

Herb House

Why be a Herb House Member?

Cocooned in the trees, Herb House is thoughtfully designed to blur the line between nature and nurture. Dedicated to natural wellbeing and inspired by its forest surroundings, Herb House is the perfect place to work out, re-energise and look after your mind and body.

Designed over three levels, Herb House has a Sauna and indoor Hydro Pool with stunning forest views, a Mud House, a steaming outdoor Hot Pool, eight spacious single treatment rooms and two magnificent double treatment rooms – the perfect place to escape from the world in the heart of the New Forest.



Our rooftop Gym has a vast range of 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. In our workout studio and our outdoor studio space, The Hideout, our Personal Trainers lead an extensive range of fitness classes. To top it all off, in our food bar, Raw & Cured, you'll find healthy eating with a nutritious menu bursting with wholesome ingredients and packed with goodness nourishing you from top to toe. Pop in early for a light and bright breakfast or join us later to graze on something healthy & hearty. Pre and post treatment, you can snack and sip on ingenious combos of nutritious energy bars and sweet treats with smoothies, cold-pressed juices, or kombucha. If you want to indulge a little, settle in with a glass of Hambledon English fizz, Chase rose or a locally sourced gooseberry vodka spritz.

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.



3

Exclusive events

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

2

Exclusive discounts

You'll receive 10% off all spa treatments, shopping in 'Curated by Lime Wood', and all food and beverage in both the spa and main house. When you join us, you will also receive £25 to spend in our Curated shop or towards a 60+ minute treatment.



4

Feel-good food

Raw & Cured's menu strikes the perfect balance where healthy meets simple and delicious. Each dish has been carefully created with health at the heart – inspired by well-being, preserving, and flavours of the Mediterranean, it is always focussed on fresh fruit and vegetables, gut-loving fibre, nuts and seeds with muscle-repairing proteins. Whether you're here to nourish or spoil yourself, you'll find something to suit. Members receive 10% off all food and drink in Raw & Cured.

5

Top quality fitness training

Our experienced Fitness Instructors are fully qualified Personal Trainers. Providing access to bespoke Personal Training and Small Group Training, along with a fantastic selection of over 100 fitness classes to suit all fitness levels, running 7 days a week, including Yoga, Pilates, Ballet Sculpt, Sound Healing, Gong Bath, Dance Fit, Aqua Fitness and Circuits.

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 THE HERB HOUSE TEAM

The top floor of the Herb House is devoted to fitness and health with a well-equipped gym with forest views. We mix intelligent training methods and the beautiful surroundings to offer a truly unique fitness experience.

Our extensive range of fitness classes take place in our Lap Pool, our indoor private studio and in our outdoor studio space, The Hideout. The latter was designed to bring you closer to nature, whilst you enjoy some 'you' time. With stretched canvas overhead, floor to ceiling clear walls with views out across the lake and fields, and a heated wooden floor, The Hideout provides a tranquil and quiet retreat, where you can breathe, stretch and soak in the surroundings in warmth and comfort. Classes are taught by our own dedicated Fitness team and long-standing specialist instructors, allowing us to offer an unrivalled selection of classes to suit all fitness levels, including Yoga, Pilates, Spin, Mindful Meditation, Breathe and HIIT. When the weather permits, some classes can take place out in the wide-open spaces of the forest or in our hotel grounds.

Our highly-experienced Fitness instructors are on hand at all times for guests and members, as well as running the classes, and offer bespoke personal training, ensuring you can really start to achieve your fitness goals. Our Personal Training programmes recognises that everyone is a unique individual, and integrates a wide range of disciplines and methods to keep both the body and mind challenged in a variety of ways. Designed to be progressive and challenging, your plan will take you through all facets of fitness development, making sure you are not just leaner, but also stronger, more flexible, more stable and agile.



Eat

AT RAW & CURED

Tucked away in the Herb House, a colourful central bar heaves with fresh fruit and wholesome foods that go into creating the healthy dishes served here. Raw & Cured's menu strikes the perfect balance where healthy meets simple and delicious. Each dish has been carefully created with health at the heart - inspired by well-being, preserving, and flavours of the Mediterranean it is always focussed on fresh fruit and vegetables, gut-loving fibre, nuts and seeds with muscle-repairing proteins. Whether you're here to nourish or spoil yourself, you'll find something on the menu to cater for your self-care at Raw & Cured.

Glow

WITH SARAH CHAPMAN, BAMFORD AND GROUND WELLBEING

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.

Founder Peigin has spent over 20 years crafting distinctive and transformative wellness products and treatments. Born at her kitchen table in 2020, Peigin's true passion lies in developing spa treatments and wellness products, with the aim of making self-care accessible to all. Crafting holistic rituals that are anchored in gentle breathwork, hands-on rhythmical pressures and techniques, lymphatic drainage, and the compelling powers of aromatherapy oils.

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.

FULL WORKS MEMBERSHIP

This is Herb House's most inclusive membership – and it's all about you! Designed to help you nourish mind, body and soul, it is all about a balanced approach to life. Fitness, relaxation, pampering, delicious food and time with friends and family, this membership is perfect 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 or relaxation 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

"At the beginning of the year, I took the leap and committed to the Full Works Membership. The main reason for this was to take advantage of the weekly personal training sessions, which have proven invaluable. The team are fantastic; pushing me and being very encouraging. Justin is great and his belief in me means that I am running further than I have in years! I have several friends booked in to use my guest passes and I have loved my complimentary spa treatments (my reward for not skipping any personal training sessions!). I am saving my complimentary 3 course dinner for a special occasion."

Kate Gazzard

"The gym set up is a major progression for those like me who want to maintain fitness in the most effective way. The 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 access on the Technogym 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

2025

2025 Hotel Magazine Awards – Best Spa & Wellness Venue

2024

Lime Wood Hotel named The Times and Sunday Times Spa of the Year 2024

Goop List 26 Exceptional Hotels to Stay at This Year

2023/4

AA Best UK Spa Award 2023

Good Hotel Guide Editor's Choice 2024 awards for Spa Hotels

2022

AA Spa Hotel of the Year 2022/23
Condé Nast Traveller 2022 Readers' Choice Awards as one of the winners of 'The best destination spas in the world'.
European Spa's Top 10 UK Spa Gardens

2021

Won best spa at the Muddy Stiletto Awards

2020

The Times Travel Awards Best Hotel

2019

Condé Nast Traveller 2019 Readers' Choice Awards Top 35 in Europe
Lime Wood & Herb House

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