



CANYON RANCH®  
HOTEL & SPA  
MIAMI BEACH

A romantic couple in white clothing embracing on a sandy beach at sunset. The sky is filled with soft, golden light and scattered clouds, reflecting on the calm ocean waves. The couple stands in the lower-left quadrant of the frame, looking towards each other.

## A hotel with something special... YOU

Discover Canyon Ranch Hotel & Spa in Miami Beach, where the healthy environment, enchanting vibe and beachfront pleasures will delight and surprise you.

This is the ideal spot for fun and leisure, productive business and, if you're ready for a deeper experience, an exploration of your wellness potential with top experts.

Stroll the perfect beach, conquer the indoor climbing wall, get thoroughly pampered or positively renewed. You'll find the luxuries you dream of and choices you'd hardly imagine. Here you'll enjoy both the à la carte flexibility of a hotel and the vast possibilities of the world's premier health resort.

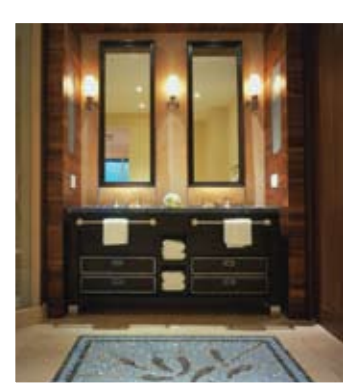
(Don't forget to visit our igloo.)



# REDEFINING LUXURY

Your suite will embrace you in an atmosphere of contemporary elegance. With a warm feeling and wonderful views, you'll find countless comforts and thoughtful amenities wherever you look. Ranging from 720 to 1,200 square feet, each one- and two-bedroom suite offers a blissful escape from the ordinary. Amenities include:

- Plush robes and Mascioni® slippers
- HDTV system with integrated Internet access
- Bose® Wave® radio
- High-speed Internet access, Ethernet and wireless
- Multi-line telephones, cordless phones
- Kitchen with granite counters and Kitchen Aid® and Miele appliances
- 400-thread-count DreamCotton® linens



## ONE-BEDROOM SUITES

<b>Oceanfront</b>	two queen beds, balcony, faces the ocean
<b>Ocean View</b>	one king bed, faces south, balcony, Palm Court and ocean view
<b>Oceanside</b>	one king bed, faces north, balcony, ocean view
<b>Ocean Palm Balcony</b>	one king bed, faces south, balcony, ocean view
<b>Ocean Palm</b>	two queen beds, Palm Court and partial ocean view
<b>Carillon Suite</b>	one king bed, faces north
<b>Sunset Pool</b>	one king bed, faces north, pool view
<b>Atlantic Pool</b>	two queen beds, faces west, Palm Court and partial ocean view
<b>Intracoastal</b>	two queen beds, faces Miami and Intracoastal Waterway

## TWO-BEDROOM SUITES

<b>Oceanfront</b>	one king, two queen beds, balcony, faces the ocean
<b>Atlantic Pool</b>	one king, two queen beds, Palm Court and ocean view
<b>Carillon Suite</b>	one king, one queen bed, faces north

*Stylish bathrooms feature Italian glass tile mosaics and a rich spa feeling, complete with a deep soaking tub, luxurious shower and imported stone flooring.*



Canyon Ranch Hotel & Spa in Miami Beach redefines luxury. From the polished stone and shell floors of the spectacular lobby designed by the pre-eminent architect David Rockwell to balconies with breathtaking views, every feature reflects the exquisite concept and vision of this one-of-a-kind hotel.



## YOURS WITH EVERY STAY

From the moment you arrive, you know you're somewhere special. Designed by pre-eminent architect David Rockwell, the magnificent lobby merges Miami Beach style with a sense of serenity that's all Canyon Ranch. And that's just the beginning.

With 750 feet of pristine beach at the doorstep, you can enjoy active play or perfect leisure any time. Feeling sociable? Meet with friends in the lovely outdoor Palm Court or the Conservatory for a drink and people-watching.

You'll have full access to South Florida's largest Wellness Spa, a serene and energizing space that invites you to linger. In its state-of-the-art Fitness Center, you'll find everything you need to get moving and stay fit. More than 40 complimentary fitness classes are offered daily, from indoor cycling to Beach Boot Camp. For pure relaxation, explore the intriguing environments of our exclusive Aquavana thermal suites.

Learn how to feel your best every day during free presentations by renowned Canyon Ranch experts in nutrition, medicine, fitness and more. Take home inspiration and practical knowledge as the most lasting and meaningful memory of your stay.



### INCLUDED IN YOUR STAY

Aquavana® Thermal Suites

Fitness Center

Outdoor Activities

Fitness Classes

Presentations

and More





# AQUAVANA THERMAL SUITES

Lose yourself in Aquavana thermal suites, a lavish array of healing waters, thermal cabins and soaking tubs that you will want to explore at your leisure. Wander from one rejuvenating experience to the next, feeling renewed with each breath and soothed by the cool and warm waters.

## CRYSTAL STEAM ROOM

Cleanse the body in a scented steam room, where the soothing powers of steam are enhanced by infusions of aromatic essential oils and refracted colored light.

## EXPERIENTIAL RAINS

Enjoy multi-sensory cooling after exposure to heat. Select from three storm shower experiences: Atlantic Storm, Caribbean Monsoon or Polar Mist.

## FINNISH SAUNA

Relish the relaxing benefits of steam heat in this classic sauna lined with fragrant wood.

## FOOT SPA

Relax completely while bathing your feet in cool or warm water to normalize body temperature.

## HERBAL LACONIUM

A warm ceramic room with heated semi-private seating niches and a starlit

ceiling. The soft warmth of the gentle humidity is infused with fresh herbs, allowing for a slow, gentle warming to relax the muscles.

## HYDROSPA

A variety of massage fountains and body jets provide gentle massage at the optimal temperature for rebalancing and releasing tension.

## IGLOO

Cool air and three Arctic Mist experiences – menthol, mint and eucalyptus – are enhanced by twinkling fiber optics and a pebbled floor.

## THERMAL HEATED LOUNGERS

Radiant-heated loungers surround the HydroSpa and are perfect for relaxing your muscles between thermal experiences.

AND  
**MORE**

# YOUR PERSONAL EXPERIENCE

Choose from an abundance of à la carte offerings to make your stay at Canyon Ranch Hotel & Spa in Miami Beach exactly what you'd like it to be.

Indulge in Canyon Ranch's legendary body treatments – from Thai Massage to the Turkish Hammam Bath Ritual – to soothe your spirit and melt your muscles. Turn back the clock with amazing skin treatments such as our signature Your Transformation Facial. Get a fresh look in our full-service Salon, which uses eco-friendly products.

Feeling adventurous? Tackle our two-story, indoor climbing wall with ocean views. We'll also arrange local excursions for golf, tennis, kayaking, surfing and more.



## ENHANCE YOUR STAY

Spa Treatments

Salon Services

Indoor Climbing Wall

Integrative Health  
& Healing



In the Canyon Ranch tradition, you can even combine your luxury hotel vacation with a meaningful exploration of your health with outstanding physicians, nutritionists, exercise physiologists, physical therapists and life management therapists. In an unhurried environment, you'll have a complete physical exam and comprehensive diagnostic testing with a level of attention, thoroughness and convenience you won't find at home.



JUST A SAMPLING OF ALL THE SERVICES AVAILABLE

CANYON RANCH HEALTH

- Healthy Weight for Life Health Package
- Preventive Health Evaluation/Annual Exam
- Creating Optimal Health Consultation
- Sleep Enhancement/Insomnia
- Comprehensive Chinese Medicine Consultation
- Cardiometabolic Stress Test
- Acupuncture
- Healing Energy Session
- Lifetime Nutrition
- Nutrition for Weight Loss
- Stress Management
- Shamanic Journey

HEALTHY SKIN

- Healthy Skin Consultation
- Contour & Lift Facial
- Gentlemen's Facial

EXERCISE & MOVEMENT

- Comprehensive Exercise Assessment
- Metabolic Exercise Assessment
- Kinesis®

BODY WORK

- Deep-Tissue Thermal Therapy
- Muscle Melt for "Road Warriors"
- Ashiatsu - Deep Barefoot Massage
- Sole Reflexology
- De-Stress Chakra Ritual
- Canyon Stone Massage
- Prenatal Massage
- Neuromuscular Therapy
- Native American Dreamtime
- Shirodhara
- Mindlink Couples Relaxation Therapy

SALON

- Hair Design - Cut, Color & Style
- Dimensional Color
- Manicure and Pedicure Rituals
- Gentlemen's Scalp Renewal

FOR TEENS

- Maximize Your Metabolism
- You & Your Mom Massage & Facial
- Teen Facial
- Teen Back Scrub & Rub
- Pedicure Party

# GREAT HOTEL, GREAT RESTAURANTS

From innovative ingredients and flavors to artistic presentation, dining with us is a sensory experience. Whether you want to savor a gourmet dinner or grab a snack at the pool, Canyon Ranch serves delicious favorites and local, seasonal specialties, including Thai Ceviche, Caribbean French Toast, Salmon Crab Cakes, Grass-Fed Bison Tenderloin and much more. You can enjoy our restaurant and casual venues as you go, or inquire about Dining Packages if you'd like meals included with your hotel stay.

Award-winning Canyon Ranch cuisine is created by our extraordinary chefs and nutritionists to meet the highest culinary and nutritional standards. Choose among delectable dishes prepared, whenever possible, with organic, local and sustainable ingredients. Our menus provide nutritional information, from calories to fat grams, so you'll be informed, well nourished and utterly happy.



---

## CANYON RANCH GRILL™

---

Dine beside the surf with sweeping ocean views at Canyon Ranch Grill, featuring our renowned signature cuisine. Enjoy a meal in the sleek indoor setting or on the outdoor terrace, where sea breezes sweeten your meal. Private dining for up to 32 guests is available.

---

## CARILLON CAFÉ

---

The Carillon Café is an exquisite space for casual meals and tapas or to enjoy wine- or tea-tastings. The elegant lobby location makes it a perfect place for meeting friends.

---

## THE CABANA

---

Exclusively for Canyon Ranch guests and residents, The Cabana is a poolside café where you can enjoy a light, healthy meal, refreshing fruit juices, cooling smoothies and organic mixed drinks.

---

## eeZz's JUICE BAR®

---

At eeZz's in our Wellness Spa, you can reenergize with fresh, seasonal juices and delicious smoothies as you gaze at the heavenly ocean view.

## SALUD!

At Canyon Ranch Hotel & Spa in Miami Beach, drinks are prepared with your good health in mind. Try one of our traditional cocktails, or invent your own favorite by pairing one of our refreshing mixers crafted in-house – such as our homemade cola – with your choice of our select organic spirits.

DISCOVER CUISINE THAT CELEBRATES BOTH CULINARY EXCELLENCE AND NUTRITIONAL WEALTH. TRY THIS EASY-TO-PREPARE RECIPE AT HOME AS A TASTE OF CANYON RANCH.

# SEARED SALMON SALAD

## INGREDIENTS

- ½ cup julienne carrots
- ½ cup julienne cucumbers
- ½ cup julienne jicama
- ½ cup fresh pea shoots
- ¼ cup julienne red bell peppers
- ¼ cup julienne daikon radishes
- 4 4-ounce salmon fillets
- ¼ teaspoon sea salt
- 1 teaspoon fresh lemon juice

### Horseradish Pea Sauce:

- ½ cup fresh shelled peas
- 1 tablespoon prepared or fresh grated horseradish
- 1 tablespoon canola oil
- ⅔ cup fresh baby spinach

## INSTRUCTIONS

1. In a large bowl, toss together carrots, cucumbers, bell peppers, radishes, jicama and pea shoots.
2. Preheat grill or broiler. Grill or broil salmon fillets 3 to 5 minutes on each side or until fish is cooked through.
3. Combine all ingredients for Horseradish Pea Sauce in a blender container and purée.
4. In each of 4 bowls, place 2 tablespoons of Horseradish Pea Sauce, then top with a quarter of the vegetable mixture. Serve each salad with one salmon fillet sprinkled with a pinch of sea salt and ¼ teaspoon lemon juice.

Makes 4 servings, each containing approximately:  
230 calories | 9 gm. carbohydrate | 12 gm. fat  
54 mg. cholesterol | 21 gm. protein  
236 mg. sodium | 4 gm. fiber





Greater Miami Convention & Visitors Bureau

Explore South Beach, just five miles from Canyon Ranch Hotel & Spa.

## LOCALE & ACTIVITIES

Miami Beach's most spectacular hotel & spa – with its magnificent views of the ocean, intracoastal waters and the city of Miami – puts you in the right spot for limitless outdoor activities, beachfront dining and quick access to South Beach and Miami, shopping at Bal Harbour, world-class attractions and superb entertainment. Annual events – including the world-famous Art Basel Miami Beach festival and the Miami International Boat Show – draw people from around the globe. Families find an endless list of exciting things to see and do together.

Whenever you visit, you'll have the best hotel experience with all the pleasures of a great city and fine weather. Think of Canyon Ranch Hotel & Spa in Miami Beach as your special haven in a cosmopolitan paradise – where every walk on the beach leads to the most contented you.

## THE PERFECT GROUP STAY

Canyon Ranch Hotel & Spa in Miami Beach offers plenty for every taste and interest, so it's the ideal place to plan a group stay. When a group reserves five or more suites, guests enjoy special savings and an experience they'll never forget.

Whether you come here for fun, business or the great rates, you can choose an à la carte or an all-inclusive group stay. Our professional staff will work with your designated group leader to create a seamless experience. Special activities can be planned, including private parties and dining, team-building activities, fitness breaks, programs for spouses, bundled packages of popular services, wellness workshops, rock-wall climbing and much more.

Your group stay at Canyon Ranch Hotel & Spa in Miami Beach will be unforgettable and hassle-free – and each person will go home feeling special.



Greater Miami Convention & Visitors Bureau

