

SAN DIEGO • LIFESTYLE • WELLNESS

The Ultimate Wellness Guide to San Diego

Feel brand new with these wellness activities, from spas to sports.

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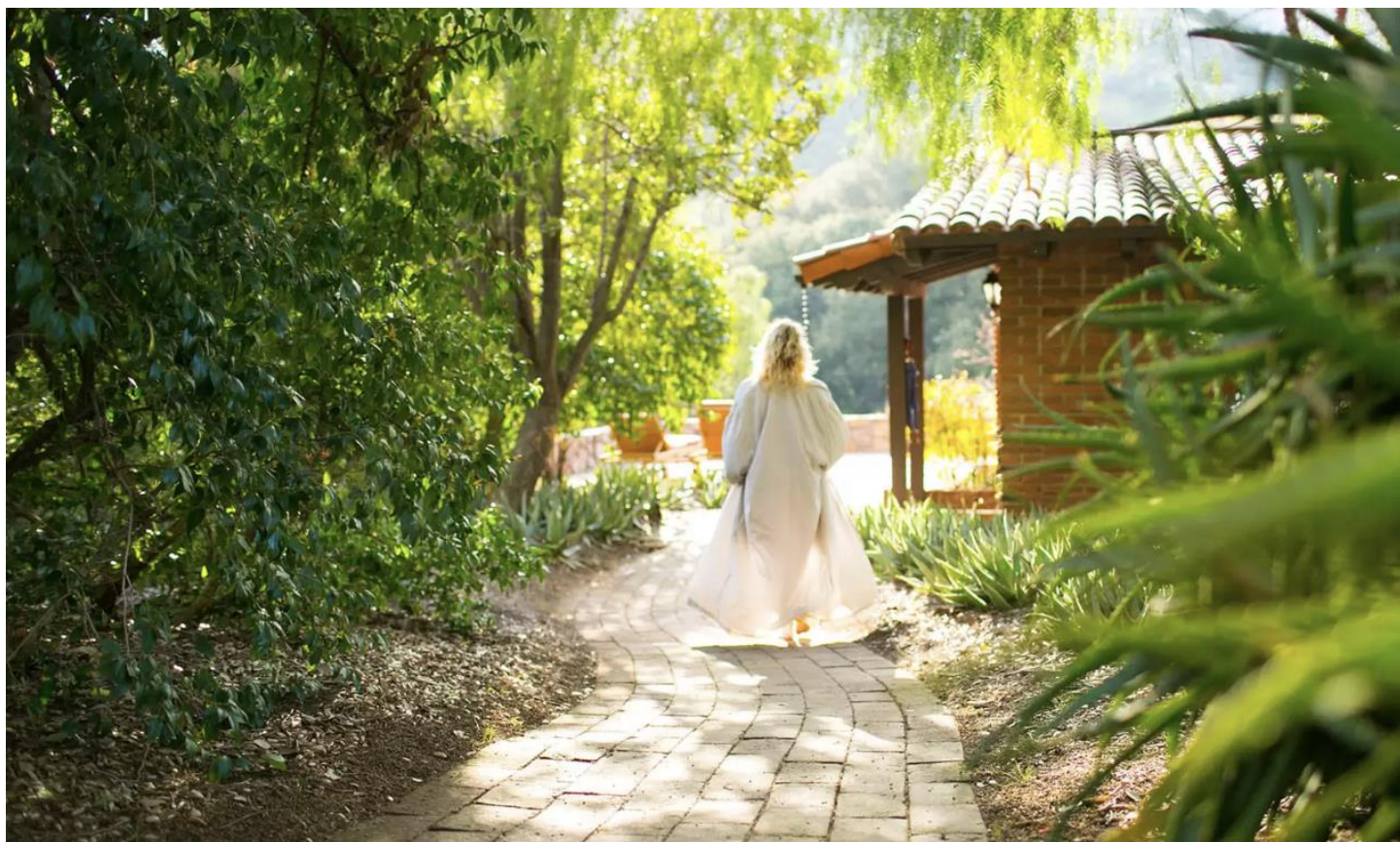


Photo courtesy of Rancho La Puerta

Now that we've survived the holidays and the year that was 2023, it's time to relax, recharge, and face 2024 with confidence. Rather than setting a list of goals you probably won't keep, take charge of your internal and external wellness by visiting a spa for a massage, communing with nature, or challenging yourself with a new sport or class. Fortunately, San Diego has nearly unlimited options for chilling out, from treatments by the sea to stress-busting hikes. We've taken the guesswork out by researching the very best wellness spas, adventures, and getaways for you. Here's our list of San Diego's premiere choices for your best year yet!



Rancho La Puerta shuttle



 Tecate

Look out for: An indulgent spa experience in luxurious surroundings. Refresh your body, mind, and soul while you pamper yourself at the uber-luxe Rancho La Puerta in Tecate, Mexico. The 4,000 acre fitness resort includes forty miles of hiking trails, acres of gorgeously landscaped gardens, an organic farm, yoga, spa treatments, and dozens other activities from meditation to pickle ball. It's also home to La Cocina Que Canta, a cooking school where you'll utilize ingredients fresh from the farm in healthy dishes you can reproduce at home. A valid passport is required to travel to Tecate, and if you are staying 7-nights or longer you will need to pay for a tourist permit (FMM form, \$43 cash) to Mexico Customs and Immigration.