



## FIND THE PERFECT SPA HOTEL

### ■ In:Spa at Cowley Manor, Cowley, Gloucestershire

For the ultimate escape, try this luxury spa hotel in the Cotswolds. Opt for the In:Spa retreat and you will get three days of gourmet food, bespoke yoga classes and pampering spa treatments. The retreat costs from £875 per person, which includes all meals and drinks, accommodation, treatments and activities. The hotel also offers fun sessions in the bar with its resident mixologist who will teach you how to create some fabulous cocktails to share with your friends. Call 0845 458 0723, or visit [inspa-retreats.com](http://inspa-retreats.com).

■ **Ayush Wellness Spa at Hotel de France, St Helier, Jersey** specialises in 'couples and friends' treatments, such as the Quality Time Ritual. As you lay in a private suite, therapists will use dry brushing and exfoliation techniques with Ayurvedic herbs to leave your skin feeling like silk. Following this, a relaxing full body massage and soothing face and scalp treatment leave the whole body refreshed. This two-hour treatment costs £120 per person. As well as the range of spa treatments, you can also try yoga or meditation to prolong the relaxed new you. Call 01534 614000, [ayushspa.com](http://ayushspa.com).



## TOP TIPS FOR RELAXING

Turn your holiday cottage into a haven by following a few simple steps that will have you unwinding in no time...

- Switch off your mobile phone as soon as you arrive.
- Take a supply of girlie DVDs and favourite books to share.
- Alternate pampering yourself with country walks. Fresh air and exercise can be just as rejuvenating as spa treatments.
- Remember to pack some throws in luxurious textures such as wool and cashmere, and cosy robes and slippers.
- There's nothing like firelight for a warming glow – add orange peel and dried herbs to the logs and enjoy the scent.
- And finally... don't forget to take some foodie treats. After a brisk walk, chocolate brownies fit the bill perfectly!

