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Wellness & Detox Retreats

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If we're honest, it's a lot more fun to get healthy when you have the company of an amazing spa, and specialists to usher you through the process.



Golden Door

777 Deer Springs Rd., San Marcos, CA | 866.420.6414

We've heard great things about this recently revamped spa, which comes complete with onsite Japanese gardens: If possible, you'll want to check-in for a full week, and accordingly, a full reset, thanks to a daily menu of exercise and spa treatments. Styled after a Japanese "ryokan" or inn, the rooms here all resemble traditional Japanese houses—with an impressive collection of art and antiques from the 18th century to match. The decorations are simple, with sliding doors, dark wood, and Asian-influenced accents. While weight loss isn't necessarily the goal of a stay, bring running shoes, as there's a packed schedule of hikes, yoga, and fitness classes to choose from. The Golden Door is meant to be place for detoxing both mind and body, and the food is accordingly local, organic, and healthy—so much so, that you may even spend time in the vegetable garden picking your own greens.



We Care

18000 Long Canyon Rd., Desert Hot Springs, CA | 760.251.2261

Less is more when it comes to this detox program in Desert Hot Springs, California. Check in for three, six, or eight days and prepare for many, many beverages (green drinks, hot broths, water), along with colonics and massages every day. Read a book or relax by the pool while your body cleanses and recalibrates. Add a bit of therapeutic pampering to your stay with a mud wrap or lymphatic stimulation, though there's also nothing wrong with just taking a lot of naps and hanging out in the infrared sauna.



The Ranch at Live Oak

12220 Cotharin Rd., Malibu, CA | 310.457.8700

When you find yourself reaching for your iPhone to check emails in the middle of the night, it's time for The Ranch. This week-long luxury bootcamp in the mountains of Malibu encourages you to power down, let go of stress, and break less-than-healthy habits of the day-to-day and bring back balance through exercise, diet, massage, and rest. Whether it's a bowl of their signature granola with almond milk or a bar of their lavender pumice soap, each element of this program has been curated to ensure guests have the best of the best.



Lumeria Maui

1813 Baldwin Ave., Makawao, HI | 808.579.8877

Chill out surrounded by lush, tropical gardens at this historic Maui compound and learn to live Aloha for a while. Practice mindfulness, learn to meditate, take an aromatherapy class, or learn about the land through their horticulture programs. The beauty and serenity of the island attracts yogis of all disciplines from all over the world to practice so check the calendar for upcoming retreats and workshops.



The Pearl Laguna

21095 Raquel Rd., Laguna Beach, CA | 949.715.1674

This is a week-long holistic retreat at the beach. Detox and decompress down with daily hikes, yoga, and training sessions, restorative massage, and introductions to new practices like Tai Chi or chakra balancing. After a week of clean eating, days full of exercise, quality time in nature, and lots of sleep, you should feel lighter in every sense of the word.



Sky Ranch at Bacara

8301 Hollister Ave., Santa Barbara, CA | 805.252.1498

Just north of Santa Barbara, Bacara is the only resort in the area that's directly on the beach, which means that you get some pretty epic sunsets over dinner. While all of the rooms are getting refurbished, they're comfortable without being fussy—and if you participate in one of the Sky Ranch Fitness weeks, you won't be spending much time in them. These week-long wellness weeks revolve around daily hikes through the Santa Ynez and Gaviota mountains, coaching from nutritionists, doctors, and physiologists, as well as gym time. In addition to a four-story spa, Bacara offers a huge (by hotel standards) fitness center, complete with Pilates Reformers and spin bikes. Don't worry: Each week comes with restorative spa sessions, too. While many (healthy) meals happen on-site (the Spa Café is excellent), they also take you out and about in Santa Barbara. Meanwhile, Bacara is a great place for kids. There's a mini-beach adjacent to the pools (complete with tons of toys), kids menus at all the restaurants, and plenty of acreage to explore. They also rent out boogie boards, paddle boards, and surf boards.



The Ranch 4.0

2 Dole Dr., Westlake Village, CA | 310.457.8700

This 4-day program from the people behind The Ranch promises to deliver similar results. The Ranch 4.0 operates in partnership with the Westlake Village Four Seasons, so you'll be taking up residence there—though the daily itinerary is the same as what you'd expect to encounter at the main ranch. (Keep in mind that it is a business hotel, though, so don't be surprised when you roll in.) Every morning begins with a four-hour hike, followed by an afternoon of abdominal work, toning, and yoga—all dictated by diagnostic fitness and metabolic rate testing you'll submit to when you check in. Rest assured, though, all this activity is mitigated by a daily massage. While the days are packed with activities, they're admittedly not packed with carbs: All 16 participants abide by a strict, vegetarian diet of 1,400 calories. (It's delicious.) In addition to eating, there are cooking demonstration and nutrition classes.

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goop When you find yourself checking emails at 2am it's time for @TheRanchMalibu. #LinkInProfile for more of the best wellness & detox retreats 🙌

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