

# L'OFFICIEL

## The Best Fitness Retreats to Reset and Detox in 2020

Enjoy a weekend off without compromising on your wellness goals.

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Vacations are often synonymous with indulgence, and while lounging poolside is all well and good, sometimes a proper detox is in order. These 9 fitness retreats will help you to do just that in 2020, whether star-studded boot camps in Malibu or restorative yoga retreats on the Atlantic coast of Portugal feel more your speed. Most resorts offer a range of activities with flexible schedules, so you can make the trip as physically challenging or mentally restorative as you'd like. This way, you can enjoy all the workouts and detoxes that these fitness retreats have to offer while still taking the time for all the other rest and self-care you need.

Here, find our list of the best fitness retreats where you can get some R&R without compromising on your 2020 wellness goals.

## **Rancho La Puerta, Baja California, Mexico**



Set on a ranch in Baja California, Rancho La Puerta offers guests the option to make the retreat as active or restorative as they like. From high intensity fitness classes to meditation and workshops, many guests return regularly to take advantage of everything the popular 2020 fitness retreat has to offer.

Programs offered weekly