

THE RANCH

MALIBU™

ENDURANCE • NUTRITION • WELLNESS





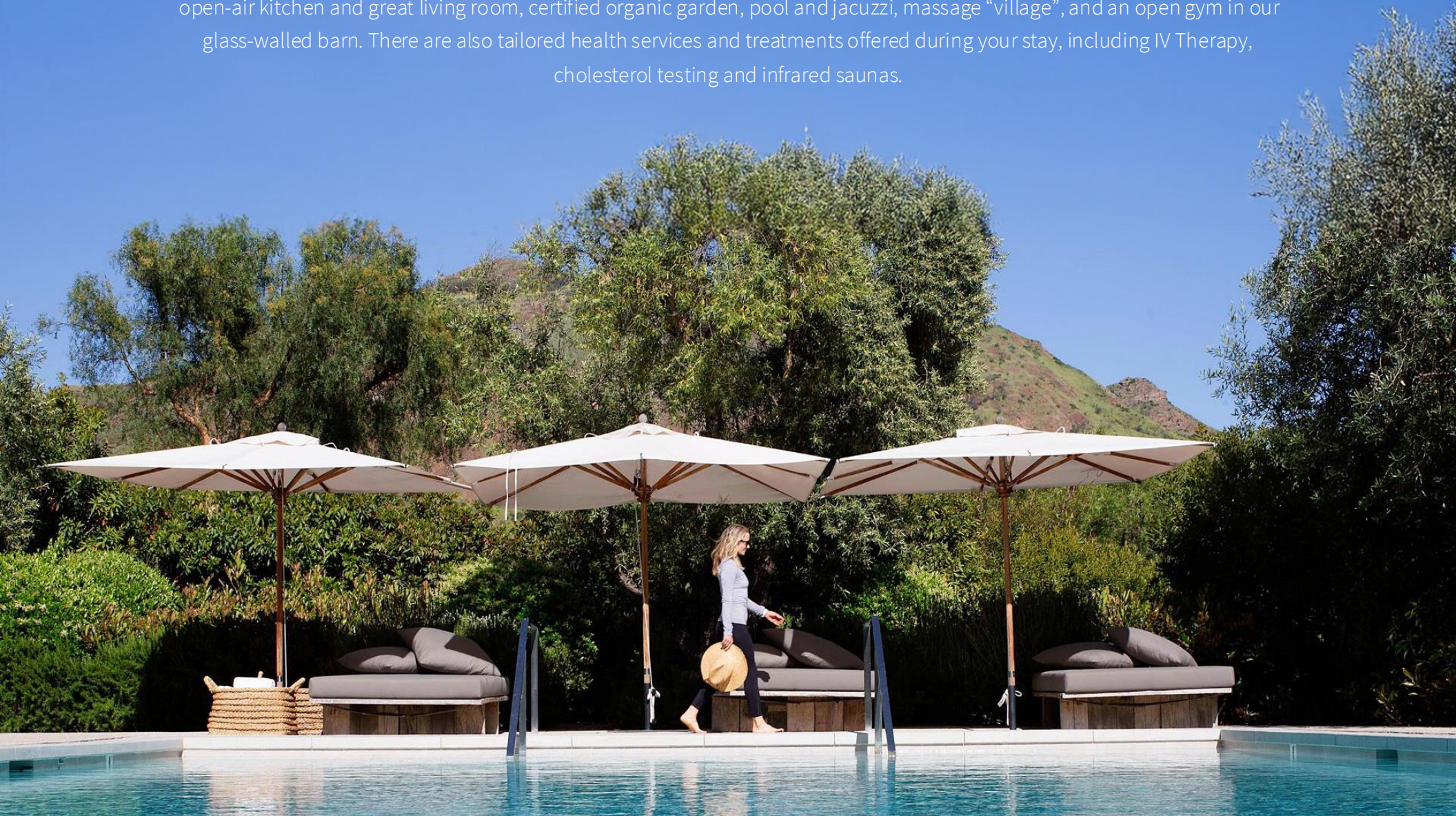
Come Alive at the Ranch

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.

Our unparalleled approach combines the power of human connection with personalized expertise in an environment designed for success. This is done 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, the 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.

ACCOMMODATIONS & AMENITIES

Nestled on our secluded ranch in the Santa Monica Mountains, you will enjoy an idyllic setting to calm the mind and focus on your mental and physical health goals. Free of distractions and immersed in nature, The Ranch Malibu is set on a historic working ranch three miles above the Pacific Ocean. The sprawling grounds are designed to be rustic, yet refined and feature an open-air kitchen and great living room, certified organic garden, pool and jacuzzi, massage “village”, and an open gym in our glass-walled barn. There are also tailored health services and treatments offered during your stay, including IV Therapy, cholesterol testing and infrared saunas.





GUEST COTTAGES

Your space to recharge throughout your active stay.

Each of our 21 private cottages are beautifully decorated with reclaimed wood floors, limestone bathrooms, and linen-covered queen and king-sized beds. The serene aesthetic of your own private room will not only add to your relaxation, but also support a restful night's sleep.

To further assist in calming the mind and allowing you to stay present, our luxury accommodations do not include televisions and we recommend disconnecting from your electronic devices during your stay. For those that need to stay connected, we ask that you limit any usage to your private room which is equipped with WiFi.



AN ABUNDANCE OF AMENITIES

Thoughtfully-designed to enhance your stay

Throughout your time at The Ranch Malibu, we invite you to explore and indulge in the amenities available to you. Tour our certified organic garden to learn more about our sustainability practices and current harvests. Take a dip in the heated pool or recover sore muscles with hot and cold exposure in our jacuzzi, infrared sauna, and cold plunge. We also offer additional services to add-on during your stay, such as: hydrotherapy, IV therapy, chiropractic, energy healing, colonics, and more.

OUR PROGRAMS

A total reset of the body and mind

The Ranch Malibu offers both 6, 7 and 8-night structured wellness programs, with the option to extend your stay to a multi-week experience. For those seeking a customized approach to their mental and physical health goals, we also offer The Ranch Private which allows you personalize your daily schedule to meet and maintain your health goals.

“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..



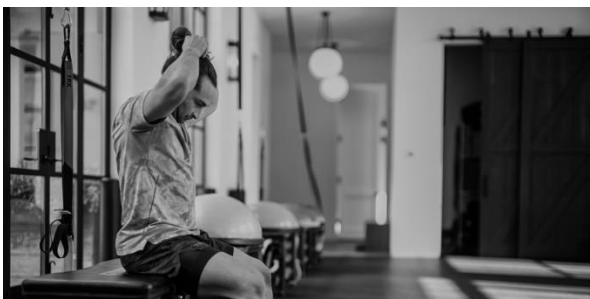


THE RANCH MALIBU

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
- Starts at \$7,600 per person for double occupancy and \$9,200 for a single room
- Pricing includes all fitness programming, a daily massage each full day, meals and accommodations
- Option to add a Saturday night stay (pre-/post-program) at a rate of \$1,050 for double occupancy and \$1,250 for a single room



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
- Starts at \$10,800 per person for double occupancy and \$12,400 for a single room
- 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) at a rate of \$1,400 for double occupancy and \$1,650 for a single room



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
- Starting at \$11,200 for the group program and \$15,800 as a private stay
- Double occupancy starts at a rate of \$9,500 per person for the group program and \$13,700 per person for the private program
- Pricing includes all fitness programming, a daily massage each full day, meals and accommodations



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 meal, 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

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.



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.



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.

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 affect 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.

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. 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 two- or four-hour morning hike, lunch, and massage before joining the weeklong program that afternoon.



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



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.

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.



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.



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

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. Medical improvement in cholesterol levels and 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**
- **Bonding with fellow guests**
- **Jumpstarting a healthy lifestyle**
- **Unplugging spending time in nature**





THE RANCH MALIBU (Sunday - Saturday)

1 – Wk. Rate (6 Nights)	\$9,200 / pp
2 – Wk. Rate (13 Nights)	\$18,950 / pp
3 – Wk. Rate (20 Nights)	\$27,400 / pp
4 – Wk. Total Transformation (27 Nights)	\$35,850 / pp

Double occupancy starts at a rate of \$7,600/week per person.

The Ranch Malibu rate includes: 6 nights and 7 days (Sunday-Saturday) of a daily schedule that includes a guided morning hike, afternoon fitness class, restorative yoga and massage for each full day of your stay along with Bod Pod testing. Private accommodations for each guest, all meals and some evening elective nutrition talks, afternoon garden tour, cooking demonstration, 60-minute sound bath, laundry service (Mon. - Fri.), and a return transfer to LAX on Saturday morning at 10 am.

A Saturday night stay pre-/post-program can be arranged for \$1,050 for double occupancy and \$1,250 for a single room, and includes elective programming, meals & a massage. All multi-week visits include the Saturday between your visits.



THE RANCH PRIVATE (Sunday - Saturday)

1 – Wk. Rate (6 Nights)	\$12,400 / pp
2 – Wk. Rate (13 Nights)	\$23,400 / pp
3 – Wk. Rate (20 Nights)	\$32,700 / pp
4 – Wk. Total Transformation (27 Nights)	\$42,100 / pp

Double occupancy starts at a rate of \$10,800/week per person.

The Ranch Private rate includes: 6 nights and 7 days (Sunday-Saturday) of personalized programming tailored to your goals, including daily guided hikes, afternoon fitness and exercise classes including core work, low impact weight training, restorative yoga, massages for each full day of your stay and Bod Pod testing. Private accommodations, all meals and some evening elective nutrition talks, an afternoon garden tour, cooking demonstration and laundry service (Mon. - Fri.) are also included. Ranch Private guests enjoy secluded spaces for meals and fitness classes should you wish to avoid the common areas. This program is limited to 2 private groups of 1-4 each week.

A Saturday night stay pre-/post-program can be arranged for \$1,400 for double occupancy and \$1,650 for a single room, and includes elective programming, meals & a massage. All multi-week visits include the Saturday between your visits.



THE RANCH 9.0 (Sunday - Saturday)

Group Program Rate (8 Nights) \$11,200 / pp

Private Program Rate (8 Nights) \$15,800 / pp

Double occupancy starts at a rate of \$9,500/week per person for the group program and \$13,700/week per person for the private program.

The Ranch 9.0 rate includes: 8 nights and 9 days (Saturday – following Sunday) of daily guided hikes (seven in total), low impact strength training / core focused fitness class and restorative yoga or meditation. Each guest will also receive seven massages and Bod Pod body fat testing. Private accommodations for each guest, all meals and some evening elective nutrition talks, and an afternoon cooking demonstration are also included. If opting for a Private 9.0 experience, all hikes, fitness classes and meals are enjoyed separate from the weeklong group.



All reservations require a \$2,000.00 deposit. The remaining balance, including a 16% service charge, which includes all taxes, will be billed to the credit card on file, 40 days prior to your arrival. In the event of a cancellation within 40 days of your visit, and if we are able to fill your reservation, we will happily move you to a later date. A 10% cancellation fee will be charged to all refunded payments. Any credit on file will expire if not used within 18 months of the cancellation date. It is highly recommended that guests purchase travel insurance so you are protected should you need to cancel your stay.

The Ranch Malibu is also available for weeklong property buyouts. For additional questions or to place your reservation, Contact us at: **guestrelations@theranchlife.com**

THE RANCH

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

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

THE **R**ANCH

MALIBU™

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For more information or to make a reservation please contact guestrelations@theranchlife.com
To learn more about The Ranch visit www.theranchlife.com