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# In Need Of A Reset? This Spa, Wellness And Fitness Resort May Be Just The Right Fit



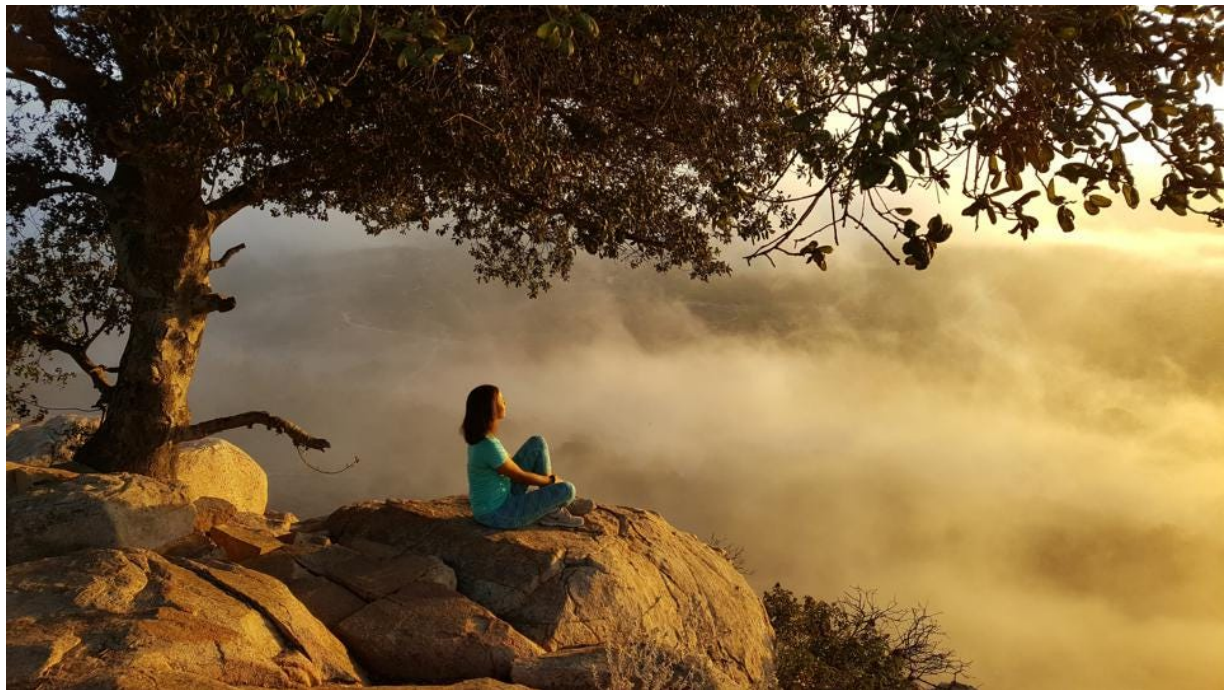
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Travel

*I cover adventure, luxury and family travel.*

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This destination spa has been around for over 80 years. RANCHO LA PUERTO

If the last two years have taught us nothing else, it's reinforced the importance of our health and making that a top priority.

[Rancho La Puerta](#), a wellness resort and spa, is one of those places where people can put their health, wellness and fitness goals first—and focus

exclusively on their own mind, body, spirit connection. The 4,000 private acres of gardens, mountains and meadows have plenty of options for rejuvenation and mindful practices.

The destination spa has been around for over 80 years and has a very high repeat visitor rate.

Situated at the juncture of the Laguna and Sierra Juarez mountain ranges, Rancho La Puerta is located 4 miles from the Tecate, Baja California, and within an hour and a half drive of downtown San Diego.

The resort offers three-, four- and seven-day all inclusive-stays. Those crunched for time will find the three- and four-day options a great way to restart their fitness and wellness goals. While those who can take full advantage of the full seven-day program will find it a great way to rewire the mind, body and spirit into a healthy and positive approach.

The all-inclusive rate includes accommodations, fitness classes, hikes and activities, meals, activities and special presentations. Spa treatments, personal training sessions and cooking classes at The Ranch's La Cocina Que Canta cooking school are available at an additional fee.

## Unique Programming

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While The Ranch has an extensive menu of activities, they also offer some unique programming including its weekly silent dinner, a meditative meal accompanied by inspirational music. Another unique option is the bath of sound in which crystal bowls are played while a person enjoys a warm soak.

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There are a variety of fitness classes and programs. SCOTT DRAPER



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Two of The Ranch's most challenging adventure programs include the Road Runner Trail Run, a 5-mile lowland trail that weaves through the meadows and is usually taken at a running pace. The Seven-Mile Mountain Breakfast Hike is a strenuous three-to-four-hour trek which takes hikers seven miles over steep, rugged mountain terrain, and allows for a scenic breakfast stop midway.

In addition, The Ranch offers a Ropes Gone Wild fitness class that offers a high-intensity, low-impact, full-body workout experience.

## What's New

There are several new elements at The Ranch including the new Luna Connections Villas. In the property's 82-year history, it has always valued the connection to self, others, and nature—and prided itself on being a place of digital detox. Covid changed how people work, play and connect, so in response, The Ranch has added Luna Connections, high-speed Internet access in Villas Luna, so people have the option to log in, Zoom and stream in the privacy of their rooms.

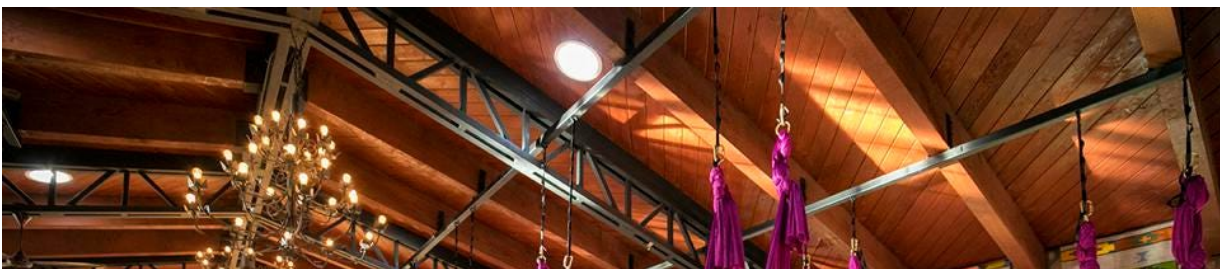




The sabbatical program focuses on balancing work and life. RANCHO LA PUERTO

Another new offering is the 21-Day Perfect Balance Sabbatical program. It's a work-life balance retreat. Those in the program will focus on their health by recharging with fitness classes, spa treatments and workshops, while also staying digitally connected to maintain a flexible work-life balance. The program includes private Villa Cielo accommodations with in-room Wi-Fi; spa treatments; private wellness and fitness consultations; cooking classes; and access to the Ranch's programming including yoga, meditation and nutritional classes.

The Ranch has also launched its own La Puerta Core Essentials skin care line offering a variety of organic skin, bath and body products. The line blend eco-certified ingredients and sustainably harvested plants and herbs. Products include antioxidant crème masks and herbal exfoliates. The Sun Restore line and a Xocolatl chocolate collection focuses on hydration and skin repair.





Aerial yoga SCOTT DRAPER

Aerial yoga has been added to The Ranch's list of activities. This class focuses on hip stretches and restorative yoga moves all performed in a silk-like hammock suspended in the air. Ranch has also added new programs including water-related classes like Aqua Board, Deep Water Training, H2O Boot Camp, Feel Comfortable In The Pool, Shallow Water Workout, Swim Conditioning, Swim Clinic, Water Jogging, Water Polo On The Noodle, and Water Volleyball. Additionally, pickleball has been added and classes are offered for beginner, intermediate and advanced levels. Bounce programming is another new addition—these classes focus on core strength, and improve coordination while bouncing on a trampoline while putting less stress on the joints.

## What's Next





The Residences RANCHO LA PUERTA

Rancho La Puerta has announced plans for The Residences, a private, wellness-focused village nestled beside a vineyard with sweeping views of Mt. Muchumaa—in essence both connected, yet separate from, The Ranch. A Mediterranean-inspired landscape, the extensive gardens and walking paths will connect the village and vineyard to the surrounding mountains and canyons. Homeowners will have access to year-round amenities and concierge-style services.

*Check out my [website](#).*



**Judy Koutsky**



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