



CANYON RANCH WELLNESS RESORT TUCSON, ARIZONA

A PLACE THAT INSPIRES YOU.
AN EXPERIENCE THAT CHANGES YOU.

Re-energize in the iconic Sonoran Desert. Explore a canyon, accept the Ropes Course Challenge, take a Mindful Journey, have an in-depth sports medicine consultation, savor wholesome cuisine, and rejuvenate with therapeutic bodywork. Everything you see, do, and learn here moves you along your way to wellness.

DISCOVER DESIGNED EXPERIENCES

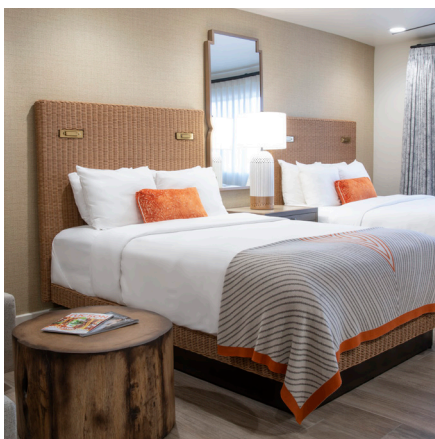
Our tailored, goal-oriented Designed Experience packages include a curated selection of the world-renowned services Canyon Ranch is known for.

Meet with highly trained experts who blend timeless wisdom with cutting-edge innovation. Learn proven strategies to elevate your health and performance while restoring balance. Indulge in soul-nourishing spa treatments, dine on cuisine that inspires lifelong healthy eating, and so much more.

Beyond our Designed Experiences, you can choose to Stay Your Way and curate your own experience, or join special focused events with guest speakers.



CANYON RANCH[®]
TUCSON



LEADING THE HEALTH & WELLNESS REVOLUTION SINCE 1979

Meet with our board-certified physicians, take a cooking class with a Canyon Ranch chef, consult with a sports medicine expert, and indulge in spa services that both heal and delight you. There's something for everyone at our landmark wellness resort. The breadth of facilities and services is surpassed only by the caliber of wellness professionals who support your intention with encouragement and practical strategies.

DETAILS & FEATURES

- 171 luxury accommodations and the Reserve enclave, ideal for groups
- Over 25+ mind-body classes and outdoor activities daily
- 170 + mind-spirit, spa, fitness, nutrition, mental health and health and performance services
- New, high-tech exercise equipment that measures gait, cardio, and more
- Canyon Ranch Immersion™ and Featured Event Experiences in our Life Enhancement Center®
- Spa with 36 treatment rooms
- Full service salon
- Health, Performance, and Spiritual Wellness Center
- Meditation Garden and Sanctuary
- Dining at the Canyon Ranch Grill,™ and Double U Café; Cooking Lessons in our Demo Kitchen
- Canyon Ranch® Aesthetics with a med spa
- High Ropes Challenge Course
- Three outdoor swimming pools
- Aquatic Center with Watsu pools
- Tennis, pickleball, racquet, and wallyball courts

LOCATION

- South Tucson foothills overlooking the Catalina Mountains
- 150 acres of lush Sonoran Desert
- 19 miles from Tucson International Airport
- 116 miles from Phoenix Sky Harbor Airport
- 14.5 miles from downtown Tucson

AROUND THE GROUNDS

- Events Pavilion
- Clubhouse
- 2-mile walking loop
- Canyon Ranch™ shops & The Boutique



Service
Catalog



Ranch
Schedule



Designed
Experiences

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canyonranch.com/tucson
800-742-9000
or contact your travel professional