

## Mother's Day Escapes

written by [Michelle Marie Arean](#) | Posted on April 2nd, 2014



The greenhouse where meals are served for **The Ranch 4.0** at the **Four Seasons Westlake Village**.

Mother's Day is right around the corner, sort of, so why not start filling your goody bag with some great ideas now so you'll be ready when your clients start asking for the perfect gift for mom. Spa treatments? Check. Lingerie shopping sprees? Check. Fitness fun? Check. Romantic getaways? Check.

**The Ranch 4.0**, which opened in September 2013 at the **Four Seasons Westlake Village**, is an extension of **The Ranch at Live Oak**—Malibu's week-long, results-oriented fitness and wellness retreat. This 4-day retreat is designed to give guests the opportunity to unplug and focus on themselves—physically and mentally.

This 4-day version of the retreat, from Thursday to Monday, consists of eight to 10 hours of exercise per day, including four hours of morning mountain hiking and an afternoon of exercise classes, which include core and ab work; weights; body toning and sculpting; daily group yoga sessions; and a daily massage from Friday to Sunday. Guests are also treated to a daily 1,400-calorie diet of vegetarian fare served in a private greenhouse. The Ranch 4.0 also gives guests the opportunity for diagnostic testing in conjunction with the California Health & Longevity Institute. Guests can also sign up for a la carte services, before or after The Ranch 4.0 stay, at an additional cost including medical testing and evaluation, dermatology, acupuncture, hypnotherapy, spa treatments, and energy healing. Rates for the all-inclusive, 4-day package are \$3,800. For more information, visit [theranchmalibu.com/R4.0/program.php](http://theranchmalibu.com/R4.0/program.php).

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Views of **Castle Hill Inn** from the water. (Photo courtesy of Castle Hill Inn.)

**Castle Hill Inn**, located on 40 acres in Newport, Rhode Island, offers moms a couple of getaway options at this seaside mansion inn. The *Organic Pop-up Spa by Farmaesthetics* at Castle Hill Inn has transformed two mansion suites into a treatment boutique, where guests can receive treatments from the green skincare brand, Farmaesthetics. These products are made from 100 percent organic ingredients, many of which grow from the local seaside farmlands. The spa is offering healing massages, acupuncture treatments, facials, and essential oil tub soaks. Appointments are available daily from 9 a.m. to 6 p.m. Room rates start at \$299 per night.

For a more romantic escape, mom can indulge in lingerie and nightwear inspired by Castle Hill Inn and created by Journelle with the *Journelle Getaway Package*. Mom will get a complimentary visit to the Atelier at Journelle in New York City for a private lingerie appointment and fitting, as well as a 15 percent discount on her purchase. Also included is a 2-night stay at Castle Hill Inn, where she will receive champagne, half-dozen strawberries with whipped cream and brown sugar upon her arrival, daily complimentary gourmet breakfast and afternoon tea, a 3-course dinner for two, and two tickets to any Newport Preservation Society mansion. Rates start at \$800. For more information, visit [castlehillinn.com](http://castlehillinn.com).



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**Rosewood Mayakoba Resort** in the Mexican Riviera.

**Rosewood Mayakoba Resort** in Mexico's Riviera Maya is featuring three treatments to pamper mom. The treatments include *The Chaya Mojito Exfoliation*, an energizing spa treatment that rejuvenates and refreshes with a scented exfoliation of Rosewood Mayakoba's signature Chaya-Mojito salts; *The Spa Organic Facial* using aromatherapy from selected flowers and fruits; and *The Spa Foot Massage*.

The resort features 130 stand-alone suites with views of the ocean and private plunge pools. Rosewood Mayakoba's *Rose Buds* kids program allows mom to relax while the kids enjoy some fun, and dad can be entertained on *El Camaleon*, the resort's 18-hole golf course designed by Greg Norman. Room rates start at \$515 a night. For more information, visit [rosewoodhotels.com/en/mayakoba-riviera-maya](http://rosewoodhotels.com/en/mayakoba-riviera-maya).

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The Infiniti Bar at **Grace Bay Club**.

**Grace Bay Club** in the Turks & Caicos is divided into three sections providing families and couples privacy. Families can stay in the family-friendly *Villas*, while those traveling alone or in couples can stay in the adults-only *Hotel* or splurge for a stay at the *Estate*.

Moms who like a little more adventure can take advantage of water activities including boat trips, snorkeling, and kayaking; and those looking for a relaxing getaway can indulge in the resort's spa, *Anani Spa*. The spa includes five private treatments rooms, a couple's treatment room, and a spa tent that is available for beachfront treatments. The resort also features a new restaurant and bar, *Jars on Grace Bay*. It features local cuisine, and all food and beverages are served in jars of various shapes and sizes. Room rates start at \$620 a night. For more information, visit [gracebayclub.com](http://gracebayclub.com).