

STYLE

# Where Hollywood Goes for Digital Detox Retreats

As overflowing inboxes and constant notifications compound work-related stress and anxiety, seven wellness resorts favored by industry executives and stars offer places to unplug from phones and laptops.

One of the biggest contributing factors to stress in the fast-paced world of Hollywood are tech devices. As Los Angeles attempts to calm down post-awards season, these seven resorts offer places to say goodbye to phones for a stretch and go on a digital detox. Most are device-free and all encourage guests to disconnect from electronics to reconnect to self.

## **The Ranch Malibu**



During a seven-day experience in the Santa Monica mountains, guests participate in midday nap sessions and silent meditation hikes (also referred to as forest bathing) to deprogram the brain. Packages include guided tours, plant-based meals, yoga, private rooms and ground transportation to LAX. Aside from inside private rooms, there is no cell service or WiFi on the 200-acre property. Mandy Moore, Rebel Wilson and Alison Brie have relaxed there. From \$7,800 for one week, [theranchmalibu.com](http://theranchmalibu.com).

