

Newport Beach

MAY 2018

NewportBeachLifestylePubs.com

L I F E S T Y L E ™

LADIES ISSUE



SUZAN PAEK, AN
EXTRAORDINARY
MOTHER AND GIVER

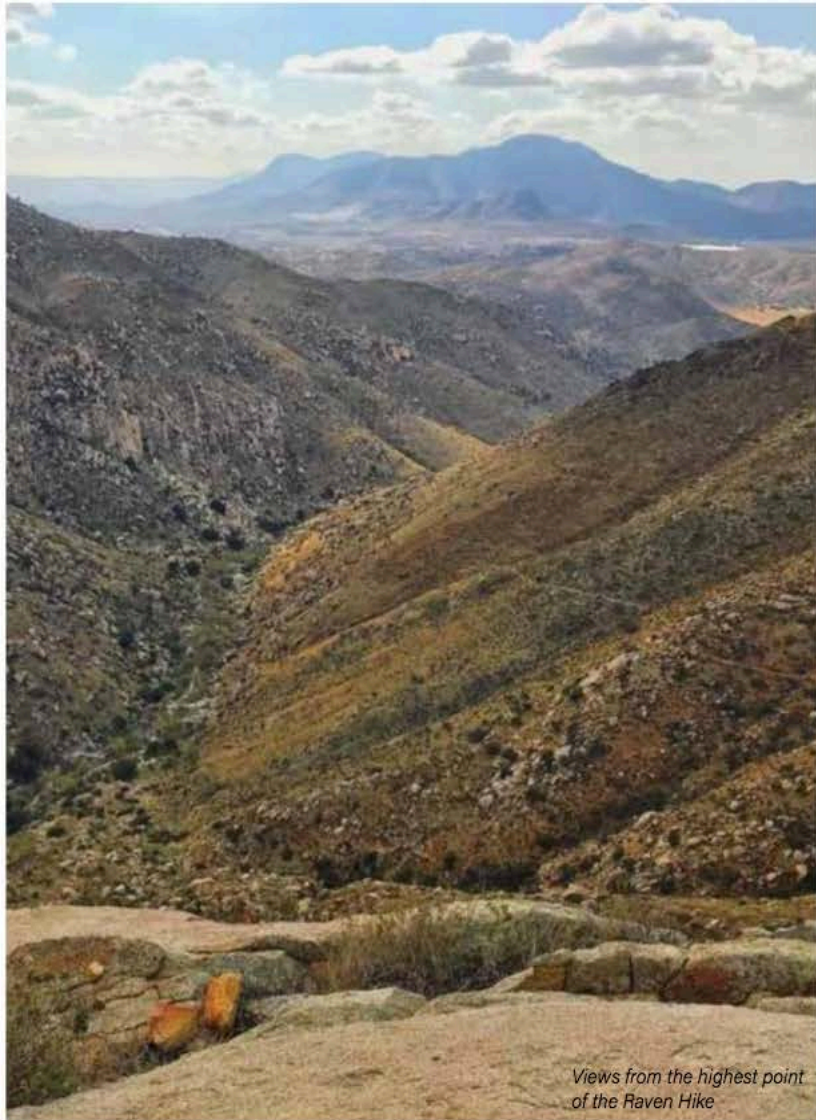
CELEBRATE
MOTHER'S DAY
AT HOME

VISIT RANCHO LA
PUERTA FOR HEALTH
AND WELLNESS

TRAVEL DESTINATION



BLISSFULNESS AWAITS AT RANCHO LA PUERTA

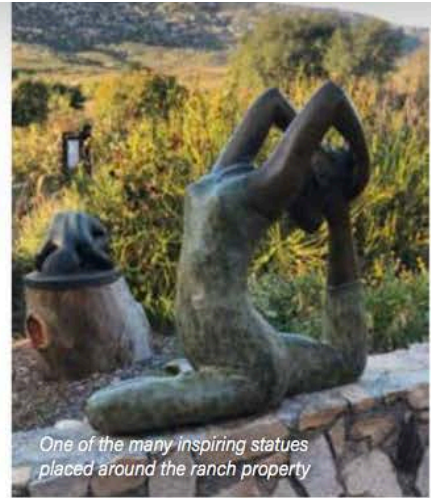


*Views from the highest point
of the Raven Hike*

TAKE TIME TO FIND THE RIGHT BALANCE IN YOUR LIFE

ARTICLE AND PHOTOGRAPHY DAVID DURAN

The ranch is expansive, so these fun signs help keep guests from getting lost



One of the many inspiring statues placed around the ranch property



Rancho la Puerta Spa

ORIGINATING IN 1940 BY EDMOND AND DEBORAH SZEKELY AS A FITNESS RESORT AND SPA, RANCHO LA PUERTA HAS ALWAYS BEEN AT ITS SAME LOCATION, AND HAS ALWAYS BEEN FAMILY OWNED. In fact, Deborah, now in her nineties, still comes to the ranch each week to meet with guests and recall stories of the ranch throughout the decades of its existence. Her love for her husband, affectionately known as “the professor,” is evident each time she mentions him in her tales. Together, they started what was once considered to be a cult, but now is today one of the leading health and wellness resorts in the world.

Located just across the Tecate border, an hour from San Diego, Rancho La Puerta was designed as a one-week experience. The ranch becomes a place where digital devices are frowned upon and comradery with fellow guests is encouraged. Meal times are all in a shared dining facility where guests get to know one another by sitting together and where each meal has been portion controlled and is mostly vegetarian. The ranch itself is, for first-time guests, overwhelming in size and realizing the distance between places can be daunting, but after a few days of constant walking, one comes to appreciate the beautiful surroundings.

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THE SUMMER CAMP-LIKE EXPERIENCE FOR ADULTS IS ONE THAT MANY ENJOY TOGETHER WITH FRIENDS AND FAMILIES. IT'S NOT UNCOMMON TO SEE COUPLES, MOTHERS AND DAUGHTERS, OR GIRLFRIENDS AT THE RANCH.

+ BALANCE

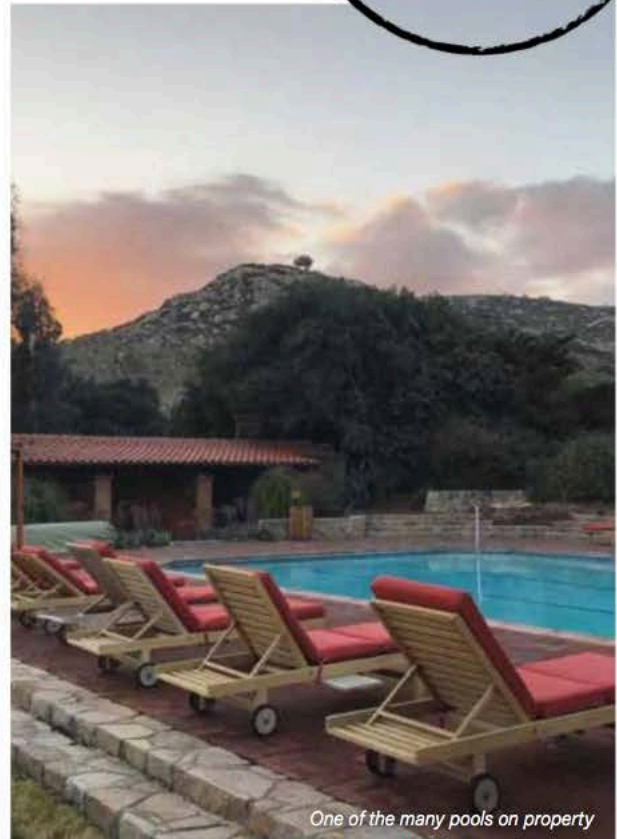
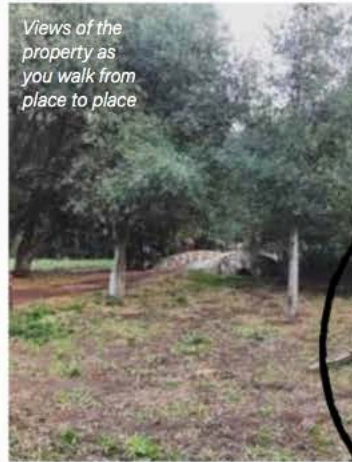
The reason for coming to Rancho La Puerta is to find a way to balance and incorporate some of the ranch's experiences into daily life. Classes offered vary each day and range from high intensity fitness to beginner's classes. Yoga, Pilates, stretch, bar class, spin, aerobics, circuit training and many other fitness options are available. There are classes for your mind and spirit as well, including sound healing, meditation, various art classes, and more. The ranch also offers guided hikes for all levels throughout the week.

+ VARIETY

The summer camp-like experience for adults is one that many enjoy with friends and families. It's not uncommon to see couples, mothers and daughters, or girlfriends at the ranch. Many times, guests plan their visits in large groups with friends they have made at the ranch. Men, women, couples and friends will all find a way to make the ranch beneficial to them, and the daily list of activities is so great that deciding what to do can be tough.

CONTINUED >

TRAVEL DESTINATION (CONTINUED)



+ DO

An example of a full day at the ranch goes as follows: Early morning wake-up for a group hike that includes breakfast, followed by meditation class, two fitness classes which lead into lunch. After lunch, try another class such as yoga and then head for tai chi or sound healing to end your day before dinner.

+ RELAX

After dinner, relax in the health center's steam, sauna and Jacuzzi before returning to your room for bed, cozied up next to your wood-burning fireplace. Various pools are scattered throughout the grounds, a juice bar, a spa, as well as a wine and coffee bar are also available. The ranch provides all the tools and options necessary for an enjoyable week, and it's up to the guest to use them as they wish.

+ STAY

A week at Rancho La Puerta (RanchoLaPuerta.com) starts at approximately \$4000 per person and includes lodging and round-trip transportation from San Diego International Airport or the border crossing at Tecate.