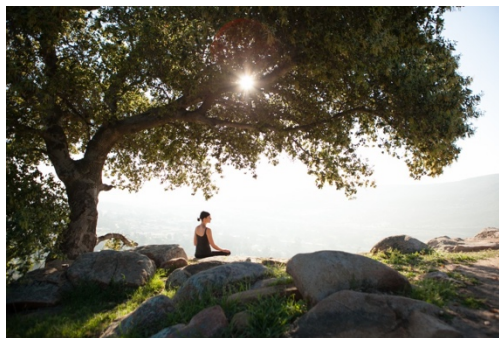


healthytravel

FIVE TRANSFORMATIONAL SPA EXPERIENCES ON OUR WISH LIST



From a menu of signature gemstone rituals inspired by the Sierra Range to a healing herbal bath in a tub carved from a black Zapote tree in the Riviera Maya to a chromotherapy treatment in Scottsdale, which combines dry heat and the power of color, wellness spa experiences are more creative than ever. Below are five transformational spa experiences on our 2020 wish list.



[Rancho La Puerta](#) | Tecate, MX

Located on 4,000 acres of sacred land below Mt. Kuchumaa in Tecate, Mexico, Rancho La Puerta provides guests with a unique spiritual and mental wellness escape. At the spa, guests can connect spiritually to rebalance themselves with one of the Ranch's 5 Element energy treatments based on the earth's five elements — earth, fire, metal, water and wood. Treatments are based on ancient healing practices, balancing the five elements to restore the Qi (pronounced "chi"), the vital energy of body and mind in areas that have become unbalanced by mental, emotional and physical disturbances. Each one of the five elements has a specific purpose, protocol and massage oil blend. All treatments start with a dry brushing to prepare skin for the aromatherapy blends that help connect and balance the body and mind.