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# organic spa

MAGAZINE

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**FOR THE WORKOUT WARRIOR**  
*Rancho La Puerta, Tecate, Mexico*

North America's oldest destination spa, which turns 75 next year, isn't slacking off on offerings for the most discerning wellness warriors.

Rancho La Puerta in Tecate, Mexico, is known for its muscular roster of classes—sometimes a half-dozen choices in a single hour. The latest: a 30-minute "Ropes Gone Wild" cardio/strength workout that sets pulses racing.

Partners take turns whomping and waving two long black strands to pounding music, while one anchors the rope ends with his or her foot.

The rope-gripper pumps both hands up and down simultaneously and in alternate directions, then side to side as instructors yell, "Yeahhhh!" Advanced students use heavier ropes and add squats and lunges. It's a full-body, low-impact, stamina-building workout, says Coco Bennett, a spritely, seriously toned instructor who looks half her 56 years.

Wrangling ropes may appear easy, but "it's deceptively hard," says guest Robyn Roth, a Los Angeles lawyer. Adds Barry Shingle, Rancho director of activities: "Many cardio routines don't benefit the upper body. This is a super-intense cardio and muscle experience."  
*rancholapuerta.com*

—Kitty Bean Yancey



**FOR THE MAN**  
*Mr. C Spa, Beverly Hills, CA*

Forget tacky ties this year and give Dad what he really wants: two hours of pure relaxation. Beverly Hills luxury boutique hotel Mr. C just introduced its brand new ESPA men's treatments and the 120-minute Back, Face & Scalp treatment (\$345) is a perfect way to plunge into the new year. Start with an aromatherapy steam and a full back exfoliation before moving into a deep muscle back massage, facial and a scalp massage using ESPA's signature red clay-based Pink Hair and Scalp Mud. Finish with another half hour of hot river stone back massage and start 2015 feeling like a new man. *mrchotels.com*

—Jason Kessler

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