

THE ELITE LIST



The Top 10 Executive Wellness Retreats

A healthy business requires a healthy CEO, but all too often executives prioritize office demands at the expense of their well-being. These 10 executive wellness programs will help repair the wear and tear of 2013—and prepare your body and mind for 2014.



CAL-A-VIE HEALTH SPA, Vista, Calif.

For those who can't afford to go completely radio silent, Cal-a-vie combines convenience, accessibility and wellness. Cal-a-vie provides a European-style experience—an emphasis on spa as a health regimen rather than a beauty treatment—without having to travel to Europe. The seven-night plan is geared toward creating an individual fitness and wellness profile that can be easily maintained post-retreat.

CANYON RANCH, Tucson, Ariz., and Lenox, Mass.

Whether it's in the colorful Sonoran Desert near Tucson or the manicured greenery of Lenox, Canyon Ranch remains at the forefront of executive wellness. To give executives a full picture of how the daily grind affects their health, the Ranch requires visitors to spend at least four nights. Its program, developed in collaboration with the Cleveland Clinic, includes extensive medical testing, cognitive and memory assessments, lifestyle consultations and—to avoid unfortunate comparisons of the experience to a hospital visit—yoga, tai chi and meditation.



CHIVA-SOM HEALTH RESORT, Hua Hin, Thailand
Hours logged at the office or on the road can cut into time spent at the gym, but the fitness retreat at Chiva-Som gives executives the break needed to get back on a healthy track. With a minimum stay of five nights, Chiva-Som's Fitness Retreat includes exercise classes such as Muay Thai boxing and daily massages to help ease any sore muscles. Though the program can be physically demanding, the aquamarine waters of the Gulf of Thailand help ease aches and pains.

ANANDA IN THE HIMALAYAS, Uttaranchal, India
The pristine views of the Himalayas and the holy river Ganga at Rishikesh instill a sense of calm in visitors; the ancient Indian practice of Vedanta takes the peace a step further by allowing executives time for introspection. The seven- or 21-night Ayurvedic Rejuvenation Wellness program is personalized according to which dosha, or mind-body type you are, and includes daily yoga and meditation, detoxifying treatments and lifestyle recommendations on sessions.

Contact
Nikhil Kapoor,
800.102.5333,
anandausa.com

Cost: Starts at \$4,060 for seven days (inclusive, single room)

Contact

Debbie Zie,
cay@cal-a-vie.com,
760.945.2461,
cal-a-vie.com

Cost: \$8,795 (inclusive)

Contact

Ruth McBrewer,
800.742.9000,
canyonranch.com

Cost: \$5,160 for the program, plus room and board (starts at \$5,330, Tucson; \$3,720, Lenox)

Contact

Sheila McMann, reserva
tion@chivasom.com,
66.3253.6536,
chivasom.com

Cost: About \$2,565 (80,000 baht) for five nights (single room/low season) (inclusive)

GWINGANNA LIFESTYLE RETREAT,

Tallebudgera, Queensland, Australia

Actor Hugh Jackman co-owns this hinterland property, located on 500 acres of Australian mountain bush and perfect for businesspeople looking to get away from it all. Shut off your smartphones—you won't get service anyway—and spend your time among wallabies, koalas and kookaburras. The seven-night detox program includes organic meals, a health and well-being analysis, lifestyle seminars and indigenous Australian spa treatments such as the 17th-Century Dreaming Treatment, with live didgeridoo music and red clay body painting.



THE INN AT DOS BRISAS, Washington, Texas
The cutting horse-training program at Dos Brisas tests your leadership skills in ways you probably haven't experienced. Clear your mind while riding atop the inn's trained horses, learning to separate a calf from the herd; it's a useful metaphor for managing negative employees, but it's also a way of challenging yourself that builds confidence for more run-of-the-mill tasks. The Relais & Châteaux property also offers wine tastings, baking and cooking classes, and mixology lessons.



THE RANCH AT LIVE OAK, Malibu, Calif.

The intense, weeklong program at the Ranch at Live Oak is more boot camp than blissful getaway. It is designed for execs looking to regain their physical (and mental) prime. You'll spend up to five hours a day hiking, working your core, weight lifting and practicing yoga, while eating organic vegetarian fare (no alcohol, caffeine or sugar allowed). But if that regimen sounds too austere for your wilpower, the Ranch launched a less hard-core version in mid-September called R4.0, at the Four Seasons Hotel Westlake Village. R4.0 is just four days (Thursday to Monday) and permits connectivity (not allowed at the Malibu property).



RANCHO LA PUERTA, Tecate, Calif., and Baja California, Mexico

This seven-day retreat will appeal to the type-A personality. A partnership with the San Diego-based Lifewellness Institute aims to survey your life from A to Z—from advanced lipid profiling to the zzz's you need to catch up on. Intense (or low-intense) is a signature part of the program, so slacking off post-retreat is unlikely.



RANCHO VALENCIA RESORT & SPA, Rancho Santa Fe, Calif.

Owners Jeff and Hal Jacobs (Quacomm), Doug Carlson (Fiji Water) and Jeffrey Essakow (real estate) know about the life of an executive. Originally conceived as a sports-oriented vacation destination—the owners are avid cyclists—Rancho underwent a \$30 million renovation in 2012 and added an executive wellness program. The University of California-San Diego oversees its clinical elements, and there are special offerings such as the six-night Performance Cycling Camp (from January 23 to 26), which gives executives the chance to be coached by Tour De France rider Christian Vande Velde. A triathlon program is available February 27 to March 3 with Olympian Andy Potts.



SHA WELLNESS CLINIC, Alicante, Spain

Macrobiotic food was big in the 1970s and still reigns supreme at SHA, located at the base of a national park in Spain's Euro-critic region of Valencia. The precursor of the farm-to-table movement, macrobiotic's dictum is simple: Eat only what's in season. Beyond its focus on eating well, SHA is ideal for the executive with a vice: It offers a seven-night anti-tobacco program for smokers determined to quit and a seven-night cure for sleep deprivation.



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617.5588.5000,
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Cost: \$2,760 (inclusive, standard suite/room type)

Contact

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dosbrisas.com

Cost: Starts at \$85 a night

Contact

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Cost: \$3,800 (R4.0), \$6,200 (The Ranch)

Contact

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Cost: \$6,950 (inclusive)

Contact

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ranchovalencia.com

Cost: \$10,000 (cycling), \$8,000 (triathlon)

Contact

Sonia Mijang, info@
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34.965.811.991,
shawellnessclinic.com

Cost: Starts at about \$3,170 (€2,300) plus room