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The Best Fitness Retreats to Reset and Detox in 2020

Enjoy a weekend off without compromising on your wellness goals.

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[Vacations](#) are often synonymous with indulgence, and while lounging poolside is all well and good, sometimes a proper detox is in order. These 9 fitness retreats will help you to do just that in 2020, whether [star-studded boot camps](#) in Malibu or restorative yoga retreats on the Atlantic coast of Portugal feel more your speed. Most resorts offer a range of activities with flexible schedules, so you can make the trip as physically challenging or mentally restorative as you'd like. This way, you can enjoy all the workouts and detoxes that these fitness retreats have to offer while still taking the time for all the other [rest](#) and self-care you need.

Here, find our list of the best fitness retreats where you can get some R&R without compromising on your 2020 wellness goals.

The Ranch, Malibu, CA



A favorite of celebrities and executives alike, The Ranch in Malibu is ideal for those who want to detox in (mostly) comfort. Guests stay in private luxury cottages, and the fitness retreat boasts a daily program of four-hour hikes, intense workouts, and plant-based meals. The Ranch also offers yoga, deep tissue massage, and infrared saunas to aid in [recovery](#), so you'll undoubtedly leave this fitness retreat feeling ready to take on 2020's hardest challenges.

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