

# Food Health Wealth



“i celebrate the power  
of food as a delicious,  
nurturing and vital  
healing force”  
says samantha gowing

[www.foodhealthwealth.com](http://www.foodhealthwealth.com)

[www.bittersweetsour.com](http://www.bittersweetsour.com)

# Surf Spa Food



*Nammos Beach Club, Bali*

*In the garden at Gaia, Byron Bay*



In 2010 the Surf Spa Food program was founded after identifying a niche and a need in the global marketplace for a spa cuisine expert to service the booming arena of luxury lifestyle retreats and health spas worldwide.

Retreat specialist, mentor and therapeutic chef Samantha Gowing has a lifetime of experience creating good food that is healthful as well as delicious by taking it beyond the plate as a sensual and social experience and turned it into a vital and healing medicine.

*Gwinganna*  
Lifestyle Retreat

“It is my pleasure to introduce Samantha Gowing. A talented woman, Sam has proven skills and expertise as a Nutritionist she is a wonderful Chef and is an excellent businesswoman.

She is rare talent who will tantalise your tastebuds, educate your mind, develop your business acumen and delight your clients. Enjoy!”

Sharon Kolkka. General Manager,  
Gwinganna Lifestyle Retreat, QLD

# Surf Spa Food - Retreat Solutions

## **“Zen and the Art of Eating” package**

A beginners guide the fundamental elements of spa cuisine

- Build your culinary confidence
- Enhance your knowledge of food as medicine
- Discover the secrets of our globally successful organic cooking school

Description	Value	Cost
1 x 4 hour one-on-one mentoring session in our premises where you will learn the essence of Surf Spa Food. Maximum of 6 recipes presented for interactive demonstration.	\$1,750.00	INCLUDED
Retreat menu development and review outlining & showcasing wholefoods, benefits and healing properties.	\$500.00	INCLUDED
Discover the secrets of Paul Pitchford's Regenerative Health Plan and integrate aspects of it into your life.	\$195.00	INCLUDED
	Total Value	\$2,445.00
	New Financial Year special	-\$1,597.00
	<b>Total inc. GST</b>	<b>\$848.00</b>

## Food therapy - Sri Lanka



Just say ommm...

And relax

It's no good detoxing the body if the brain's going bonkers. We select seven of the best holidays for the mind, from Kent to Japan and Bolivia

Paul Croughton, (UK) Sunday Times, 4th July 2010

It has been said, by persons more uncharitable than yourself, that the best way to a man's heart is through his stomach. Well, Samantha Gowing, an award-winning restaurateur in her native Australia, believes that you can plough on past the heart and reach the soul. Sam claims to be a "therapeutic chef", and her retreat at the boutique hotel Kahanda Kanda, on a working tea estate only 30 minutes from Galle, uses food as medicine, fixing digestive disorders and food sensitivities through Zen macrobiotics and traditional Chinese medicines, as well as promoting wellness and healing with motivational mindset techniques and meditation. She then throws in yoga and Pilates classes, so the rest of your body doesn't get jealous. In fact, it will revel in the lush surroundings of Kahanda Kanda, with its long infinity pool, lily ponds, abundant, attentive staff and serene sense of wellbeing.



[www.kahandakanda.com](http://www.kahandakanda.com)

# Surf Spa Food Retreat Solutions

## “Show Me the Honey” package

An advanced course for good cooks

- Get the skinny of the good fats
- Discover the raw truth about oils, honey and ‘milk’
- Enhance your knowledge of food as medicine

Description	Value	Cost
1/2 day one-on-one workshop in our premises where you will learn the essence of Surf Spa Food. Maximum of 6 recipes presented for interactive demonstration.	\$1,750.00	INCLUDED
Retreat menu development and review outlining & showcasing wholefoods, benefits and healing properties.	\$500.00	INCLUDED
Discover the secrets of Paul Pitchford’s Regenerative Health Plan and integrate aspects of it into your own retreat menu.	\$195.00	INCLUDED
Develop ready-to-go kitchen systems: rosters, ordering, suppliers, wastage and mis en place templates.	\$500.00	INCLUDED
Creation of nutritional philosophy for your business. Ensuring the philosophy integrates with retreat theme Bound recipe handbook and tasting notes.	\$500.00	INCLUDED
	Total Value	\$3,445.00
	New Financial Year special	-\$1,850.00
	<b>Total inc. GST</b>	<b>\$1,595.00</b>

# BAZAAR<sup>Harper's</sup>

**As seen in Harpers Bazaar's Spa Guide 2010**



Seared tofu with shoots, nuts and leaves



WA sardines with a minted quinoa salad

"To replenish, there's Australian therapeutic chef Samantha Gowing's incredibly good (and good for you) spa cuisine, as well as treatments at Bali's acclaimed BodyWorks spa. You can also join cultural expeditions to Ubud; take a sunset cycle through the rice fields; and have mani/pedis by the villas' pools.

Don't miss: It's a toss up between the sensation of standing upright on a longboard for the first time and Gowing's food, which is largely vegetarian, organic and gluten-free. You'll never eat the same thing twice during your stay, nor will you go hungry: food is plentiful and designed to fuel your surfing progress."

# Surf Spa Food Retreat Solutions

## 'To Market To Market' package

Create, design, nourish and niche your unique retreat and spa menu

Description	Value	Cost
2 x 1/2 day workshops in our Byron Bay premises where you will learn the essence of our renowned Surf Spa Food - demonstrated in Bali, Sri Lanka, Zanzibar and locally at Mondo, Gaia, Gwinganna and the soon to open Cabarita Ocean Retreat. Maximum of 12 recipes presented for interactive demonstration *1 full day at your place available POA	\$5,000.00	INCLUDED
Retreat menu development and review outlining & showcasing wholefoods, benefits and healing properties	\$500.00	INCLUDED
Discover the secrets of Paul Pritchford's Regenerative Health Plan and integrate aspects of it into your own retreat menu	\$1,000.00	INCLUDED
Creation of nutritional philosophy for your business. Ensuring the philosophy integrates with retreat theme	\$250.00	INCLUDED
Establish a clear understanding of your market; create a menu that matches your niche	\$250.00	INCLUDED
Develop ready-to-go kitchen systems: rosters, ordering, suppliers, wastage and mis en place templates	\$250.00	INCLUDED
Research of retreat competition and spa industry trends. Creating a point of difference to guarantee client attraction	\$150.00	INCLUDED
1 x Retreat kitchen diagnostic report 1 x retreat menu content critique by email 1 x 30 minute coaching call or Skype	\$750.00	INCLUDED
Blog idea development - Publish your menus, views & news with compelling retreat content to lure subscribers	\$500.00	INCLUDED
4 weeks communication via email and phone to ensure continuity and traction of menus, marketing and goals	\$500.00	INCLUDED
<b>Bonus Materials:</b>		
4 x Cooking School & Social Media DVDs		INCLUDED
1 x Retreat Handbook		INCLUDED
	Total Value	\$9,150.00
	New Financial Year special	-\$3,553.00
	<b>Total inc. GST</b>	<b>\$5,597.00</b>



*Shannon Bennett*

*Vue de Monde*

"With the increasing demand for beautifully prepared, healthy food and the escalating global health issues, Vue de monde enjoys a nurturing nutritional alliance with Samantha Gowing.

Sam has shared her extensive knowledge and unique insight into food as medicine and well being for the past four years with our team. This combined with twenty-five years experience in hospitality and the corporate arena makes her a true champion of balanced living!"

# What they're saying...



"I thought I knew fair bit about stretching but Samantha Gowing showed me a few things I didn't know for which I am most grateful. She also encouraged me to push myself further than I thought possible – and I felt fantastic afterwards! I recommend a personal stretching session with Samantha for anyone serious about maintaining flexibility. She's a great teacher, fun to work with and she gets results. Thanks Samantha!"

Ita Buttrose (AO, OBE), Sydney



"Dear Sam, I am still trying to master that Vietnamese salad you demonstrated at the Harvest Picnic."

John Brumby, former Premier, Victoria

"Sam is a funny, intelligent and engaging teacher and avoids the po-faced preachiness that is sometimes associated with whole and health foods. She is a woman who can make cooking with beetroot (The Beauty of the Beets) seem like the most fun you've ever had."

Michael Harden, Scoop Traveller, Melbourne



"I had the good fortune of stumbling across Sam Gowing back in 2002, when she gave me a jolly-good dose of both Pilates and "food as medicine" advice. Since then, whenever I'm run down, flat out, over-roasted, or in need to some professional "energy support", she is the one I call. She always sets me back on the path to good health, and manages to do so in a way that makes food sexy, and exercise delightful. She has a big heart, and this makes her the real deal. I love her way."

Clare Bowditch, Singer, Melbourne



"I have had the great pleasure to work and play with Samantha Gowing at our Organic Cooking School for the past two years. Sam has a profound passion and care for all that is to do with physical, mental and spiritual health of her audiences, clients and patients. Sam's extensive knowledge and experience in food as medicine, bodywork, meditation and human vitality is a testament to her continuing success as a teacher, businesswoman and clinical nutritionist."

Brenda Fawdon, Mondo Organics, Brisbane

"We had a good idea of the basics but needed a commercially orientated foodie to help up really deliver - and Sam did just that!" Our brief was to design recipes that would amaze, be 'in your face' and be playful and surprisingly different. Gowings Food and Health helped Melbourne's Trampoline develop unique recipes and flavour concepts to build the profile of their flagship inner city store.

Grant Crothers, Trampoline Icecream, Melbourne





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Therapeutic Chef & Mentor

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### welcome to food - health - wealth

Our vision is to radiate global awareness through our mentoring, coaching and culinary programs so as to empower others by cultivating their effective motivational mindset so they may enjoy the power of positive energy as a vital healing force to reunite family, restore community and renew planetary health.

