



# THE QII OF LIFE

**Qii House – with its three eco tiny houses – is a multi-award winning wellness retreat created by Heather Kolb and set in the heart of the Otways rainforest**



**Q**ii is a derivation of ch'i and literally translates as air, vapour or breath. It is part of traditional Chinese medicine and is the life force, the vitality, the circulating energy inherent in all living things that interconnects one and all.

Architects often design and place buildings – Qii House – in auspicious places in mountains and forests to optimise energy flow.

In a frantic lifestyle, especially in cities, causes of energy blockages are stress related. For example sitting long hours in front of a computer, working long hours and hefty work-life commitments. Stress has a multi-factorial impact on disease processes and the connection between humans and nature has been lost due to urbanisation and industrialisation.

A forest is full of negative ions which is a plant-based source of energy. At Qii House guests can tap into the medicines of the forest to boost energy flow and reset.

Doctors in Japan literally prescribe visits to the forests and forest bathing for their patients to heal.





**Point of difference in the offering at Qii House**

Qii House owner Heather Kolb can relate to forest therapy as she has enjoyed visiting forests since her childhood for the inspired calm, sharper focus and greater creative drive. Little was known about Forest Therapy in Australia at the time of inception of Qii House in 2017.

"We empower our guests to selfcare through development of a deeper self-awareness and wellness through nature," says Heather. "I have created a space with Japanese-inspired 'sit-spots' peppered throughout the forest to facilitate process. We have an INFTA Forest Therapy-accredited walking trail onsite – The Zaborin Walk, meaning a place to sit and to forget. The first and only one on private property in Australia, this is a unique and added value that guests may enjoy during a stay at Qii."

**What is forest therapy?**

Forest immersion is engaging all the senses, drawing breath, slowing pace and being fully present in the moment.

"It is an evidenced-based researched based therapeutic modality which emanated from Japan in the eighties and is impacting the world," adds Heather.

"Phytoncides are essential oils emitted from trees as a defence mechanism and protect trees from disease and bugs. This works like aroma therapy and gives a natural boost to human immunity. This is of particular relevance in a global pandemic as two-three hours of forest therapy can elevate natural killer cells for 30 days."

"Forest therapy also has a parasympathetic effect on the nervous system and relaxes breathing, slows heart rate, lowers blood pressure and enhances sleep patterns. It also boosts serotonin production in the brain which inspires calm, focus and happiness. Research supports that it has a positive impact on our natural immunity, stress reduction, depression, heart disease, tumour growth and general wellbeing."

Heather adds Qii House is about slowing the pace, savouring the moment in fresh mountain air and getting back to the art of living in harmony with nature's rhythm.



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