

# Reinvigorating Your Quarantine Routine

Recommit to your New Year's resolutions with the unique offerings at these four destination spas.

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If inspiration is in short supply, a change of scenery might be the boost you need. These wellness retreats deliver it all: pampering body treatments, soulful yoga practices, and inspired cuisine that blur the line between good and good for you. The result? A body reboot and bright new outlook.

## The Ranch Malibu

It takes more than dry January to fully detox your mind and body, which is why the [The Ranch Malibu](#) has crafted a carefully calibrated program which includes a four-hour hike each morning, afternoon strength training, restorative yoga or meditation sessions, scheduled naps, a weekly sound bath, and daily massages leaving you restored and revived. By temporarily turning your life over to this caring and experienced team of professionals, you'll emerge with a healthier body, an appreciation of nature, and a clarified mind able to move through life's challenges with purpose and intention.