

— HAMPTONS — REAL ESTATE SHOWCASE

A Taste of Tecate

By Kelli Delaney December 14, 2021

Ready for a reboot of wellness? Make your way to Tecate, Mexico to the ultimate fitness resort and spa, Rancho La Puerta. But, if you're not ready to travel just yet, try a healthy recipe from their "Cooking With The Seasons" cookbook that will wow your holiday guests.

"The Ranch" is a retreat for super active guests who spend an intense week working on mind and body, as well as enjoying indulgences including: a four-star organic chef, a spa sanctuary incorporating medicinal herbs and healing plants, manicured gardens, and charming Casitas to nest in after a full day of transformative activities.



Located just a few miles south of the border in Baja, Rancho La Puerta has been attracting guests to its glorious 3,000 private acres of gardens, mountains and meadows for more than 55 years. With a staff of over 20 full time instructors, their fitness program is unmatched with a choice of five different classes offered every hour. Days begin with an early morning hike ascending Mount Kuchumaa [over 25 miles of trails offered], followed by a varied schedule of classes, including: Pilates, yoga, T'ai Chi, dance, circuit training, water sports, spinning, meditation, tennis, and more.

www.rancholapuerta.com



RANCH HIGHLIGHTS:

Watsu Aquatic Massage Therapy: Water-based bodywork performed in a 96' heated pool.

Healthy Cooking Class at La Cocina Que Canta: The Ranch's state-of-the-art kitchen situated in the middle of their rolling organic gardens.

The Extended Hiking Program: From meadows to the top of Mount Kuchumaa, where ravens soar. Choose from four different levels of breathtaking hikes each day.

