

5 Health Spas in SoCal to Set Your Intentions in the New Year

1 The Golden Door



There's no better place to embrace your mind, body and spirit than The Golden Door, which has been named the #1 spa destination in America. Walk through koi ponds to your own, personalized cottage, where customized robes, clothing and workout clothes await (yes, this means you don't even need to pack...unless you want to). You'll be treated to customized fitness and meditation programs as well as calorie-approved meals to help you reach your target weight. We're fans of the daily yoga, daily in-room massages (yes!) and the general feeling of female camaraderie you'll experience on one of these all-girl retreats. Separate weekends are available for men.

<http://goldendoor.com/>
777 Deer Springs Rd.,
San Marcos (760) 744-
5777



2 The Oaks at Ojai



The Oaks at Ojai is an all-inclusive destination spa in a beautiful environment (wine country!). Here you'll experience a peaceful, healthy fitness retreat offering everything from guided hikes into the mountains, to aquatic workouts under the warm Southern California sun to winding down the day with calming restorative yoga. You'll enjoy the surroundings, the spa and the cuisine; The Oaks provides a well-rounded, calorie conscious, food plan that consists of three meals, snacks and beverages. The varied menus feature natural foods, fresh fish and poultry, locally-grown fruits and vegetables, homemade salad dressings and soups - all without a touch of additional salt or refined sugar used in the preparation.

<http://www.oaksspa.com/>

122 E Ojai Ave., Ojai,
(805) 646-5573



3 Cal-a-Vie



The focus is on your mind and spirit at this fabulous retreat in Vista, California. Cal-a-Vie offers 20 different mind-body-spirit classes in the serenity of a remote setting. There's a labyrinth for relaxation and a 400-year-old chapel for meditation. You'll find several different kinds of yoga in addition to Tai Chi and Qi Gong. Fitness aficionados will also be pleased to find several Pilates classes as well as TRX and Gyrotonic. Unlike many other health retreats, tennis and golf are also available.

<http://www.cal-a-vie.com/>

29402 Spa Haven Way,
Vista, (760) 945-2055



4 The Ranch at Live Oak Malibu



The Ranch Malibu is an intensive, endurance, wellness and nutrition program that recalibrates guests' lifestyles towards achieving and sustaining their health goals. Set three miles above the Pacific Ocean in the Santa Monica Mountains, the 16-cottage retreat, which opened September 2010, is beautifully situated on a large working ranch. Designed to frame the picturesque landscape, the intimate setting features private accommodations and premium amenities. Over 200-miles of hiking trails, an open-air kitchen and great room, organic farm, Yoga Pavilion, Romper Room gym, outdoor pool and spa, and private treatment rooms for massages, further enhance the spectacular surroundings. Because The Ranch does not have WiFi or cell phone reception (guests have limited access to computer and phone) the setting encourages guests to focus their energies on being present in the natural, serene surroundings with others on the same path of health and wellness. Limited to sixteen people each week, the Sunday to Saturday minimum stay delivers sustainable results through a strict, "no-options" philosophy. The effectiveness of the program is based upon years of collective experience, observation and daily regime calibration to insure the most weight and inches lost in a safe and sustainable way. Upon completion of the program guests feel both physically and mentally transformed, shedding unwanted pounds and inches, emanating a vibrant, healthy glow and regaining mental clarity and peace of mind.

<http://www.theranchmalibu.com/>

12220 Cotharin Rd.,
Malibu (310) 457-8700



5 The Ashram



The Ashram is nestled in a secluded nook in the foothills of the beautiful Santa Monica mountains, only a few short miles from Malibu's sandy beaches, yet seemingly a million miles from the hustle and bustle of metropolitan Los Angeles. You'll be ferried through a small, winding glen dotted with clusters of coastal oak and solitary ranch homes, where, if you listen very carefully, you will hear a gentle stream's soft serenade coming from below. Here you'll enjoy organic vegetarian only fare and a week-long program that will transform your body, mind and soul as you immerse yourself each day in the retreat's simple, but effective program of pure food, hiking, yoga, fitness and meditation.

<http://www.theashram.com/>

2025 McKain St.,
Calabasas (818) 222-
6900

