

HOW TO GO ON A RETREAT LIKE A CELEBRITY



Photo: Instagram/@karliekloss

Celebrities may live the glam life—at least according to Instagram—but even they feel the need to **reset** ^{1/6} and **detox** just like the rest of us.

But, where we may cut out **processed sugar** or skip checking **our phones** before bed, celebrities take their R&R a little more seriously.

Cue **retreat season**. From technology detoxes in tropical European destinations to weeklong trips filled with organic and fresh **farm-to-table** meals and nature-filled hikes and excursions, celebrities seem to love to go on healthy summer getaways at luxurious retreat centers. And luckily for us, their phones are never too far away to post a stunning **Instagram shot**. (How else will we know how healthy they actually are?)

Scroll down to learn about the best retreats in the world and the celebs who love them.

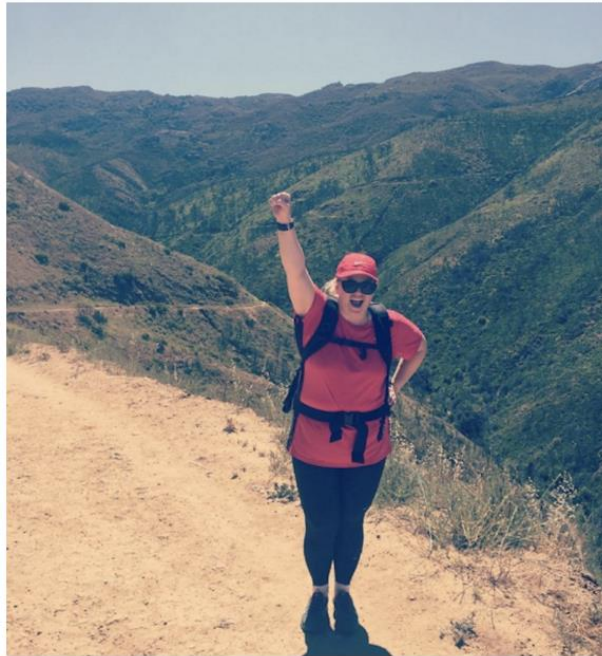


Photo: Instagram: @rebelwilson

The Ranch at Live Oak

While the **Ranch at Live Oak** in Malibu, CA, **used to be** exclusively an intensive weeklong boot camp known for its lack of cellphone service, it has expanded its offerings to include a four-day retreat that focuses on a vegan menu and daily hour-long hikes—to make sure the break from technology packs an extra-healthy punch. In the last six months alone, the four-day retreat has been visited and *loved* by Rebel Wilson (above) as well as Connie Britton and Jennifer Morrison (below).

