

# The Best Spas in the U.S. & Around the World: 2019 Readers' Choice Awards

30 PHOTOS

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October 7, 2019

There has never been a better time to take a spa break. In 2019, wellness may be a trendy buzzword—and a multi-trillion-dollar industry—but at these soothing and invigorating retreats, it's the real deal. Our readers chose some decades-old pioneers in the spa world, who have continued to innovate, alongside some of the vanguard looking at vitality in entirely new ways. For our 32nd annual **Readers' Choice Awards** survey, a record 600,000 registered voters weighed in. The impressive number of 2019 results were especially exciting for us—we're ever curious about where you go, what you loved, and who you went with. As you continue to travel, we continue to listen: Here are the spas you loved most this year.



HOTEL

## 5. The Ranch Malibu →

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Tough love is the order of the day at this health retreat. The core program is seven days of rigor, though four- and ten-day options are available at a spin-off at the nearby Four Seasons Westlake Village. But go for the core—if you're ready for a challenge. Nothing is optional: not the 5:30 wake-up knocks (they will persist until you answer), not the 6am yoga or stretching sessions, not the hours of morning hiking, nor the afternoons spent in the gym or the near-vegan eating plan. If you wonder why people pay for this, you aren't alone. But if you're among the people who get it, then it's the sort of yearly wellness tune-up that you'll look forward to. The Ranch tends to attract type-A personalities, so there can be competition on the hiking trail, but the guides are supportive and encouraging for guests of all levels. And the payoff is a few pounds of lasting weight loss, better muscle tone, glowing skin, and a well-earned sense of accomplishment. It helps that the lodgings are sublimely comfortable, there are daily massages, and the food—pared down as it may be—is of the best organic ingredients and beautifully presented.