

CABO'S COOLEST HOTEL

BEST WELLNESS GETAWAYS

BEACH KITCHEN IDEAS

# COASTAL LIVING®

## *The Escape Issue*

DREAM TOWNS!  
20 Best  
Places to Live  
on the Coast

FLORIDA'S  
SECRET  
ISLANDS

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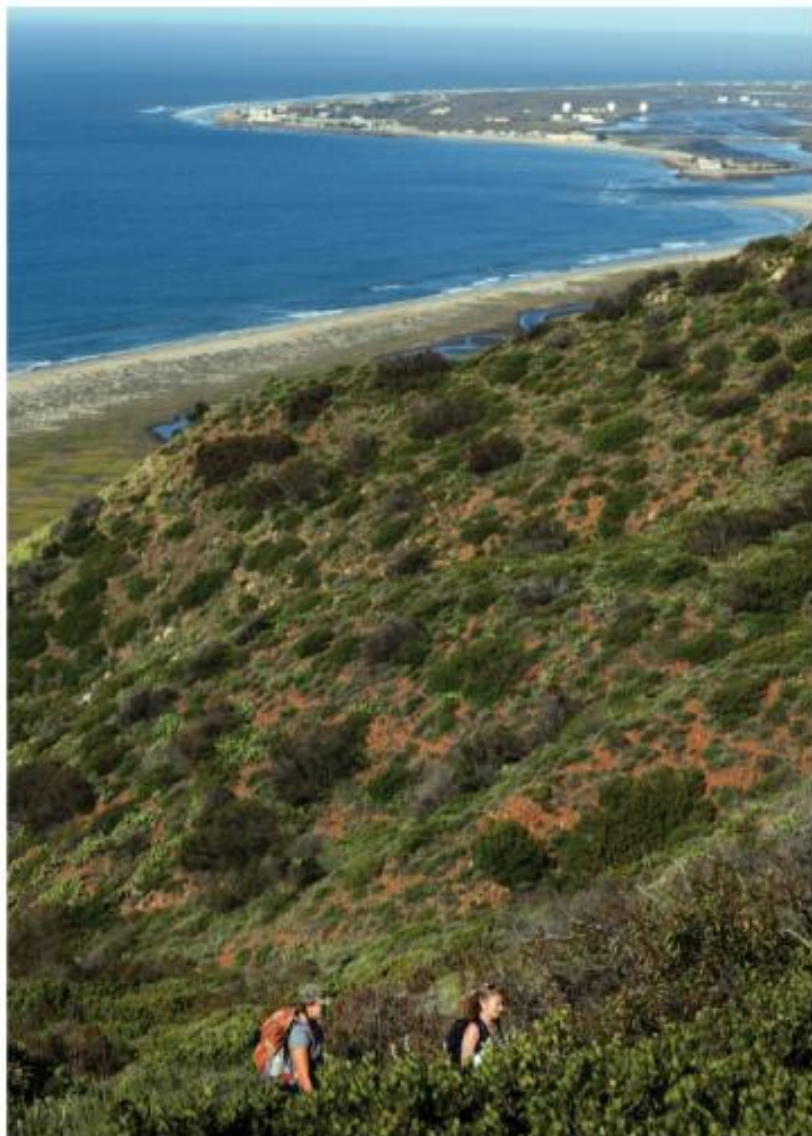
BOCA  
GRANDE KEY,  
FLORIDA

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# MALIBU'S PEAK RETREAT

It's like climbing a mountain to seek enlightenment. Only in this case, you journey up into Southern California's famed coastal hills and descend a week later with a fitter body, a clearer mind, and a revitalized you. That's the nirvana on offer at The Ranch Malibu, where for nearly a decade founders Alex and Sue Glasscock have welcomed reboot-hungry pilgrims (groups of only 18 at a time that have included Angela Bassett, Elle MacPherson, Rebel Wilson, and Connie Britton), and offered them a capital-R regroup built out of hiking (four hours per day), vegan meals from their organic farm (1,400 calories per day), and a trifecta of strength training, yoga, and massage. The spare (but luxe) ranch-style digs and no-choice itinerary keep the mind focused—you're here to leave distraction down below and absorb all the pure living you can. It might be a lifetime fix—The Ranch offers cooking demonstrations and recipes to take—or it might feel like an annual rite that purifies mind, body, and resolve. Either way, there's enlightenment up there in those hills. *\$7,800 per person for six nights/seven days; theranchmalibu.com.*



## 5 (MORE) CALIFORNIA WELLNESS GETAWAYS

### IF YOU WANT A FITNESS REBOOT

French Provincial luxury and glorious hiking at **Cal-a-Vie Health Spa** in the coastal hills near San Diego

### IF YOU CRAVE SERENITY

Haute Japanese Ryokan design for no more than 40 women at the legendary **Golden Door** in Escondido

### IF YOU SEEK REJUVENATION

Switzerland's Valmont facials (and stunning ocean views) at

**Spa Montage** at Montage Resort in Laguna Beach

### IF YOU WANT TO EXPAND YOUR MIND

Shaman Sessions, Fire Ceremonies, and Drum Journeys at **Post Ranch Spa** at Big Sur's famed modernist resort, the Post Ranch Inn

**IF YOU LOVE A SURPRISE** At the **Ritz-Carlton Spa**, at the Ritz-Carlton, Half Moon Bay, limited-edition, one-of-a-kind seasonal luxury treatments on the "Secret Spa Menu"