

Whether you want to boost your health or just relax, here are 20 of the UK's best hotel spas

Country spas

Pennyhill Park Bagshot, Surrey

A favourite with A-listers and WAGs, Pennyhill is a sprawling five-star spa hotel less than an hour from London. The spa, which has just undergone a £1.2 million revamp, is a high-end haven of relaxation and overlooks the sunbathing terrace and outdoor pool (one of eight indoor and outdoor pools). There are herbal steam rooms and saunas, foot therapy pools and an ice igloo. Try the Pure Aroma Duo treatment (£100, 60 minutes) for a treat. **Details** Rooms start at £235 a night (01276 486156, pennyhillpark.co.uk)

Lime Wood Hampshire

This former manor house in the heart of the New Forest is perfect for those looking to get back to nature in style. Bedrooms are chic and there's food by Michelin-starred chef Angela Hartnett. The Herb House spa is in a separate three-floor haven, with two swimming pools and the usual heated rooms. We recommend the Signature Facial — actually a back massage, foot massage and a facial using organic Bamford products (£125, 90 minutes). **Details** B&B doubles are from £315 (02380 287177, limewoodhotel.co.uk)

Lucknam Park near Bath, Wiltshire

This opulent spa hotel set in 500 acres of parkland near Bath offers activities aplenty. The spa — which might come straight out of Japan, with its low lighting, raw wood and limestone — has a 20-metre indoor pool, with an outdoor saltwater plunge pool, hydrotherapy pools and thermal cabins. Treatments use Anne Semonin, Carita and Ila products; a one-hour massage costs £96. **Details** B&B doubles cost from £340 (01225 742777, lucknampark.co.uk)

Seaham Hall Co Durham

A luxurious destination spa with a boutique hotel attached, Seaham Hall is perched right by the coast. An underground tunnel — which instils a sense of calm with every step you take — leads from the elegant yet hip hotel to the impressive Serenity Spa. Designed according to feng shui principles, the spa's centrepiece is a 20-metre pool with floor-to-ceiling windows, plenty of breakout areas for relaxation and the usual hot tubs, plunge pools and heated cabins. There's an Asian restaurant in the spa, and treatments are Indian and Thai-inspired. Our reviewer recommends the gentle body polish



Soho Farmhouse, Great Tew, Oxfordshire

before a superbly relaxing massage in the 90-minute Ytsara Maphrao treatment (£195).

Details A night's B&B costs from £195 (0191 516 1400, seaham-hall.com)

The Vineyard at Stockcross Berkshire

As its name suggests, this hotel is all about wine, from the 30,000 bottles in the cellar to the wine-based treatments at the Vineyard Spa. What better way to detox after a delicious blow-out meal paired with wine the night before than with a red grape body wrap (£70 for 55 minutes) or a vineyard massage? If you don't want to leave smelling like a bottle of merlot, try a facial or massage using Darphin products. Unusually, the treatment rooms are in a separate part of the hotel from the spa proper. Once there, though, there's a round pool and hot tub under a glass dome, with inviting loungers for relaxation.

Details B&B doubles cost from £247 (01635 899561, the-vineyard.co.uk)

Soho Farmhouse Great Tew, Oxfordshire

A highlight at Soho House group's latest ultra-fashionable outpost in the Cotswolds, the Cowshed spa is in a cosy building that looks like a chic farmyard outbuilding. "Cowsheds" are a feature at all the group's properties, and the spas have an excellent reputation among the beauty cognoscenti. Laid-back luxury is the order of the day, with everything from waxing to full body massages and anti-ageing facials covered on the treatment menu. After the Evening Primrose Body Wrap (£110) our reviewer left the spa with baby-soft skin. The rooms, like the spa, are just perfect.

Details Cabins at Soho Farmhouse start at £325 a night (01608 691000, sohofarmhouse.com)

Bodysgallen Hall Llandudno

Bodysgallen Hall is a 17th-century property in 200 acres of parkland run by the Historic House Hotel group. The spa here (in an outdoors building) has a 50-foot indoor pool, six treatment rooms, a

sauna, steam room and hot tub; treatments use Darphin products, and a range of facials and massages are offered. Try the instant illuminating facial (£90 for 90 minutes) — our reviewer said it made her age spots fade. The 15 rooms in the main house are traditionally decorated.

Details B&B doubles are from £260, with a £43 dinner discount until March (01492 584466, bodysgallen.com)

City spas

Blythswood Square Glasgow

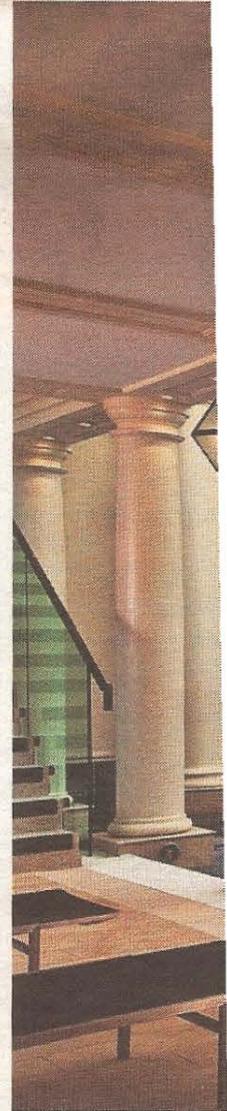
If fun is a key part of your desired spa experience, try this swish five-star hotel with luxurious rooms that doesn't take itself too seriously — there's a DIY bloody mary station at breakfast, for instance. Signature treatments in the subterranean spa, with its thermal suite (vitality pool, hydro pool and heated cabins), use products from the organic, seaweed-based Ishga range, which is made on the Isle of Lewis (from £85 for 55 minutes).

Details Rooms cost from £150 a night, B&B. Entry to the spa is £30 but free to guests in the early morning and evening (0141 248 8888, blythswoodsquare.com)

The Midland Manchester

Housed in the basement of the distinctive if old-fashioned Edwardian city-centre hotel, the Spa at the Midland is all about location — that and the presence of two Simon Rogan restaurants upstairs. The spa's reception area and café are a little underwhelming, but there's a huge number of treatments on offer, including 25-minute express facials (£37.50) and various wellness packages, all using ESPA products. Check out the Rasul steam and mud quarters, where you and a partner spend up to an hour in a private steam room covered in therapeutic mud. Upstairs, the bedrooms are comfortable, but nothing to take your breath away.

Details One night costs from £91.20pp (0845 0740060, qhotels.co.uk)



The Gainsborough Spa Hotel, Somerset



Lime Wood, Hampshire