



This spa looks out over the Pacific Ocean from the shores of Abel Tasman National Park on the northern tip of South Island.

Owners Lee Nelson, a retired doctor, and his Thai wife, Pen, designed Split Apple to show guests how to keep wellness in their lives after they leave. The harmonious, Japanese-style retreat has gorgeous Zen gardens and interiors, and an infinity pool with endless views of the sea below. Pen is an incredible cook: every ingredient in the meals contributes to health and longevity.

I found it hard to tear myself away from Split Apple to discover the wild beauty of the Abel Tasman National Park. But I did—and it was worth it. The spa is near hikes at Golden Bay's untouched

estuaries and beaches and Pupu Springs, noted as the second-cleariest natural spring in the world.

Must do:

- Hike the famous one- and three-day treks of at Abel Tasman National Park.
- Swim with the local colony of seals—an unforgettable experience.
- Choose from a selection of treatments at Split Apple including shiatsu, aromatherapy, acupuncture, moxibustion, and judo seifuku therapy.
- Explore the local waterways in a Split Apple kayak.

Split Apple is extremely exclusive. It has only three rooms looking out on an island-dotted sea, and the guests' every care is catered to. Creature comforts

include a state-of-the-art media room, where Lee leads meditation sessions, and the best onsen Japanese baths I've ever relaxed in.

Yoga and cooking classes are available, and do take a walk down the private paths leading to the secluded bay below, or to a gorgeous golden-sanded beach.

Take it slow: Come via the Interisland Ferry from Wellington to Picton. Book the private suite on the ferry and watch the gorgeous views from the windows in peace. When you arrive, Marlborough Travel will take you on the gorgeous winding roads to Split Apple, passing the famed Green Lip Mussel region.

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