

Travel

Britain's best spa hotels

Where to relax, get fit, or be pampered in style

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Hartwell House

HARTWELL HOUSE, AYLESBURY, BUCKINGHAMSHIRE

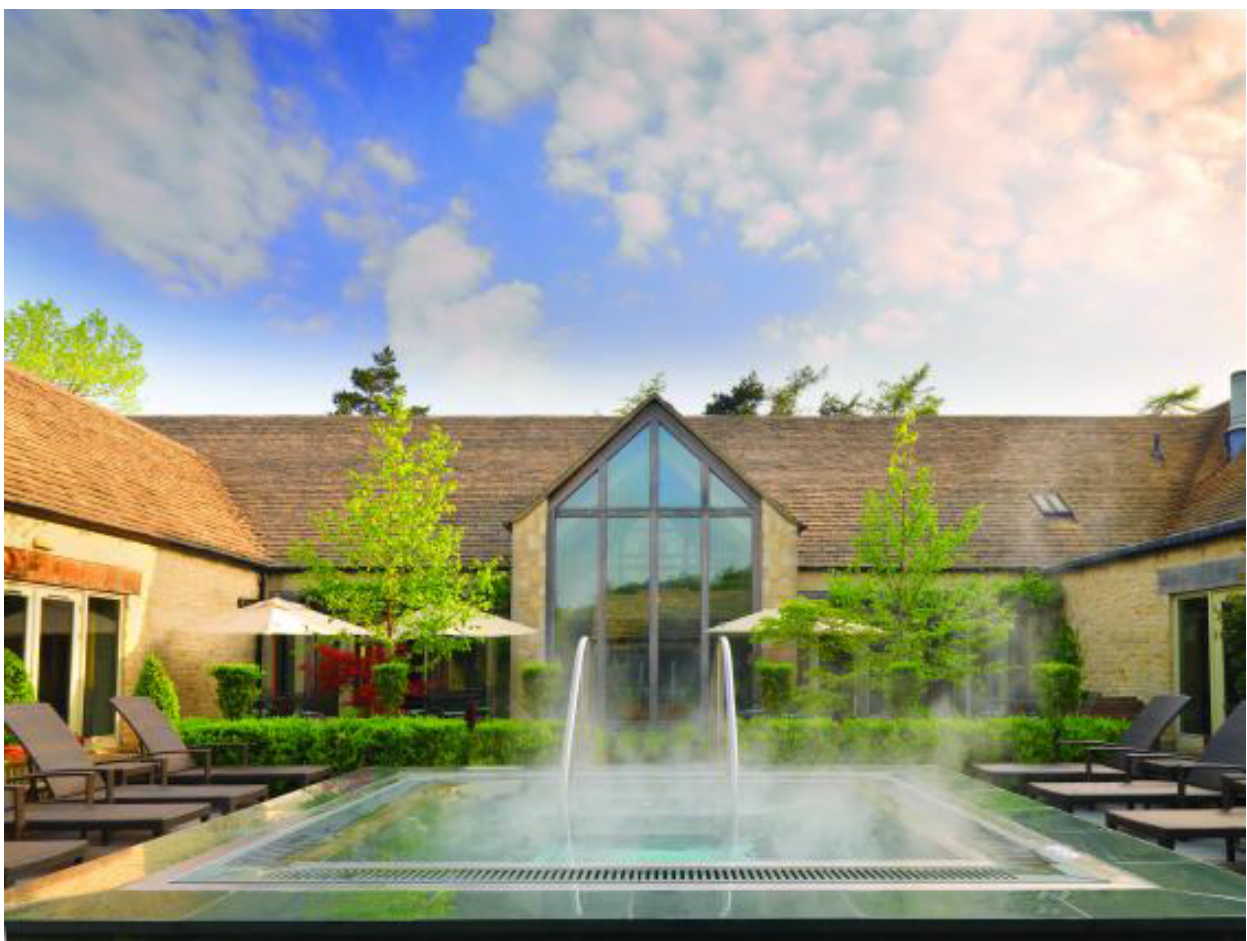
This Jacobean stately home with fine Georgian interiors, in 90 acres of parklands, was once a refuge for the exiled Louis XV III. Escapees from London can be here in an hour. The spa, in the style of an orangery, has a mosaic-tiled pool, steam room, sauna and whirlpool bath, gym and treatment rooms. Health and beauty days with lunch in café bar, £ 215 (£ 225 Fri-Sun). Doubles £ 205-£ 700. 01296 747444, hartwell-house.com



Barnsley House

BARNSLEY HOUSE, BARNSLEY, GLOUCESTERSHIRE

A winding path leads from this William and Mary House through gardens designed by Rosemary Verey, to the spa with outdoor heated hydrotherapy pool. Such natural elements as stone, beams and plants are used to harmonise the interior with its surroundings, seen through floor-to-ceiling windows in the lounge. Pay £ 115 for a half-day package with lunch at the Potager Restaurant. Doubles £ 200-£ 310. 01285 74000, barnsleyhouse.com



Calcot Manor

CALCOT MANOR, TETBURY, GLOUCESTERSHIRE

The spa occupies converted outbuildings in the grounds of this 14th-century manor, surrounding an open-air hot tub, beds of lavender and a log fire. There is a small pool for children, and a crèche. Grown-up facilities include steam room, sauna and high-tech gym, with classes from power hoop to Pilates, from yoga to Nia dance. A £ 150 spa day includes £ 20 towards lunch in the Conservatory Restaurant. Doubles from £ 250. 01666 890391, calcotmanor.co.uk