

# Split Apple Retreat, Motueka



Health and wellbeing are promoted by the owners of Split Apple Retreat, a zen-like hideaway north of Nelson.

Luxury, exclusivity, privacy – and good health: these are some of the terms that attach to Split Apple Retreat, which takes its name from the famous cleft rock rising out of the sea in Abel Tasman National Park.

The spectacular zen-like retreat was built by retired doctor Lee Nelson and his wife Pen to provide a luxurious refuge from which guests would leave healthier than when they arrived, via “thoughtful food, expert nutrition and relaxation”.

The couple play host and design itineraries to suit their guests’ individual needs.

Lee specialises in nutrition and Pen is a chef whose gourmet cooking focuses on health and well-being. “We are what we eat... and fabulous food can contribute hugely to good health, fight ageing, guarantee weight loss, combat stress, crank up energy levels and promote longevity,” they say. Pen also gives healthy cooking classes and guests can take home a wellness

programme devised in consultation with Lee.

The well-being menu includes massage treatments, acupuncture, rejuvenating facials, meditation and yoga. The house has a gym, sauna, steam room, outdoor spa pool and an infinity swimming pool and outdoor shower. Private paths lead down to two lovely beaches.

The elegant guest suites all look out to the Tasman Sea. High-tech amenities include an Apple TV and internet radio, motorised blinds and speakers in bedroom and bath, wireless internet and iPod port. There’s also an eight-seater movie theatre with a 2.7-metre screen.

Local activities include walking, kayaking, fishing, horse-riding, sky-diving, sailing, swimming with seals and dolphin-spotting. A helicopter can be arranged to take you to remote spots for walking, or private picnics at secluded beaches. [www.splitappleretreat.com](http://www.splitappleretreat.com)

