



The 15m indoor pool is salt-regulated

SPA OF THE MONTH

ECO ESCAPE

Titanic Spa, Huddersfield, Yorkshire, UK

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Solar powered lighting is used throughout the building

Desperate to get out of London for much needed 'we time', my boyfriend and I arrive in the picturesque town of Slaithwaite by train and, dazzled by its lush beauty and morning sunshine, ditch the idea of taking a taxi to the multi-award winning Titanic Spa to walk the scenic route along the canal. Within minutes of breathing in the fresh, crisp air and scrambling along the muddy path, we're giggling, holding hands to keep each other upright, and feeling London is far behind.

RESTORED MILL

As we spot our destination, we're struck by how atypical the Titanic Spa looks from the outside. Set among the majestic Pennines, the state-of-the-art facilities and apartment-style accommodation are housed in a beautifully-restored 20th-century textile mill, mixing historic architecture with ultra-modern eco-friendly features. As the UK's first eco-spa, the original water source found 100m below the spa – that originally powered the building when it was a mill – now provides drinking water and bathing water for the plunge pool, swimming pool, showers and the Heat and Ice Experience; solar roof panels convert light directly into

electricity; energy-efficient lighting and appliances are installed throughout the building; single-use plastic is banned; all linen is washed in cool-temperature, ozonated water at the on-site laundry, and even the brochures are printed on recycled paper using vegetable ink dyes!

THE SPA

We enter the welcoming foyer filled with the gorgeous smell of Neom candles and check in, then head to our apartment, where our jaws fall to the floor. There is an enormous bedroom, bathrooms, a utility room, a huge open plan sitting area complete with two huge sofas, a big TV,

balcony and dining table, plus a kitted-out kitchen. And while the décor is swish, little touches such as canisters of tea, coffee and sugar and a pint of milk in the fridge make you feel at home. After a quick cuppa, we change into our swimwear, pull on our fluffy robes and slippers, and head for a dip in the 15m salt-regulated indoor swimming pool surrounded by loungers. We spend a wonderful hour swimming and floating, interspersed with visits to the pool-side sauna and steam rooms, until we spy the outdoor hot tub. It's almost minus temperatures outside, but we decide to brave it before lunch. There's a gym, too.

THE TREATMENTS

After warming up over hot drinks and food in the Bistro, we try the Heat and Ice Experience. This is based on the bathing ritual of heating and cooling the body multiple times by a series of sensory experiences to induce ultimate relaxation. We enter the sparkly, dimly lit circular chamber, and work our way round the various rooms including a herbal infusion room, saunarium, aromatherapy room, experience showers, crystal steam bath, foot baths and sauna cabin. We also brave the plunge pool and the ice room, where we slap crushed ice all over our bodies and rub it in. It gets me screaming, as does the icy bucket shower, but we leave feeling invigorated yet deeply calm, and head straight to the relaxation lounge to chill out.

Next, it's time for our treatments. My boyfriend is having his first ever full-body massage, while I'm indulging in an Elemis Superfood Pro Radiance Facial designed to target stressed, dull skin and toxin build up. Some 55 minutes later, my face feels

'Recreate your favourite spa experience by using produce you have in your kitchen. Our favourite homemade scrub to banish dry skin blends coconut oil, brown sugar and a little honey – it smells sweet and does wonders for your skin.'

Try these eco-friendly home-spa tips from Titanic Spa director, Warrick Burton

'When cleaning your towels, blankets and bathrobes, switch to using cold water washes – it helps reduce carbon emissions by millions of tonnes every year!'

'For an energising health kick, ditch long baths and start every day with a cold blast in the shower. It not only saves on water, but is proven to have fantastic benefits for your body, such as better circulation, improved lymphatic drainage and enhanced immunity.'



Water for the pools is sourced 100m below the spa

plumper, super-soft and squeaky clean, and is glowing. The Spa offers many other treatments including a scrub and wrap and there's even a mud chamber!

THE FOOD

After jumping back in the hot tub (it's dark outside now and quite romantic), we head back to our apartment to change for dinner. The Bistro serves in-season, locally sourced, organic, Fairtrade produce. My scallops starter is divine, and we both enjoy the tasty lamb cutlets with red cabbage for our main. We decide to finish our evening with yummy cocktails in the swanky Bar 1911, available only for residents, before having an early night. Despite our busy day, we're feeling super chilled and happy. Mission accomplished.

Check out is at 10am, so we're up early to enjoy another swim/sauna/steam room and hot tub session. Eco-friendly credentials aside, the thing about the Spa that has really won my heart is the staff. Polite, polished and professional, they are also helpful and unpretentious, which has allowed us to unwind completely. We'll definitely be returning to this wonderful spa.

A spa break at Titanic Spa starts at £129pp, inclusive of full access to the spa facilities, overnight stay in a luxury serviced apartment, one-course lunch, two-course evening meal and exclusive access to Bar 1911.