



# RANCHO LA PUERTA IN TECATE, MEXICO OPENS THE RESIDENCES

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By Pamela Price

Tucked away in a small Mexican border town 45 miles east of San Diego, Rancho La Puerta has endeared itself to four generations of health enthusiasts since it was established in 1940 by Edmund and Deborah Szekely. Now, after 80 years, 'The Ranch,' a bastion of hiking and healthy dining enhanced by a menu of exercise and meditation, has leaped forward—expanding the success of their recipe for a healthy lifestyle which has for four generations been impacting the lives and longevity of health seekers worldwide. Under the guidance of founder Deborah Szekely and her daughter Sarah Livia Brightwood, the Ranch is transforming the Rancho La Puerta lifestyle, adding the Rancho La Puerta Residences to their 4,000-acre property. The mother and daughter team have leaped forward, creating a development focused on longevity.

The addition of the state-of-the-art homes they refer to as Residences all share the goal of "transforming your life into a Ranch stay with concierge services that brings ease and peace of mind to your everyday living." In short, "at the Residences, you will live in an environment meant to enhance your immune system by supporting your well-being in a multitude of ways. Specifically, each Residence, from two bedrooms and 2 1/2 baths (1,961 sq. ft) to four bedrooms, 4- 1/2 baths (4,299 sq. ft) range from **\$769,820** to **\$1,692,600**. All Residences are equipped with Delos' Darwin Wellness Technology System, the Worlds' first Home Wellness intelligence platform that aims to

improve human health, well-being, and performance. This translates to impacting dynamic, circadian lighting, air and water purification, and sleeping and waking. The residence homes feature land ownership through a land trust and are transferable and sellable according to the developer, and have 24/7 access to an on-site nurse. For the first three years, receive Global Rescue Medevac. Especially alluring for those interested in expanding their investment was the option created for those who "love to travel" to exchange vacation homes with Elite Alliance's 125 destinations worldwide.

The forward-looking mother and daughter team continues to open new frontiers in health and longevity. Sarah Livia Brightwood said, "the Residences embody healing principles that have shaped and strengthened Rancho La Puerta since it was founded 80 years ago. Wellness, community, nature, and harmony continue to be the forces that guide and inspire us to create the Residences at Rancho La Puerta. Attention to beauty, care for the land, and activities to nurture friendships and well-being will give this new community strong and resilient roots. We are delighted to offer our guests the opportunity to have a permanent place here at Rancho La Puerta and usher in a new chapter of the property's beloved legacy." One loyal guest, having been a frequent guest at the Ranch, said, "the Residences have taken longevity to a new level and lifestyle—the concept is the ultimate health holiday!"

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Images: Rancho La Puerta