

A woman with long brown hair is seen from behind, relaxing in a stone-lined hot tub. She is floating in the water with her arms outstretched. The hot tub is surrounded by a dense wall of green foliage and trees. The scene is captured through a window frame, with dark vertical bars visible on the left and right sides.

YOUR NATURAL GETAWAY

Whatever the weather, being in or around nature revives mind and body, so why not embrace the end of winter and check in to one of these spa breaks?

Best for
CREATING
INNER
BALANCE



BORINGDON HALL

The setting: Plymouth, in the grounds of an Elizabethan manor house overlooking the beauty of Dartmoor.

What's on offer? The onsite Gaia Spa (Gaia means Mother Nature) is hosting an Equinox Retreat to help create inner balance by going back to nature with evening picnics and full moon walks, plus life coaching, meditation, and plenty of healthy, nutritious food.

Top treatment: The Gaia Crystal Therapy is

a personalised treatment using different crystals to discover which of your chakras are blocked. It includes aftercare, product advice and a crystal prescription (£190, 120 mins). Also be sure to check out the crystal salt steam room with its energising quartz centrepiece.

● **The Equinox Retreat is from 26-30 March and costs £1,965 per person or £3,345 for a couple. See boringdonhall.co.uk.**

TITANIC SPA

The setting: Outskirts of Huddersfield, with views of rolling hills and quaint farmhouses.

What's on offer? This eco-spa sources its own natural Yorkshire water from a private borehole, which feeds facilities such as their outdoor hot tub and aroma steam room infused with pine, lavender and eucalyptus. Another highlight is the heat and ice experience, with different saunas to warm your body, then an invigorating 12°C plunge pool to cool you – reminiscent of natural rituals dating back thousands of years.

Top treatment: What better way to be at one with nature than enjoying a mud bath? In a special chamber, organic mud exfoliates and nourishes your skin, then herbal steam fills the room, followed by tropical rain to wash it off (£35, 25 mins).

● **The Heat and Ice Experience Day Spa is from £79pp, and various other package deals are available, see titanicspa.com.**

Best for
EMBRACING
ALL THE
ELEMENTS





Best for
SOOTHING
YOUR
MUSCLES



GREEN FARM

The setting: Kent, on a working farm in 12,500 acres of woodland.

What's on offer? You can stroll, cycle or run through the lush, wildlife-filled grounds, hang out in the community garden, enjoy the nutritious home-grown food on offer, or join yoga sessions in the field or candlelit, heated barn. Evenings can be spent in the hot tub by the cosy wood-built spa, listening to owls and nightingales.

Top treatment: An excellent choice for winter is the ESPA De-Sensitiser Facial, which uses natural plant extracts and aromatherapy oils to calm and nourish your skin (£60, 55 mins).

● There's a yoga and spa day retreat on February 10 (£120) plus different packages all year. Visit greenfarmkent.co.uk and see review on topsante.co.uk.



Best for
RELAXING
WITH
WILDLIFE

BROOKLANDS BARN

The setting: Sussex, in a restored 19th-century barn with panoramic views of the Arun Valley.

What's on offer? Enjoy Pilates or yoga on the lawn, join the guided walk around Arundel or trek along one of the South Downs routes.

Top treatment: The Ultimate Deep Relaxation massage uses a blend of honey and essential oils designed to enhance relaxation and relieve fatigued muscles.

● Upcoming retreats include a sports massage and Pilates weekend (16 March, from £360) Visit upminstersportsmassage.co.uk for info.

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Best for
THE ULTIMATE
POOL
EXPERIENCE

RAGDALE HALL

The setting: Melton Mowbray, in the Leicestershire countryside.

What's on offer? You can sit in the brand new open-air rooftop infinity pool overlooking the trees and fields. The heated pool has massage jet seating and is above the exercise pool, which has underwater lights featuring sunrise and sunset colours.

There is also a thermal spa with a babbling brook, waterfalls, volcanic salt baths and a cave shower.

Top treatment: The Blissful Face and Back Therapy is a massage with lavender and tea tree oil to reduce tension, and uses The Spa Find range which is paraben free, and contains healing ingredients from the Dead Sea to unblock pores and hydrate your skin (£65, 50 mins).

● Various packages are available, including use of all facilities, from £60. See ragdalehall.co.uk and review at topsante.co.uk.

Best for
MINDFULNESS
AMONG THE
TREES

FOREST HOLIDAYS

The setting: Various tree-laden locations, including Thorpe Forest, Norfolk and Blackwood Forest, Hampshire

What's on offer? These retreats are all about shinrin-yoku, the Japanese trend for 'forest bathing'. It involves mindfully walking among the trees to truly absorb and notice all the details of nature.

Top treatment: In-cabin bespoke spa treatments start from £120 for 60 mins.

● A Silver Birch cabin with hot tub, sleeping four people, costs from £595 for a three-night weekend. See forestholidays.co.uk and full review on topsante.co.uk.



IN EUROPE

RELAIS & CHATEAUX SPA HOTEL JAGDHOF

The setting: Neustift, Austria. Most rooms have breathtaking views of the Tyrolean peaks and the Stubai Glacier.

What's on offer? Relax in the exterior hot tub or swim in the heated pool in the foothills of the Alps.

Top treatment: The Tyrolean Alpine Massage makes the most of the local natural resources by using particles of stone pine with oil to exfoliate your whole body followed by a lymph-draining massage (€105, 80 mins).

● Double rooms start from €218 per person per night based on two people sharing half board. Various deals are available. Visit hotel-jagdhof.at and niche-destinations.com and see our review on topsante.co.uk.

Best for
TROPICAL
STYLE
WELLNESS

THE ROYAL HIDEAWAY

The setting: Sancti Petri, Cadiz, Spain. A tropical garden resort by La Barrosa Beach, on the Atlantic coast.

What's on offer? You can wander through the botanical gardens, try some Nordic walking on the beach, or take a dip in the natural pools. Then of course there's the spa – the largest in Andalucía – with a Roman bath, Turkish hammam, Finnish sauna and more.

Top treatment: In the spirit of the seaside location, try the Aromatic Fragrances From The Atlantic Ocean treatment, which includes a salt peel, seaweed wrap, aroma bath, and a massage using bags of hot sand (€125, 110 minutes).

● Rates at The Royal Hideaway start from €124 per room based on two people sharing on a bed and breakfast basis. For further info visit hotelroyalhideawaysanctipetri.com and read the full review on topsante.co.uk.

Best for
AWESOME
SNOWY
VIEWS