

lifestyles

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divine departure

Rancho La Puerta in Tecate, Mexico guarantees a wondrous and transformative experience of a lifetime.

BY ERIN MICHELLE NEWBERG

Founded by Deborah Szekely - the visionary behind Golden Door, Rancho La Puerta is refreshingly unpretentious simultaneously while maintaining an aura of quiet luxury. Surpassing all expectations, The Ranch may be the perfect getaway for those seeking to disconnect from the hustle and bustle of a fast-paced world.



"In the past, I visited with family and small groups of women, and found that no matter where I am in my life, it always meets me emotionally," explained Elizabeth Mann, a retired judge and attorney from Indiana. Over breakfast by the pool one morning, she said that, "After I recently lost my best friend I was depleted and so dry. Returning alone, The Ranch has filled me up, healing me, whether gazing at the majestic mountains, getting a massage, or sipping on my morning espresso, I ask myself, 'how can you not appreciate this oasis?'" For the record, this was Mann's 45th visit.

And what's not to love? Providing three organic meals daily, primarily sourced from on-premise garden, the notable spa services like the deep-tissue massage and renowned Watsu water treatments are legendary. The Ranch offers dozens of daily experiences led by field experts that challenge guests to immerse themselves for a week in activities designed to push boundaries ('way-too-early' morning hikes come to mind.) There are sexy Burlesque classes, Pickleball, Pilates, Booty Blast courses, balance ball, and stretch options. You name it, The Ranch got it.

Naturally, there are plenty of thought-provoking lectures covering a range of topics, from sleep and stress to gut health allocutions, all of which are led by gurus like Dr. Victoria Maizes, the executive director of the Andrew Weil Center for Integrative Medicine at the University of Arizona College of Medicine. I attended a conversation led by 'The Veggie Queen' Jill Nussinow, and signed up for an intimate cooking class led by top chefs at 'La Cocina Que Canta,' a state-of-the-art kitchen on the organic farm.

From the impeccable, jaw-dropping landscaping to the excellence of the staff and their level of expertise, the care and skill are evident throughout the property. The Ranch's success is due to the efforts of the 101-year-old Szekely, who remains actively involved, greeting guests as she attends the weekly sessions. This philanthropist, activist, and writer values her employees by celebrating their personal milestones and providing them with educational opportunities. Szekely's spirit and entrepreneurial savvy prove that in wellness and business, hard work, effort and persistence equal success. rancholapuerta.com

COURTESY OF RANCHO LA PUERTA

