

Yoga and Energy Healing in a Former Hudson Valley Mansion

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The Ranch, a Malibu Mainstay, Opens a Wellness Retreat in Upstate New York



When the Ranch at Malibu opened in 2010 as a luxury health resort on 200 acres in California's Santa Monica Mountains, its approach was somewhat radical: Guests signed up for a full week of group hikes, fitness classes, spa treatments, nutrition consults and communal, organic meals without caffeine, gluten, soy or dairy. The goal, says its founder Alex Glasscock, was "for people to mentally and physically reset and recharge." On April 15, a second location, the Ranch at Hudson Valley, is scheduled to open near Tuxedo Park, N.Y., in a slate-and-stone lakefront mansion surrounded by state parks. Glasscock hopes the 25-room property, which he describes as "like a big, luxury dorm," will facilitate connections between those who stay. Guests will do yoga under the ornate plaster ceiling of the former ballroom and, in Glasscock's ideal world, come to dinner in their pajamas and robes. This new outpost offers a few additional treatments including colonics and energy healings — which incorporate techniques such as hypnosis and sound therapy. In winter, guests can sled or snowshoe, and in summer there's paddleboarding on the lake. The Ranch has also relaxed a few of the restrictions: You can book three nights at the Hudson Valley property instead of the seven required in Malibu, and, in concession to the most common request of all, caffeine is no longer taboo — organic Nicaraguan coffee is served at breakfast in both locations. *Reservations open Feb. 21; rooms from \$3,280 per person for three nights including accommodations, meals and programming; theranchhudsonvalley.com.*