

Turkish delight: Royal Baths in Harrogate (7)

### 11 The Spa at Ellenborough Park

"This thoroughbred just outside Cheltenham is the ideal crash-pad for the country-sports set," says Tamara. "Traditional treatments are relaxing and well-executed – I'd plump for an algae wrap. Afterwards, you can get your five-a-day in one go at the spa's juice bar."

**Where** Southam Road, Cheltenham Spa, Gloucestershire, GL52 3NH (01242 808918; ellenboroughpark.com)  
**How much** Doubles from £210; from £50 for a 25-minute facial; day spa packages, from £195

### 12 The C-Side at Cowley Manor

"In line with the hotel's funky-up stately aesthetic, C-Side is a good-looking, laid-back wellness space with slate-lined pools and Cotswolds stone walls," says Tamara. "The in-house Green & Spring product range draws on Britain's indigenous herbs and plants to create refreshing, reviving treatments."

**Where** Cowley, Near Cheltenham, Gloucestershire, GL53 9NL (01242 870900; cowleymanor.com)  
**How much** Doubles from £175; from £45 for a 30-minute massage; day spa packages from £125

### 13 Ragdale Hall Health Hydro

"This retreat is still one of my all-time favourites," says Anna. "Unintimidating and charming, sincere and obliging, what's not to like? Whether you're looking to lose weight, lounge or have fun with friends, there's plenty to entertain. You can be as healthy or as pampered as you like and with varying room prices, Ragdale accommodates most budgets."

**Where** Ragdale Village, Leicestershire, LE14 3PB (01664 433043; ragdalehall.co.uk)  
**How much** 60-minute treatments from £60

### 14 Maison Talbooth

"Maison Talbooth's boutique space offers expert treatments by therapists with some of the best hands in the business," says Katie. "Dermalogica facials, fantastic deep-tissue massage and a

stunning outdoor pool and hot tub by a roaring log fire make this a perfect weekend treat."

**Where** Stratford Rd, Dedham, Colchester, CO7 6HN (01206 322367; milsomhotels.com/maisontalbooth)  
**How much** £45 for a 55-minute Jessica manicure; £65 for a 55-minute Dermalogica facial

### 15 Centre Parcs Aqua Sana, Sherwood Forest

With 12 different heat-experience rooms, an outdoor pool, relaxation space and plush treatment rooms, there's no need to be snooty about Centre Parcs. Yes, the site is (sometimes) full of excitable children, but the accommodation is modern (for the most part) and the package (one night, two full spa days, meals and bike hire) is recession-proof value for money.

**Where** Sherwood Forest, Newark, Nottinghamshire, NG22 9DN (08448 267 723; centreparks.co.uk)  
**How much** From £199 per person

### 16 Barnsley House

"This house doesn't have the grandeur of some of its Cotswolds neighbours, but the treatment rooms are cosy, with Aromatherapy Associate treatments aplenty and a real intimacy," says Emma. "The spa is hidden among the trees, the food is wholesome and you can nip to sister property the Village Pub for some more hearty grub if you feel the need for a change of scene."

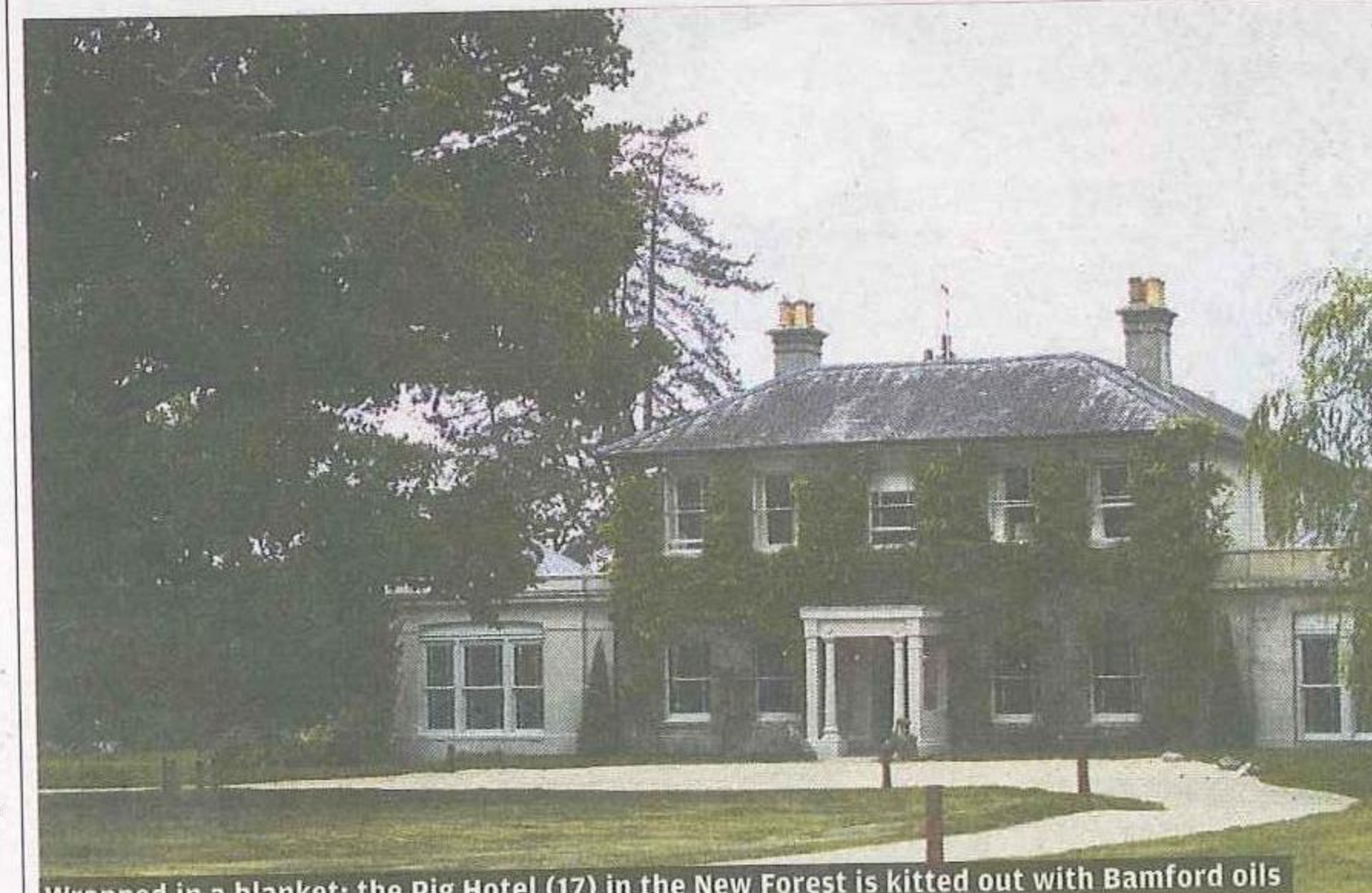
**Where** Barnsley House, Barnsley, Cirencester GL7 5EE (01285 740000; barnsleyhouse.com)  
**How much** from £75 for 55 minutes

## SOUTH

### 17 The Pig Hotel

The cutesy spa at this New Forest "restaurant with rooms" (both worth a visit – comfortable, zero stuffiness and seasonal food) is a potting shed at the end of a charming walkway, kitted out with Bamford and VOYA oils. The massage might well have been the best I have ever had.

**Where** Beaulieu Rd, Brockenhurst, Hampshire, SO42 7QL (01590 622394; thepighotel.co.uk)  
**How much** Doubles from £125; 60-minute massage for £60



Wrapped in a blanket: the Pig Hotel (17) in the New Forest is kitted out with Bamford oils



Room to relax: Barnsley House's garden room offers fine views of the surrounding woodland (16)

### 18 Coworth Park

Emma, Anna and Tamara all recommend Coworth Park, which won The Good Spa Guide's 2011 Sparkling New Spa award. "A manor house with more than a dash of glamour and eco-spa luxury," says Anna. "Serious science combined with cutting-edge architecture in a soothing natural setting," says Tamara.

**Where** London Road, Ascot, Berkshire, SL5 7SE (01344 756756; coworthpark.com)  
**How much** From £55 for a 40-minute foot massage or manicure;

### 19 Sequoia at The Grove Hotel

"This spa has always been one of my favourites," says Katie. "Yummy ESPA treatments, a gorgeous black-tiled ozone treated swimming pool and a great healthy menu, you just can't beat it. Try the Chakra Balancing with Hot Stones massage for nearly two hours of bliss."

**Where** Chandler's Cross, Hertfordshire, WD3 4TG (01923 807807; thegrove.co.uk)  
**How much** 55-minute treatments from £95; chakra hot stones £165

### 20 The Treatment Rooms

"There are no pools or heat facilities inside this modest Brighton townhouse," explains Anna, "but if muted, soft atmospheres, woody fragrances, and slow, deep, soothing massages are your

cup of tea, then The Treatment Rooms is next door to heaven. You'll be reluctant to leave the cloud of bliss created here."

**Where** 21 New Road, Brighton, East Sussex, BN1 1UF (01273 818444; thetreatmentrooms.co.uk)

**How much** 55-minute treatments from £53

### 21 Chewton Glen

"The old-world charm of this fantastic spa hotel delivers every time," says Katie. "Service is excellent and the treatments on offer are extensive and always delivered with professionalism and expertise. I had a particularly good Linda Meredith Oxygen Facial here which left my skin glowing for days."

Tamara calls Chewton Glen "one of the grandes dames of country hotel spas".  
**Where** New Milton, New Forest, Hampshire, BH25 6QS (01425 282212; chewtonglen.com)  
**How much** From £25 for a 25-minute Express Facial; day packages from £138

### 22 Herb House at Limewood

"Set among the luscious New Forest, Herb House embraces its rustic natural surroundings," says Emma. "Treatments use herbs from the gardens and there are hydrotherapy pools and a rooftop sundeck to meditate on. Tamara describes the spa as "a relaxing Scandi-style space that eschews the dark womb-like feel of spas past." Products include Bamford, Nude and Voya.

**Where** Beaulieu Rd, Lyndhurst, Hampshire, SO43 7FZ (023 8028 7177; lime-woodhotel.co.uk)  
**How much** from £75 for 60 minutes

### 23 The Spa at Lucknam Park

"Horse riders can set about a hack of the grounds of this grand estate," says Emma, "then unknot any shoulder tension in the spa's bubbling hydrotherapy pools overlooking the orchards." "Detox after a Michelin-star meal in the distinctly French-feel spa, with treatments using products by skincare expert Anne Sémonin and Carita," says Tamara.

**Where** Lucknam Park Hotel & Spa, Bath, Colerne, Chippenham, Wiltshire, SN14 8AZ (lucknampark.co.uk)  
**How much** Treatments from £60 for 45-minute Stress Relieving Massage