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## SPA SPY

*Our health sleuth investigates the curative claims of wellbeing retreats worldwide*

### **FAWSLEY HALL, NR DAVENTRY, NORTHANTS**

**The spa:** Grayshott Studio Spa is set within the grounds of Tudor country house hotel Fawsley Hall. Outside, rolling Northamptonshire countryside with gently bleating sheep. Inside, there are pristine treatment rooms, a glistening hydro-pool and ministering angels in flip-flops: Jane Austen meets Jessica Manicures.

**Spa Spy's symptoms:** Residual back ache following recent bout of pneumonia and pleurisy, plus daily working-mother exhaustion.

**The prescription:** A classic, full-body Swedish massage (£50 for 50 minutes), using almond oil to relieve

tired, tense muscles and increase circulation.

**The procedure:** Spy could swear she felt the toxins heading for the hills as she was kneaded, squeezed, pressed and stroked. Deep circular movements applied in the inflamed areas of Spy's back and underarm gave a great feeling of relief. Afterwards, Spy was offered a further rest in the relaxation room.

**The verdict:** Heaven. Aside from a spell in hospital, Spy had not laid down for an hour while awake for almost five years. After overcoming initial guilt, Spy revelled in the indulgence of it all.

**The medical opinion:** "With pneumonia, there is a lot of



**Lush garden: Fawsley Hall**

inflammation which can leave you feeling residual pain," says Dr Dan Faller. "Irritation of the lining of the lungs can also take a long time to settle down – in some cases many months. We know that relaxation and de-stressing is good for overall wellbeing, and a massage may also improve general psychological outlook."

### **The feelgood factor:**

Unsurpassed. The sheer luxury of Fawsley Hall and its parkland soothe body and mind before you even enter the spa. To maximise opportunity for relaxation, stay overnight. If you can stretch to a four-poster bedroom in the old quarter of the hotel, the furnishings are sumptuous and the views sublime.

**Details:** Doubles at Fawsley Hall (near Daventry, Northamptonshire, 01327 892 000, fawsleyhall.com), from £225.

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