



The West Coast's Buzziest Wellness Retreats and What Makes Them Unique

Wellness tourism has been booming. Along with seeking healthier lifestyles and cutting vices, visitors are looking for mental well-being and to manage stress. The sector reached \$720 billion in 2019, according to The Global **Wellness** Institute, before dropping due to COVID-19. With the world traveling again, wellness tourism was valued at \$814.6 billion in 2022, notes a report by business consulting firm Grand View Research, with a compound annual growth rate of 12.42 percent from 2023 to 2030.

The West Coast, arguably the hub of wellness, is filled with retreats and centers. Here, a look at the buzziest ones — five stars and celebrity-filled — and what makes them unique:



The Ranch Malibu sits on a 200-acre ranch in the Santa Monica Mountains. COURTESY OF THE RANCH MALIBU