



# Herb House

A COLLABORATION BETWEEN TWO OF WORLD'S MOST DESIRABLE WELLNESS DESTINATIONS

## 'A taste of Kamalaya' Retreats at Herb House

KAMALAYA WELLNESS SANCTUARY AND HOLISTIC SPA IN KOH SAMUI, THAILAND, AND LIME WOOD'S HERB HOUSE SPA, TUCKED AWAY IN THE NEW FOREST, WILL BE BRINGING YOU THE BEST OF EAST AND WEST IN THE HOLISTIC WELLNESS SPHERE WITH TWO THREE DAY RETREATS IN MAY 2018.

Inspired by their ancient forest surroundings and dedicated to natural well being, both Kamalaya and Herb House share a passion for authentic, holistic treatments and ideologies that take inspiration from centuries of wellbeing tradition. John and Karina Stewart, founders of Kamalaya, and a handful of their top therapists and mentors will take up a residency at Herb House for a series of three day retreats, designed to give guests 'A taste of Kamalaya'.

Kamalaya was inspired by the 16 years John spent devoted to a life of service and spiritual studies in a Himalayan community and Karina's 22 years in the study and practice of diverse Asian healing and spiritual traditions, including her background as a Master of Traditional Chinese Medicine.

Taking a unique approach to complete wellbeing and personal fulfilment, Kamalaya transcends the usual spa offering to deliver an empowering holistic experience that encourages you to open your heart, rest your mind, nurture your body and engage your spirit and connect with the power and wonder within. The Kamalaya and Herb House teams will be guiding the group through three days of enlightening talks, group meditations, early morning yoga, spa treatments and nutritional discussions all complemented by a menu designed to leave you feeling energised and rejuvenated.

### 'A Taste of Kamalaya' Retreat includes:

- Inspiring group talks with Kamalaya founders John Stewart and Karina Stewart (Master of Traditional Chinese Medicine)
- Group meditation and mindfulness sessions
- Early morning yoga sessions
- X 2 Kamalaya spa treatments
- Delicious healthy food, including breakfast, lunch and dinner during your stay
- Personal mentoring sessions with Kamalaya's Life Enhancement Mentor, a former monk
- A cookery class with Kamalaya's Culinary Director
- The ultimate in laid-back luxury accommodation at Lime Wood
- Use of the Herb House Spa facilities

### Retreat Dates

Sunday 20th May -Tuesday 22nd May 2018

Or

Wednesday 23rd May-Friday 25th May 2018

Prices from £1495 per person, on an all-inclusive package.  
To book please email [reservations@herbhousespa.co.uk](mailto:reservations@herbhousespa.co.uk)  
or call 02390 286998/9





# Herb House

## The Food

As food is an essential part of our daily life, it is the perfect vehicle to provide the support necessary for enhanced vitality and optimal health. All holistic medical traditions have regarded food as the 'first medicine'!

Menus during the retreat will be a collaboration between Karina Stewart, Kamalaya's Co-founder and Master of Traditional Chinese Medicine, Kamalaya's Culinary Director Kai Mueller, Luke Holder, Head Chef of Lime Wood's Hartnett Holder & Co and Sheila Hulme, Creative Chef of Raw & Cured in the Herb House. The menus are influenced by Karina's wealth of knowledge in functional medicine and cellular detoxification, and brought to vibrant life through Kai, Luke and Sheila's passion for using local ingredients and cooking methods in healthy and innovative ways.



Merging culinary traditions of East and West and using fresh and where possible, organic produce, the menus will include many vegetarian options as well as seafood, poultry and lamb dishes. It all begins with ingredients – fresh, healthy and nutrient-rich, because you can't take energy from food which has none to give! Fresh herbs and spices will be used generously to add flavour and enhance the medicinal value, and foods will be served close to their natural state, with healthy cooking methods and no processed foods or additives.

## Spa and Treatments

Both Kamalaya and Herb House bring together authentic ancient healing traditions with contemporary therapies and facilities to nurture your being in every way. Herb House is hidden in the heart of the New Forest and takes inspiration from its forest surroundings; it instils a sense of calm, well-being and serenity, just as Kamalaya is nestled amongst tropical vegetation with views across the ocean.

The range of treatments are luxurious and indulgent but also health-giving and good for the soul and will be given by Kamalaya's specialist therapists.

## Group Sessions

Group sessions will be led by either Kamalaya's founders, Karina and John Stewart or one of their expert team and will include:

- The Impact of Nutrition and Lifestyle on Emotional Balance and Wellbeing – Group Talk
- The Importance of Meditation and Mindfulness in Living a Healthy, Fulfilling Life – Group Talk
- Stress Management and Dissolution – Group Workshop
- Creating Positive Habits – Group Workshop



## Life Enhancement Personal Mentoring

The retreat includes one personal mentoring session with one of Kamalaya's Meditation and Life Enhancement Mentors, a former monk from India. His teachings are inspired by ancient Asian philosophies, delivered with a practical approach to modern day questions, stressors and concerns.

These sessions focus on helping you become free of conflicting and repetitive responses, rediscover your core strengths and values, establish greater love and connection in relationships, heal past emotions and discover a wonderful new way to get the best from life.

## The Accommodation

Lime Wood, a boutique country hotel, is set in the heart of the New Forest National Park, a mile and half from the small town of Lyndhurst and just an hour and a half drive from London – the ultimate countryside getaway.

With rooms located in the main house and large suites in the grounds each with sumptuous king-sized beds you can be sure you that you will sleep well.