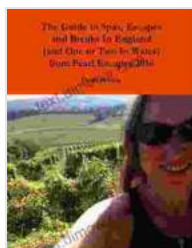


# The Ultimate Guide to Spa Escapes and Breaks in England and Wales

Are you looking for a relaxing and rejuvenating spa escape? Look no further than England and Wales! These two countries are home to some of the best spas in the world, offering a wide range of treatments and amenities to suit every need and budget.

Whether you're looking for a luxurious retreat or an affordable pampering session, we've got you covered. Here's our guide to the best spas in England and Wales:



## The Guide to Spas, Escapes and Breaks In England (and One or Two In Wales) from Pearl Escapes 2024

by Pearl Howie

★★★★★ 5 out of 5

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File size : 637 KB

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Word Wise : Enabled

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## Luxury Spas

If you're looking for the ultimate in luxury, these spas will not disappoint:

- **The Dorchester Spa, London:** This world-renowned spa is located in the heart of Mayfair and offers a wide range of treatments, including facials, massages, and body wraps. The spa also features a state-of-the-art fitness center and a rooftop pool.
- **The Spa at Coworth Park, Ascot:** Set in the beautiful Berkshire countryside, this spa offers a luxurious retreat from the hustle and bustle of city life. The spa features a range of treatments, including facials, massages, and body wraps, as well as a hydrotherapy pool and a sauna.
- **The Spa at Gleneagles, Perthshire:** This award-winning spa is located in the heart of the Scottish Highlands and offers a wide range of treatments, including facials, massages, and body wraps. The spa also features a hydrotherapy pool, a sauna, and a steam room.

## Affordable Spas

If you're looking for a more affordable spa experience, these spas offer great value for money:

- **The Spa at Champneys Henlow, Bedfordshire:** This spa is located in the beautiful Bedfordshire countryside and offers a wide range of treatments, including facials, massages, and body wraps. The spa also features a hydrotherapy pool, a sauna, and a steam room.
- **The Spa at Bannatyne Health Club, Cardiff:** This spa is located in the heart of Cardiff and offers a wide range of treatments, including facials, massages, and body wraps. The spa also features a hydrotherapy pool, a sauna, and a steam room.

- **The Spa at The Celtic Manor, Newport:** This spa is located in the beautiful Welsh countryside and offers a wide range of treatments, including facials, massages, and body wraps. The spa also features a hydrotherapy pool, a sauna, and a steam room.

## Spa Breaks

If you're looking for a spa break that includes accommodation, these packages offer great value for money:

- **Spa Break at The Grove, Hertfordshire:** This package includes a one-night stay in a luxury room, a 60-minute massage, and a three-course dinner. The spa also features a hydrotherapy pool, a sauna, and a steam room.
- **Spa Break at The Belfry, Warwickshire:** This package includes a two-night stay in a luxury room, two 60-minute massages, and a three-course dinner. The spa also features a hydrotherapy pool, a sauna, and a steam room.
- **Spa Break at The Celtic Manor, Newport:** This package includes a three-night stay in a luxury room, three 60-minute massages, and a three-course dinner. The spa also features a hydrotherapy pool, a sauna, and a steam room.

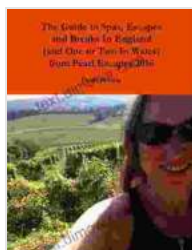
## Things to Consider When Choosing a Spa

When choosing a spa, there are a few things you should consider:

- **Location:** Where is the spa located? Is it close to your home or work? Is it easy to get to?

- **Treatments:** What treatments does the spa offer? Are there any specific treatments that you're interested in?
- **Amenities:** What amenities does the spa offer? Does it have a hydrotherapy pool, a sauna, or a steam room? Does it have a fitness center or a restaurant?
- **Price:** How much does the spa cost? Is it within your budget?

Whether you're looking for a luxurious retreat or an affordable pampering session, England and Wales have a spa that's perfect for you. With so many great options to choose from, you're sure to find the perfect spa experience for your needs.



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