

POTOMAC

LIFESTYLE™

HEALTH + WELLNESS

HEALING AT
REGENERATIVE ORTHOPEDICS
AND SPORTS MEDICINE

RANCHO LA PUERTA
WELLNESS RESORT & SPA

LAURA ROSE AND
MALAMA HONUA HEALING

DR. PAUL COOPER
30 YEARS OF FOOT FERVOR

***Health &
Wellness Issue!***



JANUARY 2023
CITYLIFESTYLE.COM

An Elegant Balance of Nature's Harmony

*Rancho La Puerta Wellness Resort and Spa
has embodied wellbeing since 1940*

ARTICLE BY JACK HARTZMAN
PHOTOGRAPHY BY MONICA VIDAL
& JACK HARTZMAN

From the moment you meet the awaiting staff in the San Diego airport terminal, it's hard not to notice the sincere smile of inner happiness they have because you are there. The staff is friendly beyond words, completely bilingual and so excited for you to experience their Ranch.

A short journey by bus takes you to the USA/Tecate border, where the staff walks you into Mexico without issue. The RLP staff guides you through the process and once thru, helps you onto the shuttle that takes you to this magical place, a short 10 minutes away. Entering the RLP gates, reminded us of the special feeling you get in one of those famous Florida resorts, minus the mouse and everything commercial. The elegant balance of nature's harmony and the beauty of the grounds and buildings have made Rancho La Puerta a perfect retreat for more than 40 years.

My wife and I have traveled the globe for a myriad of photography assignments over 30 years, and none have left us as speechless and starry-eyed as this world-class wellness resort and spa. More than 4,000 acres

(six square miles) to see and enjoy alone or in groups, while every aspect of your day and evening has been thought through, but not over-programmed.

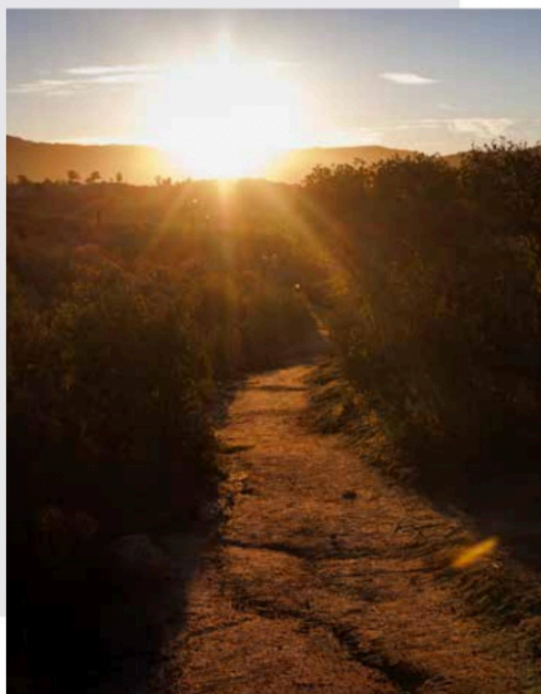
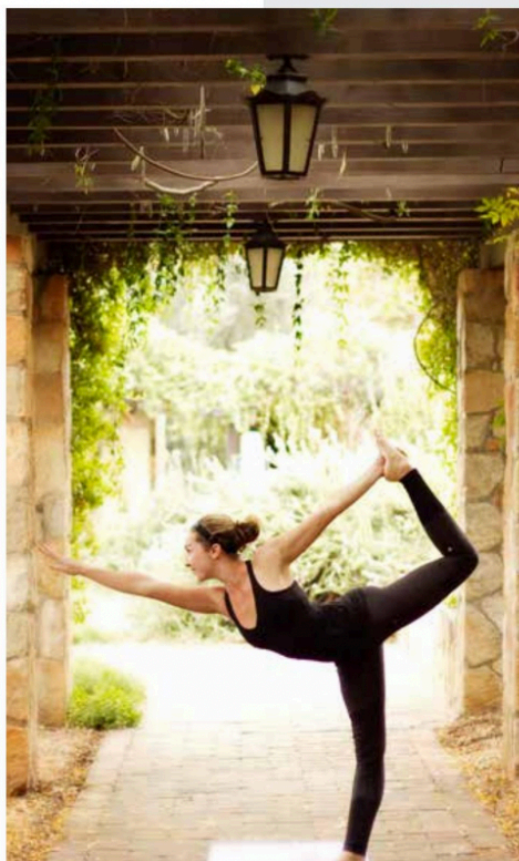
The first-day orientation pearl of wisdom came from David, one of the resident staff who said, "it's OK not to do everything, sometimes it's OK just to listen to the birds chirp." Great words to live by, especially there. Once in the dining hall, your senses of smell, taste, and touch will be taken to a new level. 75% of the food served comes from the organic garden on the property. As stated right on their website, "La Cocina Que Canta ("The Kitchen That Sings!") celebrates the magical results of cooking with just-picked organic ingredients. The colors, aromas, and tastes that emanate from La Cocina are nothing short of amazing." I promise you won't go hungry with three amazing meals a day, not to mention snacks and smoothies between meals.

Enjoy shopping, a coffee shop and wine bar all in the same place when you visit Bazar de Sol overlooking the NEW RLP private residence expansion. This new endeavor is for those looking to truly live a lifestyle unlike anything in the USA. Visit rancholapuerta.com to learn more.

Rancho La Puerta offers you every opportunity to truly disconnect from everyday life and find your inner self. Reconnect with yourself and your special someone on a hike in the hills, or while taking advantage of the multiple full-service health centers, spa



**Monica
& Jack Hartzman**



TOP:
Photo courtesy of Rancho La Puerta

RIGHT:
On our Sunrise Hike

LEFT:
Abundance of Wellness Activities Included,
Photo courtesy of Rancho La Puerta

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treatments, or while playing tennis or even Pickleball.

We thought it a bit odd when we first got on the bus from the airport and were presented with a folder of RLP information including several sheets of paper that told us who would be joining us for the week and the part of the country or world they came from. Monica and I were so surprised to see how many people were there from the northeast. (Please note the photo of 11 women all currently or previously from Montgomery County.)

The ranch has a permanent staff as well as guest presenters and teachers. I was personally excited by seeing a "Story-Teller" (presenter) named Joel Ben Izzy." This late afternoon and evening program transported me through my earliest childhood memories to professional challenges and how to explain them to others. Joel hails from Berkley, California which is also where I grew up – more magic of this place and how it brings people together.

A few short paragraphs can't truly explain how you meet people and find out how everyone seems to have something in common. We will never forget this week at the Ranch, the people we met from Toronto, California, Idaho, Florida and the DMV.

We can't wait to get back.



TOP: Photo courtesy of Rancho La Puerta

BOTTOM: Ladies of Potomac: Andrea Glickson, Liz Rose, Elise Feingold, Andrea Shandell, Terry Whitehouse, Kathy Sklar (standing), Carol Koenigsberg, Susan Kitt, Jodee Lichtenstein, Barri Bernstein, Diane Zack (formerly from Chevy Chase, now living in the Bay Area)

