

July 8, 2010

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Destination Spa: **The Ranch at Live Oak Malibu** [Opening September 2010] **Malibu, California**

This fall, an intense new destination spa is set to open in southern California's Santa Monica Mountains. Weeklong fitness programs will combine a strict physical regimen with a vegetarian meal plan limited to 1,500 calories a day, crafted by the Ranch's "nutritional alchemist" using fresh vegetables, fruits, and herbs from the property's own organic garden. Guests stay in any of the 14 cottages and have access to horse stables, 200 miles of hiking trails, and a spa with four private treatment rooms for massages. \$5,600 per person per week, all-inclusive.



Courtesy of The Ranch at Live Oaks