

Where to Go Next? February 2022



The Ranch Malibu, California

In sunny California, The Ranch is known for its rigorous hiking, restorative yoga, daily massage and a 1,400 calorie-a-day organic, plant-based diet. 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.” Cholesterol testing and body fat analysis are offered along with acupuncture and cryotherapy saunas, and there is a focus on quieting the mind and disconnecting from devices to detox and calm the spirit.

The Ranch also now features an integrative health plan at home, with virtual nutrition and lifestyle coaching overseen by a functional health practitioner. Make sure and try their new Complete Greens, a 140-calorie USDA organic, vegan, non-GMO, gluten-free and dairy-free supplement with 32 organic superfoods and 17 grams of sprouted protein—green cabbage, kale, pumpkin, spinach, carrot, sprouted brown rice protein, and amaranth, among others.