



Sea's the way FOR CANYON RANCH



Gone are the days of 'laze-and-graze' cruising, especially if you happen to be setting sail on the high seas where Canyon Ranch Spa Club is on board, enthuses **Deborah Mangum-Copelli**.

Here amongst other fit and fabulous wellness travellers you'll find spa treatments, fitness classes, healthy cuisine, and even acupuncture. To keep your spirit well and truly awakened, there's a revolving daily menu of yoga, pilates, zumba and life-enhancement seminars to interest even the most energetic enthusiasts. For those resisting the big metal container on the sea for fear of boredom, you'll only wish you had more time to indulge and take in all of your active and thoroughly enjoyable "spaliday". The only possible stress you'll encounter at sea is how to incorporate all this healthy onboard living into your relaxing cruise getaway.

Often at port in Sydney, the Celebrity Millennium is one of many cruise liners boasting the onboard facilities of the iconic US brand, Canyon Ranch Spa Club. Back in 1979, visionaries Mel and Enid Zuckerman, along with Jerry Cohen, opened the first Canyon Ranch on land. This trio were pioneers in the concept of the total mind and body wellness retreat; their philosophy, 'The Power of Possibility'. Practicing what they professed, Canyon Ranch went on to open spa destination resorts worldwide, as well as their venture onto luxury cruise ships.

Leaving Sydney harbor in grand style with 2000 of your newfound family members aboard might be daunting to some; but I can assure you, it's heaven on a ship. Setting a trans-Pacific route through the southern ocean, French Polynesia and Hawai'i, you'll marvel at how courageous the first explorers were in their simple wooden canoes.

With Millennium's historical presentations and night-time stargazing, the lecturers keep you well informed on how the early Polynesians navigated the same open seascape by astronomy, the wind and the waves. Of course when you notice there are 12 full days at sea, you might wonder how amphibian-adept you'll need to become, but once you've got your sea legs moving to the motion of the ocean, you'll soon become entranced by the rhythmic sway.



In fact, it's why some doctors order a "sea change" for their stressed patients. That gentle rocking factor has some real psychophysiological benefits for us humanoids, just as it does to calm the unsettled baby.

As well as a positive conditioned response, the slow waves rolling the ship to and fro work our proprioception, or "sense of position" in space. If we are otherwise at all stressed or in pain, the nerve and brain receptors that control our muscles for balance, are quickly activated to override any other outside input.

So while our brain is busy keeping us in perfect equilibrium, it's shutting out any uncomfortable sensations, be they physical or psychological. Our brain is a pretty smart operator, trying to keep us in balance at all times – especially on a cruise ship. So the best way to fully enjoy cruising is to just 'go with the flow', literally.

A typical Canyon Ranch Spa day at sea might go like this: Awaken in your ergonomically designed Aqua Spa balcony state room, grab a gluten-free muffin and green tea and head straight over to the Spa Club where there's a 7:30 morning stretch class, then get your yoga on at 8:00 and pilates at 9. And if you're still feeling fabulous you can do an indoor cycling class afterwards. Didn't get enough in yet? Well, you're at the gym anyway, so go ahead and work out on the machines or lift some weights before the life enhancement seminar starts at 11:30.

I bet you're really hungry by now, so you'll find healthy spa cuisine just adjacent to the indoor salt water thalassotherapy pools. Of course, you can always opt to dine elsewhere, but why would you? Canyon Ranch has worked

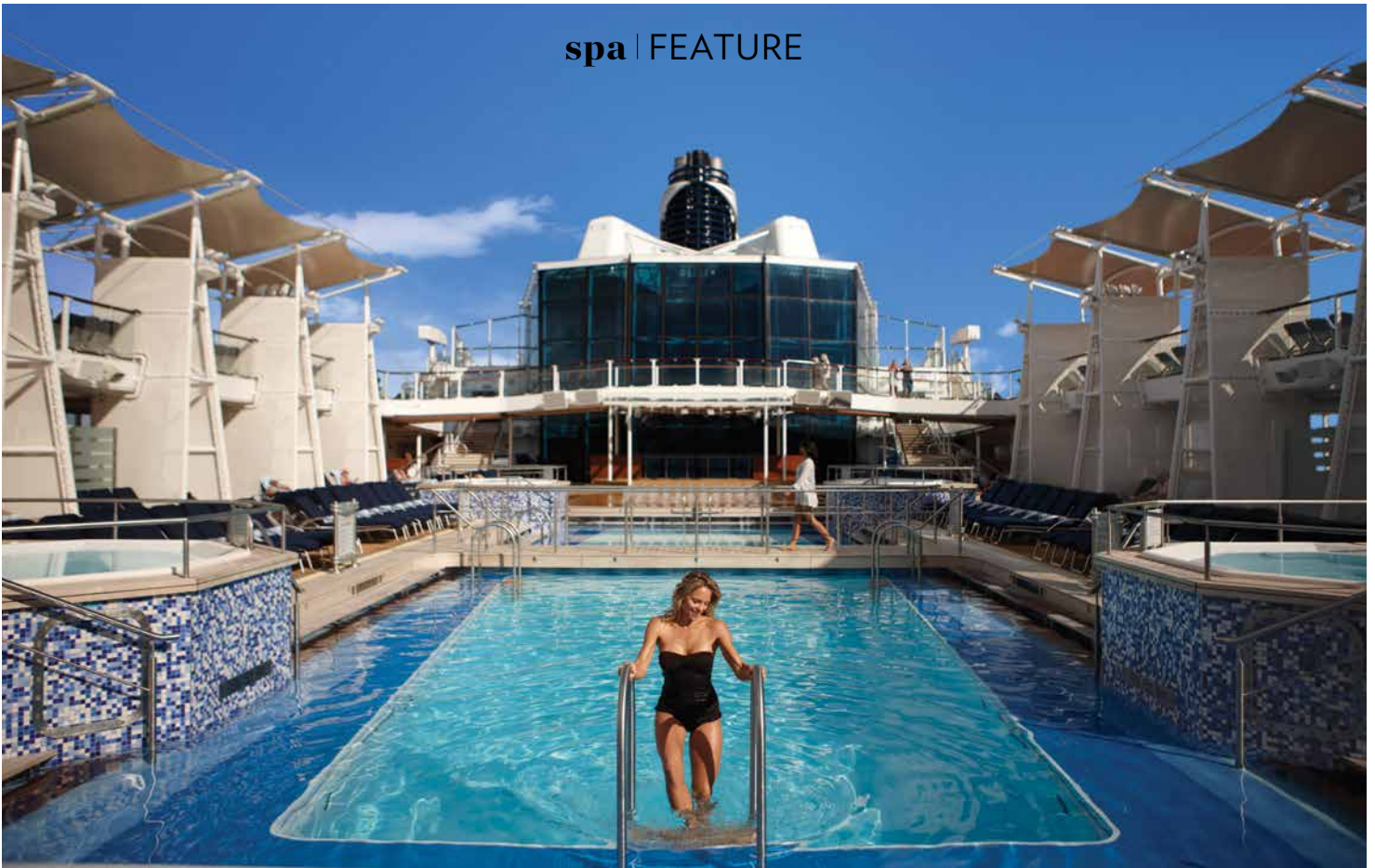


out how you can stay scantily clad in workout gear, swimmers and a fluffy robe all day long, if you so desire!

Après light lunch and onto the chaise lounge for some mindful digestive reading in the glass-enclosed and naturally sundrenched solarium.

The Persian garden area is beckoning your body next, so now you can relax those worked-out and toned muscles. Inside you'll find an aromatic steam room where you can sweat out unwanted toxins, a Finnish sauna touting one of the best views on the ship, herbal sauna for hot dry inhalation, aromatherapy Rasul room and stimulating sensory showers. It's a perfect time to indulge before your

spa | FEATURE



next round in spa paradise. Speaking of which, your lovely Balinese therapist, Musni, is ready to balance your Doshas for the following 80 minutes where you'll be whisked away and into a warm and wonderful treatment room with an ocean view, but of course. This ayurvedic Abhyanga massage is pure "bliss on a boat", complete with the authentic aromatic scents of Shankara's essential vata, pitta and kapha oils.

Fancy a facial? You are covered, then, from ultra serious medi-spa skin care to holistic botanicals and aromatherapy. You can revive your 'selfie' self with the latest Environ skin care treatments, like the Ultimate Vitamin Therapy. This facial provides intense penetration of active ingredients creating visible results when combined with iontophoresis, as the soundwaves transport vitamin molecules deep into your skin.

If a more natural approach is your desire, then treat your skin to an Ageless Oxygen Boost, which uses a hybrid medical grade Swiss bioactive extract formulae, correcting sun damage, fine lines,

wrinkles and elasticity. Sign me up for this one to build collagen, elastin and increase cell turnover. Boasting the product range of Luzern Labs, this and many other facials will get your skin care back in ship-shape for back to shore and more.

No Canyon Ranch Spa Club at sea would be complete without all the other salon, spa, fitness and wellness services on board. Enter acupuncture, with Dr. Raj on Celebrity Millennium, where an entire area is dedicated to this ancient philosophy and healing art. Dr. Raj holds a lecture series every day where he explains how acupuncture balances the chi, or life force, in the body. He describes how it works to keep the yin, (female) and yang, (male) energies balanced by increasing depleted yin or yang and eliminating any excess.

On the ship you can be treated for a chi check and balance, or get treatments for stress and anxiety, low immunity, detoxification, pain, blood pressure and in particular, seasickness. I keep any stomach queasiness at bay by wearing acupuncture bracelets, which really assist in anchoring my equilibrium, especially when the sea is overly choppy. There is a list of conditions that acupuncture can treat, improve and even cure. And you can also book in for acupuncture massage, facials, and meridian and chakra balancing.

'The Wellness Cruise' on the Celebrity Millennium is a legendary sea-spa experience where you'll discover the profound pleasures of Canyon Ranch Spa Club. Just one of many ships inspiring its most discerning guests with total mind and body balance, you will find Canyon Ranch health, fitness, spa services, presentations and classes will increase your resilience, restore your vitality and enhance your spirit.

With lots of energy and no unwanted kilos, I've returned from this very relaxing and healthy 18-night cruise adventure ready to pack my bags and head out to the deep blue sea once again.

If you haven't yet enjoyed all of the benefits of cruising, then let the brands of Celebrity, Queen Mary 2, Regent Seven Seas or Oceania be your first choice where you can take in all of the Canyon Ranch Spa Club delights onboard. ■

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