

The A-List of Travel®
LUXURY TRAVEL
MAGAZINE

Where to Go this Fall? Openings, Events and Happenings

📅 July 9, 2021



The Ranch Malibu - Post-Summer Wellness Reset:

The Ranch is a healthy lifestyle company that features three acclaimed results-oriented, fitness and wellness programs. Dedicated to improving the quality of one's life by improving their health, The Ranch programs recalibrate the mind and body through an intense fitness and wellness regimen paired with a highly structured, plant-based nutritional diet. Launched in July 2020, **The Ranch Private** offers a tailored program ideal for those who wish to escape to nature and experience the 7-day program with distance from the other guests on property. The newest program, **The Ranch 9.0** is a 9-day experience that adds two additional days to The Ranch's signature weeklong program, allowing guests to jumpstart their stay, re-enter with ease and maximize results. **The Ranch Buyout** allows guest to transform the 19-cottage, 200-acre retreat into their own private respite for a week or longer.

Perfect for the fall weather, each day consists of 8 hours of low impact activity – centered around a breathtaking and varied 4-hour group hike each morning – afternoon nap time, fitness classes, yoga and daily massage all accompanied by a plant-based diet. Guests can enjoy the beauty of fall all while recalibrating their mind and body. During their stay, guests connect with nature's healing elements and can also experience more unique health modalities including pre-and post-program cholesterol testing and body fat analysis, a weekly sound bath, acupuncture, chiropractic treatments, cryotherapy and IV Therapy to further enhance results. Inspired by nature, The Ranch's artfully prepared, organic plant-based cuisine is inspired by what's in season, putting the body in harmony with the earth's natural cycle. Guests will enjoy delicious fall-inspired meals during their stay.