



Rancho La Puerta LOSE WEIGHT!

BAJA CALIFORNIA, MEXICO

The Ranch figured out the fundamentals a long time ago: get outside, move your body, eat fresh food and the joie de vivre will surely follow. An hour south east of San Diego, it draws the buffest, funniest fitness instructors for its bursting schedule of classes. But working out isn't all – there are painting and cooking workshops, birdwatching strolls in the glorious grounds, herbal wraps at the spa made with lavender from the organic garden, concerts, evening talks and more. At the start of the required week's stay, guests gallop up the mountain on the pre-breakfast hikes, but by the end they're lying in hammocks under the live oaks, remembering what life's all about. One of the first destination spas anywhere that remains firmly at the top of its game. **Website** ranchola puerta.com. **UK reservations** Cleveland Collection (tel: 0845 450 5732). **Rates** Double, from £2,140, full board, for seven nights.