

EMBRACE YOUR LIFE



RANCHO LA PUERTA

Tecate • Baja California • Mexico

(800) 443-7565 • rancholapuerta.com



RANCHOLAPUERTA

Tecate, Baja California, Mexico

OUR SMILES SAY HELLO

We're proud of our eight decades of operation in beautiful Baja California, an hour's drive from San Diego, and especially appreciative of Mexico's deep cultural tradition of warmth and hospitality—a tradition that makes The Ranch “the friendliest spa.” Our staff is like family, and a good number are now the fourth generation of to welcome our guests.

Most of our staff live in Tecate, the little town near us. Most famous for its brewery, Tecate has grown over the years but still retains its charm, not for its art and architecture so much as its traditional family values and proximity to a mountain held sacred by Native Americans for thousands of years—Mt. Kuchumaa. Recently Mexico's Secretary of Tourism designated Tecate a “Pueblo Magico”—a magical village. It is one of only three magical villages in Baja California, and the 83rd in Mexico.

From the front gate to the gardens, from the deep soil of our farm to the top of the mountain, our family and three generations of Szekely's welcome you to a destination spa like no other—nor can it ever be duplicated again. We're here for you, and any of your future generations that also find a path in life that leads them here to find the longer, healthier life.

¡Bienvenidos!





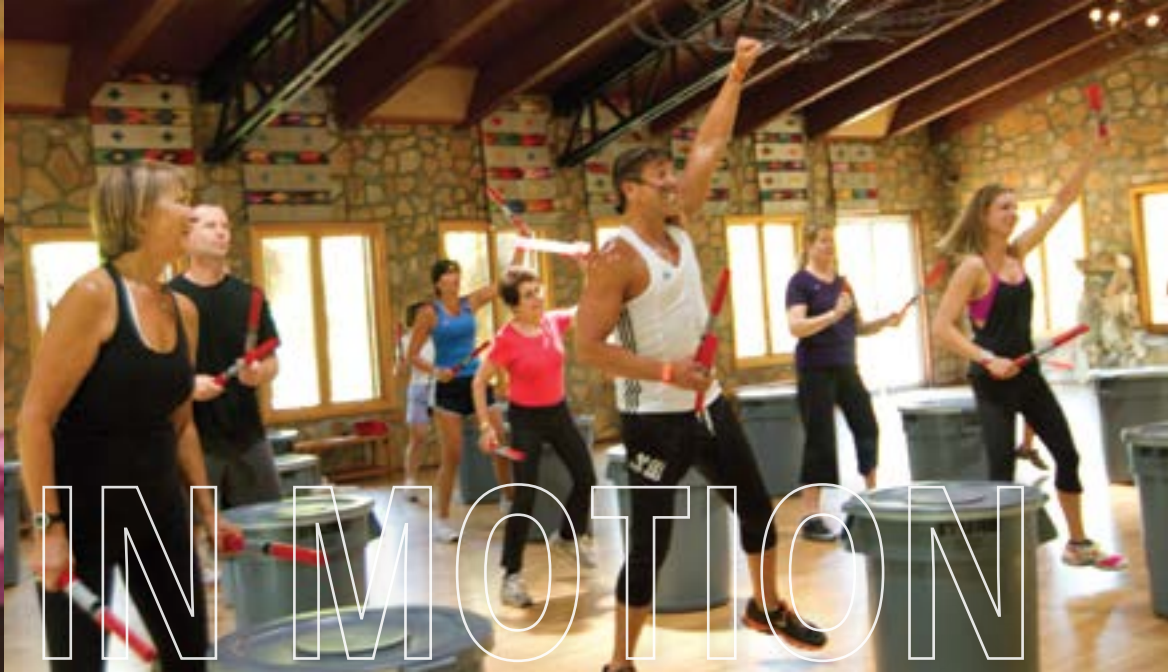
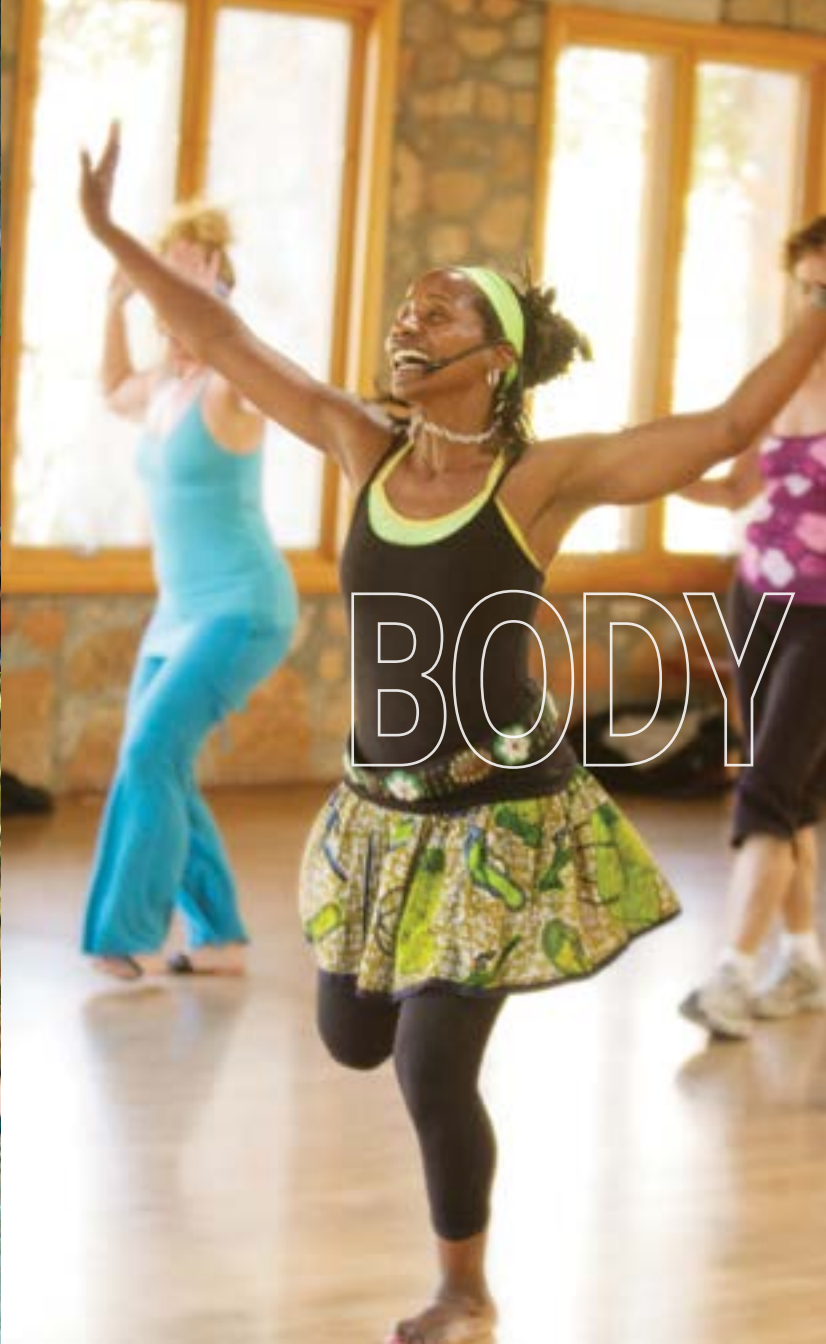
TRAILS OF DISCOVERY

"Rancho La Puerta is one of those special places in my life that captivated me immediately. My first reaction was to marvel at every aspect of the experience. The staff is warm, helpful, happy, and exudes a pride in their work and in The Ranch. The grounds and architecture are beautiful, immaculately maintained, and generate an ambiance that is at once welcoming and serene. The food is fantastic! How do they make it so delicious, visually pleasing, and healthful at the same time?"

The Ranch feels like much more than a destination spa. It actually seems like a village – an idyllic spot where people live and work and play. I found it to be as relaxing or as challenging as my mood directed. I leave The Ranch with two thoughts: "they really do get everything right" and "how soon can I come back!"

—John M., guest, 8+ visits

Rancho La Puerta is situated on 3,000 private acres for hiking and walks.



BODY IN MOTION

"I love coming to the Ranch! I originally came with girlfriends but three years ago my husband accompanied me. Well now he is hooked and books our next trip before we leave. He loves the food, the trainers, the speakers and the classes geared just for men."

—Patricia H., guest, 5+ visits

The Ranch offers over 60 Fitness classes a day.



"I have recounted my time at The Ranch to every willing listener! It really was 'magical and transformative'—words that do not come easily from a mostly left-brained analytical, logical person. But there really was something special for me in this experience. I wish I could be back at The Ranch this moment but memories will have to sustain me 'til my schedule allows a return."

—Dr. Robert R., guest, 7+ visits

Inner Journey, Sound Healing, Labyrinth...The Ranch gives you time listen to the truths inside of you.



THE GUIDED WAY

"People come for the healing of the body and the restoration of the soul. The Ranch is a precious gift – a place to immerse myself in its magic."

—Joe E., guest, 9+ visits

In addition to classic therapies such as massage, herbal wraps and facials, on-staff wellness practioners offer such options as Cranial-Sacral Therapy, Chiropractic, Acupuncture, Watsu, nutritional counseling, personal training, and more.





The week was sparkling with sunshine, technicolor gardens and food, plenty of exercise and best of all great new friends to laugh with! I always come home rejuvenated, walking taller and with way more energy and direction. Thank you Rancho La Puerta for such a special experience."

—Linda W., guest 27+ visit

Each week The Ranch hosts a culinary expert to teach classes at La Cocina Que Canta, our cooking school located in the midst of our 6-acre organic farm. All meals are based on marvelously fresh, creative, satisfying vegetarian wizardry (we also serve sustainably-caught seafood, but no meat).



"Rancho La Puerta is the place we return to time after time when we need something...a new class to spark interest because our lives have become stale...a quiet place to reflect when life throws us an unexpected curve...a place to reconnect with guests and share laughs over a meal...to heal when broken...or simply to grow....stronger...more relaxed...more challenged... To me, "RLP" means Rest, Lounge, Play, and this is my home away from home!"

—Patricia M., guest, 25+ visits

Each week, we invite guest speakers of note, talented performers and workshop leaders—authors, politicians, musicians, artists and other leaders in their fields—to present afternoon learning experiences and evening lectures.



LEARNING

LAUGHING

LOUNGING



A PLACE TO CALL HOME



"My casita's patio was heaven. I loved stepping outside in the morning to watch birds landing atop a sun-warmed boulder beneath the oaks, and seeing a line of morning sunshine move down the slopes of Mt. Kuchumaa like a golden curtain."

—Sheila A., guest, 5+ visits

We have 83 unique casitas in six different sizes/rate categories...and you can tour all of them at rancholapuerta.com.



IN THE VANGUARD

In 1940, Edmond and Deborah Szekely founded Rancho La Puerta to integrate ancient verities of health and wisdom into the vital new 20th-century lifestyle. The Ranch is still operated by the Szekely family.

At first we called it the “Essene School of Life.” Our goal was to transform our guests’ understanding of their role in the care and feeding of their bodies, and to appreciate and protect nature. All we would have to do, we believed then (as we do today!), was teach you to know yourself, to become the owner of your whole being.

Ranch devotees have always been in the vanguard of change. They have made “aging” more and more difficult to define, especially when one feels younger and younger each year thanks to a healthy diet, exercise and a renewed sense of purpose in life. Our greatest pride is that most never lose that close feeling—and return again and again.






RANCHO LA PUERTA IS ESPECIALLY PROUD OF ITS COMMITMENT TO THE HEALTH OF OUR NATURAL WORLD

We trace our green roots to the philosophy of our founder, Edmond Szekely, who, along with his wife Deborah, took inspiration from these surroundings. Throughout our history, The Ranch's many eco-programs have played a pivotal role in our guests' experience, as well as our efforts to initiate and explore forward-thinking activities in the community of Tecate, the trans-border region, and beyond. Today our president, Sarah Livia Szekely Brightwood, continues to protect and guide The Ranch's relationship with its natural world as we explore the many exciting possibilities that lie ahead.





"During all the days and months I am not at The Ranch...still I carry with me the spirit of the great mountain, the scent of the land, the soul of The Ranch—nourishing and sustaining—until the next time."

—Cathie Borrie, guest 6+ visits


RANCHOLA PUERTA

Tecate, Baja California, Mexico

(800) 443-7565
rancholapuerta.com



OUR NEW WELLNESS PARTNERS CAN PROVIDE A DEEPER LOOK INTO YOUR HEALTH

When you commit to a healthy vacation, why not also take a moment to catch up on a major physical examination and cutting edge diagnostics? Working with a team of physicians at Lifewellness Institute of San Diego, as well as WellnessFX, a high-tech diagnostic service, we now offer the following:

EXECUTIVE WELLNESS

Rancho La Puerta and the Lifewellness Institute will tailor a wellness program to meet specific needs and address your individual long-term health goals.

OUR WELLNESS PACKAGE INCLUDES:

- One-night stay in San Diego
- Comprehensive wellness exam with complete results on a USB drive
- Lunch with your Lifewellness physician
- Seven-night stay at Rancho La Puerta*
- Two follow-up meetings while at The Ranch with Ranch Specialists

For more details visit:

rancholapuerta.com/at-the-ranch/well-being/executive-wellness-program

*Upgrades, add-ons, and spa services are available at an additional cost. Some restrictions may apply.

WELLNESSFX

Access Lifelong Wellness from your home before, during, and after your Ranch visit.

Now available year-round ... wherever you live: Comprehensive blood testing and powerful predictive measures not available through a routine doctor's visit.

Three health packages are available for our guests to choose from:

For more details visit:

wellnessfx.com/rancho-la-puerta

All Rancho La Puerta-WellnessFX packages include a phone consultation with a nutritionist or medical doctor. Practitioners will help interpret your results as well as offer tailored recommendations that fit your lifestyle.

RANCH CIRCLE

ALL MEMBERS* RECEIVE THESE GREAT BENEFITS.

It's our way of saying *Thank You!* for staying with us. We appreciate your interest in assuring your own on-going wellness, as well as that of your friends.

MEMBER BENEFITS INCLUDE:

- Encourage your friends to experience The Ranch via a \$250 savings certificate that can be applied to their first stay. You may have as many of these certificates as you need.
- For every "first time" friend you refer who stays at The Ranch for 7-nights, you will receive \$250 savings on your next stay. These savings can be accumulated if you refer more than one friend. Please note: savings are available to you once your friends have completed their first stay at The Ranch.

***Become a member
at rancholapuerta.com**



Tecate, Baja California, Mexico

PO Box 69, Tecate, California 91980

(858) 764-5500 • (800) 443-7565 • RANCHOLAPUERTA.COM

©2015, PRINTED ON RECYCLED PAPER

