

**GIVEAWAY
WORTH
OVER £9,000**

WIN A LUXURY SPA BREAK
FOR TWO AT ONE OF
THESE TOP VENUES

STAR SPAS

When lockdown finally ends, what better way to relax, revive, restore and renew than at one of the UK's finest spas? Our favourites come A-list recommended – and each is offering the chance for you to win a blissful spa escape for two...

CHEWTON GLEN, Hampshire

THE HOTEL Set in the green depths of the New Forest, this country house hotel is the perfect place to hole up in five-star luxury. With beautiful rooms boasting views of the surrounding parkland, the emphasis here is on peace and relaxation.

But if you're feeling energetic, there is plenty to keep you busy, with an outdoor pool (above), indoor and outdoor tennis courts and a golf course to pass the time.

For those who really want to get away from it all, check into one of the four Treehouses, hidden in the woods and perched on stilts, with floor-to-ceiling windows for spectacular views.

Enjoy fine dining in The Dining Room, with views over the manicured gardens. Many of the ingredients used in the dishes have travelled less than 100 yards from the hotel's own kitchen garden.

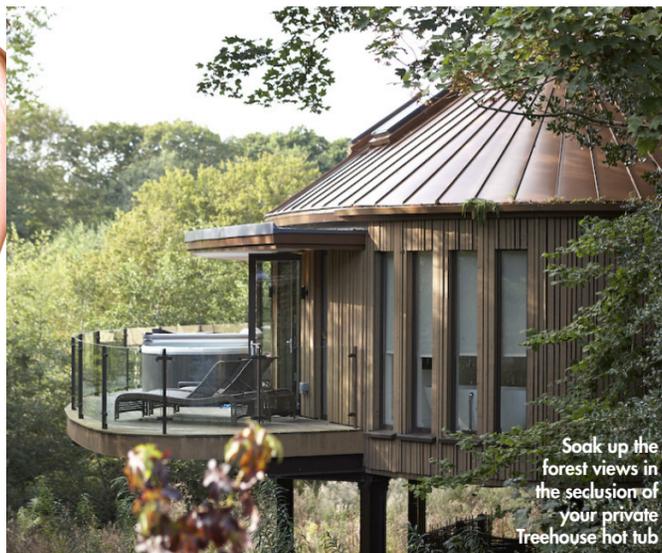
THE SPA Another level of relaxation is waiting for you at The Spa. Wrap up in a fluffy white robe and feel yourself unwind as you explore the indoor pool,

aromatherapy sauna, crystal steam room and hydrotherapy pool. To ensure a restorative rest, try the Sweet Dreams massage using products from luxury skincare company Natura Bissé. We also love the Chewton Glen Salt Scrub, which improves circulation and skin texture.

THE STARS Kate Moss (inset above) and Gwyneth Paltrow have visited.
THE DETAILS Rooms start at £370 per night on a bed and breakfast basis, based on two sharing a Garden Room. The Treehouse suites start at £1,150 per night. The Natura Bissé Sweet Dreams treatment is £110 for 60 minutes. The Chewton Glen Salt Scrub is £105 for 60 minutes. Visit chewtonglen.com.
WIN! A two-night midweek break for two in a Junior Suite, including two breakfasts, a three-course dinner in The Dining Room, a bottle of Veuve Clicquot champagne in your room on arrival and a 60-minute treatment each of choice. Value: £1,900.



Natura Bissé
Diamond Body
Cream, £197;
Natura Bissé Rosa
Mosqueta Oil, £58.
From harrods.com



Soak up the forest views in the seclusion of your private Treehouse hot tub

THE MIDLAND, Manchester

THE HOTEL Situated in the heart of bustling Manchester, the four-star The Midland first opened its doors in 1903 to serve rail travellers from London. The grade II*-listed building now offers 312 elegant bedrooms, including suites with stunning views of the city. Take tea in Manchester's only setting specifically designed for and dedicated to the quintessentially British pastime. Later, choose between the hotel's The French restaurant, overseen by 2019 BBC2 *Great British Menu* winner Adam Reid, or the brand spanking new Mount Street Dining Room & Bar.

THE SPA The tranquil Rena Spa offers respite from the hustle and bustle of the city and our daily lives. Head to the relaxation pool where you can ease shoulder and neck tension beneath the Swan Neck Fountain, or stand under a shower that delivers Caribbean Storm and Arctic Rain experiences, rapidly heating up or cooling down your body depending on

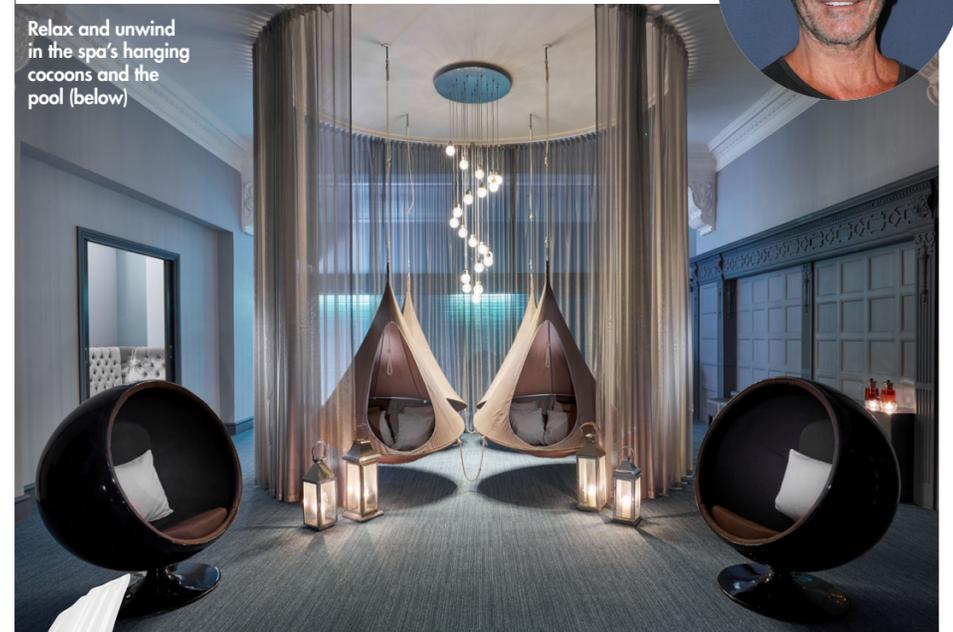
which option you choose. The Caudalie Vinopure facial includes a thorough cleanse followed by a face massage with essential oils and a cryo-massager to help remove impurities and tighten pores. Finish your spa experience by curling up and relaxing inside one of its four hanging cocoons.

THE STARS Simon Cowell (inset below) has visited the hotel.
THE DETAILS Rooms start at £124 per night including breakfast, based on two sharing. The Caudalie Vinopure facial costs from £80 for 50 minutes. Visit themidlandhotel.co.uk.

WIN! An overnight stay for two in a Superior King Room, including a three-course dinner in Mount Street Dining Room & Bar, breakfast, full use of the spa facilities and a 50-minute treatment each of your choice. Value: £359.



Relax and unwind in the spa's hanging cocoons and the pool (below)



Caudalie Vinopure Radiance Serum, £46; Caudalie Dark Spot Correcting Moisturizer, £34. Visit uk.caudalie.com.





Take in sunrise views from the rooftop infinity pool, and relax in the atrium (above)

RAGDALE HALL, Leicestershire



THE HOTEL Surrounded by rolling hills, Ragdale offers a range of breaks designed to combat modern-day stress. Get your heart rate going with tennis, hiking or cycling, or take it easier on a stroll around the stunning gardens. The food is nutritionally balanced, with options from indulgent to light.

THE SPA Ragdale has a Thermal Spa, with 12 unique water and heat experiences, including a candle pool, a volcanic salt bath and a rose sauna. The rooftop infinity pool is the perfect place to take in the sunrise, and treatments include the Self Healing Massage, a blend of holistic dowsing and therapeutic massage to rebalance your energy.

THE STARS Dame Jessica Ennis-Hill (inset above).

THE DETAILS Overnight Reviver Breaks start at £277 per person, including all meals, full use of the facilities and a 50-minute Blissful Face & Back Therapy treatment. The Self Healing Massage is £85 for 80 minutes.

Visit ragdalehall.co.uk or tel: 01664 433000.

WIN! An Overnight Reviver Break for two, including dinner, breakfast, a three-course buffet lunch, full use of the facilities, including the gym and exercise classes, and a 50-minute Blissful Face & Back Therapy treatment. Value: £554.

Ragdale Hall Express Miracle Balm, £5; Ragdale Hall Recharge Aromatherapy Body Mist, £6. From marksandspencer.com.



Take a dip in the Corinthia's Espa Life vitality pool

SLIEVE DONARD, Northern Ireland

THE HOTEL Situated on the idyllic Irish Sea coast in Newcastle Bay, in acres of beautiful private grounds, the Slieve Donard (bottom right) looks out to the Mountains of Mourne and has the links of the Royal County Down Golf Club on its doorstep. Just 30 miles south of Belfast and 90 miles north of Dublin, it is ideal for outdoor adventurers with a thirst for exploring and sightseeing. End your day with a dinner featuring seasonal and local produce in the upscale Oak Restaurant.

THE SPA Designed with Espa and overlooking the beach, the spa at Slieve Donard is a haven of escapism. The magnificent swimming and vitality pool has floor-to-ceiling sea views, there's an amethyst steam room, rock sauna, drench shower and high tech fitness studio. Extensive spa therapies take place in luxurious treatment rooms using Espa products. The 80-minute Espa Mindful Massage soothes away anxiety using breathing and visualisation and a scalp massage with warm rose quartz crystals.

THE STARS Hollywood star Catherine Zeta-Jones (inset above) has stayed here.

THE DETAILS A Stay and Spa package starts at £150 per person, including overnight accommodation, full Irish breakfast, a 50-minute Espa treatment and a glass of bubbly. The Espa Mindful Massage is £135. Visit hastingshotels.com or tel: 028 4372 1066 for more information.

WIN! A two-night stay for two including breakfast and a four-course meal in the Oak Restaurant, full use of the spa facilities, gym and exercise classes. Each guest will also receive a 50-minute spa treatment of their choice. Value: £1,500.



Stirring views from the pool at Slieve Donard



Espa Positivity Pulse Point Oil, £21; Espa Restorative Candle £35. Visit espaskincare.com



CORINTHIA, London

THE HOTEL Used by the Ministry of Defence in the Second World War, the grand building that is now home to the Corinthia London was originally designed as a hotel in 1885. A stone's throw from Trafalgar Square, Buckingham Palace and West End theatres, it is ideal for exploring the capital. Kerridge's Bar & Grill sees Michelin-starred chef Tom Kerridge create a menu that plays on his reputation for putting a spin on the UK's most celebrated dishes. Plush fabrics, glittering chandeliers and floral arrangements worthy of the Chelsea Flower Show surprise you at every turn.

THE SPA Spread over four floors, Espa Life at Corinthia features 17 treatment rooms, a private spa suite, a nail studio, a Daniel Galvin hair salon and a Thermal Floor with a swimming pool, vitality pool, amphitheatre sauna, ice fountain, heated marble loungers and private sleep pods. Leave fitter, thanks to the state-of-the-art gym, and looking refreshed, thanks to a Dr. Barbara Sturm facial.

THE STARS Beyoncé (inset above right), Reese Witherspoon, Miley Cyrus and Chris Hemsworth.

THE DETAILS Executive king rooms start at £876 per night. Dr. Barbara Sturm facials start at £195. Espa treatments start at £185.

WIN! An overnight stay for two in an executive king room, including one Dr. Barbara Sturm facial. Value: £1,071.



An elegant River Suite has views of the London Eye



Espa Deeply Nourishing Body Cream, £50. Visit espaskincare.com
Dr. Barbara Sturm Clarifying Serum, £175. From cultbeauty.co.uk



ARMATHWAITE HALL, Lake District

THE HOTEL This waterside retreat offers a luxurious break from the daily grind. Set in 400 acres of deer park and woodland, Armathwaite Hall, which has existed in one form or another since the 11th century, retains much of its stately-home character, with open fireplaces, wood panelling and sweeping staircases. The elegant rooms offer all your home comforts and more, including TVs in the bathrooms. The fine dining at the Lake View Restaurant doesn't disappoint, with a wealth of local seasonal produce and Cumbrian specialities. While away a few hours enjoying an afternoon tea in the grounds. For the more adventurous, activities include tours of the Lake District, kayaking, alpaca walking and clay pigeon shooting.

THE SPA With two pools – one an outdoor infinity pool – a thermal suite, gym and exercise studio and an outdoor hot tub, the spa is a great place to work off your energy and relax. It offers a variety of treatments from the Temple Spa range, including the restorative Rose Quartz & Truffles Body Massage, which uses a unique blend of sesame,

avocado and kukui oils with antioxidant vitamin E, rose quartz and black truffles. Made for Life wellness treatments use a light touch rather than a massage and can be beneficial for those going through or recovering from cancer.

THE STARS Kristen Stewart and Charlize Theron have spent time in the Lake District. Trinny Woodall (inset above) is a fan of the Temple Spa range.

THE DETAILS Rooms start at £190 per night on a bed and breakfast basis, based on two sharing. The Rose Quartz & Truffles Body Massage is £85 for 55 minutes; £125 for 85 minutes. Visit armathwaite-hall.com.

WIN! A two-night spa break for two, including one dinner in the Lake View Restaurant, two breakfasts, full use of the spa facilities and a 55-minute treatment each of your choice. Value: £610.



The historic country house is set in 400 acres



Made for Life Restorative Body Balm, £49. Visit madeforlifeorganics.com
Temple Spa Body Truffle Radiance cream, £60. Visit templespa.com

MODDERSHALL OAKS, Staffordshire

THE STAY A sanctuary in the countryside, Moddershall Oaks has all the hallmarks of five-star luxury and pampering. A short drive from Stoke-on-Trent, the country spa retreat's 72 acres of parkland are a far cry from the busy city centre. Stroll round the lake and along a woodland trail or simply enjoy the sprawling green vistas from the private terrace of a luxury boutique bedroom suite – the perfect accompaniment to the indulgent spa break experience. With everything from underfloor heating to ELEMIS toiletries in the bathroom, all your needs are catered for. Make sure you don't leave without taking a dip in the outdoor heated vitality pool (above) – the views are breathtaking – or end your day with a meal at the award-winning Lakeside restaurant.

THE SPA The stunning spa boasts heated indoor and outdoor pools, steam rooms and reflexology foot baths and a tranquil sleep lounge to name but a few of the top-notch facilities. After a dip in the invigorating hydrotherapy pool, head to heated beds to continue to unwind. Choose the Neom Wellbeing Energise Treatment which uses change of temperature and expert hands to detox and revive. First, a body scrub infused

with invigorating oils of wild mint and mandarin, then you're enveloped in an energising cream clay wrap. From here, the face and scalp massage and reflex foot massage techniques stimulate your immune and lymphatic systems, allowing you to unplug and reboot as a renewed sense of calm washes over you.

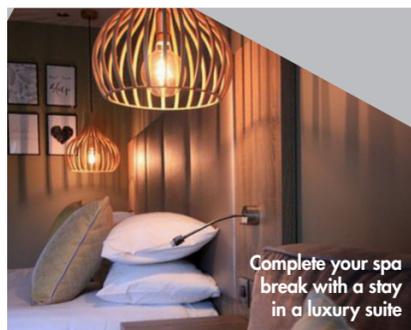
THE STARS Danny Dyer (inset above) and *Love Island*'s Montana Brown and Jourdan Riane are fans of this countryside retreat.

THE DETAILS Spa breaks start from £147 per person, for one night with accommodation in a five-star suite, including a two-course à la carte meal and breakfast and full use of the spa facilities. The Neom Wellbeing Energise Treatment is £85 for 85 minutes. Visit moddershalloaks.com.

WIN! A Serenity Spa Break for two people including full use of the spa facilities on the day of arrival and until 5.30pm on checkout day, a two-course evening meal, 25-minute treatment of choice for each person, overnight stay in a five-star suite and cooked breakfast the following morning. Value: £440.



Neom Organic Real Luxury Body Scrub, £34; Neom Organic Magnesium Body Butter, £36. Visit neomorganics.com



Complete your spa break with a stay in a luxury suite



After laps of the luxury pool, revive in the bar (below)



TITANIC SPA, Huddersfield

THE STAY In a renovated Edwardian textile mill in the Yorkshire Pennines, the Titanic Spa is the UK's first eco spa and the ultimate pampering destination. The hotel draws from its own natural water source 300ft below the spa, has renewable energy generation using solar roof panels and its bistro serves dishes based on organic, locally sourced, seasonal foods. Choose a day or night spa experience or an overnight break in one of the deluxe apartments – all ideal for a romantic getaway or treating a loved one. Many have private balconies with breathtaking views of the Yorkshire countryside.

THE SPA The state-of-the-art spa has an abundance of treatments to suit all needs, from pregnancy massage to full-body exfoliation. The Heat & Ice Experience is a must, using hot and cold bathing to boost circulation; move through the aromatherapy room, ice room, sauna and crystal steam room designed to stimulate and heal. Give your face some TLC with the Decléor Reset and Revitalise Facial, a bespoke treatment using essential oils, flaxseed, sunflower and plant vitamins. The leisure club has an indoor pool and full gym.

THE STARS Michelle Keegan (inset below) and husband Mark Wright are fans.

THE DETAILS Spa breaks start at £159 per person for one night in a deluxe apartment (sleeps from two to six), including lunch, dinner, breakfast, access to the Titanic's leisure club and one 55-minute facial. The Decléor Reset and Revitalise Facial is £80 for 55 minutes.

WIN! An overnight spa break for two in a luxury serviced apartment, including lunch, dinner, breakfast, full use of the spa facilities and one 55-minute luxury treatment each. Value: £358.



Decléor Green Mandarin Aromessence Essential Oil Serum, £55; Decléor Jasmine Glow Eye Cream, £37. Visit decleor.co.uk



A hot-tub hideaway from the hustle and bustle of Piccadilly

THE ATHENAEUM, London

THE HOTEL Whether you're shopping till you drop on Oxford Street or walking leafy green St James's, Regent's and Hyde Parks, The Athenaeum Hotel & Residences is an ideal urban retreat. This luxury hotel has spacious rooms and suites with floor-to-ceiling windows overlooking London's lush Green Park. Sip, savour and unwind with a unique and inventive drinks menu in The Bar – we love the Piccadilly's Elixir, a heady mix of London E3 gin, chartreuse liqueur and agave syrup. Dine at Galvin, tucking into British dishes such as Lamb Rump with Courgette Purée and Crushed Jersey Royals.

THE SPA The spa is a treat for the senses, with a relaxation room, sauna, steam room and large hot tub. Treatments include wraps, massages and exfoliations. To rebalance mind and body, try the Moroccan Rose Ritual, a facial and body massage using Ren skincare Moroccan Rose Otto Oil.

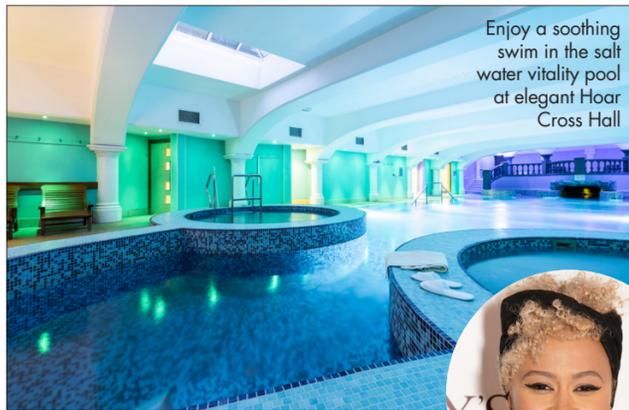
THE STARS Joanna Lumley (inset above) has stayed at the hotel.

THE DETAILS Rooms start from £285 per night, on a room only basis. The Moroccan Rose Ritual is £270 for 150 minutes. Visit athenaeum.com.

WIN! An overnight stay for two guests including breakfast, dinner and spa treatment. Value: £600.



Ren Moroccan Rose Otto Ultra-Moisture Body Oil, £35; Moroccan Rose Otto Firming Crème Riche, £37. Visit renskincare.com



Enjoy a soothing swim in the salt water vitality pool at elegant Hoar Cross Hall



HOAR CROSS HALL, Staffordshire

THE HOTEL Period elegance meets modern luxury in this grade II*-listed stately home (below left) in Burton upon Trent. Each of the 98 rooms has recently been re-configured and decorated. Many of the Heritage Suites are split level, with views over the gardens and a private balcony or patio with outdoor hot tub. The 30-acre estate begs to be explored.

Afterwards, reward yourself with a meal in the hotel's AA Rosette-awarded Ballroom restaurant.

THE SPA Head to the Nordic suite, which includes an aroma room, salt inhalation room, ice temple and aspen wood sauna. Melt away tension with a Wellbeing Full Body Massage using the Elemis Life Elixir.

THE STARS Catherine Zeta-Jones and Emeli Sandé (inset left).

THE DETAILS Rooms start at £167.50 per person per night on a dinner, bed and breakfast basis, based on two sharing, with full access to the spa facilities. Treatments start at £29. Visit baronseden.com/hoar-cross-hall.

WIN! An overnight stay for two, including dinner, breakfast and lunch, full use of the spa and an Elemis Wellbeing Full Body Massage each. Value: £500.



Elemis Pro-Collagen Rose Cleansing Balm, £44; Elemis Japanese Camellia Body Oil, £40. Visit elemis.com



The Pavillion at Stoke Park offers a haven of luxury, with high-ceilinged pool and marble steam room

THE SPA AT CARDEN, Cheshire

THE HOTEL Carden Park hotel, set within 1,000 acres of private grounds in the Cheshire countryside, offers something for everyone. Just 14 miles from Chester railway station, it has 198 bedrooms, ranging from comfortable twins and doubles with king-size beds to Luxury Suites complete with starlight ceilings over the bed and bath. Two championship golf courses, the three-acre vineyard, which produces up to 6,000 bottles of Carden Park Estate Reserve sparkling wine each year, and the AA Rosette-awarded Redmond's Restaurant give this hotel an edge, but its crowning glory is its state-of-the-art spa.

THE SPA Opened in January, the Spa at Carden focuses on wellness with a luxurious twist. Thermal highlights include the Finnish sauna, the ice fountain and the tepidarium (a room heated through the walls and floor to give an immersive warmth). The beautiful Spa Garden offers its own sauna, three hot tubs and a vitality pool. As for treatments, the indulgent Signature Experience includes a full body massage with warm Thai herbal poultices – freshly made with therapeutic herbs to induce deep relaxation – followed by a relaxing, hydrating facial. The treatment concludes with a glass of sparkling wine from the estate's vineyard, which you can sip at leisure in one of the relaxation rooms with floor-to-ceiling views over the Cheshire countryside.

THE STARS Catherine Tyldesley and Georgia Jones (inset above) have visited.

THE DETAILS A Luxury Suite costs from £139 per night on a room-only basis, based on two sharing. The Spa at Carden Signature Experience is £155 for 105 minutes. Visit cardenpark.co.uk.

WIN! An overnight stay for two, including dinner, breakfast, full use of the spa facilities and a 50-minute Ritual Treatment each of your choice. Value: £400.



Stimulate your senses in the beautiful and extensive Spa Garden (and below)



Elemental Herbology Age Support Cell Active Rejuvenation, £60; Elemental Herbology Facial Glow, £42. From lookfantastic.com



STOKE PARK, Buckinghamshire

THE HOTEL Stoke Park is a Palladian mansion dating to 1795 and set in the sweeping natural beauty of a 300-acre estate. In the heart of Buckinghamshire's green belt and only 35 minutes from London, it encompasses a five-star hotel with a 27-hole championship golf course, 13 tennis courts, three restaurants – including the award-winning Humphry's, a state-of-the-art 4,000sq ft gym and a blissful spa. It was also famously a location for the James Bond film *Goldfinger*.

THE SPA The spa is in The Pavillion, which also houses 28 contemporary luxury bedrooms – ideal for a spa retreat. Treatment rooms are ethereal, and the large relaxation area, high-ceilinged pool and marble steam room impress. Among the exotic foliage of the outside spa garden, you'll also discover a hot tub and Scandinavian sauna. Thalgo treatments ease guests into a world of tranquil escapism; we recommend the Thalgo Merveille Arctique Massage to banish stress and release every tension.

THE STARS Renée Zellweger and Daniel Craig (inset right) have filmed here.

THE DETAILS Overnight spa breaks start from £698, based on two adults sharing a classic mansion room, including dinner, breakfast and full use of the facilities. Each guest will also receive a 55-minute spa treatment of their choice. The Thalgo Merveille Arctique Massage is from £95. Visit stokepark.com or tel: 01753 717171 for more information.

WIN! An overnight spa break for two including a bottle of champagne on arrival, a three-course dinner at the award-winning Humphry's fine dining restaurant, breakfast, full use of the health and spa facilities, including the indoor swimming pool, multi-surface tennis courts, gymnasium and exercise classes. Each guest will also receive a 55-minute spa treatment of their choice. Value: £1,000.



The spa garden – an oasis of relaxation



Thalgo Merveille Arctique Arctic Shower Foam, £25; Thalgo Merveille Arctique Salt Flake Scrub, £40. Visit thalgo.co.uk

Entries must be received by 11.59pm on Sunday 21 June 2020. Terms and conditions apply to each individual spa prize and each prize is subject to availability. To enter and for full terms and conditions, please visit hellomagazine.com/prize.