

## Canyon Ranch–Mind, Body and Soul Escape

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**Unfortunately, there's no app for detoxing, but there is Canyon Ranch, a healthy escape in Tucson where you can spring clean your body, mind and soul.**



We all want a magic pill. A cream to make us younger. A tonic to make us thinner. A gadget to make us fitter. Some of us have learned the hard way that crash cures don't work (that Ab Blaster in your basement is proof), yet we still buy into the quick-fix detox fad. Guess it's just easier to think that you can flush it all away—the fat, the stress, the sluggishness. The hard-to-swallow truth is that our bodies and minds don't work that way.

There may not be a magic pill, but there is a magical place: Canyon Ranch in Tucson. Perched in the picturesque Sonoran Desert, the reputable resort is dubbed “a destination spa,” but don't let the word spa throw you off. Founded as a retreat where guests can take charge of their own health and create permanent lifestyle change, the desert hot spot is more like a supportive friend, there to offer leadership, encouragement and a helping hand.

It's also not a place where you have to travel to with a posse or even a partner. Going solo gives you a chance to really focus on numero uno. No compromising, no give and take; just you and your new and improved state of mind.

### Tailor-made detox

Your first step to detoxing starts with your Health and Lifestyle Questionnaire. This is a form you fill out in advance that helps the Canyon Ranch team of program advisors sculpt your stay. There are dozens of activities and seminars to choose from, but rather than route through the lengthy list of services (we're talking everything from Soul Coaching to strength and conditioning), the PA will point you in the right detox direction.

On the fitness front, you can't make a wrong choice—the simple act of sweating removes toxins, not to mention exercise naturally stimulates circulation—but there are certain sweat sessions that perform double duty. Take yoga. All that stretching, twisting and breathing works your lymphatic and digestive systems, plus anyone who's chilled in Savasana knows how a dose of downward dog can clear your mind. Other mind-body detoxers include Budokan, a high-energy combo of yoga and martial arts; Yamuna Body Rolling, a ball massage that lengthens muscles and increases blood flow; Nia, a blend of martial arts and dance; plus Pilates, tai chi and meditation. And no, you don't have to be in Madonna shape to partake; there are classes for every level.



### Food dos and don'ts

Canyon Ranch's answer to detoxing naturally is portion control and clean eating. Translation: reducing the toxic load in (limiting pesticides, additives and chemicals through organic produce, antibiotic-free meat and whole foods) while downing detox-friendly foods like garlic, green tea, colorful fruits and

vegetables, whole grains, yogurt, legumes, nuts, seeds and soy.

Not to worry, the menu of good-for-you grub doesn't taste like cardboard. They even serve up so-called cheat foods like pizza (with nitrate-free chicken sausage), hamburgers (grass-fed, of course) and brownies (made with wholesome sweeteners rather than high-fructose corn syrup). The only thing missing is alcohol, but a break from booze will only help your toxin turbines run more smoothly.

For nutrition know-how, the Ranch has something for every appetite. Daily “Lunch & Learn” demos let you watch the chef in action; hands-on cooking classes take you through the healthy paces; and one-on-one nutrition consultations teach you everything from weight loss to healing foods. For the 411 on torching toxins, the 50-minute “Detox Your Diet” spells out exactly what to do to cut down on the culprits and amp up food cures.

### Stamp out stress

Toxins aren't always tangible. Stress can be toxic. For that, Canyon Ranch offers a host of de-stressing seminars, life coaches and spiritual advisors to teach you how to reprioritize, regroup and relax.

Speaking of relaxing, the best place to turn off your brain and really let your body do its detox job is in the spa. As well as the usual suspects (think facials, herbal wraps and massages), there's a holistic healing menu that can take you to India for balance-restoring Ayurvedic treatments, Thailand for a yoga

massage and Morocco for a hammam bathhouse five-step detoxifying ritual.

Instead of returning home with snapshots and souvenirs, the idea is to walk away with the tools you need to stick with your new lifestyle. And thanks to the healthy head-start you received on the Ranch, living the detox life won't seem nearly as daunting.

### TO LEARN MORE

**Canyon Ranch Tucson** 800.742.9000, [www.canyonranch.com](http://www.canyonranch.com).

Rates start at \$2,185 for three nights (per person based on double occupancy).