



# Split Apple Retreat

Ocean-front South Island wellness sanctuary

## TYPE OF SPA:

Destination spa; Hotel spa; Medical spa

## FEATURES:

Gym; Pool; Sauna; Spa cuisine; Steam room

## SIGNATURE TREATMENTS:

Deep tissue massage; Apipuncture; Personalised wellness consultation with nutritional expert

## KEY PRODUCTS:

His & Hers Beauty Products

Moments from Abel Tasman National Park on the northern tip of New Zealand's South Island, Split Apple occupies an undeniably spectacular scene. Built into a cliff face looking out to jaw-dropping views of secluded golden beaches and the Tasman Sea, this boutique wellness retreat is an exclusive getaway with just three exceptionally spacious guest rooms. Furnished in a modern Japanese design, each guest room has two private decks surrounded by fragrant gardens. The Fuji and Lotus Rooms have two-person granite Japanese bathtubs, whilst the two-storey Rainbow Suite has a separate lounge and bathroom with LED-lit shower. Days spent relaxing beside the sea-facing infinity pool are only surpassed by massages (personalised deep tissue, Thai, aromatherapy...) enjoyed within the private treatment room and pampering time in the infrared sauna, steam room and outdoor spa pool. But at the heart of your stay is the nutritionally tailored gourmet cuisine. The owner's (Lee Nelson, a retired doctor) passion for thoughtful food that aids health and healing is reflected in the diverse menu prepared from delicious local ingredients. To ensure its long-lasting effects, cooking lessons can be arranged and The Split Apple Thoughtful Food Cookbook is available to buy. Before you leave, be sure to attain a medical consultation with Lee for a bespoke wellness programme to follow at home.

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