



# Luxury digital detox resorts where celebrities unplug from technology

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With texts and emails constantly vying for your attention and adding [stress to your life](#), it could be time for a [digital](#) detox.

In fact, there are many [wellness](#) and retreat centers that encourage visitors to unplug their devices and take a break from the constant noise of [technology](#).

## [CITIES WITH MOST LUXURY HOTELS IN US, ACCORDING TO AAA RATINGS](#)

On Tuesday, [The Hollywood Reporter](#) listed seven [luxury resorts](#) where the likes of Oprah Winfrey, Rebel Wilson, Nicole Kidman and Ellen DeGeneres go to temporarily disconnect from the rest of the world.

Most resorts encourage visitors to leave their phones in their rooms, but some [flatly prohibit](#) using personal devices in public spaces.

To see which resorts made the list, here are seven [Hollywood-favored](#) resorts and how much they [cost](#), according to The Hollywood Reporter.

### **Rancho La Puerta**

Visitors to Rancho La Puerta, in Tecate, Mexico, have included Oprah Winfrey, Kate Winslet and Jane Fonda, according to The Hollywood Reporter.

The resort openly [prohibits cellphone](#) usage in public spaces -- including on the patio outside the rooms -- and visits typically last a full week, from Saturday to Saturday.

A week-long package rate for one person is \$4,700 during "High Season" and \$4,500 during regular season, according to the [website](#).