

Robb Report


10 Next-Gen Wellness Retreats Ushering in a New Era of Spa Holidays

These cutting-edge retreats prove that the days of fat farms and palaces of pampering are long gone.


We've come a long way from the days when destination spas were either stringent fat farms or palaces of pampering. Going on a [spa holiday](#) sounds old-fashioned these days, as healthy habits and self-care are baked into so many people's lives—and so many luxury properties. The following 10 retreats take this new approach to wellness to the next level, offering new and innovative ways for guests to deepen positive habits and kick a healthy approach to living into the next gear.

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#8 **The Ranch at Malibu**



The Ranch at Malibu
Photo: Courtesy The Ranch at Malibu



Guest room exterior

[The Ranch](#) at Malibu is a retreat for type As—mostly drawing in people who are already fit and want to kick it up a notch or those out to make a major life change and are willing to jump in with both feet. The accommodations are lovely and serene, but the program is rigorous—wake-up knocks at 5:30 am, 4 hours of hiking followed by all afternoon in the gym, and a maximum of 1,400 calories from a largely vegan diet (there might be one egg in a week) devoid of sugar, caffeine, alcohol, gluten, and anything artificial. The original program is a week at a secluded camp in Malibu, but there's also a 4-day version at the [Four Seasons Hotel Westlake Village](#) and a 10-day program for type-A-pluses that combines both.