



## PRESS RELEASE

FOR IMMEDIATE RELEASE

### Media Contact

J Public Relations

619-255-7069

[rlp@jpublicrelations.com](mailto:rlp@jpublicrelations.com)

### RANCHO LA PUERTA NAMED #1 INTERNATIONAL DESTINATION SPA BY TRAVEL + LEISURE READERS

*Iconic Mexican Wellness Resort Leads Coveted "World's Best" List as the  
No. 1 Top International Destination Spa*

**TECATE, Baja California, Mexico (July 8, 2020)** – Travel + Leisure today announced the results of its 2020 World's Best Awards with [Rancho La Puerta](#), the original destination wellness resort and spa in North America, achieving the prestigious No. 1 ranking as the top International Destination Spa.

Readers of Travel + Leisure rate top hotels, destinations, airlines, cruises, spas and travel companies in the annual World's Best Awards survey. Readers rated destination spas on the following characteristics: accommodations/facilities, treatments, service, food, and overall value.

"We are incredibly honored and humbled to receive this accolade by the respected readers of Travel + Leisure," said Chief Executive Officer Roberto Arjona. "Everything we do at The Ranch embodies wellbeing from the inside out, and we are so fortunate to have an incredible team and supportive guests, who we consider our friends and family. We take great pride in having the ability to provide majestic grounds for our community to move, relax, heal, learn and grow in mind, body and spirit."

Rancho La Puerta is proudly celebrating its 80<sup>th</sup> anniversary this year, having been founded in 1940 by spa pioneers Deborah Szekely and her late husband Edmund Szekely, both progenitors of the modern wellness resort and spa movement. Since its beginnings, The Ranch has been rooted in growing the mind and honing the body with nature and nutrition at its heart center. Each week, a maximum of 140 guests are welcomed to The Ranch to enjoy its 4,000 private acres of gardens, mountains and meadows, where the resort's fitness program is unmatched, offering a variety of classes and activities from yoga and Pilates to strength training and water aerobics to Tai Chi, guided hikes on over 25 miles of trails, and everything in

between. Nourishing, semi-vegetarian style cuisine is served, using the freshest bounty of organic produce and ingredients sourced locally, and guests indulge themselves in spa treatments and therapies, offered throughout three spacious onsite health centers. A true balance of mind, body and spirit, the classic weeklong program first developed at Rancho La Puerta is a healthy blend of active challenging exercise, stretching, and relaxation, which ranges from meditation and massage to simply enjoying the pleasures of a peaceful patio or shady hammock.

The Ranch launched its very first Inner Fitness Online program this summer, offering guests a unique opportunity to bring The Ranch experience home. A five-session comprehensive personal growth and life transformational workshop founded by life coach Emily Boorstein Wikman, each virtual course welcomes a maximum of eight participants and is designed to offer individual attention as well as community support. Through 90-minute courses along with teachings, group interactions and personal sessions, guests are guided by an expert panel of coaches and keynote speakers. Ten percent of the proceeds from the Inner Fitness Online program go directly to The Ranch's beloved staff who have been affected by the pandemic.

The 2020 World's Best Awards list, as well as survey methodology, are currently featured on [www.travelandleisure.com/worldsbest](http://www.travelandleisure.com/worldsbest) and will appear in the August 2020 issue of the magazine.

For more information or to book a stay at Rancho La Puerta, please visit [www.rancholapuerta.com](http://www.rancholapuerta.com) or call 800-443-7565.

###

### **About Rancho La Puerta**

Founded in 1940 and the first true fitness resort and spa in North America, Rancho La Puerta, welcomes guests to 4,000 private acres of gardens, mountains and meadows with an approach to wellness that strikes a true mind, body and spirit balance. Facilities, programs, and amenities are all available for exclusive use by guests during three-, four- or seven-day stays. Inclusive rates cover accommodations, fitness classes, hikes and activities, gourmet vegetarian meals (seafood options included), activities and special presentations. Spa treatments, personal training sessions and cooking classes at The Ranch's La Cocina Que Canta cooking school are available à la carte throughout the course of a stay.

Situated at the juncture of the Laguna and Sierra Juarez mountain ranges, Rancho La Puerta is located 3 miles from the Tecate, Baja California, U.S.-Mexico border and a one hour drive from downtown San Diego.