

# american spa

## Deborah Szekely Turns 100

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(Photo credit: Deborah Szekely)

Deborah Szekely, the legendary spa and wellness pioneer, and healthful-living advocate, celebrates her 100th birthday on May 3, 2022. Szekely co-founded [Rancho La Puerta Fitness Resort and Spa](#) in Tecate, Baja California, Mexico, 82 years ago when she was 18 years of age. The resort's guiding principles, which range from healthy cuisine, body movement, restful sleep, and moments to bask in the sunshine, along with Szekely's enduring gratitude, genuine friendships, and deep compassion for every guest, has kept travelers returning year after year.

In celebration of her centennial year, Szekely will celebrate her birthday with a range of charitable initiatives, which span the following:

- 'Our Green Umbrella' Campaign: In lieu of gifts, friends of Szekely and The Ranch can donate to [Our Green Umbrella](#), a tree-planting campaign in Tecate, which will reflect Deborah's life of philanthropy and community action by accepting donations via the San Diego Foundation. The campaign focuses on schools, churches, parks, city streets, and homes in under-served neighborhoods.
- *100 Lessons From a Grasshopper*: Deborah's latest book that debuts on her birthday. The artful, tree-green book contains various aphorisms, epigrams, and humorous sayings gathered from her many talks with Rancho La Puerta guests. The title springs from her late-husband Edmond's habit of telling

Deborah that she has a "grasshopper mind"—one that springs from one idea to the next without stopping. The book will be available at Rancho La Puerta's [online gift store](#). All profits will go to Our Green Umbrella in Tecate.

- Community Celebration: On May 1, 2022, Ranch employees and friends of Szekey gathered at a city park in Tecate for a night of festivities, spotlighting local restaurants and chefs in Tecate, traditional Mexican snacks and desserts, dancing, and more.