



The Whole Health Resource for Wellness Spa Professionals

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## 4 Resorts Offering Wellness Retreats to Begin the New Year

Jan 4th, 2024



Clients can get a jump start on their [New Year's resolutions](#) at an extended wellness retreat, spending winter in a beautifully warm climate full of energy-healing opportunities within nature. These four resorts offer unique wellness retreats throughout the first couple of months of 2024.

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#### **4. Rancho La Puerta, Baja, California**

**Rancho La Puerta** offers specialty weeks year-round, featuring visiting guest speakers, talented performers and workshop leaders—authors, politicians, musicians, artists, M.D.s and other leaders in their fields.

Guest speakers in Early 2024 include The BURN Bootcamp with Tony Lattimore from January 6-13, Cardio & Strength with Krista Popowych from January 27 - February 3, 2024, Qigong for a Healthy Body and Peaceful Mind with Samuel Barnes from February 17-24, 2024, and Iyengar Yoga with Anna Delury from March 6-19, 2024.

The resort will also feature guest chefs Carlos Gaytan, Jeanne Kelley, Robin Asbell and Denise Marchessault, respectively.

At The Ranch, guests that book a 7-night stay between Dec. 30-Jan. 6, Jan. 6-13, Jan. 13-20, or Jan. 20-27, 2024, will receive a complimentary Ranch Classic Massage (50 min.), Ranch Reflexology (50 min.), Herbal Wrap (30 min.), Custom Facial (50 min.) and bottle of wine (choice of red or white) from Baja's celebrated Valle de Guadalupe region.

