

Regent

SEVEN SEAS CRUISES

CANYON RANCH
SpaClub[®]

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 haven of tranquility, comfort and warmth for 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. Enjoy!

serenity ... BECOMES YOU.



SAMPLING OF SERVICES

Regent

SEVEN SEAS CRUISES

SKIN CARE TREATMENTS

- Your Transformation Facial
- Your "Total" Transformation
- Ageless Oxygen Boost
- Total Elegance Facial
- Total Elegance Age-Minimising Facial
- Deep Cleaning Facial
- Vitamin infused Facial
- Cleanse & Polish Back Treatment
- Sensitive Skin Facial
- Gentlemen's Facial

OPTIONAL FACIAL ENHANCEMENTS

- Anti-Aging Neck & Décolletage Treatment
- Anti-aging Therapeutic Mask
- Brow Tinting
- Eyelash Tinting
- Mask Add-Ons
- Specialised Eye Treatments

FACIAL & BODY WAXING

- Eyebrow Arch
- Lip
- Bikini
- Forearm
- Full Arm
- Full Back
- Full Body
- Full Leg
- Full Leg & Bikini
- Half Leg
- Underarm
- Chin

BODY TREATMENTS

- Euphoria
- Revitalising Ritual
- Detoxifying Ritual
- Nature Ritual
- Ocean Scrub
- World of Relief Body Buff
- Euphoric Coffee Scrub
- Ohana Circulation Polish
- Organic Seaweed Leaf Wrap
- Organise Seaweed Peat Wrap
- Organic Mineralising Marine Clay Wrap
- Organic Liquid Seaweed Wrap
- Organic Mermaid's Purse Wrap
- Euphoric Detox Wrap
- Lymphatic Phytopower Sea Wrap

TANNING TREATMENTS

- Tanning Treatment
- Tanning Follow-up
- Instant Tanning Treatment

MASSAGE

- Canyon Ranch® Massage
- Canyon Stone Massage
- Aromatherapy Massage
- Tension-Zone Massage
- Aromatherapy Muscle Soother
- Deep-Tissue Massage
- Sports Massage
- Sole Rejuvenation

TWO-BY-TWO MASSAGE

- Canyon Ranch® Massage
- Canyon Stone Massage
- Tension-Zone Massage
- Deep-Tissue Massage
- Aromatherapy Massage

OPTIONAL MASSAGE ENHANCEMENTS

- Peppermint Scalp Refresher
- Revitalising Foot Treatment

TREATMENTS FROM THE EAST

- Thai Massage
- Shiatsu
- Reflexology
- Reiki

ACUPUNCTURE

- Acupuncture
- Acupuncture Massage

AYURVEDA

- Abhyanga Massage

HAIR DESIGN

- Shampoo/Blow Dry or Roller Set
- Shampoo/Cut/Blow Dry
- Updo/Upstyle

HAIR DESIGN ENHANCEMENTS

- Blow Dry

COLOUR & HIGHLIGHTING

- Full Highlights
- Partial Highlights
- Highlights - 2 to 4 Foils
- Tint, Toner or Semi-Permanent Single Colour

SPECIALTY SCALP & CONDITIONING TREATMENT

- Hair & Scalp Treatment

MANICURES

- Spa Essentials Manicure
- Radiance Peel Manicure
- Hands So Soft Manicure
- Gentlemen's Manicure

NAILS

- Full Set
- Overlay
- Sculpture
- Nail Repair
- Polish Change
- Fills - Acrylic
- Soak-Off
- File & Polish

NAIL ENHANCEMENTS

- Paraffin Treatment

PEDICURES

- Spa Essentials Pedicure
- Sports Pedicure
- Canyon Stone Pedicure
- Radiance Peel Pedicure
- Gentlemen's Pedicure
- Euphoria Pedicure

MAKEUP

- Makeup Consultation
- Makeup Consultation & Lesson

EXERCISE & WELLNESS

- Basic Fitness Assessment
- SpaClub® Exercise Prescription
- Exercise for Weight Loss
- Body Composition Analysis
- Personal Training Session
- Personal Training Session (2 people)

SPECIALISED WELLNESS SERVICES

- Yamuna® Foot Fitness
- Performance Orthotics Assessment
- Back Care
- Personal Pilates Session
- Fitness Class

As at 4 February 2010

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