

american spa

The Ranch Malibu Launches The Ranch 9.0

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APR 27, 2021 2:58PM



Photo Credit: The Ranch Malibu

[The Ranch Malibu](#) is launching The Ranch 9.0, a new 9-day experience adds two days to The Ranch's signature weeklong program, allowing guests to jumpstart their stay. "Last year we began welcoming guests on the Saturday before their stay to help jumpstart their week and it has been a huge success," says Alex Glasscock, founder and CEO of The Ranch. "Many guests asked to stay both the Saturday before and after their transformative week, so we were inspired to create the 9.0 program just for them. With 7 full hikes, fitness, and yoga classes along with daily massages, 9.0 guests can expect to calm the mind, lose unwanted pounds and inches, and support the immune system."

The Ranch offers 6 hours of low impact exercise a day, including daily hikes, an afternoon fitness class, restorative yoga, and daily massage all with a 1,400 calorie-a-day organic, plant-based diet. Guests participate in an active program with 18 other guests that includes pre-and post-program cholesterol testing and body fat analysis, a weekly sound bath, acupuncture, chiropractic treatments, cryotherapy and IV Therapy. The Ranch 9.0 is \$10,700 for the group program, \$14,300 as a private experience, and includes eight nights/nine days (Saturday-Sunday). Weeklong guests can choose to add a Saturday before or after their visit, starting at \$1,250 per night. The Ranch 9.0 can also be experienced as a private program for groups of up to four guests traveling together.