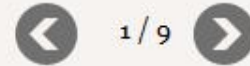


Healthy getaways that celebrities love



Whether they're looking to get into action-hero shape or recovering from a grueling publicity tour, celebrities often need some red-carpet relaxation away from the flashing bulbs of the paparazzi.

But when time and money is no object—but perhaps privacy and a discrete detox are—where do you go? We found out.

From a resort owned by Hugh Jackman on the Gold Coast of Australia to a boot camp high above the Santa Monica Mountains, we've sourced seven hot, healthy getaways for if your name appears on Page 6, or just in the White Pages. —*Amanda Benchley and Melisse Gelula*

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RANCH AT LIVE OAK, Malibu

VIPS and starlets might have to wait to accept those deals and movie parts as there's no cell phone reception at the Ranch, despite its central California locale. The point is to totally switch off at this intensive "no options" boot camp, a philosophy which appeals to CEOs (Kate Spade has visited) and athletic A-listers (Patrick Dempsey), who like a challenge. No more than 16 guests at a time undertake the week-long program, which includes mandatory early-morning hikes, tough afternoon fitness classes, and no alcohol, dairy, sugar, gluten, or caffeine. Your reward appears in the form of a luxurious daily massage, stunning rooms with views of the Pacific Ocean, and delicious food (in exceedingly small portions) from the organic garden. The Ranch is launching a 4-day option this September if a week without a Blackberry is a deal-breaker.

Rates \$5,800–\$6,200 (all-inclusive), www.theranchmalibu.com