

*Simple & Smart Ways to Get Gorgeous*

# NATURAL BEAUTY

JENNIFER  
ANISTON'S  
**Stay-Young  
Secrets**

"I get more comfortable  
in my skin as I  
get older"

**Organic  
& Green  
Beauty  
Routines**

Detox  
Diets for  
Glowing  
Skin

**10**  
Best Foods  
for Healthy  
Hair

**JULIANNE'S  
WELLNESS  
& WORKOUT  
ROUTINES**

**PLUS:  
JENNIFER LOPEZ!  
GAL GADOT!**



DISPLAY UNTIL 12/28/18

\$13.99US \$15.99CAN



AMV SPECIALS





**1** Rancho La Puerta's vast organic gardens provide the resort's kitchen with its ultra-fresh ingredients. **2** Mount Kuchumaa — a sacred site for the native Kumeyaay people — is an ideal spot for meditation.



# 1. Rancho La Puerta

 **TECATE, BAJA CALIFORNIA, MEXICO**  
RANCHOLAPUERTA.COM

## { CELEBRITY GUESTS }

Kate Winslet, Jane Fonda, Claudia Schiffer

Rancho La Puerta is located in the foothills of the mystic Mount Kuchumaa, and a feeling of physical and spiritual renewal pervades every moment there. The spectacular grounds are home to 32 acres of gardens, an organic farm, and 200 different plant species, which are tended to with natural alternatives to insecticides. The morning hikes up the mountain provide truly heavenly vistas.

Each day at the spa brings an activities schedule with multiple options, and the dedicated staff encourage guests to create balance in their days, mixing cardio, strength training, flexibility, mindfulness and, of course, spa treatments into the lineup. The resort's goal is not just to massage muscles but to spur the body to heal itself. Treatments include everything from traditional massages and facials to holistic offerings such as cupping, energy therapies and water dance (a must-try!).

