

Town & Country

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There Will Never
Be Another

**GLORIA
VANDERBILT**

THE WOMEN
WHO RUN
THE ART WORLD

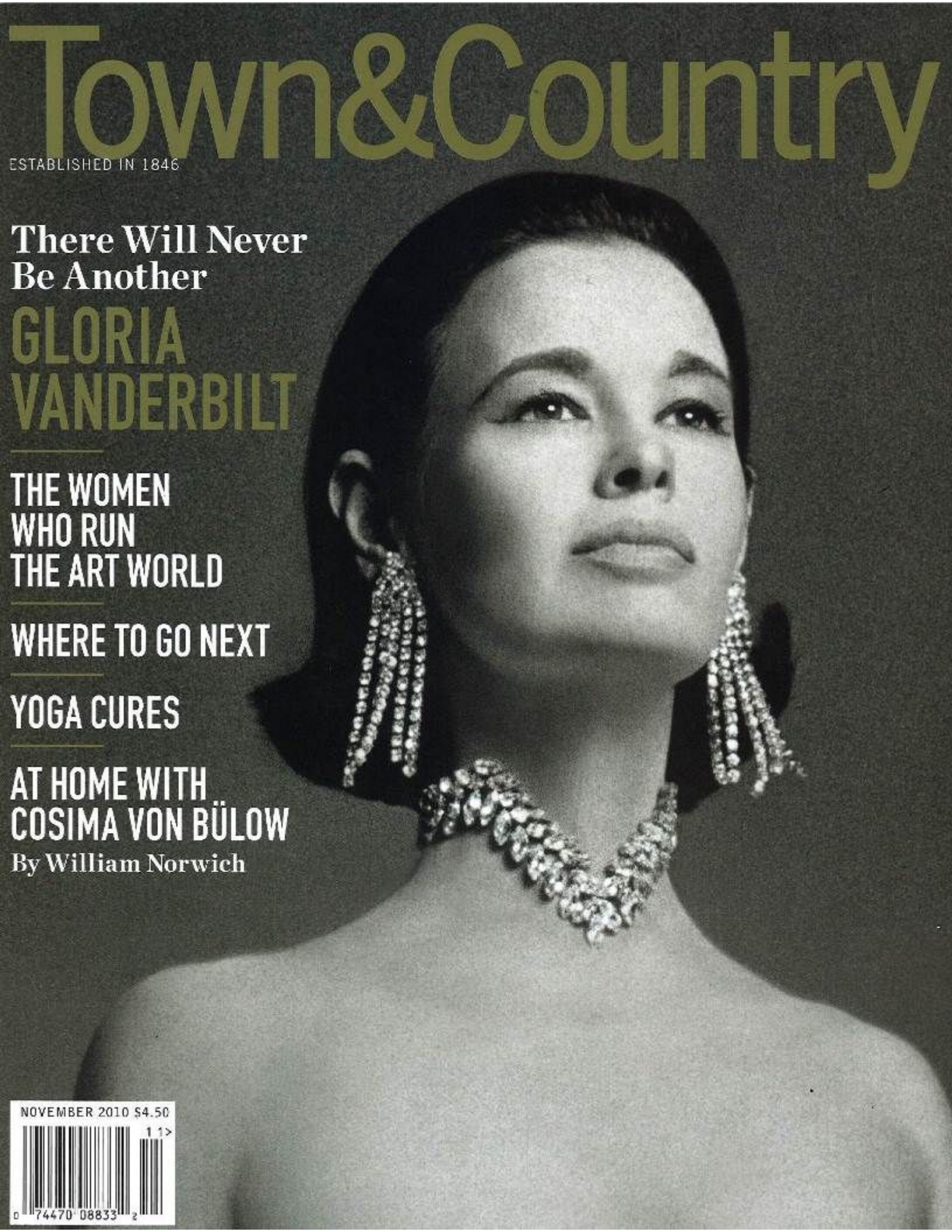
WHERE TO GO NEXT

YOGA CURES

AT HOME WITH
COSIMA VON BÜLOW

By William Norwich

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Where to Go Next

Ready to shake up your holiday vacation plans? We've got the inside information on the four places everyone will be talking about. *By Eimear Lynch*



Malibu is known for sandstone promontories overlooking hidden beaches.



The next Scottsdale is...
MALIBU

Open-air dining area at the Ranch at Live Oak.



Left: Workout gear from Adidas by Stella McCartney (\$165 for the set). Below: Lunch at the Ranch is harvested from an on-site organic garden.



WHO GOES: Frazzled Hollywood celebrities, nature-starved New Yorkers, and overindulgers from as far as London and Buenos Aires.

THE SCENE: The brand-new **Ranch at Live Oak Malibu** (888-777-2177) offers the rigor, ruggedness, and refinement you'd expect from an all-inclusive, six-night, \$5,600 fitness-and-wellness retreat. Each day begins before dawn with a stretching session, followed by breakfast and a four-hour hike through the Santa Monica Mountains. Once your legs are shaking with fatigue, it's back to the Ranch for lunch, a nap, and meditation—after which come a few hours of pool workouts, ab programs, weight training, and group yoga. Sound scary? Console yourself with daily massages and views of the epic Sandstone Peak that make you feel miles from L.A. (the Ranch is only an hour away from Hollywood by car). The 1,500-calorie daily allowance revolves around farm-to-table foods like celery root gnocchi with chanterelles, and asparagus vichyssoise with cranberry-stuffed squash.

Guests take cooking classes with chef Kurt Steeber (an alum of San Francisco's Zuni Café) and learn to purée, sauté, and steam their way to healthful home-cooked meals. At bedtime, collapse in your own cottage, then wake up for another day of deep breathing with your new friends—the program is limited to fourteen people per week.

THE LOOK: You're here to sweat, but that doesn't mean you can't look sophisticated while doing so. We suggest packing tops and shorts from Adidas by Stella McCartney's latest line of workout wear, which has a high-tech underlayer that wicks sweat away from sticky skin. And don't forget the sunscreen: we like Neutrogena's Ultra Sheer Dry-Touch Sunblock SPF 45.

NEED TO KNOW: Don't plan on indulging in margaritas and guacamole right before—or after—your stay here. The Ranch program begins twenty-eight days before you arrive with suggested exercises and diet changes, and continues with weeks of follow-up calls from camp nutritionists and counselors.