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# Escape the city and discover a new you with The Oaks at Ojai.

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December 1, 2013

Located just 90 minutes outside of LA, [The Oaks at Ojai](#) has quickly become the go to destination for [boomers](#), as well as anyone else looking to



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The Oaks at Ojai

□ Lakesha Yvette Walker | [LA Dance Fitness Examiner](#)

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transform their mind, body and spirit with it's amazing dance classes, portion savvy meal plans and beautiful location which won't leave you bored.

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**An American Plan Spa**, it is also an all inclusive destination spa that promotes [weight loss](#) and health by offering a well-rounded 1,000 plus calorie a day food plan that consists of three meals, snacks and beverages.

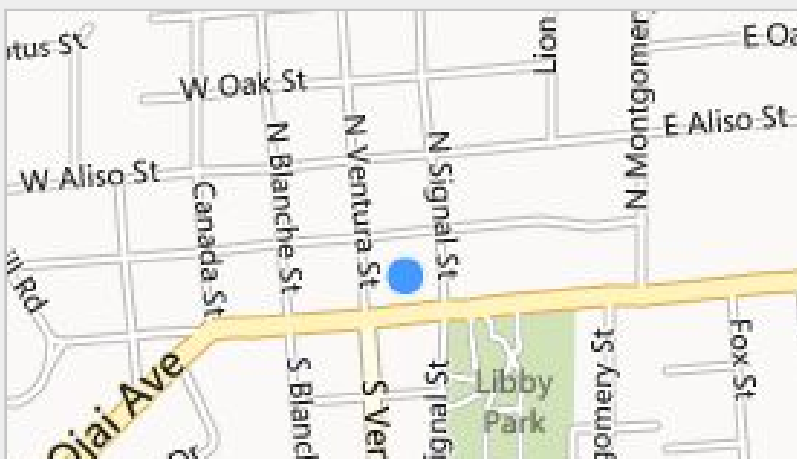
Plates are tastefully arranged and feature an abundance of fresh fish, herbs, poultry, natural foods and locally-grown fruits and vegetables.

Soups and salad dressings are also homemade, with no additional salt or refined sugar used in the preparation and you get to take home fun recipes

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The Oaks at Ojai



like this [fresh strawberry salad](#).

**Dance** is also a popular option here and you can find an array of classes like belly dancing, African, zumba, aqua zumba and funk as well as spa and salon services like manis, pedis and [The Sweet Slumber](#).

## THE OAKS AT OJAI

**RESERVATIONS:** 1-800-753-6257.

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