

Wellness Living & Travel

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MAGAZINE

Gourmet Food & Travel

DRIVE-TO WELLNESS

A Guide to 27 Top Domestic Getaways

BOOST YOUR BODY:
THE LATEST SUPPLEMENTS

**HEALING
WITH FOOD**

SUNSCREEN:
A NEW APPROACH

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*Little Palm Island Resort & Spa
Florida Keys*



80 Years Young *New from Rancho La Puerta*

By Sandra Ramani

As it's become easier to work remotely (something that has also, for many, now become a necessity), it's also become more important to develop an ideal work-life balance and to make sure that wellness doesn't fall by the wayside.

Designed to help guests learn best practices for combining home and work life—and help them refocus on their physical, mental and emotional health—iconic destination spa Rancho La Puerta, celebrating its 80th anniversary this year, has introduced the 21-Day Perfect Balance Sabbatical as a comprehensive reset.

The all-inclusive program includes three weeks of accommodations in Villa Cielo, an upgraded collection of private casitas with fireplaces, plunge pools and Wi-Fi, the latter not available in the regular guest rooms. The villas can be configured to have offices where you can get work done between wellness and fitness consultations, weekly intention-setting sessions, spa therapies, cooking and microbiome classes, farm-fresh meals and many more included activities and workshops. Ideally, the rhythm you find will follow you back home—or wherever you work. rancholapuerta.com

