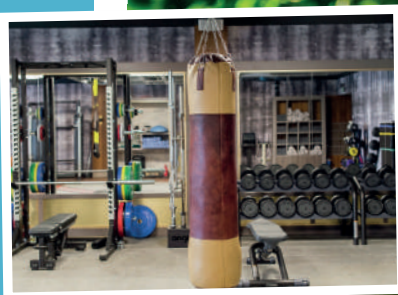


# FITNESS SPAS

Invest in yourself this year by heading off to a fitness spa that will take care of both your body and mind

Words: Joanna Ebsworth

**S**o you think spas are just about relaxation and treatments? Think again! The best fitness spas can help you kickstart a new exercise or wellness regime so you can emerge feeling energised, refreshed and fighting fit for the year ahead. Sauna, steam room, hot tub visits (and Prosecco) are entirely optional...



## THE SPA AT SOUTH LODGE, HORSHAM, WEST SUSSEX

This luxury spa has a fully equipped gym featuring 21 fitness machines, a specialist weights area, TRX rig, and

Spin and holistic studios offering a wide range of classes, including Barre, Pilates and BoxFit. If that wasn't enough, there's also a 22m indoor swimming pool, outdoor hydrotherapy pool, and an 18m outdoor swim pond for those looking to indulge in a spot of wild swimming. With 93 acres of gardens, lakes, woods and parkland to explore providing views over the South Downs, you can also enjoy cycling, croquet, tennis and walking trails, as well as nature immersion retreats hosted by Swedish yoga instructor and forest bathing devotee Helena Skoog. An overnight stay starts from £395 for two people; [exclusive.co.uk/south-lodge](http://exclusive.co.uk/south-lodge)





ACTIVE TRAVEL //////////////

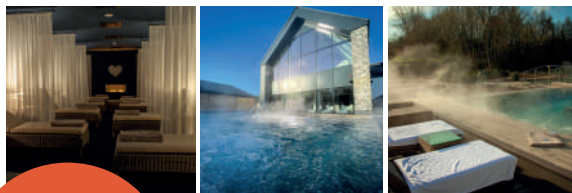
## THE GLASS HOUSE RETREAT, UPMINSTER, ESSEX

Located in the Essex countryside, The Glass House Retreat is the place to go for a complete mind and body overhaul. One of the UK's leading spa retreats offering transformative programmes, there's no caffeine or alcohol served on site and the menu is entirely (and deliciously!) vegan. Choose from three menus, depending on your goal - the Juicing Detox Plan, Weight-Loss Detox Plan or Equilibrium Detox Plan. Whether you need to relax, re-energise or revamp your lifestyle, there's everything you need to do it - a restorative spa for treatments, including cryotherapy; a Himalayan salt sauna next to an indoor heated pool; a natural outdoor swimming pond, alongside another sauna, for wild swimming; vegan cooking demonstrations; a gym and full timetable of fitness classes, from morning walks to HIIT to yoga or sound baths; plus, motivational or goal-setting talks. There's even a mobile phone safe, should you want to do a digital detox. It's the ultimate break for a physical and mental-health makeover. A two-night stay starts from £259 per person, based on two people sharing a room; [glasshouseretreat.co.uk](http://glasshouseretreat.co.uk)

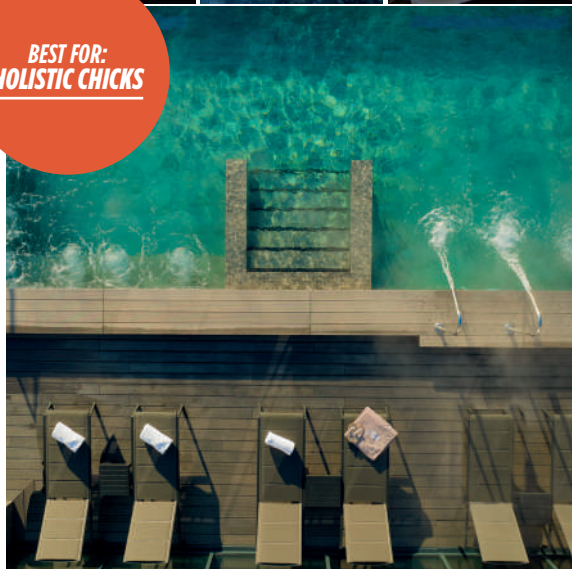
**Read our full review at [womensfitness.co.uk](http://womensfitness.co.uk)**



**BEST FOR:  
BODY  
TRANSFORMATION**



**BEST FOR:  
HOLISTIC CHICKS**



## THE SPA AT BREEDON PRIORY, DERBYSHIRE

Proud to be 2022's newest luxury spa opening, The Spa at Breedon Priory has been created with health and wellbeing at its core.

And from January 2023, you can

take advantage of its new Living Well Spa Day packages, designed to improve longevity, movement, injury prevention, recovery and performance through a mix of unhurried relaxation, gentle movement and delicious nourishment. So much more than a regular spa day, wellbeing practitioners will guide guests through a day of reflection and learning, starting with a 75-minute grounding sunrise holistic practice (choose from yoga, tai chi or qi gong). Next, you'll spend time in the Spa Relaxation room to stretch, meditate and breathe into the moment while taking in panoramic views of the gardens and countryside, before enjoying a refreshing smoothie, time in the Wellbeing Suite and Thermal Pods, and a healthy two-course lunch in The Terrace Restaurant. Day Spa packages start from £85pp, while a Living Well Spa Day costs £165pp; [breedonprioryspa.co.uk](http://breedonprioryspa.co.uk) ➔





ACTIVE TRAVEL

**BEST FOR:  
WATER BABIES**



**THE SPA AT  
PENNYHILL PARK,  
BAGSHOT, SURREY**

Set in 120 acres of parkland, this multi-award-winning spa features 45,000 sq. ft. of award-winning facilities, including an impressive fitness suite kitted out with the latest Technogym equipment and exercise studio where you can try over 50 classes such as Pilates, Zumba, Spinning and yoga (a 24-hour PT service is also available). If you like the water, you'll love the eight indoor and outdoor ozone-treated pools, including a 25m indoor Ballroom Pool with underwater music and the 18m open-air pool available for use all year round if you want to channel your inner Wim Hof. Outside, make use of the jogging trail, tennis court and nine-hole golf course. Overnight stays for two start from £445 per night; [exclusive.co.uk/pennyhill-park](http://exclusive.co.uk/pennyhill-park)

**78** Women's Fitness



**AZTEC HOTEL & SPA,  
BRISTOL**

**BEST FOR:  
BUSY MUMS**

Hailed as the Best Boutique Spa in the UK at the Good Spa awards 2022, this family-friendly spa is perfect for frazzled parents looking for some 'me time'. Complete with a sauna, hot tub, steam room, swimming pool and very impressive gym, we loved the newly refurbished Relax Lounge: a serene oasis of calm complete with luxurious lounge beds, mani/pedi stations and refreshments, so you can sit back and enjoy the benefits of the oils used during your treatment (we recommend the

Templespa Signature Soul Soother massage experience, £58 for 40 minutes, which provides instant relief for tired, overworked muscles). A special mention should also go to the onsite restaurant, Curious Kitchen, which created incredible food that catered to our gluten-free dietary requirements - we're not surprised to hear it recently won the best Luxury Hotel Restaurant in the prestigious 2022 World Luxury Restaurant Awards. An overnight stay starts from £85 per person; [aztechotelbristol.co.uk](http://aztechotelbristol.co.uk)

[womensfitness.co.uk](http://womensfitness.co.uk)



**BEST FOR:  
FITNESS  
AFICIONADOS**



## **THREE GRACES SPA AT GRANTLEY HALL, NORTH YORKSHIRE**

Nestled in the Yorkshire Dales, Grantley Hall is home to 47 exquisite rooms, five incredible restaurants, three swanky bars, the highly tranquil Three Graces Spa and the ELITE Luxury Gym set over two floors. Enjoy one-on-one PT sessions using state-of-the-art equipment, take a yoga class in the studio or head to the Health and Performance Centre where you'll find a cryotherapy chamber, altitude training facilities, an underwater treadmill, 3D body scanners and a choice of three Elite Wellness Day Packages to suit your current health and fitness goals, including Assess & Progress, Optimal Performance, and Repair & Reload, (£275 each). Guests can also swim in the 18m indoor swimming pool, take a dip in the indoor-to-outdoor hydrotherapy pool, and enjoy thermal experiences in the sauna, steam room and snow room. Rooms start from £450 per night for two people; grantleyhall.co.uk

Additional words: Sarah Sellens and Leona Gerrard | Photography: Shutterstock

## **ARMATHWAITE HALL HOTEL & SPA, KESWICK, CUMBRIA**

Set in 400 acres of woodland and bordering Bassenthwaite Lake with Skiddaw Mountain in the background, this hotel and spa packs plenty of punch when it comes to adventure. The hotel's award-winning spa features a 16m pool, hot tub, exercise studio and gym, and guests can book daily Pilates, yoga and aqua-aerobics classes. For those looking to venture outside, there's tennis, archery and clay pigeon shooting within the hotel's expansive grounds. Further afield, take your pick from canoeing, kayaking, wild swimming or fell walking, undoubtedly one of this region's biggest attractions. Book a mountain leader for the day who will safely guide you up some of the most enjoyable fells, or sample one of the 2-5k walking routes within the hotel's grounds. Short breaks start from £335 per room per night based on two sharing on a minimum two-night stay, including dinner in the Lake View Restaurant and full Cumbrian breakfast; armathwaite-hall.com

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**BEST FOR:  
NATURE LOVERS**