

# Evening Standard

## 10 of the best digital detox retreats from around the world

From a monastery in the remote Italian countryside to tree lodges in the heart of the Yorkshire Dales, Emma Loffhagen picks out the best phone-free retreats to help you completely disconnect



“ I feel like I need a holiday from my holiday!” It’s a phrase which has become much-maligned due to its overuse, but one we’ve all been guilty of uttering on the first day back to the office after a week away.

But when does a holiday become... not a holiday? Well, it might have something to do with our phones. Think about it: is it really possible to completely switch off when we’re being bombarded by a barrage of pings and rings from the moment we wake up? Or when every picturesque view or aesthetic meal comes with the ever-present pressure to post on the ‘gram? And, while you’re at it, would it really hurt to reply to just that one email...

We all spend far more time staring at our screens than we’d like to admit, but completely detoxing from tech is easier said than done. In fact, 50 per cent of the adult UK population spend 11 hours a day behind a screen, according to data from Unplugged, the UK’s first digital detox escape.

“In the last three years, especially since the pandemic, people are using their phones more than ever,” says Hector Hughes, co-founder of Unplugged. “High screen time paired with increased work pressures and burnout means people are more stressed than ever.

“What happens when you remove all distractions from the equation and truly switch off and relax? The result: a recharged mind, a clearer perspective, and a sense of calm that has been missing.”

Luckily, a host of retreats have cropped up over the last few years dedicated to helping us kick our tech addiction. We’ve picked out the very best from across the globe below.

## **Rancho La Puerta, Mexico**



Rancho La Puerta / Rancho La Puerta

With the likes of Oprah Winfrey, Kate Winslet and Jane Fonda as part of its A-list clientele, it's no wonder Rancho La Puerta has become so popular among the wealthy California wellness set. The multi-award-winning spot, known simply as The Ranch amongst regulars, is secluded retreat at the northernmost tip of Mexico's Baja California. A "digital noise-free environment" policy is in operation throughout - guests are given a little sleeping bag for their phones on arrival, and there are only a select few WiFi areas. And with 325 fitness classes to choose from over the course of a week, a jam-packed wellness programme and glorious hikes to boot, it's no wonder the celebs can't get enough.

*From £3,200 per week, [rancholapuerta.com](http://rancholapuerta.com)*