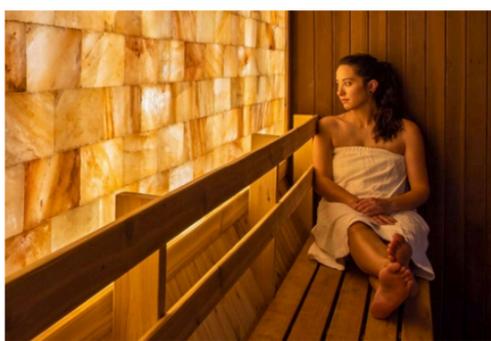


DESTINATION:



TUCSON, AZ



ABOUT CANYON RANCH TUSCON, AZ

Recognized with the highest honor of Three Keys by the Michelin Guide, Canyon Ranch Tucson is our flagship destination, offering a world-class, all-inclusive wellness resort and spa experience that inspires lasting change. From movement to mindfulness, every aspect of well-being is nurtured in one place — immersed in the quiet majesty of Arizona's Sonoran Desert.

Five Wellness Pillars. One You.

Spa & Beauty

Promote relaxation and energy with healing bodywork and therapeutic treatments.

Health & Performance

Go beyond symptoms with personalized plans for prevention from physicians and experts.

Fitness & Movement

Enhance everyday mobility and athletic performance, guided by exercise experts.

Mind & Spirit

Pursue balance and purpose with behavioral therapy, coaching, and spiritual guidance.

Nutrition & Food

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

World-Class Spa Amenities

Enjoy access to our award-winning spa and fitness amenities, including whirlpools, saunas and steamrooms, hot and cold plunges, relaxation room, and more. Choose from over 200 services designed to restore and revitalize.

35+ Daily Optional Activities

Enrich your stay with wellness experiences from our daily schedule. Pick and choose the classes and activities that inspire you – from sunrise yoga to hiking adventures and more.

Chef-Crafted Dining

Savor unlimited meals, snacks, and beverages at our on-site restaurants, each offering nourishing, seasonal dishes made with fresh ingredients.

Every memorable dish showcases our healthful food philosophy. We favor organic, wholesome produce from local farms, grass-fed beef, sustainably caught seafood, and naturally healing ingredients. Indulge your palate with delicious, healthy cuisine sourced from organic, unprocessed whole foods and ingredients prepared to exacting nutritional standards.

A Serene Desert Setting

Reconnect with nature. Walk our scenic two-mile loop, relax in the meditation garden, and revel in the quiet ambiance of our technology-light environment. Rock climbing, desert hiking, mountain biking, bird watching, are all within reach.

Well-Appointed Accommodations

Relax in modern, airy rooms, suites, and homes complete with every comfort for a restful stay and connected by scenic nature pathways throughout the property.

Four Pools & Hydrotherapy

Soak in the sunshine at our three outdoor pools or experience the benefits of Watsu® therapy pools and underwater treadmills at our expansive indoor aquatic center.

Health & Performance Center

Experience whole-person care in a single setting, offering assessments and consultations with physicians, nutritionists, behavioral therapists, and other specialists.

Spiritual Wellness Center

Look inward and deepen your connection with yourself in a serene environment. Take a journey guided by a spiritual wellness provider, or stroll through the Meditation Garden for private reflection.



LENOX, MA



ABOUT CANYON RANCH LENOX, MA

Recognized as New England's #1 spa resort by the Michelin Guide, Canyon Ranch Lenox offers a world-class, all-inclusive wellness resort and spa experience. From movement to mindfulness, every aspect of well-being is nurtured in one place — surrounded by the beauty and charm of the Berkshires.

Five Wellness Pillars. One You.

Spa & Beauty

Promote relaxation and energy with healing bodywork and therapeutic treatments.

Health & Performance

Go beyond symptoms with personalized plans for prevention from physicians and experts.

Fitness & Movement

Enhance everyday mobility and athletic performance, guided by exercise experts.

Mind & Spirit

Pursue balance and purpose with behavioral therapy, coaching, and spiritual guidance.

Nutrition & Food

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

World-Class Spa Amenities

Enjoy access to our award-winning spa and fitness amenities, including whirlpools, saunas and steamrooms, hot and cold plunges, relaxation room, and more. Choose from over 200 services designed to restore and revitalize.

35+ Daily Optional Activities

Enrich your stay with wellness experiences from our daily schedule. Pick and choose the classes and activities that inspire you – from sunrise yoga to hiking adventures and more.

All-Inclusive Chef-Crafted Dining

Savor unlimited meals, snacks, and beverages at our on-site restaurants, each offering nourishing, seasonal dishes made with fresh ingredients.

A Tranquil Berkshires Setting

Reconnect with nature. Wander interconnected trails through gardens and forest, enjoy nature views on the Great Lawn, and revel in the quiet ambiance of our technology-light environment.

Well-Appointed Accommodations

Relax in thoughtfully designed rooms and suites complete with every comfort for a restful stay and connected by glass-enclosed hallways that bring the outdoors, in.

Swimming Pools & Aquatic Activities

Relax at our outdoor or indoor pool or take your fitness to the next level with daily aquatic classes that safely build your strength, balance, and endurance.

Medical Services

Put your health first with our newest test that screens for over 50 types of cancer, offering a proactive health check for ultimate peace of mind.

Performance Science

Need a boost? Our expert-led Sweat Test and VO2max Testing will elevate your performance through insights and wearables to monitor your hydration.

Sports Medicine

Hit the trails with ease this summer after undergoing our hiking, walking, and running gait analysis to get you out and keep you moving.

Alternative Medicine

Achieve truly holistic results for your health through alternative medicine practices that nurture mind, body, and spirit at our world-class wellness resort.

CR Vitality

Designed by scientists and doctors, and once only available to professional athletes, CR Vitality spaces feature high-tech tools and treatments for better well-being.