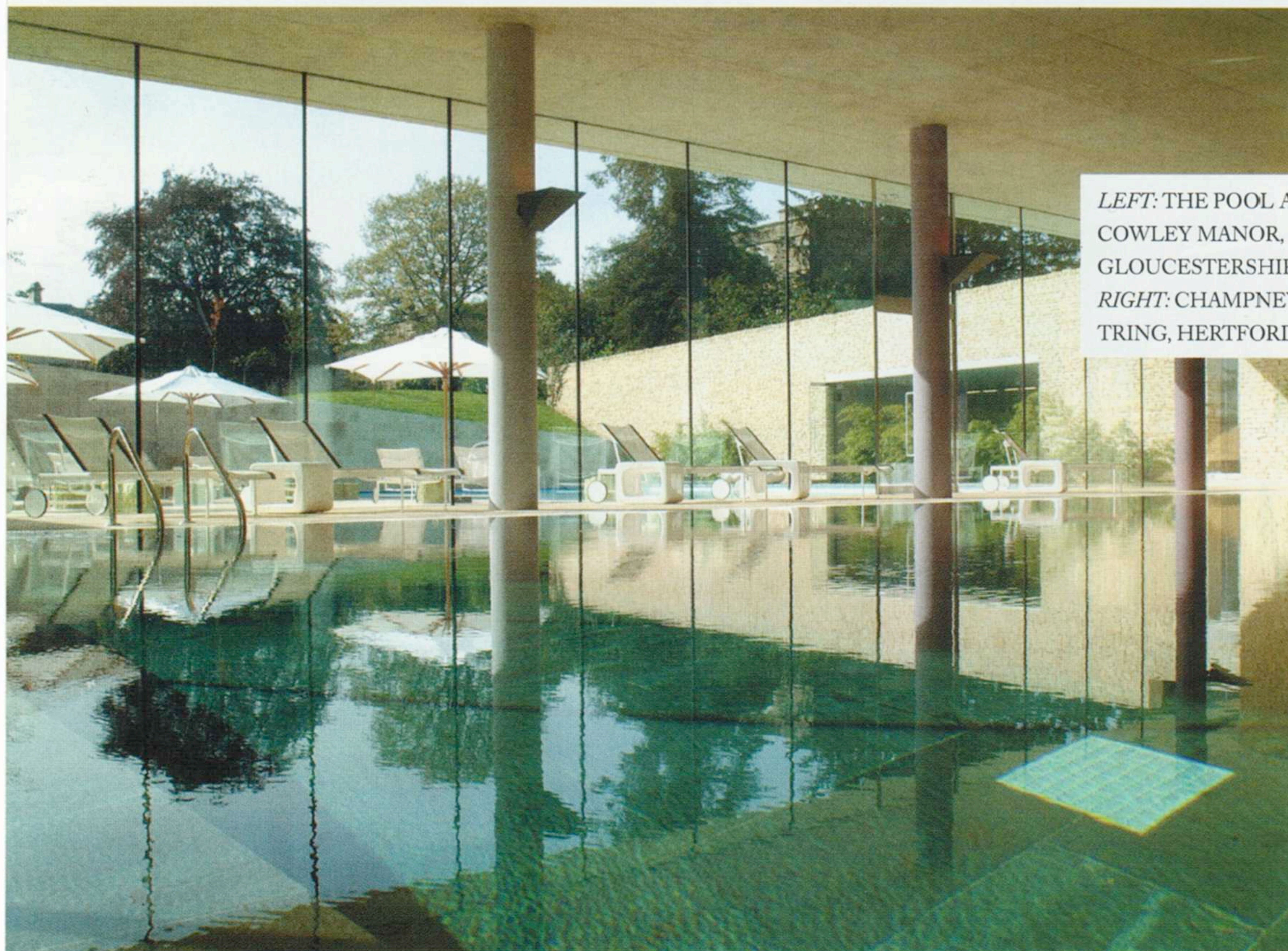


UK & IRELAND WEEKENDS



LEFT: THE POOL AT COWLEY MANOR, GLOUCESTERSHIRE. RIGHT: CHAMPNEYS TRING, HERTFORDSHIRE



there's enough of a normal hotel feel to leave them relaxed in their robe, while the dedicated spa-goer will be kept busy working through the treatment menu. The only downside (for some) is the communal eating, but tables for two can be requested. *Stobo Castle* (01721 725300; www.stobocastle.co.uk), from £119 a person a night, including unlimited use of the health suites, use of all facilities and the exercise programme.

C-Side Spa Cowley Manor, Gloucestershire

If you like contemporary country hotels, you'll love Cowley Manor. The hotel's interiors were transformed four years ago, and are bright and airy; and the spa has a very cool, modernist design. The setting is more traditional – the 19th-century house is surrounded by acres of beautiful Cotswolds countryside with pretty lakes and walled gardens. The glass-fronted, super-modern C-Side Spa sits opposite the main house, with an outdoor and indoor pool. Its niche beauty menu employs the highly skilled services of

Michelle Roques O'Neil – an old-school aromatherapist – and specialises in soothing massages. It's the perfect retreat for city types who want to keep up their modern lifestyle, but blend it with a little R&R and gorgeous countryside. *Cowley Manor* (01242 870900; www.cowleymanor.com), from £230 a room a night B&B.

Champneys Tring Hertfordshire

After a year-long, £12 million refurb, the impressive Champneys Tring has brought the traditional health farm into the 21st century, with sleeker rooms, a bigger pool, a tastier menu, a fabulous gym and an up-to-date treatment list. The treatments (brilliant beauty

staples of facials, massages and scrubs) and programmes (expert courses including life coaching, fitness and de-stressing) offer a holiday devoted to mind and body, for spa enthusiasts old and new. It is big and busy, so book all your treatments before you get there (upgrading to a Premier package means you'll have the same therapist throughout your stay), but if you like a good health holiday, then you will love Champneys Tring. *Champneys Tring* (0870 330 0300; www.champneys.com); one-night Weekend Mini Break, from £260 a person full board, including use of all facilities, one body massage and one relaxing facial.

Spa SPC
Stoke Park Club,
Buckinghamshire
Stoke Park Club's Spa SPC is very much a luxury retreat in



STOKE PARK, BUCKINGHAMSHIRE