

WELCOMBE HOTEL SPA, STRATFORD UPON AVON, WARWICKSHIRE

FACILITIES

Step into this grand Jacobean-style 19th century country house in the heart of Shakespeare country and you're transported back in time.

With its oak-panelled rooms, framed paintings, ornate ceilings and open fireplaces, this is a period property full of character.

Landscaped gardens give way to an 18-hole championship golf course. Tennis courts, a gym and aerobics studio are also on hand if you're feeling active.

Water babies should head for the modern, well-equipped spa next door to the mansion. It boasts a large indoor pool, whirlpool bath and foot spa as well as an outdoor vitality pool.

Alternatively, relax on the heated loungers or indulge in the full Roman bath experience with Caribbean and Arctic storm showers, sauna, crystal steam room, tepidarium, laconium and ice fountain.

TREATMENTS AVAILABLE

A range of facials and massages using Elemis and Clarins products are on offer along with Jessica and Geleration nails. Couples or friends can be pampered together in the dual treatment rooms.

TREATMENTS TESTED

Chakra Balancing Deep Tissue Muscle Massage, 60 minutes, £55-£60 (depending on week or weekend)
My therapist massaged Clarins frangipani oil into the soles of my feet. my shoulders and back.

Without prompting, she identified my tense areas and increased her pressure to firm.

I relaxed as she returned regularly to my feet before massaging my legs, back, front.



chest and upper arms. I went in to this treatment with a headache and a lot of tension in my back and emerged feeling blissful and pain free.

**Aromatic Balancer Facial, 60 minutes,
£55-£60 (depending on week or
weekend)**

I was given the choice of Elemis or Clarins products and opted for the latter. My skin was cleansed and toned twice before I was given a firm (my request) neck, shoulder and back massage.

My therapist asked if I had any problem areas and I pointed her towards a painful area in my shoulder on which her pummelling worked wonders.

My skin was exfoliated and a face mask was applied. As it dried, I was given a heavenly

scalp massage followed by eye serum and moisturiser to finish.

GOOD POINTS

The a la carte restaurant and sumptuous breakfast with a wide range of continental and cooked options were both a treat.

WHAT DOES IT COST?

Fizzy Fridays includes a three-course dinner with a bottle of Prosecco, one night's stay, breakfast and full use of the spa facilities. Prices start from £64.50 per person, subject to availability.

CONTACT

Visit menzieshotels.co.uk or call 01789 295 252.

KATE BOHDANOWICZ

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