

Wellness Living & Travel

# organic spa

MAGAZINE

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# Vida Saludable

News from Mexico's leading wellness retreats

By Becca Hensley

With a friendly, creative spirit in its cities and vitamin D-enriching sunny days on its coastlines, Mexico has long been a place we go to unwind, try something new or reset to thrive again.

While its contagious laid-back vibe grounds us, the nation's rich culture keeps us engaged. Add in good-for-you, homegrown

plants (avocados, chilis and coconuts, to name a few) and a heritage of indigenous healing and it's little wonder Mexico draws wellness seekers one and all.

From a landmark destination spa just south of San Diego to an Asian-inspired den of tranquility on the Riviera Maya, these healing oases offer a multitude of possibilities.



Rancho La Puerta





Banyan Tree, Mayakoba

## Banyan Tree, Mayakoba

Just biking around the Riviera Maya Mayakoba enclave that houses Banyan Tree Mayakoba can be transformative. A nature reserve, replete with wildlife (watch for the silly anteater-like coati and colossal iguanas), mangrove forests, undulating canals, lagoons, twisting pathways and sugary beaches, it tempts visitors to stay within resort borders.

The hotel, Asian-intoned and well-being-driven, features stand-alone thatched roof villas (reminiscent of the brand's flagship hotel in Phuket)—each with a personal pool. The Sanctuary Spa Pool Villas capture prime real estate on the lagoon, offering dedicated wellness menus and unlimited spa treatments to occupants. For those with trouble sleeping, Banyan Tree Mayakoba's new Wellbeing Sanctuary offers a full-fledged sleep program conceived in concert with a well-being host. Solutions such as ocean breath meditation by the sea and pre-sleep bath and body rituals help bring on the zzzzs.

## Rancho La Puerta

The prototype for contemporary wellness retreats, The Ranch may have seemed quirky, cultish and offbeat to some when it opened in 1940 as a yoga-driven fitness farm, cradled in mountainous Tecate, an hour south of San Diego. Nevertheless, it quickly attracted Hollywood glitterati and other celebrities, as well as health buffs angling for repose.

Eighty years later, still family-owned, elegantly evolved (but with the same soul and targeted goals to support mind, body and spirit betterment), The Ranch unfolds across 4,000 acres of unspoiled terrain, some of that garden-dotted and crisscrossed by hiking paths.

Dreamy white casitas with colorful interiors and Mexican art set a mood, an organic garden proffers healthy meals, a spa beckons and instructors lead an astonishing array of 80 classes and workshops from Pilates to aquatics to cooking. Curate your own program with three-, four-, seven- or 21-day packages.



Rancho La Puerta