

# Find Bliss

LOS ANGELES

FOOD HOME SPA PRACTICE

DETOX  
YOUR KITCHEN

RELATIONSHIPS  
SPRING CLEANING

OMNI  
LA COSTA  
RESORT  
& SPA

CANYON RANCH  
GOES TO SEA

BEST DRESSED MONK  
*from Stressed to Blessed*

# JOHN ROSEBY

Executive Managing Director, Canyon Ranch SpaClub® at Sea

BY MARINA CHETNER



John Roseby has the highly coveted job of managing Canyon Ranch spas on board some of the most luxurious liners in the world. He joined Canyon Ranch in 2006 as Spa Director overseeing spa operations, including the spa, salon, skin care and outdoor sports departments, for all of the Canyon Ranch properties. In his current role, he has been instrumental in the expansion of the SpaClub® at Sea portfolio and handles the day-to-day spa operations on 19 cruise ships including Cunard Cruises Queen Mary 2, Oceania Cruises, Regent Seven Sea Cruises, and most recently, Celebrity Cruises, which will depart from San Pedro, Los Angeles, throughout April, 2014.

**FIND BLISS** *How did you get started in the spa industry?*

**JOHN ROSEBY** I started 20 years ago as a fitness instructor and personal trainer. At the time, fitness was not big in the UK; it was a poorly paid position, so during the day I had an internal audit job and satisfied my passion for fitness by teaching classes in the evening. I saw the cruise ship platform as the best way for me to be able to do what I love—being a full-time fitness instructor—while also providing the mone-

tary compensation I would require. Plus the fact that working on cruise ships has no associated living expenses was a big draw for me as a young man.

*Tell us about the philosophy of Canyon Ranch and what the CR experience encompasses.*

Since its inception in 1979, Canyon Ranch has been leading the health and fitness revolution by creating experiences that bring together all the elements of a healthy lifestyle to fortify mind, body, and spirit.

*How did the partnership with Celebrity Cruises come about?*

Celebrity had been looking to elevate their spa offerings and was leaning towards a more health and wellness-focused approach, so they were looking for a spa provider that could provide such programming. Given Canyon Ranch's 35-year reputation as a leader in the health and wellness world, it was a perfect fit. The blending of these two luxury brands will result in an unmatched vacation experience.





*How does the “at sea” spa experience differ from that on land?*

Canyon Ranch SpaClub at Sea provides a taste of the wellness programming available at the resorts in spectacular settings across the globe. Through spa, beauty salon, wellness, and fitness amenities, the SpaClub experience helps our at sea guests feel energized, relaxed and ready to enjoy every moment of their voyage.

Signature Canyon Ranch spa and beauty treatments, such as the Ageless Oxygen Boost, Euphoria Body Treatment, and Reiki healing energy therapy, are available onboard. A selection of fitness activities from private consultations to group classes are offered and led by Canyon Ranch-trained fitness experts. Wellness programs such as personal exercise prescription, private nutritional consults, acupuncture, chiropractic therapy, and Canyon Ranch Healthy Feet™ centers will also be available on select ships.

We’re also working to create unique at-sea services and experiences, including onboard wellness lectures, workshops, and cooking demonstrations.

*How do you work out?*

When I’m at sea visiting the 19 facilities we have on cruise ships, I use the fitness amenities onboard. When I’m at home, I have a full gym membership. I like to work out at least three times per week and aim for sessions that mix cardio and strength training. I always do an ab set and try to finish with a little stretching. I love to swim if I get access to a pool. I would like to do more Yoga and Kinesis, but need a little more time and structure in my life to accommodate all this.

*Do you have a favorite spa treatment(s)?*

I enjoy facials (more medi grade such as our Environ facials) and Thai massage.

*Describe your at-home skin care regime.*

Facial wash, shave, treatment cream, serum, moisturizer, and eye gel in the morning...night cream in evening.

*What is the best can’t-put-it-down book you’ve read recently?*

The Affair by Lee Child

*What is your favorite film?*

Somewhere in Time by Richard Matheson

*What quote inspires you?*

Be more prompt to go to a friend in adversity than in prosperity. —Chilo

*If you had a free day in LA, what would you do?*

Visit all the landmarks — The Hollywood Sign, Chinese Theatre, look at the hand and foot prints of the stars, and do a movie tour of one of the lots.

*What key practice has helped you in life?*

Do not ask anybody to do a task that you would not be prepared to do yourself or have done yourself. ♡

For more information on SpaClub at Sea®, see [canyonranch.com/sea](http://canyonranch.com/sea), call the Personal Spa Concierge at 844 860 4662 or email [celebrity@canyonranch.com](mailto:celebrity@canyonranch.com)