

# Naturism Benefits

## For the Body For the Mind

Naturism is a way of life in harmony with nature characterised by the practice of communal nudity with the intention of encouraging self-respect, respect for others and for the environment.

Naturists (or nudists) like us believe in a 'clothes free' environment where you can be yourself and relax in the company of other like-minded people. We provide a family-friendly, safe, secure resort where you can socialise or unwind, without accidentally surprising others, as might happen outside the club.

Anyone can be a nudist, and this is the perfect place to feel comfortable to give it a try. On a warm day, where everyone is enjoying activities without clothes, you'll find it hard to resist joining in. Even people worried about their appearance will find their self-esteem boosted by others' positive attitude to the human body.

Feeling the sun on your bare skin is invigorating and is a healthy way of getting vitamin D. While many people enjoy getting a light tan (free of tan-lines), we're sensible in the sun, using sunscreen, hats, and shade as necessary.

Our aim as naturists is just to relax and enjoy the simple pleasures of life, sometimes with a bit of sport which can be social or competitive, and provide a way of escaping from everyday stress and pressures.



## Visit the Orchard Naturist Park



***20 Sutton Street***

***Middlemarch***

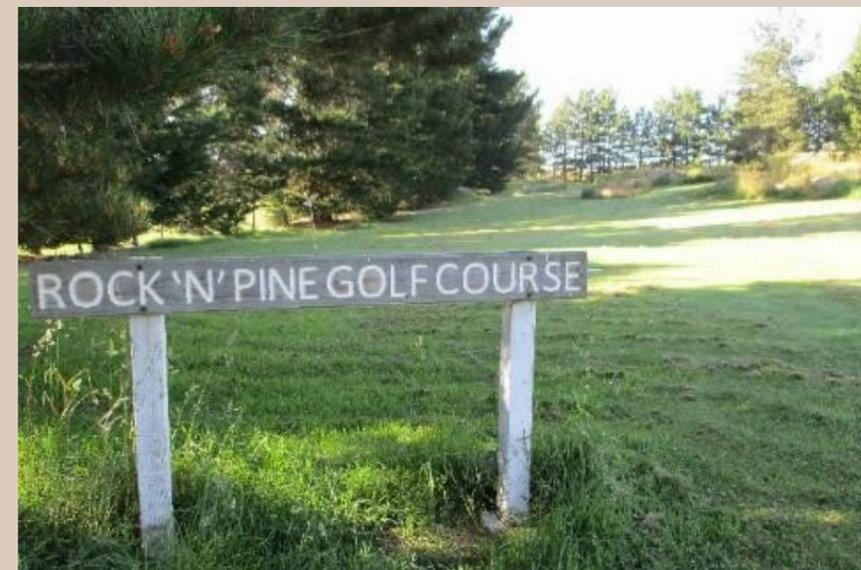
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is a way of life  
in harmony with  
nature**



# ***Facilities***

***Picturesque 7-acre***

***5 Bedroom Cottage***

***Indoor Pool and Spa***

***Powered Sites & Cabins***

***Miniten***

***Petanque***

***9 Hole Golf Course***

***Privacy to enjoy the  
naturist lifestyle***



***Indoor Pool and Spa***



***Cabins***



***Gardens***

