

Should Your Next Vacation Be to a Fitness Spa?

There are zero things wrong with a tropical beach vacation. But aren't mental escapes (preferably poolside ones, thanks) so much more gratifying after pushing yourself physically and getting your heart pumping? These nature-immersed, adventure-minded, health-oriented resorts challenge their guests in unconventional ways (ziplines, yoga classes on cliffs, horseback riding through canyons, meditation on stand-up paddleboards—at night) and pamper them with luxurious spa treatments.



The Ranch Malibu

Malibu, California
888-777-2177

Overall vibe: The working ranch has a classic, old southern California feel, complete with a Spanish hacienda, organic farm, and 16 simple yet comfortable cottages—and no cell-phone service or Wi-Fi. "The Ranch in Malibu changes your life, but it's not for the unfit or pampered," says Wells. "Hikes last four-plus hours and are killer—followed by three hours of yoga, TRX, and mat work. There's no meat, dairy, gluten, sugar, or caffeine allowed (and obviously no alcohol). As torturous as it can be, I've never felt better in my life than at the end of my stay."

What to do: Weave through the property's 200-some-odd miles of Santa Monica mountain trails (and take in the startlingly beautiful Pacific Ocean vistas); unwind during daily private massages.

Capacity: 18

Price: \$6,800 per week (all-inclusive)