

# The Real Estate Issue

# WESTCHESTER

Municipalities, Developers, Residents and Their Push for

# WALKABILITY



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TRAVEL

## Renewal at The Ranch

Famed The Ranch Malibu, known for celebrity clients and holistic approaches, is moving and shaking into the Hudson Valley. **BY KATE SCHLIENTZ**

**K**nown for its quiet nature and sprawling bucolic acres, the Hudson Valley bellows a siren song for anyone seeking serenity and rejuvenation. The picturesque vistas were the ideal place for The Ranch Malibu (known for its tough-love fitness and zen vibes) to set up their east coast outpost, now open in Slootsburg. About 35 minutes from White Plains, you can channel the A-lister within while getting your sweat on to kickstart your transformation from the inside out.

Nestled on 200 acres of forested land, the Hudson Valley location embraces the serene beauty of its surroundings. There is a striking juxtaposition of seeing luxury accommodations in refurbished historic buildings — the main house was converted from Alexander Hamilton's family's 52-room estate. The property's stunning natural trails make for centering hikes and peaceful green spaces for a complete mind-body reset. The Ranch sets a natural stage for a holistic journey focused on renewal.

Whether you're looking for a digital detox or an overall health reboot, The Ranch Hudson Valley follows its California counterpart — programs balance consistent physical activity, healthy plant-based meals, and rejuvenating spa treatments all housed in lush accommodations. Daily activities include long hikes on the lakefront property, strength training exercises, and restorative yoga sessions all designed to push your personal limits and promote lasting wellness. Beyond the fitness regime, The Ranch's team delivers personalized attention and unwavering hospitality, elevating the experience from purely physical to a transformative five-star level stay. And while your goals (and program) are certainly personal, the team creates a collective spirit propelling you to power through every task beyond your perceived limits.

The Ranch founders Alex and Sue Glasscock have made the experience truly focused — from the branded notebooks to jot down your thoughts (trust me, with your cell phones powered down in your rooms, you'll have tons of them!) to the all-natural exfoliating lemon peel plant bars in the bathrooms, every moment at The Ranch is an exclamation of their shared passion for health and wellness.

Leave your lettuce-leaf-and-twigs vegan preconceptions back in Westchester. Head Chef Meredith Haaz's award-winning culinary team creates plant-based menus that are sure to help you feel healthy from within, but don't sacrifice a centimeter on flavor. The celebration of seasonality is fostered by strong connections to the local community via partnerships with Hudson Valley farms and purveyors. For spring, think black bean and kale enchiladas, burrito bowls, and broccolini pesto pizza -- colorful, flavorful, and hearty.

Those familiar with The Ranch's program will be surprised by a new addition: coffee. The Glasscocks part-



The Ranch Hudson Valley Slootsburg; [theranchmalibu.com](http://theranchmalibu.com)



Serenity seeps into every aspect of The Ranch, from meals, to time outdoors, to the structured workout classes.



PHOTOS COURTESY OF THE RANCH HUDSON VALLEY

nered with a company aligned with their environmental and community values to create the Ranch Roast. This light blend promises a caffeine boost, antioxidant perks, and the peace of mind that comes from a mold-free and ethically sourced sip.

The Ranch Hudson Valley offers flexible three-night and four-night programs, ideal for busy schedules. Single rooms start at \$3,975 for a three-night, four-day stay, while double rooms begin at \$3,280. Extend your stay for an extra night for a deeper dive, starting at \$5,685 for double occupancy.