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To celebrate National Spa Week, Angelina Villa-Clarke finds the best holistic havens.

INDULGE RELAX REPEAT

You shouldn't need a reason to find some time for TLC but National Spa Week (30th October – 5th November) offers the perfect opportunity to indulge in a spot of pampering. Many spas and retreats have discounts during the week, so you could argue that you're saving a bit of money, too!

Here's our pick of the best rejuvenating retreats...





Best for nature lovers: The Coach House Spa, Beaverbrook, Leatherhead

From its botanical-designed stained glass (by artist Brian Clarke) to the fragrant, medicinal herb garden, Beaverbrook's country house spa puts nature – and nurture – at the heart of its offering. The bulging book of treatments available combines holistic care with cutting-edge practices. You can choose signature therapies, such as the transformative Vibrational Sound Therapy in the Meadow Hut, which overlooks the Surrey Hills, or book spa days to spend with loved ones. Look out for the calendar of revolving retreats curated by visiting master practitioners. Upcoming is the Autumn Full Moon Circles (17 October and 15 November), designed around the lunar phases to give you clarity and focus. As well as breathwork and yin movement workshops, the day includes sound healing and a cacao ceremony, leaving you feeling more connected with yourself and aligned with the rhythm of nature.

From £175, beaverbrook.co.uk

Best for an uplifting experience: BSpa at Brooklands Hotel, Weybridge

Overlooking the Mercedes-Benz World track, the BSpa at Brookland Hotel will get the heart racing in more ways than one. The recently refurbished retreat offers a series of thermal and hydrotherapy experiences that will leave you feeling in the fast lane again. Start in the Himalayan Salt Room, where the salt-infused air brings a number of health benefits, such as improved sleep and respiratory wellness. You can then move on to time spent in the infrared or a traditional sauna; a steam room with an experience shower and a sunlight therapy room. While the massage jets do their work in the hydrotherapy tub, you can watch the cars zoom past on the track. Finally, head to the Tranquillity Meditation Room, where you can lie back on one of the warming waterbeds. A glass of chilled prosecco is the best way to salute the winner in you.

Spa experiences are from £34.95 per person, brooklandsurreyhotel.com



Best for a glam makeover: The Langley Spa, The Langley, Buckinghamshire

Based on the opulent spas found in the Middle East, The Langley Spa – found at The Langley, a Luxury Collection Hotel – feels in stark contrast to its bucolic surroundings. The mansion was once the former hunting lodge of the third Duke of Marlborough and sits in 12 acres of idyllic park and woodland. The subterranean space offers a different kind of beauty, more likely to be found in the glitzy resorts of Dubai. The glamorous spot has a marble hammam, a beauty room for pedicures and manicures and a hair salon. With its rose quartz steam room and vitality pool, the ladies thermal area, meanwhile, offers a sense of seclusion. There's a grooming area for men, too, with dedicated treatments, so no one is left out. All treatments on offer are top-notch with facials by Sisley and beautifully scented, orange blossom-themed massages. *Treatments from £75, marriott.com*



Best for immersive moments: Thai Square Spa, London

With nods to ancient Roman and Turkish baths, Thai Square Spa blends a traditional Thai approach to the London spa scene. Close to Trafalgar Square, enter an exotic world of gold murals, Thai silks and ornate wood aesthetics. Boasting hot and cold therapy facilities and indulgent ritual treatments, the Siamese Serenity, for instance, harnesses the power of Thai herbs with a full body exfoliation to detox the body followed with a nourishing body mask and ends with a signature Mantara Royal Rachawadee Massage, bespoke for each person. *£250, thaisquarespa.com*



Best for rest and rejuvenation: The Spa at Pennyhill Park, Bagshot

As the dark nights draw in, Pennyhill Park's holistic spa is the perfect seasonal reset. As well as a state-of-the-art fitness suite, the sprawling space has three swimming zones, including wild swimming, an outdoor hydrotherapy pool and a 25m ballroom pool (dive in for underwater music and fibre-optic lighting). The Surrey haven has launched a one-night Pro-Sleep Spa Retreat during which guests can tap into a multi-sensory mind and body experience. The day includes sleep-inducing treatments, such as Ayurvedic and Indonesian-style massages, calming facials and relaxing scrubs. Comfort Zone's Tranquillity products will soon see you in a deep slumber along with music and sound healing. Guests can learn about different sleep habits to continue practices at home.

From £870, including a one-night stay, exclusive.co.uk

