

50 of the world's most incredible spa breaks for 2020



Sedona is striking; that's why the Mii Amo Spa at Enchantment Resort has become a pilgrimage site for spiritual seekers

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15 JANUARY 2020 • 11:45AM

January is always a time for reflection as well as looking forward – if only about how much you overindulged throughout December – but as we enter a new decade, we guess that more of us are not only thinking about how we live in 2020, but how we approach the next 10 years. Here, we have something for everyone, whether you're after a high-intensity programme at the CEO and star bootcamp of choice or an Ayurvedic retreat at a maharaja's palace in the Himalayas. We've also included, for the first time, a section dedicated to urban day spas, for those unable to give over entire holidays to the pursuit of well-being, because after all, it is a pursuit that should be achievable.

43. Rancho La Puerta, Mexico

Conceived by Deborah Szekely, who also created Golden Door, Rancho La Puerta is the Californian retreat's down-to-earth older sister. Prices here are not as stratospheric but the landscape is out of this world: set in a valley amid gardens strewn with cacti, cypresses and agave, and meadows carpeted with wildflowers, with grounds that take in hulking Mount Kuchumaa. Activities range from sunrise mountain hikes and yoga to sound therapy and crystal bowl healing.

Seven-night stay full-board from £3,206pp (001 800 443 7565; rancholapuerta.com).

- Rancho La Puerta, a Mexican health retreat where lives are transformed



Head to Rancho La Puerta for its idyllic setting