6 of the best... UK SPA BREAKS

Ramp up the relaxation at these luxurious hotels with pampering extras…



Best for... COASTAL CHARM

BAILIFFSCOURT HOTEL, SUSSEX

At the end of a narrow lane leading to Climping Beach lies Bailiffscourt, a stylish escape from the world. The heart of the hotel is an historic manor house with nine cosy bedrooms, a restaurant and a warren of lounges with squishy sofas. Scattered around the beautiful grounds are a further 30 bedrooms in thatched cottages and stone houses. The award-winning spa is housed in a glass-and-timber barn that's flooded with light, with indoor and outdoor pools, jacuzzis, gym and treatment rooms. While it's tempting to stay cocooned in a Bailiffscourt bubble, the beach is a just a short stroll away for a coastal amble.

Book it: Doubles from £370, B&B; hshotels.co.uk/bailiffscourt or prideofbritainhotels.com



Best for... COUNTRY VIEWS

BOVEY CASTLE, DEVON

Nestled in the idyllic hills of Devon, Bovey Castle is blessed with 275 acres of rolling Dartmoor countryside on its doorstep. It's no surprise, then, that there are plenty of outdoorsy activities on offer but if it's relaxation you're after, make your way to the serene Elan Spa where the scent of lavender fills the air. Spend the afternoon sinking into the warmth of the bubbling whirlpool and enjoy a spine-melting ESPA Aromatherapy Full Body Inner Calm Massage, before settling down with a good book on one of the poolside loungers. When you feel the rumble of a hungry tummy, enjoy a 7-course tasting menu in The Tasting Room, with expertly chosen wines to accompany.

Book it: Doubles from £325, B&B. Self-catering lodges from £750 per night (for up to six adults); boveycastle.com

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Best for... URBAN RENEWAL

ST PANCRAS HOTEL AND SPA, LONDON

An architectural wonder, St Pancras combines Victorian splendour with the comfort of a 5-star hotel. Slap bang in the heart of King's Cross, it's a great base for exploring the capital or as an overnight stop before boarding the Eurostar which departs from behind the hotel. Leave the city swirl behind at the Moroccan-style spa, a softly lit cocoon with pool, steam room, separate ladies' sauna and a gym. For a complexion-boosting treat, try the Ultimate Aromatherapy Associates facial, a personalised blend of massage and acupressure.

Book it: Doubles from £450, B&B; marriott.com



Best for... LAKESIDE LUXURY

THE GILPIN HOTEL, CUMBRIA

Gilpin Hotel is no ordinary spa. Surrounded by breathtaking scenery, courtesy of nearby Lake Windermere, it's the ultimate escape. Set in 21 acres and boasting a champagne bar and two on-site restaurants – the Michelin-starred HRiSHi and the more casual but equally delicious Gilpin Spice with its tapas style menu (the egg fried rice is a must) – it is true five-star luxury.

Each of the 28 bedrooms is beautiful with lovely Lakeland views, but for added luxe factor, opt for your own Spa Suite and enjoy a private hot tub, sauna and steam room all to yourself. In the day, drift off during an Indian Head Massage, visit the herd of alpacas and llamas, and take a wander to meet Salt, Pepper and Mustard – three incredibly cute piglets.

Book it: Doubles from £295, B&B; thegilpin.co.uk

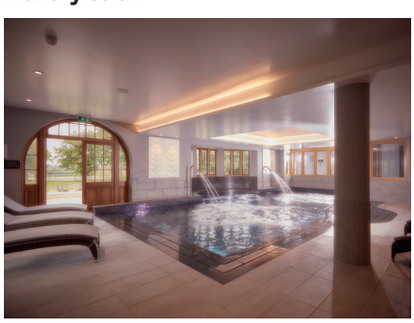
Best for... OLD-SCHOOL ELEGANCE

MALLORY COURT COUNTRY HOUSE HOTEL AND SPA, WARWICKSHIRE

Feel swept away by the timeless charm of this boutique Lutyens-style manor house hotel, set in 10-acres of grounds. Choose from the main house or one of the luxury bedrooms in Orchard House Elan Spa.

There's plenty on offer to help unwind, from sipping champagne in the vitality pool, to de-stressing with a bespoke spa treatment. The five-course tasting menu makes the most of seasonal produce, much of it from the kitchen garden.

Book it: Doubles from £230, B&B; mallory.co.uk





Best for... BACK-TO-NATURE BLISS

BODYSGALLEN HALL AND SPA, LLANDUDNO

With mesmerising views to the peaks of Snowdonia, Llandudno's Bodysgallen Hall and Spa is a restored 17th-century manor house, owned by the National Trust. This country-style sanctuary is surrounded by beautiful gardens and 200 acres of mature parkland, allowing guests to unwind against a backdrop of nature. There are 15 bedrooms and sumptuous suites – or choose one of the cottages in the grounds. Ready to relax? The stone-built spa building is a short walk from the main house where a 50ft indoor swimming pool and jacuzzi awaits. Six spa treatment rooms offer a range of restorative treatments.

Book it: Doubles from £250, B&B; bodysgallen.com



WORDS: KIRA AGASS, JEN BEDLOE, ALI HORSFALL, CHRIS MORLEY, EMMA NORTH

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