Dedicated to improving the quality of one's life by improving their health, The Ranch's acclaimed, results-oriented 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 health 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, or our 4-day or 8-day Italian immersion, expect to shed inches, lose unwanted pounds and clear the mind.

VOTED #1 DESTINATION SPA IN THE U.S.
BY CONDÉ NAST TRAVELER & TRAVEL + LEISURE

THE RANCH MALIBU

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

7 DAYS / MALIBU, CA

- 7-Day Signature Stay
- Limited to 25 guests each week
- Connectivity limited to in-room Wi-Fi
- Bod Pod Body Composition Analysis
- Available for multi-week stays and offered 52 weeks / year
- Starts at $7,600 per person for double occupancy and $8,900 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 $1,050 for double occupancy and $1,250 for a single room

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
- Bod Pod Body Composition Analysis
- Available for multi-week stays and offered 52 weeks / year
- Starts at $10,800 per person for double occupancy and $12,400 for a single room
- Pricing includes private fitness programming, daily massage each full day and private meals & accommodations for a personalized experience
- Option to add a Saturday night stay (pre-/post- program) at a rate of $1,400 for double occupancy and $1,650 for a single room

THE RANCH 9.0

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

9 DAYS / MALIBU, CA

- 9-Day Wellness Experience
- Limited to 25 guests for the group program or 2 groups of 1-4 as a private stay
- Connectivity limited to in-room Wi-Fi
- Bod Pod Body Composition Analysis
- Offered 52 weeks / year
- Priced at $11,200 for the group program and $15,800 as a private stay
- Double occupancy starts at a rate of $9,500 per person for the group program and $13,700 per person for the private program
- Pricing includes all fitness programming, a daily massage each full day, meals and accommodations

THE RANCH ITALY

Gain a deeper understanding of your health by combining our signature wellness program with the expertise of Italy's premier medical retreat.

4 DAYS OR 8 DAYS / FIUGGI, IT

- 4-Day or 8-Day Italian Immersion
- The Ranch's Signature Stay paired with innovative medical services
- Offered at renowned wellness medical retreat, Palazzo Fiuggi - located just 50 minutes from Rome
- Limited to 25 guests each week
- Ability to stay connected
- Medical consultation, diagnostic testing & blood panel
- Offered 52 weeks / year
- Starting at $4,950 per person for double occupancy and $5,800 for a single room
- Pricing includes all meals, accommodations, fitness programming, daily massage and access to a world-class spa along with diagnostic testing, a blood panel and a medical consultation

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 25 guests /session, 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
6:00	- Morning stretch
7:00	- Breakfast - Coconut parfait topped with fresh fruit and Ranch granola
8:00 – 12:00	- Mountain hiking
12:30	- Lunch - The Ranch burrito bowl

AFTERNOON PROGRAMMING

1:00	- Naptime
2:00 - 6:00	- Low impact strength training / core-focused fitness class that builds upon your progress as the week goes on
	- Massages
	- Restorative Yoga
6:30	- Dinner - Portobello steak, swiss chard and garlic celeriac mash
8:00	- Bedtime

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

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 and massage "village." Guests can also enjoy more unique health services and treatments, including cholesterol testing, Bod Pod body composition analysis, IV Therapy, chiropractic treatments, a weekly sound bath, a cold plunge pool and infrared and cryotherapy saunas.

Afternoon classes and yoga are held in The Barn fitness center. This new 3,000 square foot building allows each guest to have a personal fitness area within the larger training space, complete with their own yoga mat, weight set, BOSU ball, TRX strap and other accessories. An additional room was also created for spin bikes, treadmills, weight training machines and other equipment, including a 25 foot climbing wall.

Following the invigorating daily schedule, guests retreat to one of 21 private cottages, each beautifully decorated with reclaimed wood floors, limestone bathrooms, and linen-covered queen and king-sized beds. Guests can also choose to share a room with their partner, son/daughter or friend in rooms featuring one king bed or two queen beds.

" 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 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 RANCH PRIVATE

While our Ranch program is traditionally limited to 25 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. 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.

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.

PERSONALIZED WELLNESS IN A HIGHLY INDIVIDUALIZED FORMAT

Working with you/your group, our team will design 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, private training room, massage "village," and open-air kitchen and great room, separate 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.

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

Sequestered from the demands of daily life, for the next week you'll participate in an active daily schedule with up to 24 other guests consisting of 6 hours of low impact exercise. 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.

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

The intense physical regimen is complemented by a 1,400 calorie/day organic, plant-based diet. Guests also enjoy a weekly cooking class and tour of our onsite, certified organic garden. Pre- and post-program cholesterol testing and body composition analysis are also offered along with chiropractic treatments, cryotherapy and IV Therapy, to enhance your results.

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.

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.

THE RANCH ITALY

GAIN MEASURABLE RESULTS & A DEEPER UNDERSTANDING OF YOUR HEALTH!

The Ranch's newest program, The Ranch Italy at Palazzo Fiuggi combines our award-winning, results-oriented fitness program with the services and expertise of the esteemed team at this renowned medical wellness retreat. Limited to 25 participants each week, guests can chose from either a 7-night, 8-day experience or, beginning December 1st, a 4-night, 5-day option.

Each program features a daily schedule that mirrors The Ranch Malibu's signature active routine including a four-hour morning mountain hike, nap time, afternoon strength and core training classes, yoga and daily massage. During their stay, guests also receive diagnostic testing, a blood panel and a consultation with one of the renowned doctors at Palazzo Fiuggi. The rigorous routine is complemented by a nutritionally-dense, plant-based menu with an Italian flair, created by The Ranch's Executive Chef and prepared by 3-star Michelin Chef Heinz Beck and his Palazzo Fiuggi culinary team.

DIAGNOSTIC TESTING PAIRED WITH A MEDICAL CONSULTATION ENHANCE YOUR ACTIVE STAY

In order to offer a more complete understanding of your current health, guests of this program have the opportunity to undergo diagnostic and blood testing along with a consultation with one of Palazzo Fiuggi's world-class physicians. The biomarker testing not only informs the medical team of any deficiencies or underlying concerns one might be experiencing, but also opens the conversation up to areas that can be improved or optimized to increase vitality.

The result is an immersive and transformative program that gives guests a more complete picture of their overall health and longevity. You'll leave with a greater sense of self, feeling rested and rejuvenated, gaining strength and mental clarity while losing fat and inches.

A HISTORY OF HEALING

Located on an ancient hilltop surrounded by centennial sequoia trees in a private 20-acre park, just 50 minutes from Rome, Palazzo Fiuggi is an historic property nestled in one of Italy's richest naturalistic areas. Known for the unique healing powers of its water since the early fourteenth century, the region was often visited by royalty, popes and masters of the Renaissance, including Michelangelo, for its restorative qualities.

At 700 meters above sea level, the newly renovated retreat offers clean and pure oxygen-rich air that creates the ideal altitude for personal transformation. The luxurious property and five-star service mirror what is offered at The Ranch as guests stay in private accommodations with views overlooking the grounds of the park or "old town" of Fiuggi.

If you are looking for the ideal combination of The Ranch experience mixed with the beauty of Italy, this program is perfection! The program and meals are what you expect from The Ranch setting in Italy and the hikes and the spa are beyond. Bravi Team!!!! - B.B.

A highlight of the experience is Fiuggi's world-class spa or Roman Thermae, which includes the use of hydrotherapy and Thalasso pools featuring the ancient healing waters of the area along with panoramic indoor and outdoor pools. Guests also have access to the state-of-the-art 4,300 square-foot fitness center, complete with Technogym, Pilates, Yoga and Reaxing Training equipment.

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 1,400 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. Malibu features multiple indoor and outdoor dining spaces including an outdoor garden cafe and post-hike lunches on the beach. In Italy, meals are also done as a group, in a private dining room overlooking the mountains and ancient hilltop town of Fiuggi.

Mealtimes are 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 with larger portions and more snacks.

" 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

Whichever program you choose, you'll have the opportunity to 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.

IMPROVING OVERALL HEALTH

GAINING STRENGTH

MENTAL CLARITY

LOSING FAT, INCHES & WEIGHT

BONDING WITH FELLOW GUESTS

JUMPSTARTING A HEALTY LIFESTYLE

UNPLUGGING

SPENDING TIME IN NATURE

MALIBU RATES

THE RANCH MALIBU (Sunday - Saturday)

1 – Wk. Rate (6 Nights): $8,900
2 – Wk. Rate (13 Nights): $18,400
3 – Wk. Rate (20 Nights): $26,600
4 – Wk. Total Transformation (27 Nights): $34,800

Double occupancy starts at a rate of $7,600/week per person.

The Ranch Malibu rate includes: 6 nights and 7 days (Sunday-Saturday) of a 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 $1,050 for double occupancy and $1,250 for a single room, and includes elective programming, meals & a massage. All multi-week visits include the Saturday between your visits.

THE RANCH PRIVATE (Sunday - Saturday)

1 – Wk. Rate (6 Nights): $12,400
2 – Wk. Rate (13 Nights): $23,400
3 – Wk. Rate (20 Nights): $32,700
4 – Wk. Total Transformation (27 Nights): $42,100

Double occupancy starts at a rate of $10,800/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, 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 2 private groups of 1-4 each week.

A Saturday night stay pre-/post-program can be arranged for $1,400 for double occupancy and $1,650 for a single room, 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 Rate (8 Nights): $11,200
Private Program Rate (8 Nights): $15,800

Double occupancy starts at a rate of $9,500/week per person for the group program and $13,700/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 seven massages and 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.

RATES LISTED ARE PER PERSON.
THERE IS A 16% SERVICE SERVICE CHARGE ON ALL RESERVATIONS, 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: GUESTRELATIONS@THERANCHMALIBU.COM

ITALY RATES

THE RANCH ITALY (Sunday – Sunday through November 27th and Thursday – Thursday starting December 1st)

1 – Wk. Rate (7 Nights): Starting at $10,650
2 – Wk. Rate (14 Nights): Starting at $20,000
3 – Wk. Rate (21 Nights): Starting at $30,000
4 – Wk. Total Transformation (28 Nights): Starting at $40,050

Double occupancy starts at a rate of $9,100/week per person.

The Ranch Italy rate includes: 7 nights and 8 days (Sunday – Sunday through November 27th and Thursday – Thursday starting December 1st) of daily guided hikes, low impact strength training / core-focused fitness class and restorative yoga or meditation. Each guest will also receive a massage for each full day, diagnostic testing, a blood panel and medical consultation with the Palazzo Fiuggi medical team along with accommodations, all meals, some evening elective nutrition talks and a return airport transfer (Rome's Fiumicino Airport) at the conclusion of the program on Sunday morning. Upgrades are available at an increased rate, up to 60 days prior to your arrival.

BEGINNING DECEMBER 1ST!

THE RANCH ITALY 4.0 (Thursday - Monday)

Double occupancy starts at a rate of $4,950/per person.
Single occupancy rates starting at $5,800/per person.

The Ranch Italy 4.0 rate includes: 4 nights and 5 days (Thursday – Monday) of daily guided hikes, low-impact strength training / core-focused fitness class and restorative yoga or meditation. Each guest will also receive a massage for each full day, diagnostic testing, a blood panel and medical consultation with the Palazzo Fiuggi medical team along with accommodations, spa access, all meals, some evening elective nutrition talks and a return airport transfer (Rome's Fiumicino Airport) at the conclusion of the program on Monday morning.

RATES LISTED ARE PER PERSON.
THERE IS A 16% SERVICE SERVICE CHARGE ON ALL RESERVATIONS, WHICH INCLUDES GRATUITY AND TAX.
ADDITIONAL GRATUITY IS NOT NECESSARY OR EXPECTED.

THE RANCH ITALY IS ALSO AVAILABLE FOR 4-NIGHT AND 7-NIGHT PROGRAM BUYOUTS.
FOR ADDITIONAL QUESTIONS OR TO PLACE YOUR RESERVATION,
CONTACT US AT: GUESTRELATIONS@THERANCHMALIBU.COM

AWARDS AND ACCOLADES

CONDE NAST TRAVELER
2022, 2021 & 2020
Readers' Choice Awards
#1 Destination Spa Resort in the U.S.

TRAVEL + LEISURE
2022
World's Best Awards
#1 Destination Spa in the U.S.

USA TODAY
2022
10Best Readers' Choice Awards
#7 Best Wellness Retreat

INTERNATIONAL SPA & BEAUTY AWARDS
2022
Best Holistic Wellness Retreat
in the Americas

TRAVEL WEEKLY
2022
Magellan Awards
Gold Winner, Wellness Resort Hotel

MUSE HOTEL AWARDS
2022
World-Class Wellness Retreat Winner
World-Class Yoga & Wellness Retreat Winner
World-Class Wellbeing Retreat Winner
World-Class Spa & Healing Retreat Winner
World-Class Spa Retreat 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

ORGANIC SPA
2021
Wellness Travel Awards
Best Detox

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

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

- The Ranch Malibu spans 200 acres in the Santa Monica Mountains and offers a small group setting, spacious grounds and open-air common areas.
- Ranch Protection Kits are provided for each guest which include a travel mask, Ranch bandana and hand sanitizer.
- 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.
- 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.