



TRAVEL | 21 SEP 2019

# Cottonmill Spa & Club at Sopwell House — St Albans, UK

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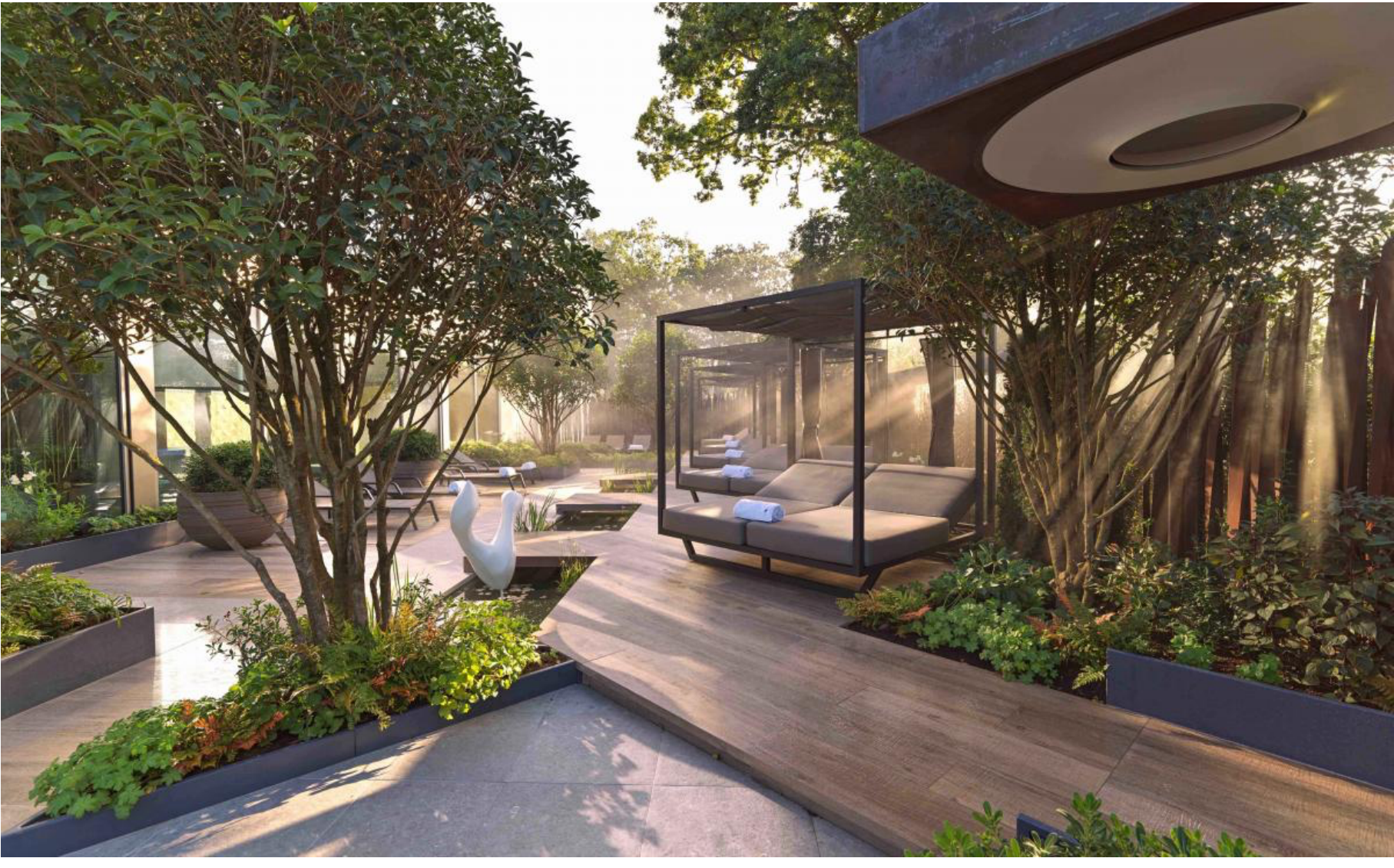


As the ubiquity of private members’ clubs grow, Sopwell House, the grand Hertfordshire-based hotel, has taken the quest for exclusivity quite seriously with the relaunch of its wellness facilities into a sprawling private members’ spa comprising Cottonmill and the even more exclusive The Club at Cottonmill

With new interiors overseen by London’s Sparcstudio Design, both the reimagined pre-existing structure and a new extension are now bound by a ‘refined nature’ aesthetic. This translates to indoor-outdoor areas, lush gardens, designed by gold medal-winning RHS Chelsea Flower Show designer Ann-Marie Powell, soothing water features, aqua hues, washed cotton and terracotta textures, and swathes of natural light.

This all sets a soothing tone for a series of facilities including an indoor pool, two vitality pools, a state-of-the-art gym and a lengthy menu of treatments using products from British brands Elemis, Espa and Aromatherapy Associates, along with new innovations such as the UK’s first thermal amber and quartz crystal spa bed. Beyond the Cottonmill offerings, an exclusive labyrinth of areas awaits select members and a limited number of hotel guests at The Club at Cottonmill. This includes new saunas and steam rooms including the light-filled organic sauna with panoramic views over the estate; a hushed Whisper Room; and a Deep Relaxation Room laid out with softly vibrating Four Senses loungers.

Although, pre and post treatments, you’re likely to find us in the Garden Room, swinging in one of the hanging Dedon chairs, while sipping on a glass of the spa’s very own brand of Prosecco and making the most of what we like to call, productive recreation.\*



## INFORMATION

[Website](#)

## ADDRESS

Cottonmill Lane, St Albans

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## TELEPHONE

44.1727 864477

