



INSPIRATION  
**THE BEST SPAS IN THE WORLD FOR 2020**  
The best wellness destinations in the world.

SPA GUIDE

# THE RANCH



## In brief

Go off-grid and vegan at a nowhere-to-hide boot camp

## The lowdown

This is where to come to hit the restart button when life becomes too heavy. But that's not to say this peaceful white-box oasis, set on 120 acres in the Santa Monica Mountains, is about flopping around in the sunshine. Hard work and reward - that's the mantra.

The programme is based on hours and hours of exercise, starting with 20km morning hikes (a bell wakes you at 5.30am) across rolling hills with challenging climbs and beautiful ocean views. Your legs will hurt. You will miss your morning coffee (rooibos chai doesn't quite cut it), and at times it will seem like there is a mental battle going on as you relentlessly put one foot in front of the other, the sun beating down, every drop of energy focused on reaching the finishing line. Resist the urge to punch someone when you get your mid-hike snack - just six almonds and a pinch of Himalayan pink sea salt. They're not joking. You are also encouraged to consume at least as many ounces of water as your body weight daily and carry it on your back as you go. It's hard to believe there's more, but classes in the afternoon vary from TRX, circuits to Yin yoga classes.

A daily sports massage, meditation and afternoon nap are all key recovery aids in preparation for the next day's hike; rest is as essential as movement when the movement is so relentless. Food is also key. The vegan diet contains less than 1,400 calories per day, with no processed sugars, caffeine or alcohol, but it is satisfying, tasty and bolstering. The kitchen's mouthwatering creations include burrito bowls, lentils with fresh coconut, and raw pad thai in which julienned carrots are substituted for noodles.

Rooms are comfortable, with soothing tones but few frills. Cosy reading corners have candles and reclaimed wooden planters filled with gigantic greenery. In the garden there's a fruit-and-vegetable patch and a coop of organically raised chickens. After a long day, the pool and hot tub become a social space for recounting the gruelling adventures and gazing at the night sky. Doing so much exercise, particularly while detoxing, is not easy, but nurturing staff are there to motivate, teach and tend to your every need. Their mission is for guests to return home wanting to lead a healthier life so the benefits of the programme can be sustained. Yes, you'll lose weight but, surprisingly, rediscovering the calm within is equally rewarding.

**INSIDER TIP**

Take the pre-programme seriously and start detoxing before you arrive - it will make things so much easier.

**BEST FOR**

[Getting Fit](#), [Weight Loss](#), [Fixing Your Issues](#), [Detoxing](#)

**BOOK IT**

*The Ranch (+1 888 777 2177; [www.theranchmalibu.com](http://www.theranchmalibu.com)) has six nights from about £4,145 per person*