

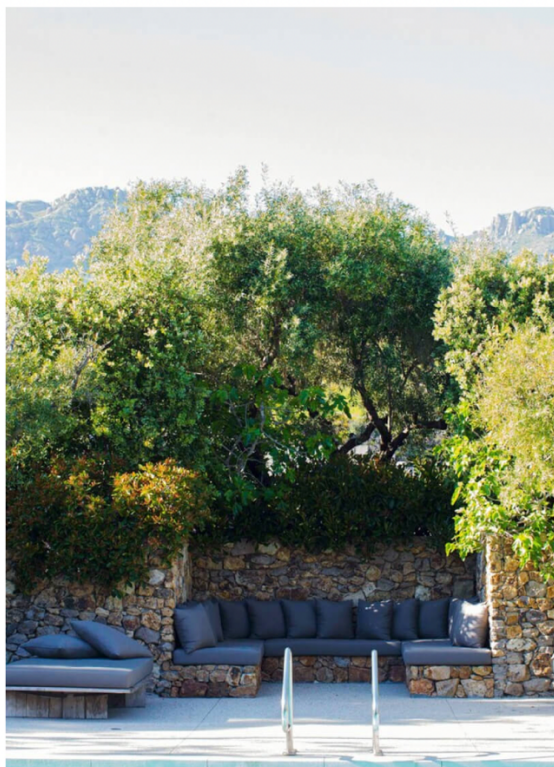


The goop List: 12 Exceptional Destination Spas and Wellness Retreats

Sometimes the pursuit of well-being is farmers' market vegetables, a yoga class, and an early bedtime. And sometimes it's booking an intensive retreat at a destination spa where you're scrubbed down, turned inside out, and returned to the world a whole new person.

The goop List is our annual roundup of the world's most exceptional experiences. Every edition is a labor of love, in service to you: We start with Gwyneth's most-loved spots, go out to her friends and peers for their new discoveries and all-time favorites, and cut anything short of amazing. We go through every single spot with Gwyneth again. And we end up here, with a tight list of only incredible experiences.

In this edition, we bring you the kinds of spas that will ruin you for other spas. We consider these the best in the world right now, whether you're looking for a gentle reset just a few hours from home or a life-altering shift somewhere far, far away.



The Ranch Malibu

MALIBU, CALIFORNIA

This weeklong boot camp in Malibu encourages you to power down, let go of stress, and break less-than-healthy habits. Which is not a small task, and appropriately not a small effort: Every day starts with several hours of hiking in the (stunning) Santa Monica Mountains, and guests clock up to 60 miles a week. That has benefits for the body, yes; if you'd like, the practitioners here will do a cholesterol check and body scan at the beginning of your program and again at the end. But all that physical exertion is mentally and emotionally cathartic, too. (We don't have to tell you twice that nature is good for you.)

Guests arrive all at once in groups of 25 and move as a cohort through the week's programming, which includes the hikes plus daily fitness classes, meditation, nutrition lectures, and cooking demos. It's a busy schedule, and it's social, but not at the expense of relaxation; there's prescribed nap time and daily massages for that, and your cottage is your own when you want a few hours solo. But we'd wager you'll spend your downtime dipping in the pool together or gabbing in the great room, and that you'll leave with a tight sense of community in the people you've met here; returners often book with the friends they made last time.