



**Find Spas**

- [Day Spas](#)
- [Getaway Spas](#)
- [Medical Spas](#)
- [Spa Real Estate](#)
- [Browse All Spas](#)
- [Browse Spa Brands](#)

**Spa Deals**

- [Day Spa Deals](#)
- [Getaway Spa Deals](#)

**SpaFinder Gifts**

-  [Buy Gift Certificates](#)
- [Use Gift Certificates](#)
- [Gift Boutique](#)
- [Buy Spa Directory](#)

**SpaFinder Lifestyle Online Magazine**

- [Latest Articles](#)
- [Massage Matrix](#)
- [Spa Treatment Blog](#)

**About Spas**

- [Learn About Spas](#)
- [Events at Spas](#)
- [Susie's Spa Blog](#)

**Free e-Newsletter**

FREE spa deals & news

Enter your email



**2008 Top Spas by Country or Region**

[Home](#) > [Learn About Spas](#) > [Spa Guide](#) > [Readers' Choice Awards](#) > [Country Award Winner](#)

Enter spa name

## FAVORITE SPA IN MEXICO



Since 1940, this destination spa has welcomed guests for weeklong retreats that focus on health, wellness, fitness, and beauty issues. The facilities include Spanish-style villas, gazebos, and pools, as well as an organic farm and a new cooking school, all set on 3,000 acres of mountainside perfect for morning hikes. Fitness classes, life-coaching workshops, and spa treatments keep guests busy; low-calorie gourmet cuisine, served between sessions in a large communal dining room, keeps them sated. The array of activities, such as hydrotherapy massage, cooking demonstrations, and Pilates lessons, coupled with the camaraderie among guests, make this a splendid retreat.

Located only 45 miles southeast of San Diego, just over the border into Mexico, the weather at this resort is always spectacular--warm and dry--so every week is the perfect week to visit. Rates here include all lodging, activities, meals, classes, programs, and scheduled transportation. Only spa services are optional extras. Rancho La Puerta focuses on fitness, offering over 75 mind, body, spirit classes, including yoga, Pilates, tai chi, dance, water aerobics, and strength and flexibility training, as well as hiking along mountain ridges with spectacular views of the surrounding countryside. Guests can expect a week of movement as they walk on the spacious grounds between the 10 gyms, three pools, four tennis courts, a volleyball court, health centers, and dining room. Organic dining, thanks to the Ranch's bountiful organic farm on the premises, revitalizes and sustains guests for their entire stay. Evenings of dancing are offered in the Kuchumaa Gym. Spa treatments are many and varied, and all are very reasonably priced. Try the signature healing massage, the Golden Door facial, the herbal wrap, and many others--all customized to your wishes by a highly trained staff. Rancho La Puerta is ideal for a week of solo reflection and regeneration, and can also be a great vacation for an active couple or a group of friends. It especially appeals to hikers, nature-lovers, and exercisers of all abilities and interests.

Piles  
OF BOXES  
CAN'T  
compare

shop 

