

## The best all-inclusive wellness resorts for a post-holiday reset

Sometimes, when life is feeling fast-paced and hectic, the less travel planning needed, the better. This is especially true after the exhaustion the busy holiday season so often brings.

There's no question that we've seen a rise in popularity for [luxury all-inclusive resorts](#) where perks like food, drinks and activities are included in nightly rates or packages, taking some of the hassle out of [planning a vacation](#). If you want to make things as simple and relaxing as possible, though, an all-inclusive resort with a wellness component might be just the ticket.

Modern-day [all-inclusive resort vacations](#) can be luxurious getaways where no one cuts corners (gone are the mass-produced buffets and watered-down drinks). While you may have to pay for some add-ons, such as sommelier-led wine tastings and specialized spa treatments, inclusions might include meals at Michelin-starred restaurants or consultations with top wellness practitioners.

Here are the properties we believe offer the best all-inclusive wellness experiences — from a century-old retreat in the Alps to an adventurous spa getaway in [Costa Rica](#).

# The Ranch Malibu – Malibu, California



There are many reasons why [The Ranch Malibu](#) is known for delivering life-changing results. It's set on 200 acres of coastline amid the Santa Monica Mountains. Structured wellness programs are limited to 25 guests, so it is intimate and private.

Getting to know your fellow retreatgoers is part of the healing process. Each day begins with a four-hour group hiking excursion along the coast, followed by lunch, nap time, an afternoon strength training class, restorative yoga and a daily massage. Organic, plant-based meals help guests detox and revitalize. Guests can partake in various health services and treatments like IV therapy, cholesterol testing, energy healing and infrared saunas.

The property has 21 guest cottages, blending indoor and outdoor living, an open-air kitchen, a certified organic garden, a gym, Massage Village, an outdoor pool, a jacuzzi and a cold plunge. With all of this included in the rate – with the option of add-ons – transformation has never been easier.

*Rates at [The Ranch Malibu](#) start at \$7,600 per person with a six-night minimum.*