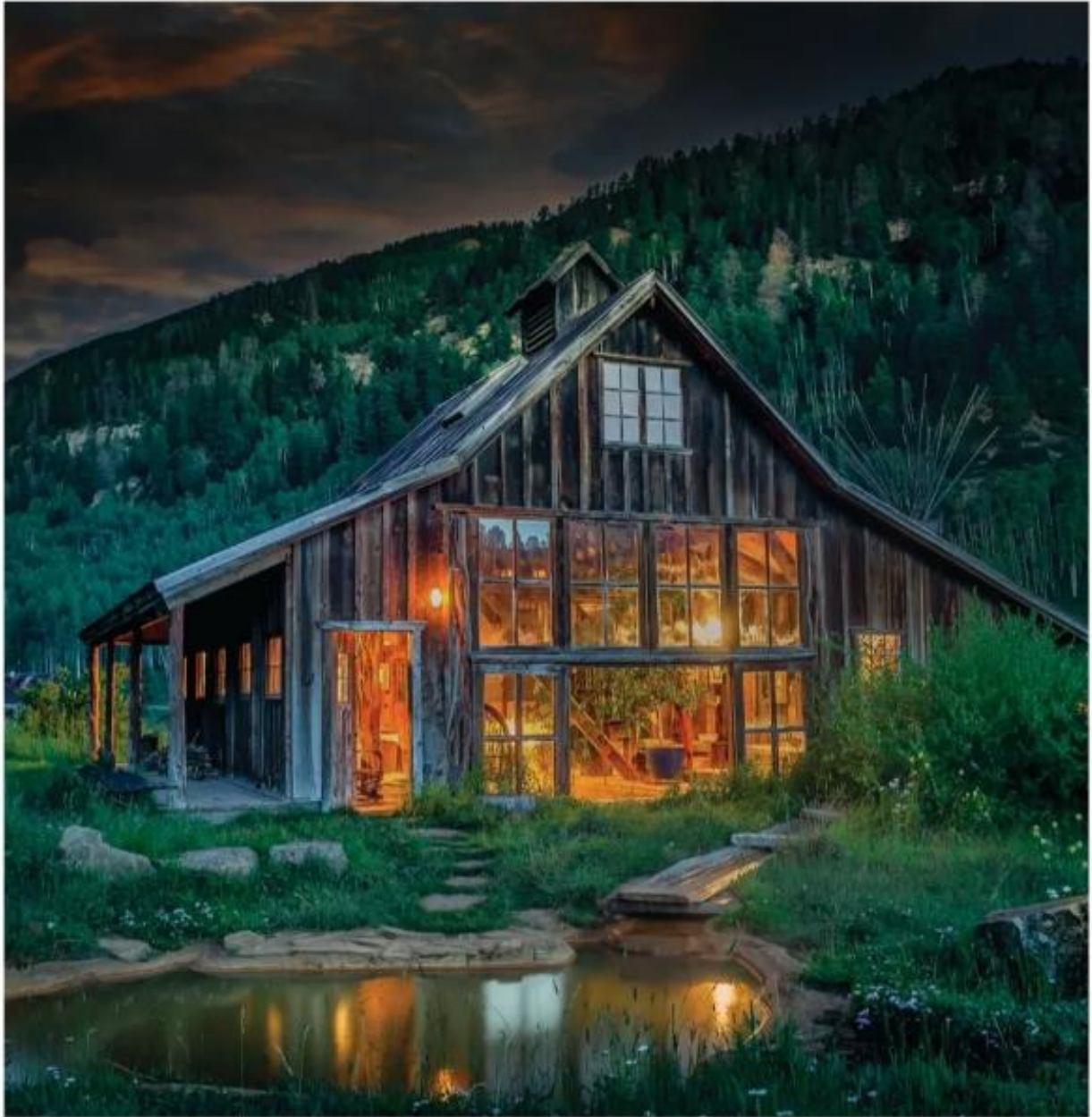


# PEAK



ASPEN-SNOWMASS BOULDER BEAVER CREEK BRECKENRIDGE CRESTED BUTTE DENVER STEAMBOAT TELLURIDE VAIL

## RETREAT



Popping up at The Ritz-Carlton, Bachelor Gulch, The Ranch is designed to recalibrate the mind and body through a structured wellness experience.

# RANCH LIFE

FOR A LIMITED TIME ONLY, THE RANCH MALIBU WILL STAGE ITS SIGNATURE WELLNESS EXPERIENCE IN BEAVER CREEK.

BY HELEN OLSSON

THE LATEST POP-UP SENSATION in the Vail Valley is The Ranch, the renowned luxury health and wellness brand that launched in Malibu in 2010 ([theranchmalibu.com](http://theranchmalibu.com)). In the last decade, it developed a devoted following among CEOs and celebrities like Selma Blair and Rebel Wilson, who come for an indulgent full-body detox and reboot. The Ritz-Carlton, Bachelor Gulch ([ritzcarlton.com](http://ritzcarlton.com)), a secluded enclave in Beaver Creek that turns to gold with the changing of the aspen leaves in fall, will serve as base camp for the transformational wellness retreat. The Ranch Vail pop-up will run from September 3 to October 27, offering a structured 5-day, 6-night results-oriented fitness and nutrition program limited to just 25 guests per session. Days will be devoted to wellness, with four-hour guided mountain hikes in the morning, followed by a restorative blend of strength and core training classes, yoga, naps and bliss-inducing daily massages in The Ritz's spa. *Yes, daily.*

To maintain an intimate setting for The Ranch Vail program, guests will stay in spacious private rooms at The Ritz with special touches like Egyptian cotton Frette linens. Fitness classes, yoga and meals will be enjoyed in private spaces in the hotel. Jasper Schneider, executive chef at The Ritz, will collaborate with The Ranch Malibu's executive chef, Meredith Haaz, to develop a nutrient-dense plant-based menu featuring ingredients that are locally sourced, organic and seasonal.

"Our guests continue to ask for new destinations to experience our life-changing program," says Alex Glasscock, founder and CEO of The Ranch. The Ritz-Carlton, Bachelor Gulch's five-star service and dedication to guests aligns with our company's values and mission, making it the perfect home for our program."

PHOTOS COURTESY OF THE RITZ-CARLTON, BACHELOR GULCH