



Best Health & Wellness Resort: Skyterra Wellness Retreat

This reader favorite resort welcomes guests of all fitness levels

Who says vacationing has to be unhealthy? The growing popularity of health and wellness retreats in the U.S. is testament to our growing interest in fitness and longevity, even while traveling.



6

THE RANCH MALIBU

Malibu, Calif.

The Ranch Malibu, an intensive one-week luxury boot camp, eliminates "decision fatigue" with a no-option daily fitness routine featuring group hiking, yoga, weight training and ab work, all amid spectacular hills above the Pacific Ocean. Healthy meals prepared with fresh, organic ingredients exclude processed sugars, alcohol and caffeine.

Photo courtesy of The Ranch Malibu