

# America's Healthiest

## America's Healthiest Spas: The Winners

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By Elena Rover  
From [Health magazine](#)

### Canyon Ranch

Tucson, Ariz., and Lenox, Mass.  
800-742-9000 or [www.canyonranch.com](http://www.canyonranch.com)

Canyon Ranch helped pioneer the healthy spa concept in 1979 and still does it better than anywhere else. Healthy, delicious food? Check. Top-notch skin care? Doris Day, the dermatologist on our panel ([meet all of our judges](#)), rates this spa a perfect 10.

In the fitness category, Jo Hannafin, MD, gives Canyon Ranch's offerings, which range from restorative yoga to hard-core hiking, the highest score of any spa we evaluated. Our judges also love the staff's high level of accreditation and training. (The place is crawling with doctors.) A nurse tailors a schedule to help you meet your health goals, from lowering [cholesterol](#) to beating [insomnia](#), and may also suggest tests like a mammogram or a stride analysis—all done on-site.

"Canyon Ranch has the high standards that other spas strive to match," says Melissa Gelula, editor in chief of Luxury SpaFinder Interactive. Choose between desert (the 240-guest Tucson spa) and mountains (the 200-guest Lenox location, tucked into the Berkshires), both of which take maximum advantage of the natural beauty.

Don't miss: Yamuna Body Rolling, done with special balls to build strength, flexibility, and balance.

Cost: \$5,130 and up per week, per person, double occupancy, at Lenox (\$5,750 at Tucson), including meals and some treatments and wellness services. Lenox also offers a three-night stay starting at \$2,040.

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