

FOWLESCOMBE FARM

Rest and Regenerate

Wellbeing 2026/27


You can’t rush the land. Just as the soil needs time to rest and regenerate, so do we.



A REGENERATIVE RETREAT FOR ALL SEASONS

Wellbeing at Fowlescombe isn't confined to four walls.

It's what happens when you slow down, eat well, sleep well, and spend time outside. Everything we do here follows one idea: regenerate the soil, the food, the ecosystems and the people. What is good for the land is good for us.

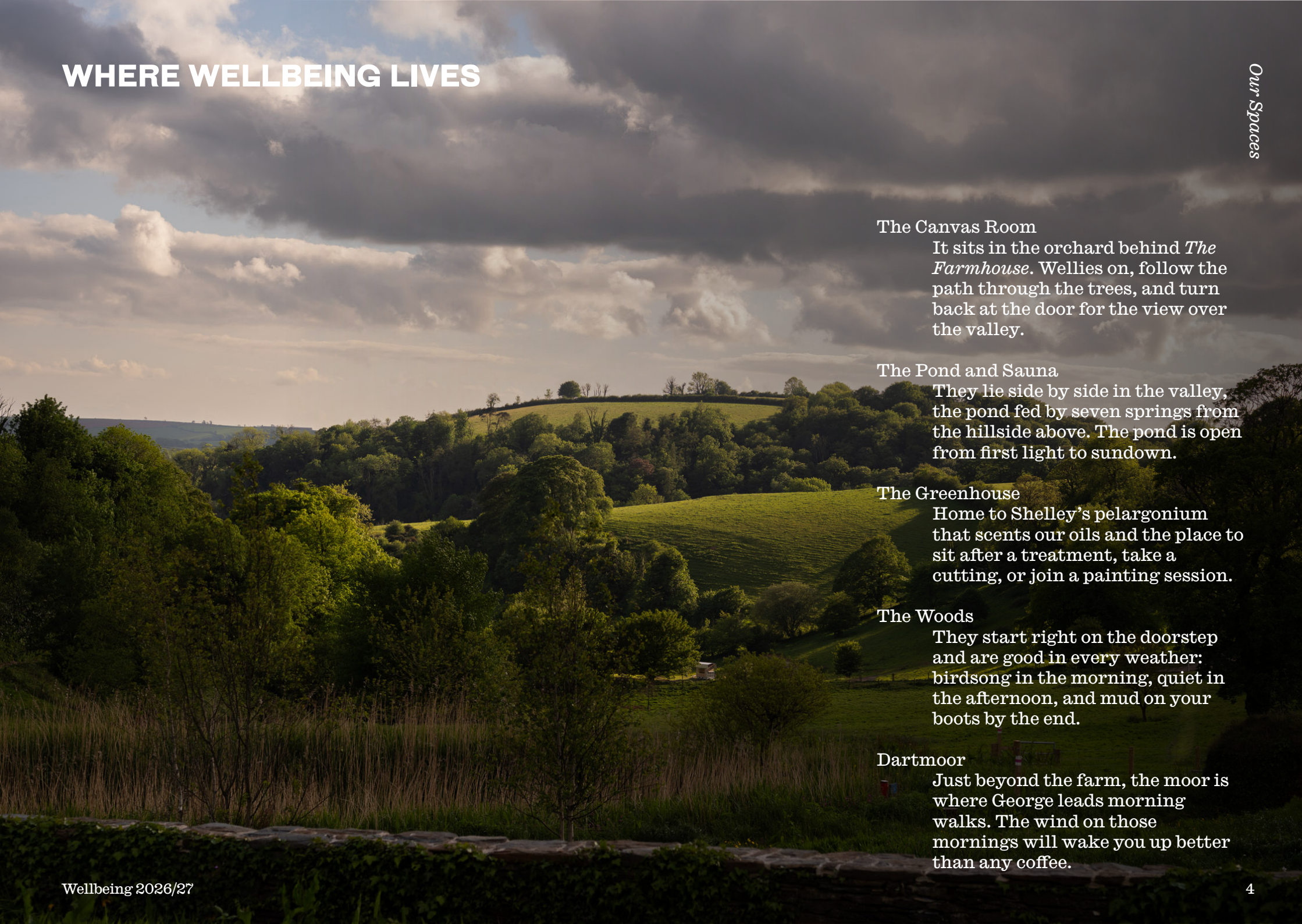
We could have built a spa. We chose not to. Wellbeing here means going out into the elements: a wet walk through the woods, a windy morning on Dartmoor, a cold dip in the spring-fed pond followed by the warmth of the sauna.

A massage in the Canvas Room is a luxury. So is a night on a mattress filled with wool from our own flock; a deep sleep under dark skies.

Winter is for rest and warmth; spring and summer for getting out. Elly's menus follow the garden's year, and Imogen's treatments change with the plants Shelley has grown.

None of it is new. Being at the farm just makes room for it.

WHERE WELLBEING LIVES



The Canvas Room

It sits in the orchard behind *The Farmhouse*. Wellies on, follow the path through the trees, and turn back at the door for the view over the valley.

The Pond and Sauna

They lie side by side in the valley, the pond fed by seven springs from the hillside above. The pond is open from first light to sundown.

The Greenhouse

Home to Shelley's pelargonium that scents our oils and the place to sit after a treatment, take a cutting, or join a painting session.

The Woods

They start right on the doorstep and are good in every weather: birdsong in the morning, quiet in the afternoon, and mud on your boots by the end.

Dartmoor

Just beyond the farm, the moor is where George leads morning walks. The wind on those mornings will wake you up better than any coffee.



TREATMENTS FROM THE LAND

Intuitive Herbal Massage
60 min, £155/90 min, £195
A full-body massage that responds to what your body needs, using a signature oil made from our own pelargonium.

Revitalising Sole Treatment
60 min, £155
A warm salt soak, scrub and dry brushing, complete with a foot massage, reflexology and acupressure.

Signature Fowlescombe Facial
60 mins, £160
Pelegrims' nourishing skincare facial, for brighter skin and a quieter mind.

Reflexology
60 min, £155/90 mins £195
Gentle pressure on the feet and hands to help the whole body unwind.

Clay Healing Ritual
60 min, £160
Mineral-rich clay, warm towels and Reiki, finished with our signature oil.
Grounding in every sense.

Guided Breathwork
60 min, £125 for one or two
Gentle movement, stretches, breathwork and meditation, shaped around you. Welcoming for complete beginners.

Private Yoga
60 min, £125 for up to two people
A session shaped around your body and what it needs that day, for one or two.



To book please email or call us,
or speak to anyone on the team.
24 hours notice required.

+44 (0) 1752 426 570
contact@fowlescombe.com

Fowlescombe Farm
Ugborough
Devon
PL21 0HW

fowlescombe.com