



CANYON RANCH WELLNESS RESORT LENOX, MASSACHUSETTS

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

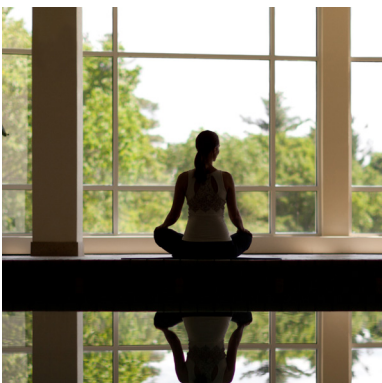
At Canyon Ranch Lenox, you'll find wellness opportunities abound and integrative experts to guide you. You may feel inspired to go bold, or to shift mindfully into a lower gear. You can explore well-being in depth or discover a new passion in life. In this everything-is-possible environment, it becomes natural to try new things and tap into your potential for greater health, performance, and joy.

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.



CANYONRANCH.
LENOX



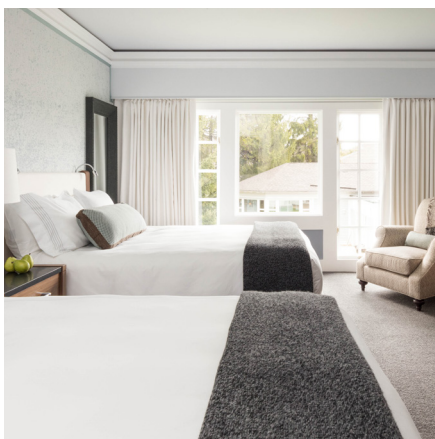
LEADING THE HEALTH & WELLNESS REVOLUTION SINCE 1979

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

- 126 luxury guest rooms and suites
- Dining at the Canyon Ranch Grill™, Culinary Rebel™, Culinary Rebel™ on the Lawn (seasonal) and Demo Kitchen
- 35+ mind-body classes and outdoor activities daily
- Fully equipped fitness and cardio center, indoor cycling and rowing studios
- Tennis and pickleball courts
- Indoor racquetball, squash courts and running track
- Indoor and outdoor swimming pools
- Hiking, mountain biking, High Ropes Challenge Course, canoeing, snowshoeing and more
- 100,000 square-foot Spa complex
- Canyon Ranch Aesthetics with a med spa
- Health & Performance Center
- Presentations by our wellness experts



LOCATION

- Nestled in the picturesque Berkshire hills, the historic bellefontaine mansion serves as the architectural focal point of the property in the Berkshires. Best known for outdoor activities, leaf peeping, and thriving arts scene.
- 150 miles from New York City
 - 130 miles from Boston
 - 67 miles from Bradley International Airport
 - 52 miles from Albany International Airport
 - 1 mile from historic downtown Lenox

AROUND THE GROUNDS

- Full Salon
- Walking Trails
- Labyrinth
- Spirit Walk
- Fieldstone Lounge
- Mansion Library
- Canyon Ranch™ shops



Service
Catalog



Ranch
Schedule



Designed
Experiences

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