

## *5 Restorative Retreats to Check Into for Your Unique Wellness Needs*

By Abby Ellin

October 4, 2022



Admit it: In this crazy, post-pandemic world, there's probably a thing or two you want to tweak about yourself. Maybe you're not sleeping as well as you used to, or you're carrying a few extra pounds, or you want to make a spiritual connection. Whatever the goal, retreats abound, offering opportunities to check in, check out, sleep, hike, commune with nature, and generally find your better, happier self. Here are five of our favorites from around the globe.

### Best for Fitness

#### **The Ranch Italy**

*Fiuggi, Italy*



Southern California's The Ranch Malibu is one of the most popular fitness retreats in the world, and now, much to the delight of the spa's devoted fans, it has a new European outpost: The Ranch Italy at Palazzo Fiuggi, located in a private 20-acre park surrounded by sequoia trees, just 50 minutes from Rome. Known since the 14th century for its healing waters, the region was a favorite of royalty, popes, and Michelangelo, who came to, well, chill.

Today, the area is still a haven for wellness, albeit at a far less relaxed pace. Limited to 25 participants per week, The Ranch's seven-night, eight-day program will help you kick your fitness up to the next level. A typical stay includes daily four-hour morning hikes in the Apennine Mountains, passing through forests, open meadows, and stream-cut valleys on the way to hilltop hamlets, medieval villages, and ancient monasteries. These excursions are done for time, not distance, and can reach as high as 6,000 feet.



Although a brief nap is baked into the schedule, there's little time to kick back . In the afternoon, guests receive strength and core training classes in the 4,300 -square-foot fitness center, along with daily 60-minute massages to aid in recovery. (There are indoor and outdoor pools, and a spa with hydrotherapy and thalassotherapy pools featuring the ancient healing waters of the area.) Want to learn more about your true fitness level? Sign up for diagnostic testing, a blood panel, and a consultation with one of the on-site doctors. You'll be rewarded for all of your hard work with delicious plant-based meals created by three-Michelin-starred chef Heinz Beck.

"We are long overdue in expanding to another special location outside of California, and Palazzo Fiuggi embodies our values and sensibilities in every aspect of the guest experience," says Alex Glasscock, founder and CEO of The Ranch. "There's nothing like our program in the European market."

*From \$9,100 per week for double occupancy,  
[theranchmalibu.com](http://theranchmalibu.com)*