

WELLNESS

Inside 5 of California's Most Extreme Detox Destinations

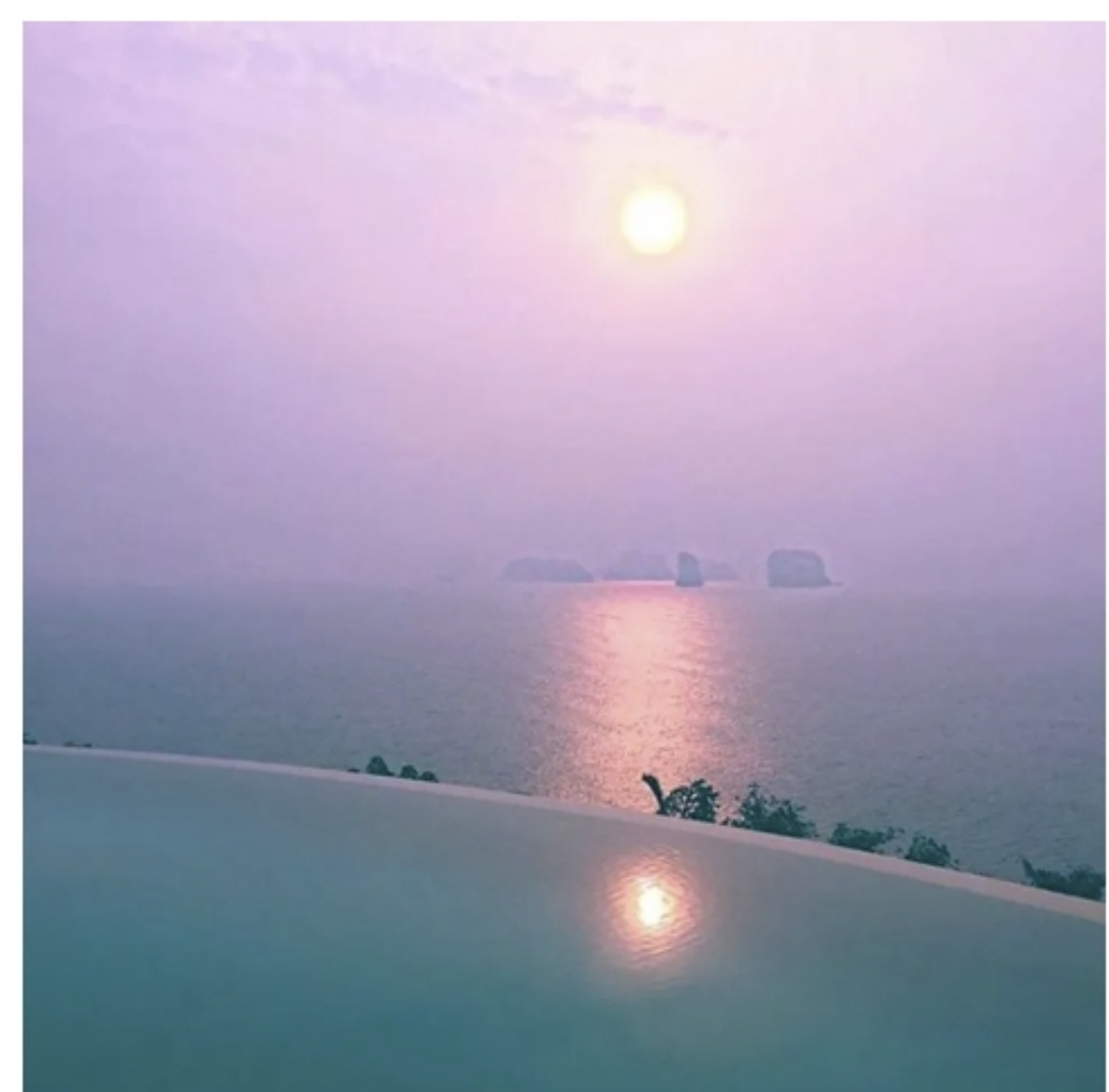
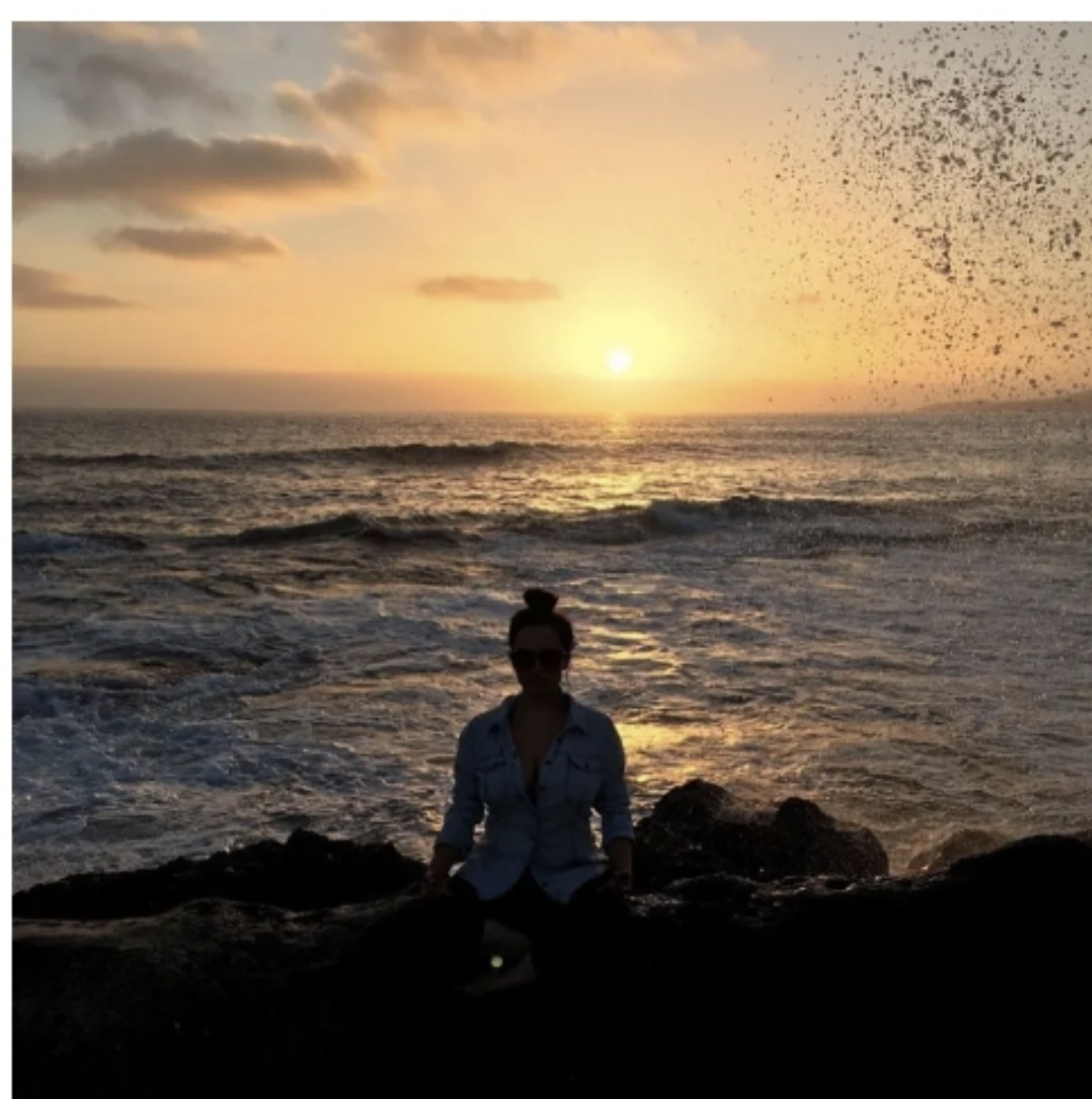
Including one that made Oprah cry and Julia Roberts run away.



BY SIOBHAN REID
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Don't get us wrong—there are still many celebrities for whom yacht-hopping, island-renting, and private jet-setting is a *thing*. But there are equally as many, if not more, who routinely pass on exotic, over-the-top getaways for something we'll call luxe deprivation (and no, we don't mean glamping). We're talking weigh-ins, raw-food diets, Epsom-salt cocktails, vomit-inducing hikes, colonic irrigation, and all the other forms of semi-abuse celebrities sign up for when they check into one of California's luxury wellness retreats. To find out what *exactly* goes down at these exclusive resorts (and just how much they'll cost you/your life), we did some digging into five of the West Coast's most extreme detox destinations, from a juice-only fasting spa in Desert Hot Springs, to a no-frills boot camp that made Oprah cry (yes, really).

The Pearl Laguna Beach



At this Laguna Canyon boot camp, a yogi and his wife, a former model and CHANEL ambassador, will guide you through exhausting days filled with power yoga, 5- to 11-mile hikes through terrains with 1,200-foot climbs, weight-lifting sessions, and Tai Chi instruction. You'll eat no more than 1,200 calories per day, drink absurd amounts of hot lemon water, and sip savory veggie broth every night during "cocktail hour." Your reward? Facials, massages, Jacuzzi time, and a dropped pant size.

Price: \$5,800/week

From the website: "All our dishes are made with love."