

— 150 —
SPAS
YOU NEED
TO VISIT BEFORE
— YOU DIE —

A selection of the 150 most
wonderful spas in the world
— each having a unique
story to tell. From
South Korea to Morocco
and from Switzerland
to Costa Rica.
By Devorah Lev-Tov —
Enjoy!



Lannoo

23 THE SPA AT RANCHO LA PUERTA

Carretera Mexicali-Tijuana Km 136.5,
21520 Rancho La Puerta, Tecate, Baja California, Mexico

TO VISIT
BEFORE YOU DIE
BECAUSE

Rancho La Puerta is a pioneer in the realm of wellness retreats, with decades of wisdom and experience.

Rancho La Puerta is one of the original family-owned and operated fitness and spa resorts, opened in 1940 in Baja California. Situated on 4,000 private acres of gardens, mountains, and meadows, this retreat offers more than 80 fitness classes, including TRX, yoga, and Pilates, as well as 40 miles of rigorous hiking trails. The spa offers a comprehensive range of treatments and therapies from craniosacral therapy and acupuncture to Feldenkrais, reiki, and watsu. The spa experience is enriched with elements of local culture as seen in treatments like the cacao butter and sugar scrub, followed by a yogurt and honey mask, and a deeply indulgent cacao butter massage as offered in the Xocolatl Skin Replenishment.

