

The Spa at Canyon Ranch, Lenox, Massachusetts, USA

The 100,000 square foot Spa complex at [The Spa at Canyon Ranch Lenox](#) in [The Berkshires](#) in [Lenox, Massachusetts](#) provides guests with a world of possibilities of diverse spa offerings that encompass nutrition and food, exercise and movement, body treatments, esthetic services, health, wellness, and medical services, metaphysical, healing energy, and even spirituality services. The hardest decision you need to make is how to make the most of your time at **Canyon Ranch - The Power of Possibility®**.

We stayed at Canyon Ranch Lenox in November 2009 and were amazed at their Spa menu that goes way beyond what is offered at most Spas. In addition to the diverse Spa offerings listed in the in-depth Spa book that we received in the mail prior to our arrival at the resort, there are over 40-indoor and outdoor fitness activities held daily.



Canyon Ranch Lenox Spa Complex

The Spa at Canyon Ranch Lenox offers something for everyone including strength and cardio training rooms, squash, racquetball, tennis, wallyball, and basketball courts, fitness walks, and guided bike rides, canoeing, kayaking, sculling, and golf. In the winter, there is cross-country skiing, downhill skiing, and snowshoeing. Want to learn to ride a bicycle, to ski, to swim, to dance, or to cook? All this is possible at Canyon Ranch Lenox.



Spa Reception Area

For those seeking mind-body experiences, there is Ayurvedic Yoga, Meditation, Qi Gong, Tai Chi, and Yoga, and for those whose idea of a perfect Spa is having a great massage, facial, or other esthetic service, the Spa at Canyon Ranch Lenox has an excellent selection of offerings. If your preference is to try something different, there are Yamuna® Body Rolling, Shiatsu, Thai Massage, and Ayurvedic body treatments that include Abhyanga, Bindi-Shirodhara, Marma Chikitsa, and Shirodhara, as well as Restorative Touch Therapies: Canyon Ranch Stone Massage, Authentic Aromatherapy, Hydromassage,

Created by: Debra C. Argen and Edward F. Nesta

Lymphatic treatment, and Reflexology. In addition, there are special services for gentlemen as well as teens (ages 14 - 17 years of age).



Pool

In the Metaphysical category, the Spa at Canyon Ranch Lenox offers Astrology, Clairvoyant Reading, Handwriting Analysis, Numerology, and even Tarot Card Reading. Under the Spirituality listing there is Shamanic Journey: Accessing Inner Wisdom, and Soul Coaching; and under Healing Energy, there is Acu-Massage, Acupuncture, Oriental Facial Rejuvenation, and Reiki, to name but a few of the interesting Spa offerings.



Whirlpool

Debra: With cold weather rapidly approaching, I wanted to get my skin ready for the season and I indulged in a signature 50-minute Canyon Ranch Transformation Facial that was listed as using ProNAD® to strengthen the skin barrier, take action against DNA damage caused by sunlight, and stimulate healthy cell production. The facial would use timed-released niacin to repair skin damage, Ceraplex to boost the skin's moisture retention, and AntiOx-3 a blend of antioxidants, and was designed to rejuvenate, reduce the appearance of fine lines and wrinkles, and brighten the skin, which all sounded wonderful to me.

I arrived to the Spa early so that I could relax in the sauna followed by a session in the steam room before my scheduled facial appointment. Having a Spa treatment late at night was incredibly relaxing as my therapist worked her magic steaming, cleansing, and hydrating my skin, without my thinking about what I had to do next.

My treatment also included a neck massage, as well as hydrating my hands, arms, and feet. I left the treatment table completely relaxed with glowing and refreshed skin, and if I looked just a tad bit younger, so much the better.

Edward: Although the list of Spa services was definitely impressive, I decided that what I really needed most was to have a massage. I indulged in the signature Canyon Ranch Massage, which was listed as a full-body 50-minute Swedish massage to stimulate circulation and soothe tight muscles.

The Canyon Ranch Lenox has extensive Spa facilities so I ventured down early for my nighttime treatment to make sure that I had time to experience the steam room and the whirlpool. It was recommended that I spend at least 10 minutes in the steam room so that my muscles would be relaxed and to open my pores for the oils that are an integral part of the Canyon Ranch Massage. I was escorted from the relaxation room to my treatment room where I met my masseuse. We went through the standard discussion with regards to

Created by: Debra C. Argen and Edward F. Nesta

the type of massage that I wanted, and I selected a deep tissue massage with accompanying relaxing oils. I have had my share of massages, but I found this massage very unique as my masseuse not only worked out my knots in my upper back, but she also showed me how I could relieve the stress on the muscles and where the knots would be easier to rub out. I was amazed at how easy it was to relieve the stress on my muscles and then how easy it was for those nasty tight knots to be rubbed out. I must say that with all of the various massages I have had, this was the first time that this technique was used on me, so I made sure to take mental notes. With my massage complete, I skipped taking a shower so that the oils could have more time to seep into my pores. After a long day of exploring The Berkshires and the surrounding areas of Lenox, Massachusetts, the Canyon Ranch Massage was the perfect nightcap.



Relaxation Room

Read about Canyon Ranch Lenox in the **Hotels and Resorts** section and in the **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**.



The Spa at Canyon Ranch Lenox
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.



For more information on **Massachusetts**, please visit the website: www.MassVacation.com.

© January 2010. Luxury Experience. www.LuxuryExperience.com All rights reserved.