

GENTLEMAN'S JOURNAL



Unplug and unwind: The best digital detoxes around the world

From a remote Scandinavian cabin to an oasis for A-listers, these are the tech-free retreats that will leave you feeling rejuvenated and restored

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Getting away from it all shouldn't mean parking on a sun lounger and scrolling Instagram, or responding to work emails between bites at the breakfast buffet. But such is the reality in today's hyper-connected world. It's no surprise that travellers are seeking out offline experiences that force them to be truly present. And luckily, their calls are being answered, with an increasing number of destinations now offering luxury off-grid accommodations and digital detoxes. Feeling game? Ditch the devices and check into one of these rejuvenating retreats.

Rancho La Puerta, Baja California, México



The secluded Rancho La Puerta at the northernmost tip of Baja California has been a renowned wellness retreat since it opened in the 1940s. It remains the go-to destination for Hollywood A-listers and wealthy wellness obsessives, who flock to it for holistic therapies, fitness classes and organic treatments. It also serves as the ultimate escape for those looking to recuperate from burnout or overcome an over-reliance on technology, thanks to a “digital noise-free environment” policy: guests are given a sleeping bag for their phones on arrival, and only a select number of areas throughout the grounds offer WiFi access.