

## Checking in: Ranch 4.0 at Live Oak Malibu

By Jennifer Gould Keil

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Yoga classes at the healthy-lifestyle resort.

Photo: The Ranch at Live Oak

The Ranch 4.0 is a four-day condensed version of [The Ranch at Live Oak Malibu](#) for folks who can't be away from work or home for too long.

## Where

The Four Seasons Westlake Village, where the California Health and Longevity Institute is based.

## When

Thursdays through Mondays.

## Why

The program will kick-start you into shape almost faster than a New York minute. Think physical and mental detox.

## Working well

A bootcamp-like work out for your mind and body that will change how you think about food. The 30-day pre-arrival program to gear up for the four-hour daily hikes in the Santa Monica mountains and the raw, caffeine- and alcohol-free diet is also helpful.

## Don't miss

The chance to disconnect. The only skyscrapers here are the mountains and you are climbing them.

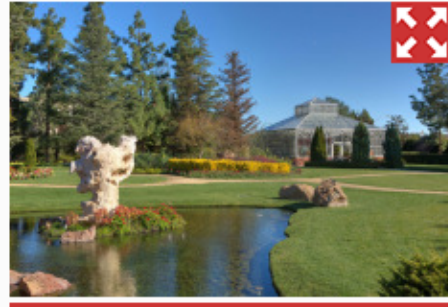
The hikes can be challenging, with just a 10-minute break, six almonds and some fancy Himalayan salt to sustain you.

But don't give up.

Even if you have blisters, the staff will wrap your feet and you will be ready to do it all over again the next day.

## Needs work

Better scheduling so individual massages and sessions with the energy healer and/or with noted lifestyle consultant Dr. Ilana Kukoff don't interfere with group workout classes.



Sunny Southern California.  
Photo: The Ranch at Live Oak



Hike the surroundings.  
Photo: The Ranch at Live Oak

## Competitive edge

Medical diagnostic testing, with a body composition test and a VO2 metabolic test, nutrition counseling and a cooking class with talented chef Meredith Haaz.

On the last day, finding out how much weight and inches you lost can be a greater high than climbing the tallest mountain.

## Don't miss



Eating healthy can still be delicious.

Photo: The Ranch at Live Oak

Group dinners. Each group tends to bond over the days' challenges. Mine included a divorced fortysomething father, a thirtysomething single Wall Street guy and a fit grandmother in her 50s.

Many were repeat visitors, and it was easy to see why.

## Details

The cost is \$3,800; [theranchmalibu.com](http://theranchmalibu.com).