

What is a Health Creation Hotel?

A Health Creation Hotel is a place where you can receive nourishment for your mind, body and spirit in exquisite, peaceful, uplifting surroundings. In all these respects Lancrigg excels. Situated in the stunning Easedale valley above Grasmere in the Lake District, the hotel is within an easy walk to cascading waterfalls and a hilltop tarn.

In the wooded hillsides and on the mountain tops the body strengthens, the heart sings, the mind clears and the soul revives.

At the hotel there is first class vegetarian food, total peace, log fires, nurturing therapy and great hospitality from caring hosts Rob and Janet Whittington – the perfect recipe for the perfect healing holiday. Lancrigg, now in its 25th year, has become synonymous with pure peace, pure air, pure food, comfort & relaxation and is proud to be accredited Britain's first 'Health Creation Hotel.' Its Green Valley Restaurant is certified organic by the Bio-Dynamic Agricultural Association



The hotel is half a mile from the historic village of Grasmere, with Wordsworth Museum, art galleries, shops, river and lakeside walks.

How to find us

By Road: 20 miles from the M6 take junction 36 (from the South) and junction 40 (from the North)

Nearest railway station: Windermere (ask Taxi driver for Lancrigg)

Nearest airport: Manchester

Lancrigg Vegetarian Country House Hotel
Easedale, Grasmere, Cumbria LA22 9QN

For more information and to book call Lancrigg on
Tel +44 (0)15394 35317 or Email info@lancrigg.co.uk

www.lancrigg.co.uk



Health Creation at Lancrigg Hotel

Rest, relax and nurture body and soul in the deep peace and beauty of Grasmere in the Lake District



Hostess Janet and small hound take the morning air



Host Rob and friends above Eastdale Tarn

HEALTH CREATION HOTEL

Peace

We are totally secluded in the Lakeland mountains, so loved by the poets. We offer the ideal place for rest, reflection and the shedding of burdens. In the deep peace and beauty of Lancrigg you will still your mind and hear your truth, returning home with a lighter heart and renewed inner strength.

Hospitality and Rooms

Lancrigg has a warm, friendly informal atmosphere and comfortable en suite rooms in a magical environment. You can see our bedrooms on our website.

'I have been looking after my partner through very stressful times and I have greatly benefited from the restful holiday at Lancrigg. Nothing seemed too much trouble to them. It has left us both feeling relaxed and ready to face the future. We are very much looking forward to our next visit.' **Neil Osborne**

Nutritious and Delicious

A major part of the Lancrigg philosophy has always been to serve healthy organic vegetarian food with imaginative menus. You can try wonderful new flavours and we can cater for special diets. We also serve organic wines and ales for the discerning palette. Nutritional therapist Janet Whittington can guide you in forming a personalised nutrition plan and she will teach you the joys of wholefood cookery in her kitchen. There are sample menus on our website.

Restoration & Recuperation

We can deepen your peace with guided meditation practice and walks, therapeutic massage and spiritual healing from experienced local and in-house therapists.



The Health Creation Breaks

Ideally come for a 4 or 5 day break with a choice of arrival on Sunday or Monday afternoon. Depart on Friday after lunch or stay for a longer holiday if time allows.

These energising holidays are ideal for:

- Those wishing to recover from illness or its treatment
- Those caring for the ill
- Those seeking respite from stress and fatigue or life's challenges
- Those on special diets, e.g. Gluten Free, Diabetic, Low-Acid, Weight Loss or Gain and Gentle Detox or
- Simply those wishing to enter the beauty of nature for pure and profound soul food!

The Break includes

- All meals - your breakfasts, lunches, evening meals in our fine dining room
- Drinks of fruit juices and teas
- A wholefood cookery demonstration
- Meditative walks

'My week at Lancrigg was just what I needed. I left feeling rebalanced and positive. Janet's nutritional advice was of great value to me. It unravelled a minefield of information and I took away a simple nutritional programme which I can now follow with confidence.' **Sally Woods**

Also available

Holistic therapies arranged according to your preference and charged separately. An information pack will be sent to you on booking to help you choose your ideal programme. For updates and other holiday options call or visit the Lancrigg website.

Prices per person – do vary seasonally but average at:

| Full board | 4 nights | 5 nights |
|------------------------|----------|----------|
| For two people sharing | £395 | £495 |
| For one person | £495 | £595 |

Prices for shorter breaks available upon enquiry. There is a surcharge of £10 per night per person for Azalea and John Richardson Rooms

Therapy sessions: £40 for Massage, Healing and Nutritional Consultation.



Who's behind Health Creation Hotel?

Dr Rosy Daniel

Dr Rosy Daniel is Founder and Medical Director of Health Creation, which kitemarks healthy hotels, holidays and retreats for the guidance of those seeking outstanding breaks from busy or troubled lives. Health Creation also provides proactive health coaching for the ill, their carers and those seeking to prevent illness as well as training for those wishing to be a Health Creation Mentor or Consultant. Rosy was former Medical Director of the Bristol Cancer Centre and now practises as an Integrated Medical Consultant in Bath. She is author of 5 books, the interactive Cancer Lifeline Kit and Health Creation Programme. She works with her team to prevent illness through her consultancy 'Health Creation at Work'.

To join this dynamic organisation that is working to make health and not illness the norm contact enquiries@healthcreation.co.uk or call 0845-009-3366.

Rosy says '**Lancrigg has excelled in providing all aspects of the Health Creation Hotel experience and is highly recommended.**'

- ✓ High quality, nutritious, organic wholefood
- ✓ Peace and quiet
- ✓ Lovely rooms
- ✓ Warm caring hospitality
- ✓ Great natural beauty
- ✓ Therapeutic Massage and Healing

Janet Whittington

Janet Whittington has a wide practical experience of natural healthcare and health foods and having recovered her own health using Health Creation Principles is qualified through the Institute of Optimum Nutrition as a Nutritional Therapist. She is an experienced healthfood chef and is a partner in the Green Valley Organic Vegetarian Restaurant, specialising in nutritious and delicious cuisine. Janet provides wholefood cookery lessons and optional nutritional advice at Lancrigg.



'The Little Valley of Easedale is one of the most impressive solitudes in the Lake District'
De Quincey