

The 10 best spas from £95

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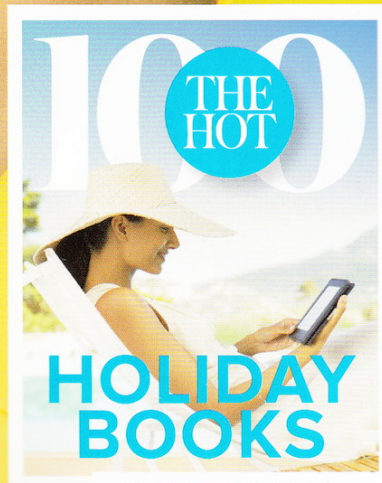
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spa special

# The secret SPALLIST

From taking the waters in Bath to the best facial in the Alps, we've found 10 of the best places to switch off and chillax this summer...



Take the waters and unwind in style at The Gainsborough

## **L** Gainsborough Bath Spa **SPA SECRET: BEST HEALING WATERS**

Located in the centre of Bath, the new Gainsborough Bath Spa occupies two Grade II listed buildings that date back

## BEST IN THE UK

to the 1800s. But Bath itself (as the name suggests) has been in the healing trade for much longer than that – the Celts and Romans took advantage of the area's hot springs more than 2,000 years ago.

The Gainsborough is the only hotel where you can "take the waters" at the original Bath House (free to hotel guests between 7-9am and 8-10pm). There you visit the natural thermal pools, sauna, steam room and ice alcove. Treatments include the indulgent Ginger Renewal (90 minutes, from £180); the Malaysian Experience, using warming spiced oil blends (two hours, from £240); and the Personal Aquatic

Session (45 minutes, from £120).

Food (combining British and Asian flavours) is worth indulging in. Head for the restaurant and sample head chef Dan Moon's innovative cuisine – Roast Creedy Carver Duck followed by Lemon Parfait is delicious.

**CHILLAX:** Prices from £280 per night, room only at The Gainsborough Bath Spa (01225 358888, [thegainsboroughbathspa.co.uk](http://thegainsboroughbathspa.co.uk)). A Wellness Day for two costs from £1,120 and includes a 60-minute facial, 90-minute body treatment and 60-minute Classic Enhanced Swedish massage each, plus spa lunch and accommodation in a suite.



# w&h EXPERIENCE

## 2 Champneys Tring, Hertfordshire

### SPA SECRET: BEST DETOX

The stunning  
Champneys Tring

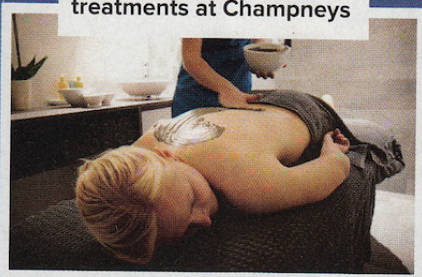
resort is located on the leafy estate once owned by the Rothschilds. As well as being their flagship resort, it has recently completed a multi-million pound refurbishment and has a new detox facility and rooms. Although don't worry – you can have a detox and pamper yourself at the same time!

Using the recuperative qualities of seawater, algae and marine minerals, the detox treatments will activate circulation, reduce inflammation, help shape a slimmer figure and promote smoother, toned skin. The stimulating, cleansing effect on both body and mind will leave you feeling revitalised.

After your detox, make time for even more indulgence – manicures, pedicures, facials and body massages.



Enjoy the pool and detox treatments at Champneys



**CHILLAX:** Rooms at Champneys Tring start at £175pp, sharing. W&H readers booking for a stay before the end of September will receive a free detox gift worth £20\*.



**WEEKEND  
DETOX**

### BOOK A SPECIAL JUICE DETOX

TV nutritionist Amanda Hamilton holds detox retreats at Champneys (on selected weekends), focusing on nutrition education and detox. Book Amanda's two-night Juice Detox for £539pp, sharing a room. The price includes all juices and smoothies, two follow-on weeks of personalised menus, daily guided walks, an Aromatherapy Detox Wrap, a Detox goodie bag, a copy of Amanda's book *Eat, Fast, Slim*, and unlimited use of facilities. To book, visit [womanandhome.com/champneysdetox](http://womanandhome.com/champneysdetox) >>

\*TERMS AND CONDITIONS APPLY

Visit [womanandhome.com/champneysdetox](http://womanandhome.com/champneysdetox) for more details



## spa special

### Fawsley Hall

#### SPA SECRET: BEST FOR FOOD LOVERS

This elegant Northamptonshire country hotel stands in exquisite grounds brought to life by Capability Brown in the 1760s. Choose from a classic room in the main hotel, stable spa club room or even the Queen Elizabeth Suite (last occupied by a monarch in 1575!). Food is a real highlight; The Cedar Restaurant's £39 table d'hôte menu includes mackerel with elderberry ketchup, slow-cooked pork belly with leek fondue, and warm pecan and hazelnut pie. You can opt for lighter menus but why would you – just go for a longer swim instead...

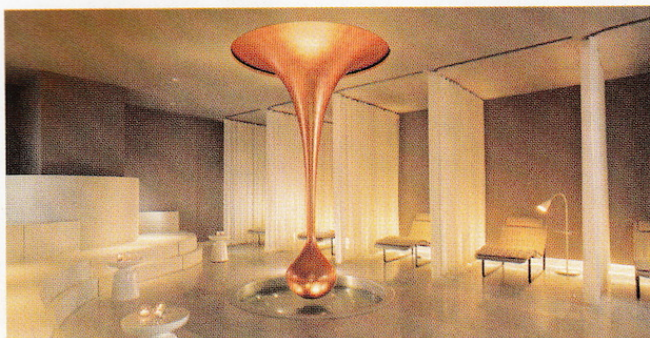
At the spa you'll find an oak-framed indoor pool that looks out on a secret garden, a steam room, sauna, outdoor heated hydrotherapy pool and six luxurious treatment rooms.

**W&H TIP:** The 55-minute Elemis Face & Body Sensation (£75) is fabulous.

# 3

Mix fine dining and spa treatments in the luxurious setting of Fawsley Hall

**CHILLAX:** Hand Picked Hotels ([handpickedhotels.co.uk](http://handpickedhotels.co.uk)) offers Classic Spa breaks from £173pp including accommodation in a classic room, a choice of two 25-minute treatments, lunch, a table d'hôte dinner and breakfast.



### 4 agua Bathhouse & Spa at Mondrian London

#### SPA SECRET: BEST FOR A GIRLY TREAT

This London spa is good value – an evening Mud Party for groups of 10 to 15 friends costs £95pp and includes a glass of Champagne and an indulgent treatment.

Or try an Ayurvedic Milk & Honey body wrap (from £80) or 50-minute Bust Blossom treatment (from £80), specifically designed for women recovering from breast cancer.

**CHILLAX:** Call the agua spa on 020 3747 1010 to book a Mud Party. Double rooms cost from £195 per night, with spa pamper packages from £130 ([morganshotelgroup.com](http://morganshotelgroup.com)).



FROM  
£95pp

### 5 Rudding Park Hotel, Harrogate

#### SPA SECRET: BEST FOR RELAXATION

Set in 300 acres of parkland, Rudding Park offers 91 bedrooms, nine suites and five luxury spa rooms close to the spa, with access to a private garden. Each contains its own steam room, sauna or spa bath. The spa itself features four treatment rooms including a hammam and steam room. Try the two-hour Jewel Ritual (£175), which includes body polish, Tibetan massage, hot Himalayan salt poultices and rose quartz healing facial.

**CHILLAX:** A one-night stay costs from £149pp including breakfast, dinner to the value of £39.50, and a 50-minute treatment – choose from a manicure, pedicure, Hammam or facial. Call 01904 436 057 quoting AF104 or visit [womanandhome.com/ukspaoffer](http://womanandhome.com/ukspaoffer) >>



W&H  
TRAVEL  
DEAL



## BEST IN EUROPE

### Lefay Resort & Spa Lake Garda, Italy

# 6 **SPA SECRET: BEST VIEWS AND SERVICE**

Once you've checked into Lefay, you'll never want to leave. This haven of serenity is just an hour's drive from

Verona and boasts stunning views over Lake Garda and the surrounding mountains – especially from the infinity pool. Family-owned, the Lefay wellness philosophy is unique and a combination of Chinese and western medicine. They have also developed their own Lefay cuisine (delicious!) and virgin olive oil – which is even used in some of the treatments.

Most guests return and, after following one of the Lefay programmes for three days, I can see why.

After an initial consultation I was given a personalised programme that suited my energy profile. I was a Red Phoenix (which corresponds to summer). Even the music you listen to and the aromatherapy oils applied during your massage are personalised to correspond to this "type". Based on Chinese medicine,

the treatments are all about realigning the energy inside our bodies (using acupressure points) to make our body and mind more harmonious. Initially sceptical, I decided the proof would be in how I felt at the end of the three days...

During my consultation the doctor told me I was "absolutely exhausted" (true) and this was the reason I couldn't remember my dreams. After three different massages and facials, a session floating in the "salt lake" and numerous visits to the beautiful steam rooms, saunas and relaxation areas, on the last night I finally dreamed – for the first time in months! I was converted.

If you can tear yourself away from the spa area, the hotel has a new boat – chic and speedy – which you can book for a short cruise of the lake. We also took the regular shuttle service from the hotel down to the nearest lakeside village, Gargnano, for an evening stroll so we could show off our new healthy complexions!

**CHILLAX:** Wellbeing Escapes (020 3735 7555 or [wellbeingescapes.com](http://wellbeingescapes.com)) offers a three-night Wellbeing Booster

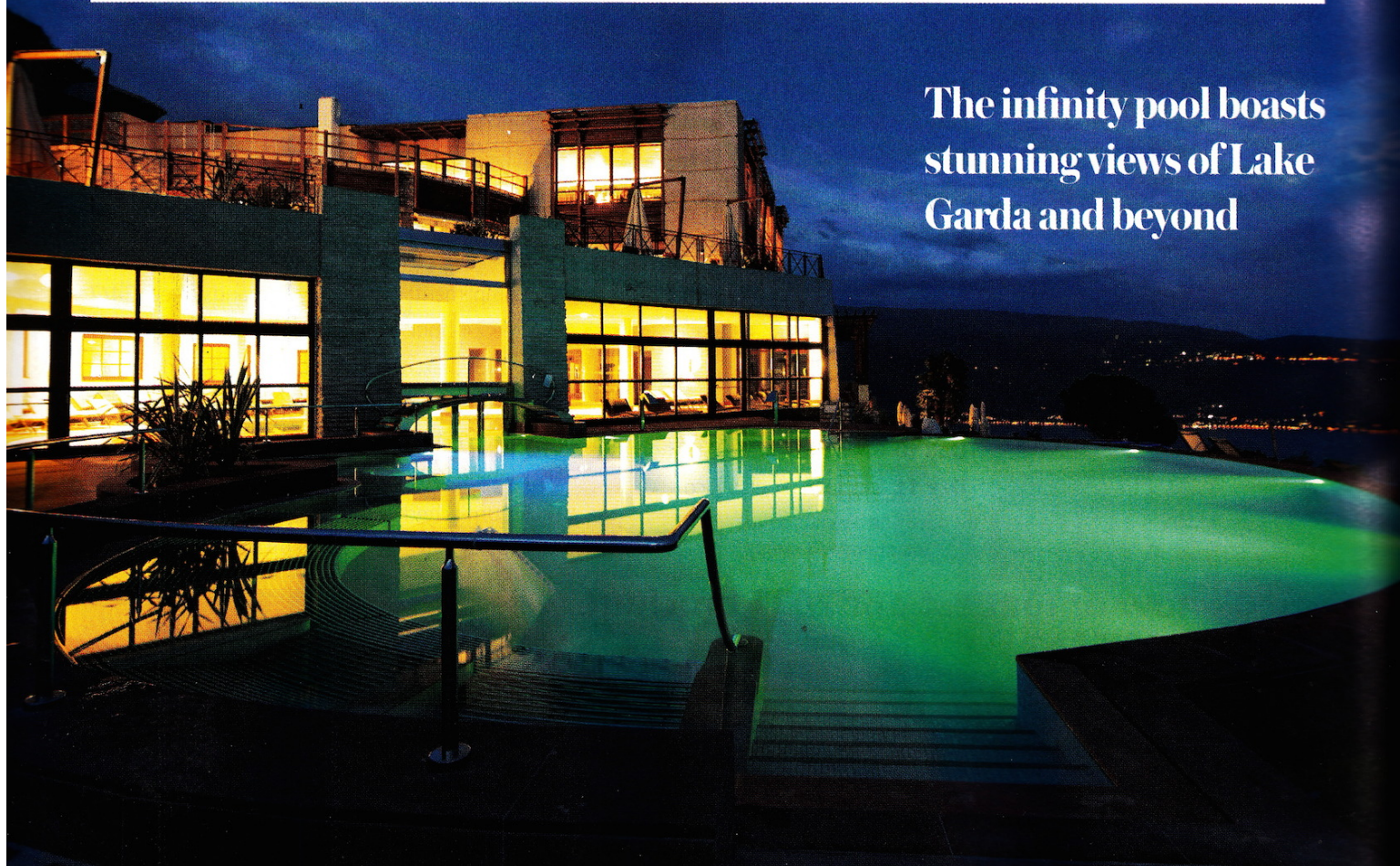


Chic rooms, relaxing massages and evening views at Lefay



programme at Lefay Resort & Spa Lago di Garda from £908pp including spa treatments designed to soothe emotions, boost circulation and enhance self-esteem. There are also daily group holistic and fitness activities, breakfast and daily access to the Lefay spa. Price from £1,158pp including flights to Verona.

## The infinity pool boasts stunning views of Lake Garda and beyond







## spa special



### 8 *Parkhotel Igls, Tirol, Austria*

#### SPA SECRET: BEST FOR A NEW LIFESTYLE

Welcome to this fabulous setting on a sunny Alpine plateau, overlooking the city of Innsbruck. Parkhotel Igls is the award-winning medi-spa which developed Modern Mayr Medicine. Devised by Franz Xaver Mayr, an eminent Austrian physician, it's a revolutionary concept for cleansing the digestive system to restore the body to good health with a diet and exercise programme tailored to your goals.

There's a penthouse gym with stunning panoramic views, exercise studio including al fresco decking, an indoor swimming pool, hydrotherapy, saunas (both "natural" and "textiles allowed" – meaning you can keep your swimsuit on!), steam bath, infrared cabin, meditation and relaxation rooms. Plus of course the doctor's surgery, massage and physio rooms, a soft pack system (where you float in a near weightless state, allowing your muscles to relax fully) and sleep diagnostics area.

**CHILLAX:** It's recommended you stay a minimum of two weeks, though weekly programmes are on offer. The all-inclusive Mayr Basic Programme costs £1,620pp per week, based on two sharing, with Healing Holidays (020 7843 3597, [healingholidays.co.uk](http://healingholidays.co.uk)). Fly to Innsbruck from around £120 return ([easyjet.com](http://easyjet.com)) >>



### 7 *Shanti Som Healing Retreat, Spain*

#### SPA SECRET: BEST FOR THE MIND

Experience the healing rituals of the East at this peaceful wellness retreat in Andalucía. If you're struggling to find meaning in your life, meditation and soothing Reiki sessions (usually lasting 90 minutes) promote mindfulness and appreciation for what you have. Staff spend time getting to know you and establishing your motivation for visiting – meaning your chances of leaving feeling

relaxed and energised are increased. The Samsara restaurant serves healthy breakfasts (perfect to follow an early-morning yoga session) and an exciting fusion of Asian and Middle East cuisine.

**CHILLAX:** Health and Fitness Travel (020 3397 8891, [healthandfitnesstravel.com](http://healthandfitnesstravel.com)) offers a six-night yoga retreat at Shanti Som from £1,570pp including full board, a wellness programme, return flights and transfers.



# 9 *La Reserve Hotel, Spa and Villas, Ramatuelle, Provence, France*

## SPA SECRET: BEST FOR LUXURY

Hidden among Provence's scented hills, a few minutes from St Tropez, La Reserve overlooks the Med. The ambience and chic design, plus the fact you can see the sea from everywhere filled me with calm as soon as I arrived. There are just nine rooms, 19 suites and 14 villas so it's easy to think you have the place to yourself.

The spa is bliss, and many treatments use indulgent Crème de la Mer products. I enjoyed a 50-minute Nescens "Better-Ageing" body massage (£140), which targeted tense muscles and blocked energy routes. I'm not sure if I looked younger but I certainly felt younger and more relaxed afterwards.

The menu at the La Voile restaurant

Sea views and chic design will fill you with calm from the moment you arrive

combines fresh local ingredients with the delicious local rosé – which is, of course, well deserved after all that pampering...

**CHILLAX:** La Reserve Ramatuelle (reservation@lareserve-ramatuelle.com; 00 33 4 94 44 94 44) has nightly rates from around £626, including breakfast and tax. Flights to Nice from £90 (easyjet.com).



Dine on the beach while enjoying the unspoilt coastline

# 10

## *Valle dell'Erica Thalasso & SPA Resort, Sardinia*

## SPA SECRET: BEST FOR THALASSOTHERAPY

This five-star resort spans 2,000 acres of private Mediterranean parkland off the unspoilt coastline of North Sardinia and has 250 spacious suites with views to the sea (even from the shower).

The thalasso spa and wellness centre, Le Thermae, is £110 for three half-days with unlimited use of the

Turkish baths, sauna and cardio fitness room, plus you'll receive a 25-minute massage (£50) and hydrotherapy bath (£38) for free. There's also four thalasso seawater swimming pools.

Enjoy a choice of seven restaurants, where the focus is on local fresh produce. One of our favourites is the hilltop Li Ciusoni, with its stunning outdoor kitchen. You can even enjoy complimentary cookery courses and learn the art of traditional Sardinian cuisine.

**CHILLAX:** Valle dell'Erica (delphinahotels.co.uk) offers a double room from around £110pp per night, on a half-board basis. Flights to Olbia from £200 (easyjet.com). w&h



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