

Ultimate Guide to Weight Loss Retreats: How to Choose, Where to Go, What to Expect

RETREATS

A popular complaint about the “typical” vacation is often that we come back feeling, well, worse. In the name of relaxation, we might lay around on that beach lounge all week, eat our way through the buffets or enjoy a few too many all-inclusive cocktails.

Layer on the stress of any itinerary changes and air travel itself, and we come home feeling like we need a vacation from our vacation. Sound familiar?

What if instead, you could travel somewhere beautiful, eat gourmet fare, indulge in spa treatments and drop some weight along the way? You can, with a vacation focused on you and your health.



Weight loss retreats help guests shape up by cultivating better habits, movement, relaxation and conscious eating, typically in stunning, relaxing locales.

To help you decide if a [vacation centered around weight loss](#) might be right for you, and save you from disappointment, we went to the experts for answers.

Meet Diana Stobo, Founder and Owner of [The Retreat Costa Rica](#), Sue Glasscock, Co-founder of [The Ranch Malibu](#) and Jessica Brantley, SVP Programs and Reservations at [Hilton Head Health](#).

Here's what they had to say on choosing the right weight loss retreat for you, what to expect and how to prepare—followed by our top picks.



Choosing a Weight Loss Retreat: What Are the Top Considerations?

Sue Glasscock, The Ranch Malibu:



As we are hopefully entering a post-Covid world or at the very least turning the corner, people are much more conscious of their overall mental and physical health and that is certainly being reflected in demand for a program like ours, with many guests opting for multi-week stays. When choosing a program that's right for you, a few things to consider would be:

What do you hope to achieve by the end of your stay? If you are looking to maximize your results or jumpstart a path to better health with visible results, a no-options program like ours is an ideal destination.

We choreograph every aspect of your stay. Daily activities, including 4 hours of hiking, afternoon fitness and yoga classes, are tailored to your fitness level and our plant-based diet promotes further detoxification and revitalization.

What is your ideal daily schedule? Do you want to be active all day long, opt-in and out of classes or balance your fitness program with pampering treatments?

How much attention do you want/how much interaction would you like with fellow guests? With a group size of 19 guests each week, we can offer personal attention and support throughout your stay. Additionally, our intimate environment lends itself to as much or as little group interaction as one desires.

Simply being around a small group of people also devoted to improving their health for the week offers a unique opportunity for bonding and support, with many guests making lifelong friends through our program.

Is There a Best Diet or Approach to Food?

Sue Glasscock, The Ranch Malibu:

We are a plant-based program, with many of our ingredients coming directly from our 3-acre on-site CCOF, certified organic garden.

Our daily menu features the finest fruits, vegetables, grains, pulses, legumes and seeds while excluding alcohol, caffeine, dairy, soy, processed sugars, diet sweeteners and gluten to aid in the cleansing and revitalization process.



How Important Is Mindset To Weight Loss?

Sue Glasscock, The Ranch Malibu:

Like anything, your mindset is incredibly important in how you experience things and in garnering results.

Once you've made a commitment to make a change, whether that's weight loss or something else, I would suggest writing down that goal and being specific about what you want to achieve, why it is important to you and how you want to feel in accomplishing it.

Regardless of the goal, this list will serve as a wonderful reminder of your intention. This way if you get off track, you can revisit your list to help steer you back on course.



The important thing is to not get stuck dwelling on that one cookie you ate or a workout you missed, but instead rejoicing in all of the healthy things you've done on a consistent basis that are leading you towards your goals.

Part of this is watching your internal dialogue and speaking to yourself as you would a loved one or child with supportive and encouraging thoughts.

How Should Guests Expect To Prepare For Their Weight Loss Retreat?

Sue Glasscock, The Ranch Malibu:

Upon booking, we provide our guests with a 30-day pre-arrival program to follow, which includes a week-by-week plan of changes they should make to their diet, fitness and mindfulness practices so they are ready for their Ranch week!

Those that follow our recommendations will often see results before their stay and experience more profound results while in our program.



What About After the Weight Loss Retreat / At Home?

Sue Glasscock, The Ranch Malibu:

Yes, our Integrative Health Consultant is available during the guest's stay with any questions they may have, as well as following their visit. She can create at-home programs for those that are interested.

We also send all of our alumni regular newsletters which features recipes and workout advice to encourage healthy habits at home.



What Makes Your Property Stand Out Among Weight Loss Retreats?

Sue Glasscock, The Ranch Malibu:

Our results-oriented, no options approach in an incredibly intimate setting with just 19 guests each week. Guests participate in an active daily schedule and enjoy a delicious and detoxifying plant-based cuisine knowing they will earn and depart with results.

This includes noticeable physical and mental changes like loss of pounds and inches and increased mental clarity. Many even make permanent and meaningful shifts in their health following a stay with us, breaking long-ingrained habits like poor nutrition, lack of exercise and even smoking cessation.



Vacayou's Top Picks for Weight Loss Retreats

The Ranch Malibu



California, USA

At this award-winning fitness and weight loss retreat and ranch, optimal health and long-lasting results are considered the ultimate luxuries. Their intense fitness and wellness regimens pair with a highly structured, plant-based nutritional diet to put you on the road to balanced and healthy living.

Specialized programs focus on meeting fitness, nutrition, weight loss and detox goals with The Ranch dedicated to creating a safe place for personal awareness and transformation.

Through a guided fitness regime, wellness support and properly calibrated nutrition, the immersive [Luxury All-inclusive Fitness Retreat](#) allows guests to detoxify their bodies in a healthy, sustainable way—all while getting back to basics in nature.