

E L L E

APR

HAILEY BIEBER

ON LOVE,
THERAPY, AND
ONLINE HATE

DYLAN
FARROW
REWRITES
HER STORY



FASHION
IS BRINGING
SEXY BACK



Beauty

SPRING AWAKENING



As distribution of the *COVID vaccine* ramps up around the country and we begin to cautiously step away from our forced isolation, *health and wellness are more top-of-mind* than ever before. Whether you want to *indulge* in a luxury retreat or simply *recharge* in your own space, here's what to consider when embarking on a much-needed *mind and body reboot*.

THE RANCH MALIBU (ABOVE) NOW OFFERS PRIVATE SMALL-GROUP HEALTH RETREATS.



THE RANCH MALIBU COMPOUND INCLUDES AN ORGANIC GARDEN, POOL, JACUZZI, OPEN-AIR KITCHEN, MASSAGE HUTS, AND A YOGA BARN. WHILE ROOMS HAVE WIFI, THERE ARE NO TV SCREENS, TO HELP CALM THE MIND.

FOR THE LAST YEAR, we've been sleeping—hibernating, actually—in a weird state of fear, inactivity, isolation, and, for some people, illness. But that may soon begin to change, as friends, family, and lovers receive a shot in the arm and we slowly reemerge from our wintry caves. How do we take the first step back to health, fitness, and happiness—or forward to a new level of well-being?

“It's time to get back to basics,” says Lavinia Errico, founder of Equinox fitness club and creator of the Inside Out Movement, which focuses on wellness and personal growth. “We need shelter, nutrition, movement, sleep, human connection, sunlight, and nature. [Our] foundation has been completely rocked. If we can [attain] those basic things, you'll be surprised how much more balanced and aligned we'll all feel.” To move ahead, she says, practice being grateful: “Your whole body and mind will have a different vibration.” Errico ups her gratitude with simple pleasures, like bathing with Epsom salts and fresh lavender while listening to YouTube sound baths; taking walks to connect with neighbors and their dogs; and spending less time on social media. As for resuming regular exercise, she suggests following your true nature: “If you're a turtle, don't start exercising like you're a gazelle.”

For impatient Type A's and the outdoor-obsessed, reacquainting the body, mind, and spirit can be accomplished all at once at The Ranch Malibu, which offers a seven-day luxury boot camp at its 200-acre compound, nestled in the Santa Monica Mountains overlooking the Pacific Ocean. There, you can focus on yourself and reviving your circadian rhythms with a solid eight to nine hours of sleep a night, sunlight, stretching, and meditation, plus four-hour hikes in the surrounding hills followed by yoga, strength workouts, and massage. Dining is equally restorative: think organic, plant-based meals where someone else is making the quinoa tahini balls for you. A staff of about 45 allows 19 weekly guests to create—or rediscover—a healthy baseline (at \$8,200 for a Sunday-to-Saturday stay). Jessica Alba, Regina

King, Connie Britton, Angela Bassett, and Alison Brie have all spent time at The Ranch.

“Our approach to well-being is balanced living,” says co-founder and CEO Alex Glasscock, who, with his wife Sue, created The Ranch 11 years ago. And yes, “that includes time to reflect on what we're grateful for.” Glasscock says they've witnessed incredible transformations in their guests, whether it's jump-starting a fresh attitude or a brand-new life. During COVID, they introduced The Ranch Private, which provides secluded spaces for activities and a customized program for small groups of up to four guests (or two groups of four if all book together). It's been so popular it will be offered post-COVID, at a cool \$11K per person for one week. And in 2022, they also plan to open a new facility, The Ranch Ojai, 50 miles or so up the Pacific Coast Highway.

Whether you're immersing yourself in a rigorous experience or just venturing outside for a walk, decluttering the mind is key, says Christine Dionese, an integrative, epigenetic health specialist who readies her high-profile clients for The Ranch and other reboots. Before they pack their hiking shoes, she helps clients realign their beliefs to establish new, helpful patterns. “You cannot detoxify the body without rejuvenating the mind, since the body follows where the heart and mind lead,” she says.

Dionese believes the silver lining to the past nuclear winter is the time it's given us to reflect mentally, so that when spring hits, we can activate the body. Start by focusing on what health truly means to you, she says: State your personal wellness goals and fine-tune your language to achieve them. And surround yourself with people who have similar ideas about staying healthy. Somehow that sounds easier to do in Malibu than Manhattan, although The Ranch does send you home with a week's worth of recipes. But no matter where or how you approach this season, take it one step (or sound bath or quinoa tahini ball) at a time. —MARTHA MCCULLY

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