

# Where Hollywood Goes for Digital Detox Retreats

6:30 AM PST 3/3/2020 by Falen Hardge



Courtesy of Calistoga Ranch

**As overflowing inboxes and constant notifications compound work-related stress and anxiety, seven wellness resorts favored by industry executives and stars offer places to unplug from phones and laptops.**

One of the biggest contributing factors to stress in the fast-paced world of Hollywood are tech devices. As Los Angeles attempts to calm down post-awards season, these seven resorts offer places to say goodbye to phones for a stretch and go on a digital detox. Most are device-free and all encourage guests to disconnect from electronics to reconnect to self.

## Rancho La Puerta



Courtesy of Rancho La Puerta

Just across the border in Tecate, Mexico, this resort urges guests to leave electronic devices at home to fully embrace being present. The ranch's suites lack televisions and WiFi and cell service is available only in select lounges, while cellphones are not allowed in public areas. Guests can enjoy treatments such as detoxifying herbal wraps and a weekly Thursday silent dinner that focus on one-on-one time with the self. Oprah Winfrey, Jane Fonda and Kate Winslet have visited. From \$670 a night, [rancholapuerta.com](http://rancholapuerta.com).



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