

THE LUXURY LIFESTYLE MAGAZINE

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TRENDING FOR 2022









## RENEW, RELAX, UNPLUG

A shrine for wellness seekers  
for over 80 years,  
Rancho la Puerta in Tecate,  
Mexico will leave you  
feeling reborn.

By Kelli Delaney Kot @KDHampsons

Ready to embark on a new health and wellness journey this spring? Beautiful possibilities await in Baha at the ultimate destination fitness resort and spa, Rancho La Puerta.

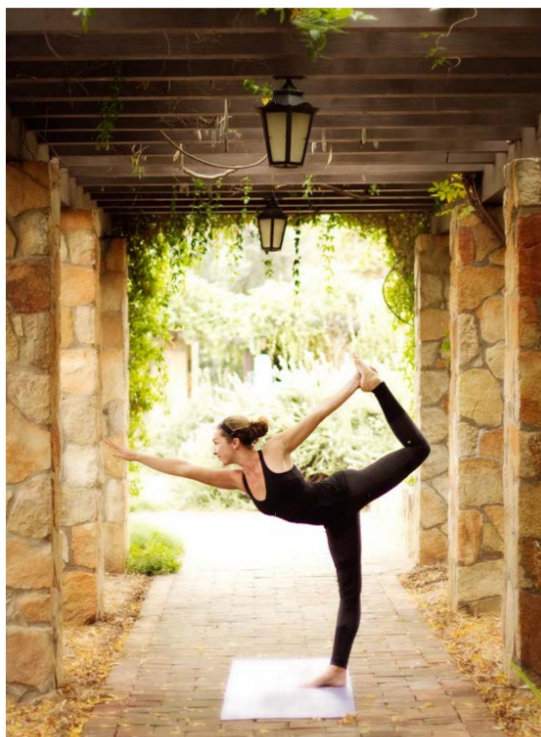
“The Ranch” is a retreat for super active guests who want to spend an intense week long program working on their mind and body, as well as enjoying indulgences including: a four-star organic chef, a spa sanctuary incorporating medicinal herbs and healing plants, manicured gardens, and charming Casitas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



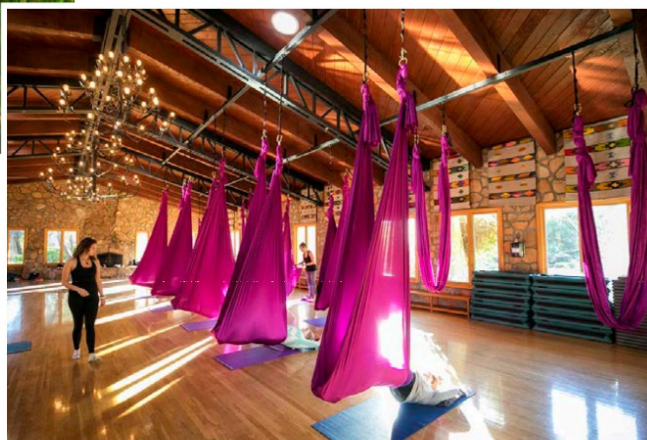
# ESCAPE



indulgences including: a four-star organic chef, a spa sanctuary incorporating medicinal herbs and healing plants, immaculate manicured gardens, and charming casitas to nest in after a full day of transformative activities.



The Ranch is not a spa where guests lay about in white puffy robes with cucumber slices covering their eyes. This is a retreat for energized people who want to dive into an intense week of hiking, fitness classes, yoga, meditation, and mindfulness, as well as enjoy







Since the Baja sanctuary was founded in 1940 by spa pioneers Edmond and Deborah Szekely, Rancho La Puerta has been attracting new guests and lifelong fans to its glorious private acres of gardens, mountains and meadows for decades.

Choose from one of the 86 cozy casitas tucked away throughout the property. While casita means "little house" in Spanish, many of the lodgings exceed 1,000 square feet with space for relaxing, writing and reflecting. Each has a distinct personality and architectural flair, boasting wood beamed ceilings, sweeping archways, and hand painted terracotta tiles. Most have fireplaces, a hallmark feature at The Ranch, and the friendly staff keep the hearth replenished with wood each day.





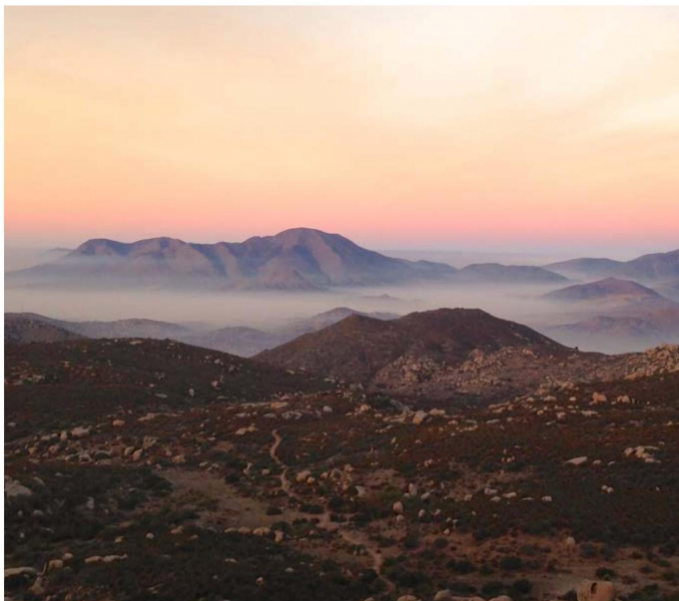
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With a staff of over 20 full time instructors, the fitness program is unmatched with a choice of five different classes offered every hour. Days begin with an early morning hike ascending Mount Kuchumaa, followed by a varied schedule of classes, including: Pilates, yoga, T'ai Chi, dance, circuit training, water sports, spinning, meditation, tennis, and more. The perfect recipe for healthy, fast, fun, weightless and wellness as well as a mind/body reboot in just one week.

## MAGIC MOMENTS

**HIKING PROGRAM:** With over 25 miles of trails offered, guests can choose from four different levels of breathtaking hikes each day. Trail runs traverse the 4,000-acre property, from meadows and streamsides to high up into the boulder-garden foothills of Mt. Kuchumaa, where the redtails and ravens soar. Choose from four different levels of breathtaking hikes each day.



### SOUND HEALING:

Therapeutic sounds are delivered by the sound healer playing different instruments, including crystal singing bowls, bells, gongs, drums, shakers, tuning forks, brainwave music, piano, guitar, and voice. The healing frequencies and vibrations bring the listener into a state of inner body/mind/heart/soul/spirit harmony.





**WATSU AQUATIC THERAPY:** Water-based bodywork performed in a 96' heated pool [the temp in the womb] which allows the spine to move in ways that are impossible on land, allowing for deep healing, and an out of body experience as you glide through the water like a mermaid.



## **HOLISTIC THERAPIES:**

Nurture your mind, body and spirit with private healing sessions from Craniosacral Therapy to Feldenkrais, Reiki, Massage, and beauty treatments.

**COOKING CLASSES:** Set in the heart of the six-acre organic farm, La Cocina Que Canta ("The Kitchen That Sings!") celebrates the magical results of cooking with just-picked



organic ingredients in a state of the art kitchen which is sited in the middle of the vast organic gardens. Pull your vegetables straight from the ground and learn how to prepare easy, delicious farm to table recipes to take home with you.

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*The Ranch motto is “Siempre Mejor”, which means “Always Better”.*

*Co-founder, Deborah Szekely, believes this must also mean  
“Always Changing.” The Ranch reflects this, from the ground up.*



photos via Rancho la Puerta and Kelli Delaney

*For information visit [rancholapuerta.com](http://rancholapuerta.com)*