

# Embark On A Wellness Journey In Nature's Embrace At Rancho La Puerta Wellness Resort And Spa

BEAUTY, WELLNESS September 18, 2023 Brooke Klaiman



Each individual has a unique interpretation of what their wellness journey encompasses. For some, it may involve a monthly facial, weekly yoga sessions, and daily meditation practices. For others, their approach might be more intensive. Does one approach hold superiority over the other? Certainly not. However, from our perspective, we've found value in venturing beyond your comfort zone and embracing a wellness journey unlike any you've experienced before.

It's time to escape from the grip of our phone-addicted, everyday society and embrace the great outdoors. And where might this adventure lead you, you ask? Welcome to the very birthplace of the "fitness resort" and spa, in the landscapes of Tecate, Mexico—where **Rancho La Puerta** eagerly awaits your arrival.

Prepare to uncover a breathtaking paradise that stretches across 4,000 acres of private gardens, mountains, and meadows, transporting you to your personal sanctuary. Since its establishment in 1940, Rancho La Puerta has embodied well-being. It's here where guests can embark on a unique journey of rejuvenation and spiritual escape, allowing them to decide whether to stay for the full week, from Saturday to Saturday, or opt for shorter, three or four-night stays. And don't be taken aback if you come across returning guests, some of whom proudly declare their multiple visits, numbering as high as 17 or even 50 stays!

At Rancho La Puerta, individuals not only experience their best selves but also forge genuine connections with others. It's no wonder they keep returning for more, especially after experiencing the array of offerings available here.



## Explore Nature

Guided hikes and trail runs through the expansive 4,000-acre property. Whether you're a casual runner or looking to casually hike up Mt. Kuchumaa, both the Hiking and Running Retreat programs are available. Both options will be expertly guided by Rancho's staff, ensuring you get the most out of your experience. Their seasoned guides will take you on a journey through a variety of landscapes, from tranquil meadows and babbling streams to the enchanting boulder-strewn foothills of Mt. Kuchumaa, where you'll have the chance to witness the majestic red-tailed hawks and graceful ravens soaring through the skies.

## Engaging Speakers and Workshops

Each week, Rancho La Puerta invites accomplished guest speakers, including authors, politicians, musicians, artists, and leaders in various fields, to host enriching afternoon workshops and inspiring evening lectures (Check out the **Events Calendar** for details).



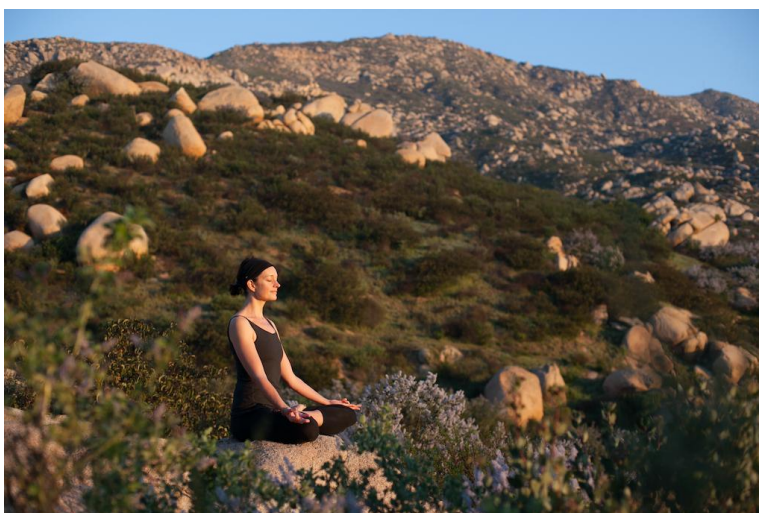
## Fitness and Wellness

If you are someone who cherishes their daily workout, rest assured that Rancho La Puerta does not fall short in this department. In fact, you might find yourself spoiled when deciding on which **fitness class** to choose. With over 50 daily fitness classes, you'll have the opportunity to take part in dynamic options such as HIIT, Hydro-Fit, Barre, kickboxing, cycling, salsa, and many more. Additionally, you can join in on invigorating mind-body classes, including mat and aerial yoga, meditation, sound healing, and Feldenkrais, all under the guidance of some of the world's finest instructors. At Rancho La Puerta, the possibilities are endless, allowing you to create a fitness and wellness experience tailored to your desires.



## Spa and Healing Sanctuary

Elevate your sense of well-being with their diverse range of **spa treatments and therapeutic sessions** - among our personal favorites. These rejuvenating experiences allow you to unwind, restore balance, and discover inner harmony during your stay. The spa offerings encompass holistic therapies, massages, body treatments, revitalizing facials, and soothing herbal wraps. These services are meticulously designed to promote both physical and mental wellness, ensuring relaxation and equilibrium. Their highly skilled therapists ensure you emerge refreshed and revitalized.



## Mindfulness Reflection

Deep breath in, and exhale... Rancho La Puerta provides a sanctuary for disconnecting from life's noise, a precious rarity in today's world. On-site, you can partake in their Mindfulness Reflective classes, providing an opportunity to reconnect with your inner self and explore your inner terrain without the ceaseless distractions of the external world. Rather than relying on your typical meditation "app" to disconnect, these classes will gently lead you toward tuning into your own spirit, fostering a serene and mindful experience.



## Healthy Spa Cuisine

The resort takes pride in its inclusive and **health-conscious spa cuisine** and it's apparent. Throughout your stay at Rancho La Puerta, your culinary journey will be meticulously curated, featuring the freshest seasonal ingredients sourced from the on-site garden. If you're keen on mastering the art of healthy cooking, put your aprons on and get ready to chef up at the renowned culinary school, La Cocina Que Canta under the expert guidance of Chef Denise Roa.

Situated on Rancho La Puerta's 6-acre organic farm, the restaurant offers predominantly vegetarian cuisine. Chef Denise Roa's fresh farm-to-table meals are delicious and align with the spa's commitment to promoting overall well-being. Her culinary approach seamlessly blends her cultural heritage with the nutritious "spa cuisine" pioneered 75 years ago by Rancho La Puerta co-founder Deborah Szekely.

The property, the treatments, the classes, and the mission are undeniably unique. Whether you seek a tranquil escape or aim to embark on a wellness retreat, Rancho La Puerta offers a diverse array of opportunities tailored to your needs. If you are interested in embarking on this journey and experiencing the beauty of Ranch La Puerta, you can find all the details at <https://rancholapuerta.com>.