

## Rancho La Puerta names Luis Arturo Aguilar new spa manager

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*Luis Arturo Aguilar wants to integrate more traditional Mexican ceremonies and rituals into Rancho La Puerta's spa treatments*

Luis Arturo Aguilar has been appointed the new spa manager at wellness destination and spa Rancho La Puerta in Tecate, Mexico.

In his role, Aguilar will oversee three health centres within the destination's 4,000 acres of private gardens, mountains and meadows, as well as manage a team of health and fitness specialists.

He'll also lead Rancho La Puerta's signature personalised wellness consultations, helping to curate bespoke holistic itineraries to best suit guests' individual needs.

"We're thrilled to welcome Luis to our family of globally-inspired and diverse wellness experts," said Roberto Arjona, CEO and general manager of Rancho La Puerta.

“His passion and enthusiasm for the industry are unmistakable and his constant quest for further knowledge is truly inspiring.

“As a practitioner, leader, mentor and learner, we’re certain he’ll continue our innovation and enable us to stay at the forefront of industry trends, practices and offerings.”

Aguilar has spent 20 years dedicated to wellbeing and developing his skills as a wellness practitioner.

Beginning his journey as a tennis player in the second division in the International Tennis Federation, Aguilar developed a deep interest in manual physical rehab, a type of kinesiology.

This drove him towards pursuing further education at schools including the School of Hospitality at Cornell University, the Osho Meditation Resort in India, Sowa Rigpa Tibetan Monastery in Nepal and Holistic Clinical School from the Faculty of Kinesiology at the University of Alberta Canada.

Aguilar has also worked in a range of spa and managing director positions in Mexico, including the Sheraton Buganvilias, the St. Regis Resort in Punta Mita, Esencia Luxury Boutique Resort Xpu-Ha Riviera Maya and the Royal Hideaway Playacar Resort.

He joins Rancho La Puerta with certifications in massage therapy, reflexology, janzu aqua massage and Thai massage, and in addition, is a practitioner of Osho-style active meditation, Chinese cups and Tibetan Moxibustion.

He also practices Mexican Temazcal – as a man of fire in the House of Ameyalli Calpulli – representing the link between all the native indigenous cultures from Brazil to Canada.

Aguilar looks forward to integrating more traditional Mexican ceremonies and rituals into the spa treatments.