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Hotel Review: The Mews At Sop Hertfordshire

BY [CYNTHIA LAWRENCE](#) ON 28TH DECEMBER 2019

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The festive season can often be a hectic fanfare. So escaping the hustle and bustle for a lux retreat.

Sopwell House is synonymous with relaxation, and the good thing is it doesn't take an entire commute from central London, and a short drive from St Albans City station, this hidden gem in Hertfordshire countryside.

Since owner Abraham Bejerano acquired Sopwell House in 1986, this 18th century, Georgian house has been developed over the years. Whilst appearing modest from the outset, it boasts a generous 12 bedrooms and four restaurants including the Cocktail Lounge and Conservatory Bar. The grounds feature a footbridge overlooking the country views.

As I step inside the warm lobby, I receive an equally warm reception by welcoming staff. From the glittering Christmas trees to the delightful, Gingerbread Bavarian Village model that takes inspiration from the house with wood decor and autumnal tones, keeping to its country house style. The glass atrium makes the space feel bright and airy. Plush velveteen armchairs and sofas surround open fires, making it all the more cosy and inviting – exactly what I needed to escape the winter chill. Enjoying roasted chestnuts on the open fire!

The Mews Suites



The hotel is nestled in 12 acres of Hertfordshire countryside in St Alb

If you are after complete seclusion, Mews Suites is a peaceful hideaway. Just a stones-throw from private gates are 16 bespoke suites. Once traditional farmhouse cottages and stables, each is now a luxury in mind. Ranging from sophisticated studio suites with in-room baths, one-bedroom to cosy duplexes with high-spec kitchenettes.

The gates open to reveal a secret garden (literally) and I'm escorted through beautiful, corn fields to Powell, a gold-award winner at RHS Chelsea Flower Show. Passing a contemporary water feature, we finally arrive at my new abode. I was pleasantly surprised to enter through my own wood

the post box on the wall.

The Heather Suite is a 'homely' duplex split over two levels. And as I enter the cosy living room, I can sit on a chaise lounge sofa or inviting leather armchair.

The interiors are quintessential country-chic. Combining earthy colours and plaid textures with modern touches. My favourite was the modern glass fireplace that you can control at just a press of a button. The lounge/dining area includes a well-stocked kitchenette, complete with integrated cooking hob, oven, coffee machine and kettle.



The hotel boasts 128 rooms and suites including 16 individually designed stylish

The pine stairs leads up to a cosy bedroom, with a spa-style, en-suite bathroom. There's also a

and slippers, and indulgent ELEMIS toiletries. The views from my bedroom window overlook the garden and Hydro Pool.

It comes with all the mod-cons you'd expect from a premium hotel – a wall-mounted flat-screen TV, ambient mood lighting, and a REVO sound system that is blue-toothed enabled so you can sync up your music.

Reminiscent of the festive romantic movie, 'The Holiday', I felt I had my very own country house. Looking forward to curling up in front of the flickering fireplace with a glass of wine.

Cottonmill Spa and The Club



Home to the UK's first private members' spa, Cottonmill is a vibrant haven featuring cutting

Relaxation and wellness take priority, and Cottonmill and The Club certainly exceeds expectations in the UK, and thanks to a £14 million refurbishment, The Club is equipped with state-of-the-art

Fresh aromas of lavender and eucalyptus fill the air, and soothing music sets the ambiance around or lounge on either one of the many relaxing beds or cosy swinging seat suspended

Spread over three floors, you'll discover a slice of paradise behind each door. Whether it's the hydrotherapy pools, or the soothing deep relaxation rooms, there is something for everybody

I was shown around four rooms in the 'thermal suite'; including an organic sauna seasonal with countryside views, a therapeutic salt steam room, and botanical steam room.



Cottonmill facilities includes use of the indoor pool, two vitality pools, and a state of the art gym featuring t

But the treatments are the most popular, with an extensive list that reads more like a restaurant menu. I opted for the ESPA Quartz Poultice Massage – based on sand therapy to soothe and heal muscles. The room was tightly packed with aromatic herbs.

After selecting my ESPA revitalising massage oil and ‘chilled music’ playlist, I rested on a massage table. Wrapped in a towel, I was cocooned by the warm crystals that were moulded into my back and the poultice. The treatment incorporates the use of singing bowls placed on the body which is slightly odd at times, but was the most relaxing treatment I’d ever experienced.

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