

Hartford Courant

# LIVING

COURANT.COM/FEATURES

## These trips may help you live longer, healthier

Programs provide tests, screenings, holistic therapies

By **Caren Osten Gersberg**  
The New York Times

People used to strive simply to live as long as possible, but in recent years, that goal has taken on a new dimension: How long can you live in good health? “The focus now is on health span, not life span,” said Dr. Frank Lipman, a co-author of the 2020 book “The New Rules of Aging Well.” “We generally talk about extending someone’s life, but what’s the use if they’re suffering and disabled and can’t enjoy what they have?”

With research showing that modifications to factors like exercise, nutrition and sleep can make a crucial difference between aging and aging well, a host of retreats offer a range of programs catering to those who seek to prevent disease and expand their health spans.

Some of these destinations



Arizona’s Canyon Ranch offers a program that focuses on outdoor activities as well as nutrition and sleep. **CANYON RANCH**

begin with high-tech medical assessments like genetic and cancer screenings, as well as cardiac and cognitive tests. Many provide “biohacking” treatments involving infrared saunas, cryotherapy chambers, IVs and blood work, while others focus on more holistic ways to nurture the body and mind.

Here are a handful of all-inclusive spas and retreats around the world that offer longevity-based programs and treatments.

**Tecate, Mexico — Rancho La Puerta:** When it comes to longevity, guests at Rancho La Puerta might be inspired by its 102-year-old co-founder, Deborah Szekely,

who remains a featured speaker every Wednesday evening. The retreat, on a 4,000-acre organic farm and wilderness preserve in Tecate, Mexico, welcomes new guests every Saturday. They are encouraged to stay for a week, but shorter stays are possible.

Every day at Rancho La Puerta includes a full roster of activities like yoga, circuit training, hiking and sound healing, which uses instruments such as musical bowls, drums, gongs and more to “produce deep relaxation.” Visiting experts present workshops like “Your DNA Is Not Your Destiny,” led by Dr. Lee Rice, a family practice and sports physician, which takes place in early December. In his lectures, Rice explains the growing field of epigenetics — how our health-related choices influence proteins that can alter the expression of our genes — and helps guests create wellness plans.

**Savery, Wyoming — The Three Forks Ranch:** With its Mayo Clinic partnership, the Three Forks Ranch, on 280,000

acres about 40 miles north of Steamboat Springs, Colorado, offers an extensive battery of medical assessments either on their own or as part of longevity retreats. Guided by neurologist Dr. Mike Harper, the ranch’s medical director and a practicing Mayo Clinic physician, guests can get electrocardiograms that use AI for a more in-depth analysis and GRAIL Galleri multi-cancer blood screenings, among other tests. You can send your results to your own physician or use a doctor at a Mayo Clinic location.

Wellness also means time in nature, and there’s no shortage here. This working cattle ranch offers hiking, biking, wildlife tours, fly fishing, horseback riding in summer and downhill skiing on a private mountain.

Lori Hiltz, 64, of Chicago, who attended a Three Forks longevity retreat last April, completing tests like a cancer early-detection screening, said the experience helped her “learn the major importance of nutrition and exercise for a woman of my age.”

**Turn to Trips, Page 2**

### Trips

from Page 1

**Ibiza, Spain — Six Senses Ibiza:** The five-day “Transform Your Life” longevity retreat from May 4 to 8, 2025, at Six Senses Ibiza, offers sessions with Dr. Ingrid Yang, a physician and author who specializes in holistic, lifestyle and integrative medicine, which refers to the combination of standard medical practices with such techniques as yoga and acupuncture. In her “learn-

ing labs,” Yang explains her five pillars of longevity — nutrition, movement, sleep, connection and stress management — and has guests participate in breath work, yoga, meditation and a cold plunge session.

**Santa Fe, New Mexico, and El Pescadero, Mexico — Modern Elder Academy:**

Chip Conley, founder of the Modern Elder Academy, also wrote the book “Learning to Love Midlife: 12 Reasons Why Life Gets Better With Age,” a good description of the acade-

my’s approach to longevity. “When we socialize, when we cultivate purpose in later life, we live longer,” said Conley. “There is not one biohacking activity that has proven to have as much of an effect on longevity as when you shift your mindset from a negative one to a positive one — you gain 7.5 years of additional life.”

At an MEA retreat, either in Santa Fe, New Mexico, or on the Baja Peninsula of Mexico, guests engage in five days and nights of expert-led

workshops, meditation, movement activities and opportunities for connection.

**Uttarakhand, India — Ananda in the Himalayas:** The Ayurvedic Rejuvenation & Immunity Booster program at Ananda in the Himalayas, a spa in northern India, is based on Ayurveda — the ancient Indian system that seeks to help people live long, healthy, balanced lives. Over seven, 14 or 21 days, guests consult with Ayurvedic special-

ists to create a personalized health program aimed at improving longevity through immunity-boosting treatments, nutrition and yoga. The first phase involves methods to detoxify, destress and revitalize the body. The second phase focuses on therapeutic treatments targeting specific health issues. And finally, the immunity-boosting phase focuses on diet and lifestyle.

Consultations with a physiotherapist and personal sessions for yoga, breath work and medita-

tion are included.

**Tucson, Arizona — Canyon Ranch:** The new Longevity8 program at Canyon Ranch offers guests more than 15 medical assessments, testing more than 200 biomarkers, along with 18 private coaching sessions. The “8” refers to the retreat’s eight guiding principles for longevity: integrative medicine, flexibility and fitness, nutrition, sleep, spiritual wellness, mental and emotional health, outdoor activity, and strength and endurance.

