



Wellness MINIMOONS

These top hotels are perfect for a rejuvenating break after months of stressful planning...

Grantley Hall

If you've always dreamed of a luxe country escape, you'll love Grantley Hall (pictured above). Located on the edge of the Yorkshire Dales, this historic property is an elegant choice for a loved-up minimoon. As a romantic fairytale hotel, you can expect a heavenly retreat that feels far from the stresses of everyday life. During your stay, you can indulge in first-class dining at one of several on-site restaurants, including Michelin-starred Shaun Rankin at Grantley Hall. You'll also be able to celebrate in style at the hotel's late-night Champagne and cocktail bar. And, of course – wellness is a huge draw, so you should make the most of the ultra-luxurious Three Graces Spa. The philosophy here is all about balance and the spa is a wonderful place to de-stress and enjoy quality time as newlyweds. It'll be easy to while away the hours – the spa boasts an 18-metre indoor swimming pool, an indoor to outdoor hydrotherapy pool as well as a sauna, steam room and snow room. You'll also find a huge range of pampering treatments, rituals and personalised experiences. Your options even include holistic therapies, such as reiki and crystal healing for complete rejuvenation. Rooms start from £600 per night, including breakfast. grantleyhall.co.uk

Pan Pacific London

A romantic break in the UK can be every bit as luxurious as a far-flung getaway. Case in point – a retreat at the swanky Pan Pacific London. This five-star hotel is a haven in the capital and is a fantastic place for a chic city minimoon. There's no need to worry if the thought of a city break makes you stressed either – this property has a world-class wellbeing zone, with some of the most advanced facilities in London. As expected, you'll find a sumptuous spa and extensive treatments on offer. Plus, you'll have access to a cutting-edge interactive gym, blissful relaxation space and an impressive infinity pool with sweeping views over Bishopsgate Plaza. Elsewhere in the property, you can treat yourself to signature dining, afternoon tea and cocktails. And, if you want to explore the city, the hotel is perfectly positioned. Rooms start from £325 per night. panpacific.com





Scarlet Hotel

Fancy a beach break for your minimoon? If so, the stylish Scarlet Hotel needs to be on your radar! Set in the cliffs on the Atlantic Cornish coast, this adults-only hideaway is a dreamy spot for a romantic sojourn. A holiday to Cornwall will always be a winner if you love being by the water, but there's so much more to this hotel than your usual seaside escape. Namely, Scarlet is an eco-luxe option where the focus is on slowing down, using less and appreciating the beauty of nature. A highlight is the hotel's spa which draws on nature to deliver a peaceful space to relax. Included in your stay, you'll have access to the bromine-filtered indoor pool, outdoor reed pool, clifftop wood sauna and restorative steam room. Plus, you can make the most of the hotel's complimentary wellbeing classes, which include yoga, Tai Chi and Ayurvedic advice sessions. If you want to add treatments and extras, you'll find a host of options, including an indulgent couple's spa journey as well as Ayurvedic-inspired therapies and rituals. Away from the spa, you'll find plenty of opportunities to recharge, too. Whether you're choosing a coastal walk or downtime in your sea-view room, you'll definitely return home revived. Prices start from £255 per night. scarlethotel.co.uk



Gilpin Hotel & Lake House

The Lake District is a setting you should definitely consider for a minimoon in the UK. Flaunting some of the country's best (and most romantic) scenery, it's an idyllic spot for slowing down and treating yourself to time out. When it comes to somewhere to stay, Gilpin is an amazing choice. With two hotels managed by the same team, you can opt for the chilled-out Gilpin Hotel or the secluded Gilpin Lake House – both of which are perfect for a luxe retreat. At the latter, you'll find a sanctuary of just six rooms set within 100 acres of peaceful private grounds. You'll also have access to hot tubs, saunas, an indoor swimming pool and a stylish spa overlooking the lake. If you opt for the Gilpin Hotel instead, you can expect plenty of indulgence, too, with luxury rooms as well as two restaurants, a champagne bar, lounge and terraces. For an extra special touch, consider staying in one of the spa lodges or suites – they come complete with en-suite spa facilities for the ultimate pampering experience! When it's time for dining, you'll love the on-site restaurants, which include Michelin-starred HRiSHi and the casual pan-Asian, Gilpin Spice. Prices at Gilpin Hotel start from £295 per night for a classic room, including breakfast. thegilpin.co.uk



WHAT TO PACK...

- 1 Gingham Bikini, £37.50, Marks & Spencer
- 2 Shape Enhancing Knot Front Swimsuit, £30, V by Very
- 3 Purple Printed Bikini, £39, River Island
- 4 Multi Bandeau Bikini Top, £24, and Briefs, £16, Lipsy

