

# lifestyles

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# the divine departure

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

BY ERIN MICHELLE NEWBERG

**F**ounded by Deborah Szekely - the visionary behind Golden Door, Rancho La Puerta is refreshingly unpretentious all the 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, while seeking to connect with self.







"In the past, I have come 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 lawyer from

Indiana I met during my stay while enjoying breakfast by the pool one morning. "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 you cannot 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 that 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 ranging from sleep, stress, and gut health allocutions 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. In no small part the secret to The Ranch's success is the 101-years old Szekely, who remains actively involved, greeting guests as she attends the weekly Q&A 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 continue to prove that in wellness and business, what you put in is what you get out.

**[rancholapuerta.com](http://rancholapuerta.com)**

