

Power players: The best spas to boost your fitness

Get fit at these spas that offer hydro-wizardry and strengthening safari runs

by TATLER

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THE RANCH MALIBU, California, USA



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Visitors to The Ranch feel they can walk forever, no matter how long the trail (and meagre the sustenance – a few almonds and a pinch of salt), thanks to the joy of passing great mountains and dense forests of bush, and brushing against fragrant herbs (flannel-soft sage, sweet lemon verbena). It's just one of the reasons why those in the know return year after year. Their best-loved 4.0 retreat bottles the power of the great outdoors with daily, up-to-25km hikes, which not only blast hundreds of calories and blow away the cobwebs, but provide that elusive thing: time – and space – to think. Back at the Four Seasons Westlake Village (base for the four-day programme), feet are restored with talc and bandages; muscles softened with powerful, in-room massages and bodies stretched with daily classes (yoga, spinning, HIIT). Mealtimes are an unexpected joy, with hearty vegan fare (like the Ranch's famous granola, and exceptional cauliflower crust pizza), all eaten in the airy, garden-view glasshouse. Losing five pounds in one stay is not out of the ordinary – unlike the sense of calm and renewed focus that guests return home with. *Four nights, from £3,250 (theranchmalibu.com).*