



# THE RANCH

The Ranch is a collection of restorative destinations designed for people who desire a meaningful and positive change in their life. Through dynamic, results-driven, structured wellness programs, we aim to rejuvenate your physical and mental health in environments that foster inner harmony and self-discovery.

## COME ALIVE AT THE RANCH

Our unparalleled approach combines the power of human connection with personalized expertise in an environment designed for success. Through the guidance of our talented team who educates and nurtures our guests each week in a journey that can lead to an improvement in mental and physical health including fat loss, muscle gain, full body detoxification, mental clarity and an increased sense of self-confidence & empowerment. Whether you opt for our signature weeklong, 9-day or Private Program at our tranquil Malibu Ranch, or our 3- or 4-night immersion in the picturesque Hudson Valley, expect to shed inches, lose unwanted pounds and clear the mind.





### THE RANCH MALIBU

*Reset the mind & body with our transformative, weeklong fitness & wellness regimen.*

7 DAYS / MALIBU, CA

- 6-Night, 7-Day Signature Stay (Sun. - Sat.)
- Sequestered in nature at our tranquil Malibu ranch
- Limited to 25 guests each week
- Connectivity limited to in-room Wi-Fi
- Bod Pod Body Composition Analysis
- Available for multi-week stays and offered 52 weeks / year
- Pricing includes all fitness programming, a daily massage each full day, meals and accommodations
- Option to add a Saturday night stay (pre-/post- program)



### THE RANCH PRIVATE

*Craft a personalized experience to maximize results while limiting group interaction.*

7 DAYS / MALIBU, CA

- 6-Night, 7-Day Stay for Private Groups of 1-4 (Sun. - Sat.)
- Sequestered in nature at our tranquil Malibu ranch
- Limited to 2 groups of 1-4 people (coming together) each week
- Connectivity limited to in-room Wi-Fi
- Bod Pod Body Composition Analysis
- Available for multi-week stays and offered 52 weeks / year
- Pricing includes private fitness programming, daily massage each full day and private meals & accommodations for a personalized experience
- Option to add a Saturday night stay (pre-/post- program)



### THE RANCH 9.0

*Arrive early and stay late for a complete immersion at our Malibu retreat.*

9 DAYS / MALIBU, CA

- 8-Night, 9-Day Wellness Experience (Sat. - Sun.)
- Sequestered in nature at our tranquil Malibu ranch
- Limited to 25 guests for the group program or 2 groups of 1-4 as a private stay
- Connectivity limited to in-room Wi-Fi
- Bod Pod Body Composition Analysis
- Offered 52 weeks / year
- Pricing includes all fitness programming, a daily massage each full day, meals and accommodations



### THE RANCH HUDSON VALLEY

*Jumpstart your path towards better health with the option of shorter stays.*

4 or 5 DAYS / HUDSON VALLEY, NY

- 3-Night, 4-Day & 4-Night, 5-Day Signature Structured Program
- Secluded environment at our historic country estate less than an hour from New York City
- Limited to 25 guests
- Ability to stay connected
- Diagnostic testing including Bod Pod body fat analysis
- Offered 52 weeks / year
- 3-Night program is offered Monday - Thursday, 4-Night program is offered Thursday - Monday
- Pricing includes all fitness programming, a daily massage each full day, meals and accommodations



## A DAY AT THE RANCH

With a return rate of more than 50%, guests trust The Ranch to provide a memorable experience with both mental and physical rewards. You'll meet your fitness, nutritional, weight loss and detox goals through our structured and intimate programs. Limited to 25 guests /session, your routine in each program includes up to 6 hours of exercise, complemented by an organic, nutritionally-dense plant-based, with a daily schedule featuring the following:

### MORNING PROGRAMMING

- Gentle guest wake-up with Tibetan chimes
- Morning stretch
- Breakfast - Coconut parfait topped with fresh fruit and Ranch granola
- Choice of 2- or 4-hour mountain hiking
- Lunch - The Ranch burrito bowl

### AFTERNOON PROGRAMMING

- Naptime
- Low impact strength training / core-focused fitness class that builds upon your progress as the week goes on
- Massages
- Restorative Yoga
- Dinner - Portobello steak, swiss chard and garlic celeriac mash
- Bedtime





# THE RANCH MALIBU

Unplug from your busy daily life and recalibrate the mind and body through an “off-the-grid,” weeklong fitness program in Malibu, California. Nestled amidst the scenic Santa Monica Mountains and perched on 200 acres of rugged coastline, The Ranch Malibu is set on a historic working ranch and provides the perfect setting to calm the mind, return to nature and focus on your health and wellness goals. In this sequestered environment, guests participate together in the active program, building camaraderie, encouragement and fostering a deeper connection amongst the group each week.

## 7-DAY SIGNATURE STAY

Upon completion of the program guests feel both physically and mentally transformed, logging miles of hiking, shedding unwanted pounds and inches, emanating a vibrant, healthy glow and regaining mental clarity and peace of mind. A weekly garden tour, cooking demonstration and a full list of recipes are offered along with nutritional and fitness guidance from The Ranch experts, that continues after departure, to support guests in sustaining the benefits of their stay.

*“ With the help and encouragement of the staff and other guests, I was able to push myself past my comfort zone and achieve more than I ever thought possible. I left with a whole new outlook on diet and fitness that I know I will carry with me for life. ”*

*- L.G.*



**WOMEN AND MEN ROUTINELY LOSE 3%-6% OF THEIR BODY WEIGHT ALONG WITH SUBSTANTIAL INCHES OF FAT LOSS AND MUSCLE GAIN, IMPROVED CHOLESTEROL LEVELS, BALANCED IMMUNE SYSTEMS AND MENTAL CLARITY.**

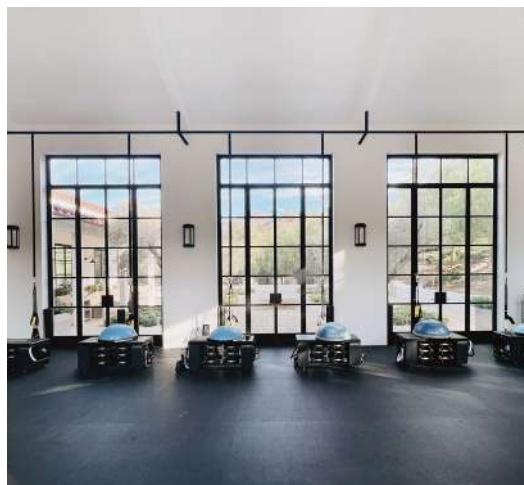


## NESTLED IN NATURE WITH NO DISTRACTIONS

The sprawling grounds are designed to be rustic, yet refined and feature an open-air kitchen and great room, certified organic garden, pool and jacuzzi and massage “village.” Afternoon classes and yoga are held in The Barn fitness center. This new 3,000 square foot building allows each guest to have a personal fitness area within the larger training space, complete with their own yoga mat, weight set, BOSU ball, TRX strap and other accessories. An additional room offers spin bikes, treadmills, weight training machines and other equipment, including a 25 foot climbing wall.

Guests can also enjoy more unique health services and treatments, including cholesterol testing, colon hydrotherapy, Bod Pod body composition analysis, IV Therapy, chiropractic treatments, energy healing, a weekly sound bath, a cold plunge pool and infrared sauna.

Following the invigorating daily schedule, guests retreat to one of 21 private cottages, each beautifully decorated with reclaimed wood floors, limestone bathrooms, and linen-covered queen and king-sized beds. Guests can also choose to share a room with their partner, son/daughter or friend in rooms featuring one king bed or two queen beds. To further aid in a digital detox, there is no cell service and wi-fi is limited to in-room use only.



*“ My visit to The Ranch couldn’t have been better timed. I have been incredibly stressed, lacking sleep, not eating the healthiest of foods, and not much in terms of exercise was really starting to effect my body. The Ranch showed me just how important it is to take more than a day or two for me – something I hadn’t previously done in at least a decade. I lost 8 lbs and 2 inches off of my waist at The Ranch. Equally satisfying is I have integrated exercise every day or every other day since my return. ”*

*- W.H.*



## THE RANCH PRIVATE

While our Ranch program is traditionally limited to 25 guests each session, The Ranch Private is exclusively offered in Malibu, and allows two groups of up to four guests ( must be coming together ) the opportunity to craft their own experience separate from the larger group. This immersive, weeklong health program is ideal for those who wish to escape to nature and experience the lasting results of our award-winning program, while having a personalized approach with as much interaction with the other guests on property as desired.

This program can be individually tailored to address those with specific concerns or desires that limit participation in our group-based programs, or designed for those advanced athletes that are always asking for even more of a challenge. You can hike longer and run more miles. We can also happily increase the intensity of our afternoon fitness classes.

### **PERSONALIZED WELLNESS IN A HIGHLY INDIVIDUALIZED FORMAT**

Working with you/your group, our team will design a program that meets your personal health and fitness goals. Upon completion, you'll feel both physically and mentally transformed, logging miles of hiking, losing weight and inches, emanating a vibrant, healthy glow and regaining mental clarity and peace of mind.



### **RESULTS TAILORED TO YOUR GOALS**

## PRIVATE RETREAT IN A NATURAL SETTING



With the sprawling grounds of The Ranch Malibu as your home for the week, Ranch Private guests will have their schedules choreographed to enjoy our certified organic garden, pool and jacuzzi, private training room, massage “village,” and open-air kitchen and great room, separate from the other guests. Additionally, our team can ensure you have secluded spaces for meals and fitness classes should you wish to avoid the common areas.

Guests can also enjoy more unique health services and treatments, including cholesterol testing, colon hydrotherapy, Bod Pod body composition analysis, IV Therapy, chiropractic treatments, energy healing, a weekly sound bath, a cold plunge pool and infrared sauna.

*“The beauty of the Ranch Private experience was that I could moderate how much social time I wanted by eating meals in my room or with the group as well as working out solo for the hikes but with the group for yoga. This enabled me to have plenty of quiet, contemplation time as well as interesting interaction with other guests.”*

*- S.B.*





A complete immersion at our Malibu retreat, The Ranch 9.0 gives you the opportunity to calm the mind, reset your health and achieve incredible results with 9 days in our award-winning, structured wellness program. By adding two additional days to our signature weeklong program, you'll jumpstart your stay, re-enter with ease and maximize results.

Arrive at our secluded Malibu location on Saturday, where you'll receive diagnostic testing, an afternoon fitness class, yoga and dinner. Sunday kicks off with breakfast, followed by a choice of a 2- or 4-hour morning hike, lunch and massage before joining the weeklong program that afternoon.

**THE ULTIMATE HEALTH IMMERSION, ENJOY 9 DECISION-FREE DAYS  
OF OUR TRANSFORMATIVE FITNESS AND WELLNESS PROGRAM.**

Sequestered from the demands of daily life, for the next week you'll participate in an active daily schedule with up to 24 other guests consisting of up to 6 hours of low impact exercise. The program is designed to allow guests to connect with nature's healing elements along with experiencing more unique modalities including a mid-week 60-minute sound bath.





**WITH 7 FULL HIKES, FITNESS & YOGA CLASSES AND DAILY MESSAGES,  
EXPECT TO MAXIMIZE YOUR RESULTS.**



The intense physical regimen is complemented by an organic, plant-based diet. Guests also enjoy a weekly cooking class and tour of our onsite, certified organic garden. Pre- and post-program cholesterol testing and body composition analysis are also offered along with chiropractic treatments, colon hydrotherapy, energy healing and IV Therapy, to enhance your results.

9.0 guests also receive the added benefit of an additional night's stay at the end of the week on Saturday night to ease re-entry into everyday life. Your extra day will include a morning hike – to make 7 in total during your stay – afternoon massage, fitness class, yoga and dinner before your departure on Sunday.

For those that prefer a more personalized approach that is separate from the larger group, The Ranch 9.0 can also be experienced as a private program for groups of 1-4 guests, traveling together, with personal guided hikes, and classes and meals in spaces dedicated just for you and your group.



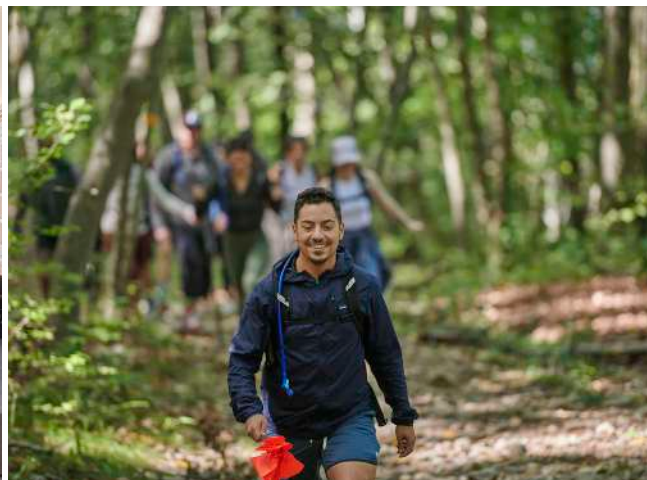


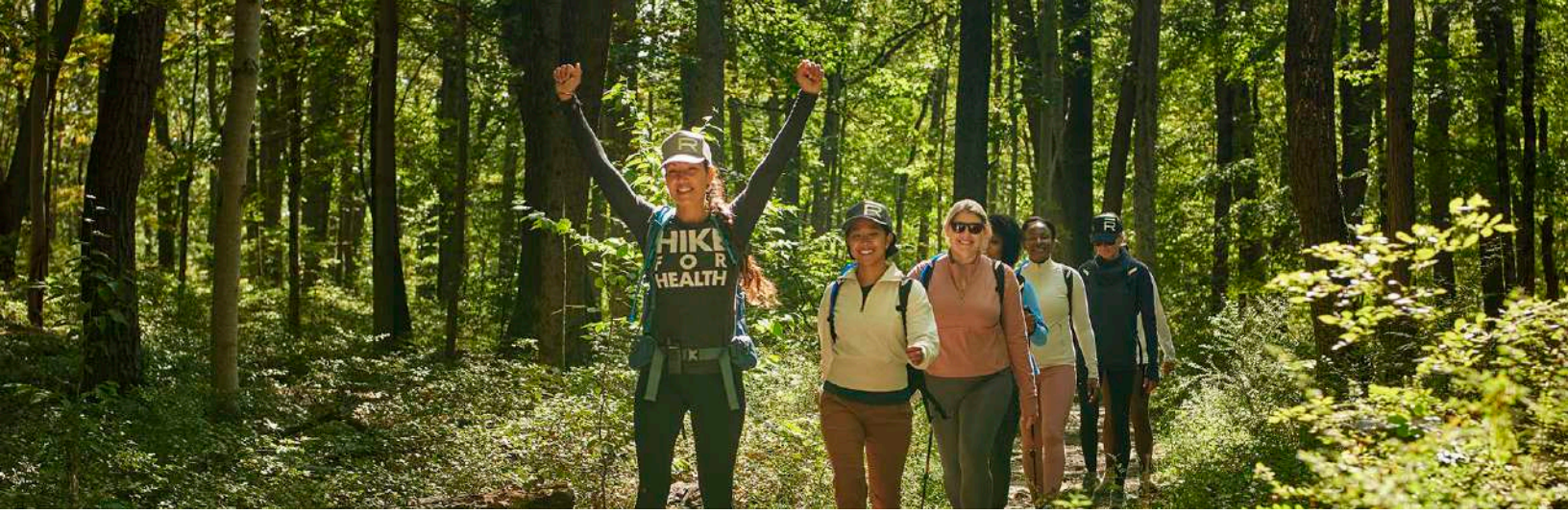
# THE RANCH HUDSON VALLEY

Experience The Ranch's award-winning, highly structured and results-oriented wellness program and retreat at its first East Coast property. Set on a historic, private lakefront estate that spans across 200 forested acres in the lower Hudson Valley, less than an hour from New York City, The Ranch Hudson Valley immerses 25 guests in either a 3-night, 4-day (Monday - Thursday) or 4-night, 5-day (Thursday - Monday) group program. Each day features The Ranch's signature schedule of mountain hikes, strength training classes, restorative yoga, deep tissue massage and organic, plant-based meals.

*“Nothing less than life-changing. I’ve been to many 5-star luxury resorts that have been fabulous, but none have left me feeling the same way long after I’ve left, in the way The Ranch does so effectively.” - A.M.*

The program is tailored to your ability and personal needs. It delivers noticeable changes to both mental and physical health while fostering human connection and creating meaningful and positive change in one's life.





Through the guidance of a talented and caring staff who educates and nurtures guests each week, The Ranch Hudson Valley's program options are designed to jumpstart a journey that can lead to an improvement in mental and physical health including fat loss, muscle gain, full body detoxification, mental clarity and an increased sense of self-confidence and empowerment.

In each program, the morning begins with stretch and breakfast before embarking on your choice of a two- or four-hour group hike. As in Malibu, hikes are done for time rather than distance and guests are treated to hundreds of miles of breathtaking trails steps from the property in the 4,000-acre Ringwood State Park or a short drive to the 40,000-acre Harriman State Park. You'll explore dense forests, hike alongside streams, lakes and waterfalls and scale challenging peaks with trails featuring panoramic views of the Hudson River and the surrounding mountains and valleys.

### **THROUGH MOVEMENT OF THE BODY WE FIND STILLNESS OF THE MIND**

Each season also offers a unique opportunity to connect with nature's vibrant display, making every hike a visual delight. Brilliant greens and blossoming flowers fill the trails in Spring and Summer while Autumn's stunning foliage provides spectacular views and has made this region a must-see destination each year. In the Winter, the trails and trees create a serene and scenic respite for a one-of-a-kind hiking experience.





Following lunch, guests enjoy naptime before the afternoon programming which includes strength training, restorative yoga, and daily massage. Fitness, yoga and meditation classes are held in The Ranch Gym, a 2,000 square foot space that was once the estate's formal ballroom and features original architectural elements including detailed wood paneling, a grand fireplace and an intricate sculptured plaster ceiling. In the Spring and Summer months, guests can enjoy water activities including kayaking and stand-up paddle boarding. In the Winter, with fresh snowfall, there is an incredible sledding hill on-site and we will also offer spin and additional water classes in our indoor heated pool during times of inclement weather.

To further enhance recovery, results and mental clarity, guests can experience more unique health services and treatments including colon hydrotherapy, IV therapy, BodPod body composition analysis, chiropractic treatments, infrared sauna, energy healing, acupuncture, physical therapy, a sound bath and contrast hydrotherapy through a hot and cold plunge pool.

The active routine is complemented by a nutritionally-dense, plant-based menu, created by our award-winning culinary team. Using an abundance of seasonal and organic ingredients, sourced from nearby local farms, dishes are artfully prepared, full of flavor and designed to cleanse and detoxify. To foster a greater sense of community, meals are enjoyed together in the estate's former sun room, which overlooks the rolling lawn, lake and surrounding mountains. Mealtimes are also used as an opportunity to educate and discuss with guests the necessary tools for sustainably maintaining healthy habits long after their Ranch stay.



*"The amazing facilities, grounds and hiking are only the beginning of an incredible experience with the fantastic staff looking after your every need." - G.C.*



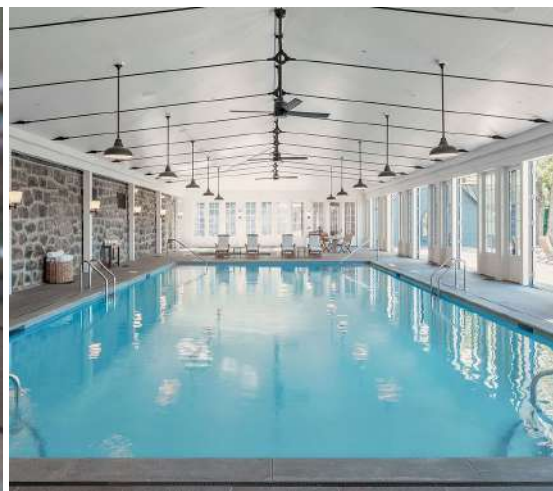
## COMPLETE SERENITY STEEPED IN HISTORY

Ideally situated along the border of Tuxedo Park and Sloatsburg, The Ranch Hudson Valley offers a respite amidst 200 forested acres less than an hour from New York City, Westchester, Fairfield and Bergen counties. Known as the Table Rock Estate, this 40,000+ square foot manor was built in 1907 by JP Morgan for his daughter as a wedding gift when she married the great grandson of Alexander Hamilton.

Working with renowned interior designer Steven Gambrel, Founder and Principal of S.R. Gambrel and his accomplished team, great care was taken to preserve and highlight the property's extraordinary architectural features while maintaining a warm and inviting feeling. Interiors are timeless yet approachable with a neutral palette and natural textures that complement the detailed stonework, rich woods, expansive fireplaces and incredible carved plaster ceilings.

Throughout their stay guests can immerse themselves in the picturesque views of the on-site lake and gardens, both from the elegant dining room and the 5,000 square foot Solarium with an indoor heated pool, infrared sauna and hot and cold plunge. In addition, the property includes a great room, game room, multiple sitting areas, treatment rooms, an outdoor heated pool and a spacious gym.

Staying in one of 25 beautifully appointed private rooms, guests have four options from which to choose along with double occupancy rooms with two queen beds or one king bed. Accommodations feature unique layouts and interiors while maintaining a warm and inviting atmosphere through a subtle color palette. Each has the feel of staying in a luxurious guest room, blending custom upholstered and antique furnishings and featuring lake, landscaped courtyard, mountain and trail views.





## CUISINE

Our active daily program is complemented by a nutritionally-dense, plant-based diet that is a highlight for guests and a key component of our results-driven approach. Featuring an abundance of organic and seasonal ingredients sourced directly from our regenerative organic certified garden (Malibu) and nearby farms, meals feature the finest fruits, vegetables, grains, pulses, legumes and seeds, while excluding alcohol, dairy, soy, processed sugars, diet sweeteners and gluten to aid in the cleansing and revitalization process and improve overall well-being.

Meals are enjoyed in a communal setting and mealtimes are used as an opportunity to discuss and educate guests on the tools for maintaining the healthy habits learned from their stay.

We are able to accommodate most allergies and the calorie count can also be adjusted for those guests not looking to lose weight with larger portions and more snacks. We also encourage guests to focus on how they feel throughout their stay while eating a whole-food, plant-based diet and we teach them ways to effortlessly recreate our recipes at home. Our ultimate goal is to inspire a sustainable and healthy lifestyle for our guests, long after their stay.

*“ While I really enjoyed everything, I have to say the food was beyond delicious  
– tasty, healthy and filled with passion - and I was never hungry! ”*

*- C.C.*



**WE NOURISH YOU FROM THE INSIDE OUT,  
AND LET NATURE DO THE HEAVY LIFTING.**



# RESULTS

Whichever program you choose, you'll have the opportunity to determine where you are on the road to balanced and healthy living and gain the knowledge and tools to make sustainable, healthy choices. Often guests continue seeing results upon returning home, with many having made long lasting, impactful changes that were prompted by a stay with us. They break habits that have been ingrained for years such as poor food choices, lack of exercise, excessive drinking and even smoking cessation. Medical improvement in cholesterol levels; higher HDL and lower LDL levels have also been noted.

For those guests not looking to lose weight, they will still benefit from the mental clarity and an overall feeling of renewal that comes with our program. We can also accommodate their needs with larger portions and additional in-room food.



IMPROVING OVERALL HEALTH



GAINING STRENGTH



MENTAL CLARITY



LOSING FAT, INCHES & WEIGHT



JUMPSTARTING A HEALTHY LIFESTYLE



BONDING WITH FELLOW GUESTS



UNPLUGGING



SPENDING TIME IN NATURE

# AWARDS AND ACCOLADES



The Ranch Malibu  
Voted #3 Destination Spa  
in the U.S.  
2024



The Ranch Malibu  
Voted #1 Destination Spa  
in the U.S.  
2022 & 2023



The Ranch Hudson Valley  
Listed in Inaugural Global  
Spa Guide of 100 Best Spas  
Worldwide  
2024



The Ranch Malibu  
Named One of 12 Exceptional  
Destination Spas  
and Wellness Retreats  
2024



AD  
Great Design Awards  
Hotels  
2024



The Ranch Hudson Valley  
Featured in Spa Guide  
2024



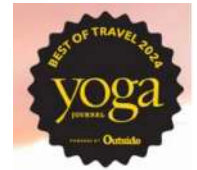
The Ranch Malibu  
Voted #1 Best  
U.S. Wellness Resort  
2024



The Ranch Hudson Valley  
Listed in The Whole-Body,  
Whole-Self Reboot Category  
2024



The Ranch Hudson Valley  
Listed in the  
Active Category  
2024



The Ranch Malibu  
Best Wellness Retreat  
in the World  
2024



The Ranch Malibu  
Voted as a Top 10  
Wellness Resort  
Annually Since 2017



The Ranch Malibu  
Gold Award Winner  
Wellness Resort Hotel  
2022 & 2023



The Ranch Malibu  
California's Best Wellness Retreat  
The Ranch Hudson Valley  
New York's Best Wellness Retreat  
2024



The Ranch Hudson Valley  
Listed as One of the  
Best New Hotels  
2024



The Ranch Malibu  
Best Detox  
2024