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FAVORITE SPA IN MEXICO



Since 1940, this destination spa has welcomed guests for week-long retreats that focus on health, wellness, fitness, and beauty issues. The facilities include Spanish-style villas, gazebos, and pools, as well as an organic farm and a new cooking school, all set on 3,000 acres of mountainside perfect for morning hikes. Fitness classes, life-coaching workshops, and spa treatments keep guests busy; low-calorie gourmet cuisine, served between sessions in a large communal dining room, keeps them sated. The array of activities, such as hydrotherapy massage, cooking demonstrations, and fitness lessons, coupled with the camaraderie among guests, make this a splendid retreat.

Located only 45 miles southeast of San Diego, just over the border into Mexico, the weather at this resort is always spectacular--warm and dry--so every week is the perfect week to visit. The land is remarkable, with landscapes enhanced by feng shui-correct design. Rancho La Puerta focuses on fitness, offering over 75 mind, body, spirit classes, including yoga, Pilates, tai chi, dance, water aerobics, and strength and flexibility training, as well as hiking along mountain ridges with spectacular views of the surrounding countryside. Guests can expect a week of movement as they walk on the spacious grounds between the 10 gyms, three pools, four tennis courts, a volleyball court, health centers, and dining room. Organic dining, thanks to the Ranch's bountiful organic farm on the premises, revitalizes and sustains guests for their entire stay. Evenings of dancing are offered in the Kuchumaa Gym. Spa treatments are many and varied, and all are very reasonably priced. Try the signature healing massage, the Golden Door facial, the herbal wrap, and many others--all customized to your wishes by a highly trained staff. Rancho La Puerta is ideal for a week of solo reflection and regeneration, and can also be a great vacation for an active couple or a group of friends. It especially appeals to hikers, nature-lovers, and exercisers of all abilities and interests.

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