

The **WELLNESS** Issue

Sunset

59 Ways to Escape, Indulge & Unwind

Ultimate Spring
Gardening Guide

Best Spas in the West

Kitchen & Bath
Makeovers

15 Healthy
New Recipes



CLOCKWISE FROM TOP LEFT: COURTESY OF THE RANCH BROSCHUTES; ALBY HILZ; RANDY JAY BRAUN

TREND NOTE

POP-UP SPA

Devotees of the Ranch Malibu's regimented, results-driven programs can now enjoy a change of scenery. The California retreat is taking its popular weeklong boot camp to Italy. Family-owned Hotel Rosa Alpina in the village of San Cassiano will host eight pop-up experiences from August through October. Instead of five-hour quad-burning hikes in the Santa Monica Mountains, you'll trek against the backdrop of the jagged Dolomites. This is carb country, so even though you'll stick to the Ranch's signature 1,400-calorie, plant-based diet, you'll still indulge in dishes like spinach and zucchini lasagna with mac nut ricotta and polenta topped with mushroom ragu. theranchmalibu.com



The jagged peaks of the Dolomite Mountains serve as the backdrop for the Ranch Malibu's Italy retreats, hosted at Hotel Rosa Alpina.

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