
YOUR PATH TO
WELLNESS
STARTS HERE

Enter our gates and discover an enclave full of possibility.



YOUR EXPERIENCE

Tucked away amidst lush gardens and olive groves lies an enchanting escape of self-discovery, wellness and relaxation – The Spa at Rancho Valencia. Celebrating the revitalizing benefits of herbs, flowers, oils and minerals that make up the world’s canvas, The Spa offers tempting choices to soothe the spirit, rejuvenate the body and enrich the mind.

Every detail here is meticulously tailored to create the ultimate destination for wellness and tranquility, starting with the basics like freshly-made organic fruit and vegetable juices to a Yoga Pavilion, Pilates studio, advanced exercise programs, and retreats hosted by top tier wellness professionals.

Discover the world’s invigorating essences and inspire your own journey of self discovery – one that will stay with you long after your stay has ended – at The Spa at Rancho Valencia.

OUR TREATMENTS

In harmony with the earth and in harmony with the environment around us, The Spa is a true haven, providing solitude, stillness and peace. As you relax and listen to the sound of the soothing waterfalls, you feel a close connection with your natural surroundings. It is this connection that inspires our rejuvenating treatments.

As the only spa in San Diego utilizing Amala – the world's premier plant-powered luxury skincare collection – each service and treatment is supported by the highest-quality organic and results-oriented products. Our unique therapies are thoughtfully delivered by therapists who are skillfully trained to provide customized services with both your immediate desires and long-term wellness needs in mind.





FITNESS

Rancho Valencia's philosophy of dedication and commitment to improving personal wellness has led to the development of classes focusing on high performance fitness. Our program has been designed to complement our spa services and an active lifestyle, including a variety of disciplines and opportunities to stay fit while on property. Classes range from high energy cardio workouts to a variety of yoga teachings that take place in our Serenity Yoga Pavilion. All classes are complimentary for our guests. A fitness center featuring a diverse selection of cardio equipment is also available for personal and one on one training. We welcome you to take advantage of all of the program's offerings while you are with us.

SPIN

ZUMBA

REFORMER PILATES

YOGA FLOW

BALLET BARRE

POWER YOGA

CARDIO-TRX

YOGA SCULPT

TENNIS-TRX

CYCORE; SPIN YOGA

ABS & CORE

YOGA BARRE



TENNIS

Tennis is more than just a pastime at Rancho Valencia, it's a passion. Our tennis program and facilities are among the best of the best; Rancho Valencia has been selected by Tennis Magazine as their #1 US Tennis Resort each year since 2008. Our tennis pavilion features 17 beautiful Plexipave hard courts in a magnificent garden setting - the perfect scenery for a rousing game of tennis. Instructional clinics are offered daily for tennis devotees of all levels, from beginners to advanced players, and are focused on several aspects of tennis including net play, groundstrokes and serves. Private, semi-private or video lessons and tournaments are also available from a staff of U.S.P.T.A. and U.S.P.T.R. certified tennis professionals.