"I want to be
confident and
informed about
my health."

CANYONRANCH.

"I want to learn to
express myself."

CANYONRANCH.

"I want to be
more present and
mindful."

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FIND YOUR
**WELLNESS
PATHWAY**

Experiences composed for
the impact you seek.

#LINKINBIO

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Q&A

Question:

I have a demanding workload, which makes it tough to break away let alone tend to my health. How can Canyon Ranch help me manage my wellness with so little time to spare?

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Q&A

Answer:

Our new Executive Physical pathway is specifically designed for those with busy schedules. This intensive three-day program evaluates and analyzes your health with a comprehensive physical, labs, and diagnostics. Our experts will develop a precise, actionable plan for well-being.

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**Feel Renewed
and Inspired**

GUESTIMONIALS

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WOODSIDE

“

When I go to a retreat at Woodside, I feel renewed and inspired. And I take that impact home with me for months to come.

”

ALL-INCLUSIVE. ALL IMMERSIVE.

CANYONRANCH.
WOODSIDE

**LIFELONG
WELL-BEING
BEGINS NOW**

CANYONRANCH.
WOODSIDE

Always Enjoy
With Any Pathway

CANYONRANCH.

Nutritious Meals
A menu of fresh and healthy potions to nourish your mind, body, and spirit.

Daily Activities
Over 25 daily activities, from creative art classes to wellness lectures and workshops.

Spa & Fitness
Unlimited access to our extensive resort spa and fitness facilities and classes.

True Expertise
Extensive Roster of experts with holistic knowledge across the spectrum of health.

Immersive Settings
Dramatic, inspiring landscapes and natural surroundings for renewal and connection.

Transportation
Complimentary airport pickups bring you to Canyon Ranch, no matter when you arrive.

A Day in the Journey

**INTEGRATIVE
WEIGHT LOSS**

PATHWAY PLUS

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Sample Daily Itinerary

8:00 am	Nutritious Breakfast
9:00 am	Posture and Balance Class
10:00 am	Integrative Physician Consultation
11:00 am	Downtime & Lunch by the Pool
2:00 pm	Personal Training Session
4:00 pm	Deep Tissue Massage at the Spa
5:00 pm	Tune into Joy Workshop
6:00 pm	Fireside Dinner
8:00 pm	In-Room Sleep Screen

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GUIDED BY EXPERTS

TARGET PLANS

FOCUSED ON YOU

SET BENCHMARKS

PEAK RESULTS

Begin Your Breakthrough at Canyon Ranch

BOOK NOW

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HIKE



ACTIVE WELLNESS

CLIMB



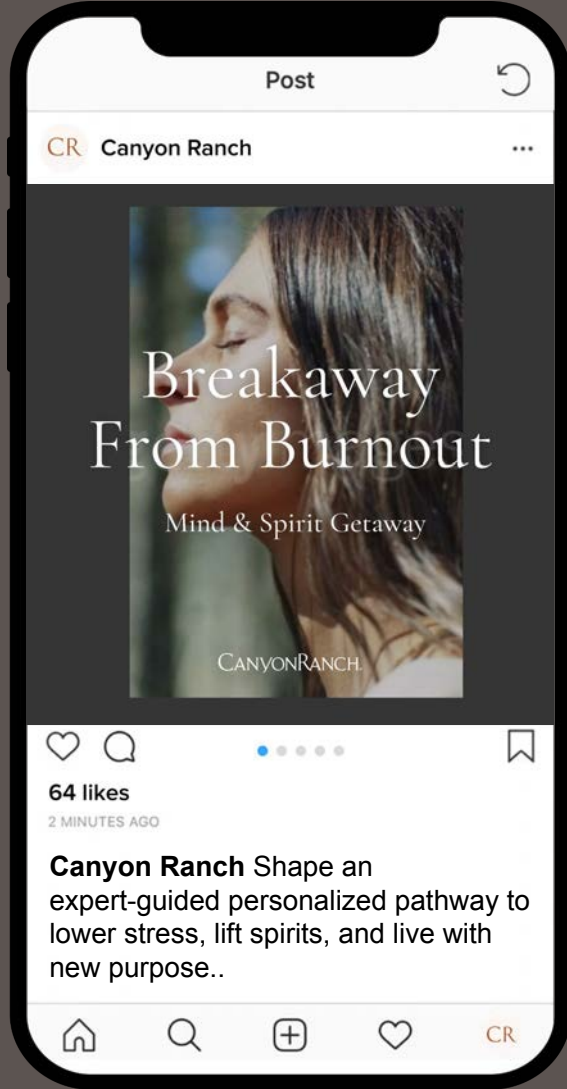
RIDE



Find Your New Adventure At Canyon Ranch

BOOK NOW

CANYONRANCH





EXPERT-GUIDED

PERSONALIZED

SCIENCE-BASED

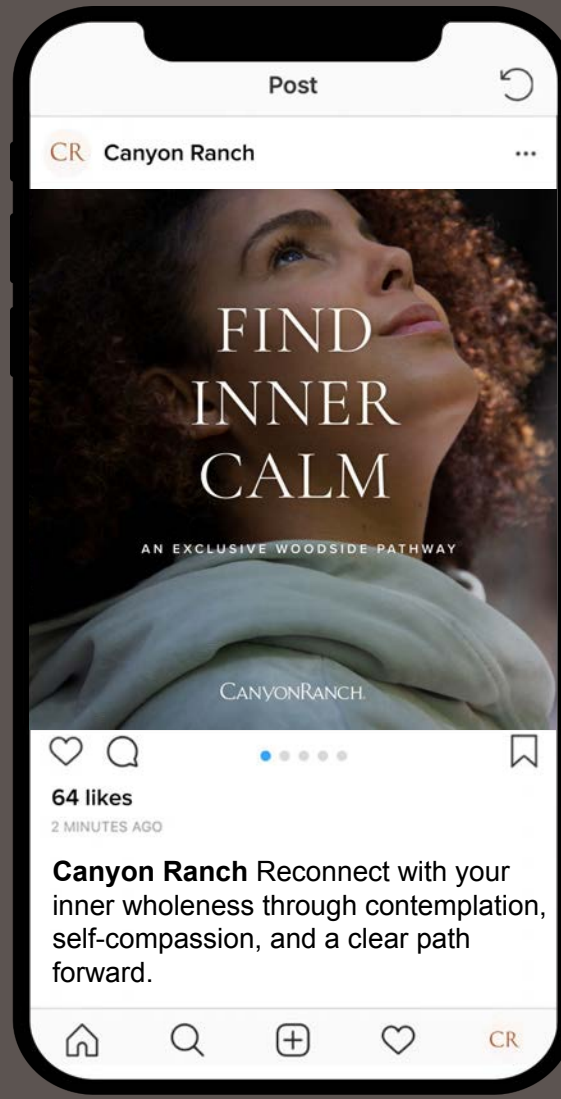
PRECISE PLANS

LIFE CHANGING

Begin Living Your Healthy Weight at Canyon Ranch

BOOK NOW

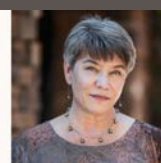
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“ Many people are coming to us because they realize they have tumbled into patterns and habits preventing them from experiencing a higher quality of life. They want serenity and the capacity to be free in their daily lives. The Find Inner Calm pathway creates an eagerness and energy to get back into life by helping guests to find ways to keep life calm and focused with purpose.

— JEANNE MARIE MUDD
INTEGRATIVE WELLNESS EXPERT AT CANYON RANCH

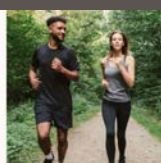
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Personalized Experiences

- Spiritual guidance tailored to your intentions
- Private fitness instruction with a personal trainer
- Guided Shin Rin Yoku / forest bathing walks in the Redwoods
- A private mind-body session where you explore Quigong, meditation, or breathing practices

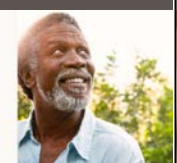
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What You'll Leave With

- Expert, research-informed guidance for spiritual wellness
- Renewed balance and energy
- Information to inspire mindful living
- A grounded connection to nature and self
- Methods for alleviating sources of stress

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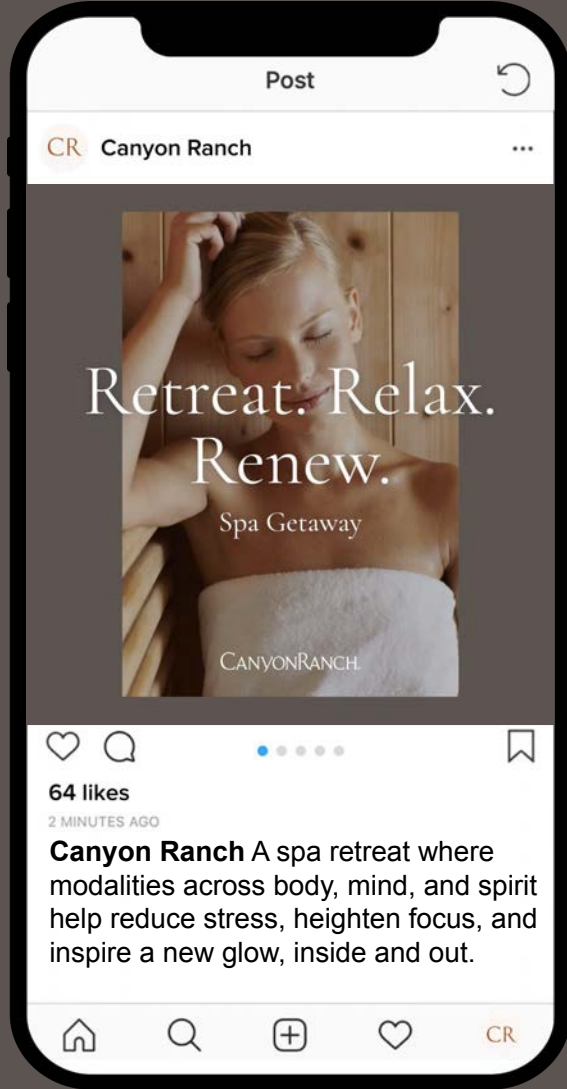


Begin your journey and learn more about this exclusive pathway at

WWW.CANYONRANCH.COM/STAY/FIND-INNER-CALM

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EXPERT TREATMENTS



HEALING THERAPIES

This panel features the text 'EXPERT TREATMENTS' at the top left. It includes a photograph of a woman lying down with her eyes closed, receiving a facial treatment. Below the photo, the text 'HEALING THERAPIES' is written in a large, serif font.


GLOW AGAIN



INSIDE AND OUT

This panel features the text 'GLOW AGAIN' at the top right. It includes a photograph of a woman sitting on a wooden bench in a spa setting. Below the photo, the text 'INSIDE AND OUT' is written in a small, sans-serif font.

BEAUTY & SKINCARE



This panel features the text 'BEAUTY & SKINCARE' at the top left. It includes a photograph of a woman in a white robe smiling. The background is a soft, out-of-focus spa environment.

Start Your Path
at Canyon Ranch

BOOK NOW

CANYONRANCH.

This panel features the text 'Start Your Path at Canyon Ranch' at the top. Below it is a dark button with the text 'BOOK NOW'. At the bottom, the text 'CANYONRANCH.' is written in a small, sans-serif font. The background is a photograph of a spa interior with a woman in the foreground.



SERENE SETTINGS

ESCAPE DISTRACTION

INSIGHTFUL PROGRAMS

EXPERT TREATMENTS

ALL-INCLUSIVE GETAWAY

Reset and Renew at
Canyon Ranch Woodside

BOOK NOW

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Community Connection

Connect with a community of fellow wellness seekers.

CR



Leaders in Women's Health

Get answers from top OB/GYNs & wellness experts.

CR



All-Inclusive Stay

Plus, enjoy 6 complimentary treatments & services.

CR





Hands On Cooking

Prepare and enjoy delicious Southwestern cuisine.

CR



Guided by Experts

Food, Nutrition, and Renowned Wellness Hosts & Speakers

CR



Inspire Healthy Nourishment

Deepen cultural, spiritual, nutritional understanding of food.

CR





What does “getting a good night’s sleep” actually mean? How can more or less sleep affect your mood and concentration?

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Join us at Canyon Ranch Tucson for a five-day retreat about the art of getting a good night’s sleep featuring Dr. Michael Grandner, a licensed clinical psychologist who is board-certified in Behavioral Sleep Medicine and serves as the Director of the Sleep and Health Research Program at the University of Arizona.

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TUCSON

MASTERING SLEEP

THIS ALL-INCLUSIVE RETREAT INCLUDES

Full Deep Dive 5-day expert-led program with a multi-disciplinary curriculum highly focused on optimizing your sleep	Custom Experience 3 individualized services and 3 choices from the list of optional services
Immersive Setting 5 nights at our original wellness resort, set on 150 acres in the lush foothills of the Sonoran Desert	Nourishing Cuisine Unlimited delicious, healthy meals and snacks sourced from organic, unprocessed whole foods and ingredients
Daily Activities Unlimited access to our 35+ daily activities, spas, pools, and fitness center	Transportation Transfers to and from Tucson International Airport

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MASTERING SLEEP

EVENT TAKEAWAYS

- An understanding of the role of sleep in overall health
- Renewed mind, body, and spirit to put new practices in place
- Meditation tools for quieting running thoughts
- Strategies for relaxing the body for better sleep
- Guidance on optimizing sleep through nutrition and diet
- Sleep-oriented yoga practices and postures
- Science-backed tools to break the connection between sleep & stress

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MASTERING SLEEP

OCTOBER 23–28, 2022

An All-Inclusive Immersion Retreat with Dr. Michael Grandner

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