

Lifestyle Reset Pathway



Re-imagine and Re-Begin Your Way of Life

When it's time to step decisively away from old ways, let our team of integrative wellness experts guide you to a new path of greater energy, purpose, and health than ever.

Designed to customize a foundation for lasting change in small, achievable steps, our Lifestyle Reset program will help you:

- Set goals for, and remove barriers to, healthy living
- Jumpstart healthy eating and food choices
- Develop a personalized exercise plan
- Find more connection to purpose in daily life
- Enjoy the many options and luxury amenities of Canyon Ranch

Personalize Your Plan

Select from 3-, 5-, or 7-night programs, with planned experiences and personal options that maximize the value of your stay by including 5, 8, or 10 services respectively. Choose to add additional services, upgrade your room type, or extend your getaway with additional nights that each include an added daily service.

Before You Arrive

Review and finalize your included experience options with a Program Advisor. Plan to meet again upon arrival to complement your schedule with activities, talks and experiences available while you're here. Review our [enhanced health protocols](#) to arrive with peace of mind.

Always Included

- Meals and snacks, prepared to make you forget you're eating healthy.
- 35+ daily activities, from yoga to high-intensity training, creative arts classes to wellness talks.
- Unlimited access to our extensive resort spa and fitness facilities.
- Airport pick-ups. No matter when you arrive, we'll personally transport you to Canyon Ranch.

For more details regarding deposit, cancellation, or other policies, visit the [Plan Your Stay page](#).

[Lifestyle Reset is also available at Canyon Ranch Tucson](#)

We recommend booking a pathway at least 72 hours prior to your arrival in order to ensure availability for the choices you select. All services/experiences highlighted in this pathway are subject to change for reasons without notice. Services/activities unique to your destination may be recommended in place of listed options. Services/activities substituted will always be an equal value.

**Cost is per person and not inclusive of taxes and nightly resort fee. Canyon Ranch is a no-tipping resort. The resort fee includes access to approximately 35+ daily activities such as mind/body classes and wellness presentations - plus full run of the resort spa, pools and fitness center and Wi-Fi. The resort fee or any portion of it does not represent a tip, gratuity or service charge for wait staff employees, service employees or any other employee at Canyon Ranch.*

WHAT'S INCLUDED

This 3-night personal retreat program includes these four core services, plus one option of your choice. You get the value of a combined five services.