

LIFESCAPEBEAUTY

SPA-WARS?

NO, JUST MORE PEACEFUL RETREATS...



THE GROVE CHANDLERS CROSS, HERTFORDSHIRE

01923 867897 • WWW.THEGROVE.CO.UK

The atmosphere is paramount at The Grove. Close your eyes and you will feel that you have been taken back in time, with its gorgeous spa's landscape and dramatic gardens. Get close to the massive bedrooms and lounge in the comfortable beds. Cigars, plasma TV screens fill each bedroom, along with bath tubs designed for two to share! Feel spoilt at the Spa's spa with exotic global treatments on hand from Spa tywawide. Indulge in body massages, facials and body wraps. We recommend that you eat at The Glasshouse restaurant, where you can enjoy plenty of freshly prepared veggie meals. (£45.55 for one night for two to share) Deluxe King Room includes dinner at The Glasshouse.

From eco-design or plasma screen, to mud chamber or salt grotto, Alice Howard updates us on the choices

Having a spa break is no longer something 'other' people do. It's a treat many busy people (yes, men and women!) need to offer a busy period at work or with the family. It could be a day, a weekend, or longer. It could be to pamper, to heavenly, to socialize with friends or to be alone – the main thing is it should be what you fancy and what suits your schedule and budget. We checked out some of the UK's most popular spas that use cruelty-free products and have veggie options on their menus. More than anything, if you need some time out, we hope one of these will be near enough for you to enjoy.



THERMAE BATH SPA, BATH, AVON

01223 331234/5678 • WWW.THERMAEBATHSPA.COM

Here you can enjoy Britain's only natural thermal waters so the Colts and Romans did over 2,000 years ago. Thermae Bath Spa is a day spa where you can bathe in warm, natural mineral-rich waters overlooking the stunning city and choose from a range of treatments designed to soothe the body and mind. Try the Thermal treatments, featuring the Wilby showers and Vitae – a unique sensation of being gently guided and massaged in the warm water. For the Day Spa package Thermae Escape, from £145. The combination of hot and cold waters, seasonal day chamber and city atmosphere left me feeling energized and uplifted.



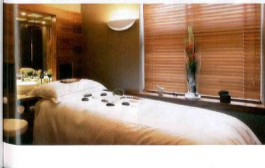
TITANIC SPA

HUDDESFIELD, YORKSHIRE

01484 843 344

WWW.TITANICSPA.COM

Welcome to the UK's first Eco-Spa, designed within a traditional north east mill. It's a brand new concept for Spa visitors, offering seduction and detox for mind and body. If you opt for the Mud chamber treatment you can all experience the Titanic Heat expertise. The rooms are spacious and all offer beautiful views of the location. This first nature spa has gone beyond the organic philosophy, offering bespoke spa treatments. It uses aromatherapy and the Elements range, creating anti-oxidant and anti-ageing. Book a treat for £95.00 (mid-week) and sample a individually designed package. Light healthy lunches available upon request.



THE CHESTER GROVE & SPA

01224 234624

WWW.CHESTERGROVEENOR.CO

Dating back to 1845, The Chester Grove and Spa is located in the heart of the city of Chester. The hotel is one of a hot house outside London to be awarded 5 Red Stars. Vegetarian options are available for a relaxed veggie/vegan-friendly partnership. It has five luxury treatment rooms, a herb sauna, hot stone, thermal showers and salt grotto. With an extensive range of classic rituals and Mother Bee treatments to choose from, including Divine Bliss Fragrance Body Nutrition Spa study to the need in modern elegance. One night Spa Retreat - £49 (inclusive of VAT (£20) 00 per person)

Landscape
Circ: 40,000 (monthly)
PR Value: £5,000
November 2007