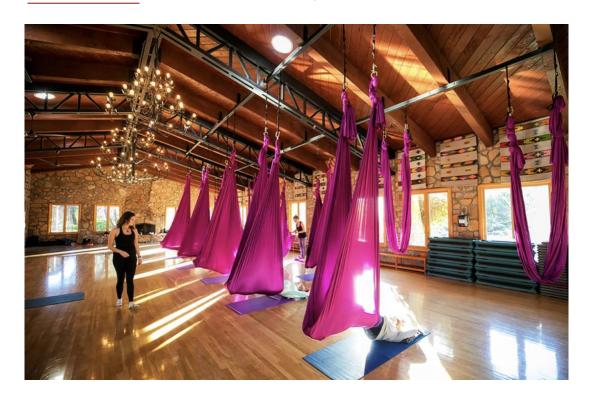
## TOWN&COUNTRY

## A Snob's Guide to Fitnesss Spas

These retreats give you a potent combo of intense physical workouts, science-based treatments, and a big dollop of coddling.

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f exercise is the true fountain of youth, these properties shine with their vast selection of fitness classes, sports, and hiking trails, all supported by healthful meals and a menu of massages and body treatments.

## Rancho la Puerta

Mexico



A nice nook to come home to after hiking the hills around Rancho La Puerta.

The tents of this 4,000-acre "health camp" founded in 1940 in the mountains of Baja California have been replaced by 86 casitas (and new palatial residences), but Rancho La Puerta's formula remains: transformation through vigorous exercise, healthy food, and the great outdoors. There are five fitness classes offered every hour, 325 instructor-led activities each week, and a multitude of spa treatments, cooking classes, and more. The return rate is 60 percent.