

Care, with room *to breathe.*

Across a 68-acre lakeside estate, consultation-led care sits alongside gentle movement, rest and time outdoors.



Nature & stillness

A calm residential rhythm, with space between sessions.

International guests can contact our wellness coordinators to discuss their stay and travel questions.



Food from the land

The on-site organic farm, fresh seasonal produce and nutrition-led meals.



A thoughtful stay

Comfortable accommodation and personal attention throughout the stay.