



## Hilton Head Health wins Best Wellness Retreat / Resort



### 6 THE RANCH MALIBU Malibu, Calif.

The Ranch Malibu, an intensive one-week luxury boot camp, eliminates "decision fatigue" with a no-option daily fitness routine featuring group hiking, yoga, weight training and ab work, all amid spectacular hills above the Pacific Ocean. Healthy meals prepared with fresh, organic ingredients exclude processed sugars, alcohol and caffeine.

Photo courtesy of The Ranch Malibu

Who says vacationing has to be unhealthy? The growing popularity of wellness retreats and resorts in the U.S. is a testament to our growing interest in fitness and longevity, even while traveling.

The top 10 winners in the category Best Wellness Retreat / Resort are as follows:

1. Hilton Head Health - Hilton Head, S.C.
2. Eupepsia - Bland, Va.
3. Skyterra Wellness Retreat - Lake Toxaway, N.C.
4. New Life Hiking Spa - Killington, Vt.
5. The Art of Living Retreat Center - Boone, N.C.
6. The Ranch Malibu - Malibu, Calif.
7. Red Mountain Resort - Ivins, Utah
8. Mii amo - Sedona, Ariz.
9. The Lodge at Woodloch - Hawley, Penn.
10. CIVANA Wellness Resort and Spa - Carefree, Ariz.

A panel of experts partnered with 10Best editors to pick the initial nominees, and the top 10 winners were determined by popular vote.

Congratulations to all these winning retreats and resorts!