

5 DESTINATION SPAS TO REVAMP YOUR MIND AND BODY

A change of scenery can be just the thing to strengthen your resolve to get fit or create that sense of being pampered and cared for post-New-Year's. Whether you want to hit the snowy trails or let the sun bask over your shoulders, these top destination spas and resorts will perk up your 2013.

By Kari Molvar



Photo Credit: Courtesy The Ranch at Live Oak

Sun and Salvation Seekers

Where To Go: [The Ranch at Live Oak](#) in Malibu, California

What To Get: A week-long detox to rev up your metabolism and rid your body of toxins that involves up to 10 hours of exercise a day (no kidding) with hiking, yoga and core conditioning. Fortunately daily massages and chef-prepared vegetarian meals are also part of the regime—as is staying in a cozy, desert-chic suite.

What It Costs: One-week stays starting at \$5,600