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[News](#)

[Regulars](#)

[Travel](#)

[Adventure travel](#)

[Hotel of the month](#)

[Spa of the month](#)

[Offers](#)

[Subscribe](#)

[Previous Months](#)

Spa of the month



Set in the heart of rolling hills and parklands of Northamptonshire, Fawsley Hall has long been known as a luxurious weekend retreat. But the launch of its own Grayshott Studio Spa, sister to the award winning Surrey destination spa, earlier this year, has served to only add to the appeal of Tudor manor house.

The grounds of the hotel and the venue itself, exude calm and luxury but the arrival of the first spa outside of Grayshott to feature its exclusive range of treatments makes the venue an oasis of tranquillity.

Based inside a renovated coach house, the new building maintains the atmosphere of the rest of the house but with a more fresh modern twist. The light airy building houses a number of treatment rooms where a wide range of Grayshott's reknown holistic therapies are performed. From hot stone massages and reflexology to the blissful luxury spa facial and cellulite-busting Citrus detox wrap, the spa has something for all tastes. Luxuriate in the 85 minute Aromatherapy Experience, a full body massage that combines spinal pressures, Swedish massage and neuromuscular techniques work to relax and unwind the body, or pop in for a quick luxury manicure or pedicure to make those finished touches to your look.

But if its more than treatments you are looking for, why not whittle away the day in the cosy thermal relaxation room, get some of your five-a-day at the juice bar, or swim off some of those loosened toxins in the heated indoor pool. Of course for the super keen there is also a state of the art Nautilus equipped gym, but it almost seems a shame to spend time in the gym when you could be out wandering the grounds or pottering around the gorgeous main house itself.



Its worth making a weekend of it here – just over an hour from the M25 and centrally located for most corners of the UK, it is a great place to escape to. The hotel itself has luxuriously decorated bedrooms that keep in mind the history and tradition of the property, with views over the stunning parkland surrounding the property.

Dining is also a must-try here. With Equilibrium providing fine dining and Bess' Brasserie serving equally as delicious, but more low key fare, there is plenty to choose from. And with the hotel now showing screenings in its own private cinema at the weekends, there is no need to even leave the grounds for a totally indulgent break.

For more information visit www.fawsleyhall.com

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