

L I V E W E L L

Nourish

28-30 January 2026

January's retreat seeks to nourish every aspect of the self, exploring the connection between physical wellbeing and mental health, the importance of balanced nutrition in winter, and how simply stepping outside is a success worth celebrating during our shortest days.

As a self-guided retreat you can set your own pace, choose from menus designed to nourish and fulfil, and explore the estate and spa at your leisure. The Newt's complimentary daily walks, yoga sessions and outdoor pursuits will be running alongside the retreat. Feel free to join in as much (or as little) as you like.

Meet your hosts

Winter Nutrition

Jasmine Hemsley
Nutrition & wellbeing expert

Jasmine Hemsley is a leading figure in the world of wellbeing whose holistic take on food health marries eastern wisdom with western technology. Through her recipes and philosophy, she encourages a return to a more mindful way of life.

Based on a wealth of nutritional knowledge, Jasmine will lead an inspiring and informal conversation on supporting health through the winter months. More practical than preachy, you'll explore how to balance nutrition with real world impacts (think Christmas indulgence), and why when you eat, is just as important as how and what.

Productive Garden Tour

David Rowley
Head of Productive Growing at The Newt

"Turning sunshine into sustenance" is David's philosophy for growing, an ethos developed over a 30-year career in horticulture. During that time, David has also become an expert in social therapeutic horticulture, discovering that everyone's quality of life, regardless of ability, can be improved by plants.

David's tour takes you behind the scenes to Avalon, The Newt's production hub. Ducking into the greenhouses and growing tunnels, you'll discover what's productive in January, which seeds to start sowing now and why growing your own is good for more than just your dinner plate.

Fermenting & Preserving Workshop

Peter Prescott
Founder of CULTJAR

CULTJAR combines environmentally responsible growing, nutrient rich produce and culinary creativity, putting the art of pickling back in the spotlight. Founder Peter Prescott's career spanned London restaurants and the world of retail before taking him to Worminster Farm in Somerset, now the heart of CULTJAR'S operation.

Learn how to prolong the seasons through preservation, then take home what you make. Peter's Fermenting & Preserving Workshop teaches you the basics of handling live ingredients and combining flavours, underlining the joy of experimentation and explaining why fermentation is such a health booster.

Lunch at The Garden Café

Gelf Alderson
Head of Food at The Newt

Former Culinary Director at River Cottage and one of the first chefs to be awarded a coveted Michelin Green Star for sustainability, Gelf joined The Newt to lead its food operation across restaurants and retail. He showcases the estate through cuisine, championing a home grown, homemade approach.

Savour a seasonal, vegetable-led menu at The Garden Café, with Gelf as your host. Guiding you through the ingredients and flavour profiles of an exquisite two-course lunch, he'll share his take on how food can lift mood, energise, and restore.