



The holidays are great and all. In December. But come January you're going to be wishing for something a little less manic. And a little more exotic.

Consider taking a cue from [Stephen Cheuk](#), the Australian-born New Yorker who owns the exclusive [S10 Training](#) club in lower Manhattan. Cheuk has figured out how to get away from it all at just the right time of year but without losing his [legendary-in-some-circles](#) muscle tone and agility: Start a posh, invite-only fitness retreat in the jungle, and invite all of your fashion and artist friends to join you.

Imagine it like a [Summit Series](#) in paradise, but for people with perfect bodies.

"When I travel, I like to stay healthy, and I want people to experience that, too, in a beautiful place," Cheuk said. "You should come back feeling leaner, having had some amazing experiences, and having networked with amazing people. I want it to be an adventure."

If that sounds intense, other more resort-like options abound. Health and luxury original Canyon Ranch has opened a brand-new location in Turkey, while other retreats, such as the holistic-focused Omega Institute, have increased their offerings in Costa Rica. Some are more focused on losing weight, others on nourishing the spirit or rebuilding your lifestyle philosophy, but they are all situated in some of the world's most stunning locales. Mallorca, Thailand, Zanzibar this winter? *Yes, please.*

The Ranch at Live Oak



■ Clockwise from left: hiking in the Malibu mountains; the great room; the expansive pool. Source: The Ranch at Live Oak Malibu

Location: Malibu, Calif.

Style: Be ready to do everything here—you don't have a choice. And that goes for the no-sugar, no-alcohol, no-caffeine vegetarian cuisine, too. "Results are achieved through our no-option daily group fitness routine," application papers state, including group hiking, core and ab work, weights, daily group yoga sessions, and private afternoon massages. The idea here is to do long-term, low-impact movement (9-10 hours daily, rather than short bursts of effort) to enhance metabolism, cleanse and detoxify your body, allow for healthy weight loss, and offer a heightened sense of mental wellness. Extras: The setting is silent film star Hopalong Cassidy's historic working ranch in California, built into a Spanish hacienda three miles from the Pacific Ocean. Oh, and there are daily massages and a mandatory nap time.

Duration: One week, minimum

Price: \$6,800 per person for one week; \$24,260 for four weeks