

# Herb House

## Why be a Herb House Member?

At Herb House, we believe we've created a beautiful, unusual space for you to escape and unwind, either alone or in company. It's the perfect place to work out, re-energise and look after your mind and body.

A retreat for chilling, Herb House instills a sense of calm, well-being and serenity. Designed over three levels, Herb House has a massive Sauna and indoor Hydro Pool with stunning forest views, a Mud House, a steaming outdoor Hot Pool, eight spacious single treatment rooms and two double treatment rooms.



Our 'Matt Roberts' rooftop Gym has the latest equipment and a functional fitness area, a 16-metre Ozone treated indoor lap pool with floor to ceiling glass doors overlooks the garden and Hot Pool terrace and in our workout studio our Personal Trainers lead an extensive range of fitness classes. To top it all off in our food bar, Raw & Cured, our team of creative raw chefs create daily menus of delicious natural and healthy food for breakfast, lunch and early evening nibbles, as well as fresh juices and smoothies to have in or take away – perfect for when you are on the go!

Our treatments start the moment you walk into Herb House, but they don't finish when you walk out. Our expert team focuses on authentic, holistic treatments that take inspiration from centuries of well-being tradition so that you feel better for longer; our treatments are luxurious and indulgent but also health-giving and good for the soul.



# 5 reasons to become a Member

1

## Award winning facilities

Full access to our award-winning spa facilities tucked away in the heart of the New Forest.

Herb House is a spa dedicated to natural well-being and inspired by its forest surroundings – get closer to nature with sweeping views out into the forest from the hydro pool, sauna and roof top living herb garden.



2

## Fixed lifetime rate

A fixed lifetime rate means your rate stays the same for the duration of your membership. You'll also receive 10% off all spa treatments, shopping in 'Curated by Lime Wood', and food and beverage both in the spa and main house.



4

## Feel-good food

Our food sourcing policy in our Raw & Cured is simple: quality, seasonal and sustainable. It is about eating simply and focusing on the natural taste of quality ingredients; a daily menu of feel-good food that means you leave feeling great! A great place to meet friends, or just chill out on your own. Members get 10% off all food and drink in Raw & Cured.

5

## Top quality fitness training

Our Fitness Instructors are fully qualified Personal Trainers, trained by Top UK fitness expert Matt Roberts. Access to bespoke Personal Training and Small Group Training, as well as a fantastic selection of over 60 fitness classes to suit all fitness levels, running 7 days a week, including Yoga, Pilates, Spinning and HIIT.

3

## Exclusive events

Access to exclusive monthly Members' events; talks, workshops and social evenings in Herb House and Lime Wood with experts such as Nutritional therapist Amelia Freer, Bamford, and top health practitioners.

## Our Go-to Gurus

At Lime Wood and Herb House, we have teamed up with some of the most respected experts in the wellness industry to create a space that helps guests and members to really nurture their well-being and feel their absolute best.

The experts bring with them a wealth of knowledge, expertise and insider advice that has been integrated into the heart of the hotel and spa; their philosophies influence and underpin our overall approach to nutrition, fitness and holistic wellness.



## Move

WITH MATT ROBERTS

Matt Roberts is renowned for perfecting some of the most famous physiques in the public-eye, but is also widely recognised to have pioneered one-to-one training within the UK in the 1990's, making him the industry name for health and fitness. Now you can train in the 'Matt Roberts Way' at Lime Wood.

We have been working with Matt for five years now on a series of fitness retreats. His motivational training style, that integrates a wide range of disciplines and methods to keep both body and mind challenged in a variety of ways, has inspired guests to kick-start a new approach to their fitness and start achieving their goals.

In 2019 we launched a new fitness concept at Herb House. Bespoke Personal Training delivered by a team that have been trained in the Matt Roberts philosophy, in a gym space that has been redesigned and re-fitted to the highest standards by Matt and his expert team.



## Eat and Breathe

WITH AMELIA FREER

We have teamed up with Nutritional Therapist Amelia Freer FdSc Dip ION, to create opportunities for you to make choices based on feeling better for longer. Amelia believes that the renewal of our health and energy can be aided by incorporating certain practises into our daily lives and she has been working with us to share her top tips and ideas to help you achieve this. Some of the dishes on our menus have been created with Amelia's food philosophy in mind. You can also expect events and workshops from Amelia throughout the year.

## Glow

WITH SARAH CHAPMAN, CAROLE BAMFORD AND VOYA

We have deliberately chosen to work with boutique product houses from the British Isles, all of whom share our ethos of authenticity and well-being.

Sarah Chapman has become London's most sought after facialist, and has something to do with the glowy, flawless skin of many famous faces! Herb House is one of only three destinations in the UK, including Sarah's Chelsea clinic, that you can experience a Sarah Chapman facial.

Carole Bamford is an influential champion of natural living, and her company Bamford is a long-standing partner of Lime Wood and Herb House. Bamford's products combine modern cosmetic science with natural essential oils which blend and perform beautifully whilst balancing both mind and body. All ingredients are responsibly sourced and organic, and Bamford is accredited by the Soil Association.

Three generations of the Walton family have scientifically harnessed the healing properties of seaweed from Ireland's northwest coast and created VOYA, organic beauty products and treatments from the sea. With sustainability at its heart, this revolutionary range of Soil Association certified organic products and treatments is a showcase of how science can release nature's most powerful resources and still protect the earth.



# Herb House Memberships

There are three tiers of membership at the Herb House, designed to allow you to make the most of your time with us, whatever your motivation and whichever facilities you use, choosing the best and most suitable membership for you.

To find out more about our Memberships and our Team please visit [www.limewoodhotel.co.uk/spa/membership](http://www.limewoodhotel.co.uk/spa/membership). To contact one of the membership team, please email [membership@herbhousespa.co.uk](mailto:membership@herbhousespa.co.uk) or call us on 023 80287 184.

## FULL FITNESS MEMBERSHIP

Designed for those wanting to commit to a consistent and dedicated approach to their fitness, with the ongoing support and coaching of a Matt Roberts trained Personal Trainer, including full use of the spa facilities and group fitness classes. The perfect membership for those wanting to get fully involved in life at Herb House.

## ALL ACCESS MEMBERSHIP

This membership is designed for those who want to take a balanced and varied approach to their health. Allowing you to join any group fitness class taken by our expertly trained instructors, workout in our gym or chill out in our spa facilities.

## CLUB MEMBERSHIP

Designed for those who want to take time for themselves in our New Forest retreat and allows access to our spa facilities.

Workout in the gym or re-energise and relax in our spa facilities.



## What our members think

*"David and I took the plunge and upgraded our membership to "Full Fitness membership" from June this year. We're glad we did. On top of all the usual benefits we now enjoy structured weekly training sessions guided by an experienced professional trainer; the fact that it's part of the package is a great incentive to book up and keep moving!"*

**Jane Clouting**

*"The new gym set up is a major progression for those like me who want to maintain fitness in the most effective way. The new equipment offers an infinite combination of workouts which is why the induction and initial assessment are so important in designing a bespoke programme that I now access on the Wellness App. Well done to the team for adding a new dimension to the fantastic facilities at The Herb House that I continue to enjoy after nearly ten years."*

**Jim Rowland**

## Awards

*Just a few of our awards*

**2018**

The Pure Package Wellness Awards – Best Health and Wellness Getaway

**2017**

Harper's Bazaar Travel Guide – Serene Spas

**2016**

British Airways Club Readers Awards – Runner Up in 'Ultimate Mind-Blowing Spa' Category

**2015**

Tatler Travel Guide Awards – Best of British award