



Dedicated to improving the quality of one's life by improving their health, The Ranch's acclaimed results-oriented, fitness and wellness programs are designed to recalibrate the mind and body through an intense fitness and wellness regimen paired with a highly structured plant-based nutritional diet.

REFOCUS. RESET. TRANSFORM.

Amongst an intimate group, our specialized programs focus on meeting fitness, nutritional, weight loss and detox goals for an experience unlike any other vacation or spa retreat.

Whether you opt for our signature 7-day, 9-day or Private Program at our tranquil Malibu Ranch, expect to shed inches, lose unwanted pounds and clear the mind.





PROGRAMS



THE RANCH MALIBU

Reset the mind & body with our transformative, weeklong fitness & wellness regimen.

7 DAYS / MALIBU, CA.

- 7-Day Signature Stay
- Limited to 23 guests each week
- Connectivity limited to in-room Wi-Fi
- Diagnostic testing including Bod Pod Body Fat Analysis & Cholesterol testing
- Available for multi-week stays and offered 52 weeks / year
- Starts at \$7,300 per person for double occupancy and \$8,600 for a single room, pricing includes all fitness programming, a daily massage each full day, meals, and accommodations.
- Option to add a Saturday night stay (pre-/post program) at a rate of \$1,250
- New reservations for stays commencing in January 2022 and onward will include a service charge of 16% which includes gratuity and tax. Additional gratuity is not necessary or expected.



THE RANCH PRIVATE

Craft a personalized experience to maximize results while limiting group interaction.

7 DAYS / MALIBU, CA.

- 7-Day Stay for Private Groups of 1-4
- Limited to 2 groups of 1-4 people (coming together) each week
- Connectivity limited to in-room Wi-Fi
- Diagnostic testing including Bod Pod Body Fat Analysis & Cholesterol testing
- Available for multi-week stays and offered 52 weeks / year
- Starts at \$9,400 per person for double occupancy and \$11,000 for a single room, pricing includes private fitness programming, daily massage each full day and private meals and accommodations for a personalized experience.
- Option to add a private Saturday night stay (pre-/post program) at a rate of \$1,650.
- New reservations for stays commencing in January 2022 and onward will include a service charge of 16% which includes gratuity and tax. Additional gratuity is not necessary or expected.



THE RANCH 9.0

Arrive early and stay late for a complete immersion at our Malibu retreat.

9 DAYS / MALIBU, CA.

- 9-Day Wellness Immersion
- Limited to 23 guests for the group program or 2 groups of 1-4 as a private
- Connectivity limited to in-room Wi-Fi
- Diagnostic testing including Bod Pod Body Fat Analysis & Cholesterol testing
- Offered 52 weeks/year
- Priced at \$10,800 for the group program and \$14,300 as a private experience and includes all meals, accommodations & fitness programming
- Double occupancy is available for a rate of \$9,200 per person for the group program and \$12,200 per person for the private program
- New reservations for stays commencing in January 2022 and onward will include a service charge of 16% which includes gratuity and tax. Additional gratuity is not necessary or expected.



A DAY AT THE RANCH

With a return rate of more than 50%, guests trust The Ranch to provide a memorable experience with both mental and physical rewards. You'll meet your fitness, nutritional, weight loss and detox goals through our specialized and intimate programs. Limited to 23 guests /session, separated into smaller groups to maintain proper social distancing protocols, your routine in each program includes 6 hours of exercise with a daily schedule featuring the following:

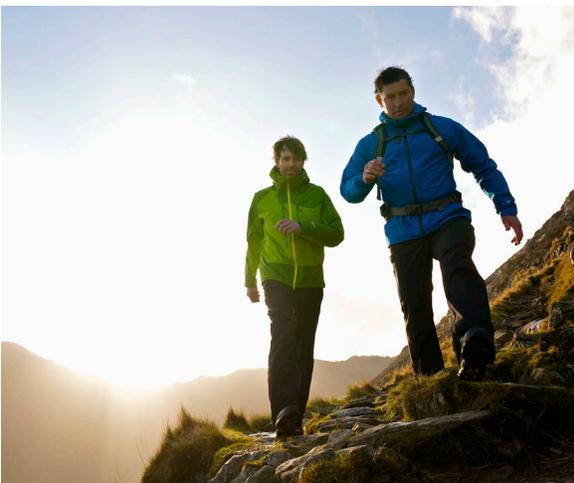
MORNING PROGRAMMING

- 5:30 - Gentle guest wake-up with Tibetan chimes
- 6:15 - Breakfast - Coconut parfait topped with fresh fruit and Ranch granola
- 7:00 - 11:00 - Mountain hiking
- 12:00 - Lunch - The Ranch burrito bowl
- 1:00 - Naptime

AFTERNOON PROGRAMMING

- 2:00 - 6:00 - Low impact strength training / core-focused fitness class that builds upon your progress as the week goes on
 - Restorative yoga
 - Daily deep tissue massage
- 6:30 - Dinner - Portobello steak, swiss chard and garlic celeriac mash
- 8:00 - Bedtime

** Two daily snacks, a healthy cooking class, garden tour and diagnostic testing are also included*





THE RANCH MALIBU

Unplug from your busy daily life and recalibrate the mind and body through an "off-the-grid," weeklong fitness program in Malibu, California. Set on a historic working ranch three miles above the Pacific Ocean, The Ranch Malibu spans 200 acres in the Santa Monica Mountains and provides the perfect setting to calm the mind, return to nature and focus on your health and wellness goals. Guests are in a sequestered environment with no cell and limited wi-fi service available to further aid in a mental detoxification.

7-DAY SIGNATURE STAY

Upon completion of the program guests feel both physically and mentally transformed, logging over 60 miles of hiking, shedding unwanted pounds and inches, emanating a vibrant, healthy glow and regaining mental clarity and peace of mind. A weekly garden tour, cooking class and a full list of recipes are offered along with nutritional and fitness guidance from The Ranch experts, that continues after departure, to support guests in sustaining the benefits of their stay.

“ With the help and encouragement of the staff and other guests, I was able to push myself past my comfort zone and achieve more than I ever thought possible. I left with a whole new outlook on diet and fitness that I know I will carry with me for life. ”

- L.G.



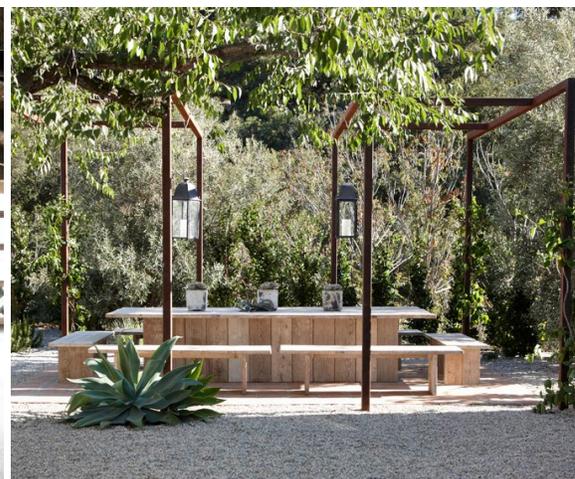
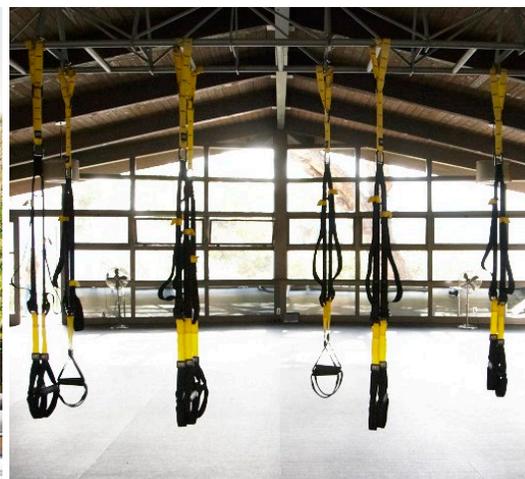
WOMEN AND MEN ROUTINELY LOSE 3%-6% OF THEIR BODY WEIGHT ALONG WITH SUBSTANTIAL INCHES OF FAT LOSS AND MUSCLE GAIN, IMPROVED CHOLESTEROL LEVELS, BALANCED IMMUNE SYSTEMS AND MENTAL CLARITY.



NESTLED IN NATURE WITH NO DISTRACTIONS

“ My visit to The Ranch couldn’t have been better timed. I have been incredibly stressed, lacking sleep, not eating the healthiest of foods, and not much in terms of exercise was really starting to effect my body. The first couple days had me questioning what I got myself into. In the middle of Wednesday morning’s hike though the strangest thing happen...I realized that I am proud of myself. My life has revolved around work to such a degree that I hadn’t stopped and just embraced that I am happy with the person I have become. The Ranch showed me just how important it is to take more than a day or two for me – something I hadn’t previously done in at least a decade. I lost 8 lbs and 2 inches off of my waist at The Ranch. Equally satisfying is I have integrated exercise every day or every other day since my return. ”

- W.H.



The sprawling grounds are designed to be rustic, yet refined and feature an open-air kitchen and great room, certified organic garden, pool and jacuzzi, Buddha Barn and massage “village.” There are also more unique health services and treatments offered including cholesterol testing, Bod Pod body fat analysis, IV Therapy, chiropractic treatments, weekly sound bath, a cold plunge pool and infrared and cryotherapy saunas. Following the invigorating daily schedule, retreat to one of 19 private cottages, each beautifully decorated with reclaimed wood floors, limestone bathrooms, and linen-covered queen and king-sized beds.



THE RANCH PRIVATE

This immersive, weeklong health program is ideal for those who wish to escape to nature and experience the lasting results of our award-winning program, while having a personalized approach that is distant from the other guests on property.

PERSONALIZED WELLNESS IN A HIGHLY INDIVIDUALIZED FORMAT

This program is individually tailored to address those with specific concerns or desires that limit participation in our group-based programs. The Ranch Private can also be designed for those advanced athletes that are always asking for even more of a challenge. You can hike longer and run more miles. We can also happily increase the intensity of our afternoon fitness classes.

While our Ranch program is traditionally limited to 23 guests each session, The Ranch Private allows two groups of up to four guests (must be coming together) the opportunity to craft their own experience separate from the larger group.

Working with you/your group, our team will craft a program that meets your personal health and fitness goals. Upon completion, you'll feel both physically and mentally transformed, logging miles of hiking, losing weight and inches, emanating a vibrant, healthy glow and regaining mental clarity and peace of mind.



RESULTS TAILORED TO YOUR GOALS

PRIVATE RETREAT IN A NATURAL SETTING



With the sprawling grounds of The Ranch Malibu as your home for the week, Ranch Private guests will have their schedules choreographed to enjoy our certified organic garden, pool and jacuzzi, Buddha Barn, massage “village,” and open-air kitchen and great room, to whatever degree they are comfortable and apart from the other guests. Additionally, our team can ensure you have secluded spaces for meals and fitness classes should you wish to avoid the common areas.

“The beauty of the Ranch Private experience was that I could moderate how much social time I wanted by eating meals in my room or with the group as well as working out solo for the hikes but with the group for yoga. This enabled me to have plenty of quiet, contemplation time as well as interesting interaction with other guests.”

- S.B.





THE RANCH 9.0

A complete immersion at our Malibu retreat, The Ranch 9.0 gives you the opportunity to calm the mind, reset your health and achieve incredible results with 9 days in our award-winning, no-options wellness program. By adding two additional days to our signature weeklong program, you'll jumpstart your stay, re-enter with ease and maximize results.

Arrive at our secluded Malibu location on Saturday, where you'll receive diagnostic testing, an afternoon fitness class, yoga and dinner. Sunday kicks off with breakfast, followed by a 4-hour morning hike, lunch and massage before joining the weeklong program that afternoon.

Sequestered from the demands of daily life, for the next week you'll participate in an active daily schedule with 22 other guests consisting of 6 hours of low impact exercise. Following a breathtaking and varied 4-hour group hiking excursion each morning, guests enjoy lunch, nap time, an afternoon fitness class, restorative yoga and a daily massage. To ensure proper distancing, hikes and all stretching, fitness and yoga classes are held in smaller numbers. The program is designed to allow guests to connect with nature's healing elements along with experiencing more unique modalities including a mid-week 60-minute sound bath. Guests also enjoy a weekly cooking class and tour of our onsite, certified organic garden. Pre- and post-program cholesterol testing and body fat analysis are also offered along with chiropractic treatments, cryotherapy and IV Therapy, to enhance your results.



THE ULTIMATE HEALTH IMMERSION, ENJOY 9 DECISION-FREE DAYS OF OUR TRANSFORMATIVE FITNESS AND WELLNESS PROGRAM.

**WITH 7 FULL HIKES, FITNESS & YOGA CLASSES AND DAILY MESSAGES,
EXPECT TO MAXIMIZE YOUR RESULTS.**



The intense physical regimen is complemented by a 1,400 calorie-a-day organic, plant-based diet. During your time with us, our highly knowledgeable staff will tend to your every need and is trained in all aspects of fitness and rehabilitation to support and nurture, while guiding you to achieve personal goals,

9.0 guests also receive the added benefit of an additional night's stay at the end of the week on Saturday night to ease re-entry into everyday life. Your extra day will include a 4-hour morning hike – to make 7 in total during your stay – afternoon massage, fitness class, yoga and dinner before your departure on Sunday.

With 7 full hikes, fitness and yoga classes and daily massages, expect to maximize your results – losing unwanted pounds, gaining physical endurance, clearing the mind and recalibrating your overall health.

For those that prefer a more personalized approach that is separate from the larger group, The Ranch 9.0 can also be experienced as a private program for groups of 1-4 guests, traveling together, with personal guided hikes, and classes and meals in spaces dedicated just for you and your group.





CUISINE

Our rigorous daily program is complemented by a nutritionally-dense, plant-based diet that is a highlight for guests and a key component of our results-driven approach. Using ingredients sourced from our onsite certified organic garden or nearby local farms, research and care has been strategically stirred, sous-vide-d and baked into every nutritionally balanced bite.

Designed to sustain you throughout the demanding program, the 1400 calorie daily diet features the finest fruits, vegetables, grains, pulses, legumes and seeds, while excluding alcohol, caffeine, dairy, soy, processed sugars, diet sweeteners and gluten to aid in the cleansing and revitalization process.

Meals are enjoyed in a communal setting, with multiple indoor and outdoor dining spaces including an outdoor garden cafe to allow for more room for guests and post-hike lunches on the beach. Mealtimes are also used as an opportunity to discuss and educate guests on the tools for maintaining the healthy habits learned from their stay. We are able to accommodate most allergies and the calorie count can also be adjusted for those guests not looking to lose weight.

*“ While I really enjoyed everything, I have to say the food was beyond delicious
- tasty, healthy and filled with passion - and I was never hungry! ”*

- C.C.



**WE NOURISH YOU FROM THE INSIDE OUT,
AND LET NATURE DO THE HEAVY LIFTING.**



RESULTS

Whether you opt for the signature 7-day, 9-day or Private Program, you'll determine where you are on the road to balanced and healthy living and gain the knowledge and tools to make sustainable, healthy choices.

Often guests continue seeing results upon returning home, with many having made long lasting, impactful changes that were prompted by a stay with us. They break habits that have been ingrained for years such as poor food choices, lack of exercise, excessive drinking and even smoking cessation.

Medical improvement in cholesterol levels; higher HDL and lower LDL levels have also been noted. For those guests not looking to lose weight, they will still benefit from the mental clarity and an overall feeling of renewal that comes with our program. We can also accommodate their needs with larger portions and additional in-room food.



“ I couldn't be happier with the program and the staff at The Ranch. My experience here exceeded all my expectations. I lost 10 inches, which I am thrilled about. More importantly, I have reset my body and have started myself on a new track to greater health. Thank you to each and every one of you for your support, guidance, energy and enthusiasm. ”



RATES & RESERVATIONS

THE RANCH MALIBU

- | | |
|---------------------------------------|---|
| 1 – Wk. Rate (6 Nights) : \$8,600 | 3 – Wk. Rate (20 Nights) : \$25,700 |
| 2 – Wk. Rate (13 Nights) : \$17,800 | 4 – Wk. Total Transformation (27 Nights) : \$33,600 |

Double occupancy is available for a rate of \$7,300/week per person.

The Ranch Malibu rate includes: 6 nights and 7 days (Sunday-Saturday) of daily schedule that includes a guided morning hike, afternoon fitness class, restorative yoga and massage for each full day of your stay along with Bod Pod testing. Private accommodations for each guest, all meals and some evening elective nutrition talks, afternoon garden tour, cooking demonstration, 60-minute sound bath, laundry service (Mon. - Fri.), and a return transfer to LAX on Saturday morning at 10 am.

A Saturday night stay pre-/post-program can be arranged for \$1,250 and includes elective programming, meals & a massage. All multi-week visits include the Saturday between your visits.

THE RANCH PRIVATE

- | | |
|---------------------------------------|---|
| 1 – Wk. Rate (6 Nights) : \$11,000 | 3 – Wk. Rate (20 Nights) : \$30,650 |
| 2 – Wk. Rate (13 Nights) : \$21,650 | 4 – Wk. Total Transformation (27 Nights) : \$39,650 |

Double occupancy is available for a rate of \$9,400/week per person.

The Ranch Private rate includes: 6 nights and 7 days (Sunday-Saturday) of personalized programming tailored to your goals, including daily guided hikes, afternoon fitness and exercise classes including core work, low impact weight training, restorative yoga or a 90-minute sound bath, massages for each full day of your stay and Bod Pod testing. Private accommodations, all meals and some evening elective nutrition talks, an afternoon garden tour, cooking demonstration and laundry service (Mon. - Fri.) are also included. Ranch Private guests enjoy secluded spaces for meals and fitness classes should you wish to avoid the common areas. This program is limited to two private groups of 1-4 each week.

A Saturday night stay pre-/post-program can be arranged for \$1,250 and includes elective programming, meals & a massage. All multi-week visits include the Saturday between your visits.

THE RANCH 9.0 (Saturday – Sunday)

- Group Program - \$10,800
- Private Program - \$14,300

Double occupancy is available for a rate of \$9,200/week per person for the group program and \$12,200/week per person for the private program.

The Ranch 9.0 rate includes: 8 nights and 9 days (Saturday – following Sunday) of daily guided hikes (seven in total), low impact strength training / core-focused fitness class and restorative yoga or meditation. Each guest will also receive a seven massages and a Bod Pod body fat testing. Private accommodations for each guest, all meals and some evening elective nutrition talks, and an afternoon cooking demonstration are also included. If opting for a Private 9.0 experience, all hikes, fitness classes and meals are enjoyed separate from the weeklong group.

ALL NEW RESERVATIONS FOR STAYS COMMENCING IN JANUARY 2022 AND ONWARD WILL INCLUDE A SERVICE CHARGE OF 16% WHICH INCLUDES GRATUITY AND TAX. ADDITIONAL GRATUITY IS NOT NECESSARY OR EXPECTED.

**THE RANCH MALIBU IS ALSO AVAILABLE FOR WEEKLONG PROPERTY BUYOUTS.
FOR ADDITIONAL QUESTIONS OR TO PLACE YOUR RESERVATION,
CONTACT US AT: INQUIRY@THERANCHMALIBU.COM**

AWARDS AND ACCOLADES



TRAVEL + LEISURE
2021
World's Best Awards
#3 Best Domestic Spa



CONDÉ NAST TRAVELER
2021
Readers' Choice Awards
#1 Destination Spa Resort in the U.S.
#10 Destination Spa Resort Worldwide



USA TODAY
2021
10Best Readers' Choice Awards
#5 Best Wellness Retreat



ORGANIC SPA WELLNESS
2021
Travel Awards
Best Detox



MUSE HOTEL AWARDS
2021
World Class Wellness Retreat
Regal Winner



STELLA AWARDS
2021
Gold Medal, Best Boutique Property, Far West
Gold Medal, Best Food and Beverage, Far West
Silver, Best Sustainability Initiative, Far West
Bronze Medal, Best Décor/Design, Far West
Bronze Medal, Best On-Site Support Staff, Far West



AMERICAN SPA
2020 Women in Wellness Awards
Winner - Sue Glasscock
Owner & Operator Category

“ Guests – who leave healthy and fit – swear by the results. ”

– People Magazine

“ This luxury bootcamp in the mountains of Malibu encourages you to power down, let go of stress, and break less-than-healthy habits of the day-to-day and bring back balance through exercise, diet, massage, and rest . . . each element of this program has been curated to ensure guests have the best of the best. ”

– goop

“ Aside from its intensive workout program, which includes daily hikes through the Santa Monica Mountains, the Ranch is also famous for its delicious and detoxifying vegetarian meals. ”

– VOGUE



INC. 5000

Named to the Inc. 5000
2017 list of fastest growing private companies



BOUTIQUE & LIFESTYLE LODGING ASSOC.

Owner, Alex Glasscock awarded
as 2015 Person of the Year



LONELY PLANET

#2 World's Best Luxury Bootcamp
Best in Travel 2014



OUR HEALTH & SAFETY PROTOCOLS

General Information:

- The Ranch Malibu spans 200 acres in the Santa Monica Mountains and offers a small group setting, spacious grounds and open-air common areas to naturally lend themselves towards these new protocols.
- Ranch Protection Kits are provided for each guest which include a travel mask, Ranch bandana and hand sanitizer.
- Vaccinated guests are required to wear a face mask while in vehicles and in massage.
- Unvaccinated guests and our staff are required to wear masks in common areas, yoga and during massage. Once settled in fitness and dining the mask can be removed as we are ensuring proper social distancing. During hikes and while outdoors, when properly distanced, masks are optional.

Programming Options:

- The Ranch Malibu - our signature weeklong, results-oriented group wellness program running from Sunday - Saturday.
- The Ranch Private - a personalized weeklong program designed to achieve results that is distant from the larger group.
- The Ranch 9.0 - a 9-day experience offered as a group or private program that adds the Saturday before and after the weeklong stay to enhance results.
- Saturday stays - guests are able to stay the night prior to program commencement on Sunday or add an additional night at the conclusion of their visit. Multi-week guests may also choose to remain on the property on Saturday. This overnight stay includes elective programming.
- Double occupancy - all programs now offer the option for double occupancy at a reduced rate.

Daily Schedule Adjustments:

- Transportation is done with fewer occupants in each vehicle.
- Fitness and yoga classes are hosted in smaller numbers. A Molekule air purifier, which uses UV technology, is also used in our Buddha Barn.
- All massage cottages are equipped with Molekule air purifiers and housekeeping is sanitizing the room after each guest.
- Indoor and outdoor dining spaces, including our outdoor garden cafe, are offered to allow for greater space for guests.

Enhanced Cleaning Protocols:

- While we have always been sticklers for cleanliness, we have adopted additional cleaning standards and also adhering to the CDC recommendations.
- Should a guest prefer to maintain a 100% Private Room and opt-out of having anyone enter their room, including daily housekeeping during their visit, we have laundry bags that can be left outside your room to be picked up daily.