

FIVE GREAT SPAS



Thermae Bath Spa, Bath

The historic spa buildings offer the chance to relax in baths fed by natural thermal waters and to refresh yourself in steam rooms that are gently infused with scents such as mountain pine, jasmine and eucalyptus mint. The Spa offers over 50 treatments including massage and hot stone therapy, dry floatation and its signature Watsu treatment.

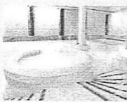
Thermae Bath Spa (01225 33 1234; www.thermaebathspa.com); Hot Stone massage from £40 for 45 minutes.



The Spa at Mandarin Oriental, London

Set within the famous Knightsbridge hotel, this spa takes a different approach to treatments, encouraging guests to book "time" rather than specific treatments so that a therapist can provide a tailor-made experience. There are separate male and female heat and water areas.

The Spa at Mandarin Oriental London (020 7201 3773; www.mandarinoriental.com). Treatments start from £200. A minimum booking time of 2 hours applies.



Senspa, Hampshire

Set in the New Forest in Hampshire, Senspa offers a variety of treatments including traditional Thai and Swedish massage; aromatic slimming massage designed to reduce cellulite and detoxify and a Himalayan salt rub to re-balance the body's energy.

Senspa at Careys Manor Hotel, Hampshire (01590 623551; www.senspa.co.uk) Tradition Thai massage/ Swedish massage/ Aromatic slimming massage £65 for 1 hour. Himalayan salt rub £60 for 1 hour.



Kubu Spa, Henley on Thames, Oxfordshire

Kubu offers signature spa treatments which begin with a petal foot soak, followed by a full body massage and body scrub, finished with a soak in an aromatic petal bath with a glass of champagne or herbal elixir with some freshly made Kubu chocolates. The spa also offers yoga classes.

Kubu Spa, Henley on Thames, Oxfordshire (01491 414130; www.kubuspa.com) Kubu signature ritual £150 for 2 hours 15 minutes. Group Yoga classes (1 hour) £12 for 1 session.



Titanic Spa, Huddersfield

The Titanic Spa is perched on the edge of the Pennines, housed in a traditional textile mill. It offers a vast range of treatments from Reiki and Hopi Ear Candle (a painless treatment designed to bring out impurities) to an Atlantis sea salt and marigold petal bath.

Titanic Spa, Huddersfield (0845 410 3333; www.titanicspa.com) Reiki £55 for 55 minutes, Hopi Ear Candle £38 for 40 mins, Atlantis sea salt and marigold petal bath £35 for 25 minutes. For more relaxing breaks, go to enjoyengland.com/relax

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