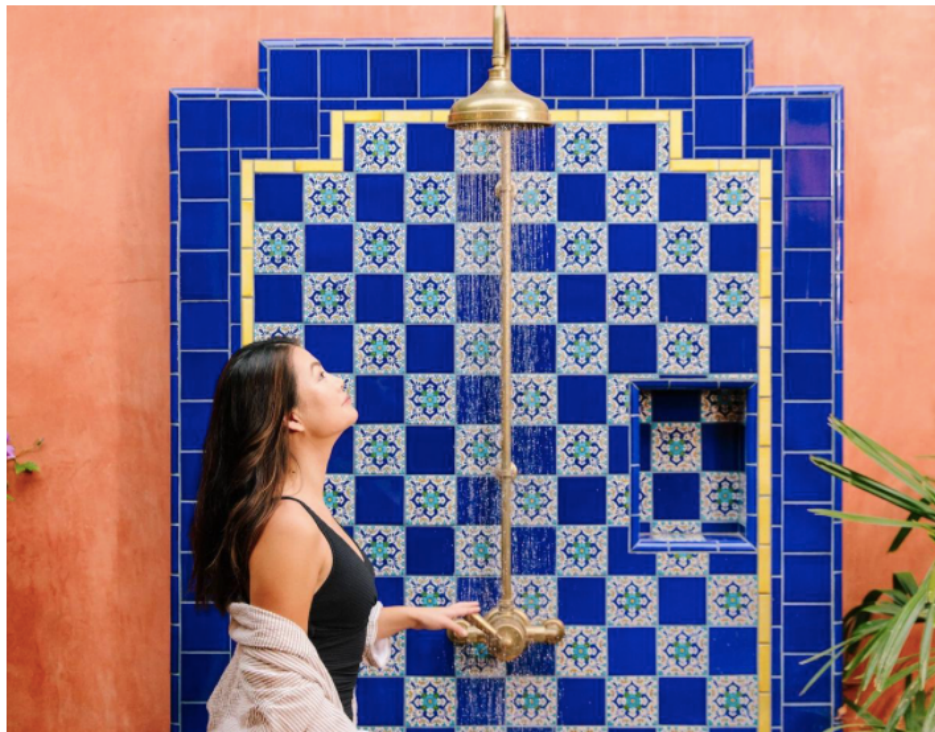


San Diego MAGAZINE

Good to Glow: Our Spa and Wellness Guide

We rounded up San Diego's most impressive facials, massages, skin care rituals, and wellness retreats to help you start the new year as your most rejuvenated self

Dan Letchworth, Erica Nichols, and Marie Tutko with Helen I. Hwang and Sarah Pfledderer 19 hrs ago



Taryn Kent

We are all overdue for some pampering. Yes, this is the sign you've been waiting for to take a personal day (or call in sick—we won't tell!), and spend a day at the spa. We did the tough investigative work to find San Diego's most impressive facials, massages, skin care rituals, and wellness retreats to level up your self-care routine. Whether you've got 30 minutes or a week to spare, these top treatments will help you start the new year as your most refreshed and rejuvenated self. Get ready to relax!

Wellness Retreats

Here are a few notable wellness retreats and resorts in and around San Diego that offer seclusion and a total escape from the rise-and-grind routine.



Rancho La Puerta

THE VIBE: An expansive Mexican retreat with old-school charm

STAR TREATMENT: Seemingly endless hiking and spa options

Located on 4,000 acres in the hills of Tecate, Baja California (about an hour drive from downtown San Diego), Rancho La Puerta was founded in 1940 and is a pioneer in the modern wellness-destination field. More than 80 casitas, 40 miles of hiking trails, about a dozen gyms and fitness centers, and four pools are on the main resort grounds, along with gardens, an organic farm, marshes, and oak groves.

Three different spa centers on the property offer everything from traditional massages to body masks and an herbal wrap that's exclusive to the resort. It's also a paradise for hikers, since it's situated in the foothills of Tecate Peak—guests can enjoy the wide-open spaces on leisurely walks or challenging climbs, based on their ability.

Expect to keep moving—you'll attend different fitness classes throughout the day—but there's also plenty of downtime for reading, lounging in a hammock, or arts and crafts classes. All meals are included in a stay, and foodies will especially enjoy the on-site Cocina que Canta culinary center, where you can get hands-on with a cooking class in a luxurious kitchen set inside an organic farm. Stays are available in three, four, or seven-day increments. Not ready to fully commit? A Saturdays on the Ranch day trip that includes transportation from San Diego, fitness classes, meals, and a cooking class will be available soon.

At the end of a vacation, have you ever wished you could just live there? Well, the resort has that feeling covered: They're building a new community on the property of roughly 100 private residences, designed with wellness in mind.

Tecate, Mexico, [@rancholapuerta](#)