

# San Diego

MAGAZINE

# The Spa &

# Wellness Issue

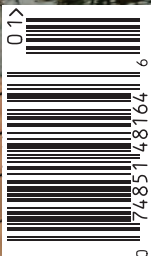
Meditation at  
The Spa at  
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# Wellness Retreats

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.

## Glen Ivy Hot Springs

**THE VIBE:** Luxury retreat with a partner or friends

**STAR TREATMENT:** Club Mud and the Grotto

Honestly, I don't like getting dirty. But if there's any place to find out whether there's a mud enthusiast buried in me somewhere, it's Glen Ivy Hot Springs in Riverside County, renowned for its therapeutic clay, waters, and grotto.

I began with an ayurvedic spa treatment and then dipped into several different pools, each with its own benefit. There were hot mineral baths, floating pools, and an Epsom salt hot tub to explore. Finally, I couldn't put it off any longer. It was time to enter Club Mud (yes, that's the name) before hitting the grotto. The order is important—the spa's website says California red clay draws impurities and toxins from the pores and is a natural exfoliant, while the grotto experience remoisturizes.

I gingerly stepped into the murky mud pool and relaxed into the brown water. For the first step, I dipped into the water to cover my body. Next, I grabbed a huge chunk of clay from a mud sculpture and caked myself from neck to toe. Then I let it dry in a sauna. As the mud hardened on my skin, I swore I could feel toxins being sucked out of my body. Is this how Neanderthals felt when they had a mud bath? I felt downright primordial. After I washed off the clay, my skin looked tawny and smooth. I descended into the grotto, an underground cave

where a "painter" brushed aloe vera, coconut oil, and shea butter on me. After I showered off, my skin glistened with minerals studded in my pores. Okay, so maybe playing in mud isn't so bad after all. —*Helen I. Hwang*  
25000 Glen Ivy Road, Corona;  
[glenivy.com](http://glenivy.com)  
[@glenivy\\_spa](https://www.instagram.com/glenivy_spa)



## 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.com](http://rancholapuerta.com)*  
[@rancholapuerta](https://www.instagram.com/rancholapuerta)

