



The Best Wellness Retreats for 2020

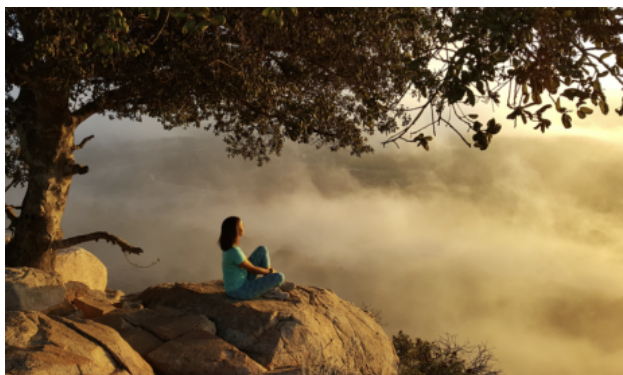
8th January 2020 // BY SAMANTHA COLES

The festive season is for eating, drinking and being ever so merry. Catching up with loved ones, watching movies and (hopefully) switching off from work makes it the most wonderful time of the year.

While there is certainly no reason to feel ashamed about enjoying yourself, the New Year is when most of us feel a little overindulged after one too many glasses of champagne and decide to go on a health kick: Enter the wellness retreat.

But health kicks don't have to be a chore — pick a wellness retreat or spa in a beautiful location and it becomes a breeze. Read on for the best places to up your wellness game in 2020.

Rancho La Puerta Baja California, Mexico



Rancho La Puerta

Rancho La Puerta's location amongst the scenic mountains of Baja California make it a dreamy spot for a wellness retreat. Think sunrise hikes and plenty of outdoor activities. It was first opened in 1940 and is celebrating its 80th anniversary this year. Deborah Szekely, who first opened the ranch with her husband, still gives weekly lectures to guests and lives an active lifestyle at 92 years old — a true testament to the ranch's wellness philosophy. There is so much to do and something to suit everyone with over 50 fitness classes a day (including HIIT, kickboxing, aerial yoga, salsa and Hydro-Fit), workshops, lectures and presentations from guest speakers, and cooking classes.

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