

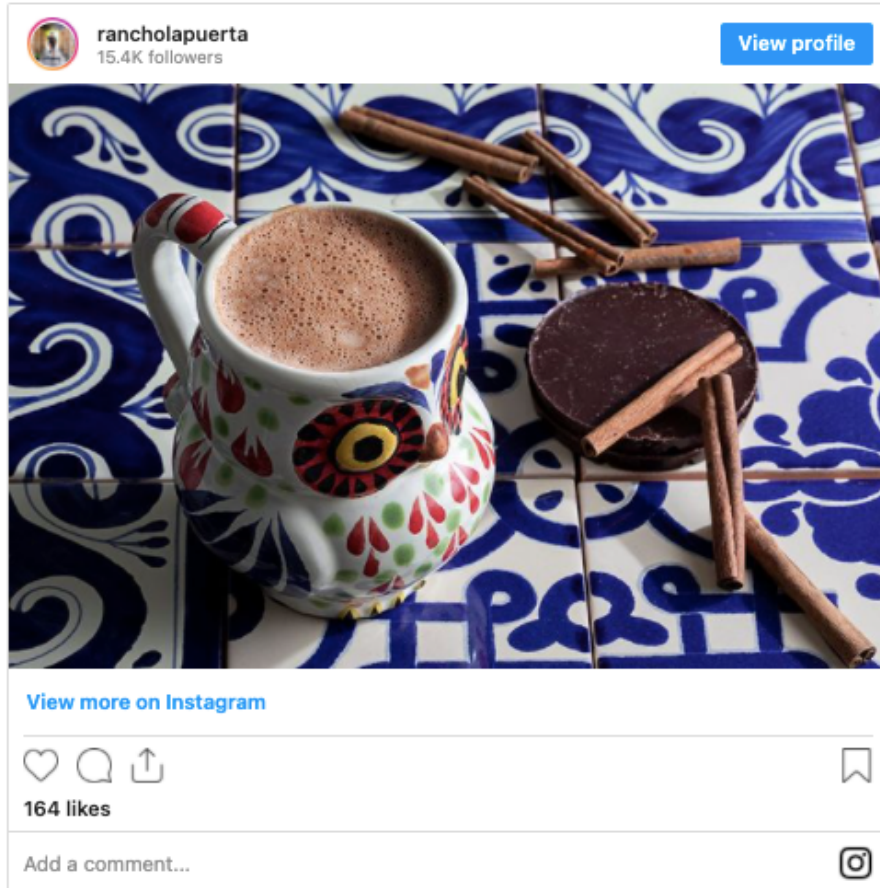
Spa Scrumptious!



By Gary Diedrichs

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January is when thoughts turn to rejuvenation. A brand-new year to adopt healthier habits and do the right thing by our bodies. In short, it's time to [spa](#). And at the best of these, to dine well in the truest sense of that word—with the emphasis on wellness. It's not a new concept, pairing healthy regimens like exercise and body treatments with healthy dining. In the late 1800s, for instance, such luminaries as Thomas Edison and Amelia Earhart journeyed to a remote town in Michigan to “take the cure” at Battle Creek Sanitarium, run by John Harvey Kellogg, a [vegetarian](#) who invented corn flakes and eschewed fatty, salted meats and fried foods. Here are more modern takes.



[Rancho La Puerta](#), Tecate, Mexico

In operation on 4,000 acres of meadows and mountains in northern Baja since 1940, the renowned pioneer in wellness resorts often features famous guest chefs to lead hands-on cooking classes. Its meatless guest cuisine is packed with fiber and complex carbohydrates boosted by seafood from Ensenada, plus artfully paired fruit and veggies from its own organic grounds.