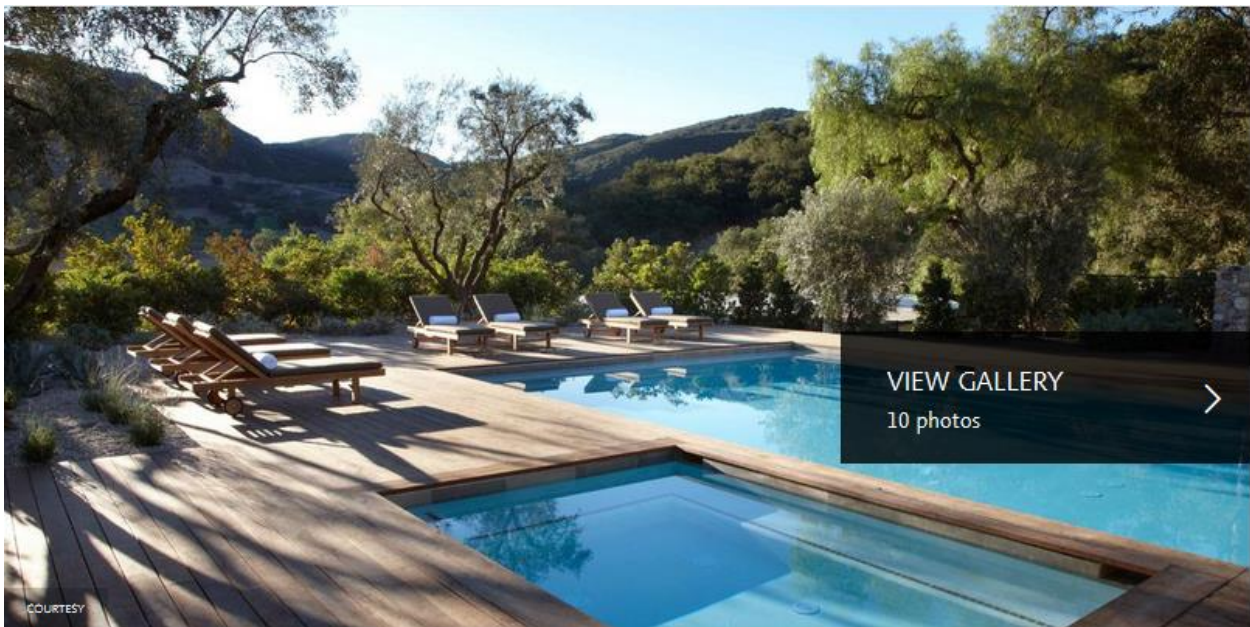


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The Best Destination Spas

If you're hoping to shed a few inches—or simply kickstart a healthier lifestyle—here's where to go

By [Liz Krieger](#) Jul 21, 2018



Looking to hit the reset button now that the calendar has ticked up another digit? Each of these 10 picture-perfect destination spas offers everything you need to relax, reprogram, or reshape yourself. Whether you want to jump-start serious weight loss, master a rock labyrinth, or indulge in daily rubdowns, book some time at one of these wanderlust-worthy health and wellness sanctuaries.



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THE RANCH AT LIVE OAK MALIBU

[BOOK NOW](#) *Malibu, CA*

As you lace up your hiking boots and set off for a strenuous but scenic hike in the Santa Monica Mountains, don't expect a hearty trailside snack. This is one of those handful-of-almonds programs—A LUXURY BUT NO-MESSING-AROUND BOOT CAMP FOR TYPE AS and A-listers that only takes 16 guests a week, during which time you'll forgo things like cellphones, coffee, soda and email. The simple (think lots of crisp whites and sunlight) but beautiful private cottages come with a daily aphorism placed on pillows, and you'll need all the shut-eye you can get. There's hiking in the morning, followed by strength conditioning, yoga, or circuit training in the afternoon—a total of 8 hours of activity. Thankfully, there's a scheduled hour of naptime as well as daily restorative massages. Guests report that the vegetarian food—however scarce—is imaginative and delicious, and there are never any leftovers.