

Anna takes a stroll in Abel Tasman National Park

Best for...

A celeb detox

Acting deputy editor Anna Hart travels to Split Apple Retreat overlooking Abel Tasman National Park in New Zealand, and discovers how A-listers get their R&R

IF YOU AREN'T FAMILIAR WITH NEW ZEALAND'S LUXURY LODGE SCENE, that's probably because you're not an A-list celeb. The country has long been a by-word in Hollywood and *Forbes* rich-list circles for luxury accommodation; a smattering of perfectly located, über-luxe lodges offering weary sophisticates stunning surroundings and tranquility.

Having opened its doors in 2010, Split Apple is a relative newcomer, but it's fast become a word-of-mouth favourite. The sleek, modern 'wellness retreat' is perched atop a cliff overlooking the Abel Tasman National Park, a stunning slice of New Zealand's coastal scenery which has just been spectacularly showcased in Hollywood blockbuster *The Hobbit*.

The owners are Lee Nelson, a retired American doctor with a holistic approach to wellness, and his wife Pen, a chef specialising in 'functional' food (low-GI, organic, protein-rich) with an Asian bent – think sashimi and steamed lobster.

The open-plan living is designed to make the most of the clifftop location, and this small-but-perfectly-formed luxury lodge has everything a jaded A-lister searching


for Zen requires: a gym, a fascinating collection of Asian artwork, a movie theatre in which Lee holds high-tech meditation sessions, steam and massage rooms, an infra-red sauna and an infinity pool overlooking the Tasman sea.

Some guests come here for the 'works', whereby Lee will take blood tests and give a medical consultation before recommending treatments, dietary tweaks and an exercise regime. Others simply want total privacy, their own infinity pool and several bottles of Sauvignon Blanc. Lee and Pen are impressively discreet about the A-listers who check in, but surprised locals have reported seeing John Travolta, Ellen DeGeneres and Jean Paul Gaultier around the neighbourhood.


With the mouth-watering superfood-rich menu, Lee on hand to tailor a fitness package to your needs and the constant views of a world-famous national park just begging to be explored on foot, Split Apple certainly makes it easy to discover a healthier new you.

Now I understand how celebrities manage to look so good.


● Exclusive use of **Split Apple Retreat** (splitapple.com) costs £2,825 a night for the First Suite. Singapore Airlines (singaporeair.com) flies four times a day from London to Auckland, with return flights starting from £1,150. →



Take in the coastal scenery from the lodge's exquisite infinity pool



The retreat's serene Asian-inspired décor



Each suite has a private deck with spectacular views