

SPA & BEAUTY *today*

THE 12 BEST SPAS IN MEXICO

DONNA SOZIO · JUNE 5, 2024

A spa experience in Mexico is unlike any other. Steeped in mysticism and ancient healing techniques from Mexico's indigenous pre-Hispanic cultures, this spa list takes you on a wellness journey from Riviera Maya and Tulum to Puerto Vallarta, Mexico City, and Baja California.

From elevated all-inclusive spa wellness resorts to boutique barefoot luxury spas, you'll discover restorative healing techniques that date back thousands of years. Blending modern technology with the healing properties of Mother Nature and energetics, Mexico's spas offer much more than just a massage or a facial as master practitioners reveal an ancient culture of healing and connection to the mind, body, and soul.

Read on to discover our picks for the 12 best spas in Mexico. If you're looking for the best deals on flights to Mexico, click [here](#).

Rancho La Puerta

Carretera A Tijuana Km 5, Tecate 92046-3057 Mexico; 1-800-443-7565



To disconnect from busy culture and give yourself the rejuvenation you deserve, this all-inclusive wellness and spa retreat is just the magic you're looking for. Turn off your cell phone, turn on your senses, and immerse yourself in over 4,000 acres of transformative natural beauty at [Rancho La Puerta](#).

Just a few miles across the U.S. border in Tecate, you'll truly relax in your own casita with a fireplace and private patio. Lush landscaping blooms with wisteria vines, tulips, and bright desert flowers that alight your path enroute to meditation, chanting, sound baths, Gyrokinesis®, yoga, and of course, the spa.

Choose between three full-service holistic health centers for curative treatments like the Classic Ranch Massage, Japanese Restorative Facial, and a Scalp Treatment. Holistic therapies also include Craniosacral Therapy, Feldenkrais®, Reiki, WATSU®, and more. Invigorating early morning hikes are just one of the over 50 fitness and wellness offerings every day as part of Rancho La Puerta's transformative programming.

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