



## PRESS RELEASE

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**Media Contact**

J/PR

[rlp@jpublicrelations.com](mailto:rlp@jpublicrelations.com)

### **RANCHO LA PUERTA NAMED #1 INTERNATIONAL DESTINATION SPA BY TRAVEL + LEISURE READERS FOR SIXTH TIME IN 10 YEARS**

*The Leading Fitness and Wellness Resort Tops Annual "World's Best" List as the  
No. 1 Top International Destination Spa*

**TECATE, Baja California, Mexico (July 9, 2024)** – Travel + Leisure today announced the results of its 2024 World's Best Awards with [Rancho La Puerta](#) ranked No. 1 Best International Destination Spa as voted upon by its readers. This is the sixth time in 10 years that The Ranch has landed the prestigious top spot, and the 13th year being acknowledged as a Hall of Fame winner.

Each year, Travel + Leisure recognizes the top hotels, islands, cities, cruise lines, airlines, spas, and more around the globe, according to the results of the Travel + Leisure World's Best Awards 2024 readers' survey. Readers rated spas on the following characteristics: accommodations/facilities, treatments, service, food, and value.

"We are incredibly grateful and humbled to receive this accolade by the respected readers of Travel + Leisure once again," said General Manager Eliezer Quiñones. "This achievement is a true testament to our incredible team and beloved guests, who we consider our friends and family. We take great pride in having the ability to offer the magic of The Ranch to our community to move, relax, heal, learn, and grow in mind, body, and spirit."

Rancho La Puerta was founded in 1940 by spa pioneers Deborah Szekely and her late husband, Edmond Szekely, both progenitors of the modern wellness resort and spa movement. Since its beginnings, The Ranch has created a wellness community that prioritizes true mind, body, and spirit balance. Rancho La Puerta now encompasses 4,000 acres of organic gardens, mountains, and meadows paired with 40 miles of trails, robust fitness offerings, spa treatments, semi-vegetarian style cuisine, and more. The classic weeklong program first developed at Rancho La Puerta is a healthy blend of active, challenging exercise, stretching, and relaxation, which ranges from meditation and massage to simply enjoying the pleasures of a peaceful patio or shady hammock. New this year includes Menopause Retreats, Grief Retreats, Pickleball Weeks, Forest Bathing Weeks, and more.

Travel + Leisure's World's Best Awards are an essential, trusted source for inspiration and guidance as travelers make plans to set out on trips around the globe. This recognition is a powerful testament to the experience you provide, as the Travel + Leisure World's Best Awards is a leading barometer of the places and companies that satisfy some of the most passionate and discerning travelers out there now.

The 2024 World's Best Awards list, as well as survey methodology, are currently featured on [www.travelandleisure.com/worldsbest](http://www.travelandleisure.com/worldsbest) and will appear in the August 2024 issue of the magazine.

For more information or to book a stay at Rancho La Puerta, please visit [www.rancholapuerta.com](http://www.rancholapuerta.com) or call 800-443-7565.

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### **About Rancho La Puerta**

Founded in 1940 and the first true fitness resort and spa in North America, Rancho La Puerta welcomes guests to 4,000 private acres of gardens, mountains, and meadows with an approach to wellness that strikes a true mind, body, and spirit balance. Facilities, programs, and amenities are all available for exclusive use by guests during three-, four- or seven-day stays. Inclusive rates cover accommodations, fitness classes, hikes and activities, gourmet vegetarian meals (seafood options included), activities, and special presentations. Spa treatments, personal training sessions, and cooking classes at The Ranch's La Cocina Que Canta cooking school are available à la carte throughout the course of a stay.

Situated at the juncture of the Laguna and Sierra Juarez mountain ranges, Rancho La Puerta is located 3 miles from the Tecate, Baja California, U.S.-Mexico border and a one-hour drive from downtown San Diego.