

SHEKNOWS TRAVEL

5 Fabulous health and fitness vacations



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Healthy vacations

GET FIT ON YOUR NEXT SPRING BREAK GETAWAY

If you want to shape up on spring break and happy hour at Señor Frog's isn't on your itinerary, here's a roundup of fun and fabulous health and fitness vacation options.



For the luxe spa gal



Photo credit: Canyon Ranch Hotel & Spa

Canyon Ranch Hotel & Spa in Miami shares the same nutrition, health and wellness philosophies as its sister properties in Lenox, Massachusetts, and Tucson, Arizona. The South Beach outpost, however, has a luxe, all-suite hotel and spa setting overlooking South Beach and is the only Canyon Ranch property that serves alcohol (organic wine and spirits). There are more than 40 indoor and outdoor fitness and movement classes daily, including indoor cycling and rock climbing, as well as a beach boot camp workout. To help guests watch their waistlines, the resort's à la carte menus list nutritional information.

For the detox diva

Map out a one-, two- or three-week healthy vacation at Hippocrates Health Institute in West Palm Beach, Florida, which attracts celebs like Venus Williams and Olivia Newton John. From luxury villas to cozy cottages, there are accommodations to suit every budget. Guests enjoy delicious raw vegan meals, wheatgrass therapies and daily health lectures. For more relaxation and detoxification, the institute offers infrared saunas, ozonized pools, massages and bio-energy treatments, and emotional counseling and stress management counseling.

For the Zen mama

Guests at Rancho La Puerta commit to an intensive, weeklong activities program. This premier fitness resort and spa straddles the U.S. and Mexico border in Tecate, Baja California, Mexico, and welcomes 100 to 125 visitors each week to its breathtaking 3,000 private acres of gardens, mountains and meadows. Housing ranges from small rancheras and haciendas to two-bedroom villa suites. To preserve a serene retreat atmosphere, rooms have CD players and telephones but no televisions. Most guests arrive and depart on Saturdays to foster a sense of camaraderie. The Ranch's meals are lacto-ovo vegetarian, with seafood options for lunch and dinner. The climate is warm and dry year-round, with some rain showers in winter and low humidity in summer.

For the no-frills girl

If you're looking for a healthy getaway without any pretenses, then Deerfield Spa is for you. Recognized as one of the best and most affordable spas in North America, Deerfield offers its guests quaint accommodations, daily fitness, dance and yoga classes, morning hikes and shopping excursions. Nestled in the Poconos Mountains in Stroudsburg, Pennsylvania, the resort is known for its expert spa services designed to soothe your mind and body, including facials, massages, healing practices and anti-aging body treatments.

For the extreme fitness buff

Like Rancho La Puerta, guests at The Ranch at Live Oak/Malibu commit to a no-options fitness and wellness program with a highly structured nutritional diet. The exclusive program is limited to 16 guests per week and provides participants with the skills, discipline and practice to make lasting changes. The seven-day stay combines four to five hours of group mountain hiking and an afternoon filled with exercise classes including core and ab work, weights, body toning and sculpting, daily group yoga sessions and a private afternoon massage each day. Guests who can't commit to a weeklong retreat in the Santa Monica Mountains can sign up for R4.O, a four-day all-inclusive program to jump-start your metabolism, fitness routine and healthy lifestyle.