

## 10 SPA HOT-SPOTS

*across the Midlands*

Sometimes you need to relax and recharge, and we can think of no better way to do that than with a little spa visit. Here are a handful of our favourite wellness destinations across the Midlands.



### Aqua Sana Forest Spa

Nottinghamshire

Set in the middle of a Center Parcs holiday village in Sherwood Forest, Aqua Sana is the ultimate getaway. This spa makes the most of its surroundings to bring natural bliss to your soul. With 25 immersive spa experiences, wellbeing sessions and a full list of decadent treatments, you should keep this on your spa bucket list!

[www.aquasana.co.uk](http://www.aquasana.co.uk)



### Ragdale Hall

Leicestershire

Not many spas are set in Victorian buildings, but Ragdale Hall offers more than just a history lesson. With six different pools including a rooftop infinity pool, a thermal spa and a whirlpool, this venue offers wellness on another level. There's even a volcanic salt bath! They also offer yoga, meditation and fitness. Prepare to feel fantastic!

[www.ragdalehall.co.uk](http://www.ragdalehall.co.uk)



### Ringwood Hall Spa

Derbyshire

Nestled in the woods you'll find Ringwood Hall Spa, a real get-back-to-nature retreat. There's a blossom steam room, a herbal sauna and a vitality pool with experience showers and ice fountains. A great choice for couples, it has dual treatment rooms and a private couple's suite. You can even take your dog for a pamper!

[www.ringwoodhallhotel.com/garden-secret-spa](http://www.ringwoodhallhotel.com/garden-secret-spa)



### Spa at Ye Olde Bell

Nottinghamshire

Lots of things make this spa stand out from the rest. It's the first to offer HalolR™ breathe and detox spa treatment and it has a StoneBath steam room, one of only three in the country. There's a SnowStorm shower and herbal laconium too. You'll also find more traditional luxury treatments and experiences, making this a must-visit spa.

[www.yeoldebell-hotel.co.uk](http://www.yeoldebell-hotel.co.uk)



### Y Spa

Bedfordshire

For hot and cold treatments, the Y Spa at Wyboston Lakes is incredible. Wam up with a roaring log fire, steam rooms and saunas and then bring your temperature right back down with the frost wall. The hydrotherapy pool is amazing too. Go for a spa day or a whole weekend and enjoy all the relaxing treatments.

[www.yspa.co.uk](http://www.yspa.co.uk)



### Dormy House Spa

Cotswolds

Head south to the Cotswolds and you'll find this treasure. With Scandinavian influences, you can enjoy a candle-lit hydrotherapy hot tub, a beautifully lit thermal suite and pool and a wonderful range of treatments. With indoor and outdoor experiences, this is a spa that insists on making you feel incredible. But which treatments will you choose?

[www.dormyhouse.co.uk/spa](http://www.dormyhouse.co.uk/spa)



### The Malvern Spa

Worcestershire

Nestled in the historic spa town of Malvern, this is a serene haven for those seeking total relaxation and rejuvenation. The unique indoor-outdoor heated hydrotherapy pool creates an inviting ambience for every season, offering the ultimate setting to unwind. To enhance your experience, they offer a range of spa packages for day visits and overnight stays. Their highly experienced therapists provide deeply relaxing Elemis treatments, ensuring an exceptional journey of tranquillity and renewal.

[www.themalvernspa.com](http://www.themalvernspa.com)



### New Hall Spa

Birmingham

A modern spa experience in a medieval setting, New Hall Spa caters for one-off treatments, spa days and full-on spa weekends! This spa is less about unique treatments and more about doing the classics well. From facials to massages, you'll have the most relaxing, effective treatments here. And there's a lovely quiet pool and sauna and steam room too.

[www.handpickedhotels.co.uk/newhall/spa](http://www.handpickedhotels.co.uk/newhall/spa)



### The Belfry

Warwickshire

Get ready to unwind in luxury. There are saunas, steam rooms and relaxation lounges to help melt away all your worries, plus pools and some gorgeous treatments. The fire and ice experience takes you through a variety of biothermal rooms to enhance your senses. From ice showers and igloos to salt caves and crystal steam rooms, you'll feel truly alive after your visit.

[www.thebelfry.com/spa](http://www.thebelfry.com/spa)



### Fairlawns

Walsall

From the hot tub garden to the thermal suite, there's a lot to enjoy at Fairlawns. Relax with a range of Elemis treatments, including those tailored for two, take a refreshing dip in the pool or get sweaty in the gym. There are tennis courts and yoga sessions too, if that kind of activity takes your fancy.

[www.fairlawns.co.uk](http://www.fairlawns.co.uk)