

## CANYON RANCH - TUCSON, ARIZONA

Canyon Ranch is located in the northeast foothills of Tucson, which is in southwest Arizona about 115 miles south of Phoenix. In the lush Sonoran desert, you'll see cactus and wildlife you won't see anywhere else. This is an environment of contagious good health, where your energy expands and your spirit soars.

### Your All-Inclusive Stay

Relax on your porch as you take in a dazzling Arizona sunset. One-story Southwestern-style accommodations are clustered throughout the grounds, built in harmony with the desert terrain and colors. In your comfortable private retreat, you'll find the aesthetic touches and thoughtful amenities that make your stay a constant pleasure, including the most comfortable of beds, your choice of down or non-down pillows, fluffy terrycloth robes, a great assortment of Canyon Ranch's exclusive bath products and much more.

Your food becomes part of you, so why not choose the ones that are scrumptious and keep you healthy, trim and vibrant? It's easier than it sounds. Canyon Ranch's celebrated chefs and nutritionists share their talents to serve such delights as lobster, veggie lasagna, lamb, hot-fudge sundaes and a host of delectables that are celebrations in healthy eating.

Even the menu is a surprise. Because your Canyon Ranch stay includes all meals, you won't find prices listed. Instead, a list of the nutritional content of every selection. The taste, on the other hand, is beyond words.

Your Canyon Ranch stay can be the start of healthier eating for life. You'll have plenty of opportunities to develop take-home strategies, raise your nutritional intelligence and bring home the recipes you love.

Inspected by: Ivy Tjok & Diane Burda

