

## About Us

Hills Farm dates back to 1272. The current farm was rebuilt in the 1730s and ran as a dairy farm until 2006. The Grade 2 listed buildings were sympathetically converted to the site you see today.

The owners were keen to reduce their carbon footprint and impact on the environment, so aimed to use green technology, where possible, to make the place sustainable.



- We produce over 50,000 litres of water a day from our 13 natural springs.
- We installed 2 x 100kw Biomass boilers that produce 100% of the hot water and heating.
- We have added solar panels to reduce our electrical requirements.
- We capture rainwater into various sized ponds which is then used for irrigation on our fields.
- We grow our own fruit and vegetables and our meat and other products are sourced locally.

### Facilities include:

- Conference Centre
- Restaurant
- Wellness Centre
- Bar
- Spa.

  
We welcome  
well-behaved  
pets!

...all set in 100 acres of natural countryside

## Find Us

Situated in an area of outstanding natural beauty, the setting is high on a hill, with spectacular views of the picturesque Axe Valley and the stunning Jurassic Coastline, giving you the best of both worlds.

Hills Farm Wellness Retreats are easily accessed by road or rail. Axminster station has a direct link to London Waterloo and Exeter Airport is about twenty minutes away by car or taxi. We have great road links via the M5, A303 and A30 making it easily accessible from all areas.



Hills Farm  
Whitford Rd, Kilminster,  
Axminster, Devon, EX13 7NS

Map reference (what3words):  
///gained.competing.healers

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# M

FOR

MENOPAUSE  
.....  
MEN'S WELLNESS  
.....  
MENTAL HEALTH  
.....



Wellness  
in the  
Heart of Nature







## Men's Wellness Escapes

In our culture, men do not openly display their emotions or ask for help, for fear of being seen as weak.

Statistics show that three men commit suicide to one woman. This needs to change.

Our retreats encourage men to relax in a welcoming environment, where they feel safe to unload their feelings.

They can learn practical tools and techniques, to support their mental wellbeing, in a relaxed male-orientated environment.

We offer 1, 3, 5 and 7 day retreats with guidance from experts in their field.

We cover topics ranging from:

- Relationships and financial issues to nutritional support and symptom relief.



We can signpost clients to ongoing support for emotional health, or product related supplements

## One Day Retreats

### UNDERSTANDING THE MENOPAUSE IN THE WORKPLACE

We cover topics such as:

- Understanding the symptoms of menopause.
- The effects of menopause on women's mental health and self-esteem.
- Guidance on stress reduction and nutritional support.
- How to support your colleagues in the workplace.

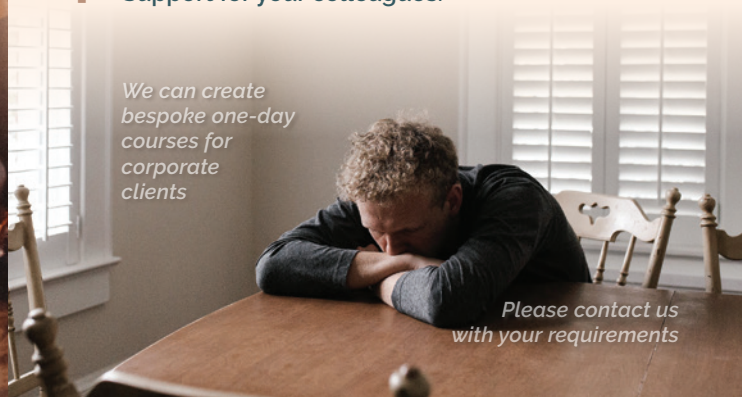
### MENTAL WELLBEING IN THE WORKPLACE



We cover topics such as:

- How to proactively support your mental health.
- How to access mental health resources and support.
- Recognise symptoms of depression and anxiety.
- Support for your colleagues.

We can create bespoke one-day courses for corporate clients



Please contact us with your requirements



## Women's Wellness Retreats

Are you going through Menopause?

Is everyday life just too stressful?

Are you experiencing:

- Hot flushes, insomnia
- Weight gain
- Self-doubt – to name but a few
- Do you always put yourself last?

Midlife and menopause is a deeply physical and emotional time of a woman's life.

However, you can get through it and go forward into midlife, ageing healthily.

Here at *Hills Farm*, we run relaxing 1, 3, 5 and 7 day retreats, away from the everyday stresses, so you can focus on your wellbeing.

We cover topics such as:

- De-stressing, reconnecting with nature
- Fun activities to rekindle your creativity
- Nutritional support
- Exercise.

Is it now time to value yourself and put your wellbeing first?

