

SPAS and SPA Breaks

Ushvani

So tranquil that you won't be able to believe it is in London, Ushvani provides a true escape in the heart of Chelsea. Treatments are second to none and the setting is as relaxing as they come - think wood-panelled rooms, softly-spoken therapists and the scent of heady essential oil blends trailing from room to room.

1 Cadogan Gardens, Chelsea, London SW3 2RJ



London AWAY Spa

A-list celebs love it here. It's glamorous, with treatment rooms decked out with hydraulic treatment beds and changeable mood lighting. The tremendously skilled therapists work really hard, with imaginatively designed treatments that are expensive, but worth it. Be warned there's no wet facilities, but there's a sauna and steam room and this place is so sleek and calming, with such attention to detail, that it still manages to be outstanding.

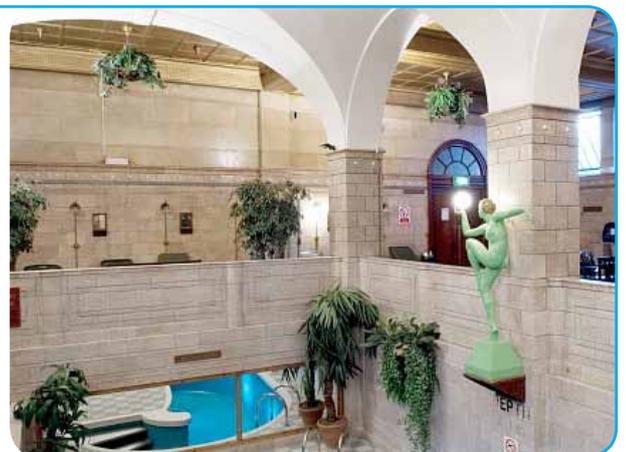
10 Wardour St, London W1D 6QF



The Porchester Spa

Housed in a beautiful 1929 building, the Porchester is one of London's more authentic spas offering a range of no-nonsense and to-the-point treatments for both men and women. Indulge in wraps, facials and massages all at affordable prices. If you like pools this is the place to be! Along with an exceptionally large swimming pool enjoy a delightful plunge pool for cooling off after a sweltering detox in one of the three Turkish baths.

1 Cadogan Gardens, Chelsea, London SW3 2RJ



Liz Earle

A haven of calm and style with abundant leafy greens suspended from the ceilings, paired with a never-ending bounty of products, it is the place to enjoy a little peace and tranquillity away from the sights and sounds of the city. To avoid disappointment, book mid-week as weekend appointments are almost impossible to come by.
38-39 Duke of York Square, London SW3 4LY



...only an hour, maybe two, away from London!

Dormy House, Worcestershire

The only thing better than spending a day relaxing in the House Spa is not having to go home again right afterwards. With their overnight spa-break packages, you can enjoy all the pampering pleasures of the spa, then retreat to your comfy Dormy bedroom, refreshed, relaxed and revitalised. Enjoy thermal suite, including a Cotswold lavender sauna, salt therapy room, rhassoul mud room and outdoor hot tub.



Lucknam Park Hotel and Spa, Bath

Retreat to Lucknam Park Hotel & Spa, which offers unspoilt country house living at its very best. Unwind with a range of spa and well-being treatments, feel the wind in your hair and explore the 500 acres of parkland on horseback, experience fine dining featuring local produce in the Michelin starred Park restaurant or perfect your skills and master new techniques in their cookery school.



Stoke Park, Buckinghamshire

Beauty editors and industry insiders are forever name dropping this award-winning spa and rightfully so. Set among an 1,000-year-old estate, Stoke Park Spa offers a haven of luxury and indulgence: an indoor heated swimming pool, deep relaxation room, private atrium with stunning five-metre tropical aquarium, changing rooms with Italian marble steam rooms, outdoor Scandinavian Sauna, nail bar and boutique.



Four Seasons, Hampshire

Located in the Hotel's 18th century stable block and surrounded by acres of stunning parkland, the Spa & Club at Four Seasons Hotel Hampshire creates a range of Spa experiences. The spa offers a number of treatments to allow you to relax, rebalance and rejuvenate, using natural products. There are a variety of outdoor activities, such as clay pigeon shooting, horse riding and boating, meaning you will have an entertaining stay.



Aquarias Spa at Whatley Manor, Cotswolds

Whatley Manor - a beautifully restored Cotswold manor house hotel and spa offer a supremely enjoyable and civilised experience. Stand out features of this stunning and intimate spa are the serial mud chamber, hydrotherapy pool and thermal cabins, which include a calidarium, camomile steam grotto, laconium and sauna. There is a VIP suite with its own hydrobath, ideal for couples and fabulous facials. Spa breaks include a stay in the magnificent hotel – a treat of all of its very own.

