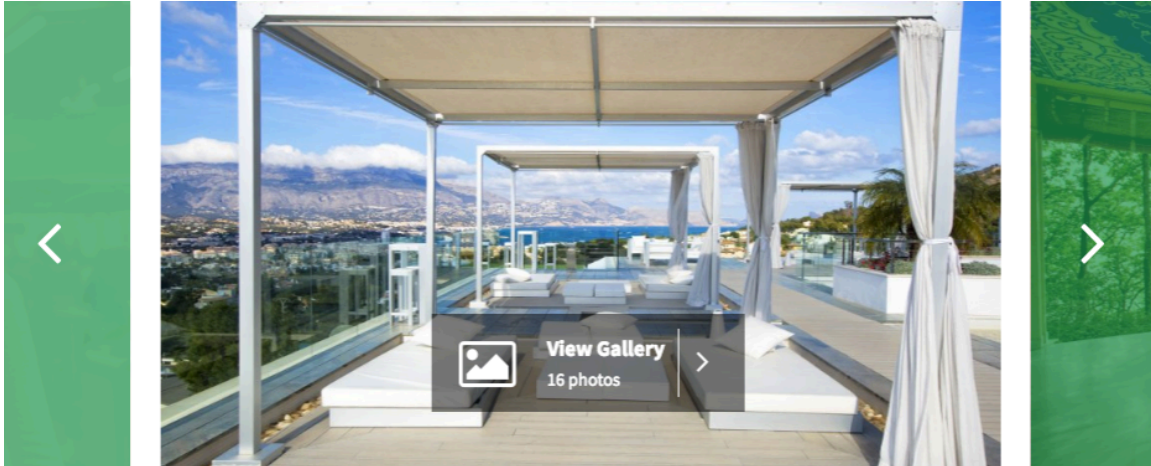


15 of the Most Luxurious Wellness Retreats in the World

A fitness retreat can help you kick-start healthy habits.

By Gabrielle Olya • January 12, 2018

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To kick-start a healthy habit, meet wellness goals or just get away from it all, a luxurious health retreat might be exactly what you need. Whether you opt for a two-day program or a month-long experience, a wellness retreat gives you the opportunity to disconnect, refresh, lose weight and de-stress.



Click through to see the most luxurious [wellness retreats where you can recharge](#).

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Rancho La Puerta



Where: Tecate, Mexico



Cost: Starts at \$3,500 per person for seven nights



Rancho La Puerta is located on a 4,000-acre nature preserve in Baja California, Mexico. To achieve their wellness goals, guests can choose from over 50 daily fitness classes, indulge in spa services, attend workshops and enjoy three farm-fresh meals each day. All accommodations have their own wood-burning fire places and garden patios.



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