SAM GOWING

CHEF | CLINICAL NUTRITIONIST | CULINARY WELLNESS CONSULTANT

HELPING LUXURY HOTELS, SPAS AND WELLNESS DESTINATIONS CREATE EXCEPTIONAL CULINARY WELLNESS EXPERIENCES.

Chef Samantha Gowing, Dip. Hlth. Sci. (Nutrition), Le Cordon Bleu Master of Gastronomic Tourism, is an internationally recognised culinary wellness consultant who designs distinctive food experiences for luxury hotels, spas and wellness destinations.

For more than 25 years, Samantha has partnered with leading hospitality brands to develop innovative culinary wellness programmes, menu concepts and food philosophies that enhance guest wellbeing and support commercial success. Her unique combination of culinary expertise, clinical nutrition and strategic hospitality consulting enables businesses to differentiate their wellness offering and create memorable dining experiences.

A former award-winning restaurateur, Samantha transitioned into clinical nutrition to bridge the gap between evidence-based health science and exceptional cuisine. Her philosophy is simple: food should be delicious, nourishing and commercially viable.

Samantha has held senior consulting roles with Club Med Asia Pacific and Gwinganna Lifestyle Retreat and has worked with luxury hotels, spas, retreats and wellness destinations throughout Australia and internationally. She is also the author of The Healing Feeling, project manager and author of Gwinganna Gourmet, creator of the plant-based Black Betty Bam range, and a trusted advisor to food producers and hospitality brands.

Through her consultancy, Samantha delivers culinary wellness strategy, menu development, chef education, product innovation and hospitality mentoring, helping organisations create food experiences that are backed by science, led by experience and remembered long after the meal has ended.

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