

Created by: Debra C. Argen

Canyon Ranch, Lenox, Massachusetts, USA

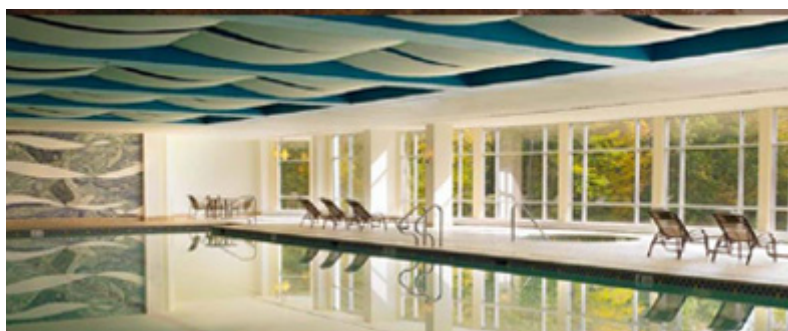
Canyon Ranch Lenox located in **The Berkshires** in **Western Massachusetts** is a highly respected destination spa resort, and if the name sounds familiar, it is because of its sister properties, the acclaimed **Canyon Ranch in Tucson**, Arizona, which opened in 1979, and their newest property, **Canyon Ranch Hotel & Spa Miami Beach** in Florida. Canyon Ranch Lenox features gracious guestrooms, has a 100,000 square foot Spa complex, interesting and diverse health and wellness classes, and creative and healthy award-winning cuisine.

Canyon Ranch Lenox opened in 1989 and consists of **Bellefontaine Mansion**, a former Gilded Age mansion that was built in 1897 as the summer residence of Giraud Foster and Jean Van Nest Foster and is a replica of Louis XVI's Petit Trianon, **The Inn**, and a 100,000 square foot **Spa Complex**. It is a luxurious oasis nestled on 120-acres for healthy living and pampering including sumptuous accommodations, excellent restaurants featuring award-winning nutritious cuisine, unique spa offerings, health and wellness classes, hiking and biking trails, kayaking, and even snowshoeing and cross-country skiing in the winter. What is especially nice is that the three buildings are connected so that guests do not have to step outside during inclement weather.



Bellefontaine Mansion Canyon Ranch Lenox

Diverse class offerings include dance, yoga, and Pilates, as well as cooking, swimming, Tai Chi, and tennis to name but a few. Want to learn to ride a bicycle, to ski, or perhaps would like a metaphysical consultation? These too, are possible as Canyon Ranch is all about "**The Power of Possibility®**." Canyon Ranch even has a medicine program, truly providing something for every guest.



Canyon Ranch Pool

Edward and I stayed at Canyon Ranch Lenox in early November 2009 and were warmly greeted at check-in where we received black Canyon Ranch totes, refillable water bottles, and exercise T-shirts to

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begin our healthy stay.

Our spacious guestroom featured a king bed with attractive wood headboard dressed with luxurious bedding, an attractive decorative pillow, and a lovely bottle green throw placed at the end of the bed, and a round table with lamp and a wood nightstand with lamp flanked either side of the bed. In one corner of the room there was a desk with blotter and two chairs upholstered with patterned corduroy fabric, and in the opposite corner there was a comfortable chair with ottoman with a metal magazine rack filled with a nice selection of magazines placed next to the chair, and a selection of books on the windowsill.



Guestroom

In addition to the large Philips television on the granite and wood console, there was also an Alarm and CD player with a selection of CDs, and a DVD player, with over 800 DVDs in the Canyon Ranch Lenox Library from which to choose.

In the foyer, there was a sink and vanity with leather ottoman, a miniature bonsai tree, a coffee maker with a selection of coffees and Numi teas, and a mini-bar stocked with complimentary bottles of water. Paintings graced the walls in the attractive bathroom, and a bonsai tree accessorized the vanity along with a nice assortment of LATHER brand amenities.

The facilities at Canyon Ranch Lenox are truly spectacular and we were amazed at their indoor sports courts which included squash, racquetball, basketball, and tennis; there are strength and cardio training rooms with top of the line sports equipment, and enough interesting class offerings throughout the day that we wondered when we would have time to sleep.



Library

Canyon Ranch Lenox is all about "me time" and taking caring of oneself, so in addition to rising early and taking a 7:00 am scheduled group hike through the charming town of Lenox, we also scheduled time to indulge in restorative Spa treatments. For Edward, that meant partaking of their signature Canyon Ranch Massage, a full-body 50-minute Swedish massage, and a 50-minute Canyon Ranch Transformation Facial

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for me.



Relaxation Room

Nutrition and healthy lifestyle choices are an integral part of Canyon Ranch Lenox, and the restaurants offer creative and nutritious menus. Listing calories and other nutritional values including carb grams, protein grams, fat grams, and fiber grams next to each offering on the menu provides guests with the opportunity to select meals that are right for them.

For our healthy dinner at Canyon Ranch Lenox, Edward began with a starter of Grilled Lamb Sausage with Parsley Salad and Pomegranate-Mint Emulsion (85 calories), and continued with an entrée of Fitting Greek Farm Honey Balsamic Glazed Chicken (330 calories), and a side of Mashed Butternut Squash with Maple Syrup (90 calories) for a total calorie count of 505 calories.



Honey Balsamic Glazed Chicken

I had a starter of Puree of White Bean and Celery Root Soup (175 calories), and an entrée of Vegetable Stir-Fry with Brown Rice, Salmon, and Mongolian BBQ Sauce, served on the side (395), and Vermont Pumpkin Cheesecake (130) for a total calorie count of 700 calories.



Vermont Pumpkin Cheesecake

As someone who is very health conscious, yet does not normally count calories, I was surprised to learn that watermelon has a mere 10 calories, and fresh pineapple has 20 calories, lower in calories than other melons and fruit, which I discovered by reading the nutritional information on the breakfast buffet. Now that

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I know the health benefits as well as their low calorie counts, I will definitely be incorporating more of these two delicious fruits into my diet.

Canyon Ranch - The Power of Possibility® is perfect for indulging in a little "me time," which is something that we all need to incorporate in our lives. Whether you are looking for a healthy lifestyle vacation or an oasis of pampering, Canyon Ranch can make it possible.



Canyon Ranch Lenox

Read about **Canyon Ranch Lenox** in the **Spa** section and in **Chefs' Recipes** section where **Corporate Chef Scott Uehlein** shares delicious and nutritious recipes for **Chilled Cucumber and Arugula Soup**; **Strawberry, Chicken and Arugula Salad**; and **Salmon with Blueberry Mango Salsa**.



Canyon Ranch
165 Kemble Street
Lenox, Massachusetts
United States
Telephone: +1-413-637-4100
Toll-Free: 1-800-742-9000
www.CanyonRanch.com

Read other articles on **The Berkshires** in the **Destinations**, **Hotels and Resorts**, **Restaurants**, **Chefs' Recipes**, and **Arts** sections.



For more information on **The Berkshires**, please visit the **Berkshire Visitors Bureau** website: www.Berkshires.org.



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